

39				, 400m				2008				
28.08.2021 - 11:40												
: FINA 2020												
		/				R.T.						
1.			2004	4		+0,87	<b>4:32.08</b>	635				
	25m:	14.32	14.32	125m:	1:20.74	16.86	225m:	2:29.72	17.38	325m:	3:40.00	17.59
	50m:	30.37	16.05	150m:	1:37.97	17.23	250m:	2:47.29	17.57	350m:	3:57.71	17.71
	75m:	46.93	16.56	175m:	1:54.97	17.00	275m:	3:04.65	17.36	375m:	4:15.13	17.42
	100m:	1:03.88	16.95	200m:	2:12.34	17.37	300m:	3:22.41	17.76	400m:	4:32.08	16.95
2.			2008	4		+0,74	<b>4:38.46</b>	592	1			
	25m:	14.61	14.61	125m:	1:23.46	17.67	225m:	2:35.24	18.00	325m:	3:46.83	17.79
	50m:	31.38	16.77	150m:	1:41.40	17.94	250m:	2:53.49	18.25	350m:	4:04.65	17.82
	75m:	48.25	16.87	175m:	1:59.20	17.80	275m:	3:11.08	17.59	375m:	4:22.20	17.55
	100m:	1:05.79	17.54	200m:	2:17.24	18.04	300m:	3:29.04	17.96	400m:	4:38.46	16.26
3.			2006	1		+0,86	<b>4:38.48</b>	592	1			
	25m:	15.15	15.15	125m:	1:22.26	17.19	225m:	2:32.78	17.77	325m:	3:44.75	17.88
	50m:	31.44	16.29	150m:	1:39.74	17.48	250m:	2:50.79	18.01	350m:	4:03.22	18.47
	75m:	48.02	16.58	175m:	1:57.38	17.64	275m:	3:08.76	17.97	375m:	4:21.13	17.91
	100m:	1:05.07	17.05	200m:	2:15.01	17.63	300m:	3:26.87	18.11	400m:	4:38.48	17.35
4.			2007			+0,65	<b>4:39.50</b>	586	1			
	25m:	14.38	14.38	125m:	1:22.38	17.95	225m:	2:34.25	18.34	325m:	3:47.34	18.21
	50m:	30.44	16.06	150m:	1:40.10	17.72	250m:	2:52.69	18.44	350m:	4:05.32	17.98
	75m:	47.21	16.77	175m:	1:58.05	17.95	275m:	3:11.09	18.40	375m:	4:23.06	17.74
	100m:	1:04.43	17.22	200m:	2:15.91	17.86	300m:	3:29.13	18.04	400m:	4:39.50	16.44
5.			2005	5		+0,82	<b>4:41.57</b>	573	1			
	25m:	14.86	14.86	125m:	1:23.26	17.61	225m:	2:34.92	18.03	325m:	3:46.79	17.95
	50m:	31.15	16.29	150m:	1:40.93	17.67	250m:	2:52.88	17.96	350m:	4:05.16	18.37
	75m:	48.18	17.03	175m:	1:58.84	17.91	275m:	3:10.79	17.91	375m:	4:23.32	18.16
	100m:	1:05.65	17.47	200m:	2:16.89	18.05	300m:	3:28.84	18.05	400m:	4:41.57	18.25
6.			2007	4		+0,79	<b>4:41.96</b>	571	1			
	25m:	15.00	15.00	125m:	1:23.63	17.34	225m:	2:35.75	18.01	325m:	3:48.54	18.17
	50m:	31.81	16.81	150m:	1:41.60	17.97	250m:	2:54.03	18.28	350m:	4:06.96	18.42
	75m:	48.95	17.14	175m:	1:59.58	17.98	275m:	3:12.21	18.18	375m:	4:25.14	18.18
	100m:	1:06.29	17.34	200m:	2:17.74	18.16	300m:	3:30.37	18.16	400m:	4:41.96	16.82
7.			2007	3			<b>4:42.47</b>	567	1			
	25m:	14.90	14.90	125m:	1:25.58	18.21	225m:	2:37.95	18.30	325m:	3:50.18	18.06
	50m:	31.64	16.74	150m:	1:43.60	18.02	250m:	2:55.98	18.03	350m:	4:08.25	18.07
	75m:	49.43	17.79	175m:	2:01.60	18.00	275m:	3:14.18	18.20	375m:	4:25.76	17.51
	100m:	1:07.37	17.94	200m:	2:19.65	18.05	300m:	3:32.12	17.94	400m:	4:42.47	16.71
8.			2007	3		+0,87	<b>4:43.37</b>	562	1			
	25m:	14.89	14.89	125m:	1:24.04	17.51	225m:	2:36.72	18.06	325m:	3:49.81	18.04
	50m:	31.87	16.98	150m:	1:42.35	18.31	250m:	2:55.19	18.47	350m:	4:08.39	18.58
	75m:	48.87	17.00	175m:	2:00.32	17.97	275m:	3:13.51	18.32	375m:	4:26.12	17.73
	100m:	1:06.53	17.66	200m:	2:18.66	18.34	300m:	3:31.77	18.26	400m:	4:43.37	17.25
9.			2005			+0,84	<b>4:45.97</b>	547	1			
	25m:	14.84	14.84	125m:	1:24.24	18.19	225m:	2:37.31	18.32	325m:	3:50.76	17.75
	50m:	31.41	16.57	150m:	1:42.43	18.19	250m:	2:55.84	18.53	350m:	4:09.28	18.52
	75m:	48.58	17.17	175m:	2:00.70	18.27	275m:	3:14.22	18.38	375m:	4:27.95	18.67
	100m:	1:06.05	17.47	200m:	2:18.99	18.29	300m:	3:33.01	18.79	400m:	4:45.97	18.02
10.			2006	3		+0,75	<b>4:47.73</b>	537	1			
	25m:	15.10	15.10	125m:	1:24.81	17.55	225m:	2:37.98	18.38	325m:	3:52.63	18.53
	50m:	31.95	16.85	150m:	1:42.76	17.95	250m:	2:56.57	18.59	350m:	4:11.52	18.89
	75m:	49.29	17.34	175m:	2:01.26	18.50	275m:	3:15.32	18.75	375m:	4:29.83	18.31
	100m:	1:07.26	17.97	200m:	2:19.60	18.34	300m:	3:34.10	18.78	400m:	4:47.73	17.90



