

37  
20.05.2023 - 11:21

, 400m

13

: FINA 2023

								R.T	
1.			2006		1			<b>4:40.60</b>	597
	50m:	30.79	30.79	150m:	1:39.38	34.77	250m:	2:51.46	36.19
	100m:	1:04.61	33.82	200m:	2:15.27	35.89	300m:	3:27.73	36.27
								350m:	4:04.48
								400m:	4:40.60
									36.75
									36.12
2.			2009					+0,66	<b>4:43.24</b>
	50m:	30.91	30.91	150m:	1:40.88	35.69	250m:	2:54.03	36.93
	100m:	1:05.19	34.28	200m:	2:17.10	36.22	300m:	3:30.94	36.91
								350m:	4:08.16
								400m:	4:43.24
									37.22
									35.08
3.			2007		2			+0,67	<b>4:50.27</b>
	50m:	32.20	32.20	150m:	1:45.00	36.68	250m:	2:59.62	36.98
	100m:	1:08.32	36.12	200m:	2:22.64	37.64	300m:	3:36.80	37.18
								350m:	4:14.15
								400m:	4:50.27
									37.35
									36.12
4.			2009	1				+0,80	<b>4:50.56</b>
	50m:	32.33	32.33	150m:	1:46.42	37.39	250m:	3:01.00	36.90
	100m:	1:09.03	36.70	200m:	2:24.10	37.68	300m:	3:38.78	37.78
								350m:	4:15.56
								400m:	4:50.56
									36.78
									35.00
5.			2008					+0,72	<b>4:51.41</b>
	50m:	32.44	32.44	150m:	1:46.17	37.49	250m:	3:01.56	37.15
	100m:	1:08.68	36.24	200m:	2:24.41	38.24	300m:	3:39.28	37.72
								350m:	4:15.92
								400m:	4:51.41
									36.64
									35.49
6.			2010	1					<b>4:58.77</b>
	50m:	31.87	31.87	150m:	1:47.61	38.55	250m:	3:06.07	38.97
	100m:	1:09.06	37.19	200m:	2:27.10	39.49	300m:	3:45.01	38.94
								350m:	4:23.67
								400m:	4:58.77
									38.66
									35.10
7.			2006	1				+0,72	<b>5:01.92</b>
	50m:	33.13	33.13	150m:	1:46.70	37.59	250m:	3:03.92	38.71
	100m:	1:09.11	35.98	200m:	2:25.21	38.51	300m:	3:43.54	39.62
								350m:	4:23.45
								400m:	5:01.92
									39.91
									38.47
8.			2007					+0,91	<b>5:11.84</b>
	50m:	34.69	34.69	150m:	1:51.80	39.70	250m:	3:11.79	40.54
	100m:	1:12.10	37.41	200m:	2:31.25	39.45	300m:	3:52.29	40.50
								350m:	4:32.98
								400m:	5:11.84
									40.69
									38.86
9.			2009		1			+0,74	<b>5:17.95</b>
	50m:	35.55	35.55	150m:	1:55.32	40.20	250m:	3:16.18	40.46
	100m:	1:15.12	39.57	200m:	2:35.72	40.40	300m:	3:56.98	40.80
								350m:	4:37.48
								400m:	5:17.95
									40.50
									40.47
DNS			2009	1					