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, 400m

17.04.2012 - 17:13

3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	26.07.2009
3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	26.07.2009
3:43.45			(CHN)	09.08.2008

OQT : 3:48.92 / OST : 3:54.13

: FINA 2011

									RT	FINA			
A													
1.				1992						+0,89	3:48.94	888	
	50m:	26.90	26.90	150m:	1:24.55	28.63	250m:	2:22.19	28.87	350m:	3:20.50	29.18	
	100m:	55.92	29.02	200m:	1:53.32	28.77	300m:	2:51.32	29.13	400m:	3:48.94	28.44	
2.				1991						+0,70	3:50.80	866	
	50m:	27.30	27.30	150m:	1:25.51	29.20	250m:	2:24.04	29.22	350m:	3:22.77	29.13	
	100m:	56.31	29.01	200m:	1:54.82	29.31	300m:	2:53.64	29.60	400m:	3:50.80	28.03	
3.				1988						+0,83	3:51.58	858	
	50m:	26.71	26.71	150m:	1:24.64	29.17	250m:	2:23.45	29.43	350m:	3:22.65	29.67	
	100m:	55.47	28.76	200m:	1:54.02	29.38	300m:	2:52.98	29.53	400m:	3:51.58	28.93	
4.				1990						+0,77	3:51.63	857	
	50m:	26.64	26.64	150m:	1:25.60	29.84	250m:	2:25.13	29.75	350m:	3:23.43	28.78	
	100m:	55.76	29.12	200m:	1:55.38	29.78	300m:	2:54.65	29.52	400m:	3:51.63	28.20	
5.				1990						+0,70	3:53.77	834	
	50m:	26.42	26.42	150m:	1:25.01	29.73	250m:	2:25.11	30.21	350m:	3:25.46	30.26	
	100m:	55.28	28.86	200m:	1:54.90	29.89	300m:	2:55.20	30.09	400m:	3:53.77	28.31	
6.				1988						+0,80	3:55.05	820	
	50m:	27.34	27.34	150m:	1:26.54	29.75	250m:	2:26.34	29.77	350m:	3:25.80	29.50	
	100m:	56.79	29.45	200m:	1:56.57	30.03	300m:	2:56.30	29.96	400m:	3:55.05	29.25	
7.				1990						+0,84	3:55.77	813	
	50m:	27.08	27.08	150m:	1:26.22	29.72	250m:	2:26.03	29.77	350m:	3:26.43	30.25	
	100m:	56.50	29.42	200m:	1:56.26	30.04	300m:	2:56.18	30.15	400m:	3:55.77	29.34	
8.				1991						+0,74	3:56.35	807	
	50m:	27.23	27.23	150m:	1:27.23	30.37	250m:	2:27.37	30.08	350m:	3:27.63	30.12	
	100m:	56.86	29.63	200m:	1:57.29	30.06	300m:	2:57.51	30.14	400m:	3:56.35	28.72	

