

33
24.02.2024 - 12:42

, 400m

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: FINA 2023

								R.T.	
1.			2010		1	+0,84	4:26.16	700	
	50m:	30.05	30.05	150m:	1:36.99	33.84	250m:	2:45.25	34.01
	100m:	1:03.15	33.10	200m:	2:11.24	34.25	300m:	3:19.65	34.40
							350m:	3:53.55	33.90
							400m:	4:26.16	32.61
2.			2009			+0,72	4:40.35	599	
	50m:	30.40	30.40	150m:	1:40.67	36.30	250m:	2:53.35	36.62
	100m:	1:04.37	33.97	200m:	2:16.73	36.06	300m:	3:29.50	36.15
							350m:	4:06.22	36.72
							400m:	4:40.35	34.13
3.			2009		1	+0,54	4:40.94	595	
	50m:	30.57	30.57	150m:	1:40.42	35.69	250m:	2:53.03	36.36
	100m:	1:04.73	34.16	200m:	2:16.67	36.25	300m:	3:29.39	36.36
							350m:	4:06.31	36.92
							400m:	4:40.94	34.63
4.			2010		1		4:41.64	591	
	50m:	32.53	32.53	150m:	1:43.55	35.89	250m:	2:55.46	35.83
	100m:	1:07.66	35.13	200m:	2:19.63	36.08	300m:	3:31.68	36.22
							350m:	4:07.08	35.40
							400m:	4:41.64	34.56
5.			2009		2	+0,78	4:42.54	585	
	50m:	31.38	31.38	150m:	1:42.23	36.33	250m:	2:55.71	36.95
	100m:	1:05.90	34.52	200m:	2:18.76	36.53	300m:	3:32.02	36.31
							350m:	4:08.10	36.08
							400m:	4:42.54	34.44
6.			2009	1	1	+0,71	4:50.04	541	1
	50m:	31.63	31.63	150m:	1:44.06	37.15	250m:	2:59.21	37.73
	100m:	1:06.91	35.28	200m:	2:21.48	37.42	300m:	3:37.16	37.95
							350m:	4:15.16	38.00
							400m:	4:50.04	34.88
7.			2010	1		+0,68	4:50.64	538	1
	50m:	31.92	31.92	150m:	1:45.04	37.24	250m:	3:00.13	37.71
	100m:	1:07.80	35.88	200m:	2:22.42	37.38	300m:	3:38.29	38.16
							350m:	4:14.98	36.69
							400m:	4:50.64	35.66
8.			2010		2		4:51.45	533	1
	50m:	33.07	33.07	150m:	1:46.54	37.16	250m:	3:01.25	37.60
	100m:	1:09.38	36.31	200m:	2:23.65	37.11	300m:	3:38.66	37.41
							350m:	4:15.95	37.29
							400m:	4:51.45	35.50
9.			2009	1	1	+0,81	4:53.03	525	1
	50m:	33.09	33.09	150m:	1:46.37	37.08	250m:	3:01.34	37.68
	100m:	1:09.29	36.20	200m:	2:23.66	37.29	300m:	3:39.25	37.91
							350m:	4:16.61	37.36
							400m:	4:53.03	36.42
10.			2009	1		+0,75	4:55.78	510	1
	50m:	32.68	32.68	150m:	1:46.84	37.76	250m:	3:02.98	38.15
	100m:	1:09.08	36.40	200m:	2:24.83	37.99	300m:	3:41.39	38.41
							350m:	4:19.27	37.88
							400m:	4:55.78	36.51
11.			2010	1			4:56.60	506	1
	50m:	33.02	33.02	150m:	1:46.97		350m:	4:19.62	1:17.04
	100m:	4:56.73	4:23.71	250m:	3:02.58	1:15.61	400m:	4:56.60	36.98
12.			2009	1			5:01.88	480	1
	50m:	33.03	33.03	150m:	1:49.09	38.66	250m:	3:07.70	39.13
	100m:	1:10.43	37.40	200m:	2:28.57	39.48	300m:	3:47.71	40.01
							350m:	4:26.46	38.75
							400m:	5:01.88	35.42
13.			2010	1			5:02.04	479	2
	50m:	35.94	35.94	150m:	1:53.30	38.61	250m:	3:10.82	38.56
	100m:	1:14.69	38.75	200m:	2:32.26	38.96	300m:	3:50.01	39.19
							350m:	4:28.45	38.44
							400m:	5:02.04	33.59
14.			2010	1	1	+0,86	5:02.54	477	2
	50m:	33.38	33.38	150m:	1:48.43	38.16	250m:	3:05.90	39.12
	100m:	1:10.27	36.89	200m:	2:26.78	38.35	300m:	3:45.66	39.76
							350m:	4:25.34	39.68
							400m:	5:02.54	37.20
15.			2010	1	1	+0,84	5:03.26	473	2
	50m:	33.84	33.84	150m:	1:49.46	38.57	250m:	3:06.19	38.39
	100m:	1:10.89	37.05	200m:	2:27.80	38.34	300m:	3:45.35	39.16
							350m:	4:24.75	39.40
							400m:	5:03.26	38.51
16.			2010	1	1	+0,80	5:06.22	460	2
	50m:	34.51	34.51	150m:	1:49.86	38.07	250m:	3:07.84	39.16
	100m:	1:11.79	37.28	200m:	2:28.68	38.82	300m:	3:47.72	39.88
							350m:	4:28.09	40.37
							400m:	5:06.22	38.13

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			/				R.T.		
17.	,		2009	2			+0,88	5:23.80	389 2
	50m:	35.48	35.48	150m:	1:55.54	40.84	250m:	3:18.65	41.88 350m: 4:43.14 42.37
	100m:	1:14.70	39.22	200m:	2:36.77	41.23	300m:	4:00.77	42.12 400m: 5:23.80 40.66
18.	,		2009	II	.	2	+0,61	5:34.78	352 2
	50m:	35.68	35.68	150m:	2:01.02	43.51	250m:	3:28.59	43.97 350m: 4:54.57 42.81
	100m:	1:17.51	41.83	200m:	2:44.62	43.60	300m:	4:11.76	43.17 400m: 5:34.78 40.21