

31  
21.03.2025 - 13:18

, 400m

(14-15 )

4:04.10  
4:05.16

-  
-1

04.04.2021  
26.07.2024

: FINA 2024

				/			R.T.					
1.				2010			<b>4:39.16</b>			599		
	50m:	31.97	31.97	150m:	1:42.86	35.64	250m:	2:53.93	34.85	350m:	4:04.99	34.87
	100m:	1:07.22	35.25	200m:	2:19.08	36.22	300m:	3:30.12	36.19	400m:	4:39.16	34.17
2.				2010 I			<b>4:52.96 I</b>			518		
	50m:	33.46	33.46	150m:	1:46.37	36.80	250m:	3:01.87	37.26	350m:	4:17.38	37.67
	100m:	1:09.57	36.11	200m:	2:24.61	38.24	300m:	3:39.71	37.84	400m:	4:52.96	35.58
3.				2010 I			( )			<b>4:58.91 I</b>		
	50m:	34.28	34.28	150m:	1:48.87	37.70	250m:	3:05.13	38.41	350m:	4:21.98	38.66
	100m:	1:11.17	36.89	200m:	2:26.72	37.85	300m:	3:43.32	38.19	400m:	4:58.91	36.93
4.				2011 II			<b>4:58.92 I</b>			488		
	50m:	33.00	33.00	150m:	1:49.87	38.98	250m:	3:06.96	38.46	350m:	4:23.04	37.72
	100m:	1:10.89	37.89	200m:	2:28.50	38.63	300m:	3:45.32	38.36	400m:	4:58.92	35.88
5.				2010 I			<b>4:59.67</b>			484		
	50m:	33.89	33.89	150m:	1:49.47	38.00	250m:	3:06.43	38.12	350m:	4:23.08	37.46
	100m:	1:11.47	37.58	200m:	2:28.31	38.84	300m:	3:45.62	39.19	400m:	4:59.67	36.59
6.				2011 I			<b>5:07.30</b>			449		
	50m:	34.30	34.30	150m:	1:50.13	38.12	250m:	3:08.39	38.94	350m:	4:28.50	39.68
	100m:	1:12.01	37.71	200m:	2:29.45	39.32	300m:	3:48.82	40.43	400m:	5:07.30	38.80
7.				2011 I			<b>5:21.62</b>			391		
	50m:	35.56	35.56	150m:	1:57.14	41.14	250m:	3:20.75	54.11	350m:	4:42.76	41.19
	100m:	1:16.00	40.44	200m:	2:26.64	29.50	300m:	4:01.57	40.82	400m:	5:21.62	38.86



31, , 400m

31 , 400m (16-18 )  
21.03.2025 - 13:18

4:04.10 - 04.04.2021  
4:05.16 -1 26.07.2024

: FINA 2024

										R.T.		
1.				2009							<b>4:37.93</b>	607
	50m:	31.92	31.92	150m:	1:42.52	35.38	250m:	2:54.16	35.62	350m:	4:04.44	34.64
	100m:	1:07.14	35.22	200m:	2:18.54	36.02	300m:	3:29.80	35.64	400m:	4:37.93	33.49
2.				2009							<b>4:37.95</b>	607
	50m:	31.86	31.86	150m:	1:42.97	35.92	250m:	2:53.72	35.51	350m:	4:05.07	35.49
	100m:	1:07.05	35.19	200m:	2:18.21	35.24	300m:	3:29.58	35.86	400m:	4:37.95	32.88
3.				2008							<b>4:38.26</b>	605
	50m:	30.59	30.59	150m:	1:40.99	35.52	250m:	2:52.80	35.81	350m:	4:05.00	35.68
	100m:	1:05.47	34.88	200m:	2:16.99	36.00	300m:	3:29.32	36.52	400m:	4:38.26	33.26
4.				2009							<b>4:44.39</b>	566
	50m:	31.20	31.20	150m:	1:42.72	36.80	250m:	2:56.33	37.06	350m:	4:09.50	36.39
	100m:	1:05.92	34.72	200m:	2:19.27	36.55	300m:	3:33.11	36.78	400m:	4:44.39	34.89
5.				2009							<b>4:48.18</b>	544
	50m:	31.19	31.19	150m:	1:44.35	36.81	250m:	2:57.34	36.55	350m:	4:11.28	36.91
	100m:	1:07.54	36.35	200m:	2:20.79	36.44	300m:	3:34.37	37.03	400m:	4:48.18	36.90
6.				2008							<b>4:59.41</b>	485
	50m:	32.24	32.24	150m:	1:47.55	38.70	250m:	3:05.15	38.49	350m:	4:22.55	38.26
	100m:	1:08.85	36.61	200m:	2:26.66	39.11	300m:	3:44.29	39.14	400m:	4:59.41	36.86
7.				2009							<b>5:01.35</b>	476
	50m:	32.07	32.07	150m:	1:45.69	38.30	250m:	3:04.27	40.20	350m:	4:23.96	40.90
	100m:	1:07.39	35.32	200m:	2:24.07	38.38	300m:	3:43.06	38.79	400m:	5:01.35	37.39
8.				2008							<b>5:01.74</b>	474
	50m:	33.67	33.67	150m:	1:49.46	39.05	250m:	3:08.02	39.68	350m:	4:25.05	38.82
	100m:	1:10.41	36.74	200m:	2:28.34	38.88	300m:	3:46.23	38.21	400m:	5:01.74	36.69
9.				2008							<b>5:06.33</b>	453
	50m:	34.27	34.27	150m:	1:51.49	38.23	250m:	3:10.88	38.82	350m:	4:29.08	38.90
	100m:	1:13.26	38.99	200m:	2:32.06	40.57	300m:	3:50.18	39.30	400m:	5:06.33	37.25

