

38				, 400m				2007	
29.01.2022 - 12:08									
: FINA 2021									
		/				R.T			
1.			1997		4	+0,69	<b>4:00.89</b>	762	
	50m:	27.97	27.97	150m:	1:28.91	30.72	250m:	2:30.07	30.56
	100m:	58.19	30.22	200m:	1:59.51	30.60	300m:	3:00.90	30.83
							350m:	3:31.59	30.69
							400m:	4:00.89	29.30
2.			2000		-	+0,68	<b>4:08.75</b>	692	
	50m:	28.10	28.10	150m:	1:29.95	31.35	250m:	2:33.75	32.13
	100m:	58.60	30.50	200m:	2:01.62	31.67	300m:	3:05.68	31.93
							350m:	3:37.53	31.85
							400m:	4:08.75	31.22
3.			2006			+0,66	<b>4:12.22</b>	664	
	50m:	28.45	28.45	150m:	1:31.88	31.89	250m:	2:36.07	32.21
	100m:	59.99	31.54	200m:	2:03.86	31.98	300m:	3:08.38	32.31
							350m:	3:40.68	32.30
							400m:	4:12.22	31.54
4.			2006		4	+0,73	<b>4:19.51</b>	609	1
	50m:	28.26	28.26	150m:	1:33.27	33.13	250m:	2:39.96	33.49
	100m:	1:00.14	31.88	200m:	2:06.47	33.20	300m:	3:13.85	33.89
							350m:	3:47.47	33.62
							400m:	4:19.51	32.04
5.			2002		7	+0,77	<b>4:20.22</b>	604	1
	50m:	29.81	29.81	150m:	1:35.68	33.72	250m:	2:43.65	34.10
	100m:	1:01.96	32.15	200m:	2:09.55	33.87	300m:	3:18.32	34.67
							350m:	3:49.98	31.66
							400m:	4:20.22	30.24
6.			2006		2	+0,68	<b>4:21.65</b>	595	1
	50m:	29.12	29.12	150m:	1:34.27	32.97	250m:	2:41.68	34.09
	100m:	1:01.30	32.18	200m:	2:07.59	33.32	300m:	3:15.74	34.06
							350m:	3:49.68	33.94
							400m:	4:21.65	31.97
7.			2007		4	+0,78	<b>4:22.21</b>	591	1
	50m:	29.37	29.37	150m:	1:35.09	33.53	250m:	2:42.93	33.98
	100m:	1:01.56	32.19	200m:	2:08.95	33.86	300m:	3:16.89	33.96
							350m:	3:50.45	33.56
							400m:	4:22.21	31.76
8.			2004		2		<b>4:22.26</b>	590	1
	50m:	29.19	29.19	150m:	1:34.36	33.02	250m:	2:42.37	34.31
	100m:	1:01.34	32.15	200m:	2:08.06	33.70	300m:	3:16.83	34.46
							350m:	3:50.96	34.13
							400m:	4:22.26	31.30
9.			2004		2	+0,73	<b>4:22.65</b>	588	1
	50m:	28.26	28.26	150m:	1:31.90	32.68	250m:	2:39.33	34.32
	100m:	59.22	30.96	200m:	2:05.01	33.11	300m:	3:13.49	34.16
							350m:	3:48.57	35.08
							400m:	4:22.65	34.08
10.			2007		4	+0,73	<b>4:23.23</b>	584	1
	50m:	30.23	30.23	150m:	1:37.68	34.34	250m:	2:45.75	34.20
	100m:	1:03.34	33.11	200m:	2:11.55	33.87	300m:	3:19.14	33.39
							350m:	3:52.19	33.05
							400m:	4:23.23	31.04
11.			2007		3	+0,75	<b>4:24.06</b>	578	1
	50m:	29.94	29.94	150m:	1:37.64	34.14	250m:	2:46.17	34.01
	100m:	1:03.50	33.56	200m:	2:12.16	34.52	300m:	3:20.15	33.98
							350m:	3:52.99	32.84
							400m:	4:24.06	31.07
12.			2002		6	+0,66	<b>4:27.15</b>	559	1
	50m:	28.41	28.41	150m:	1:33.58	33.23	250m:	2:42.25	34.52
	100m:	1:00.35	31.94	200m:	2:07.73	34.15	300m:	3:17.44	35.19
							350m:	3:52.62	35.18
							400m:	4:27.15	34.53
13.			2005		7	+0,78	<b>4:27.62</b>	556	1
	50m:	30.67	30.67	150m:	1:39.15	34.16	250m:	2:46.76	33.49
	100m:	1:04.99	34.32	200m:	2:13.27	34.12	300m:	3:20.71	33.95
							350m:	3:55.33	34.62
							400m:	4:27.62	32.29
14.			2004		3	+0,72	<b>4:27.72</b>	555	1
	50m:	29.73	29.73	150m:	1:37.33	34.48	250m:	2:47.09	34.75
	100m:	1:02.85	33.12	200m:	2:12.34	35.01	300m:	3:21.79	34.70
							350m:	3:55.71	33.92
							400m:	4:27.72	32.01
15.			2007			+0,71	<b>4:27.74</b>	555	1
	50m:	31.77	31.77	150m:	1:39.95	34.42	250m:	2:48.70	34.43
	100m:	1:05.53	33.76	200m:	2:14.27	34.32	300m:	3:23.12	34.42
							350m:	3:56.46	33.34
							400m:	4:27.74	31.28

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38,		, 400m		, 2007				R.T				
16.								+0,84	<b>4:28.92</b>	548 1		
	50m:	30.16	30.16	150m:	1:38.32	34.68	250m:	2:48.44	35.25	350m:	3:57.02	33.83
	100m:	1:03.64	33.48	200m:	2:13.19	34.87	300m:	3:23.19	34.75	400m:	4:28.92	31.90
17.										<b>4:30.03</b>	541 1	
	50m:	31.48	31.48	150m:	1:40.13	34.26	250m:	2:48.77	33.87	350m:	3:57.10	33.45
	100m:	1:05.87	34.39	200m:	2:14.90	34.77	300m:	3:23.65	34.88	400m:	4:30.03	32.93
18.										<b>4:30.10</b>	540 1	
	50m:	29.83	29.83	150m:	1:37.29	34.18	250m:	2:47.78	35.79	350m:	3:57.32	34.76
	100m:	1:03.11	33.28	200m:	2:11.99	34.70	300m:	3:22.56	34.78	400m:	4:30.10	32.78
19.										+0,79	<b>4:30.90</b>	536 1
	50m:	29.69	29.69	150m:	1:37.39	34.92	250m:	2:47.65	35.84	350m:	3:57.50	34.25
	100m:	1:02.47	32.78	200m:	2:11.81	34.42	300m:	3:23.25	35.60	400m:	4:30.90	33.40
20.										+0,68	<b>4:31.48</b>	532 1
	50m:	29.78	29.78	150m:	1:37.88	34.86	250m:	2:48.77	36.21	350m:	3:59.39	35.32
	100m:	1:03.02	33.24	200m:	2:12.56	34.68	300m:	3:24.07	35.30	400m:	4:31.48	32.09
21.										+0,75	<b>4:31.56</b>	532 1
	50m:	30.07	30.07	150m:	1:37.53	34.59	250m:	2:48.37	35.78	350m:	3:58.47	34.73
	100m:	1:02.94	32.87	200m:	2:12.59	35.06	300m:	3:23.74	35.37	400m:	4:31.56	33.09
22.											<b>4:32.91</b>	524 1
	50m:	31.44	31.44	150m:	1:38.94	34.09	250m:	2:47.18	34.16	350m:	3:56.92	35.22
	100m:	1:04.85	33.41	200m:	2:13.02	34.08	300m:	3:21.70	34.52	400m:	4:32.91	35.99
23.										+0,72	<b>4:33.18</b>	522 1
	50m:	29.87	29.87	150m:	1:37.41	34.38	250m:	2:47.01	35.11	350m:	3:58.46	35.84
	100m:	1:03.03	33.16	200m:	2:11.90	34.49	300m:	3:22.62	35.61	400m:	4:33.18	34.72
24.										+0,59	<b>4:34.59</b>	514 2
	50m:	28.50	28.50	150m:	1:33.96	33.54	250m:	2:43.26	35.64	400m:	4:34.59	1:14.78
	100m:	1:00.42	31.92	200m:	2:07.62	33.66	300m:	3:19.81	36.55			
25.										+0,83	<b>4:36.36</b>	504 2
	50m:	29.78	29.78	150m:	1:39.45	35.70	250m:	2:50.95	35.98	350m:	4:02.08	35.26
	100m:	1:03.75	33.97	200m:	2:14.97	35.52	300m:	3:26.82	35.87	400m:	4:36.36	34.28
26.										+0,71	<b>4:37.26</b>	500 2
	50m:	29.68	29.68	150m:	1:38.49	35.00	250m:	2:49.35	35.67	350m:	4:01.77	36.31
	100m:	1:03.49	33.81	200m:	2:13.68	35.19	300m:	3:25.46	36.11	400m:	4:37.26	35.49
27.										+0,77	<b>4:39.23</b>	489 2
	50m:	30.51	30.51	150m:	1:38.84	35.22	250m:	2:51.26	36.45	350m:	4:04.77	36.73
	100m:	1:03.62	33.11	200m:	2:14.81	35.97	300m:	3:28.04	36.78	400m:	4:39.23	34.46
28.										+1,05	<b>4:42.83</b>	471 2
	50m:	31.72	31.72	150m:	1:44.57	37.36	250m:	3:00.08	38.09	350m:	4:10.36	34.54
	100m:	1:07.21	35.49	200m:	2:21.99	37.42	300m:	3:35.82	35.74	400m:	4:42.83	32.47
29.										+0,75	<b>4:43.66</b>	466 2
	50m:	30.88	30.88	150m:	1:40.69	35.69	250m:	2:54.07	37.03	350m:	4:08.65	37.18
	100m:	1:05.00	34.12	200m:	2:17.04	36.35	300m:	3:31.47	37.40	400m:	4:43.66	35.01