

38 , 400m 2007  
23.06.2022 - 11:40

: FINA 2021

								R.T				
1.	,	2003		1		+0,72		<b>4:05.90</b>	716			
	50m:	28.53	28.53	150m:	1:29.68	31.04	250m:	2:32.40	31.45	350m:	3:35.37	31.41
	100m:	58.64	30.11	200m:	2:00.95	31.27	300m:	3:03.96	31.56	400m:	4:05.90	30.53
2.	,	2003		1		+0,75		<b>4:28.52</b>	550	1		
	50m:	29.63	29.63	150m:	1:37.37	34.63	250m:	2:47.22	34.83	350m:	3:56.12	34.19
	100m:	1:02.74	33.11	200m:	2:12.39	35.02	300m:	3:21.93	34.71	400m:	4:28.52	32.40
3.	,	2005						<b>4:32.85</b>	524	1		
	50m:	30.43	30.43	150m:	1:38.79	34.89	250m:	2:49.87	35.65	350m:	4:00.39	35.16
	100m:	1:03.90	33.47	200m:	2:14.22	35.43	300m:	3:25.23	35.36	400m:	4:32.85	32.46
4.	,	2006		1		+0,66		<b>4:33.50</b>	520	1		
	50m:	29.73	29.73	150m:	1:38.27	34.93	250m:	2:49.34	35.44	350m:	3:59.55	34.51
	100m:	1:03.34	33.61	200m:	2:13.90	35.63	300m:	3:25.04	35.70	400m:	4:33.50	33.95
5.	,	2007		1		+0,71		<b>4:41.18</b>	479	2		
	50m:	31.63	31.63	150m:	1:43.48	35.89	250m:	2:56.33	36.40	350m:	4:08.42	35.65
	100m:	1:07.59	35.96	200m:	2:19.93	36.45	300m:	3:32.77	36.44	400m:	4:41.18	32.76
6.	,	2006		1		+0,70		<b>4:42.40</b>	473	2		
	50m:	32.13	32.13	150m:	1:43.07	35.75	250m:	2:56.20	36.56	350m:	4:09.14	36.10
	100m:	1:07.32	35.19	200m:	2:19.64	36.57	300m:	3:33.04	36.84	400m:	4:42.40	33.26
7.	,	2006		1		+0,73		<b>4:47.06</b>	450	2		
	50m:	31.83	31.83	150m:	1:44.05	36.69	250m:	2:58.48	37.35	350m:	4:12.54	36.71
	100m:	1:07.36	35.53	200m:	2:21.13	37.08	300m:	3:35.83	37.35	400m:	4:47.06	34.52
8.	,	2007		1		+0,76		<b>4:48.68</b>	443	2		
	50m:	31.72	31.72	150m:	1:44.32	36.78	250m:	2:58.91	37.54	350m:	4:13.63	36.98
	100m:	1:07.54	35.82	200m:	2:21.37	37.05	300m:	3:36.65	37.74	400m:	4:48.68	35.05