

104  
28.11.2018 - 17:51

, 400m

(15-16 )

3:35.30  
3:41.14

(CAN)

06.12.2016  
20.11.2017

: FINA 2018

								R.T.		FINA		
1.			2002	-				+0,65	<b>3:47.74</b>		809	
	25m:	12.32	12.32	125m:	1:09.30	14.45	225m:	2:07.06	14.55	325m:	3:05.08	14.49
	50m:	26.34	14.02	150m:	1:23.63	14.33	250m:	2:21.71	14.65	350m:	3:19.58	14.50
	75m:	40.60	14.26	175m:	1:38.07	14.44	275m:	2:36.08	14.37	375m:	3:34.00	14.42
	100m:	54.85	14.25	200m:	1:52.51	14.44	300m:	2:50.59	14.51	400m:	3:47.74	13.74
2.			2002					+0,70	<b>3:50.17</b>		784	
	25m:	12.34	12.34	125m:	1:09.71	14.65	225m:	2:07.83	14.66	325m:	3:06.70	14.74
	50m:	26.36	14.02	150m:	1:24.09	14.38	250m:	2:22.45	14.62	350m:	3:21.49	14.79
	75m:	40.68	14.32	175m:	1:38.62	14.53	275m:	2:37.23	14.78	375m:	3:36.14	14.65
	100m:	55.06	14.38	200m:	1:53.17	14.55	300m:	2:51.96	14.73	400m:	3:50.17	14.03
3.			2002	-				+0,72	<b>3:51.98</b>		765	
	25m:	11.56	11.56	125m:	1:08.56	14.91	250m:	2:23.79	15.08	350m:	3:23.94	15.01
	50m:	25.00	13.44	150m:	1:23.47	14.91	275m:	2:38.92	15.13	375m:	3:38.82	14.88
	75m:	38.92	13.92	200m:	1:53.44	29.97	300m:	2:53.90	14.98	400m:	3:51.98	13.16
	100m:	53.65	14.73	225m:	2:08.71	15.27	325m:	3:08.93	15.03			
4.			2002					+0,81	<b>3:52.23</b>		763	
	25m:	12.13	12.13	125m:	1:08.92	14.44	225m:	2:08.49	14.74	325m:	3:08.67	14.66
	50m:	25.77	13.64	150m:	1:23.73	14.81	250m:	2:23.75	15.26	350m:	3:23.53	14.86
	75m:	39.76	13.99	175m:	1:38.52	14.79	275m:	2:38.83	15.08	375m:	3:38.16	14.63
	100m:	54.48	14.72	200m:	1:53.75	15.23	300m:	2:54.01	15.18	400m:	3:52.23	14.07
5.			2002					+0,86	<b>3:53.79</b>		748	
	25m:	12.68	12.68	150m:	1:23.47	29.19	250m:	2:23.78	15.14	350m:	3:23.91	15.18
	50m:	25.98	13.30	175m:	1:38.63	15.16	275m:	2:38.68	14.90	400m:	3:53.79	29.88
	75m:	39.94	13.96	200m:	1:53.54	14.91	300m:	2:53.62	14.94			
	100m:	54.28	14.34	225m:	2:08.64	15.10	325m:	3:08.73	15.11			
6.			2002					+0,80	<b>3:55.44</b>		732	
	25m:	12.67	12.67	125m:	1:10.84	14.82	225m:	2:10.07	14.91	325m:	3:10.03	15.05
	50m:	26.66	13.99	150m:	1:25.53	14.69	250m:	2:25.08	15.01	350m:	3:25.32	15.29
	75m:	41.31	14.65	175m:	1:40.55	15.02	275m:	2:39.98	14.90	375m:	3:40.86	15.54
	100m:	56.02	14.71	200m:	1:55.16	14.61	300m:	2:54.98	15.00	400m:	3:55.44	14.58
7.			2003	-				+0,84	<b>3:55.67</b>		730	
	25m:	12.73	12.73	125m:	1:10.54	14.62	225m:	2:10.01	14.76	325m:	3:10.56	14.93
	50m:	26.77	14.04	150m:	1:25.38	14.84	250m:	2:25.33	15.32	350m:	3:25.99	15.43
	75m:	41.09	14.32	175m:	1:40.19	14.81	275m:	2:40.28	14.95	375m:	3:41.02	15.03
	100m:	55.92	14.83	200m:	1:55.25	15.06	300m:	2:55.63	15.35	400m:	3:55.67	14.65
8.			2002					+0,87	<b>3:57.46</b>		714	
	25m:	13.12	13.12	125m:	1:11.22	14.97	225m:	2:11.04	15.04	325m:	3:12.08	15.50
	50m:	27.40	14.28	150m:	1:25.99	14.77	250m:	2:26.17	15.13	350m:	3:27.40	15.32
	75m:	41.80	14.40	175m:	1:40.90	14.91	275m:	2:41.47	15.30	375m:	3:42.62	15.22
	100m:	56.25	14.45	200m:	1:56.00	15.10	300m:	2:56.58	15.11	400m:	3:57.46	14.84

104, , 400m ,

104 , 400m (17-18 )  
28.11.2018 - 17:51

3:35.30 (CAN) 06.12.2016  
3:41.14 20.11.2017

: FINA 2018

	/				R.T.				FINA			
1.	2001				+0,69				3:43.61 855			
	25m:	12.57	12.57	125m:	1:08.61	13.92	225m:	2:05.37	14.05	325m:	3:02.28	14.18
	50m:	26.36	13.79	150m:	1:22.79	14.18	250m:	2:19.49	14.12	350m:	3:16.32	14.04
	75m:	40.60	14.24	175m:	1:36.99	14.20	275m:	2:33.72	14.23	375m:	3:30.25	13.93
	100m:	54.69	14.09	200m:	1:51.32	14.33	300m:	2:48.10	14.38	400m:	3:43.61	13.36
2.	2000				+0,75				3:44.31 847			
	25m:	12.02	12.02	125m:	1:07.97	13.83	225m:	2:05.36	14.24	325m:	3:02.48	14.16
	50m:	25.94	13.92	150m:	1:22.43	14.46	250m:	2:19.65	14.29	350m:	3:16.87	14.39
	75m:	39.95	14.01	175m:	1:36.79	14.36	275m:	2:33.89	14.24	375m:	3:30.61	13.74
	100m:	54.14	14.19	200m:	1:51.12	14.33	300m:	2:48.32	14.43	400m:	3:44.31	13.70
3.	2001				+0,78				3:45.38 835			
	25m:	12.41	12.41	125m:	1:09.15	14.25	225m:	2:06.40	14.26	325m:	3:03.63	14.39
	50m:	26.31	13.90	150m:	1:23.48	14.33	250m:	2:20.63	14.23	350m:	3:17.91	14.28
	75m:	40.58	14.27	175m:	1:37.85	14.37	275m:	2:35.03	14.40	375m:	3:32.06	14.15
	100m:	54.90	14.32	200m:	1:52.14	14.29	300m:	2:49.24	14.21	400m:	3:45.38	13.32
4.	2001				+0,77				3:46.20 826			
	25m:	12.36	12.36	125m:	1:08.46	14.17	225m:	2:05.79	14.33	325m:	3:03.52	14.45
	50m:	26.14	13.78	150m:	1:22.77	14.31	250m:	2:20.15	14.36	350m:	3:18.09	14.57
	75m:	40.31	14.17	175m:	1:37.05	14.28	275m:	2:34.48	14.33	375m:	3:32.48	14.39
	100m:	54.29	13.98	200m:	1:51.46	14.41	300m:	2:49.07	14.59	400m:	3:46.20	13.72
5.	2000				+0,74				3:48.14 805			
	25m:	12.41	12.41	125m:	1:09.01	14.21	225m:	2:06.78	14.27	325m:	3:04.80	14.40
	50m:	26.40	13.99	150m:	1:23.53	14.52	250m:	2:21.35	14.57	350m:	3:19.81	15.01
	75m:	40.43	14.03	175m:	1:37.83	14.30	275m:	2:35.77	14.42	375m:	3:34.16	14.35
	100m:	54.80	14.37	200m:	1:52.51	14.68	300m:	2:50.40	14.63	400m:	3:48.14	13.98
6.	2001				+0,81				3:48.92 797			
	25m:	12.12	12.12	125m:	1:08.01	14.34	225m:	2:05.82	14.62	325m:	3:04.90	15.03
	50m:	25.66	13.54	150m:	1:22.25	14.24	250m:	2:20.46	14.64	350m:	3:19.93	15.03
	75m:	39.56	13.90	175m:	1:36.75	14.50	275m:	2:35.17	14.71	375m:	3:34.86	14.93
	100m:	53.67	14.11	200m:	1:51.20	14.45	300m:	2:49.87	14.70	400m:	3:48.92	14.06
7.	2000				+0,70				3:49.46 791			
	25m:	12.49	12.49	125m:	1:09.46	14.38	225m:	2:07.33	14.42	325m:	3:06.20	14.76
	50m:	26.42	13.93	150m:	1:23.87	14.41	250m:	2:21.83	14.50	350m:	3:20.92	14.72
	75m:	40.74	14.32	175m:	1:38.29	14.42	275m:	2:36.52	14.69	375m:	3:35.51	14.59
	100m:	55.08	14.34	200m:	1:52.91	14.62	300m:	2:51.44	14.92	400m:	3:49.46	13.95
8.	2001				+0,77				3:53.89 747			
	25m:	12.20	12.20	125m:	1:08.41	14.16	225m:	2:07.16	14.80	325m:	3:08.01	15.36
	50m:	26.08	13.88	150m:	1:22.93	14.52	250m:	2:22.24	15.08	350m:	3:23.37	15.36
	75m:	40.02	13.94	175m:	1:37.65	14.72	275m:	2:37.44	15.20	375m:	3:39.09	15.72
	100m:	54.25	14.23	200m:	1:52.36	14.71	300m:	2:52.65	15.21	400m:	3:53.89	14.80