



12  
02.12.2020 - 9:31

, 400m

(13-14 )

3:56.46	LEDECKY Kathleen	USA	Rio (BRA)	07.08.2016
3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	26.07.2009
4:06.01				09.04.2019
3:58.37	LEDECKY Kathleen	USA	Gold Coast (AUS)	23.08.2014
4:03.57	KESELY Ajna	HUN	Glasgow (GBR)	09.08.2018
4:08.81			(AZE)	24.06.2015

: FINA 2020

					R.T.				FINA			
1.	2006				+1,01 <b>4:31.05</b>				663 Q			
	50m:	31.92	31.92	150m:	1:41.00	34.63	250m:	2:50.58	34.74	350m:	3:58.84	33.67
	100m:	1:06.37	34.45	200m:	2:15.84	34.84	300m:	3:25.17	34.59	400m:	4:31.05	32.21
2.	2006				+0,79 <b>4:31.22</b>				662 Q			
	50m:	30.69	30.69	150m:	1:38.61	34.58	250m:	2:47.97	34.83	350m:	3:57.63	34.56
	100m:	1:04.03	33.34	200m:	2:13.14	34.53	300m:	3:23.07	35.10	400m:	4:31.22	33.59
3.	2006				+0,77 <b>4:31.30</b>				662 Q			
	50m:	31.08	31.08	150m:	1:39.28	34.45	250m:	2:48.33	34.39	350m:	3:57.51	34.62
	100m:	1:04.83	33.75	200m:	2:13.94	34.66	300m:	3:22.89	34.56	400m:	4:31.30	33.79
4.	2007				+0,70 <b>4:32.52</b>				653 Q			
	50m:	31.06	31.06	150m:	1:39.89	34.60	250m:	2:48.93	34.22	350m:	3:58.61	34.71
	100m:	1:05.29	34.23	200m:	2:14.71	34.82	300m:	3:23.90	34.97	400m:	4:32.52	33.91
5.	2006				+0,83 <b>4:33.60</b>				645 Q			
	50m:	32.10	32.10	150m:	1:41.32	35.02	250m:	2:50.94	35.12	350m:	4:00.60	34.81
	100m:	1:06.30	34.20	200m:	2:15.82	34.50	300m:	3:25.79	34.85	400m:	4:33.60	33.00
6.	2007				+0,82 <b>4:34.45</b>				639 Q			
	50m:	31.57	31.57	150m:	1:39.59	34.22	250m:	2:49.14	35.01	350m:	4:00.15	35.58
	100m:	1:05.37	33.80	200m:	2:14.13	34.54	300m:	3:24.57	35.43	400m:	4:34.45	34.30
7.	2006				+0,80 <b>4:34.55</b>				638 Q			
	50m:	31.55	31.55	150m:	1:40.80	34.44	250m:	2:50.90	34.96	350m:	4:01.60	34.95
	100m:	1:06.36	34.81	200m:	2:15.94	35.14	300m:	3:26.65	35.75	400m:	4:34.55	32.95
8.	2006				+0,77 <b>4:35.08</b>				635 Q			
	50m:	29.84	29.84	150m:	1:38.36	35.17	250m:	2:48.92	35.02	350m:	4:00.03	35.41
	100m:	1:03.19	33.35	200m:	2:13.90	35.54	300m:	3:24.62	35.70	400m:	4:35.08	35.05
9.	2006				+0,79 <b>4:35.11</b>				634 R			
	50m:	30.44	30.44	150m:	1:39.85	34.79	250m:	2:49.77	34.67	350m:	4:00.97	36.03
	100m:	1:05.06	34.62	200m:	2:15.10	35.25	300m:	3:24.94	35.17	400m:	4:35.11	34.14
10.	2006				+0,85 <b>4:35.14</b>				634 R			
	50m:	30.86	30.86	150m:	1:40.12	34.93	250m:	2:50.62	35.40	350m:	4:01.63	35.05
	100m:	1:05.19	34.33	200m:	2:15.22	35.10	300m:	3:26.58	35.96	400m:	4:35.14	33.51
11.	2006				+0,70 <b>4:35.29</b>				633			
	50m:	32.61	32.61	150m:	1:42.77	35.34	250m:	2:52.89	35.42	350m:	4:02.25	34.27
	100m:	1:07.43	34.82	200m:	2:17.47	34.70	300m:	3:27.98	35.09	400m:	4:35.29	33.04
12.	2006				+0,76 <b>4:36.36</b>				626			
	50m:	31.62	31.62	150m:	1:41.05	35.21	250m:	2:51.22	35.10	350m:	4:01.98	35.50
	100m:	1:05.84	34.22	200m:	2:16.12	35.07	300m:	3:26.48	35.26	400m:	4:36.36	34.38
13.	2006				+0,78 <b>4:37.44</b>				619			
	50m:	31.69	31.69	150m:	1:40.21	34.49	250m:	2:51.51	35.39	350m:	4:02.79	35.49
	100m:	1:05.72	34.03	200m:	2:16.12	35.91	300m:	3:27.30	35.79	400m:	4:37.44	34.65
14.	2006				+0,88 <b>4:37.70</b>				617			
	50m:	31.51	31.51	150m:	1:41.41	35.25	250m:	2:53.38	36.33	350m:	4:04.56	35.68
	100m:	1:06.16	34.65	200m:	2:17.05	35.64	300m:	3:28.88	35.50	400m:	4:37.70	33.14





	12,	, 400m						(13-14 )				
			/					R.T.				FINA
15.			2006					+0,89	<b>4:37.89</b>			616
	50m:	31.39	31.39	150m:	1:41.56	35.30	250m:	2:53.24	36.17	350m:	4:03.89	35.42
	100m:	1:06.26	34.87	200m:	2:17.07	35.51	300m:	3:28.47	35.23	400m:	4:37.89	34.00
16.			2006					+0,74	<b>4:38.17</b>			614
	50m:	31.12	31.12	150m:	1:42.06	35.67	250m:	2:53.48	35.86	350m:	4:05.15	35.50
	100m:	1:06.39	35.27	200m:	2:17.62	35.56	300m:	3:29.65	36.17	400m:	4:38.17	33.02
17.			2006					+0,68	<b>4:38.18</b>			614
	50m:	31.50	31.50	150m:	1:41.85	35.77	250m:	2:53.79	35.73	350m:	4:05.06	35.74
	100m:	1:06.08	34.58	200m:	2:18.06	36.21	300m:	3:29.32	35.53	400m:	4:38.18	33.12
18.			2007					+0,82	<b>4:38.24</b>			613
	50m:	29.95	29.95	150m:	1:40.88	35.74	250m:	2:52.42	35.67	350m:	4:04.10	35.69
	100m:	1:05.14	35.19	200m:	2:16.75	35.87	300m:	3:28.41	35.99	400m:	4:38.24	34.14
19.			2006					+0,79	<b>4:38.25</b>			613
	50m:	31.49	31.49	150m:	1:40.81	34.93	250m:	2:51.82	35.37	350m:	4:03.65	35.65
	100m:	1:05.88	34.39	200m:	2:16.45	35.64	300m:	3:28.00	36.18	400m:	4:38.25	34.60
20.			2006					+0,73	<b>4:38.31</b>			613
	50m:	32.22	32.22	150m:	1:41.82	35.17	250m:	2:52.30	35.34	350m:	4:03.35	35.51
	100m:	1:06.65	34.43	200m:	2:16.96	35.14	300m:	3:27.84	35.54	400m:	4:38.31	34.96
21.			2006					+0,87	<b>4:38.71</b>			610
	50m:	30.93	30.93	150m:	1:39.29	35.07	250m:	2:51.23	36.32	350m:	4:03.24	35.89
	100m:	1:04.22	33.29	200m:	2:14.91	35.62	300m:	3:27.35	36.12	400m:	4:38.71	35.47
22.			2006					+0,80	<b>4:39.38</b>			606
	50m:	32.17	32.17	150m:	1:43.80	35.97	250m:	2:54.74	34.74	350m:	4:05.19	34.89
	100m:	1:07.83	35.66	200m:	2:20.00	36.20	300m:	3:30.30	35.56	400m:	4:39.38	34.19
23.			2007					+1,00	<b>4:39.54</b>			605
	50m:	31.78	31.78	150m:	1:41.87	35.26	250m:	2:52.01	35.39	350m:	4:04.55	36.29
	100m:	1:06.61	34.83	200m:	2:16.62	34.75	300m:	3:28.26	36.25	400m:	4:39.54	34.99
24.			2006					+0,77	<b>4:39.58</b>			604
	50m:	31.97	31.97	150m:	1:41.66	35.05	250m:	2:53.16	35.67	350m:	4:04.77	35.67
	100m:	1:06.61	34.64	200m:	2:17.49	35.83	300m:	3:29.10	35.94	400m:	4:39.58	34.81
25.			2007					+0,88	<b>4:39.61</b>			604
	50m:	32.50	32.50	150m:	1:43.20	35.81	250m:	2:54.45	35.81	350m:	4:05.13	35.22
	100m:	1:07.39	34.89	200m:	2:18.64	35.44	300m:	3:29.91	35.46	400m:	4:39.61	34.48
26.			2006					+0,72	<b>4:39.65</b>			604
	50m:	31.91	31.91	150m:	1:43.49	35.90	250m:	2:55.58	35.63	350m:	4:06.00	34.62
	100m:	1:07.59	35.68	200m:	2:19.95	36.46	300m:	3:31.38	35.80	400m:	4:39.65	33.65
27.			2006					+0,81	<b>4:40.74</b>			597
	50m:	30.93	30.93	150m:	1:41.15	34.92	250m:	2:52.30	35.27	350m:	4:05.47	36.49
	100m:	1:06.23	35.30	200m:	2:17.03	35.88	300m:	3:28.98	36.68	400m:	4:40.74	35.27
28.			2007					+0,83	<b>4:41.21</b>			594
	50m:	30.97	30.97	150m:	1:41.39	35.76	250m:	2:54.04	36.28	350m:	4:06.34	35.76
	100m:	1:05.63	34.66	200m:	2:17.76	36.37	300m:	3:30.58	36.54	400m:	4:41.21	34.87
29.			2006					+0,94	<b>4:42.38</b>			587
	50m:	32.15	32.15	150m:	1:43.22	35.86	250m:	2:53.93	35.44	350m:	4:07.41	36.76
	100m:	1:07.36	35.21	200m:	2:18.49	35.27	300m:	3:30.65	36.72	400m:	4:42.38	34.97
30.			2007					+0,79	<b>4:42.45</b>			586
	50m:	31.57	31.57	150m:	1:42.27	36.11	250m:	2:55.15	36.92	350m:	4:08.23	36.59
	100m:	1:06.16	34.59	200m:	2:18.23	35.96	300m:	3:31.64	36.49	400m:	4:42.45	34.22





12, , 400m				(13-14 )								
				R.T.				FINA				
31.			2006					+0,79	<b>4:42.76</b>		584	
	50m:	32.13	32.13	150m:	1:43.47	35.84	250m:	2:55.86	36.01	350m:	4:08.22	36.14
	100m:	1:07.63	35.50	200m:	2:19.85	36.38	300m:	3:32.08	36.22	400m:	4:42.76	34.54
32.			2006					+0,75	<b>4:43.21</b>		582	
	50m:	32.13	32.13	150m:	1:43.43	35.91	250m:	2:56.21	36.61	350m:	4:08.93	36.48
	100m:	1:07.52	35.39	200m:	2:19.60	36.17	300m:	3:32.45	36.24	400m:	4:43.21	34.28
33.			2007					+0,94	<b>4:43.24</b>		581	
	50m:	30.94	30.94	150m:	1:42.23	35.80	250m:	2:54.97	36.75	350m:	4:08.82	36.46
	100m:	1:06.43	35.49	200m:	2:18.22	35.99	300m:	3:32.36	37.39	400m:	4:43.24	34.42
34.			2007					+0,64	<b>4:43.25</b>		581	
	50m:	31.71	31.71	150m:	1:42.60	35.89	250m:	2:55.14	36.14	350m:	4:08.68	37.04
	100m:	1:06.71	35.00	200m:	2:19.00	36.40	300m:	3:31.64	36.50	400m:	4:43.25	34.57
35.			2006	I				+0,77	<b>4:43.34</b>		581	
	50m:	32.19	32.19	150m:	1:42.31	35.47	250m:	2:55.02	36.94	350m:	4:09.04	37.00
	100m:	1:06.84	34.65	200m:	2:18.08	35.77	300m:	3:32.04	37.02	400m:	4:43.34	34.30
36.			2006					+0,98	<b>4:43.61</b>		579	
	50m:	32.02	32.02	150m:	1:43.04	35.93	250m:	2:55.58	35.98	350m:	4:08.57	35.96
	100m:	1:07.11	35.09	200m:	2:19.60	36.56	300m:	3:32.61	37.03	400m:	4:43.61	35.04
37.			2006					+0,83	<b>4:44.06</b>	I	576	
	50m:	31.42	31.42	150m:	1:41.82	35.76	250m:	2:54.55	36.09	350m:	4:07.57	36.62
	100m:	1:06.06	34.64	200m:	2:18.46	36.64	300m:	3:30.95	36.40	400m:	4:44.06	36.49
38.			2006					+0,87	<b>4:44.38</b>	I	574	
	50m:	31.40	31.40	150m:	1:43.83	36.95	250m:	2:56.78	36.63	350m:	4:09.22	36.21
	100m:	1:06.88	35.48	200m:	2:20.15	36.32	300m:	3:33.01	36.23	400m:	4:44.38	35.16
39.			2006					+0,86	<b>4:44.48</b>	I	574	
	50m:	31.20	31.20	150m:	1:44.24	37.05	250m:	2:57.06	36.19	350m:	4:10.67	36.16
	100m:	1:07.19	35.99	200m:	2:20.87	36.63	300m:	3:34.51	37.45	400m:	4:44.48	33.81
40.			2006					+0,85	<b>4:44.88</b>	I	571	
	50m:	31.82	31.82	150m:	1:42.42	35.99	250m:	2:55.13	36.70	350m:	4:08.86	37.24
	100m:	1:06.43	34.61	200m:	2:18.43	36.01	300m:	3:31.62	36.49	400m:	4:44.88	36.02
41.			2007					+0,80	<b>4:45.17</b>	I	570	
	50m:	32.11	32.11	150m:	1:44.26	36.88	250m:	2:58.10	36.92	350m:	4:11.12	36.07
	100m:	1:07.38	35.27	200m:	2:21.18	36.92	300m:	3:35.05	36.95	400m:	4:45.17	34.05
42.			2007					+0,79	<b>4:45.64</b>	I	567	
	50m:	31.50	31.50	150m:	1:41.92	35.75	250m:	2:55.77	36.99	350m:	4:10.08	36.99
	100m:	1:06.17	34.67	200m:	2:18.78	36.86	300m:	3:33.09	37.32	400m:	4:45.64	35.56
43.			2007					+0,90	<b>4:45.98</b>	I	565	
	50m:	31.46	31.46	150m:	1:41.68	35.70	250m:	2:55.11	36.86	350m:	4:10.32	37.76
	100m:	1:05.98	34.52	200m:	2:18.25	36.57	300m:	3:32.56	37.45	400m:	4:45.98	35.66
44.			2007					+0,75	<b>4:47.36</b>	I	557	
	50m:	32.50	32.50	150m:	1:44.68	36.80	250m:	2:58.40	37.18	350m:	4:12.27	37.30
	100m:	1:07.88	35.38	200m:	2:21.22	36.54	300m:	3:34.97	36.57	400m:	4:47.36	35.09
45.			2007					+0,72	<b>4:47.43</b>	I	556	
	50m:	32.53	32.53	150m:	1:44.61	36.50	250m:	2:58.99	36.92	350m:	4:11.57	35.28
	100m:	1:08.11	35.58	200m:	2:22.07	37.46	300m:	3:36.29	37.30	400m:	4:47.43	35.86
			2006					+0,78	<b>4:47.43</b>	I	556	
	50m:	32.17	32.17	150m:	1:43.31	36.42	250m:	2:58.04	37.53	350m:	4:13.13	37.46
	100m:	1:06.89	34.72	200m:	2:20.51	37.20	300m:	3:35.67	37.63	400m:	4:47.43	34.30





12, , 400m								(13-14 )			
/								R.T. FINA			
47.	50m: 32.56	32.56	2006	150m: 1:44.21	36.36	250m: 2:58.05	37.23	350m: 4:12.57	37.66		555
	100m: 1:07.85	35.29		200m: 2:20.82	36.61	300m: 3:34.91	36.86	400m: 4:47.67	35.10		
48.	50m: 31.88	31.88	2006	150m: 1:43.66	36.86	250m: 2:57.87	37.47	350m: 4:12.69	37.75		553
	100m: 1:06.80	34.92		200m: 2:20.40	36.74	300m: 3:34.94	37.07	400m: 4:47.91	35.22		
49.	50m: 32.00	32.00	2006	150m: 1:45.12	36.49	250m: 2:59.81	37.37	350m: 4:13.66	36.08		552
	100m: 1:08.63	36.63		200m: 2:22.44	37.32	300m: 3:37.58	37.77	400m: 4:48.15	34.49		
50.	50m: 32.31	32.31	2006	150m: 1:43.80	36.40	250m: 2:57.82	37.07	350m: 4:12.41	37.28		551
	100m: 1:07.40	35.09		200m: 2:20.75	36.95	300m: 3:35.13	37.31	400m: 4:48.26	35.85		
51.	50m: 32.57	32.57	2006	150m: 1:46.09	37.55	250m: 3:00.75	37.44	350m: 4:14.36	36.74		550
	100m: 1:08.54	35.97		200m: 2:23.31	37.22	300m: 3:37.62	36.87	400m: 4:48.47	34.11		
52.	50m: 32.36	32.36	2007	150m: 1:46.29	37.87	250m: 3:01.21	37.53	350m: 4:15.84	37.10		547
	100m: 1:08.42	36.06		200m: 2:23.68	37.39	300m: 3:38.74	37.53	400m: 4:49.01	33.17		
53.	50m: 32.15	32.15	2006	150m: 1:45.29	37.00	250m: 3:00.19	37.46	350m: 4:14.93	36.98		545
	100m: 1:08.29	36.14		200m: 2:22.73	37.44	300m: 3:37.95	37.76	400m: 4:49.44	34.51		
54.	50m: 31.05	31.05	2006	150m: 1:42.46	36.31	250m: 2:57.17	37.41	350m: 4:13.23	37.87		540
	100m: 1:06.15	35.10		200m: 2:19.76	37.30	300m: 3:35.36	38.19	400m: 4:50.22	36.99		
55.	50m: 33.18	33.18	2006	150m: 1:46.73	37.37	250m: 3:01.07	36.95	350m: 4:15.67	36.93		539
	100m: 1:09.36	36.18		200m: 2:24.12	37.39	300m: 3:38.74	37.67	400m: 4:50.45	34.78		
56.	50m: 31.11	31.11	2007	150m: 1:43.37	37.04	250m: 2:58.51	38.05	350m: 4:14.45	37.88		537
	100m: 1:06.33	35.22		200m: 2:20.46	37.09	300m: 3:36.57	38.06	400m: 4:50.90	36.45		
57.	50m: 33.36	33.36	2006	150m: 1:46.97	37.24	250m: 3:01.93	37.53	350m: 4:16.43	36.75		535
	100m: 1:09.73	36.37		200m: 2:24.40	37.43	300m: 3:39.68	37.75	400m: 4:51.11	34.68		
58.	50m: 31.56	31.56	2007	150m: 1:43.68	36.94	250m: 2:59.59	38.14	350m: 4:15.73	37.14		534
	100m: 1:06.74	35.18		200m: 2:21.45	37.77	300m: 3:38.59	39.00	400m: 4:51.38	35.65		
59.	50m: 31.07	31.07	2006	150m: 1:42.98	37.48	250m: 2:59.23	38.09	350m: 4:15.32	38.67		526
	100m: 1:05.50	34.43		200m: 2:21.14	38.16	300m: 3:36.65	37.42	400m: 4:52.87	37.55		
60.	50m: 32.93	32.93	2006	150m: 1:45.86	36.85	250m: 3:00.85	37.56	350m: 4:16.80	38.04		520
	100m: 1:09.01	36.08		200m: 2:23.29	37.43	300m: 3:38.76	37.91	400m: 4:53.97	37.17		
61.	50m: 32.89	32.89	2006	150m: 1:46.48	37.35	250m: 3:02.43	37.72	350m: 4:17.68	37.38		518
	100m: 1:09.13	36.24		200m: 2:24.71	38.23	300m: 3:40.30	37.87	400m: 4:54.37	36.69		
62.	50m: 31.55	31.55	2007	150m: 1:43.96	36.64	250m: 3:00.85	38.55	350m: 4:18.59	38.69		516
	100m: 1:07.32	35.77		200m: 2:22.30	38.34	300m: 3:39.90	39.05	400m: 4:54.69	36.10		





		12, , 400m								(13-14 )			
		/						R.T.				FINA	
63.				2006				+0,74	<b>4:56.34</b>	I		508	
	50m:	32.51	32.51	150m:	1:47.33	37.92	250m:	3:03.45	37.89	350m:	4:19.48	37.41	
	100m:	1:09.41	36.90	200m:	2:25.56	38.23	300m:	3:42.07	38.62	400m:	4:56.34	36.86	
64.				2006				+0,93	<b>4:56.63</b>	I		506	
	50m:	32.42	32.42	150m:	1:45.57	37.31	250m:	3:01.53	38.28	350m:	4:19.76	39.30	
	100m:	1:08.26	35.84	200m:	2:23.25	37.68	300m:	3:40.46	38.93	400m:	4:56.63	36.87	
65.				2007				+0,83	<b>4:56.65</b>	I		506	
	50m:	33.13	33.13	150m:	1:48.19	38.11	250m:	3:04.90	38.61	350m:	4:21.08	37.71	
	100m:	1:10.08	36.95	200m:	2:26.29	38.10	300m:	3:43.37	38.47	400m:	4:56.65	35.57	
66.				2006				+0,79	<b>4:56.71</b>	I		506	
	50m:	30.94	30.94	150m:	1:42.20	36.56	250m:	2:59.75	39.43	350m:	4:19.37	39.77	
	100m:	1:05.64	34.70	200m:	2:20.32	38.12	300m:	3:39.60	39.85	400m:	4:56.71	37.34	
67.				2006				+0,91	<b>4:58.54</b>	I		496	
	50m:	33.05	33.05	150m:	1:48.17	37.70	250m:	3:05.01	37.97	350m:	4:21.49	38.06	
	100m:	1:10.47	37.42	200m:	2:27.04	38.87	300m:	3:43.43	38.42	400m:	4:58.54	37.05	
68.				2006		-		+0,91	<b>4:58.79</b>	I		495	
	50m:	32.29	32.29	150m:	1:49.32	39.13	250m:	3:06.46	38.08	350m:	4:23.23	38.43	
	100m:	1:10.19	37.90	200m:	2:28.38	39.06	300m:	3:44.80	38.34	400m:	4:58.79	35.56	
69.				2006				+0,94	<b>5:00.53</b>	I		487	
	50m:	34.26	34.26	150m:	1:50.83	38.35	250m:	3:07.59	38.05	350m:	4:23.62	37.04	
	100m:	1:12.48	38.22	200m:	2:29.54	38.71	300m:	3:46.58	38.99	400m:	5:00.53	36.91	
70.				2006				+0,83	<b>5:02.34</b>			478	
	50m:	32.56	32.56	150m:	1:47.16	38.07	250m:	3:03.03	37.95	350m:	4:22.80	41.37	
	100m:	1:09.09	36.53	200m:	2:25.08	37.92	300m:	3:41.43	38.40	400m:	5:02.34	39.54	
71.				2007 I				+0,74	<b>5:04.30</b>			469	
	50m:	33.36	33.36	150m:	1:49.29	38.86	250m:	3:08.97	40.43	350m:	4:28.44	39.36	
	100m:	1:10.43	37.07	200m:	2:28.54	39.25	300m:	3:49.08	40.11	400m:	5:04.30	35.86	
72.				2006 I				+0,89	<b>5:16.82</b>			415	
	50m:	34.86	34.86	150m:	1:53.78	40.44	250m:	3:15.37	41.36	350m:	4:37.41	41.35	
	100m:	1:13.34	38.48	200m:	2:34.01	40.23	300m:	3:56.06	40.69	400m:	5:16.82	39.41	



12, , 400m

12  
02.12.2020 - 9:31

, 400m

(15-17 )

3:56.46	LEDECKY Kathleen	USA	Rio (BRA)	07.08.2016
3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	26.07.2009
4:06.01				09.04.2019
3:58.37	LEDECKY Kathleen	USA	Gold Coast (AUS)	23.08.2014
4:03.57	KESELY Ajna	HUN	Glasgow (GBR)	09.08.2018
4:08.81			(AZE)	24.06.2015

: FINA 2020

				/				R.T.				FINA	
1.			2005							<b>+0,85</b>	<b>4:23.39</b>		<b>723 Q</b>
	50m:	29.85	29.85	150m:	1:36.70	33.71	250m:	2:43.98	33.56	350m:	3:51.09	33.59	
	100m:	1:02.99	33.14	200m:	2:10.42	33.72	300m:	3:17.50	33.52	400m:	4:23.39	32.30	
2.			2004							<b>+0,82</b>	<b>4:27.45</b>		<b>691 Q</b>
	50m:	31.03	31.03	150m:	1:38.14	33.87	250m:	2:46.05	33.98	350m:	3:54.04	34.26	
	100m:	1:04.27	33.24	200m:	2:12.07	33.93	300m:	3:19.78	33.73	400m:	4:27.45	33.41	
3.			2005							<b>+0,83</b>	<b>4:28.43</b>		<b>683 Q</b>
	50m:	31.92	31.92	150m:	1:39.11	34.00	250m:	2:47.85	34.54	350m:	3:55.83	33.69	
	100m:	1:05.11	33.19	200m:	2:13.31	34.20	300m:	3:22.14	34.29	400m:	4:28.43	32.60	
4.			2003			-				<b>+0,76</b>	<b>4:28.46</b>		<b>683 Q</b>
	50m:	30.58	30.58	150m:	1:37.76	33.83	250m:	2:46.12	34.27	350m:	3:55.08	34.29	
	100m:	1:03.93	33.35	200m:	2:11.85	34.09	300m:	3:20.79	34.67	400m:	4:28.46	33.38	
5.			2003							<b>+0,73</b>	<b>4:28.89</b>		<b>680 Q</b>
	50m:	30.45	30.45	150m:	1:38.29	34.17	250m:	2:47.01	34.56	350m:	3:56.13	34.70	
	100m:	1:04.12	33.67	200m:	2:12.45	34.16	300m:	3:21.43	34.42	400m:	4:28.89	32.76	
6.			2005							<b>+0,84</b>	<b>4:29.27</b>		<b>677 Q</b>
	50m:	31.21	31.21	150m:	1:39.14	33.99	250m:	2:48.27	34.33	350m:	3:56.68	33.93	
	100m:	1:05.15	33.94	200m:	2:13.94	34.80	300m:	3:22.75	34.48	400m:	4:29.27	32.59	
7.			2004							<b>+0,88</b>	<b>4:29.30</b>		<b>676 Q</b>
	50m:	30.82	30.82	150m:	1:38.05	34.05	250m:	2:46.87	34.39	350m:	3:55.60	34.18	
	100m:	1:04.00	33.18	200m:	2:12.48	34.43	300m:	3:21.42	34.55	400m:	4:29.30	33.70	
8.			2004			-				<b>+0,79</b>	<b>4:29.99</b>		<b>671 Q</b>
	50m:	30.91	30.91	150m:	1:38.75	34.42	250m:	2:47.37	34.32	350m:	3:56.35	34.46	
	100m:	1:04.33	33.42	200m:	2:13.05	34.30	300m:	3:21.89	34.52	400m:	4:29.99	33.64	
9.			2005							<b>+0,93</b>	<b>4:30.02</b>		<b>671 R</b>
	50m:	30.55	30.55	150m:	1:38.56	34.44	250m:	2:47.76	34.77	350m:	3:57.14	34.43	
	100m:	1:04.12	33.57	200m:	2:12.99	34.43	300m:	3:22.71	34.95	400m:	4:30.02	32.88	
10.			2004							<b>+0,81</b>	<b>4:30.07</b>		<b>671 R</b>
	50m:	31.08	31.08	150m:	1:39.26	34.53	250m:	2:47.94	34.68	350m:	3:56.79	34.32	
	100m:	1:04.73	33.65	200m:	2:13.26	34.00	300m:	3:22.47	34.53	400m:	4:30.07	33.28	
11.			2005							<b>+0,87</b>	<b>4:31.56</b>		<b>660</b>
	50m:	31.67	31.67	150m:	1:39.27	33.93	250m:	2:48.80	34.65	350m:	3:58.45	34.99	
	100m:	1:05.34	33.67	200m:	2:14.15	34.88	300m:	3:23.46	34.66	400m:	4:31.56	33.11	
12.			2005							<b>+0,78</b>	<b>4:31.79</b>		<b>658</b>
	50m:	30.86	30.86	150m:	1:39.48	34.47	250m:	2:48.79	34.52	350m:	3:58.44	34.64	
	100m:	1:05.01	34.15	200m:	2:14.27	34.79	300m:	3:23.80	35.01	400m:	4:31.79	33.35	
13.			2004							<b>+0,86</b>	<b>4:31.93</b>		<b>657</b>
	50m:	32.42	32.42	150m:	1:40.05	34.10	250m:	2:48.88	34.70	350m:	3:58.40	34.95	
	100m:	1:05.95	33.53	200m:	2:14.18	34.13	300m:	3:23.45	34.57	400m:	4:31.93	33.53	





	12,	, 400m						(15-17 )					
			/					R.T.					FINA
14.	50m: 31.37 100m: 1:05.65	31.37 34.28	2005	150m: 1:40.00 200m: 2:14.84	34.35 34.84	250m: 2:49.44 300m: 3:24.81	34.60 35.37	+0,95	<b>4:33.16</b>	350m: 3:59.59 400m: 4:33.16			648 34.78 33.57
15.	50m: 31.52 100m: 1:06.03	31.52 34.51	2005	150m: 1:41.15 200m: 2:16.17	35.12 35.02	250m: 2:50.93 300m: 3:25.97	34.76 35.04	+0,67	<b>4:33.34</b>	350m: 4:01.06 400m: 4:33.34			647 35.09 32.28
16.	50m: 30.97 100m: 1:04.43	30.97 33.46	2005	150m: 1:39.13 200m: 2:13.68	34.70 34.55	250m: 2:49.11 300m: 3:24.26	35.43 35.15	+0,83	<b>4:33.60</b>	350m: 4:00.06 400m: 4:33.60			645 35.80 33.54
17.	50m: 31.05 100m: 1:05.40	31.05 34.35	2004	150m: 1:40.46 200m: 2:15.49	35.06 35.03	250m: 2:49.88 300m: 3:25.36	34.39 35.48	+0,83	<b>4:34.15</b>	350m: 4:00.29 400m: 4:34.15			641 34.93 33.86
18.	50m: 31.69 100m: 1:06.07	31.69 34.38	2003	150m: 1:40.55 200m: 2:15.21	34.48 34.66	250m: 2:50.02 300m: 3:25.22	34.81 35.20	+0,77	<b>4:34.64</b>	350m: 4:00.28 400m: 4:34.64			638 35.06 34.36
19.	50m: 30.74 100m: 1:04.54	30.74 33.80	2005	150m: 1:39.42 200m: 2:14.36	34.88 34.94	250m: 2:49.89 300m: 3:25.38	35.53 35.49	+0,65	<b>4:35.16</b>	350m: 4:00.87 400m: 4:35.16			634 35.49 34.29
20.	50m: 32.15 100m: 1:06.79	32.15 34.64	2003	150m: 1:42.16 200m: 2:17.19	35.37 35.03	250m: 2:52.13 300m: 3:27.23	34.94 35.10	+0,82	<b>4:35.41</b>	350m: 4:02.04 400m: 4:35.41			632 34.81 33.37
21.	50m: 31.30 100m: 1:06.02	31.30 34.72	2005	150m: 1:41.97 200m: 2:17.60	35.95 35.63	250m: 2:53.76 300m: 3:28.81	36.16 35.05	+0,73	<b>4:35.68</b>	350m: 4:02.95 400m: 4:35.68			631 34.14 32.73
22.	50m: 31.80 100m: 1:05.14	31.80 33.34	2003	150m: 1:39.47 200m: 2:13.56	34.33 34.09	250m: 2:48.35 300m: 3:24.26	34.79 35.91	+0,69	<b>4:35.69</b>	350m: 4:01.00 400m: 4:35.69			630 36.74 34.69
23.	50m: 31.73 100m: 1:06.17	31.73 34.44	2005	150m: 1:41.78 200m: 2:16.86	35.61 35.08	250m: 2:52.39 300m: 3:27.93	35.53 35.54	+0,85	<b>4:36.23</b>	350m: 4:03.48 400m: 4:36.23			627 35.55 32.75
24.	50m: 30.76 100m: 1:05.47	30.76 34.71	2004	150m: 1:40.30 200m: 2:15.48	34.83 35.18	250m: 2:50.86 300m: 3:26.34	35.38 35.48	+0,86	<b>4:36.61</b>	350m: 4:02.13 400m: 4:36.61			624 35.79 34.48
25.	50m: 32.17 100m: 1:06.38	32.17 34.21	2003	150m: 1:41.56 200m: 2:17.05	35.18 35.49	250m: 2:52.96 300m: 3:28.61	35.91 35.65	+0,84	<b>4:37.20</b>	350m: 4:04.18 400m: 4:37.20			620 35.57 33.02
26.	50m: 32.06 100m: 1:07.05	32.06 34.99	2005	150m: 1:42.64 200m: 2:18.06	35.59 35.42	250m: 2:53.12 300m: 3:28.91	35.06 35.79	+0,74	<b>4:38.88</b>	350m: 4:04.72 400m: 4:38.88			609 35.81 34.16
27.	50m: 31.37 100m: 1:06.23	31.37 34.86	2003	150m: 1:41.83 200m: 2:17.79	35.60 35.96	250m: 2:53.85 300m: 3:29.90	36.06 36.05	+0,85	<b>4:39.78</b>	350m: 4:05.42 400m: 4:39.78			603 35.52 34.36
28.	50m: 32.43 100m: 1:06.80	32.43 34.37	2004	150m: 1:41.92 200m: 2:17.08	35.12 35.16	250m: 2:52.82 300m: 3:28.73	35.74 35.91	+0,81	<b>4:40.20</b>	350m: 4:05.34 400m: 4:40.20			600 36.61 34.86
29.	50m: 30.27 100m: 1:04.31	30.27 34.04	2005	150m: 1:39.50 200m: 2:16.03	35.19 36.53	250m: 2:52.17 300m: 3:29.03	36.14 36.86	+0,89	<b>4:40.57</b>	350m: 4:05.12 400m: 4:40.57			598 36.09 35.45





		12, , 400m						(15-17 )			
		/						R.T.		FINA	
30.				2005					+0,67	<b>4:41.52</b>	592
	50m:	30.96	30.96	150m:	1:41.17	35.42	250m:	2:54.15	36.57	350m:	4:07.47
	100m:	1:05.75	34.79	200m:	2:17.58	36.41	300m:	3:31.07	36.92	400m:	4:41.52
31.				2004		-			+0,64	<b>4:41.99</b>	589
	50m:	31.79	31.79	150m:	1:43.23	36.59	250m:	2:55.73	36.59	350m:	4:07.15
	100m:	1:06.64	34.85	200m:	2:19.14	35.91	300m:	3:31.71	35.98	400m:	4:41.99
32.				2003					+0,80	<b>4:42.12</b>	588
	50m:	31.58	31.58	150m:	1:40.66	34.98	250m:	2:53.30	36.49	350m:	4:06.66
	100m:	1:05.68	34.10	200m:	2:16.81	36.15	300m:	3:30.05	36.75	400m:	4:42.12
33.				2003					+0,81	<b>4:42.76</b>	584
	50m:	30.58	30.58	150m:	1:39.47	35.37	250m:	2:52.97	37.47	350m:	4:06.96
	100m:	1:04.10	33.52	200m:	2:15.50	36.03	300m:	3:30.04	37.07	400m:	4:42.76
34.				2005					+0,73	<b>4:44.31</b>	575
	50m:	31.40	31.40	150m:	1:42.82	36.19	250m:	2:55.57	36.34	350m:	4:09.22
	100m:	1:06.63	35.23	200m:	2:19.23	36.41	300m:	3:32.44	36.87	400m:	4:44.31
35.				2003					+0,87	<b>4:45.47</b>	568
	50m:	30.90	30.90	150m:	1:41.49	36.00	250m:	2:55.06	37.34	350m:	4:09.96
	100m:	1:05.49	34.59	200m:	2:17.72	36.23	300m:	3:32.35	37.29	400m:	4:45.47
36.				2005					+0,84	<b>4:45.90</b>	565
	50m:	31.72	31.72	150m:	1:42.18	36.05	250m:	2:55.87	37.26	350m:	4:09.98
	100m:	1:06.13	34.41	200m:	2:18.61	36.43	300m:	3:33.03	37.16	400m:	4:45.90
37.				2005					+0,77	<b>4:46.46</b>	562
	50m:	32.34	32.34	150m:	1:43.31	36.01	250m:	2:56.97	36.94	350m:	4:10.73
	100m:	1:07.30	34.96	200m:	2:20.03	36.72	300m:	3:33.95	36.98	400m:	4:46.46
38.				2004					+0,83	<b>4:47.17</b>	558
	50m:	31.44	31.44	150m:	1:42.95	36.39	250m:	2:57.25	37.56	350m:	4:11.91
	100m:	1:06.56	35.12	200m:	2:19.69	36.74	300m:	3:34.50	37.25	400m:	4:47.17
39.				2005					+0,91	<b>4:47.59</b>	555
	50m:	30.92	30.92	150m:	1:40.97	36.25	250m:	2:55.10	37.43	350m:	4:10.67
	100m:	1:04.72	33.80	200m:	2:17.67	36.70	300m:	3:32.83	37.73	400m:	4:47.59
40.				2005					+1,01	<b>4:54.80</b>	516
	50m:	32.71	32.71	150m:	1:47.80	37.84	250m:	3:03.94	37.70	350m:	4:20.36
	100m:	1:09.96	37.25	200m:	2:26.24	38.44	300m:	3:42.34	38.40	400m:	4:54.80
41.				2005					+0,77	<b>4:55.26</b>	513
	50m:	32.28	32.28	150m:	1:47.48	38.68	250m:	3:04.08	38.61	350m:	4:18.99
	100m:	1:08.80	36.52	200m:	2:25.47	37.99	300m:	3:42.19	38.11	400m:	4:55.26
42.				2004			( )		+0,82	<b>4:55.43</b>	512
	50m:	32.18	32.18	150m:	1:46.00	37.09	250m:	3:02.42	37.81	350m:	4:18.47
	100m:	1:08.91	36.73	200m:	2:24.61	38.61	300m:	3:40.68	38.26	400m:	4:55.43
43.				2005					+0,85	<b>4:56.73</b>	506
	50m:	31.98	31.98	150m:	1:45.19	37.51	250m:	3:02.06	38.65	350m:	4:19.19
	100m:	1:07.68	35.70	200m:	2:23.41	38.22	300m:	3:40.57	38.51	400m:	4:56.73
44.				2005					+0,70	<b>5:04.42</b>	468
	50m:	33.97	33.97	150m:	1:49.76	38.67	250m:	3:08.07	39.46	350m:	4:26.22
	100m:	1:11.09	37.12	200m:	2:28.61	38.85	300m:	3:46.98	38.91	400m:	5:04.42

