

13
02.03.2017 - 11:37

, 400m

				4:13.14							26.04.2009		
				4:14.65							14.07.2013		
										(POL)			
: FINA 2017													
				/							R.T.	FINA	
1.				1997							4:27.28	759	
	50m:	28.37	28.37	150m:	1:36.28	35.41	250m:	2:48.45	37.26	350m:	3:56.83	31.02	
	100m:	1:00.87	32.50	200m:	2:11.19	34.91	300m:	3:25.81	37.36	400m:	4:27.28	30.45	
2.				1998							4:34.39	701	
	50m:	28.12	28.12	150m:	1:36.10	35.03	250m:	2:51.16	40.47	350m:	4:03.20	31.94	
	100m:	1:01.07	32.95	200m:	2:10.69	34.59	300m:	3:31.26	40.10	400m:	4:34.39	31.19	
3.				1999							4:36.40	686	
	50m:	28.06	28.06	150m:	1:37.57	35.92	250m:	2:52.98	39.01	350m:	4:06.10	32.93	
	100m:	1:01.65	33.59	200m:	2:13.97	36.40	300m:	3:33.17	40.19	400m:	4:36.40	30.30	
4.				1996							4:37.43	678	
	50m:	29.23	29.23	150m:	1:39.77	35.86	250m:	2:54.49	38.48	350m:	4:05.92	32.06	
	100m:	1:03.91	34.68	200m:	2:16.01	36.24	300m:	3:33.86	39.37	400m:	4:37.43	31.51	
5.				1998							4:38.95	667	
	50m:	27.41	27.41	150m:	1:37.75	36.93	250m:	2:54.25	40.40	350m:	4:06.85	31.83	
	100m:	1:00.82	33.41	200m:	2:13.85	36.10	300m:	3:35.02	40.77	400m:	4:38.95	32.10	
6.				1997							4:39.24	665	
	50m:	29.47	29.47	150m:	1:40.82	38.08	250m:	2:54.08	35.38	350m:	4:05.94	35.07	
	100m:	1:02.74	33.27	200m:	2:18.70	37.88	300m:	3:30.87	36.79	400m:	4:39.24	33.30	
7.				1999							4:39.28	665	
	50m:	28.28	28.28	150m:	1:37.62	35.97	250m:	2:53.16	39.91	350m:	4:07.24	34.23	
	100m:	1:01.65	33.37	200m:	2:13.25	35.63	300m:	3:33.01	39.85	400m:	4:39.28	32.04	
8.				1999							4:40.65	655	
	50m:	28.35	28.35	150m:	1:38.56	37.16	250m:	2:56.55	41.73	350m:	4:10.13	33.15	
	100m:	1:01.40	33.05	200m:	2:14.82	36.26	300m:	3:36.98	40.43	400m:	4:40.65	30.52	
9.				1999							4:40.70	655	
	50m:	27.99	27.99	150m:	1:37.08	35.82	250m:	2:50.18	38.53	350m:	4:05.20	35.77	
	100m:	1:01.26	33.27	200m:	2:11.65	34.57	300m:	3:29.43	39.25	400m:	4:40.70	35.50	
10.				1996							4:40.80	654	
	100m:	1:01.77	1:01.77	200m:	2:16.21	1:14.44	300m:	3:37.54	1:21.33	400m:	4:40.80	1:03.26	
11.				2000							4:43.53	636	
	50m:	28.32	28.32	150m:	1:39.37	38.17	250m:	2:56.75	40.38	350m:	4:11.58	33.04	
	100m:	1:01.20	32.88	200m:	2:16.37	37.00	300m:	3:38.54	41.79	400m:	4:43.53	31.95	
12.				2001							4:45.45	623	
	50m:	28.02	28.02	150m:	1:39.66	38.24	250m:	2:56.86	39.90	350m:	4:13.64	34.10	
	100m:	1:01.42	33.40	200m:	2:16.96	37.30	300m:	3:39.54	42.68	400m:	4:45.45	31.81	
13.				1999							4:45.66	621	
	50m:	30.12	30.12	150m:	1:40.53	35.26	250m:	2:58.25	42.68	350m:	4:13.78	34.36	
	100m:	1:05.27	35.15	200m:	2:15.57	35.04	300m:	3:39.42	41.17	400m:	4:45.66	31.88	
14.				1999							4:47.28	611	
	50m:	28.48	28.48	150m:	1:39.89	37.56	250m:	2:59.75	42.55	350m:	4:16.02	33.04	
	100m:	1:02.33	33.85	200m:	2:17.20	37.31	300m:	3:42.98	43.23	400m:	4:47.28	31.26	

13,		, 400m						R.T.		FINA	
15.				1991					4:48.86		601
	50m:	30.48	30.48	150m:	1:45.33	39.24	250m:	3:02.71	39.81	350m:	4:16.91
	100m:	1:06.09	35.61	200m:	2:22.90	37.57	300m:	3:42.97	40.26	400m:	4:48.86
16.				2001					4:49.35		598
	50m:	28.06	28.06	150m:	1:38.40	38.02	250m:	2:54.48	38.28	350m:	4:12.99
	100m:	1:00.38	32.32	200m:	2:16.20	37.80	300m:	3:35.24	40.76	400m:	4:49.35
17.				2000					4:50.88		589
	50m:	29.89	29.89	150m:	1:42.16	37.64	250m:	2:59.79	40.08	350m:	4:16.63
	100m:	1:04.52	34.63	200m:	2:19.71	37.55	300m:	3:41.43	41.64	400m:	4:50.88
18.				2000					4:51.71		584
	50m:	30.57	30.57	150m:	1:44.05	35.87	250m:	3:03.37	43.40	350m:	4:19.98
	100m:	1:08.18	37.61	200m:	2:19.97	35.92	300m:	3:46.34	42.97	400m:	4:51.71
19.				2000					4:52.06		581
	50m:	28.86	28.86	150m:	1:40.52	37.25	250m:	2:59.91	42.94	350m:	4:18.29
	100m:	1:03.27	34.41	200m:	2:16.97	36.45	300m:	3:42.51	42.60	400m:	4:52.06
20.				1999					4:52.17		581
	50m:	28.88	28.88	150m:	1:41.42	38.68	250m:	3:00.00	40.92	350m:	4:16.88
	100m:	1:02.74	33.86	200m:	2:19.08	37.66	300m:	3:41.81	41.81	400m:	4:52.17
21.				2002					4:52.36		580
	50m:	30.54	30.54	150m:	1:44.40	37.78	250m:	3:03.30	41.57	350m:	4:19.09
	100m:	1:06.62	36.08	200m:	2:21.73	37.33	300m:	3:45.28	41.98	400m:	4:52.36
22.				2000					4:52.96		576
	50m:	31.27	31.27	150m:	1:42.29	36.73	250m:	3:03.26	45.50	350m:	4:21.19
	100m:	1:05.56	34.29	200m:	2:17.76	35.47	300m:	3:46.71	43.45	400m:	4:52.96
23.				2002					4:57.75 		549
	100m:	1:07.23	1:07.23	200m:	2:24.48	1:17.25	300m:	3:47.40	1:22.92	400m:	4:57.75
24.				2001					4:58.35 		545
	50m:	28.31	28.31	150m:	1:40.10	37.37	250m:	3:02.61	44.44	350m:	4:22.97
	100m:	1:02.73	34.42	200m:	2:18.17	38.07	300m:	3:48.26	45.65	400m:	4:58.35
25.				2000					4:59.14 		541
	50m:	32.15	32.15	150m:	1:50.35	40.52	250m:	3:10.09	40.80	350m:	4:27.60
	100m:	1:09.83	37.68	200m:	2:29.29	38.94	300m:	3:52.28	42.19	400m:	4:59.14
26.				2001					4:59.39 		540
	50m:	30.78	30.78	150m:	1:47.52	39.51	250m:	3:08.96	42.43	350m:	4:26.06
	100m:	1:08.01	37.23	200m:	2:26.53	39.01	300m:	3:51.29	42.33	400m:	4:59.39
27.				2002					4:59.40 		540
	100m:	1:06.70	1:06.70	200m:	2:27.08	1:20.38	300m:	3:50.44	1:23.36	400m:	4:59.40
28.				2002					5:00.39 		534
	50m:	31.87	31.87	150m:	1:50.33	40.47	250m:	3:10.48	41.75	350m:	4:27.98
	100m:	1:09.86	37.99	200m:	2:28.73	38.40	300m:	3:53.15	42.67	400m:	5:00.39
29.				2002					5:01.64 		528
	50m:	32.08	32.08	150m:	1:50.51	41.81	250m:	3:10.85	40.28	350m:	4:26.81
	100m:	1:08.70	36.62	200m:	2:30.57	40.06	300m:	3:50.34	39.49	400m:	5:01.64
30.				1999					5:02.53 		523
	50m:	31.21	31.21	150m:	1:49.56	41.19	250m:	3:10.97	41.87	350m:	4:29.19
	100m:	1:08.37	37.16	200m:	2:29.10	39.54	300m:	3:52.77	41.80	400m:	5:02.53

13,		, 400m						R.T.		FINA		
31.				2002	I					5:02.92	I	521
	50m:	31.61	31.61	150m:	1:49.48	40.03	250m:	3:11.09	42.76	350m:	4:29.28	35.25
	100m:	1:09.45	37.84	200m:	2:28.33	38.85	300m:	3:54.03	42.94	400m:	5:02.92	33.64
32.				2001	I					5:03.68	I	517
	50m:	29.58	29.58	150m:	1:43.66	38.44	250m:	3:05.57	42.86	350m:	4:28.03	37.42
	100m:	1:05.22	35.64	200m:	2:22.71	39.05	300m:	3:50.61	45.04	400m:	5:03.68	35.65
33.				2002	I					5:04.28	I	514
	50m:	31.41	31.41	150m:	1:45.78	38.83	250m:	3:09.78	44.78	350m:	4:30.20	36.17
	100m:	1:06.95	35.54	200m:	2:25.00	39.22	300m:	3:54.03	44.25	400m:	5:04.28	34.08
34.				2000						5:04.65	I	512
	50m:	29.16	29.16	150m:	1:40.33	37.92	250m:	3:00.89	43.04	350m:	4:25.31	38.54
	100m:	1:02.41	33.25	200m:	2:17.85	37.52	300m:	3:46.77	45.88	400m:	5:04.65	39.34
35.				2002	I					5:06.64	I	502
	50m:	31.42	31.42	150m:	1:48.86	41.21	250m:	3:13.93	46.11	350m:	4:34.67	35.95
	100m:	1:07.65	36.23	200m:	2:27.82	38.96	300m:	3:58.72	44.79	400m:	5:06.64	31.97
36.				2000						5:07.03	I	500
	50m:	29.42	29.42	150m:	1:44.96	40.42	250m:	3:07.26	43.79	350m:	4:31.06	37.70
	100m:	1:04.54	35.12	200m:	2:23.47	38.51	300m:	3:53.36	46.10	400m:	5:07.03	35.97
37.				2000	I					5:09.33	I	489
	50m:	29.16	29.16	150m:	1:48.64	43.28	250m:	3:14.14	42.86	350m:	4:34.40	35.94
	100m:	1:05.36	36.20	200m:	2:31.28	42.64	300m:	3:58.46	44.32	400m:	5:09.33	34.93
38.				2000	I					5:09.97	I	486
	100m:	1:07.97	1:07.97	200m:	2:27.68	1:19.71	300m:	3:57.08	1:29.40	400m:	5:09.97	1:12.89
39.				2001	I					5:10.80	I	482
	50m:	30.64	30.64	150m:	1:47.74	40.64	250m:	3:11.73	45.13	350m:	4:35.04	38.33
	100m:	1:07.10	36.46	200m:	2:26.60	38.86	300m:	3:56.71	44.98	400m:	5:10.80	35.76
40.				2002	I					5:11.39	I	480
	50m:	32.35	32.35	150m:	1:53.85	42.45	250m:	3:15.18	40.83	350m:	4:35.61	37.80
	100m:	1:11.40	39.05	200m:	2:34.35	40.50	300m:	3:57.81	42.63	400m:	5:11.39	35.78
41.				2002	I					5:11.65	I	478
	50m:	32.27	32.27	150m:	1:48.51	36.69	250m:	3:16.48	49.07	350m:	4:39.37	31.45
	100m:	1:11.82	39.55	200m:	2:27.41	38.90	300m:	4:07.92	51.44	400m:	5:11.65	32.28
42.				2002	I					5:15.60		461
	50m:	33.12	33.12	150m:	1:52.76	40.68	250m:	3:17.33	45.17	350m:	4:40.39	37.13
	100m:	1:12.08	38.96	200m:	2:32.16	39.40	300m:	4:03.26	45.93	400m:	5:15.60	35.21
43.				2000						5:18.31		449
	50m:	28.80	28.80	150m:	1:47.02	40.27	250m:	3:15.17	47.41	350m:	4:42.05	36.86
	100m:	1:06.75	37.95	200m:	2:27.76	40.74	300m:	4:05.19	50.02	400m:	5:18.31	36.26
44.				2002	I					5:20.57		440
	50m:	33.29	33.29	150m:	1:52.10	40.83	250m:	3:18.48	47.07	350m:	4:43.46	37.67
	100m:	1:11.27	37.98	200m:	2:31.41	39.31	300m:	4:05.79	47.31	400m:	5:20.57	37.11
DSQ				2000	I							

, 01 - 04 2017

13, , 400m
 13 , 400m (17-18)
 02.03.2017 - 11:37

4:13.14 26.04.2009
 4:14.65 (POL) 14.07.2013

: FINA 2017

							R.T.			FINA		
1.	1999			/						686		
	50m:	28.06	28.06	150m:	1:37.57	35.92	250m:	2:52.98	39.01	350m:	4:06.10	32.93
	100m:	1:01.65	33.59	200m:	2:13.97	36.40	300m:	3:33.17	40.19	400m:	4:36.40	30.30
2.	1999									665		
	50m:	28.28	28.28	150m:	1:37.62	35.97	250m:	2:53.16	39.91	350m:	4:07.24	34.23
	100m:	1:01.65	33.37	200m:	2:13.25	35.63	300m:	3:33.01	39.85	400m:	4:39.28	32.04
3.	1999									655		
	50m:	28.35	28.35	150m:	1:38.56	37.16	250m:	2:56.55	41.73	350m:	4:10.13	33.15
	100m:	1:01.40	33.05	200m:	2:14.82	36.26	300m:	3:36.98	40.43	400m:	4:40.65	30.52
4.	1999									655		
	50m:	27.99	27.99	150m:	1:37.08	35.82	250m:	2:50.18	38.53	350m:	4:05.20	35.77
	100m:	1:01.26	33.27	200m:	2:11.65	34.57	300m:	3:29.43	39.25	400m:	4:40.70	35.50
5.	2000									636		
	50m:	28.32	28.32	150m:	1:39.37	38.17	250m:	2:56.75	40.38	350m:	4:11.58	33.04
	100m:	1:01.20	32.88	200m:	2:16.37	37.00	300m:	3:38.54	41.79	400m:	4:43.53	31.95
6.	1999									621		
	50m:	30.12	30.12	150m:	1:40.53	35.26	250m:	2:58.25	42.68	350m:	4:13.78	34.36
	100m:	1:05.27	35.15	200m:	2:15.57	35.04	300m:	3:39.42	41.17	400m:	4:45.66	31.88
7.	1999									611		
	50m:	28.48	28.48	150m:	1:39.89	37.56	250m:	2:59.75	42.55	350m:	4:16.02	33.04
	100m:	1:02.33	33.85	200m:	2:17.20	37.31	300m:	3:42.98	43.23	400m:	4:47.28	31.26
8.	2000									589		
	50m:	29.89	29.89	150m:	1:42.16	37.64	250m:	2:59.79	40.08	350m:	4:16.63	35.20
	100m:	1:04.52	34.63	200m:	2:19.71	37.55	300m:	3:41.43	41.64	400m:	4:50.88	34.25
9.	2000									584		
	50m:	30.57	30.57	150m:	1:44.05	35.87	250m:	3:03.37	43.40	350m:	4:19.98	33.64
	100m:	1:08.18	37.61	200m:	2:19.97	35.92	300m:	3:46.34	42.97	400m:	4:51.71	31.73
10.	2000									581		
	50m:	28.86	28.86	150m:	1:40.52	37.25	250m:	2:59.91	42.94	350m:	4:18.29	35.78
	100m:	1:03.27	34.41	200m:	2:16.97	36.45	300m:	3:42.51	42.60	400m:	4:52.06	33.77
11.	1999									581		
	50m:	28.88	28.88	150m:	1:41.42	38.68	250m:	3:00.00	40.92	350m:	4:16.88	35.07
	100m:	1:02.74	33.86	200m:	2:19.08	37.66	300m:	3:41.81	41.81	400m:	4:52.17	35.29
12.	2000									576		
	50m:	31.27	31.27	150m:	1:42.29	36.73	250m:	3:03.26	45.50	350m:	4:21.19	34.48
	100m:	1:05.56	34.29	200m:	2:17.76	35.47	300m:	3:46.71	43.45	400m:	4:52.96	31.77
13.	2000									541		
	50m:	32.15	32.15	150m:	1:50.35	40.52	250m:	3:10.09	40.80	350m:	4:27.60	35.32
	100m:	1:09.83	37.68	200m:	2:29.29	38.94	300m:	3:52.28	42.19	400m:	4:59.14	31.54

, 01 - 04 2017

13,	, 400m	, (17-18)						R.T.		FINA
14.			1999						5:02.53	523
	50m: 31.21	31.21	150m: 1:49.56	41.19	250m: 3:10.97	41.87	350m: 4:29.19	36.42		
	100m: 1:08.37	37.16	200m: 2:29.10	39.54	300m: 3:52.77	41.80	400m: 5:02.53	33.34		
15.			2000						5:04.65	512
	50m: 29.16	29.16	150m: 1:40.33	37.92	250m: 3:00.89	43.04	350m: 4:25.31	38.54		
	100m: 1:02.41	33.25	200m: 2:17.85	37.52	300m: 3:46.77	45.88	400m: 5:04.65	39.34		
16.			2000						5:07.03	500
	50m: 29.42	29.42	150m: 1:44.96	40.42	250m: 3:07.26	43.79	350m: 4:31.06	37.70		
	100m: 1:04.54	35.12	200m: 2:23.47	38.51	300m: 3:53.36	46.10	400m: 5:07.03	35.97		
17.			2000						5:09.33	489
	50m: 29.16	29.16	150m: 1:48.64	43.28	250m: 3:14.14	42.86	350m: 4:34.40	35.94		
	100m: 1:05.36	36.20	200m: 2:31.28	42.64	300m: 3:58.46	44.32	400m: 5:09.33	34.93		
18.			2000						5:09.97	486
	100m: 1:07.97	1:07.97	200m: 2:27.68	1:19.71	300m: 3:57.08	1:29.40	400m: 5:09.97	1:12.89		
19.			2000						5:18.31	449
	50m: 28.80	28.80	150m: 1:47.02	40.27	250m: 3:15.17	47.41	350m: 4:42.05	36.86		
	100m: 1:06.75	37.95	200m: 2:27.76	40.74	300m: 4:05.19	50.02	400m: 5:18.31	36.26		
DSQ			2000							