

12
27.02.2019 - 13:25

, 400m

				4:13.14								26.04.2009	
				4:14.65						(POL)		14.07.2013	
: FINA 2019													
				/				R.T.				FINA	
1.				1999				+0,68	4:27.91			753	
	50m:	27.75	27.75	150m:	1:36.67	36.12	250m:	2:48.17	36.89	350m:	3:58.32	33.01	
	100m:	1:00.55	32.80	200m:	2:11.28	34.61	300m:	3:25.31	37.14	400m:	4:27.91	29.59	
2.				2001				+0,68	4:29.78			738	
	50m:	27.87	27.87	150m:	1:35.76	35.14	250m:	2:48.52	37.68	350m:	3:58.51	31.53	
	100m:	1:00.62	32.75	200m:	2:10.84	35.08	300m:	3:26.98	38.46	400m:	4:29.78	31.27	
3.				1997				+0,72	4:31.20			726	
	50m:	27.99	27.99	150m:	1:35.54	34.52	250m:	2:48.51	39.32	350m:	3:59.41	32.38	
	100m:	1:01.02	33.03	200m:	2:09.19	33.65	300m:	3:27.03	38.52	400m:	4:31.20	31.79	
4.				2004				+0,73	4:33.02			712	
	50m:	27.32	27.32	150m:	1:35.71	36.68	250m:	2:49.81	38.48	350m:	4:01.49	32.63	
	100m:	59.03	31.71	200m:	2:11.33	35.62	300m:	3:28.86	39.05	400m:	4:33.02	31.53	
5.				2001				+0,74	4:36.52			685	
	50m:	28.27	28.27	150m:	1:36.79	35.72	250m:	2:50.67	39.11	350m:	4:04.16	34.00	
	100m:	1:01.07	32.80	200m:	2:11.56	34.77	300m:	3:30.16	39.49	400m:	4:36.52	32.36	
6.				2001				+0,63	4:37.60			677	
	50m:	30.39	30.39	150m:	1:41.36	34.81	250m:	2:53.87	37.94	350m:	4:06.30	33.46	
	100m:	1:06.55	36.16	200m:	2:15.93	34.57	300m:	3:32.84	38.97	400m:	4:37.60	31.30	
7.				1998				+0,76	4:37.78			676	
	50m:	29.07	29.07	150m:	1:39.65	36.32	250m:	2:53.71	38.82	350m:	4:06.66	32.16	
	100m:	1:03.33	34.26	200m:	2:14.89	35.24	300m:	3:34.50	40.79	400m:	4:37.78	31.12	
8.				1999				+0,70	4:40.11			659	
	50m:	28.25	28.25	150m:	1:37.76	35.74	250m:	2:54.28	40.69	350m:	4:07.71	32.88	
	100m:	1:02.02	33.77	200m:	2:13.59	35.83	300m:	3:34.83	40.55	400m:	4:40.11	32.40	
9.				2002				+0,82	4:43.48			636	
	50m:	30.27	30.27	150m:	1:41.63	37.90	250m:	2:56.97	38.75	350m:	4:10.62	34.27	
	100m:	1:03.73	33.46	200m:	2:18.22	36.59	300m:	3:36.35	39.38	400m:	4:43.48	32.86	
10.				2002				+0,91	4:44.00			632	
	50m:	29.87	29.87	150m:	1:42.64	37.47	250m:	2:58.48	39.61	350m:	4:12.81	33.65	
	100m:	1:05.17	35.30	200m:	2:18.87	36.23	300m:	3:39.16	40.68	400m:	4:44.00	31.19	
11.				1999				+0,75	4:44.75			627	
	50m:	28.30	28.30	150m:	1:36.77	35.66	300m:	3:35.64	42.03				
	100m:	1:01.11	32.81	250m:	2:53.61	1:16.84	400m:	4:44.75	1:09.11				
12.				2001				+0,84	4:45.25			624	
	50m:	30.63	30.63	150m:	1:43.07	37.65	250m:	2:59.56	40.62	400m:	4:45.25	1:06.00	
	100m:	1:05.42	34.79	200m:	2:18.94	35.87	300m:	3:39.25	39.69				
13.				2002				+0,76	4:46.54			616	
	50m:	29.46	29.46	150m:	1:39.73	35.05	250m:	2:56.77	42.32	350m:	4:13.81	34.29	
	100m:	1:04.68	35.22	200m:	2:14.45	34.72	300m:	3:39.52	42.75	400m:	4:46.54	32.73	
14.				2001				+0,74	4:47.32			611	
	50m:	29.57	29.57	150m:	1:42.01	37.36	250m:	2:59.01	39.02	350m:	4:13.86	33.62	
	100m:	1:04.65	35.08	200m:	2:19.99	37.98	300m:	3:40.24	41.23	400m:	4:47.32	33.46	

12,		, 400m						R.T.		FINA	
15.				2002				+0,84	4:47.91		607
	50m:	29.29	29.29	150m:	1:41.48	37.71	250m:	2:58.33	39.24	350m:	4:14.09
	100m:	1:03.77	34.48	200m:	2:19.09	37.61	300m:	3:38.97	40.64	400m:	4:47.91
16.				2000				+0,90	4:49.22		599
	100m:	1:06.25	1:06.25	200m:	2:18.12	35.16	300m:	3:42.53	42.05	400m:	4:49.22
	150m:	1:42.96	36.71	250m:	3:00.48	42.36	350m:	4:17.17	34.64		32.05
17.				2000				+0,80	4:51.79		583
	50m:	29.07	29.07	150m:	1:43.10	38.65	250m:	3:02.07	42.01	350m:	4:19.09
	100m:	1:04.45	35.38	200m:	2:20.06	36.96	300m:	3:43.88	41.81	400m:	4:51.79
18.				2003				+0,82	4:51.96		582
	50m:	28.58	28.58	150m:	1:42.82	38.38	250m:	3:02.20	41.58	350m:	4:19.16
	100m:	1:04.44	35.86	200m:	2:20.62	37.80	300m:	3:46.23	44.03	400m:	4:51.96
19.				2002				+0,77	4:52.35	I	580
	50m:	29.73	29.73	150m:	1:43.57	39.13	250m:	3:01.16	40.10	350m:	4:18.35
	100m:	1:04.44	34.71	200m:	2:21.06	37.49	300m:	3:42.90	41.74	400m:	4:52.35
20.				2002				+0,78	4:52.70	I	578
	50m:	27.91	27.91	150m:	1:39.58	37.39	250m:	3:00.66	43.27	350m:	4:18.84
	100m:	1:02.19	34.28	200m:	2:17.39	37.81	300m:	3:45.06	44.40	400m:	4:52.70
21.				2004				+0,79	4:53.91	I	571
	50m:	30.31	30.31	150m:	1:43.97	38.40	250m:	3:04.69	43.93	350m:	4:21.07
	100m:	1:05.57	35.26	200m:	2:20.76	36.79	300m:	3:46.91	42.22	400m:	4:53.91
22.				2004				+0,66	4:54.36	I	568
	50m:	29.35	29.35	150m:	1:43.09	37.73	250m:	3:02.96	41.65	350m:	4:20.56
	100m:	1:05.36	36.01	200m:	2:21.31	38.22	300m:	3:46.35	43.39	400m:	4:54.36
23.				2003				+0,73	4:57.56	I	550
	50m:	30.44	30.44	150m:	1:44.05	39.06	250m:	3:05.95	43.79	350m:	4:24.29
	100m:	1:04.99	34.55	200m:	2:22.16	38.11	300m:	3:49.75	43.80	400m:	4:57.56
24.				2004	I			+0,64	4:58.28	I	546
	50m:	30.32	30.32	150m:	1:44.15	38.24	250m:	3:04.98	43.96	350m:	4:24.56
	100m:	1:05.91	35.59	200m:	2:21.02	36.87	300m:	3:49.56	44.58	400m:	4:58.28
25.				2001				+0,68	4:59.20	I	541
	50m:	30.38	30.38	150m:	1:45.09	39.21	250m:	3:07.35	43.05	350m:	4:25.23
	100m:	1:05.88	35.50	200m:	2:24.30	39.21	300m:	3:50.00	42.65	400m:	4:59.20
26.				2001				+0,84	4:59.41	I	540
	50m:	29.08	29.08	150m:	1:43.72	40.15	250m:	3:05.17	43.24	350m:	4:24.27
	100m:	1:03.57	34.49	200m:	2:21.93	38.21	300m:	3:48.49	43.32	400m:	4:59.41
27.				2004	I			+0,79	4:59.61	I	539
	50m:	30.24	30.24	150m:	1:44.32	38.58	250m:	3:05.63	44.01	350m:	4:24.96
	100m:	1:05.74	35.50	200m:	2:21.62	37.30	300m:	3:49.96	44.33	400m:	4:59.61
28.				2002				+0,87	5:00.45	I	534
	50m:	31.11	31.11	150m:	1:48.28	39.19	300m:	3:51.07	42.13		
	100m:	1:09.09	37.98	250m:	3:08.94	1:20.66	400m:	5:00.45	1:09.38		
29.				2003	I			+0,67	5:00.71	I	533
	50m:	28.68	28.68	150m:	1:42.98	40.16	250m:	3:04.25	42.26	350m:	4:25.20
	100m:	1:02.82	34.14	200m:	2:21.99	39.01	300m:	3:48.81	44.56	400m:	5:00.71

12, , 400m ,								R.T.		FINA	
30.				2003	I			+0,85	5:02.43	I	524
	50m:	29.72	29.72	150m:	1:47.00	39.52	250m:	3:08.74	42.73	350m:	4:28.22
	100m:	1:07.48	37.76	200m:	2:26.01	39.01	300m:	3:53.11	44.37	400m:	5:02.43
31.				2002	I			+0,80	5:04.53	I	513
	50m:	30.27	30.27	150m:	1:46.14	38.64	250m:	3:08.36	42.52	350m:	4:28.17
	100m:	1:07.50	37.23	200m:	2:25.84	39.70	300m:	3:51.71	43.35	400m:	5:04.53
32.				2004	I			-	+0,80	5:04.91	I
	100m:	1:05.51	1:05.51	200m:	2:24.60	1:19.09	300m:	3:54.03	1:29.43	400m:	5:04.91
33.				2003				+0,71	5:05.40	I	508
	50m:	32.36	32.36	150m:	1:51.49	40.77	250m:	3:14.13	42.95	350m:	4:31.34
	100m:	1:10.72	38.36	200m:	2:31.18	39.69	300m:	3:57.22	43.09	400m:	5:05.40
34.				2004	I			+0,83	5:05.49	I	508
	50m:	30.76	30.76	150m:	1:48.39	41.94	250m:	3:11.89	43.87	350m:	4:31.48
	100m:	1:06.45	35.69	200m:	2:28.02	39.63	300m:	3:56.89	45.00	400m:	5:05.49
35.				2004	I			+0,70	5:06.43	I	503
	100m:	1:08.87	1:08.87	200m:	2:26.77	1:17.90	300m:	3:58.08	1:31.31	400m:	5:06.43
36.				2003	I			+0,66	5:09.59	I	488
	50m:	30.51	30.51	150m:	1:49.71	43.26	250m:	3:13.73	43.73	350m:	4:35.24
	100m:	1:06.45	35.94	200m:	2:30.00	40.29	300m:	3:58.95	45.22	400m:	5:09.59
37.				2000				+0,50	5:14.62		465
	50m:	32.18	32.18	150m:	1:51.61	40.54	250m:	3:16.44	44.33	350m:	4:40.44
	100m:	1:11.07	38.89	200m:	2:32.11	40.50	300m:	4:02.61	46.17	400m:	5:14.62
38.				2004	I			+0,85	5:15.76		460
	50m:	33.11	33.11	150m:	1:53.33	41.50	250m:	3:17.06	41.82	350m:	4:41.25
	100m:	1:11.83	38.72	200m:	2:35.24	41.91	300m:	4:02.40	45.34	400m:	5:15.76
39.				2004	I			-	+0,78	5:17.27	453
	50m:	31.41	31.41	150m:	1:50.08	40.08	250m:	3:17.76	47.89	350m:	4:40.08
	100m:	1:10.00	38.59	200m:	2:29.87	39.79	300m:	4:03.92	46.16	400m:	5:17.27
40.				2004	I			+0,74	5:18.69		447
	50m:	31.27	31.27	150m:	1:51.38	40.39	250m:	3:18.92	48.58	350m:	4:43.78
	100m:	1:10.99	39.72	200m:	2:30.34	38.96	300m:	4:07.86	48.94	400m:	5:18.69
41.				2002	I			+0,85	5:18.75		447
	50m:	29.95	29.95	150m:	1:47.21	42.05	250m:	3:14.18	46.27	350m:	4:41.54
	100m:	1:05.16	35.21	200m:	2:27.91	40.70	300m:	4:01.97	47.79	400m:	5:18.75
42.				2004				+0,73	5:21.80		435
	50m:	30.71	30.71	150m:	1:49.02	41.08	250m:	3:13.05	43.78	350m:	4:41.20
	100m:	1:07.94	37.23	200m:	2:29.27	40.25	300m:	4:01.28	48.23	400m:	5:21.80
DSQ				2004	I						

12, , 400m
 12 , 400m (17-18)
 27.02.2019 - 13:25

4:13.14 26.04.2009
 4:14.65 (POL) 14.07.2013

: FINA 2019

				/			R.T.			FINA		
1.				2001			+0,68 4:29.78			738		
	50m:	27.87	27.87	150m:	1:35.76	35.14	250m:	2:48.52	37.68	350m:	3:58.51	31.53
	100m:	1:00.62	32.75	200m:	2:10.84	35.08	300m:	3:26.98	38.46	400m:	4:29.78	31.27
2.				2001			+0,74 4:36.52			685		
	50m:	28.27	28.27	150m:	1:36.79	35.72	250m:	2:50.67	39.11	350m:	4:04.16	34.00
	100m:	1:01.07	32.80	200m:	2:11.56	34.77	300m:	3:30.16	39.49	400m:	4:36.52	32.36
3.				2001			+0,63 4:37.60			677		
	50m:	30.39	30.39	150m:	1:41.36	34.81	250m:	2:53.87	37.94	350m:	4:06.30	33.46
	100m:	1:06.55	36.16	200m:	2:15.93	34.57	300m:	3:32.84	38.97	400m:	4:37.60	31.30
4.				2002			+0,82 4:43.48			636		
	50m:	30.27	30.27	150m:	1:41.63	37.90	250m:	2:56.97	38.75	350m:	4:10.62	34.27
	100m:	1:03.73	33.46	200m:	2:18.22	36.59	300m:	3:36.35	39.38	400m:	4:43.48	32.86
5.				2002			+0,91 4:44.00			632		
	50m:	29.87	29.87	150m:	1:42.64	37.47	250m:	2:58.48	39.61	350m:	4:12.81	33.65
	100m:	1:05.17	35.30	200m:	2:18.87	36.23	300m:	3:39.16	40.68	400m:	4:44.00	31.19
6.				2001			+0,84 4:45.25			624		
	50m:	30.63	30.63	150m:	1:43.07	37.65	250m:	2:59.56	40.62	400m:	4:45.25	1:06.00
	100m:	1:05.42	34.79	200m:	2:18.94	35.87	300m:	3:39.25	39.69			
7.				2002			+0,76 4:46.54			616		
	50m:	29.46	29.46	150m:	1:39.73	35.05	250m:	2:56.77	42.32	350m:	4:13.81	34.29
	100m:	1:04.68	35.22	200m:	2:14.45	34.72	300m:	3:39.52	42.75	400m:	4:46.54	32.73
8.				2001			+0,74 4:47.32			611		
	50m:	29.57	29.57	150m:	1:42.01	37.36	250m:	2:59.01	39.02	350m:	4:13.86	33.62
	100m:	1:04.65	35.08	200m:	2:19.99	37.98	300m:	3:40.24	41.23	400m:	4:47.32	33.46
9.				2002			+0,84 4:47.91			607		
	50m:	29.29	29.29	150m:	1:41.48	37.71	250m:	2:58.33	39.24	350m:	4:14.09	35.12
	100m:	1:03.77	34.48	200m:	2:19.09	37.61	300m:	3:38.97	40.64	400m:	4:47.91	33.82
10.				2002			+0,77 4:52.35			580		
	50m:	29.73	29.73	150m:	1:43.57	39.13	250m:	3:01.16	40.10	350m:	4:18.35	35.45
	100m:	1:04.44	34.71	200m:	2:21.06	37.49	300m:	3:42.90	41.74	400m:	4:52.35	34.00
11.				2002			+0,78 4:52.70			578		
	50m:	27.91	27.91	150m:	1:39.58	37.39	250m:	3:00.66	43.27	350m:	4:18.84	33.78
	100m:	1:02.19	34.28	200m:	2:17.39	37.81	300m:	3:45.06	44.40	400m:	4:52.70	33.86
12.				2001			+0,68 4:59.20			541		
	50m:	30.38	30.38	150m:	1:45.09	39.21	250m:	3:07.35	43.05	350m:	4:25.23	35.23
	100m:	1:05.88	35.50	200m:	2:24.30	39.21	300m:	3:50.00	42.65	400m:	4:59.20	33.97
13.				2001			+0,84 4:59.41			540		
	50m:	29.08	29.08	150m:	1:43.72	40.15	250m:	3:05.17	43.24	350m:	4:24.27	35.78
	100m:	1:03.57	34.49	200m:	2:21.93	38.21	300m:	3:48.49	43.32	400m:	4:59.41	35.14

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	12,	, 400m	,	(17-18)						R.T.		FINA	
14.				2002						+0,87	5:00.45	I	534
	50m:	31.11	31.11	150m:	1:48.28	39.19	300m:	3:51.07	42.13				
	100m:	1:09.09	37.98	250m:	3:08.94	1:20.66	400m:	5:00.45	1:09.38				
15.				2002	I					+0,80	5:04.53	I	513
	50m:	30.27	30.27	150m:	1:46.14	38.64	250m:	3:08.36	42.52	350m:	4:28.17	36.46	
	100m:	1:07.50	37.23	200m:	2:25.84	39.70	300m:	3:51.71	43.35	400m:	5:04.53	36.36	
16.				2002	I					+0,85	5:18.75		447
	50m:	29.95	29.95	150m:	1:47.21	42.05	250m:	3:14.18	46.27	350m:	4:41.54	39.57	
	100m:	1:05.16	35.21	200m:	2:27.91	40.70	300m:	4:01.97	47.79	400m:	5:18.75	37.21	