

10  
27.02.2019 - 11:23 , 400m

				3:43.45				(CHN)		09.08.2008		
				3:49.02				(GRE)		22.08.1991		
: FINA 2019												
				/				R.T.		FINA		
1.				1995				+0,69	<b>3:51.92</b>		854	
	50m:	27.32	27.32	150m:	1:26.76	29.67	250m:	2:25.40	29.15	350m:	3:23.73	29.03
	100m:	57.09	29.77	200m:	1:56.25	29.49	300m:	2:54.70	29.30	400m:	3:51.92	28.19
2.				1992				+0,78	<b>3:54.04</b>		831	
	50m:	27.93	27.93	150m:	1:27.49	29.81	250m:	2:26.55	29.42	350m:	3:25.72	29.60
	100m:	57.68	29.75	200m:	1:57.13	29.64	300m:	2:56.12	29.57	400m:	3:54.04	28.32
3.				1997				+0,72	<b>3:55.49</b>		816	
	50m:	27.44	27.44	150m:	1:26.98	29.54	250m:	2:26.91	29.71	350m:	3:26.30	29.21
	100m:	57.44	30.00	200m:	1:57.20	30.22	300m:	2:57.09	30.18	400m:	3:55.49	29.19
4.				2002				+0,81	<b>4:02.49</b>		747	
	50m:	28.09	28.09	150m:	1:29.52	30.92	250m:	2:31.07	30.77	350m:	3:33.40	31.26
	100m:	58.60	30.51	200m:	2:00.30	30.78	300m:	3:02.14	31.07	400m:	4:02.49	29.09
5.				2002				+0,79	<b>4:02.68</b>		745	
	50m:	28.29	28.29	150m:	1:30.91	31.04	250m:	2:31.99	30.16	350m:	3:33.74	30.95
	100m:	59.87	31.58	200m:	2:01.83	30.92	300m:	3:02.79	30.80	400m:	4:02.68	28.94
6.				2000				+0,73	<b>4:03.89</b>		734	
	50m:	28.09	28.09	150m:	1:29.50	31.01	250m:	2:31.39	30.91	350m:	3:33.79	31.30
	100m:	58.49	30.40	200m:	2:00.48	30.98	300m:	3:02.49	31.10	400m:	4:03.89	30.10
7.				2000				+0,92	<b>4:09.84</b>		683	
	50m:	27.92	27.92	150m:	1:29.93	1:02.01	250m:	2:34.04	1:04.11	400m:	4:09.84	1:35.80
8.				2001				+0,72	<b>4:10.37</b>		679	
	50m:	28.09	28.09	150m:	1:30.40	31.46	250m:	2:35.06	32.43	350m:	3:39.80	31.84
	100m:	58.94	30.85	200m:	2:02.63	32.23	300m:	3:07.96	32.90	400m:	4:10.37	30.57
9.				2002				+0,81	<b>4:10.44</b>		678	
	50m:	28.72	28.72	150m:	1:31.60	30.93	250m:	2:33.87	30.72	350m:	3:37.62	31.79
	100m:	1:00.67	31.95	200m:	2:03.15	31.55	300m:	3:05.83	31.96	400m:	4:10.44	32.82
10.				2001				+0,91	<b>4:10.63</b>		676	
	50m:	28.30	28.30	150m:	1:31.25	31.59	250m:	2:35.26	31.84	350m:	3:40.85	32.47
	100m:	59.66	31.36	200m:	2:03.42	32.17	300m:	3:08.38	33.12	400m:	4:10.63	29.78
11.				2002				+0,75	<b>4:10.64</b>		676	
	50m:	27.26	27.26	150m:	1:30.29	31.88	250m:	2:35.48	32.49	350m:	3:40.28	32.14
	100m:	58.41	31.15	200m:	2:02.99	32.70	300m:	3:08.14	32.66	400m:	4:10.64	30.36
12.				2000				+0,93	<b>4:10.88</b>		674	
	50m:	27.98	27.98	150m:	1:30.50	31.37	250m:	2:34.80	32.35	350m:	3:40.08	32.74
	100m:	59.13	31.15	200m:	2:02.45	31.95	300m:	3:07.34	32.54	400m:	4:10.88	30.80
13.				2001				+0,68	<b>4:11.09</b>		673	
	50m:	28.08	28.08	150m:	1:31.15	31.82	250m:	2:36.31	32.85	350m:	3:41.11	32.12
	100m:	59.33	31.25	200m:	2:03.46	32.31	300m:	3:08.99	32.68	400m:	4:11.09	29.98
14.				2000				+0,76	<b>4:12.15</b>		664	
	50m:	28.97	28.97	150m:	1:32.36	31.39	250m:	2:36.78	31.92	350m:	3:41.21	31.79
	100m:	1:00.97	32.00	200m:	2:04.86	32.50	300m:	3:09.42	32.64	400m:	4:12.15	30.94

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10,		, 400m						R.T.		FINA	
15.				2002	I			+0,89	<b>4:12.72</b>		660
	50m:	29.50	29.50	150m:	1:33.07	31.36	250m:	2:35.82	31.40	350m:	3:40.07
	100m:	1:01.71	32.21	200m:	2:04.42	31.35	300m:	3:07.78	31.96	400m:	4:12.72
											32.29
											32.65
16.				2002				+0,84	<b>4:13.08</b>		657
	50m:	28.06	28.06	150m:	1:30.80	31.38	250m:	2:35.79	32.81	350m:	3:40.80
	100m:	59.42	31.36	200m:	2:02.98	32.18	300m:	3:08.52	32.73	400m:	4:13.08
											32.28
											32.28
17.				1999				+0,72	<b>4:13.28</b>		655
	50m:	28.17	28.17	150m:	1:29.70	30.56	250m:	2:34.13	32.30	350m:	3:40.83
	100m:	59.14	30.97	200m:	2:01.83	32.13	300m:	3:07.48	33.35	400m:	4:13.28
											33.35
											32.45
18.				2001				+0,89	<b>4:14.14</b>		649
	50m:	28.86	28.86	150m:	1:31.98	32.10	250m:	2:38.25	33.34	350m:	3:44.16
	100m:	59.88	31.02	200m:	2:04.91	32.93	300m:	3:11.22	32.97	400m:	4:14.14
											32.94
											29.98
19.				1999				+0,76	<b>4:14.36</b>		647
	50m:	28.18	28.18	150m:	1:32.34	32.10	250m:	2:37.30	32.29	350m:	3:42.52
	100m:	1:00.24	32.06	200m:	2:05.01	32.67	300m:	3:10.19	32.89	400m:	4:14.36
											32.33
											31.84
20.				2003				+0,63	<b>4:14.37</b>		647
	50m:	27.35	27.35	150m:	1:29.63	31.52	250m:	2:34.42	32.52	350m:	3:41.53
	100m:	58.11	30.76	200m:	2:01.90	32.27	300m:	3:07.76	33.34	400m:	4:14.37
											33.77
											32.84
21.				2000				+0,75	<b>4:15.10</b>		642
	50m:	29.52	29.52	150m:	1:33.51	32.47	250m:	2:38.51	32.62	350m:	3:43.81
	100m:	1:01.04	31.52	200m:	2:05.89	32.38	300m:	3:11.31	32.80	400m:	4:15.10
											32.50
											31.29
22.				2000				+0,78	<b>4:15.47</b>		639
	50m:	28.78	28.78	150m:	1:32.80	32.39	250m:	2:39.07	33.02	350m:	3:45.04
	100m:	1:00.41	31.63	200m:	2:06.05	33.25	300m:	3:12.29	33.22	400m:	4:15.47
											32.75
											30.43
23.				2004				+0,81	<b>4:15.89</b>		636
	50m:	28.39	28.39	150m:	1:32.75	32.67	250m:	2:37.53	32.60	350m:	3:43.02
	100m:	1:00.08	31.69	200m:	2:04.93	32.18	300m:	3:09.90	32.37	400m:	4:15.89
											33.12
											32.87
24.				2000				+0,71	<b>4:16.11</b>		634
	50m:	28.29	28.29	150m:	1:30.68	31.09	250m:	2:36.78	32.88	350m:	3:43.90
	100m:	59.59	31.30	200m:	2:03.90	33.22	300m:	3:10.77	33.99	400m:	4:16.11
											33.13
											32.21
25.				2001				+0,67	<b>4:16.36</b>		632
	100m:	59.35	59.35	200m:	2:05.15	33.45	300m:	3:11.91	33.85	400m:	4:16.36
	150m:	1:31.70	32.35	250m:	2:38.06	32.91	350m:	3:45.18	33.27		31.18
26.				2002				+0,76	<b>4:16.51</b>		631
	50m:	29.26	29.26	150m:	1:33.88	32.78	250m:	2:39.97	33.21	350m:	3:45.36
	100m:	1:01.10	31.84	200m:	2:06.76	32.88	300m:	3:12.70	32.73	400m:	4:16.51
											32.66
											31.15
27.				2003				+1,01	<b>4:16.92</b>		628
	50m:	28.72	28.72	150m:	1:33.26	1:04.54	250m:	2:39.34	1:06.08	400m:	4:16.92
											1:37.58
28.				1998				+0,76	<b>4:16.99</b>		627
	50m:	27.93	27.93	150m:	1:29.41	30.72	250m:	2:35.02	33.10	350m:	3:42.87
	100m:	58.69	30.76	200m:	2:01.92	32.51	300m:	3:09.68	34.66	400m:	4:16.99
											33.19
											34.12
29.				2000				+0,77	<b>4:17.19</b>		626
	50m:	28.73	28.73	150m:	1:33.43	33.30	250m:	2:39.74	33.19	350m:	3:45.12
	100m:	1:00.13	31.40	200m:	2:06.55	33.12	300m:	3:12.12	32.38	400m:	4:17.19
											33.00
											32.07
30.				2001				+0,79	<b>4:17.80</b>	I	622
	50m:	29.00	29.00	150m:	1:33.98	32.88	250m:	2:40.17	33.33	350m:	3:47.19
	100m:	1:01.10	32.10	200m:	2:06.84	32.86	300m:	3:13.46	33.29	400m:	4:17.80
											33.73
											30.61

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10,		, 400m						R.T.		FINA	
31.				2003				+0,76	<b>4:17.89</b>	I	621
	50m:	28.78	28.78	150m:	1:32.17	32.17	250m:	2:37.74	33.00	400m:	4:17.89
	100m:	1:00.00	31.22	200m:	2:04.74	32.57	300m:	3:10.84	33.10		1:07.05
32.				1997				+0,69	<b>4:17.90</b>	I	621
	50m:	30.30	30.30	150m:	1:36.04	32.63	250m:	2:41.53	32.89	350m:	3:46.74
	100m:	1:03.41	33.11	200m:	2:08.64	32.60	300m:	3:14.50	32.97	400m:	4:17.90
33.				2003	I			+0,80	<b>4:17.97</b>	I	620
	50m:	28.53	28.53	150m:	1:34.04	32.66	250m:	2:40.66	33.11	350m:	3:47.05
	100m:	1:01.38	32.85	200m:	2:07.55	33.51	300m:	3:13.99	33.33	400m:	4:17.97
34.				2002				+0,80	<b>4:18.18</b>	I	619
	50m:	29.00	29.00	150m:	1:33.83	32.93	250m:	2:40.32	33.43	350m:	3:47.10
	100m:	1:00.90	31.90	200m:	2:06.89	33.06	300m:	3:13.59	33.27	400m:	4:18.18
35.				2004				+0,78	<b>4:18.26</b>	I	618
	50m:	28.90	28.90	150m:	1:33.27	1:04.37	250m:	2:38.31	1:05.04	400m:	4:18.26
											1:39.95
36.				2004				+0,79	<b>4:19.27</b>	I	611
	50m:	29.56	29.56	150m:	1:34.28	32.67	250m:	2:40.37	33.52	350m:	3:47.72
	100m:	1:01.61	32.05	200m:	2:06.85	32.57	300m:	3:13.60	33.23	400m:	4:19.27
37.				2002				+0,73	<b>4:19.34</b>	I	611
	50m:	28.06	28.06	150m:	1:31.38	32.14	250m:	2:37.87	33.51	350m:	3:46.35
	100m:	59.24	31.18	200m:	2:04.36	32.98	300m:	3:11.84	33.97	400m:	4:19.34
38.				2001				+0,80	<b>4:19.37</b>	I	610
	50m:	28.59	28.59	150m:	1:33.31	32.93	250m:	2:39.86	33.67	350m:	3:47.94
	100m:	1:00.38	31.79	200m:	2:06.19	32.88	300m:	3:13.52	33.66	400m:	4:19.37
39.				1999				+0,79	<b>4:19.48</b>	I	610
	50m:	28.97	28.97	150m:	1:33.27	32.57	250m:	2:39.93	33.30	350m:	3:46.99
	100m:	1:00.70	31.73	200m:	2:06.63	33.36	300m:	3:13.64	33.71	400m:	4:19.48
40.				1998				+0,69	<b>4:19.55</b>	I	609
	50m:	28.02	28.02	150m:	1:32.48	32.91	250m:	2:39.74	33.71	350m:	3:47.70
	100m:	59.57	31.55	200m:	2:06.03	33.55	300m:	3:13.70	33.96	400m:	4:19.55
41.				2002				+0,86	<b>4:20.10</b>	I	605
	50m:	28.72	28.72	150m:	1:33.64	33.48	250m:	2:40.90	33.63	350m:	3:47.24
	100m:	1:00.16	31.44	200m:	2:07.27	33.63	300m:	3:14.46	33.56	400m:	4:20.10
				2002				+0,84	<b>4:20.10</b>	I	605
	50m:	28.98	28.98	150m:	1:34.61	32.89	250m:	2:41.53	33.18	350m:	3:48.34
	100m:	1:01.72	32.74	200m:	2:08.35	33.74	300m:	3:15.23	33.70	400m:	4:20.10
43.				2002				+0,88	<b>4:20.58</b>	I	602
	50m:	29.96	29.96	150m:	1:34.29	32.62	250m:	2:41.41	34.05	400m:	4:20.58
	100m:	1:01.67	31.71	200m:	2:07.36	33.07	300m:	3:15.02	33.61		1:05.56
44.				2002				+0,70	<b>4:20.90</b>	I	600
	50m:	28.26	28.26	150m:	1:32.10	32.52	250m:	2:40.07	34.21	350m:	3:48.28
	100m:	59.58	31.32	200m:	2:05.86	33.76	300m:	3:14.42	34.35	400m:	4:20.90
45.				2001	I			+0,83	<b>4:21.02</b>	I	599
	50m:	27.54	27.54	150m:	1:30.15	31.64	250m:	2:36.95	33.33	350m:	3:46.41
	100m:	58.51	30.97	200m:	2:03.62	33.47	300m:	3:11.75	34.80	400m:	4:21.02
46.				2003				+0,68	<b>4:21.35</b>	I	597
	50m:	29.05	29.05	150m:	1:33.58	32.52	250m:	2:40.21	33.41	350m:	3:48.67
	100m:	1:01.06	32.01	200m:	2:06.80	33.22	300m:	3:14.48	34.27	400m:	4:21.35

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10,		, 400m						R.T.		FINA		
47.				2004	I			+0,78	<b>4:21.84</b>	I	593	
	50m:	29.86	29.86	150m:	1:35.49	33.31	250m:	2:41.22	33.40	350m:	3:48.97	34.12
	100m:	1:02.18	32.32	200m:	2:07.82	32.33	300m:	3:14.85	33.63	400m:	4:21.84	32.87
48.				2003	I			+0,76	<b>4:22.03</b>	I	592	
	50m:	29.16	29.16	150m:	1:32.94	32.67	250m:	2:40.70	34.26	400m:	4:22.03	1:07.21
	100m:	1:00.27	31.11	200m:	2:06.44	33.50	300m:	3:14.82	34.12			
49.				2002				+0,86	<b>4:22.19</b>	I	591	
	50m:	28.94	28.94	150m:	1:34.60	33.26	250m:	2:41.60	33.49	350m:	3:49.49	33.57
	100m:	1:01.34	32.40	200m:	2:08.11	33.51	300m:	3:15.92	34.32	400m:	4:22.19	32.70
50.				2001				+0,72	<b>4:22.50</b>	I	589	
	50m:	28.27	28.27	150m:	1:31.59	32.16	250m:	2:38.80	34.38	350m:	3:48.63	35.29
	100m:	59.43	31.16	200m:	2:04.42	32.83	300m:	3:13.34	34.54	400m:	4:22.50	33.87
51.				2003				+0,71	<b>4:22.58</b>	I	588	
	50m:	27.93	27.93	150m:	1:32.09	32.11	250m:	2:40.62	34.26	350m:	3:50.11	34.16
	100m:	59.98	32.05	200m:	2:06.36	34.27	300m:	3:15.95	35.33	400m:	4:22.58	32.47
52.				2002				+0,76	<b>4:22.62</b>	I	588	
	50m:	30.17	30.17	150m:	1:35.23	32.75	250m:	2:42.55	33.96	350m:	3:50.55	34.09
	100m:	1:02.48	32.31	200m:	2:08.59	33.36	300m:	3:16.46	33.91	400m:	4:22.62	32.07
53.				2004				+0,77	<b>4:22.66</b>	I	588	
	50m:	29.97	29.97	150m:	1:34.98	33.01	250m:	2:42.06	33.99	350m:	3:50.45	34.27
	100m:	1:01.97	32.00	200m:	2:08.07	33.09	300m:	3:16.18	34.12	400m:	4:22.66	32.21
54.				2002				+0,83	<b>4:23.20</b>	I	584	
	50m:	28.68	28.68	150m:	1:32.85	32.71	250m:	2:40.43	34.12	350m:	3:49.92	35.02
	100m:	1:00.14	31.46	200m:	2:06.31	33.46	300m:	3:14.90	34.47	400m:	4:23.20	33.28
55.				2002				+0,86	<b>4:23.31</b>	I	583	
	50m:	29.50	29.50	150m:	1:35.30	33.19	250m:	2:43.15	34.30	350m:	3:51.75	34.22
	100m:	1:02.11	32.61	200m:	2:08.85	33.55	300m:	3:17.53	34.38	400m:	4:23.31	31.56
56.				2002				+0,85	<b>4:23.43</b>	I	583	
	50m:	29.21	29.21	150m:	1:35.66	1:06.45	250m:	2:43.53	1:07.87	400m:	4:23.43	1:39.90
				2004	I			+0,87	<b>4:23.43</b>	I	583	
	50m:	29.76	29.76	150m:	1:35.78	33.53	250m:	2:43.47	34.08	350m:	3:52.03	34.22
	100m:	1:02.25	32.49	200m:	2:09.39	33.61	300m:	3:17.81	34.34	400m:	4:23.43	31.40
58.				2003				+0,86	<b>4:23.45</b>	I	582	
	50m:	29.88	29.88	150m:	1:36.13	33.59	250m:	2:43.32	33.91	400m:	4:23.45	1:05.88
	100m:	1:02.54	32.66	200m:	2:09.41	33.28	300m:	3:17.57	34.25			
59.				2003				+0,83	<b>4:23.54</b>	I	582	
	50m:	29.75	29.75	150m:	1:36.18	33.45	250m:	2:43.65	33.95	350m:	3:51.59	34.06
	100m:	1:02.73	32.98	200m:	2:09.70	33.52	300m:	3:17.53	33.88	400m:	4:23.54	31.95
60.				2003				+0,76	<b>4:23.96</b>	I	579	
	50m:	29.38	29.38	150m:	1:35.54	1:06.16	250m:	2:43.38	1:07.84	400m:	4:23.96	1:40.58
61.				1999				+0,85	<b>4:24.25</b>	I	577	
	50m:	27.96	27.96	150m:	1:33.01	1:05.05	250m:	2:41.74	1:08.73	400m:	4:24.25	1:42.51
62.				2001				+0,78	<b>4:24.58</b>	I	575	
	50m:	30.30	30.30	150m:	1:36.62	33.50	250m:	2:44.34	33.95	350m:	3:52.31	34.08
	100m:	1:03.12	32.82	200m:	2:10.39	33.77	300m:	3:18.23	33.89	400m:	4:24.58	32.27

	10,	, 400m							R.T.		FINA
63.			2002						+0,69	<b>4:24.60</b>	575
	50m:	28.57	28.57	150m:	1:32.60	31.91	250m:	2:40.20	34.41	350m:	3:49.79
	100m:	1:00.69	32.12	200m:	2:05.79	33.19	300m:	3:14.98	34.78	400m:	4:24.60
64.			2003						+0,65	<b>4:24.72</b>	574
	50m:	29.15	29.15	150m:	1:36.28	34.14	250m:	2:45.73	34.46	350m:	3:53.74
	100m:	1:02.14	32.99	200m:	2:11.27	34.99	300m:	3:20.00	34.27	400m:	4:24.72
65.			2004						+0,82	<b>4:24.74</b>	574
	50m:	29.66	29.66	150m:	1:38.24	1:08.58	250m:	2:47.27	1:09.03	400m:	4:24.74
66.			2001						+0,69	<b>4:24.87</b>	573
	50m:	28.91	28.91	150m:	1:35.00	33.34	250m:	2:44.00	34.30	350m:	3:52.13
	100m:	1:01.66	32.75	200m:	2:09.70	34.70	300m:	3:17.87	33.87	400m:	4:24.87
67.			2002						+0,68	<b>4:24.98</b>	572
	50m:	28.51	28.51	150m:	1:32.19	32.23	250m:	2:39.97	33.73	350m:	3:50.45
	100m:	59.96	31.45	200m:	2:06.24	34.05	300m:	3:15.14	35.17	400m:	4:24.98
68.			2004						+0,91	<b>4:25.28</b>	570
	50m:	28.39	28.39	150m:	1:32.89	33.24	250m:	2:40.31	34.38	350m:	3:51.05
	100m:	59.65	31.26	200m:	2:05.93	33.04	300m:	3:15.97	35.66	400m:	4:25.28
69.			2004						+0,87	<b>4:25.78</b>	567
	50m:	28.73	28.73	150m:	1:35.19	33.46	250m:	2:44.57	34.58	350m:	3:52.86
	100m:	1:01.73	33.00	200m:	2:09.99	34.80	300m:	3:19.27	34.70	400m:	4:25.78
70.			2003						+0,82	<b>4:25.89</b>	566
	50m:	28.58	28.58	150m:	1:34.15	32.84	250m:	2:42.81	33.70	350m:	3:52.66
	100m:	1:01.31	32.73	200m:	2:09.11	34.96	300m:	3:18.08	35.27	400m:	4:25.89
71.			2003						+0,83	<b>4:26.00</b>	566
	50m:	29.96	29.96	150m:	1:37.24	33.88	250m:	2:45.81	34.17	350m:	3:54.24
	100m:	1:03.36	33.40	200m:	2:11.64	34.40	300m:	3:20.44	34.63	400m:	4:26.00
72.			2002						+0,82	<b>4:26.14</b>	565
	50m:	29.75	29.75	150m:	1:35.59	33.61	250m:	2:43.80	34.40	350m:	3:53.07
	100m:	1:01.98	32.23	200m:	2:09.40	33.81	300m:	3:18.52	34.72	400m:	4:26.14
73.			2002						+0,77	<b>4:26.17</b>	565
	50m:	29.73	29.73	150m:	1:35.77	33.51	250m:	2:44.37	34.41	350m:	3:53.16
	100m:	1:02.26	32.53	200m:	2:09.96	34.19	300m:	3:18.99	34.62	400m:	4:26.17
74.			2004						+0,67	<b>4:26.94</b>	560
	50m:	30.09	30.09	150m:	1:36.76	34.09	250m:	2:45.13	34.38	350m:	3:53.93
	100m:	1:02.67	32.58	200m:	2:10.75	33.99	300m:	3:19.11	33.98	400m:	4:26.94
75.			2004						+0,74	<b>4:27.28</b>	558
	50m:	29.04	29.04	150m:	1:36.89	34.91	250m:	2:46.16	34.84	350m:	3:55.02
	100m:	1:01.98	32.94	200m:	2:11.32	34.43	300m:	3:20.89	34.73	400m:	4:27.28
76.			2004						+0,84	<b>4:28.01</b>	553
	50m:	29.50	29.50	150m:	1:35.64	1:06.14	250m:	2:44.33	1:08.69	400m:	4:28.01
											1:43.68
77.			2004						+0,83	<b>4:28.05</b>	553
	50m:	29.36	29.36	150m:	1:36.79	34.23	250m:	2:46.99	35.47	350m:	3:56.17
	100m:	1:02.56	33.20	200m:	2:11.52	34.73	300m:	3:22.30	35.31	400m:	4:28.05
78.			2000						+0,99	<b>4:28.39</b>	551
	50m:	28.40	28.40	150m:	1:34.86	34.01	250m:	2:44.62	34.72	350m:	3:54.50
	100m:	1:00.85	32.45	200m:	2:09.90	35.04	300m:	3:19.69	35.07	400m:	4:28.39

10,		, 400m						R.T.		FINA		
79.				2003				+0,67	<b>4:28.76</b>	I	549	
	50m:	28.75	28.75	150m:	1:34.65	1:05.90	250m:	2:43.76	1:09.11	400m:	4:28.76	1:45.00
80.				2003				+0,83	<b>4:29.32</b>	I	545	
	50m:	29.17	29.17	150m:	1:35.98	33.99	250m:	2:45.65	34.82	350m:	3:55.56	35.11
	100m:	1:01.99	32.82	200m:	2:10.83	34.85	300m:	3:20.45	34.80	400m:	4:29.32	33.76
81.				2004	I			+0,90	<b>4:29.40</b>	I	545	
	50m:	29.10	29.10	150m:	1:36.85	34.14	400m:	4:29.40	1:43.33			
	100m:	1:02.71	33.61	250m:	2:46.07	1:09.22						
82.				2003				+0,80	<b>4:29.91</b>	I	542	
	50m:	29.35	29.35	150m:	1:36.09	33.74	250m:	2:45.31	34.67	350m:	3:55.54	34.69
	100m:	1:02.35	33.00	200m:	2:10.64	34.55	300m:	3:20.85	35.54	400m:	4:29.91	34.37
83.				2004	I			+0,86	<b>4:30.27</b>	I	539	
	50m:	30.14	30.14	150m:	1:37.70	34.44	250m:	2:47.36	34.80	350m:	3:56.85	34.55
	100m:	1:03.26	33.12	200m:	2:12.56	34.86	300m:	3:22.30	34.94	400m:	4:30.27	33.42
84.				2002				+0,72	<b>4:30.93</b>	I	535	
	50m:	30.05	30.05	150m:	1:36.09	33.70	250m:	2:45.26	35.13	350m:	3:56.22	35.77
	100m:	1:02.39	32.34	200m:	2:10.13	34.04	300m:	3:20.45	35.19	400m:	4:30.93	34.71
85.				2001				+0,79	<b>4:31.52</b>	I	532	
	50m:	28.79	28.79	150m:	1:37.34	34.96	250m:	2:47.62	34.86	350m:	3:57.68	34.72
	100m:	1:02.38	33.59	200m:	2:12.76	35.42	300m:	3:22.96	35.34	400m:	4:31.52	33.84
86.				2002	I			+0,76	<b>4:32.78</b>	I	525	
	50m:	29.51	29.51	150m:	1:36.74	34.15	250m:	2:46.37	35.51	350m:	3:58.52	36.01
	100m:	1:02.59	33.08	200m:	2:10.86	34.12	300m:	3:22.51	36.14	400m:	4:32.78	34.26
87.				2001				+0,77	<b>4:32.81</b>	I	524	
	50m:	29.33	29.33	150m:	1:37.86	34.78	250m:	2:49.15	35.95			
	100m:	1:03.08	33.75	200m:	2:13.20	35.34	400m:	4:32.81	1:43.66			
88.				2001				+0,96	<b>4:33.40</b>	I	521	
	50m:	28.32	28.32	150m:	1:33.80	33.39	250m:	2:44.27	35.30	350m:	3:56.93	35.91
	100m:	1:00.41	32.09	200m:	2:08.97	35.17	300m:	3:21.02	36.75	400m:	4:33.40	36.47
89.				2001				+0,84	<b>4:33.80</b>	I	519	
	50m:	30.67	30.67	150m:	1:37.41	33.96	250m:	2:48.28	35.86	350m:	3:59.57	35.75
	100m:	1:03.45	32.78	200m:	2:12.42	35.01	300m:	3:23.82	35.54	400m:	4:33.80	34.23
90.				2003	I			+0,76	<b>4:34.26</b>		516	
	50m:	30.24	30.24	150m:	1:38.61	35.06	250m:	2:49.22	35.83	350m:	4:00.14	35.60
	100m:	1:03.55	33.31	200m:	2:13.39	34.78	300m:	3:24.54	35.32	400m:	4:34.26	34.12
91.				2004	I			+0,74	<b>4:35.44</b>		510	
	50m:	30.04	30.04	150m:	1:38.78	34.64	250m:	2:49.90	35.66	350m:	4:01.52	35.77
	100m:	1:04.14	34.10	200m:	2:14.24	35.46	300m:	3:25.75	35.85	400m:	4:35.44	33.92
				2004				+0,70	<b>4:35.44</b>		510	
	50m:	28.48	28.48	150m:	1:36.73	34.55	250m:	2:47.37	34.95	350m:	3:59.42	35.61
	100m:	1:02.18	33.70	200m:	2:12.42	35.69	300m:	3:23.81	36.44	400m:	4:35.44	36.02
93.				2004	I			+0,93	<b>4:35.83</b>		507	
	50m:	30.81	30.81	150m:	1:38.29	34.46	250m:	2:50.23	36.46	350m:	4:02.66	36.17
	100m:	1:03.83	33.02	200m:	2:13.77	35.48	300m:	3:26.49	36.26	400m:	4:35.83	33.17
94.				2004	I			+0,93	<b>4:36.18</b>		505	
	50m:	30.16	30.16	150m:	1:40.05	1:09.89	250m:	2:51.95	1:11.90	400m:	4:36.18	1:44.23

	10,	, 400m							R.T.		FINA	
95.			2003	I					+0,67	<b>4:37.20</b>	500	
	50m:	30.23	30.23	150m:	1:40.51	36.05	250m:	2:51.74	36.13	350m:	4:03.64	36.30
	100m:	1:04.46	34.23	200m:	2:15.61	35.10	300m:	3:27.34	35.60	400m:	4:37.20	33.56
96.			2004	I					+0,74	<b>4:37.34</b>	499	
	50m:	29.87	29.87	150m:	1:38.36	34.84	250m:	2:50.43	36.28	350m:	4:02.84	36.84
	100m:	1:03.52	33.65	200m:	2:14.15	35.79	300m:	3:26.00	35.57	400m:	4:37.34	34.50
97.			2004	I					+0,80	<b>4:37.57</b>	498	
	50m:	30.58	30.58	150m:	1:37.37	33.41	250m:	2:47.34	35.75	400m:	4:37.57	1:13.75
	100m:	1:03.96	33.38	200m:	2:11.59	34.22	300m:	3:23.82	36.48			
98.			2003	I					+0,86	<b>4:37.94</b>	496	
	50m:	30.57	30.57	150m:	1:39.53	1:08.96	250m:	2:51.22	1:11.69	400m:	4:37.94	1:46.72
99.			2002	I					+0,76	<b>4:38.18</b>	495	
	50m:	29.91	29.91	150m:	1:38.19	34.89	250m:	2:49.87	36.14	350m:	4:03.23	37.13
	100m:	1:03.30	33.39	200m:	2:13.73	35.54	300m:	3:26.10	36.23	400m:	4:38.18	34.95
100.			2004	I					+0,76	<b>4:38.39</b>	493	
	50m:	31.05	31.05	150m:	1:41.41	35.81	250m:	2:54.26	36.63	350m:	4:05.43	35.23
	100m:	1:05.60	34.55	200m:	2:17.63	36.22	300m:	3:30.20	35.94	400m:	4:38.39	32.96
101.			2004	I				-	+0,87	<b>4:38.47</b>	493	
	50m:	31.27	31.27	150m:	1:40.34	35.18	250m:	2:51.65	36.04	350m:	4:03.90	36.09
	100m:	1:05.16	33.89	200m:	2:15.61	35.27	300m:	3:27.81	36.16	400m:	4:38.47	34.57
102.			2004	I					+0,88	<b>4:38.90</b>	491	
	50m:	30.68	30.68	150m:	1:40.67	35.28	250m:	2:51.78	35.49	350m:	4:03.66	35.91
	100m:	1:05.39	34.71	200m:	2:16.29	35.62	300m:	3:27.75	35.97	400m:	4:38.90	35.24
103.			2003	I					+0,60	<b>4:38.98</b>	490	
	50m:	29.60	29.60	150m:	1:36.81	34.33	250m:	2:48.03	35.67	350m:	4:02.43	37.51
	100m:	1:02.48	32.88	200m:	2:12.36	35.55	300m:	3:24.92	36.89	400m:	4:38.98	36.55
104.			2001					-	+0,87	<b>4:40.01</b>	485	
	50m:	30.29	30.29	150m:	1:39.64	35.66	250m:	2:52.10	36.63	350m:	4:04.36	36.18
	100m:	1:03.98	33.69	200m:	2:15.47	35.83	300m:	3:28.18	36.08	400m:	4:40.01	35.65
105.			2002	I					+0,83	<b>4:40.25</b>	484	
	50m:	31.08	31.08	150m:	1:41.98	35.77	250m:	2:54.74	36.04	350m:	4:06.83	35.61
	100m:	1:06.21	35.13	200m:	2:18.70	36.72	300m:	3:31.22	36.48	400m:	4:40.25	33.42
106.			2003	I					+0,78	<b>4:40.94</b>	480	
	50m:	29.90	29.90	150m:	1:38.72	35.28	250m:	2:52.09	36.71	350m:	4:05.86	36.88
	100m:	1:03.44	33.54	200m:	2:15.38	36.66	300m:	3:28.98	36.89	400m:	4:40.94	35.08
107.			2004	I				-	+0,87	<b>4:41.19</b>	479	
	50m:	31.59	31.59	150m:	1:40.91	35.03	250m:	2:52.96	36.32	350m:	4:06.38	37.00
	100m:	1:05.88	34.29	200m:	2:16.64	35.73	300m:	3:29.38	36.42	400m:	4:41.19	34.81
108.			2001						+0,81	<b>4:41.42</b>	478	
	50m:	29.90	29.90	150m:	1:39.63	35.97	250m:	2:52.64	36.79	350m:	4:06.42	37.25
	100m:	1:03.66	33.76	200m:	2:15.85	36.22	300m:	3:29.17	36.53	400m:	4:41.42	35.00
109.			2004	I					+0,76	<b>4:41.49</b>	477	
	50m:	30.05	30.05	150m:	1:40.02	1:09.97	250m:	2:52.72	1:12.70	400m:	4:41.49	1:48.77
110.			2004						+0,54	<b>4:42.61</b>	472	
	50m:	30.74	30.74	150m:	1:41.39	1:10.65	250m:	2:54.04	1:12.65	400m:	4:42.61	1:48.57

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	10,	, 400m	,						R.T.		FINA	
111.				2004	I			-	<b>+0,82</b>	<b>4:48.56</b>	<b>443</b>	
	50m:	31.18	31.18	150m:	1:43.76	36.96	250m:	2:56.69	37.35	350m:	4:12.16	37.30
	100m:	1:06.80	35.62	200m:	2:19.34	35.58	300m:	3:34.86	38.17	400m:	4:48.56	36.40
112.				2003	I				<b>+1,00</b>	<b>4:49.14</b>	<b>440</b>	
	50m:	30.47	30.47	150m:	1:41.45	36.61	250m:	2:56.00	37.93	400m:	4:49.14	1:15.39
	100m:	1:04.84	34.37	200m:	2:18.07	36.62	300m:	3:33.75	37.75			
113.				2004	I				<b>+0,89</b>	<b>4:50.51</b>	<b>434</b>	
	50m:	31.82	31.82	150m:	1:42.25	35.64	250m:	2:56.71	36.72	350m:	4:14.50	38.12
	100m:	1:06.61	34.79	200m:	2:19.99	37.74	300m:	3:36.38	39.67	400m:	4:50.51	36.01
114.				2003	I				<b>+0,67</b>	<b>4:51.30</b>	<b>431</b>	
	50m:	28.96	28.96	150m:	1:39.72	36.51	250m:	2:58.42	39.98	350m:	4:16.06	39.15
	100m:	1:03.21	34.25	200m:	2:18.44	38.72	300m:	3:36.91	38.49	400m:	4:51.30	35.24
115.				2002	I			-	<b>+0,81</b>	<b>4:59.20</b>	<b>397</b>	
	50m:	30.36	30.36	150m:	1:41.14	37.13	250m:	2:58.96	39.51	350m:	4:19.33	40.64
	100m:	1:04.01	33.65	200m:	2:19.45	38.31	300m:	3:38.69	39.73	400m:	4:59.20	39.87
116.				2003	I				<b>+0,77</b>	<b>5:06.96</b>	<b>368</b>	
	50m:	31.82	31.82	150m:	1:45.95	37.79	250m:	3:04.65	39.53	350m:	4:26.97	40.90
	100m:	1:08.16	36.34	200m:	2:25.12	39.17	300m:	3:46.07	41.42	400m:	5:06.96	39.99
DNS				1997								



10, , 400m

10  
27.02.2019 - 11:23

, 400m

(17-18 )

3:43.45  
3:49.02(CHN)  
(GRE)09.08.2008  
22.08.1991

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				/			R.T.			FINA			
1.				2002			+0,81			4:02.49			747
	50m:	28.09	28.09	150m:	1:29.52	30.92	250m:	2:31.07	30.77	350m:	3:33.40	31.26	
	100m:	58.60	30.51	200m:	2:00.30	30.78	300m:	3:02.14	31.07	400m:	4:02.49	29.09	
2.				2002			+0,79			4:02.68			745
	50m:	28.29	28.29	150m:	1:30.91	31.04	250m:	2:31.99	30.16	350m:	3:33.74	30.95	
	100m:	59.87	31.58	200m:	2:01.83	30.92	300m:	3:02.79	30.80	400m:	4:02.68	28.94	
3.				2001			+0,72			4:10.37			679
	50m:	28.09	28.09	150m:	1:30.40	31.46	250m:	2:35.06	32.43	350m:	3:39.80	31.84	
	100m:	58.94	30.85	200m:	2:02.63	32.23	300m:	3:07.96	32.90	400m:	4:10.37	30.57	
4.				2002			+0,81			4:10.44			678
	50m:	28.72	28.72	150m:	1:31.60	30.93	250m:	2:33.87	30.72	350m:	3:37.62	31.79	
	100m:	1:00.67	31.95	200m:	2:03.15	31.55	300m:	3:05.83	31.96	400m:	4:10.44	32.82	
5.				2001			+0,91			4:10.63			676
	50m:	28.30	28.30	150m:	1:31.25	31.59	250m:	2:35.26	31.84	350m:	3:40.85	32.47	
	100m:	59.66	31.36	200m:	2:03.42	32.17	300m:	3:08.38	33.12	400m:	4:10.63	29.78	
6.				2002			+0,75			4:10.64			676
	50m:	27.26	27.26	150m:	1:30.29	31.88	250m:	2:35.48	32.49	350m:	3:40.28	32.14	
	100m:	58.41	31.15	200m:	2:02.99	32.70	300m:	3:08.14	32.66	400m:	4:10.64	30.36	
7.				2001			+0,68			4:11.09			673
	50m:	28.08	28.08	150m:	1:31.15	31.82	250m:	2:36.31	32.85	350m:	3:41.11	32.12	
	100m:	59.33	31.25	200m:	2:03.46	32.31	300m:	3:08.99	32.68	400m:	4:11.09	29.98	
8.				2002 I			+0,89			4:12.72			660
	50m:	29.50	29.50	150m:	1:33.07	31.36	250m:	2:35.82	31.40	350m:	3:40.07	32.29	
	100m:	1:01.71	32.21	200m:	2:04.42	31.35	300m:	3:07.78	31.96	400m:	4:12.72	32.65	
9.				2002			+0,84			4:13.08			657
	50m:	28.06	28.06	150m:	1:30.80	31.38	250m:	2:35.79	32.81	350m:	3:40.80	32.28	
	100m:	59.42	31.36	200m:	2:02.98	32.18	300m:	3:08.52	32.73	400m:	4:13.08	32.28	
10.				2001			+0,89			4:14.14			649
	50m:	28.86	28.86	150m:	1:31.98	32.10	250m:	2:38.25	33.34	350m:	3:44.16	32.94	
	100m:	59.88	31.02	200m:	2:04.91	32.93	300m:	3:11.22	32.97	400m:	4:14.14	29.98	
11.				2001			+0,67			4:16.36			632
	100m:	59.35	59.35	200m:	2:05.15	33.45	300m:	3:11.91	33.85	400m:	4:16.36	31.18	
	150m:	1:31.70	32.35	250m:	2:38.06	32.91	350m:	3:45.18	33.27				
12.				2002			+0,76			4:16.51			631
	50m:	29.26	29.26	150m:	1:33.88	32.78	250m:	2:39.97	33.21	350m:	3:45.36	32.66	
	100m:	1:01.10	31.84	200m:	2:06.76	32.88	300m:	3:12.70	32.73	400m:	4:16.51	31.15	
13.				2001			+0,79			4:17.80 I			622
	50m:	29.00	29.00	150m:	1:33.98	32.88	250m:	2:40.17	33.33	350m:	3:47.19	33.73	
	100m:	1:01.10	32.10	200m:	2:06.84	32.86	300m:	3:13.46	33.29	400m:	4:17.80	30.61	

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10,		, 400m				(17-18 )		R.T.		FINA	
14.				2002				+0,80	<b>4:18.18</b>	I	619
	50m:	29.00	29.00	150m:	1:33.83	32.93	250m:	2:40.32	33.43	350m:	3:47.10
	100m:	1:00.90	31.90	200m:	2:06.89	33.06	300m:	3:13.59	33.27	400m:	4:18.18
15.				2002				+0,73	<b>4:19.34</b>	I	611
	50m:	28.06	28.06	150m:	1:31.38	32.14	250m:	2:37.87	33.51	350m:	3:46.35
	100m:	59.24	31.18	200m:	2:04.36	32.98	300m:	3:11.84	33.97	400m:	4:19.34
16.				2001				+0,80	<b>4:19.37</b>	I	610
	50m:	28.59	28.59	150m:	1:33.31	32.93	250m:	2:39.86	33.67	350m:	3:47.94
	100m:	1:00.38	31.79	200m:	2:06.19	32.88	300m:	3:13.52	33.66	400m:	4:19.37
17.				2002				+0,86	<b>4:20.10</b>	I	605
	50m:	28.72	28.72	150m:	1:33.64	33.48	250m:	2:40.90	33.63	350m:	3:47.24
	100m:	1:00.16	31.44	200m:	2:07.27	33.63	300m:	3:14.46	33.56	400m:	4:20.10
				2002				+0,84	<b>4:20.10</b>	I	605
	50m:	28.98	28.98	150m:	1:34.61	32.89	250m:	2:41.53	33.18	350m:	3:48.34
	100m:	1:01.72	32.74	200m:	2:08.35	33.74	300m:	3:15.23	33.70	400m:	4:20.10
19.				2002				+0,88	<b>4:20.58</b>	I	602
	50m:	29.96	29.96	150m:	1:34.29	32.62	250m:	2:41.41	34.05	400m:	4:20.58
	100m:	1:01.67	31.71	200m:	2:07.36	33.07	300m:	3:15.02	33.61		1:05.56
20.				2002				+0,70	<b>4:20.90</b>	I	600
	50m:	28.26	28.26	150m:	1:32.10	32.52	250m:	2:40.07	34.21	350m:	3:48.28
	100m:	59.58	31.32	200m:	2:05.86	33.76	300m:	3:14.42	34.35	400m:	4:20.90
21.				2001	I			+0,83	<b>4:21.02</b>	I	599
	50m:	27.54	27.54	150m:	1:30.15	31.64	250m:	2:36.95	33.33	350m:	3:46.41
	100m:	58.51	30.97	200m:	2:03.62	33.47	300m:	3:11.75	34.80	400m:	4:21.02
22.				2002				+0,86	<b>4:22.19</b>	I	591
	50m:	28.94	28.94	150m:	1:34.60	33.26	250m:	2:41.60	33.49	350m:	3:49.49
	100m:	1:01.34	32.40	200m:	2:08.11	33.51	300m:	3:15.92	34.32	400m:	4:22.19
23.				2001				+0,72	<b>4:22.50</b>	I	589
	50m:	28.27	28.27	150m:	1:31.59	32.16	250m:	2:38.80	34.38	350m:	3:48.63
	100m:	59.43	31.16	200m:	2:04.42	32.83	300m:	3:13.34	34.54	400m:	4:22.50
24.				2002				+0,76	<b>4:22.62</b>	I	588
	50m:	30.17	30.17	150m:	1:35.23	32.75	250m:	2:42.55	33.96	350m:	3:50.55
	100m:	1:02.48	32.31	200m:	2:08.59	33.36	300m:	3:16.46	33.91	400m:	4:22.62
25.				2002				+0,83	<b>4:23.20</b>	I	584
	50m:	28.68	28.68	150m:	1:32.85	32.71	250m:	2:40.43	34.12	350m:	3:49.92
	100m:	1:00.14	31.46	200m:	2:06.31	33.46	300m:	3:14.90	34.47	400m:	4:23.20
26.				2002				+0,86	<b>4:23.31</b>	I	583
	50m:	29.50	29.50	150m:	1:35.30	33.19	250m:	2:43.15	34.30	350m:	3:51.75
	100m:	1:02.11	32.61	200m:	2:08.85	33.55	300m:	3:17.53	34.38	400m:	4:23.31
27.				2002				+0,85	<b>4:23.43</b>	I	583
	50m:	29.21	29.21	150m:	1:35.66	1:06.45	250m:	2:43.53	1:07.87	400m:	4:23.43
											1:39.90
28.				2001				+0,78	<b>4:24.58</b>	I	575
	50m:	30.30	30.30	150m:	1:36.62	33.50	250m:	2:44.34	33.95	350m:	3:52.31
	100m:	1:03.12	32.82	200m:	2:10.39	33.77	300m:	3:18.23	33.89	400m:	4:24.58
29.				2002				+0,69	<b>4:24.60</b>	I	575
	50m:	28.57	28.57	150m:	1:32.60	31.91	250m:	2:40.20	34.41	350m:	3:49.79
	100m:	1:00.69	32.12	200m:	2:05.79	33.19	300m:	3:14.98	34.78	400m:	4:24.60

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10,		, 400m				(17-18 )		R.T.		FINA	
30.				2001				+0,69	<b>4:24.87</b>	I	573
	50m:	28.91	28.91	150m:	1:35.00	33.34	250m:	2:44.00	34.30	350m:	3:52.13
	100m:	1:01.66	32.75	200m:	2:09.70	34.70	300m:	3:17.87	33.87	400m:	4:24.87
31.				2002				+0,68	<b>4:24.98</b>	I	572
	50m:	28.51	28.51	150m:	1:32.19	32.23	250m:	2:39.97	33.73	350m:	3:50.45
	100m:	59.96	31.45	200m:	2:06.24	34.05	300m:	3:15.14	35.17	400m:	4:24.98
32.				2002				+0,82	<b>4:26.14</b>	I	565
	50m:	29.75	29.75	150m:	1:35.59	33.61	250m:	2:43.80	34.40	350m:	3:53.07
	100m:	1:01.98	32.23	200m:	2:09.40	33.81	300m:	3:18.52	34.72	400m:	4:26.14
33.				2002				+0,77	<b>4:26.17</b>	I	565
	50m:	29.73	29.73	150m:	1:35.77	33.51	250m:	2:44.37	34.41	350m:	3:53.16
	100m:	1:02.26	32.53	200m:	2:09.96	34.19	300m:	3:18.99	34.62	400m:	4:26.17
34.				2002				+0,72	<b>4:30.93</b>	I	535
	50m:	30.05	30.05	150m:	1:36.09	33.70	250m:	2:45.26	35.13	350m:	3:56.22
	100m:	1:02.39	32.34	200m:	2:10.13	34.04	300m:	3:20.45	35.19	400m:	4:30.93
35.				2001				+0,79	<b>4:31.52</b>	I	532
	50m:	28.79	28.79	150m:	1:37.34	34.96	250m:	2:47.62	34.86	350m:	3:57.68
	100m:	1:02.38	33.59	200m:	2:12.76	35.42	300m:	3:22.96	35.34	400m:	4:31.52
36.				2002	I			+0,76	<b>4:32.78</b>	I	525
	50m:	29.51	29.51	150m:	1:36.74	34.15	250m:	2:46.37	35.51	350m:	3:58.52
	100m:	1:02.59	33.08	200m:	2:10.86	34.12	300m:	3:22.51	36.14	400m:	4:32.78
37.				2001				+0,77	<b>4:32.81</b>	I	524
	50m:	29.33	29.33	150m:	1:37.86	34.78	250m:	2:49.15	35.95		
	100m:	1:03.08	33.75	200m:	2:13.20	35.34	400m:	4:32.81	1:43.66		
38.				2001				+0,96	<b>4:33.40</b>	I	521
	50m:	28.32	28.32	150m:	1:33.80	33.39	250m:	2:44.27	35.30	350m:	3:56.93
	100m:	1:00.41	32.09	200m:	2:08.97	35.17	300m:	3:21.02	36.75	400m:	4:33.40
39.				2001				+0,84	<b>4:33.80</b>	I	519
	50m:	30.67	30.67	150m:	1:37.41	33.96	250m:	2:48.28	35.86	350m:	3:59.57
	100m:	1:03.45	32.78	200m:	2:12.42	35.01	300m:	3:23.82	35.54	400m:	4:33.80
40.				2002	I			+0,76	<b>4:38.18</b>		495
	50m:	29.91	29.91	150m:	1:38.19	34.89	250m:	2:49.87	36.14	350m:	4:03.23
	100m:	1:03.30	33.39	200m:	2:13.73	35.54	300m:	3:26.10	36.23	400m:	4:38.18
41.				2001				-	<b>4:40.01</b>		485
	50m:	30.29	30.29	150m:	1:39.64	35.66	250m:	2:52.10	36.63	350m:	4:04.36
	100m:	1:03.98	33.69	200m:	2:15.47	35.83	300m:	3:28.18	36.08	400m:	4:40.01
42.				2002	I			+0,83	<b>4:40.25</b>		484
	50m:	31.08	31.08	150m:	1:41.98	35.77	250m:	2:54.74	36.04	350m:	4:06.83
	100m:	1:06.21	35.13	200m:	2:18.70	36.72	300m:	3:31.22	36.48	400m:	4:40.25
43.				2001				+0,81	<b>4:41.42</b>		478
	50m:	29.90	29.90	150m:	1:39.63	35.97	250m:	2:52.64	36.79	350m:	4:06.42
	100m:	1:03.66	33.76	200m:	2:15.85	36.22	300m:	3:29.17	36.53	400m:	4:41.42
44.				2002	I			-	<b>4:59.20</b>		397
	50m:	30.36	30.36	150m:	1:41.14	37.13	250m:	2:58.96	39.51	350m:	4:19.33
	100m:	1:04.01	33.65	200m:	2:19.45	38.31	300m:	3:38.69	39.73	400m:	4:59.20