

, 05 - 07 . I 2018

19 , 400m  
06.04.2018 - 10:31

	4:13.14			26.04.2009
	4:14.65		(POL)	14.07.2013
14 +: 4:14.98 /	12 +: 4:37.00 /	10 +: 4:52.00 /	I	9 +: 5:11.00

	/			R.T.			FINA				
1.	1998			<b>4:49.40</b>							
100m:	1:11.30	1:11.30	200m:	2:25.12	1:13.82	300m:	3:42.46	1:17.34	400m:	4:49.40	1:06.94
2.	2003			<b>4:58.12</b>							
100m:	1:05.96	1:05.96	200m:	2:21.40	1:15.44	300m:	3:47.77	1:26.37	400m:	4:58.12	1:10.35
3.	2002 1			<b>4:58.78</b>							
100m:	1:10.40	1:10.40	200m:	2:27.49	1:17.09	300m:	3:54.00	1:26.51	400m:	4:58.78	1:04.78

