

40				, 400m				2006	
28.08.2021 - 12:04									
: FINA 2020									
		/				R.T.			
1.			1997	4		+0,75	<b>3:55.98</b>	727	
	25m:	13.01	13.01	125m:	1:11.67	14.78	225m:	2:11.53	15.00
	50m:	27.33	14.32	150m:	1:26.49	14.82	250m:	2:26.70	15.17
	75m:	42.15	14.82	175m:	1:41.39	14.90	275m:	2:41.75	15.05
	100m:	56.89	14.74	200m:	1:56.53	15.14	300m:	2:57.18	15.43
							400m:	3:55.98	14.06
2.			2001				+0,63	<b>4:04.64</b>	653
	25m:	12.97	12.97	125m:	1:13.79	15.53	225m:	2:17.12	15.69
	50m:	27.66	14.69	150m:	1:29.53	15.74	250m:	2:32.98	15.86
	75m:	42.86	15.20	175m:	1:45.49	15.96	275m:	2:48.90	15.92
	100m:	58.26	15.40	200m:	2:01.43	15.94	300m:	3:04.82	15.92
							400m:	4:04.64	13.78
3.			2003	1			+0,77	<b>4:05.44</b>	646
	25m:	13.41	13.41	125m:	1:14.69	15.37	225m:	2:17.13	15.53
	50m:	28.35	14.94	150m:	1:30.38	15.69	250m:	2:32.85	15.72
	75m:	43.66	15.31	175m:	1:45.85	15.47	275m:	2:48.76	15.91
	100m:	59.32	15.66	200m:	2:01.60	15.75	300m:	3:04.73	15.97
							400m:	4:05.44	14.18
4.			1989				+0,79	<b>4:05.58</b>	645
	25m:	13.46	13.46	125m:	1:15.28	15.57	225m:	2:17.58	15.46
	50m:	28.65	15.19	150m:	1:30.90	15.62	250m:	2:33.27	15.69
	75m:	44.07	15.42	175m:	1:46.37	15.47	275m:	2:48.85	15.58
	100m:	59.71	15.64	200m:	2:02.12	15.75	300m:	3:04.85	16.00
							400m:	4:05.58	14.62
5.			2004	4			+0,84	<b>4:07.49</b>	630
	25m:	13.32	13.32	125m:	1:13.61	15.20	225m:	2:16.63	16.01
	50m:	28.11	14.79	150m:	1:29.00	15.39	250m:	2:32.67	16.04
	75m:	43.12	15.01	175m:	1:44.84	15.84	275m:	2:49.11	16.44
	100m:	58.41	15.29	200m:	2:00.62	15.78	300m:	3:05.86	16.75
							400m:	4:07.49	14.89
6.			2004	2			+0,64	<b>4:09.56</b>	615
	25m:	13.22	13.22	125m:	1:14.16	15.58	225m:	2:17.56	16.14
	50m:	27.97	14.75	150m:	1:29.67	15.51	250m:	2:33.27	15.71
	75m:	43.22	15.25	175m:	1:45.57	15.90	275m:	2:49.26	15.99
	100m:	58.58	15.36	200m:	2:01.42	15.85	300m:	3:05.43	16.17
							400m:	4:09.56	15.54
7.			2006 Mychamps				+0,63	<b>4:10.86</b>	605
	25m:	13.03	13.03	125m:	1:14.83	15.82	225m:	2:18.68	15.86
	50m:	27.79	14.76	150m:	1:30.72	15.89	250m:	2:34.72	16.04
	75m:	43.26	15.47	175m:	1:46.68	15.96	275m:	2:50.77	16.05
	100m:	59.01	15.75	200m:	2:02.82	16.14	300m:	3:07.13	16.36
							400m:	4:10.86	15.55
8.			2001	1			+0,69	<b>4:16.35</b>	567 1
	25m:	13.25	13.25	125m:	1:16.08	15.92	225m:	2:20.51	16.15
	50m:	28.65	15.40	150m:	1:32.06	15.98	250m:	2:37.12	16.61
	75m:	44.23	15.58	175m:	1:48.18	16.12	275m:	2:53.56	16.44
	100m:	1:00.16	15.93	200m:	2:04.36	16.18	300m:	3:10.04	16.48
							400m:	4:16.35	16.09
9.			2003	1			+0,83	<b>4:17.42</b>	560 1
	25m:	13.45	13.45	125m:	1:16.14	15.96	225m:	2:22.22	16.54
	50m:	28.66	15.21	150m:	1:32.53	16.39	250m:	2:38.89	16.67
	75m:	44.38	15.72	175m:	1:48.87	16.34	275m:	2:55.44	16.55
	100m:	1:00.18	15.80	200m:	2:05.68	16.81	300m:	3:11.98	16.54
							400m:	4:17.42	15.45
10.			2006	3			+0,72	<b>4:18.43</b>	554 1
	25m:	13.61	13.61	125m:	1:17.76	16.43	225m:	2:24.22	16.85
	50m:	28.97	15.36	150m:	1:34.22	16.46	250m:	2:40.97	16.75
	75m:	45.15	16.18	175m:	1:50.78	16.56	275m:	2:57.94	16.97
	100m:	1:01.33	16.18	200m:	2:07.37	16.59	300m:	3:14.43	16.49
							400m:	4:18.43	14.54

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		/				R.T.						
11.			2005	3		+0,76	<b>4:20.70</b>	539	1			
	25m:	13.88	13.88	125m:	1:18.61	16.37	225m:	2:25.00	16.57	325m:	3:31.79	16.61
	50m:	29.62	15.74	150m:	1:35.19	16.58	250m:	2:41.79	16.79	350m:	3:48.66	16.87
	75m:	45.67	16.05	175m:	1:51.78	16.59	275m:	2:58.38	16.59	375m:	4:05.14	16.48
	100m:	1:02.24	16.57	200m:	2:08.43	16.65	300m:	3:15.18	16.80	400m:	4:20.70	15.56
12.			2006	2		+0,88	<b>4:25.96</b>	508	1			
	25m:	13.86	13.86	125m:	1:16.78	16.29	225m:	2:25.23	17.17	325m:	3:35.81	17.72
	50m:	28.93	15.07	150m:	1:33.35	16.57	250m:	2:42.84	17.61	350m:	3:53.00	17.19
	75m:	44.45	15.52	175m:	1:50.44	17.09	275m:	3:00.47	17.63	375m:	4:10.17	17.17
	100m:	1:00.49	16.04	200m:	2:08.06	17.62	300m:	3:18.09	17.62	400m:	4:25.96	15.79
13.			2005	3		+0,73	<b>4:26.54</b>	504	1			
	25m:	15.16	15.16	125m:	1:20.12	16.41	225m:	2:26.46	16.64	325m:	3:34.37	16.91
	50m:	32.11	16.95	150m:	1:36.85	16.73	250m:	2:43.57	17.11	350m:	3:51.94	17.57
	75m:	47.70	15.59	175m:	1:53.05	16.20	275m:	3:00.41	16.84	375m:	4:09.50	17.56
	100m:	1:03.71	16.01	200m:	2:09.82	16.77	300m:	3:17.46	17.05	400m:	4:26.54	17.04
14.			2004				<b>4:27.04</b>	502	1			
	25m:	14.09	14.09	125m:	1:17.82	16.32	225m:	2:25.54	17.15	325m:	3:35.34	17.39
	50m:	29.57	15.48	150m:	1:34.37	16.55	250m:	2:43.09	17.55	350m:	3:52.91	17.57
	75m:	45.31	15.74	175m:	1:51.30	16.93	275m:	3:00.56	17.47	375m:	4:10.14	17.23
	100m:	1:01.50	16.19	200m:	2:08.39	17.09	300m:	3:17.95	17.39	400m:	4:27.04	16.90
15.			2005	3		+0,74	<b>4:28.85</b>	492	2			
	25m:	14.33	14.33	125m:	1:19.82	17.17	225m:	2:27.65	16.72	325m:	3:36.70	17.61
	50m:	30.26	15.93	150m:	1:36.96	17.14	250m:	2:44.34	16.69	350m:	3:54.44	17.74
	75m:	46.20	15.94	175m:	1:53.89	16.93	275m:	3:01.81	17.47	375m:	4:11.94	17.50
	100m:	1:02.65	16.45	200m:	2:10.93	17.04	300m:	3:19.09	17.28	400m:	4:28.85	16.91
16.			2005			+0,70	<b>4:30.45</b>	483	2			
	25m:	13.96	13.96	125m:	1:20.31	17.21	225m:	2:30.11	17.22	325m:	3:39.98	17.15
	50m:	29.65	15.69	150m:	1:37.80	17.49	250m:	2:47.56	17.45	350m:	3:57.37	17.39
	75m:	46.20	16.55	175m:	1:55.25	17.45	275m:	3:05.01	17.45	375m:	4:14.54	17.17
	100m:	1:03.10	16.90	200m:	2:12.89	17.64	300m:	3:22.83	17.82	400m:	4:30.45	15.91
17.			2005			+0,69	<b>4:31.09</b>	479	2			
	25m:	14.31	14.31	125m:	1:21.02	17.09	225m:	2:31.04	17.50	325m:	3:41.34	16.86
	50m:	30.58	16.27	150m:	1:38.42	17.40	250m:	2:48.60	17.56	350m:	3:58.80	17.46
	75m:	46.91	16.33	175m:	1:56.16	17.74	275m:	3:06.54	17.94	375m:	4:15.78	16.98
	100m:	1:03.93	17.02	200m:	2:13.54	17.38	300m:	3:24.48	17.94	400m:	4:31.09	15.31
18.			2001	9		+0,94	<b>4:44.96</b>	413	2			
	25m:	14.73	14.73	125m:	1:24.10	17.61	225m:	2:36.16	18.09	325m:	3:50.51	18.54
	50m:	31.54	16.81	150m:	1:42.00	17.90	250m:	2:54.81	18.65	350m:	4:08.99	18.48
	75m:	48.95	17.41	175m:	1:59.89	17.89	275m:	3:13.34	18.53	375m:	4:27.29	18.30
	100m:	1:06.49	17.54	200m:	2:18.07	18.18	300m:	3:31.97	18.63	400m:	4:44.96	17.67
19.			2005	9		+1,00	<b>4:45.63</b>	410	2			
	25m:	14.98	14.98	125m:	1:26.17	18.21	225m:	2:40.56	18.74	325m:	3:53.98	18.08
	50m:	32.11	17.13	150m:	1:44.88	18.71	250m:	2:59.11	18.55	350m:	4:11.96	17.98
	75m:	49.63	17.52	175m:	2:03.13	18.25	275m:	3:17.51	18.40	375m:	4:29.47	17.51
	100m:	1:07.96	18.33	200m:	2:21.82	18.69	300m:	3:35.90	18.39	400m:	4:45.63	16.16
20.			2006	9		+0,65	<b>4:47.37</b>	402	2			
	25m:	15.12	15.12	125m:	1:27.44	18.78	225m:	2:41.42	17.95	325m:	3:54.59	18.36
	50m:	32.35	17.23	150m:	1:46.47	19.03	250m:	2:59.75	18.33	350m:	4:12.93	18.34
	75m:	50.16	17.81	175m:	2:04.91	18.44	275m:	3:17.96	18.21	375m:	4:30.64	17.71
	100m:	1:08.66	18.50	200m:	2:23.47	18.56	300m:	3:36.23	18.27	400m:	4:47.37	16.73

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