

, 01 - 04 2016

36 , 400m
04.02.2016

				4:06.30				(MEX)				11.07.2008
				4:08.81				(AZE)				24.06.2015
: FINA 2015												
				/				R.T.				FINA
1.				1999				4:25.98				719
	50m:	30.39	30.39	150m:	1:37.09	33.53	250m:	2:45.07	33.67	350m:	3:52.85	33.65
	100m:	1:03.56	33.17	200m:	2:11.40	34.31	300m:	3:19.20	34.13	400m:	4:25.98	33.13
2.				1995				4:30.11				687
	50m:	30.88	30.88	150m:	1:38.51	34.48	250m:	2:47.30	34.60	350m:	3:56.94	35.09
	100m:	1:04.03	33.15	200m:	2:12.70	34.19	300m:	3:21.85	34.55	400m:	4:30.11	33.17
3.				1999				4:31.11				679
	50m:	30.89	30.89	150m:	1:39.18	35.04	250m:	2:48.92	35.02	350m:	3:58.16	34.53
	100m:	1:04.14	33.25	200m:	2:13.90	34.72	300m:	3:23.63	34.71	400m:	4:31.11	32.95
4.				1999				4:33.04				665
	50m:	30.92	30.92	150m:	1:39.77	34.74	250m:	2:49.98	35.26	350m:	4:00.18	34.97
	100m:	1:05.03	34.11	200m:	2:14.72	34.95	300m:	3:25.21	35.23	400m:	4:33.04	32.86
5.				1998				4:33.24				663
	50m:	30.75	30.75	150m:	1:38.80	34.02	250m:	2:48.31	34.75	350m:	3:58.71	35.17
	100m:	1:04.78	34.03	200m:	2:13.56	34.76	300m:	3:23.54	35.23	400m:	4:33.24	34.53
6.				2000				4:34.72				653
	50m:	30.93	30.93	150m:	1:39.32	34.72	250m:	2:49.44	35.56	350m:	4:00.73	35.63
	100m:	1:04.60	33.67	200m:	2:13.88	34.56	300m:	3:25.10	35.66	400m:	4:34.72	33.99
7.				1999				4:35.49				647
	50m:	31.58	31.58	150m:	1:41.04	35.12	250m:	2:51.49	35.12	350m:	4:01.73	35.24
	100m:	1:05.92	34.34	200m:	2:16.37	35.33	300m:	3:26.49	35.00	400m:	4:35.49	33.76
8.				1998				4:37.98				630
	50m:	31.52	31.52	150m:	1:41.60	35.84	250m:	2:53.57	35.86	350m:	4:04.19	35.12
	100m:	1:05.76	34.24	200m:	2:17.71	36.11	300m:	3:29.07	35.50	400m:	4:37.98	33.79
9.				2000				4:38.31				628
	50m:	30.14	30.14	150m:	1:38.32	34.56	250m:	2:50.05	36.34	350m:	4:02.89	36.12
	100m:	1:03.76	33.62	200m:	2:13.71	35.39	300m:	3:26.77	36.72	400m:	4:38.31	35.42
10.				1998				4:40.58				613
	50m:	30.96	30.96	150m:	1:39.44	34.61	250m:	2:51.56	36.03	350m:	4:04.01	35.98
	100m:	1:04.83	33.87	200m:	2:15.53	36.09	300m:	3:28.03	36.47	400m:	4:40.58	36.57
11.				2003				4:40.69				612
	100m:	1:06.65	1:06.65	200m:	2:18.32	1:11.67	300m:	3:30.09	1:11.77	400m:	4:40.69	1:10.60
12.				2001				4:42.06				603
	50m:	32.45	32.45	150m:	1:42.78	35.88	250m:	2:54.01	35.92	350m:	4:06.74	36.84
	100m:	1:06.90	34.45	200m:	2:18.09	35.31	300m:	3:29.90	35.89	400m:	4:42.06	35.32
13.				1999				4:43.22				596
	50m:	31.74	31.74	150m:	1:43.73	36.15	250m:	2:56.67	35.54	350m:	4:08.57	35.29
	100m:	1:07.58	35.84	200m:	2:21.13	37.40	300m:	3:33.28	36.61	400m:	4:43.22	34.65
14.				2002				4:43.98				591
	50m:	32.90	32.90	150m:	1:44.19	35.92	250m:	2:56.63	36.26	350m:	4:08.83	35.92
	100m:	1:08.27	35.37	200m:	2:20.37	36.18	300m:	3:32.91	36.28	400m:	4:43.98	35.15

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	36,	, 400m							R.T.		FINA	
15.			2002						4:44.96		585	
	50m:	32.04	32.04	150m:	1:43.32	35.76	250m:	2:55.89	36.62	350m:	4:09.24	36.76
	100m:	1:07.56	35.52	200m:	2:19.27	35.95	300m:	3:32.48	36.59	400m:	4:44.96	35.72
16.			1997						4:45.06		584	
	50m:	32.36	32.36	150m:	1:42.79	35.74	250m:	2:54.75	36.33	350m:	4:08.66	37.48
	100m:	1:07.05	34.69	200m:	2:18.42	35.63	300m:	3:31.18	36.43	400m:	4:45.06	36.40
17.			2001						4:46.81		574	
	50m:	31.56	31.56	150m:	1:43.42	36.54	250m:	2:57.10	36.90	350m:	4:11.37	36.75
	100m:	1:06.88	35.32	200m:	2:20.20	36.78	300m:	3:34.62	37.52	400m:	4:46.81	35.44
18.			1999						4:46.93		573	
	50m:	30.94	30.94	200m:	2:19.03	1:13.25	350m:	4:10.41	36.93			
	100m:	1:05.78	34.84	300m:	3:33.48	1:14.45	400m:	4:46.93	36.52			
19.			2000						4:48.55		563	
	50m:	32.16	32.16	150m:	1:44.68	37.01	250m:	2:58.76	37.15	350m:	4:13.66	37.55
	100m:	1:07.67	35.51	200m:	2:21.61	36.93	300m:	3:36.11	37.35	400m:	4:48.55	34.89
20.			1999						4:48.88		561	
	50m:	31.43	31.43	150m:	1:43.93	37.16	250m:	2:59.02	38.11	350m:	4:14.07	37.73
	100m:	1:06.77	35.34	200m:	2:20.91	36.98	300m:	3:36.34	37.32	400m:	4:48.88	34.81
21.			1999						4:49.59		557	
	50m:	32.30	32.30	150m:	1:45.13	37.01	250m:	2:59.15	37.28	350m:	4:15.38	38.07
	100m:	1:08.12	35.82	200m:	2:21.87	36.74	300m:	3:37.31	38.16	400m:	4:49.59	34.21
22.			2001						4:49.61		557	
	50m:	31.57	31.57	150m:	1:42.99	36.56	250m:	2:57.58	37.23	350m:	4:13.11	37.41
	100m:	1:06.43	34.86	200m:	2:20.35	37.36	300m:	3:35.70	38.12	400m:	4:49.61	36.50
23.			2001						4:50.71		551	
	50m:	32.32	32.32	150m:	1:44.75	36.56	250m:	2:58.30	36.62	350m:	4:13.83	37.72
	100m:	1:08.19	35.87	200m:	2:21.68	36.93	300m:	3:36.11	37.81	400m:	4:50.71	36.88
24.			2001						4:51.68		545	
	50m:	31.87	31.87	150m:	1:45.21	37.39	250m:	2:59.84	37.54	350m:	4:14.59	37.64
	100m:	1:07.82	35.95	200m:	2:22.30	37.09	300m:	3:36.95	37.11	400m:	4:51.68	37.09
25.			2001						4:52.66		540	
	50m:	32.41	32.41	150m:	1:45.91	37.60	250m:	3:01.68	38.22	350m:	4:18.46	38.67
	100m:	1:08.31	35.90	200m:	2:23.46	37.55	300m:	3:39.79	38.11	400m:	4:52.66	34.20
26.			2001						4:53.34		536	
	50m:	31.36	31.36	150m:	1:44.55	37.24	250m:	3:00.43	37.96	350m:	4:16.68	37.84
	100m:	1:07.31	35.95	200m:	2:22.47	37.92	300m:	3:38.84	38.41	400m:	4:53.34	36.66
27.			2002						4:54.54		530	
	50m:	32.82	32.82	150m:	1:46.94	37.73	250m:	3:02.83	38.23	350m:	4:18.68	38.18
	100m:	1:09.21	36.39	200m:	2:24.60	37.66	300m:	3:40.50	37.67	400m:	4:54.54	35.86
28.			2000						4:55.21		526	
	50m:	32.69	32.69	150m:	1:46.91	37.90	250m:	3:03.34	38.44	350m:	4:19.49	37.92
	100m:	1:09.01	36.32	200m:	2:24.90	37.99	300m:	3:41.57	38.23	400m:	4:55.21	35.72
29.			2000						4:55.62		524	
	50m:	33.27	33.27	150m:	1:47.96	38.00	250m:	3:03.84	38.00	350m:	4:19.46	37.99
	100m:	1:09.96	36.69	200m:	2:25.84	37.88	300m:	3:41.47	37.63	400m:	4:55.62	36.16

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	36,		, 400m							R.T.		FINA
30.				2000							4:56.37	520
	50m:	31.92	31.92	150m:	1:45.13	37.48	250m:	3:01.50	38.50	350m:	4:18.85	38.51
	100m:	1:07.65	35.73	200m:	2:23.00	37.87	300m:	3:40.34	38.84	400m:	4:56.37	37.52
31.				2003							4:58.22	510
	50m:	32.58	32.58	150m:	1:46.32	37.56	250m:	3:03.31	38.39	350m:	4:20.93	38.70
	100m:	1:08.76	36.18	200m:	2:24.92	38.60	300m:	3:42.23	38.92	400m:	4:58.22	37.29
32.				2000							4:58.58	508
	50m:	33.38	33.38	150m:	1:47.26	37.35	250m:	3:04.14	38.53	350m:	4:21.78	38.66
	100m:	1:09.91	36.53	200m:	2:25.61	38.35	300m:	3:43.12	38.98	400m:	4:58.58	36.80
33.				2002							4:58.62	508
	50m:	32.77	32.77	150m:	1:47.27	37.92	250m:	3:03.70	38.76	350m:	4:21.26	39.19
	100m:	1:09.35	36.58	200m:	2:24.94	37.67	300m:	3:42.07	38.37	400m:	4:58.62	37.36
34.				2001							5:01.02	496
	50m:	33.40	33.40	150m:	1:47.67	37.64	250m:	3:04.41	38.57	350m:	4:22.86	39.41
	100m:	1:10.03	36.63	200m:	2:25.84	38.17	300m:	3:43.45	39.04	400m:	5:01.02	38.16
35.				2001							5:02.10	491
	50m:	33.42	33.42	150m:	1:48.44	38.33	250m:	3:05.82	39.02	350m:	4:24.86	39.52
	100m:	1:10.11	36.69	200m:	2:26.80	38.36	300m:	3:45.34	39.52	400m:	5:02.10	37.24
36.				2002							5:02.57	488
	50m:	33.21	33.21	150m:	1:50.68	38.68	250m:	3:10.75	39.99	350m:	4:26.09	35.96
	100m:	1:12.00	38.79	200m:	2:30.76	40.08	300m:	3:50.13	39.38	400m:	5:02.57	36.48
37.				2002							5:05.06	477
	50m:	34.47	34.47	150m:	1:51.90	39.14	250m:	3:10.34	39.23	350m:	4:28.51	39.45
	100m:	1:12.76	38.29	200m:	2:31.11	39.21	300m:	3:49.06	38.72	400m:	5:05.06	36.55
38.				2003							5:05.39	475
	50m:	33.31	33.31	150m:	1:49.21	38.81	250m:	3:08.68	39.96	350m:	4:28.03	39.34
	100m:	1:10.40	37.09	200m:	2:28.72	39.51	300m:	3:48.69	40.01	400m:	5:05.39	37.36
39.				2003							5:05.54	474
	50m:	32.80	32.80	150m:	1:49.99	38.82	250m:	3:09.41	39.00	350m:	4:27.64	38.39
	100m:	1:11.17	38.37	200m:	2:30.41	40.42	300m:	3:49.25	39.84	400m:	5:05.54	37.90
40.				2001							5:06.80	469
	50m:	34.57	34.57	150m:	1:51.46	39.25	250m:	3:10.15	39.49	350m:	4:29.06	39.36
	100m:	1:12.21	37.64	200m:	2:30.66	39.20	300m:	3:49.70	39.55	400m:	5:06.80	37.74
41.				2000							5:09.00	459
	50m:	31.88	31.88	150m:	1:48.32	39.63	250m:	3:10.26	41.46	350m:	4:32.35	40.89
	100m:	1:08.69	36.81	200m:	2:28.80	40.48	300m:	3:51.46	41.20	400m:	5:09.00	36.65
42.				2003							5:10.06	454
	50m:	34.91	34.91	150m:	1:51.15	39.07	250m:	3:11.57	40.33	350m:	4:31.63	39.95
	100m:	1:12.08	37.17	200m:	2:31.24	40.09	300m:	3:51.68	40.11	400m:	5:10.06	38.43
43.				2002							5:10.18	453
	50m:	33.93	33.93	150m:	1:51.75	39.73	250m:	3:12.97	40.91	350m:	4:33.09	40.06
	100m:	1:12.02	38.09	200m:	2:32.06	40.31	300m:	3:53.03	40.06	400m:	5:10.18	37.09
44.				2000							5:10.50	452
	50m:	35.09	35.09	150m:	1:52.86	39.49	250m:	3:12.84	39.97	350m:	4:32.30	39.54
	100m:	1:13.37	38.28	200m:	2:32.87	40.01	300m:	3:52.76	39.92	400m:	5:10.50	38.20

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36,												
			/					R.T.			FINA	
45.			2002	I					5:10.67		451	
	50m:	34.92	34.92	150m:	1:53.99	39.61	250m:	3:14.14	39.78	350m:	4:33.76	39.48
	100m:	1:14.38	39.46	200m:	2:34.36	40.37	300m:	3:54.28	40.14	400m:	5:10.67	36.91
46.			2002	I								
	50m:	34.21	34.21	150m:	1:53.38	40.23	250m:	3:15.86	41.55	350m:	4:37.07	40.45
	100m:	1:13.15	38.94	200m:	2:34.31	40.93	300m:	3:56.62	40.76	400m:	5:14.26	37.19



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36, , 400m
 36 , 400m (15-16)
 04.02.2016

4:06.30 (MEX) 11.07.2008
 4:08.81 (AZE) 24.06.2015

: FINA 2015

							R.T.			FINA		
1.	/			2000			4:34.72			653		
	50m:	30.93	30.93	150m:	1:39.32	34.72	250m:	2:49.44	35.56	350m:	4:00.73	35.63
	100m:	1:04.60	33.67	200m:	2:13.88	34.56	300m:	3:25.10	35.66	400m:	4:34.72	33.99
2.	/			2000			4:38.31			628		
	50m:	30.14	30.14	150m:	1:38.32	34.56	250m:	2:50.05	36.34	350m:	4:02.89	36.12
	100m:	1:03.76	33.62	200m:	2:13.71	35.39	300m:	3:26.77	36.72	400m:	4:38.31	35.42
3.	/			2001			4:42.06			603		
	50m:	32.45	32.45	150m:	1:42.78	35.88	250m:	2:54.01	35.92	350m:	4:06.74	36.84
	100m:	1:06.90	34.45	200m:	2:18.09	35.31	300m:	3:29.90	35.89	400m:	4:42.06	35.32
4.	/			2001			4:46.81			574		
	50m:	31.56	31.56	150m:	1:43.42	36.54	250m:	2:57.10	36.90	350m:	4:11.37	36.75
	100m:	1:06.88	35.32	200m:	2:20.20	36.78	300m:	3:34.62	37.52	400m:	4:46.81	35.44
5.	/			2000			4:48.55			563		
	50m:	32.16	32.16	150m:	1:44.68	37.01	250m:	2:58.76	37.15	350m:	4:13.66	37.55
	100m:	1:07.67	35.51	200m:	2:21.61	36.93	300m:	3:36.11	37.35	400m:	4:48.55	34.89
6.	/			2001			4:49.61			557		
	50m:	31.57	31.57	150m:	1:42.99	36.56	250m:	2:57.58	37.23	350m:	4:13.11	37.41
	100m:	1:06.43	34.86	200m:	2:20.35	37.36	300m:	3:35.70	38.12	400m:	4:49.61	36.50
7.	/			2001			4:50.71			551		
	50m:	32.32	32.32	150m:	1:44.75	36.56	250m:	2:58.30	36.62	350m:	4:13.83	37.72
	100m:	1:08.19	35.87	200m:	2:21.68	36.93	300m:	3:36.11	37.81	400m:	4:50.71	36.88
8.	/			2001			4:51.68			545		
	50m:	31.87	31.87	150m:	1:45.21	37.39	250m:	2:59.84	37.54	350m:	4:14.59	37.64
	100m:	1:07.82	35.95	200m:	2:22.30	37.09	300m:	3:36.95	37.11	400m:	4:51.68	37.09
9.	/			2001			4:52.66			540		
	50m:	32.41	32.41	150m:	1:45.91	37.60	250m:	3:01.68	38.22	350m:	4:18.46	38.67
	100m:	1:08.31	35.90	200m:	2:23.46	37.55	300m:	3:39.79	38.11	400m:	4:52.66	34.20
10.	/			2001			4:53.34			536		
	50m:	31.36	31.36	150m:	1:44.55	37.24	250m:	3:00.43	37.96	350m:	4:16.68	37.84
	100m:	1:07.31	35.95	200m:	2:22.47	37.92	300m:	3:38.84	38.41	400m:	4:53.34	36.66
11.	/			2000			4:55.21			526		
	50m:	32.69	32.69	150m:	1:46.91	37.90	250m:	3:03.34	38.44	350m:	4:19.49	37.92
	100m:	1:09.01	36.32	200m:	2:24.90	37.99	300m:	3:41.57	38.23	400m:	4:55.21	35.72
12.	/			2000			4:55.62			524		
	50m:	33.27	33.27	150m:	1:47.96	38.00	250m:	3:03.84	38.00	350m:	4:19.46	37.99
	100m:	1:09.96	36.69	200m:	2:25.84	37.88	300m:	3:41.47	37.63	400m:	4:55.62	36.16
13.	/			2000			4:56.37			520		
	50m:	31.92	31.92	150m:	1:45.13	37.48	250m:	3:01.50	38.50	350m:	4:18.85	38.51
	100m:	1:07.65	35.73	200m:	2:23.00	37.87	300m:	3:40.34	38.84	400m:	4:56.37	37.52

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36,		, 400m				(15-16)		R.T.		FINA		
14.				2000					4:58.58		508	
	50m:	33.38	33.38	150m:	1:47.26	37.35	250m:	3:04.14	38.53	350m:	4:21.78	38.66
	100m:	1:09.91	36.53	200m:	2:25.61	38.35	300m:	3:43.12	38.98	400m:	4:58.58	36.80
15.				2001						5:01.02		496
	50m:	33.40	33.40	150m:	1:47.67	37.64	250m:	3:04.41	38.57	350m:	4:22.86	39.41
	100m:	1:10.03	36.63	200m:	2:25.84	38.17	300m:	3:43.45	39.04	400m:	5:01.02	38.16
16.				2001						5:02.10		491
	50m:	33.42	33.42	150m:	1:48.44	38.33	250m:	3:05.82	39.02	350m:	4:24.86	39.52
	100m:	1:10.11	36.69	200m:	2:26.80	38.36	300m:	3:45.34	39.52	400m:	5:02.10	37.24
17.				2001						5:06.80		469
	50m:	34.57	34.57	150m:	1:51.46	39.25	250m:	3:10.15	39.49	350m:	4:29.06	39.36
	100m:	1:12.21	37.64	200m:	2:30.66	39.20	300m:	3:49.70	39.55	400m:	5:06.80	37.74
18.				2000						5:09.00		459
	50m:	31.88	31.88	150m:	1:48.32	39.63	250m:	3:10.26	41.46	350m:	4:32.35	40.89
	100m:	1:08.69	36.81	200m:	2:28.80	40.48	300m:	3:51.46	41.20	400m:	5:09.00	36.65
19.				2000						5:10.50		452
	50m:	35.09	35.09	150m:	1:52.86	39.49	250m:	3:12.84	39.97	350m:	4:32.30	39.54
	100m:	1:13.37	38.28	200m:	2:32.87	40.01	300m:	3:52.76	39.92	400m:	5:10.50	38.20

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36,		, 400m		/		R.T.		FINA			
EXH				1999	I			5:00.79	I	497	
50m:	34.17	34.17	150m:	1:49.64	38.52	250m:	3:06.50	38.58	350m:	4:23.77	38.65
100m:	1:11.12	36.95	200m:	2:27.92	38.28	300m:	3:45.12	38.62	400m:	5:00.79	37.02

