

12 , 400m
02.02.2016

				4:36.25				(CHN)				09.08.2008	
				4:43.78								01.01.1984	
: FINA 2015													
/													
R.T.													
FINA													
1.				1993				4:58.09			730		
	50m:	30.92	30.92	150m:	1:44.91	38.41	250m:	3:05.70	43.41	350m:	4:24.45	34.41	
	100m:	1:06.50	35.58	200m:	2:22.29	37.38	300m:	3:50.04	44.34	400m:	4:58.09	33.64	
2.				2000				5:02.52			698		
	50m:	31.78	31.78	150m:	1:47.88	39.80	250m:	3:10.43	43.23	350m:	4:29.84	35.58	
	100m:	1:08.08	36.30	200m:	2:27.20	39.32	300m:	3:54.26	43.83	400m:	5:02.52	32.68	
3.				2000				5:14.28			623		
	50m:	32.33	32.33	150m:	1:50.29	39.93	250m:	3:17.78	48.07	350m:	4:40.13	34.06	
	100m:	1:10.36	38.03	200m:	2:29.71	39.42	300m:	4:06.07	48.29	400m:	5:14.28	34.15	
4.				1998				5:14.76			620		
	50m:	33.15	33.15	150m:	1:52.91	42.08	250m:	3:15.19	41.82	350m:	4:37.64	38.69	
	100m:	1:10.83	37.68	200m:	2:33.37	40.46	300m:	3:58.95	43.76	400m:	5:14.76	37.12	
5.				2001				5:15.31			616		
	50m:	33.05	33.05	150m:	1:50.55	39.38	250m:	3:16.84	46.97	350m:	4:39.69	36.77	
	100m:	1:11.17	38.12	200m:	2:29.87	39.32	300m:	4:02.92	46.08	400m:	5:15.31	35.62	
6.				2002 I				5:17.85			602		
	50m:	33.98	33.98	150m:	1:54.55	41.23	250m:	3:19.01	44.91	350m:	4:42.41	38.18	
	100m:	1:13.32	39.34	200m:	2:34.10	39.55	300m:	4:04.23	45.22	400m:	5:17.85	35.44	
7.				2003 I				5:19.30			594		
	50m:	32.66	32.66	150m:	1:50.83	39.96	250m:	3:16.21	47.25	350m:	4:42.46	39.21	
	100m:	1:10.87	38.21	200m:	2:28.96	38.13	300m:	4:03.25	47.04	400m:	5:19.30	36.84	
8.				2001				5:19.58			592		
	50m:	34.22	34.22	150m:	1:52.69	38.54	250m:	3:17.82	47.06	350m:	4:42.56	37.59	
	100m:	1:14.15	39.93	200m:	2:30.76	38.07	300m:	4:04.97	47.15	400m:	5:19.58	37.02	
9.				2001				5:24.02			568		
	50m:	33.03	33.03	150m:	1:53.41	41.74	250m:	3:20.36	46.38	350m:	4:46.13	39.04	
	100m:	1:11.67	38.64	200m:	2:33.98	40.57	300m:	4:07.09	46.73	400m:	5:24.02	37.89	
10.				2000				5:27.37 I			551		
	50m:	34.82	34.82	150m:	1:59.74	44.95	250m:	3:27.88	46.60	350m:	4:52.69	37.52	
	100m:	1:14.79	39.97	200m:	2:41.28	41.54	300m:	4:15.17	47.29	400m:	5:27.37	34.68	
11.				2001				5:27.63 I			549		
	50m:	32.78	32.78	150m:	1:54.12	42.18	250m:	3:23.18	46.52	350m:	4:50.03	39.25	
	100m:	1:11.94	39.16	200m:	2:36.66	42.54	300m:	4:10.78	47.60	400m:	5:27.63	37.60	
12.				1999				5:28.43 I			545		
	50m:	34.37	34.37	150m:	1:57.35	41.00	250m:	3:26.09	48.94	350m:	4:52.89	36.78	
	100m:	1:16.35	41.98	200m:	2:37.15	39.80	300m:	4:16.11	50.02	400m:	5:28.43	35.54	
13.				2001				5:30.97 I			533		
	50m:	34.80	34.80	150m:	1:57.48	39.94	250m:	3:25.89	47.83	350m:	4:53.73	38.74	
	100m:	1:17.54	42.74	200m:	2:38.06	40.58	300m:	4:14.99	49.10	400m:	5:30.97	37.24	

	12,	, 400m							R.T.		FINA	
14.				2002						5:31.94		528
	50m:	35.55	35.55	150m:	1:57.94	41.30	250m:	3:26.73	47.24	350m:	4:53.24	39.67
	100m:	1:16.64	41.09	200m:	2:39.49	41.55	300m:	4:13.57	46.84	400m:	5:31.94	38.70
15.				2002						5:33.78		520
	50m:	33.94	33.94	150m:	1:57.18	42.86	250m:	3:26.96	47.81	350m:	4:54.99	39.47
	100m:	1:14.32	40.38	200m:	2:39.15	41.97	300m:	4:15.52	48.56	400m:	5:33.78	38.79
16.				2000						5:34.46		516
	50m:	34.11	34.11	150m:	1:55.81	41.52	250m:	3:27.24	49.67	350m:	4:56.50	39.49
	100m:	1:14.29	40.18	200m:	2:37.57	41.76	300m:	4:17.01	49.77	400m:	5:34.46	37.96
17.				2001						5:36.00		509
	50m:	34.01	34.01	150m:	1:57.43	43.72	250m:	3:29.46	49.50	350m:	4:59.36	39.46
	100m:	1:13.71	39.70	200m:	2:39.96	42.53	300m:	4:19.90	50.44	400m:	5:36.00	36.64
18.				2000						5:41.90		483
	50m:	36.24	36.24	150m:	2:04.91	45.12	250m:	3:35.67	47.40	350m:	5:04.31	40.04
	100m:	1:19.79	43.55	200m:	2:48.27	43.36	300m:	4:24.27	48.60	400m:	5:41.90	37.59
19.				2003						5:46.11		466
	50m:	36.11	36.11	150m:	2:04.66	45.69	250m:	3:37.52	50.24	350m:	5:08.68	40.68
	100m:	1:18.97	42.86	200m:	2:47.28	42.62	300m:	4:28.00	50.48	400m:	5:46.11	37.43
20.				2003						5:46.62		464
	50m:	36.31	36.31	150m:	2:03.59	43.47	250m:	3:37.41	52.05	350m:	5:09.88	40.50
	100m:	1:20.12	43.81	200m:	2:45.36	41.77	300m:	4:29.38	51.97	400m:	5:46.62	36.74
21.				2003						5:49.48		453
	50m:	35.09	35.09	150m:	1:58.41	41.74	250m:	3:32.94	54.03	350m:	5:08.51	42.30
	100m:	1:16.67	41.58	200m:	2:38.91	40.50	300m:	4:26.21	53.27	400m:	5:49.48	40.97
DSQ				2001								
DSQ				2002								
DNS				1998								

, 01 - 04 2016

12, , 400m
 12 , 400m (15-16)
 02.02.2016

4:36.25 (CHN) 09.08.2008
 4:43.78 01.01.1984

: FINA 2015

	/				R.T.				FINA			
1.	2000				5:02.52				698			
	50m:	31.78	31.78	150m:	1:47.88	39.80	250m:	3:10.43	43.23	350m:	4:29.84	35.58
	100m:	1:08.08	36.30	200m:	2:27.20	39.32	300m:	3:54.26	43.83	400m:	5:02.52	32.68
2.	2000				5:14.28				623			
	50m:	32.33	32.33	150m:	1:50.29	39.93	250m:	3:17.78	48.07	350m:	4:40.13	34.06
	100m:	1:10.36	38.03	200m:	2:29.71	39.42	300m:	4:06.07	48.29	400m:	5:14.28	34.15
3.	2001				5:15.31				616			
	50m:	33.05	33.05	150m:	1:50.55	39.38	250m:	3:16.84	46.97	350m:	4:39.69	36.77
	100m:	1:11.17	38.12	200m:	2:29.87	39.32	300m:	4:02.92	46.08	400m:	5:15.31	35.62
4.	2001				5:19.58				592			
	50m:	34.22	34.22	150m:	1:52.69	38.54	250m:	3:17.82	47.06	350m:	4:42.56	37.59
	100m:	1:14.15	39.93	200m:	2:30.76	38.07	300m:	4:04.97	47.15	400m:	5:19.58	37.02
5.	2001				5:24.02				568			
	50m:	33.03	33.03	150m:	1:53.41	41.74	250m:	3:20.36	46.38	350m:	4:46.13	39.04
	100m:	1:11.67	38.64	200m:	2:33.98	40.57	300m:	4:07.09	46.73	400m:	5:24.02	37.89
6.	2000				5:27.37				551			
	50m:	34.82	34.82	150m:	1:59.74	44.95	250m:	3:27.88	46.60	350m:	4:52.69	37.52
	100m:	1:14.79	39.97	200m:	2:41.28	41.54	300m:	4:15.17	47.29	400m:	5:27.37	34.68
7.	2001				5:27.63				549			
	50m:	32.78	32.78	150m:	1:54.12	42.18	250m:	3:23.18	46.52	350m:	4:50.03	39.25
	100m:	1:11.94	39.16	200m:	2:36.66	42.54	300m:	4:10.78	47.60	400m:	5:27.63	37.60
8.	2001				5:30.97				533			
	50m:	34.80	34.80	150m:	1:57.48	39.94	250m:	3:25.89	47.83	350m:	4:53.73	38.74
	100m:	1:17.54	42.74	200m:	2:38.06	40.58	300m:	4:14.99	49.10	400m:	5:30.97	37.24
9.	2000				5:34.46				516			
	50m:	34.11	34.11	150m:	1:55.81	41.52	250m:	3:27.24	49.67	350m:	4:56.50	39.49
	100m:	1:14.29	40.18	200m:	2:37.57	41.76	300m:	4:17.01	49.77	400m:	5:34.46	37.96
10.	2001				5:36.00				509			
	50m:	34.01	34.01	150m:	1:57.43	43.72	250m:	3:29.46	49.50	350m:	4:59.36	39.46
	100m:	1:13.71	39.70	200m:	2:39.96	42.53	300m:	4:19.90	50.44	400m:	5:36.00	36.64
11.	2000				5:41.90				483			
	50m:	36.24	36.24	150m:	2:04.91	45.12	250m:	3:35.67	47.40	350m:	5:04.31	40.04
	100m:	1:19.79	43.55	200m:	2:48.27	43.36	300m:	4:24.27	48.60	400m:	5:41.90	37.59
DSQ	2001											

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