

137
02.12.2018 - 17:13

, 400m

(15-16)

4:03.91
4:04.23

09.11.2014
19.11.2017

: FINA 2018

	/				R.T.				FINA
1.	2002				-				+0,72 4:09.12 844
	25m: 12.05	12.05	125m: 1:13.90	16.15	225m: 2:16.76	16.16	325m: 3:24.89	15.71	
	50m: 26.74	14.69	150m: 1:29.27	15.37	250m: 2:33.85	17.09	350m: 3:39.88	14.99	
	75m: 42.07	15.33	175m: 1:44.71	15.44	275m: 2:51.33	17.48	375m: 3:54.79	14.91	
	100m: 57.75	15.68	200m: 2:00.60	15.89	300m: 3:09.18	17.85	400m: 4:09.12	14.33	
2.	2003				-				+0,78 4:12.63 810
	25m: 12.50	12.50	125m: 1:15.08	16.75	225m: 2:20.83	17.79	325m: 3:28.65	15.46	
	50m: 27.10	14.60	150m: 1:31.09	16.01	250m: 2:38.11	17.28	350m: 3:43.54	14.89	
	75m: 42.56	15.46	175m: 1:47.42	16.33	275m: 2:55.55	17.44	375m: 3:58.45	14.91	
	100m: 58.33	15.77	200m: 2:03.04	15.62	300m: 3:13.19	17.64	400m: 4:12.63	14.18	
3.	2002				-				+0,65 4:19.73 745
	25m: 12.27	12.27	125m: 1:16.23	16.43	225m: 2:22.61	17.78	325m: 3:34.70	15.98	
	50m: 27.44	15.17	150m: 1:32.12	15.89	250m: 2:41.23	18.62	350m: 3:49.52	14.82	
	75m: 43.44	16.00	175m: 1:48.50	16.38	275m: 2:59.68	18.45	375m: 4:04.74	15.22	
	100m: 59.80	16.36	200m: 2:04.83	16.33	300m: 3:18.72	19.04	400m: 4:19.73	14.99	
4.	2003				-				+0,74 4:24.29 707
	25m: 12.54	12.54	125m: 1:18.71	17.40	225m: 2:26.75	17.98	325m: 3:39.15	16.08	
	50m: 27.97	15.43	150m: 1:35.27	16.56	250m: 2:45.21	18.46	350m: 3:54.34	15.19	
	75m: 44.37	16.40	175m: 1:52.26	16.99	275m: 3:03.99	18.78	375m: 4:10.00	15.66	
	100m: 1:01.31	16.94	200m: 2:08.77	16.51	300m: 3:23.07	19.08	400m: 4:24.29	14.29	
5.	2002				-				+0,84 4:24.93 702
	25m: 12.80	12.80	125m: 1:19.26	17.67	225m: 2:28.01	18.79	325m: 3:40.70	15.63	
	50m: 28.37	15.57	150m: 1:35.94	16.68	250m: 2:46.92	18.91	350m: 3:55.84	15.14	
	75m: 44.77	16.40	175m: 1:52.79	16.85	275m: 3:05.95	19.03	375m: 4:10.90	15.06	
	100m: 1:01.59	16.82	200m: 2:09.22	16.43	300m: 3:25.07	19.12	400m: 4:24.93	14.03	
6.	2003				-				+0,70 4:29.56 666
	25m: 12.29	12.29	125m: 1:19.21	17.76	225m: 2:28.72	19.08	325m: 3:42.51	16.29	
	50m: 27.93	15.64	150m: 1:35.94	16.73	250m: 2:47.80	19.08	350m: 3:58.22	15.71	
	75m: 44.68	16.75	175m: 1:53.09	17.15	275m: 3:07.04	19.24	375m: 4:14.31	16.09	
	100m: 1:01.45	16.77	200m: 2:09.64	16.55	300m: 3:26.22	19.18	400m: 4:29.56	15.25	
7.	2002				-				+0,78 4:30.80 657
	25m: 12.50	12.50	125m: 1:17.15	16.97	225m: 2:27.48	20.22	325m: 3:44.59	16.45	
	50m: 27.60	15.10	150m: 1:33.68	16.53	250m: 2:47.93	20.45	350m: 4:00.79	16.20	
	75m: 43.51	15.91	175m: 1:50.33	16.65	275m: 3:07.89	19.96	375m: 4:16.42	15.63	
	100m: 1:00.18	16.67	200m: 2:07.26	16.93	300m: 3:28.14	20.25	400m: 4:30.80	14.38	
8.	2002				-				+0,77 4:31.00 656
	25m: 12.96	12.96	125m: 1:18.41	17.75	225m: 2:28.85	18.51	325m: 3:43.26	16.83	
	50m: 28.40	15.44	150m: 1:35.70	17.29	250m: 2:48.18	19.33	350m: 3:59.52	16.26	
	75m: 44.18	15.78	175m: 1:52.84	17.14	275m: 3:07.04	18.86	375m: 4:15.80	16.28	
	100m: 1:00.66	16.48	200m: 2:10.34	17.50	300m: 3:26.43	19.39	400m: 4:31.00	15.20	

137, , 400m ,

02.12.2018 - 17:13 137 , 400m (17-18)

4:03.91 4:04.23 09.11.2014 19.11.2017

: FINA 2018

								R.T.				FINA
1.				2000				+0,75	4:10.43			831
	25m:	11.99	11.99	125m:	1:13.41	16.00	225m:	2:16.60	17.33	325m:	3:26.06	15.45
	50m:	26.57	14.58	150m:	1:28.63	15.22	250m:	2:34.57	17.97	350m:	3:40.95	14.89
	75m:	42.03	15.46	175m:	1:44.02	15.39	275m:	2:52.45	17.88	375m:	3:55.74	14.79
	100m:	57.41	15.38	200m:	1:59.27	15.25	300m:	3:10.61	18.16	400m:	4:10.43	14.69
2.				2001				+0,88	4:13.47			802
	25m:	12.20	12.20	125m:	1:15.13	16.51	225m:	2:20.07	17.22	325m:	3:29.22	15.01
	50m:	26.93	14.73	150m:	1:31.10	15.97	250m:	2:37.91	17.84	350m:	3:43.73	14.51
	75m:	42.70	15.77	175m:	1:47.06	15.96	275m:	2:56.00	18.09	375m:	3:58.60	14.87
	100m:	58.62	15.92	200m:	2:02.85	15.79	300m:	3:14.21	18.21	400m:	4:13.47	14.87
3.				2001				+0,62	4:15.47			783
	25m:	12.66	12.66	125m:	1:15.80	16.62	225m:	2:21.60	17.49	325m:	3:32.41	15.25
	50m:	27.76	15.10	150m:	1:31.55	15.75	250m:	2:39.94	18.34	350m:	3:47.17	14.76
	75m:	43.34	15.58	175m:	1:47.52	15.97	275m:	2:58.39	18.45	375m:	4:01.48	14.31
	100m:	59.18	15.84	200m:	2:04.11	16.59	300m:	3:17.16	18.77	400m:	4:15.47	13.99
4.				2001		-		+0,74	4:15.64			781
	25m:	12.20	12.20	125m:	1:15.73	17.33	225m:	2:22.46	18.05	325m:	3:32.30	15.47
	50m:	27.10	14.90	150m:	1:31.96	16.23	250m:	2:40.46	18.00	350m:	3:47.00	14.70
	75m:	42.63	15.53	175m:	1:48.17	16.21	275m:	2:58.55	18.09	375m:	4:01.50	14.50
	100m:	58.40	15.77	200m:	2:04.41	16.24	300m:	3:16.83	18.28	400m:	4:15.64	14.14
5.				2001				+0,76	4:17.11			768
	25m:	12.34	12.34	125m:	1:16.87	17.28	225m:	2:23.16	17.18	325m:	3:32.57	15.91
	50m:	27.59	15.25	150m:	1:33.28	16.41	250m:	2:40.54	17.38	350m:	3:47.37	14.80
	75m:	43.59	16.00	175m:	1:49.97	16.69	275m:	2:58.32	17.78	375m:	4:02.52	15.15
	100m:	59.59	16.00	200m:	2:05.98	16.01	300m:	3:16.66	18.34	400m:	4:17.11	14.59
6.				2001				+0,70	4:18.02			760
	25m:	12.60	12.60	125m:	1:17.44	17.55	225m:	2:23.60	17.19	325m:	3:31.56	16.27
	50m:	27.30	14.70	150m:	1:33.87	16.43	250m:	2:40.66	17.06	350m:	3:46.87	15.31
	75m:	43.18	15.88	175m:	1:50.54	16.67	275m:	2:57.98	17.32	375m:	4:02.48	15.61
	100m:	59.89	16.71	200m:	2:06.41	15.87	300m:	3:15.29	17.31	400m:	4:18.02	15.54
7.				2001				+0,80	4:21.70			728
	25m:	12.05	12.05	125m:	1:15.36	17.60	225m:	2:25.58	19.14	325m:	3:39.24	15.35
	50m:	26.78	14.73	150m:	1:32.30	16.94	250m:	2:44.58	19.00	350m:	3:53.57	14.33
	75m:	42.04	15.26	175m:	1:49.49	17.19	275m:	3:04.29	19.71	375m:	4:08.02	14.45
	100m:	57.76	15.72	200m:	2:06.44	16.95	300m:	3:23.89	19.60	400m:	4:21.70	13.68
8.				2001		-		+0,71	4:22.06			725
	25m:	12.14	12.14	125m:	1:17.06	17.68	225m:	2:26.83	18.93	325m:	3:38.66	15.29
	50m:	27.39	15.25	150m:	1:34.07	17.01	250m:	2:45.48	18.65	350m:	3:53.58	14.92
	75m:	43.00	15.61	175m:	1:51.11	17.04	275m:	3:04.22	18.74	375m:	4:08.08	14.50
	100m:	59.38	16.38	200m:	2:07.90	16.79	300m:	3:23.37	19.15	400m:	4:22.06	13.98