

37		, 400m				2009						
29.01.2022 - 11:45												
: FINA 2021												
				R.T								
1.			2008		4	+0,76	4:35.58 631					
	50m:	31.40	31.40	150m:	1:40.56	35.12	250m:	2:51.73	35.63	350m:	4:02.59	35.39
	100m:	1:05.44	34.04	200m:	2:16.10	35.54	300m:	3:27.20	35.47	400m:	4:35.58	32.99
2.			2006		1	+0,76	4:35.65 631					
	50m:	31.01	31.01	150m:	1:39.54	34.79	250m:	2:50.07	35.37	350m:	4:02.13	35.90
	100m:	1:04.75	33.74	200m:	2:14.70	35.16	300m:	3:26.23	36.16	400m:	4:35.65	33.52
3.			2007		4	+0,81	4:39.29 606					
	50m:	31.94	31.94	150m:	1:41.91	35.40	250m:	2:53.09	35.51	350m:	4:04.40	35.66
	100m:	1:06.51	34.57	200m:	2:17.58	35.67	300m:	3:28.74	35.65	400m:	4:39.29	34.89
4.			2008		4		4:45.76 566 1					
	50m:	32.46	32.46	150m:	1:44.93		350m:	4:11.52	1:12.50			
	100m:	4:46.07	4:13.61	250m:	2:59.02	1:14.09	400m:	4:45.76	34.24			
5.			2007		3	+0,79	4:47.38 557 1					
	50m:	31.80	31.80	150m:	1:43.34	36.20	250m:	2:56.93	36.73	350m:	4:11.13	37.14
	100m:	1:07.14	35.34	200m:	2:20.20	36.86	300m:	3:33.99	37.06	400m:	4:47.38	36.25
6.			2006			+0,71	4:47.54 556 1					
	50m:	32.23	32.23	150m:	1:43.72	36.48	250m:	2:57.72	37.61	350m:	4:11.55	37.10
	100m:	1:07.24	35.01	200m:	2:20.11	36.39	300m:	3:34.45	36.73	400m:	4:47.54	35.99
7.			2006		3		4:48.23 552 1					
	50m:	32.28	32.28	150m:	1:44.87	36.47	250m:	2:58.55	37.24	350m:	4:11.88	36.77
	100m:	1:08.40	36.12	200m:	2:21.31	36.44	300m:	3:35.11	36.56	400m:	4:48.23	36.35
8.			2007		3	+0,82	4:49.10 547 1					
	50m:	32.27	32.27	150m:	1:45.99	37.40	250m:	3:00.19	36.83	350m:	4:14.03	36.83
	100m:	1:08.59	36.32	200m:	2:23.36	37.37	300m:	3:37.20	37.01	400m:	4:49.10	35.07
9.			2009 1			+0,62	4:52.68 527 1					
	50m:	31.99	31.99	150m:	1:44.89	37.23	250m:	3:00.55	37.95	350m:	4:16.87	38.36
	100m:	1:07.66	35.67	200m:	2:22.60	37.71	300m:	3:38.51	37.96	400m:	4:52.68	35.81
10.			2007				4:54.76 516 1					
	50m:	32.93	32.93	200m:	2:25.87	38.13	300m:	4:54.94	1:51.09	400m:	4:54.76	35.04
	150m:	1:47.74	1:14.81	250m:	3:03.85	37.98	350m:	4:19.72				
11.			2007		2	+0,74	4:54.82 515 1					
	50m:	32.23	32.23	150m:	1:45.47	37.64	250m:	3:01.27	38.18	350m:	4:18.18	38.61
	100m:	1:07.83	35.60	200m:	2:23.09	37.62	300m:	3:39.57	38.30	400m:	4:54.82	36.64
12.			2008		4	+0,84	4:54.95 515 1					
	50m:	33.29	33.29	150m:	1:46.69	37.23	250m:	3:02.34	38.17	350m:	4:18.36	37.72
	100m:	1:09.46	36.17	200m:	2:24.17	37.48	300m:	3:40.64	38.30	400m:	4:54.95	36.59
13.			2008 1			+0,85	4:55.53 512 1					
	50m:	33.36	33.36	150m:	1:47.42	37.29	250m:	3:03.35	37.80	350m:	4:19.56	37.54
	100m:	1:10.13	36.77	200m:	2:25.55	38.13	300m:	3:42.02	38.67	400m:	4:55.53	35.97
14.			2009 1				4:56.24 508 1					
	50m:	32.49	32.49	150m:	1:46.72	37.52	250m:	3:02.98	38.24	350m:	4:19.18	37.57
	100m:	1:09.20	36.71	200m:	2:24.74	38.02	300m:	3:41.61	38.63	400m:	4:56.24	37.06
15.			2007 1			+0,76	4:57.06 504 1					
	50m:	33.37	33.37	150m:	1:48.12	38.17	250m:	3:04.72	39.14	350m:	4:21.38	38.73
	100m:	1:09.95	36.58	200m:	2:25.58	37.46	300m:	3:42.65	37.93	400m:	4:57.06	35.68

27 -29 2022

37,		, 400m		, 2009		R.T						
16.			2006		1	+0,73	4:58.89	495 1				
	50m:	32.65	32.65	150m:	1:47.97	38.65	250m:	3:06.23	39.08	350m:	4:22.15	36.69
	100m:	1:09.32	36.67	200m:	2:27.15	39.18	300m:	3:45.46	39.23	400m:	4:58.89	36.74
17.			2006		1	+0,71	4:59.07	494 1				
	50m:	34.18	34.18	150m:	1:48.64	37.55	250m:	3:05.13	38.17	350m:	4:21.61	38.47
	100m:	1:11.09	36.91	200m:	2:26.96	38.32	300m:	3:43.14	38.01	400m:	4:59.07	37.46
18.			2009		1	+0,85	4:59.43	492 1				
	50m:	34.50	34.50	150m:	1:51.16	38.80	250m:	3:07.87	38.67	350m:	4:23.67	37.78
	100m:	1:12.36	37.86	200m:	2:29.20	38.04	300m:	3:45.89	38.02	400m:	4:59.43	35.76
19.			2006		5	+0,81	4:59.75	490 1				
	50m:	31.86	31.86	150m:	1:45.30	37.80	250m:	3:02.80	39.29	350m:	4:21.20	39.10
	100m:	1:07.50	35.64	200m:	2:23.51	38.21	300m:	3:42.10	39.30	400m:	4:59.75	38.55
20.			2008		1	+0,78	5:00.21	488 1				
	50m:	33.82	33.82	150m:	1:49.66	38.39	250m:	3:06.75	38.58	350m:	4:22.93	38.25
	100m:	1:11.27	37.45	200m:	2:28.17	38.51	300m:	3:44.68	37.93	400m:	5:00.21	37.28
21.			2008		1		5:02.00	480 1				
	50m:	32.56	32.56	150m:	1:48.55	39.04	250m:	3:06.61	39.09	350m:	4:25.14	39.62
	100m:	1:09.51	36.95	200m:	2:27.52	38.97	300m:	3:45.52	38.91	400m:	5:02.00	36.86
22.			2009		1		5:02.05	479 2				
	50m:	33.92	33.92	150m:	1:49.85	38.21	250m:	3:08.04	38.82	350m:	4:24.73	38.23
	100m:	1:11.64	37.72	200m:	2:29.22	39.37	300m:	3:46.50	38.46	400m:	5:02.05	37.32
23.			2007		1	+0,85	5:04.32	469 2				
	50m:	33.23	33.23	150m:	1:49.03	38.96	250m:	3:08.07	39.63	350m:	4:27.11	39.34
	100m:	1:10.07	36.84	200m:	2:28.44	39.41	300m:	3:47.77	39.70	400m:	5:04.32	37.21
24.			2006		2	+0,74	5:04.46	468 2				
	50m:	33.54	33.54	150m:	1:49.61	38.13	250m:	3:07.60	39.27	350m:	4:26.46	39.20
	100m:	1:11.48	37.94	200m:	2:28.33	38.72	300m:	3:47.26	39.66	400m:	5:04.46	38.00
25.			2007		1	+0,80	5:06.42	459 2				
	50m:	33.79	33.79	150m:	1:50.76	39.19	250m:	3:11.20	40.64	350m:	4:29.29	38.40
	100m:	1:11.57	37.78	200m:	2:30.56	39.80	300m:	3:50.89	39.69	400m:	5:06.42	37.13
26.			2009		1	+0,96	5:07.22	455 2				
	50m:	34.28	34.28	150m:	1:51.14	38.73	250m:	3:11.19	40.47	350m:	4:30.30	39.58
	100m:	1:12.41	38.13	200m:	2:30.72	39.58	300m:	3:50.72	39.53	400m:	5:07.22	36.92
27.			2007		5	+0,98	5:09.34	446 2				
	50m:	35.14	35.14	150m:	1:51.83	39.12	250m:	3:10.36	39.80	350m:	4:30.24	40.67
	100m:	1:12.71	37.57	200m:	2:30.56	38.73	300m:	3:49.57	39.21	400m:	5:09.34	39.10
28.			2006		7	+0,80	5:10.36	442 2				
	50m:	35.14	35.14	150m:	1:53.15	39.89	250m:	3:13.29	40.23	350m:	4:31.89	39.38
	100m:	1:13.26	38.12	200m:	2:33.06	39.91	300m:	3:52.51	39.22	400m:	5:10.36	38.47