

22				, 400m				2007				
28.01.2022 - 11:51												
: FINA 2021												
		/				R.T						
1.			2002		7	+0,78	<b>4:41.28</b>	651				
	50m:	29.82	29.82	150m:	1:40.22	36.88	250m:	2:57.05	41.45 350m:	4:10.24	32.21	
	100m:	1:03.34	33.52	200m:	2:15.60	35.38	300m:	3:38.03	40.98 400m:	4:41.28	31.04	
2.			2006		3	+0,65	<b>4:42.46</b>	643				
	50m:	29.07	29.07	150m:	1:39.83	38.08	250m:	2:57.63	41.15 350m:	4:11.45	32.15	
	100m:	1:01.75	32.68	200m:	2:16.48	36.65	300m:	3:39.30	41.67 400m:	4:42.46	31.01	
3.			2006			+0,71	<b>4:50.48</b>	591				
	50m:	29.35	29.35	150m:	1:43.35	38.49	250m:	3:00.69	39.91 350m:	4:16.28	35.18	
	100m:	1:04.86	35.51	200m:	2:20.78	37.43	300m:	3:41.10	40.41 400m:	4:50.48	34.20	
4.			2005		2		<b>4:51.10</b>	587				
	50m:	28.41	28.41	150m:	1:41.43	37.89	250m:	3:00.10		350m:	4:17.57	
	100m:	1:03.54	35.13	200m:	3:42.77	2:01.34	300m:	4:51.48	1:51.38	400m:	4:51.10	33.53
5.			2006	I		+0,68	<b>4:54.54</b>	567	1			
	50m:	29.81	29.81	150m:	1:42.12	37.52	250m:	3:01.63	42.28 350m:	4:20.31	35.16	
	100m:	1:04.60	34.79	200m:	2:19.35	37.23	300m:	3:45.15	43.52 400m:	4:54.54	34.23	
6.			2005			+0,72	<b>4:57.62</b>	549	1			
	50m:	29.96	29.96	150m:	1:42.07	37.46	250m:	3:03.73	43.75 350m:	4:23.71	35.63	
	100m:	1:04.61	34.65	200m:	2:19.98	37.91	300m:	3:48.08	44.35 400m:	4:57.62	33.91	
7.			2004		2	+0,72	<b>4:58.08</b>	547	1			
	50m:	30.44	30.44	150m:	1:45.14	38.80	250m:	3:07.09	43.54 350m:	4:24.57	33.98	
	100m:	1:06.34	35.90	200m:	2:23.55	38.41	300m:	3:50.59	43.50 400m:	4:58.08	33.51	
8.			2005			+0,67	<b>5:02.32</b>	524	1			
	50m:	31.47	31.47	150m:	1:44.62	38.89	250m:	3:06.82	43.56 350m:	4:26.76	37.08	
	100m:	1:05.73	34.26	200m:	2:23.26	38.64	300m:	3:49.68	42.86 400m:	5:02.32	35.56	
9.			2007		5	+0,66	<b>5:02.39</b>	524	1			
	50m:	30.68	30.68	150m:	1:45.77	39.92	250m:	3:09.36	45.31 350m:	4:28.73	35.61	
	100m:	1:05.85	35.17	200m:	2:24.05	38.28	300m:	3:53.12	43.76 400m:	5:02.39	33.66	
10.			2006	I		+0,78	<b>5:03.10</b>	520	1			
	50m:	32.48	32.48	150m:	1:48.23	39.96	250m:	3:10.22	42.38 350m:	4:29.78	36.09	
	100m:	1:08.27	35.79	200m:	2:27.84	39.61	300m:	3:53.69	43.47 400m:	5:03.10	33.32	
11.			2002		6	+0,53	<b>5:03.29</b>	519	1			
	50m:	29.10	29.10	150m:	1:42.62	39.55	250m:	3:08.69	45.83 350m:	4:29.39	34.64	
	100m:	1:03.07	33.97	200m:	2:22.86	40.24	300m:	3:54.75	46.06 400m:	5:03.29	33.90	
12.			2006	I		+0,66	<b>5:10.17</b>	485	1			
	50m:	30.92	30.92	150m:	1:47.85	41.32	250m:	3:11.49	43.73 350m:	4:33.24	37.02	
	100m:	1:06.53	35.61	200m:	2:27.76	39.91	300m:	3:56.22	44.73 400m:	5:10.17	36.93	
13.			2006	1		+0,78	<b>5:13.10</b>	472	2			
	50m:	32.74	32.74	150m:	1:48.39	40.39	250m:	3:14.68	46.97 350m:	4:37.62	38.29	
	100m:	1:08.00	35.26	200m:	2:27.71	39.32	300m:	3:59.33	44.65 400m:	5:13.10	35.48	
14.			2007	I			<b>5:14.35</b>	466	2			
	50m:	31.87	31.87	150m:	1:50.35	42.37	250m:	3:17.24	45.75 350m:	4:38.98	37.11	
	100m:	1:07.98	36.11	200m:	2:31.49	41.14	300m:	4:01.87	44.63 400m:	5:14.35	35.37	