

, 01 - 04 2016

13 , 400m
02.02.2016

												4:13.14			26.04.2009		
												4:14.65			14.07.2013		
														(POL)			
: FINA 2015																	
												/			R.T.	FINA	
1.				1998						4:35.81	691						
	50m:	27.60	27.60	150m:	1:35.40	35.68	250m:	2:49.48	39.72	350m:	4:03.91	34.08					
	100m:	59.72	32.12	200m:	2:09.76	34.36	300m:	3:29.83	40.35	400m:	4:35.81	31.90					
2.				1997						4:39.97	660						
	50m:	30.51	30.51	150m:	1:42.82	38.48	250m:	2:59.37	40.15	350m:	4:10.71	31.55					
	100m:	1:04.34	33.83	200m:	2:19.22	36.40	300m:	3:39.16	39.79	400m:	4:39.97	29.26					
3.				1998						4:45.66	621						
	50m:	30.09	30.09	150m:	1:42.22	38.67	250m:	3:01.14	41.37	350m:	4:14.50	32.36					
	100m:	1:03.55	33.46	200m:	2:19.77	37.55	300m:	3:42.14	41.00	400m:	4:45.66	31.16					
4.				1997						4:47.56	609						
	50m:	29.47	29.47	150m:	1:40.36	36.44	250m:	2:57.31	40.47	350m:	4:13.61	34.74					
	100m:	1:03.92	34.45	200m:	2:16.84	36.48	300m:	3:38.87	41.56	400m:	4:47.56	33.95					
5.				1999						4:52.79	577						
	50m:	29.97	29.97	150m:	1:45.58	39.59	250m:	3:06.54	42.05	350m:	4:21.68	33.55					
	100m:	1:05.99	36.02	200m:	2:24.49	38.91	300m:	3:48.13	41.59	400m:	4:52.79	31.11					
6.				1999						4:54.06	570						
	50m:	29.12	29.12	150m:	1:42.94	39.86	250m:	3:03.51	42.30	350m:	4:19.98	35.61					
	100m:	1:03.08	33.96	200m:	2:21.21	38.27	300m:	3:44.37	40.86	400m:	4:54.06	34.08					
7.				1997						4:55.61	561						
	50m:	30.20	30.20	150m:	1:44.92	39.18	250m:	3:04.98	41.52	350m:	4:22.93	35.77					
	100m:	1:05.74	35.54	200m:	2:23.46	38.54	300m:	3:47.16	42.18	400m:	4:55.61	32.68					
8.				2000						4:55.93	559						
	50m:	29.58	29.58	150m:	1:41.73	37.49	250m:	3:03.72	44.41	350m:	4:22.85	34.62					
	100m:	1:04.24	34.66	200m:	2:19.31	37.58	300m:	3:48.23	44.51	400m:	4:55.93	33.08					
9.				1998						4:56.45	556						
	50m:	30.00	30.00	150m:	1:44.26	38.38	250m:	3:05.86	44.07	350m:	4:23.96	34.04					
	100m:	1:05.88	35.88	200m:	2:21.79	37.53	300m:	3:49.92	44.06	400m:	4:56.45	32.49					
10.				1998						4:56.75	554						
	50m:	30.57	30.57	150m:	1:45.63	39.41	250m:	3:04.41	40.28	350m:	4:21.35	35.70					
	100m:	1:06.22	35.65	200m:	2:24.13	38.50	300m:	3:45.65	41.24	400m:	4:56.75	35.40					
11.				1998						4:56.81	554						
	50m:	29.36	29.36	150m:	1:44.18	39.95	250m:	3:03.52	40.75	350m:	4:21.67	37.33					
	100m:	1:04.23	34.87	200m:	2:22.77	38.59	300m:	3:44.34	40.82	400m:	4:56.81	35.14					
12.				2000						4:58.23	546						
	50m:	29.30	29.30	150m:	1:45.46	40.73	250m:	3:07.36	43.35	350m:	4:26.59	35.02					
	100m:	1:04.73	35.43	200m:	2:24.01	38.55	300m:	3:51.57	44.21	400m:	4:58.23	31.64					
13.				2000						4:59.62	539						
	50m:	31.59	31.59	150m:	1:44.80	37.21	250m:	3:05.48	44.94	350m:	4:25.51	35.61					
	100m:	1:07.59	36.00	200m:	2:20.54	35.74	300m:	3:49.90	44.42	400m:	4:59.62	34.11					

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13, , 400m ,									R.T.	FINA		
14.			2000	I					5:02.14	I		525
	50m:	31.14	31.14	150m:	1:48.33	39.39	250m:	3:08.99	42.75	350m:	4:28.14	35.21
	100m:	1:08.94	37.80	200m:	2:26.24	37.91	300m:	3:52.93	43.94	400m:	5:02.14	34.00
15.			2000						5:02.23	I		525
	50m:	32.61	32.61	150m:	1:48.36	38.67	250m:	3:09.29	43.65	350m:	4:27.48	33.42
	100m:	1:09.69	37.08	200m:	2:25.64	37.28	300m:	3:54.06	44.77	400m:	5:02.23	34.75
16.			1997						5:03.02	I		521
	50m:	30.18	30.18	150m:	1:45.08	40.28	250m:	3:09.54	47.23	350m:	4:30.14	35.34
	100m:	1:04.80	34.62	200m:	2:22.31	37.23	300m:	3:54.80	45.26	400m:	5:03.02	32.88
17.			2000	I					5:05.87	I		506
	50m:	29.53	29.53	150m:	1:46.89	42.14	250m:	3:10.87	43.32	350m:	4:31.42	36.11
	100m:	1:04.75	35.22	200m:	2:27.55	40.66	300m:	3:55.31	44.44	400m:	5:05.87	34.45
18.			1996	I					5:08.02	I		496
	50m:	30.63	30.63	150m:	1:43.85	38.39	250m:	3:05.96	44.48	350m:	4:30.52	38.69
	100m:	1:05.46	34.83	200m:	2:21.48	37.63	300m:	3:51.83	45.87	400m:	5:08.02	37.50
19.			1999	I					5:09.21	I		490
	50m:	30.13	30.13	150m:	1:45.61	38.94	250m:	3:07.89	43.67	350m:	4:31.02	38.64
	100m:	1:06.67	36.54	200m:	2:24.22	38.61	300m:	3:52.38	44.49	400m:	5:09.21	38.19
20.			2001	I					5:12.12			476
	50m:	32.03	32.03	150m:	1:50.06	39.66	250m:	3:14.27	45.17	350m:	4:37.70	36.99
	100m:	1:10.40	38.37	200m:	2:29.10	39.04	300m:	4:00.71	46.44	400m:	5:12.12	34.42
21.			2001	I					5:13.85			468
	50m:	31.19	31.19	150m:	1:50.97	41.40	250m:	3:14.74	44.22	350m:	4:37.20	36.78
	100m:	1:09.57	38.38	200m:	2:30.52	39.55	300m:	4:00.42	45.68	400m:	5:13.85	36.65
22.			2001	I					5:20.66			439
	50m:	31.79	31.79	150m:	1:53.63	43.18	250m:	3:18.23	44.09	350m:	4:42.53	38.84
	100m:	1:10.45	38.66	200m:	2:34.14	40.51	300m:	4:03.69	45.46	400m:	5:20.66	38.13
23.			2001	I					5:21.26			437
	50m:	32.75	32.75	150m:	1:54.38	42.75	250m:	3:19.39	43.91	350m:	4:44.33	39.34
	100m:	1:11.63	38.88	200m:	2:35.48	41.10	300m:	4:04.99	45.60	400m:	5:21.26	36.93
24.			2001	I					5:23.17			429
	50m:	30.13	30.13	150m:	1:51.61	43.05	250m:	3:19.63	46.38	350m:	4:46.56	37.18
	100m:	1:08.56	38.43	200m:	2:33.25	41.64	300m:	4:09.38	49.75	400m:	5:23.17	36.61
25.			2001	I					5:23.43			428
	50m:	32.93	32.93	150m:	1:58.21	44.32	250m:	3:23.40	42.49	350m:	4:47.06	39.20
	100m:	1:13.89	40.96	200m:	2:40.91	42.70	300m:	4:07.86	44.46	400m:	5:23.43	36.37
26.			2001						5:26.10			418
	50m:	33.86	33.86	150m:	1:56.05	41.96	250m:	3:26.02	48.08	350m:	4:49.49	36.63
	100m:	1:14.09	40.23	200m:	2:37.94	41.89	300m:	4:12.86	46.84	400m:	5:26.10	36.61
27.			2001	I					5:26.26			417
	50m:	32.82	32.82	150m:	1:56.69	43.56	250m:	3:23.86	45.18	350m:	4:51.35	40.02
	100m:	1:13.13	40.31	200m:	2:38.68	41.99	300m:	4:11.33	47.47	400m:	5:26.26	34.91
28.			2001	I					5:38.86			372
	50m:	31.67	31.67	150m:	1:53.28	43.25	250m:	3:26.74	50.48	350m:	5:00.67	39.97
	100m:	1:10.03	38.36	200m:	2:36.26	42.98	300m:	4:20.70	53.96	400m:	5:38.86	38.19

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13, , 400m ,

	/	R.T.	FINA
DSQ	2001 I		
DSQ	1994		
DSQ	1999 I		



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13, , 400m
 13 , 400m (17-18)
 02.02.2016

4:13.14 26.04.2009
 4:14.65 (POL) 14.07.2013

: FINA 2015

									R.T.		FINA	
1.				1998						4:35.81	691	
	50m:	27.60	27.60	150m:	1:35.40	35.68	250m:	2:49.48	39.72	350m:	4:03.91	34.08
	100m:	59.72	32.12	200m:	2:09.76	34.36	300m:	3:29.83	40.35	400m:	4:35.81	31.90
2.				1998						4:45.66	621	
	50m:	30.09	30.09	150m:	1:42.22	38.67	250m:	3:01.14	41.37	350m:	4:14.50	32.36
	100m:	1:03.55	33.46	200m:	2:19.77	37.55	300m:	3:42.14	41.00	400m:	4:45.66	31.16
3.				1999						4:52.79	577	
	50m:	29.97	29.97	150m:	1:45.58	39.59	250m:	3:06.54	42.05	350m:	4:21.68	33.55
	100m:	1:05.99	36.02	200m:	2:24.49	38.91	300m:	3:48.13	41.59	400m:	4:52.79	31.11
4.				1999						4:54.06	570	
	50m:	29.12	29.12	150m:	1:42.94	39.86	250m:	3:03.51	42.30	350m:	4:19.98	35.61
	100m:	1:03.08	33.96	200m:	2:21.21	38.27	300m:	3:44.37	40.86	400m:	4:54.06	34.08
5.				1998						4:56.45	556	
	50m:	30.00	30.00	150m:	1:44.26	38.38	250m:	3:05.86	44.07	350m:	4:23.96	34.04
	100m:	1:05.88	35.88	200m:	2:21.79	37.53	300m:	3:49.92	44.06	400m:	4:56.45	32.49
6.				1998						4:56.75	554	
	50m:	30.57	30.57	150m:	1:45.63	39.41	250m:	3:04.41	40.28	350m:	4:21.35	35.70
	100m:	1:06.22	35.65	200m:	2:24.13	38.50	300m:	3:45.65	41.24	400m:	4:56.75	35.40
7.				1998						4:56.81	554	
	50m:	29.36	29.36	150m:	1:44.18	39.95	250m:	3:03.52	40.75	350m:	4:21.67	37.33
	100m:	1:04.23	34.87	200m:	2:22.77	38.59	300m:	3:44.34	40.82	400m:	4:56.81	35.14
8.				1999						5:09.21	490	
	50m:	30.13	30.13	150m:	1:45.61	38.94	250m:	3:07.89	43.67	350m:	4:31.02	38.64
	100m:	1:06.67	36.54	200m:	2:24.22	38.61	300m:	3:52.38	44.49	400m:	5:09.21	38.19
DSQ				1999								



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13, , 400m

EXH			/					R.T.		FINA		
			2000						5:03.07		520	
	50m:	32.22	32.22	150m:	1:49.71	40.00	250m:	3:11.74	43.50	350m:	4:30.41	35.43
	100m:	1:09.71	37.49	200m:	2:28.24	38.53	300m:	3:54.98	43.24	400m:	5:03.07	32.66

