

12  
27.02.2019 - 13:18

, 400m

												4:13.14			26.04.2009		
												4:14.65			14.07.2013		
														(POL)			
: FINA 2019																	
												/			R.T.	FINA	
1.				2003						<b>4:30.80</b>	730						
	50m:	27.82	27.82	150m:	1:36.97	36.93	250m:	2:49.81	37.94	350m:	4:00.08	32.16					
	100m:	1:00.04	32.22	200m:	2:11.87	34.90	300m:	3:27.92	38.11	400m:	4:30.80	30.72					
2.				2001						<b>4:35.29</b>	694						
	50m:	29.08	29.08	150m:	1:38.33	35.81	250m:	2:52.53	39.41	350m:	4:04.01	33.24					
	100m:	1:02.52	33.44	200m:	2:13.12	34.79	300m:	3:30.77	38.24	400m:	4:35.29	31.28					
3.				1997						<b>4:35.57</b>	692						
	50m:	30.16	30.16	150m:	1:41.17	37.51	250m:	2:56.28	39.38	350m:	4:06.41	30.58					
	100m:	1:03.66	33.50	200m:	2:16.90	35.73	300m:	3:35.83	39.55	400m:	4:35.57	29.16					
4.				2002						<b>4:38.51</b>	671						
	50m:	30.34	30.34	150m:	1:41.67	36.45	250m:	2:55.97	39.13	350m:	4:07.95	32.31					
	100m:	1:05.22	34.88	200m:	2:16.84	35.17	300m:	3:35.64	39.67	400m:	4:38.51	30.56					
5.				2001						<b>4:44.44</b>	630						
	50m:	29.30	29.30	150m:	1:40.67	37.49	250m:	2:59.56	43.95	350m:	4:14.44	31.35					
	100m:	1:03.18	33.88	200m:	2:15.61	34.94	300m:	3:43.09	43.53	400m:	4:44.44	30.00					
6.				1998						<b>4:46.00</b>	619						
	50m:	28.65	28.65	150m:	1:41.02	37.71	250m:	2:59.53	42.32	350m:	4:14.32	32.76					
	100m:	1:03.31	34.66	200m:	2:17.21	36.19	300m:	3:41.56	42.03	400m:	4:46.00	31.68					
7.				2003						<b>4:48.25</b>	605						
	50m:	29.60	29.60	150m:	1:41.65	37.41	250m:	3:00.59	42.42	350m:	4:15.98	32.58					
	100m:	1:04.24	34.64	200m:	2:18.17	36.52	300m:	3:43.40	42.81	400m:	4:48.25	32.27					
8.				1996						<b>4:48.95</b>	600						
	50m:	27.95	27.95	150m:	1:40.43	39.39	250m:	3:01.28	42.99	350m:	4:18.53	35.24					
	100m:	1:01.04	33.09	200m:	2:18.29	37.86	300m:	3:43.29	42.01	400m:	4:48.95	30.42					
9.				1999						<b>4:49.85</b>	595						
	50m:	29.93	29.93	150m:	1:42.08	37.60	250m:	3:01.69	43.62	350m:	4:18.30	34.02					
	100m:	1:04.48	34.55	200m:	2:18.07	35.99	300m:	3:44.28	42.59	400m:	4:49.85	31.55					
10.				2002						<b>4:50.08</b>	593						
	50m:	32.24	32.24	150m:	1:44.65	36.49	250m:	3:01.40	43.76	350m:	4:18.71	35.39					
	100m:	1:08.16	35.92	200m:	2:17.64	32.99	300m:	3:43.32	41.92	400m:	4:50.08	31.37					
11.				2004						<b>4:54.32  </b>	568						
	50m:	30.90	30.90	150m:	1:45.71	38.13	250m:	3:04.09	40.74	350m:	4:21.37	34.24					
	100m:	1:07.58	36.68	200m:	2:23.35	37.64	300m:	3:47.13	43.04	400m:	4:54.32	32.95					
12.				1998						<b>4:55.63  </b>	561						
	50m:	30.35	30.35	150m:	1:43.31	38.36	250m:	3:02.07	40.60	350m:	4:19.63	36.19					
	100m:	1:04.95	34.60	200m:	2:21.47	38.16	300m:	3:43.44	41.37	400m:	4:55.63	36.00					
13.				2002						<b>5:02.76  </b>	522						
	50m:	30.22	30.22	150m:	1:45.36	39.25	250m:	3:07.68	43.84	350m:	4:27.54	35.89					
	100m:	1:06.11	35.89	200m:	2:23.84	38.48	300m:	3:51.65	43.97	400m:	5:02.76	35.22					

		12, , 400m ,						R.T.		FINA		
14.				2004					<b>5:02.78</b>		522	
	50m:	30.35	30.35	150m:	1:48.93	40.63	250m:	3:12.58	43.69	350m:	4:30.02	33.81
	100m:	1:08.30	37.95	200m:	2:28.89	39.96	300m:	3:56.21	43.63	400m:	5:02.78	32.76
15.				2003					<b>5:06.97</b>		501	
	50m:	32.07	32.07	150m:	1:48.36	39.24	250m:	3:12.23	45.75	350m:	4:33.67	35.88
	100m:	1:09.12	37.05	200m:	2:26.48	38.12	300m:	3:57.79	45.56	400m:	5:06.97	33.30
16.				2004					<b>5:08.66</b>		493	
	50m:	29.04	29.04	150m:	1:46.44	39.40	250m:	3:10.96	45.70	350m:	4:32.56	36.05
	100m:	1:07.04	38.00	200m:	2:25.26	38.82	300m:	3:56.51	45.55	400m:	5:08.66	36.10
17.				2003					<b>5:09.63</b>		488	
	50m:	30.45	30.45	150m:	1:48.39	41.75	250m:	3:13.81	45.71	350m:	4:35.32	35.54
	100m:	1:06.64	36.19	200m:	2:28.10	39.71	300m:	3:59.78	45.97	400m:	5:09.63	34.31
18.				2003					<b>5:15.58</b>		461	
	50m:	32.85	32.85	150m:	1:54.55	42.53	250m:	3:20.50	44.81	350m:	4:41.16	35.69
	100m:	1:12.02	39.17	200m:	2:35.69	41.14	300m:	4:05.47	44.97	400m:	5:15.58	34.42
19.				2004					<b>5:16.81</b>		455	
	50m:	31.84	31.84	150m:	1:51.93	39.74	250m:	3:17.94	47.00	350m:	4:42.62	36.69
	100m:	1:12.19	40.35	200m:	2:30.94	39.01	300m:	4:05.93	47.99	400m:	5:16.81	34.19
20.				2003					<b>5:17.06</b>		454	
	50m:	31.41	31.41	150m:	1:51.25	41.77	250m:	3:16.84	44.42	350m:	4:40.23	36.74
	100m:	1:09.48	38.07	200m:	2:32.42	41.17	300m:	4:03.49	46.65	400m:	5:17.06	36.83
21.				2003					<b>5:18.74</b>		447	
	50m:	31.59	31.59	150m:	1:50.57	41.62	250m:	3:17.56	47.45	350m:	4:43.08	38.77
	100m:	1:08.95	37.36	200m:	2:30.11	39.54	300m:	4:04.31	46.75	400m:	5:18.74	35.66
22.				2002					<b>5:20.30</b>		441	
	50m:	31.57	31.57	150m:	1:50.10	41.75	250m:	3:19.26	46.37	350m:	4:43.97	36.86
	100m:	1:08.35	36.78	200m:	2:32.89	42.79	300m:	4:07.11	47.85	400m:	5:20.30	36.33
23.				2004					<b>5:20.36</b>		440	
	50m:	33.50	33.50	150m:	1:58.62	42.04	250m:	3:21.62	42.45	350m:	4:43.41	38.43
	100m:	1:16.58	43.08	200m:	2:39.17	40.55	300m:	4:04.98	43.36	400m:	5:20.36	36.95
24.				2002					<b>5:22.24</b>		433	
	50m:	34.01	34.01	150m:	1:57.87	42.65	250m:	3:21.78	44.50	350m:	4:45.50	38.56
	100m:	1:15.22	41.21	200m:	2:37.28	39.41	300m:	4:06.94	45.16	400m:	5:22.24	36.74
DSQ				2002								

, 26 - 01 2019

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4:13.14 26.04.2009  
4:14.65 (POL) 14.07.2013

: FINA 2019

									R.T.		FINA	
1.				2001						<b>4:35.29</b>	694	
	50m:	29.08	29.08	150m:	1:38.33	35.81	250m:	2:52.53	39.41	350m:	4:04.01	33.24
	100m:	1:02.52	33.44	200m:	2:13.12	34.79	300m:	3:30.77	38.24	400m:	4:35.29	31.28
2.				2002						<b>4:38.51</b>	671	
	50m:	30.34	30.34	150m:	1:41.67	36.45	250m:	2:55.97	39.13	350m:	4:07.95	32.31
	100m:	1:05.22	34.88	200m:	2:16.84	35.17	300m:	3:35.64	39.67	400m:	4:38.51	30.56
3.				2001						<b>4:44.44</b>	630	
	50m:	29.30	29.30	150m:	1:40.67	37.49	250m:	2:59.56	43.95	350m:	4:14.44	31.35
	100m:	1:03.18	33.88	200m:	2:15.61	34.94	300m:	3:43.09	43.53	400m:	4:44.44	30.00
4.				2002						<b>4:50.08</b>	593	
	50m:	32.24	32.24	150m:	1:44.65	36.49	250m:	3:01.40	43.76	350m:	4:18.71	35.39
	100m:	1:08.16	35.92	200m:	2:17.64	32.99	300m:	3:43.32	41.92	400m:	4:50.08	31.37
5.				2002						<b>5:02.76</b>	522	
	50m:	30.22	30.22	150m:	1:45.36	39.25	250m:	3:07.68	43.84	350m:	4:27.54	35.89
	100m:	1:06.11	35.89	200m:	2:23.84	38.48	300m:	3:51.65	43.97	400m:	5:02.76	35.22
6.				2002						<b>5:20.30</b>	441	
	50m:	31.57	31.57	150m:	1:50.10	41.75	250m:	3:19.26	46.37	350m:	4:43.97	36.86
	100m:	1:08.35	36.78	200m:	2:32.89	42.79	300m:	4:07.11	47.85	400m:	5:20.30	36.33
7.				2002						<b>5:22.24</b>	433	
	50m:	34.01	34.01	150m:	1:57.87	42.65	250m:	3:21.78	44.50	350m:	4:45.50	38.56
	100m:	1:15.22	41.21	200m:	2:37.28	39.41	300m:	4:06.94	45.16	400m:	5:22.24	36.74
DSQ				2002								