

12 , 400m (14-15 )  
19.03.2025 - 13:01

4:08.05 Kazan / 25.07.2022  
4:10.02 (HUN) 23.05.2021

: FINA 2024

			/			R.T.						
1.			2011						<b>4:52.74</b>   568			
	50m:	30.77	30.77	150m:	1:44.18	38.21	250m:	3:03.77	42.45	350m:	4:20.48	32.48
	100m:	1:05.97	35.20	200m:	2:21.32	37.14	300m:	3:48.00	44.23	400m:	4:52.74	32.26
2.			2010						<b>4:54.71</b>   557			
	50m:	30.51	30.51	150m:	1:43.80	37.63	250m:	3:01.92	41.68	350m:	4:20.33	34.02
	100m:	1:06.17	35.66	200m:	2:20.24	36.44	300m:	3:46.31	44.39	400m:	4:54.71	34.38
3.			2010						<b>4:58.29</b>   537			
	50m:	31.21	31.21	150m:	1:45.93	37.70	250m:	3:05.67	42.41	350m:	4:24.81	35.74
	100m:	1:08.23	37.02	200m:	2:23.26	37.33	300m:	3:49.07	43.40	400m:	4:58.29	33.48
4.			2010						<b>5:06.19</b>   496			
	50m:	29.47	29.47	150m:	1:47.79	41.36	250m:	3:09.79	41.28	350m:	4:30.89	36.38
	100m:	1:06.43	36.96	200m:	2:28.51	40.72	300m:	3:54.51	44.72	400m:	5:06.19	35.30
5.			2010						<b>5:09.96</b>   478			
	50m:	31.07	31.07	150m:	1:49.23	40.15	250m:	3:11.60	44.07	350m:	4:34.71	38.54
	100m:	1:09.08	38.01	200m:	2:27.53	38.30	300m:	3:56.17	44.57	400m:	5:09.96	35.25
6.			2010						<b>5:11.18</b>   473			
	50m:	32.67	32.67	150m:	1:50.76	39.21	250m:	3:15.04	45.54	350m:	4:36.71	35.78
	100m:	1:11.55	38.88	200m:	2:29.50	38.74	300m:	4:00.93	45.89	400m:	5:11.18	34.47



12, , 400m

12 , 400m (16-18 )  
19.03.2025 - 13:01

4:08.05 Kazan / 25.07.2022  
4:10.02 (HUN) 23.05.2021

: FINA 2024

R.T.

1.				2008						<b>4:43.76</b>		624
	50m:	29.16	29.16	150m:	1:38.93	36.26	250m:	2:56.32	42.34	350m:	4:11.89	33.63
	100m:	1:02.67	33.51	200m:	2:13.98	35.05	300m:	3:38.26	41.94	400m:	4:43.76	31.87
2.				2008						<b>4:55.30</b>		553
	50m:	30.34	30.34	150m:	1:44.60	38.92	250m:	3:04.45	40.85	350m:	4:21.30	35.58
	100m:	1:05.68	35.34	200m:	2:23.60	39.00	300m:	3:45.72	41.27	400m:	4:55.30	34.00
3.				2008						<b>5:13.49</b>		462
	50m:	31.54	31.54	150m:	1:51.74	41.50	250m:	3:14.24	45.31	350m:	4:36.98	53.04
	100m:	1:10.24	38.70	200m:	2:28.93	37.19	300m:	3:43.94	29.70	400m:	5:13.49	36.51

DSQ

2008

