



4  
04.05.2021 - 11:31

, 400m

(15-16 )

				3:43.45							(CHN)	09.08.2008
				3:47.36							(HUN)	20.08.2019
				3:54.92								16.05.2017
: FINA 2020												
				/	R.T.						FINA	
1.				2005							<b>4:03.50</b>	738 Q
	50m:	27.14	27.14	150m:	1:29.09	31.31	250m:	2:31.79	31.25	350m:	3:33.44	30.62
	100m:	57.78	30.64	200m:	2:00.54	31.45	300m:	3:02.82	31.03	400m:	4:03.50	30.06
2.				2005							<b>4:03.73</b>	736 Q
	50m:	28.71	28.71	150m:	1:29.98	30.72	250m:	2:31.91	31.03	350m:	3:34.70	31.49
	100m:	59.26	30.55	200m:	2:00.88	30.90	300m:	3:03.21	31.30	400m:	4:03.73	29.03
3.				2005							<b>4:04.19</b>	731 Q
	50m:	27.97	27.97	150m:	1:29.18	30.94	250m:	2:31.56	31.14	350m:	3:34.01	30.95
	100m:	58.24	30.27	200m:	2:00.42	31.24	300m:	3:03.06	31.50	400m:	4:04.19	30.18
4.				2005							<b>4:04.41</b>	730 Q
	50m:	27.36	27.36	150m:	1:28.74	31.24	250m:	2:31.79	31.44	350m:	3:34.39	31.09
	100m:	57.50	30.14	200m:	2:00.35	31.61	300m:	3:03.30	31.51	400m:	4:04.41	30.02
5.				2005							<b>4:04.86</b>	725 Q
	50m:	27.49	27.49	150m:	1:29.54	31.30	250m:	2:33.08	31.51	350m:	3:35.87	31.33
	100m:	58.24	30.75	200m:	2:01.57	32.03	300m:	3:04.54	31.46	400m:	4:04.86	28.99
6.				2005							<b>4:07.36</b>	704 Q
	50m:	28.79	28.79	150m:	1:30.67	30.75	250m:	2:33.48	31.47	350m:	3:36.90	31.54
	100m:	59.92	31.13	200m:	2:02.01	31.34	300m:	3:05.36	31.88	400m:	4:07.36	30.46
7.				2005							<b>4:07.37</b>	704 Q
	50m:	27.85	27.85	150m:	1:30.06	31.51	250m:	2:33.64	31.61	350m:	3:36.87	31.51
	100m:	58.55	30.70	200m:	2:02.03	31.97	300m:	3:05.36	31.72	400m:	4:07.37	30.50
8.				2005							<b>4:08.03</b>	698 Q
	50m:	28.35	28.35	150m:	1:30.41	31.50	250m:	2:33.61	31.84	350m:	3:36.86	31.84
	100m:	58.91	30.56	200m:	2:01.77	31.36	300m:	3:05.02	31.41	400m:	4:08.03	31.17
9.				2006							<b>4:08.40</b>	695 R
	50m:	27.73	27.73	150m:	1:29.89	31.55	250m:	2:34.11	32.46	350m:	3:38.23	31.90
	100m:	58.34	30.61	200m:	2:01.65	31.76	300m:	3:06.33	32.22	400m:	4:08.40	30.17
10.				2005							<b>4:08.83</b>	691 R
	50m:	28.41	28.41	150m:	1:30.50	31.51	250m:	2:34.69	32.31	350m:	3:38.96	32.95
	100m:	58.99	30.58	200m:	2:02.38	31.88	300m:	3:06.01	31.32	400m:	4:08.83	29.87
11.				2005							<b>4:08.90</b>	691
	50m:	27.62	27.62	150m:	1:29.88	31.53	250m:	2:33.81	32.37	350m:	3:38.66	32.39
	100m:	58.35	30.73	200m:	2:01.44	31.56	300m:	3:06.27	32.46	400m:	4:08.90	30.24
12.				2005							<b>4:08.92</b>	691
	50m:	29.58	29.58	150m:	1:32.03	31.05	250m:	2:34.70	31.38	350m:	3:38.48	31.94
	100m:	1:00.98	31.40	200m:	2:03.32	31.29	300m:	3:06.54	31.84	400m:	4:08.92	30.44
13.				2006							<b>4:09.73</b>	684
	50m:	28.47	28.47	150m:	1:32.08	32.33	250m:	2:35.83	31.70	350m:	3:38.64	30.84
	100m:	59.75	31.28	200m:	2:04.13	32.05	300m:	3:07.80	31.97	400m:	4:09.73	31.09
14.				2006							<b>4:09.91</b>	682
	50m:	28.61	28.61	150m:	1:31.70	31.56	250m:	2:35.56	31.68	350m:	3:38.69	31.66
	100m:	1:00.14	31.53	200m:	2:03.88	32.18	300m:	3:07.03	31.47	400m:	4:09.91	31.22
15.				2005							<b>4:10.46</b>	678
	50m:	28.55	28.55	150m:	1:31.03	31.36	250m:	2:34.26	31.65	350m:	3:39.10	32.63
	100m:	59.67	31.12	200m:	2:02.61	31.58	300m:	3:06.47	32.21	400m:	4:10.46	31.36

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СПОНСОРЫ СОРЕВНОВАНИЙ:





4, , 400m , , (15-16 )

	/						R.T.				FINA		
16.	2005						-				<b>4:10.76</b>		675
	50m:	28.07	28.07	150m:	1:31.31	32.33	250m:	2:36.37	32.18	350m:	3:39.60	31.21	
	100m:	58.98	30.91	200m:	2:04.19	32.88	300m:	3:08.39	32.02	400m:	4:10.76	31.16	
17.	2005										<b>4:10.90</b>		674
	50m:	28.20	28.20	150m:	1:31.06	31.65	250m:	2:34.99	31.84	350m:	3:39.66	31.96	
	100m:	59.41	31.21	200m:	2:03.15	32.09	300m:	3:07.70	32.71	400m:	4:10.90	31.24	
18.	2006										<b>4:11.18</b>		672
	50m:	27.99	27.99	150m:	1:30.91	31.71	250m:	2:36.09	32.70	350m:	3:41.25	32.02	
	100m:	59.20	31.21	200m:	2:03.39	32.48	300m:	3:09.23	33.14	400m:	4:11.18	29.93	
19.	2005										<b>4:11.39</b>		670
	50m:	28.74	28.74	150m:	1:32.62	32.07	250m:	2:37.16	32.01	350m:	3:40.90	31.37	
	100m:	1:00.55	31.81	200m:	2:05.15	32.53	300m:	3:09.53	32.37	400m:	4:11.39	30.49	
20.	2005										<b>4:11.50</b>		669
	50m:	27.80	27.80	150m:	1:30.07	31.68	250m:	2:34.32	32.21	350m:	3:39.92	33.07	
	100m:	58.39	30.59	200m:	2:02.11	32.04	300m:	3:06.85	32.53	400m:	4:11.50	31.58	
21.	2005										<b>4:11.55</b>		669
	50m:	29.26	29.26	150m:	1:32.31	32.01	250m:	2:36.67	32.21	350m:	3:41.30	32.39	
	100m:	1:00.30	31.04	200m:	2:04.46	32.15	300m:	3:08.91	32.24	400m:	4:11.55	30.25	
22.	2005										<b>4:11.75</b>		667
	50m:	29.68	29.68	150m:	1:32.43	31.77	250m:	2:36.38	32.15	350m:	3:40.97	32.47	
	100m:	1:00.66	30.98	200m:	2:04.23	31.80	300m:	3:08.50	32.12	400m:	4:11.75	30.78	
23.	2005										<b>4:11.93</b>		666
	50m:	28.83	28.83	150m:	1:31.84	31.76	250m:	2:36.05	32.28	350m:	3:41.13	32.62	
	100m:	1:00.08	31.25	200m:	2:03.77	31.93	300m:	3:08.51	32.46	400m:	4:11.93	30.80	
24.	2005										<b>4:12.32</b>		663
	50m:	28.59	28.59	150m:	1:31.28	31.56	250m:	2:35.41	32.36	350m:	3:41.64	33.31	
	100m:	59.72	31.13	200m:	2:03.05	31.77	300m:	3:08.33	32.92	400m:	4:12.32	30.68	
25.	2005										<b>4:12.54</b>		661
	50m:	27.84	27.84	150m:	1:31.30	32.07	250m:	2:36.59	32.72	350m:	3:40.98	31.89	
	100m:	59.23	31.39	200m:	2:03.87	32.57	300m:	3:09.09	32.50	400m:	4:12.54	31.56	
26.	2005										<b>4:12.93</b>		658
	50m:	29.99	29.99	150m:	1:34.22	31.97	250m:	2:38.85	32.26	350m:	3:42.17	31.05	
	100m:	1:02.25	32.26	200m:	2:06.59	32.37	300m:	3:11.12	32.27	400m:	4:12.93	30.76	
27.	2005						-				<b>4:13.23</b>		656
	50m:	27.99	27.99	150m:	1:30.96	31.98	250m:	2:35.97	32.47	350m:	3:41.53	32.92	
	100m:	58.98	30.99	200m:	2:03.50	32.54	300m:	3:08.61	32.64	400m:	4:13.23	31.70	
28.	2005										<b>4:13.47</b>		654
	50m:	27.83	27.83	150m:	1:31.64	33.06	250m:	2:37.35	32.63	350m:	3:42.32	31.72	
	100m:	58.58	30.75	200m:	2:04.72	33.08	300m:	3:10.60	33.25	400m:	4:13.47	31.15	
29.	2005										<b>4:13.59</b>		653
	50m:	29.96	29.96	150m:	1:34.60	32.57	250m:	2:39.41	32.14	350m:	3:42.77	31.55	
	100m:	1:02.03	32.07	200m:	2:07.27	32.67	300m:	3:11.22	31.81	400m:	4:13.59	30.82	
30.	2005										<b>4:13.67</b>		652
	50m:	28.66	28.66	150m:	1:33.40	32.30	250m:	2:38.67	32.61	350m:	3:43.37	32.14	
	100m:	1:01.10	32.44	200m:	2:06.06	32.66	300m:	3:11.23	32.56	400m:	4:13.67	30.30	
31.	2006						-				<b>4:14.68</b>		645
	50m:	28.02	28.02	150m:	1:31.88	32.48	250m:	2:37.74	32.82	350m:	3:44.06	32.90	
	100m:	59.40	31.38	200m:	2:04.92	33.04	300m:	3:11.16	33.42	400m:	4:14.68	30.62	
32.	2005										<b>4:14.93</b>		643
	50m:	27.97	27.97	150m:	1:31.91	32.79	250m:	2:37.92	32.94	350m:	3:44.07	33.20	
	100m:	59.12	31.15	200m:	2:04.98	33.07	300m:	3:10.87	32.95	400m:	4:14.93	30.86	

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4, , 400m , , (15-16 )

					R.T.				FINA			
33.	2006 I				-				<b>4:14.94</b> 643			
	50m:	28.20	28.20	150m:	1:32.59	32.66	250m:	2:38.10	32.31	350m:	3:43.35	32.64
	100m:	59.93	31.73	200m:	2:05.79	33.20	300m:	3:10.71	32.61	400m:	4:14.94	31.59
34.	2006 I								<b>4:14.95</b> 643			
	50m:	28.72	28.72	150m:	1:32.74	32.39	250m:	2:38.58	33.18	350m:	3:43.67	32.58
	100m:	1:00.35	31.63	200m:	2:05.40	32.66	300m:	3:11.09	32.51	400m:	4:14.95	31.28
35.	2006								<b>4:15.26</b> 640			
	50m:	28.12	28.12	150m:	1:31.90	32.05	250m:	2:37.15	32.57	350m:	3:43.19	32.64
	100m:	59.85	31.73	200m:	2:04.58	32.68	300m:	3:10.55	33.40	400m:	4:15.26	32.07
36.	2005				-				<b>4:15.38</b> 639			
	50m:	27.85	27.85	150m:	1:31.07	32.36	250m:	2:36.87	32.97	350m:	3:42.53	32.56
	100m:	58.71	30.86	200m:	2:03.90	32.83	300m:	3:09.97	33.10	400m:	4:15.38	32.85
37.	2005								<b>4:15.44</b> 639			
	50m:	28.93	28.93	150m:	1:33.39	32.88	250m:	2:39.00	32.72	350m:	3:44.74	32.96
	100m:	1:00.51	31.58	200m:	2:06.28	32.89	300m:	3:11.78	32.78	400m:	4:15.44	30.70
38.	2005								<b>4:15.47</b> 639			
	50m:	29.05	29.05	150m:	1:32.83	32.53	250m:	2:38.46	33.13	350m:	3:44.83	33.02
	100m:	1:00.30	31.25	200m:	2:05.33	32.50	300m:	3:11.81	33.35	400m:	4:15.47	30.64
39.	2005								<b>4:16.02</b> 635			
	50m:	28.75	28.75	150m:	1:31.54	31.63	250m:	2:36.12	32.10	350m:	3:43.62	33.13
	100m:	59.91	31.16	200m:	2:04.02	32.48	300m:	3:10.49	34.37	400m:	4:16.02	32.40
40.	2006				-				<b>4:16.18</b> 633			
	50m:	27.82	27.82	150m:	1:31.69	32.57	250m:	2:37.23	32.85	350m:	3:43.84	33.09
	100m:	59.12	31.30	200m:	2:04.38	32.69	300m:	3:10.75	33.52	400m:	4:16.18	32.34
41.	2005				-				<b>4:16.49</b> 631			
	50m:	29.58	29.58	150m:	1:34.58	32.96	250m:	2:40.85	33.19	350m:	3:46.52	32.65
	100m:	1:01.62	32.04	200m:	2:07.66	33.08	300m:	3:13.87	33.02	400m:	4:16.49	29.97
42.	2005								<b>4:16.50</b> 631			
	50m:	28.13	28.13	150m:	1:31.61	32.08	250m:	2:37.27	32.65	350m:	3:44.00	33.02
	100m:	59.53	31.40	200m:	2:04.62	33.01	300m:	3:10.98	33.71	400m:	4:16.50	32.50
43.	2005								<b>4:16.57</b> 631			
	50m:	28.11	28.11	150m:	1:31.44	32.08	250m:	2:37.22	32.88	350m:	3:44.55	33.53
	100m:	59.36	31.25	200m:	2:04.34	32.90	300m:	3:11.02	33.80	400m:	4:16.57	32.02
	2005								<b>4:16.57</b> 631			
	50m:	29.19	29.19	150m:	1:32.63	31.84	250m:	2:37.99	32.63	350m:	3:43.97	32.88
	100m:	1:00.79	31.60	200m:	2:05.36	32.73	300m:	3:11.09	33.10	400m:	4:16.57	32.60
45.	2006								<b>4:16.69</b> 630			
	50m:	29.14	29.14	150m:	1:34.09	32.83	250m:	2:39.62	32.75	350m:	3:45.50	32.48
	100m:	1:01.26	32.12	200m:	2:06.87	32.78	300m:	3:13.02	33.40	400m:	4:16.69	31.19
46.	2005				-				<b>4:16.74</b> 629			
	50m:	29.75	29.75	150m:	1:35.50	32.98	250m:	2:42.29	33.56	350m:	3:46.44	32.13
	100m:	1:02.52	32.77	200m:	2:08.73	33.23	300m:	3:14.31	32.02	400m:	4:16.74	30.30
47.	2006								<b>4:17.01</b> 627			
	50m:	28.50	28.50	150m:	1:34.40	33.38	250m:	2:39.85	32.51	350m:	3:45.39	32.48
	100m:	1:01.02	32.52	200m:	2:07.34	32.94	300m:	3:12.91	33.06	400m:	4:17.01	31.62
48.	2006								<b>4:17.03</b> 627			
	50m:	29.72	29.72	150m:	1:35.37	32.81	250m:	2:41.23	32.69	350m:	3:45.95	32.00
	100m:	1:02.56	32.84	200m:	2:08.54	33.17	300m:	3:13.95	32.72	400m:	4:17.03	31.08
49.	2005								<b>4:17.04</b> 627			
	50m:	29.04	29.04	150m:	1:33.60	32.58	250m:	2:39.13	32.70	350m:	3:45.11	32.93
	100m:	1:01.02	31.98	200m:	2:06.43	32.83	300m:	3:12.18	33.05	400m:	4:17.04	31.93

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							R.T.		FINA			
50.	2005						-		<b>4:17.11</b>		627	
	50m:	29.23	29.23	150m:	1:35.34	33.28	250m:	2:41.62	33.16	350m:	3:46.93	32.11
	100m:	1:02.06	32.83	200m:	2:08.46	33.12	300m:	3:14.82	33.20	400m:	4:17.11	30.18
51.	2005								<b>4:17.28</b>		625	
	50m:	28.92	28.92	150m:	1:34.30	32.84	250m:	2:40.43	32.86	350m:	3:45.95	32.06
	100m:	1:01.46	32.54	200m:	2:07.57	33.27	300m:	3:13.89	33.46	400m:	4:17.28	31.33
52.	2006								<b>4:17.52</b>		624	
	50m:	29.95	29.95	150m:	1:35.50	32.96	250m:	2:40.49	31.75	350m:	3:47.43	33.67
	100m:	1:02.54	32.59	200m:	2:08.74	33.24	300m:	3:13.76	33.27	400m:	4:17.52	30.09
53.	2005								<b>4:17.80</b>		622	
	50m:	29.07	29.07	150m:	1:33.99	32.96	250m:	2:39.39	32.65	350m:	3:45.73	32.76
	100m:	1:01.03	31.96	200m:	2:06.74	32.75	300m:	3:12.97	33.58	400m:	4:17.80	32.07
54.	2005								<b>4:17.82</b>		621	
	50m:	28.21	28.21	150m:	1:32.84	32.78	250m:	2:38.40	32.75	350m:	3:45.40	33.61
	100m:	1:00.06	31.85	200m:	2:05.65	32.81	300m:	3:11.79	33.39	400m:	4:17.82	32.42
55.	2005								<b>4:17.89</b>		621	
	50m:	29.77	29.77	150m:	1:34.67	32.65	250m:	2:41.03	33.64	350m:	3:47.27	33.24
	100m:	1:02.02	32.25	200m:	2:07.39	32.72	300m:	3:14.03	33.00	400m:	4:17.89	30.62
56.	2006								<b>4:18.48</b>		617	
	50m:	29.39	29.39	150m:	1:34.44	33.03	250m:	2:41.89	33.77	350m:	3:47.71	31.82
	100m:	1:01.41	32.02	200m:	2:08.12	33.68	300m:	3:15.89	34.00	400m:	4:18.48	30.77
57.	2006						-		<b>4:18.57</b>		616	
	50m:	29.33	29.33	150m:	1:34.28	33.31	250m:	2:40.55	33.52	350m:	3:47.30	33.54
	100m:	1:00.97	31.64	200m:	2:07.03	32.75	300m:	3:13.76	33.21	400m:	4:18.57	31.27
58.	2005								<b>4:18.72</b>		615	
	50m:	29.02	29.02	150m:	1:33.96	33.02	250m:	2:40.52	33.23	350m:	3:46.97	33.25
	100m:	1:00.94	31.92	200m:	2:07.29	33.33	300m:	3:13.72	33.20	400m:	4:18.72	31.75
59.	2005								<b>4:18.74</b>		615	
	50m:	28.99	28.99	150m:	1:34.18	32.79	250m:	2:40.90	33.57	350m:	3:47.02	32.67
	100m:	1:01.39	32.40	200m:	2:07.33	33.15	300m:	3:14.35	33.45	400m:	4:18.74	31.72
60.	2005								<b>4:18.93</b>		613	
	50m:	29.08	29.08	150m:	1:34.21	32.76	250m:	2:40.86	32.97	350m:	3:46.95	32.93
	100m:	1:01.45	32.37	200m:	2:07.89	33.68	300m:	3:14.02	33.16	400m:	4:18.93	31.98
61.	2005								<b>4:18.97</b>		613	
	50m:	28.77	28.77	150m:	1:32.97	32.64	250m:	2:38.73	32.73	350m:	3:45.97	33.26
	100m:	1:00.33	31.56	200m:	2:06.00	33.03	300m:	3:12.71	33.98	400m:	4:18.97	33.00
62.	2006								<b>4:19.44</b>		610	
	50m:	28.50	28.50	150m:	1:35.34	34.09	250m:	2:40.32	31.43	350m:	3:46.55	33.39
	100m:	1:01.25	32.75	200m:	2:08.89	33.55	300m:	3:13.16	32.84	400m:	4:19.44	32.89
63.	2005								<b>4:19.48</b>		610	
	50m:	28.58	28.58	150m:	1:32.24	32.36	250m:	2:39.00	33.64	350m:	3:46.66	33.45
	100m:	59.88	31.30	200m:	2:05.36	33.12	300m:	3:13.21	34.21	400m:	4:19.48	32.82
64.	2006								<b>4:19.49</b>		609	
	50m:	29.06	29.06	150m:	1:33.51	32.93	250m:	2:40.08	33.36	350m:	3:47.51	33.41
	100m:	1:00.58	31.52	200m:	2:06.72	33.21	300m:	3:14.10	34.02	400m:	4:19.49	31.98
65.	2006						-		<b>4:19.50</b>		609	
	50m:	28.46	28.46	150m:	1:33.09	33.02	250m:	2:41.37	34.47	350m:	3:48.57	33.23
	100m:	1:00.07	31.61	200m:	2:06.90	33.81	300m:	3:15.34	33.97	400m:	4:19.50	30.93
66.	2006								<b>4:19.83</b>		607	
	50m:	28.27	28.27	150m:	1:33.20	32.91	250m:	2:40.77	34.31	350m:	3:47.82	33.24
	100m:	1:00.29	32.02	200m:	2:06.46	33.26	300m:	3:14.58	33.81	400m:	4:19.83	32.01

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4, , 400m , , (15-16 )

							R.T.			FINA		
67.	/ 2006									4:19.85   607		
	50m:	29.52	29.52	150m:	1:33.19	31.94	250m:	2:38.83	32.70	350m:	3:46.36	33.52
	100m:	1:01.25	31.73	200m:	2:06.13	32.94	300m:	3:12.84	34.01	400m:	4:19.85	33.49
68.	2005									4:19.96   606		
	50m:	30.94	30.94	150m:	1:36.38	32.33	250m:	2:42.62	33.22	350m:	3:48.41	32.87
	100m:	1:04.05	33.11	200m:	2:09.40	33.02	300m:	3:15.54	32.92	400m:	4:19.96	31.55
69.	2005									4:20.76   601		
	50m:	27.90	27.90	150m:	1:32.44	33.36	250m:	2:40.92	33.97	350m:	3:49.45	34.17
	100m:	59.08	31.18	200m:	2:06.95	34.51	300m:	3:15.28	34.36	400m:	4:20.76	31.31
70.	2006									4:21.25   597		
	50m:	28.36	28.36	150m:	1:33.29	33.00	250m:	2:40.84	33.96	350m:	3:49.03	33.81
	100m:	1:00.29	31.93	200m:	2:06.88	33.59	300m:	3:15.22	34.38	400m:	4:21.25	32.22
71.	2006									4:21.53   595		
	50m:	28.74	28.74	150m:	1:34.97	33.61	250m:	2:42.71	33.89	350m:	3:49.95	33.05
	100m:	1:01.36	32.62	200m:	2:08.82	33.85	300m:	3:16.90	34.19	400m:	4:21.53	31.58
72.	2006									4:21.54   595		
	50m:	28.91	28.91	150m:	1:34.80	33.42	250m:	2:43.18	34.34	350m:	3:50.81	33.40
	100m:	1:01.38	32.47	200m:	2:08.84	34.04	300m:	3:17.41	34.23	400m:	4:21.54	30.73
73.	2005									4:21.65   595		
	50m:	29.29	29.29	150m:	1:33.81	33.10	250m:	2:41.09	33.95	350m:	3:49.44	34.27
	100m:	1:00.71	31.42	200m:	2:07.14	33.33	300m:	3:15.17	34.08	400m:	4:21.65	32.21
74.	2006									4:21.66   594		
	50m:	27.98	27.98	150m:	1:33.04	33.27	250m:	2:40.69	33.90	350m:	3:49.35	34.47
	100m:	59.77	31.79	200m:	2:06.79	33.75	300m:	3:14.88	34.19	400m:	4:21.66	32.31
75.	2006									4:22.13   591		
	50m:	28.92	28.92	150m:	1:33.61	32.79	250m:	2:42.01	33.99	350m:	3:50.17	33.87
	100m:	1:00.82	31.90	200m:	2:08.02	34.41	300m:	3:16.30	34.29	400m:	4:22.13	31.96
76.	2005									4:22.33   590		
	50m:	29.10	29.10	150m:	1:35.02	33.13	250m:	2:42.25	33.79	350m:	3:49.71	33.70
	100m:	1:01.89	32.79	200m:	2:08.46	33.44	300m:	3:16.01	33.76	400m:	4:22.33	32.62
77.	2005									4:22.98   586		
	50m:	29.33	29.33	150m:	1:34.60	33.20	250m:	2:42.27	33.50	350m:	3:50.47	33.30
	100m:	1:01.40	32.07	200m:	2:08.77	34.17	300m:	3:17.17	34.90	400m:	4:22.98	32.51
78.	2005									4:23.09   585		
	50m:	28.57	28.57	150m:	1:33.89	33.02	250m:	2:41.27	33.82	350m:	3:49.15	33.96
	100m:	1:00.87	32.30	200m:	2:07.45	33.56	300m:	3:15.19	33.92	400m:	4:23.09	33.94
79.	2006									4:23.71   581		
	50m:	29.04	29.04	150m:	1:34.66	33.47	250m:	2:42.79	34.08	350m:	3:51.21	34.25
	100m:	1:01.19	32.15	200m:	2:08.71	34.05	300m:	3:16.96	34.17	400m:	4:23.71	32.50
80.	2005									4:24.10   578		
	50m:	29.27	29.27	150m:	1:34.60	32.81	250m:	2:42.57	34.32	350m:	3:50.99	33.74
	100m:	1:01.79	32.52	200m:	2:08.25	33.65	300m:	3:17.25	34.68	400m:	4:24.10	33.11
81.	2006									4:24.20   577		
	50m:	30.03	30.03	150m:	1:36.33	33.63	250m:	2:44.13	33.64	350m:	3:52.15	33.94
	100m:	1:02.70	32.67	200m:	2:10.49	34.16	300m:	3:18.21	34.08	400m:	4:24.20	32.05
82.	2006									4:24.47   576		
	50m:	29.41	29.41	150m:	1:35.98	34.04	250m:	2:43.70	33.93	350m:	3:51.56	33.55
	100m:	1:01.94	32.53	200m:	2:09.77	33.79	300m:	3:18.01	34.31	400m:	4:24.47	32.91
83.	2005									4:24.62   575		
	50m:	29.63	29.63	150m:	1:35.45	33.08	250m:	2:42.53	33.37	350m:	3:50.62	34.23
	100m:	1:02.37	32.74	200m:	2:09.16	33.71	300m:	3:16.39	33.86	400m:	4:24.62	34.00

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4, , 400m , , (15-16 )

					R.T.				FINA				
101.	/				<b>4:39.32</b>				489				
	50m:	30.04	30.04	2006 I	150m:	1:37.51	34.56	250m:	2:50.15	36.47	350m:	4:04.69	37.12
	100m:	1:02.95	32.91	200m:	2:13.68	36.17	300m:	3:27.57	37.42	400m:	4:39.32	34.63	
DNS	2005												
DNS	2005 I												