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10 , 400m
24.02.2021 - 10:48

				3:43.45				(CHN)				09.08.2008
				3:47.36				(HUN)				20.08.2019
: FINA 2020												
				/				R.T.				FINA
1.				1997				+0,74 3:56.77				802
	50m:	27.76	27.76	150m:	1:27.94	30.29	250m:	2:28.49	30.26	350m:	3:28.30	29.68
	100m:	57.65	29.89	200m:	1:58.23	30.29	300m:	2:58.62	30.13	400m:	3:56.77	28.47
2.				2002				+0,85 3:58.65				784
	50m:	27.47	27.47	150m:	1:28.17	30.42	250m:	2:28.91	30.34	350m:	3:29.57	30.30
	100m:	57.75	30.28	200m:	1:58.57	30.40	300m:	2:59.27	30.36	400m:	3:58.65	29.08
3.				1999				+0,78 3:59.17				779
	50m:	27.43	27.43	150m:	1:27.99	30.66	250m:	2:29.28	30.45	350m:	3:29.87	30.09
	100m:	57.33	29.90	200m:	1:58.83	30.84	300m:	2:59.78	30.50	400m:	3:59.17	29.30
4.				2004				+0,76 3:59.18				778
	50m:	28.19	28.19	150m:	1:28.59	30.29	250m:	2:29.74	30.63	350m:	3:30.69	30.34
	100m:	58.30	30.11	200m:	1:59.11	30.52	300m:	3:00.35	30.61	400m:	3:59.18	28.49
5.				2000				+0,69 4:01.37				757
	50m:	27.77	27.77	150m:	1:27.93	30.24	250m:	2:29.37	30.74	350m:	3:30.66	30.67
	100m:	57.69	29.92	200m:	1:58.63	30.70	300m:	2:59.99	30.62	400m:	4:01.37	30.71
6.				2003				+0,80 4:07.06				706
	50m:	28.45	28.45	150m:	1:30.11	30.92	250m:	2:33.17	31.58	350m:	3:36.70	31.68
	100m:	59.19	30.74	200m:	2:01.59	31.48	300m:	3:05.02	31.85	400m:	4:07.06	30.36
7.				2005				+0,77 4:08.83				691
	50m:	28.46	28.46	150m:	1:30.31	30.94	250m:	2:33.71	31.81	350m:	3:38.19	32.06
	100m:	59.37	30.91	200m:	2:01.90	31.59	300m:	3:06.13	32.42	400m:	4:08.83	30.64
8.				2004				+0,78 4:09.53				685
	50m:	28.44	28.44	150m:	1:30.66	31.32	250m:	2:34.20	32.28	350m:	3:38.45	32.21
	100m:	59.34	30.90	200m:	2:01.92	31.26	300m:	3:06.24	32.04	400m:	4:09.53	31.08
9.				2005				+0,82 4:09.92				682
	50m:	28.46	28.46	150m:	1:30.27	30.90	250m:	2:33.31	31.52	350m:	3:37.90	32.20
	100m:	59.37	30.91	200m:	2:01.79	31.52	300m:	3:05.70	32.39	400m:	4:09.92	32.02
10.				2004				+0,77 4:10.46				678
	50m:	28.24	28.24	150m:	1:31.76	32.26	250m:	2:35.98	32.00	350m:	3:39.84	31.98
	100m:	59.50	31.26	200m:	2:03.98	32.22	300m:	3:07.86	31.88	400m:	4:10.46	30.62
11.				2002				+0,65 4:11.07				673
	50m:	28.97	28.97	150m:	1:31.80	31.67	250m:	2:35.84	32.11	350m:	3:40.20	31.94
	100m:	1:00.13	31.16	200m:	2:03.73	31.93	300m:	3:08.26	32.42	400m:	4:11.07	30.87
12.				2005				+0,90 4:11.47				670
	50m:	27.92	27.92	150m:	1:31.00	31.95	250m:	2:34.99	32.13	350m:	3:40.22	32.73
	100m:	59.05	31.13	200m:	2:02.86	31.86	300m:	3:07.49	32.50	400m:	4:11.47	31.25
13.				2002				+0,79 4:11.93				666
	50m:	28.23	28.23	150m:	1:30.83	31.83	250m:	2:34.89	32.24	350m:	3:41.13	33.43
	100m:	59.00	30.77	200m:	2:02.65	31.82	300m:	3:07.70	32.81	400m:	4:11.93	30.80
14.				2004				+0,56 4:12.07				665
	50m:	28.48	28.48	150m:	1:31.88	31.63	250m:	2:36.16	32.15	350m:	3:40.57	32.09
	100m:	1:00.25	31.77	200m:	2:04.01	32.13	300m:	3:08.48	32.32	400m:	4:12.07	31.50

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10, , 400m								R.T.		FINA		
15.				2004				+0,65	4:12.12		665	
	50m:	28.56	28.56	150m:	1:31.23	31.74	250m:	2:35.48	31.99	350m:	3:40.67	32.30
	100m:	59.49	30.93	200m:	2:03.49	32.26	300m:	3:08.37	32.89	400m:	4:12.12	31.45
16.				2002				+0,88	4:12.22		664	
	50m:	27.81	27.81	150m:	1:30.36	31.48	250m:	2:34.07	32.30	350m:	3:40.25	33.59
	100m:	58.88	31.07	200m:	2:01.77	31.41	300m:	3:06.66	32.59	400m:	4:12.22	31.97
17.				2000				+0,71	4:12.25		664	
	50m:	28.44	28.44	150m:	1:32.03	32.03	250m:	2:36.32	32.24	350m:	3:41.16	32.36
	100m:	1:00.00	31.56	200m:	2:04.08	32.05	300m:	3:08.80	32.48	400m:	4:12.25	31.09
18.				2003				+0,79	4:12.82		659	
	50m:	28.82	28.82	150m:	1:32.31	32.23	250m:	2:37.15	32.67	350m:	3:42.13	32.70
	100m:	1:00.08	31.26	200m:	2:04.48	32.17	300m:	3:09.43	32.28	400m:	4:12.82	30.69
19.				2004				+0,73	4:12.89		659	
	50m:	28.97	28.97	150m:	1:32.14	32.26	250m:	2:36.85	32.47	350m:	3:41.97	32.32
	100m:	59.88	30.91	200m:	2:04.38	32.24	300m:	3:09.65	32.80	400m:	4:12.89	30.92
				1999				+0,74	4:12.89		659	
	50m:	28.56	28.56	150m:	1:32.62	32.16	250m:	2:37.70	32.25	350m:	3:42.35	32.04
	100m:	1:00.46	31.90	200m:	2:05.45	32.83	300m:	3:10.31	32.61	400m:	4:12.89	30.54
21.				2004				+0,76	4:13.58		653	
	50m:	28.41	28.41	150m:	1:31.70	31.97	250m:	2:35.60	32.02	350m:	3:40.98	32.79
	100m:	59.73	31.32	200m:	2:03.58	31.88	300m:	3:08.19	32.59	400m:	4:13.58	32.60
22.				2003				+0,58	4:13.76		652	
	50m:	28.31	28.31	150m:	1:31.45	31.83	250m:	2:36.22	32.44	350m:	3:41.99	32.69
	100m:	59.62	31.31	200m:	2:03.78	32.33	300m:	3:09.30	33.08	400m:	4:13.76	31.77
23.				2003				+0,74	4:13.85		651	
	50m:	27.65	27.65	150m:	1:29.28	31.16	250m:	2:33.92	32.33	350m:	3:40.60	33.94
	100m:	58.12	30.47	200m:	2:01.59	32.31	300m:	3:06.66	32.74	400m:	4:13.85	33.25
24.				2006				+0,89	4:14.30		648	
	50m:	27.92	27.92	150m:	1:31.29	32.99	250m:	2:37.49	32.74	350m:	3:43.16	32.38
	100m:	58.30	30.38	200m:	2:04.75	33.46	300m:	3:10.78	33.29	400m:	4:14.30	31.14
25.				2004				+0,58	4:14.75		644	
	50m:	28.41	28.41	150m:	1:31.61	31.70	250m:	2:36.83	32.54	350m:	3:42.50	32.72
	100m:	59.91	31.50	200m:	2:04.29	32.68	300m:	3:09.78	32.95	400m:	4:14.75	32.25
26.				2005				+0,82	4:14.86		643	
	50m:	29.27	29.27	150m:	1:32.56	32.02	250m:	2:37.73	32.45	350m:	3:43.50	33.02
	100m:	1:00.54	31.27	200m:	2:05.28	32.72	300m:	3:10.48	32.75	400m:	4:14.86	31.36
27.				2003				+0,69	4:15.05		642	
	50m:	27.89	27.89	150m:	1:31.34	32.21	250m:	2:36.55	32.84	350m:	3:43.21	33.64
	100m:	59.13	31.24	200m:	2:03.71	32.37	300m:	3:09.57	33.02	400m:	4:15.05	31.84
28.				2005				+0,84	4:15.26		640	
	50m:	28.29	28.29	150m:	1:31.31	31.85	250m:	2:37.40	33.22	350m:	3:43.39	32.61
	100m:	59.46	31.17	200m:	2:04.18	32.87	300m:	3:10.78	33.38	400m:	4:15.26	31.87
29.				2002				+0,72	4:15.53		638	
	50m:	27.98	27.98	150m:	1:30.85	31.91	250m:	2:36.74	33.23	350m:	3:42.79	32.84
	100m:	58.94	30.96	200m:	2:03.51	32.66	300m:	3:09.95	33.21	400m:	4:15.53	32.74

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10, , 400m								R.T.		FINA		
30.				2005				+0,62	4:15.55		638	
	50m:	28.53	28.53	150m:	1:33.25	32.91	250m:	2:39.29	33.21	350m:	3:45.14	32.61
	100m:	1:00.34	31.81	200m:	2:06.08	32.83	300m:	3:12.53	33.24	400m:	4:15.55	30.41
31.				2000				+0,81	4:15.72		637	
	50m:	29.61	29.61	150m:	1:34.01	32.46	250m:	2:38.78	32.40	350m:	3:44.59	33.03
	100m:	1:01.55	31.94	200m:	2:06.38	32.37	300m:	3:11.56	32.78	400m:	4:15.72	31.13
32.				2004				+0,81	4:16.22		633	
	50m:	29.19	29.19	150m:	1:31.56	31.41	250m:	2:37.12	32.84	350m:	3:43.86	33.27
	100m:	1:00.15	30.96	200m:	2:04.28	32.72	300m:	3:10.59	33.47	400m:	4:16.22	32.36
33.				2004				+0,79	4:16.25		633	
	50m:	28.92	28.92	150m:	1:33.29	32.40	250m:	2:39.02	32.54	350m:	3:45.55	33.75
	100m:	1:00.89	31.97	200m:	2:06.48	33.19	300m:	3:11.80	32.78	400m:	4:16.25	30.70
34.				2004				+0,80	4:16.36		632	
	50m:	27.93	27.93	150m:	1:31.43	32.14	250m:	2:37.41	32.80	350m:	3:44.92	33.79
	100m:	59.29	31.36	200m:	2:04.61	33.18	300m:	3:11.13	33.72	400m:	4:16.36	31.44
35.				2003				+0,77	4:16.53		631	
	50m:	28.79	28.79	150m:	1:32.82	32.15	250m:	2:38.37	32.78	350m:	3:44.24	33.00
	100m:	1:00.67	31.88	200m:	2:05.59	32.77	300m:	3:11.24	32.87	400m:	4:16.53	32.29
36.				2004				+0,71	4:16.83		629	
	50m:	27.68	27.68	150m:	1:31.31	32.44	250m:	2:37.40	33.28	350m:	3:44.49	33.59
	100m:	58.87	31.19	200m:	2:04.12	32.81	300m:	3:10.90	33.50	400m:	4:16.83	32.34
37.				2003				+0,79	4:16.90		628	
	50m:	29.04	29.04	150m:	1:32.64	32.02	250m:	2:38.26	32.59	350m:	3:44.43	32.90
	100m:	1:00.62	31.58	200m:	2:05.67	33.03	300m:	3:11.53	33.27	400m:	4:16.90	32.47
38.				2000				+0,96	4:17.42		624	
	50m:	28.51	28.51	150m:	1:33.29	32.91	250m:	2:39.57	33.41	350m:	3:45.32	33.57
	100m:	1:00.38	31.87	200m:	2:06.16	32.87	300m:	3:11.75	32.18	400m:	4:17.42	32.10
39.				2004				+0,83	4:17.54		623	
	50m:	28.15	28.15	150m:	1:31.58	32.33	250m:	2:38.95	33.84	350m:	3:46.80	33.50
	100m:	59.25	31.10	200m:	2:05.11	33.53	300m:	3:13.30	34.35	400m:	4:17.54	30.74
40.				2005				+0,74	4:17.56		623	
	50m:	28.86	28.86	150m:	1:33.08	32.67	250m:	2:40.10	33.18	350m:	3:45.92	32.43
	100m:	1:00.41	31.55	200m:	2:06.92	33.84	300m:	3:13.49	33.39	400m:	4:17.56	31.64
41.				2002				+0,76	4:17.61		623	
	50m:	29.58	29.58	150m:	1:33.87	32.47	250m:	2:39.93	33.18	350m:	3:46.92	33.54
	100m:	1:01.40	31.82	200m:	2:06.75	32.88	300m:	3:13.38	33.45	400m:	4:17.61	30.69
42.				2004				+0,77	4:17.93		621	
	50m:	28.67	28.67	150m:	1:32.93	32.55	250m:	2:39.66	33.40	350m:	3:46.23	32.84
	100m:	1:00.38	31.71	200m:	2:06.26	33.33	300m:	3:13.39	33.73	400m:	4:17.93	31.70
43.				2002				+0,86	4:18.79		614	
	50m:	29.69	29.69	150m:	1:34.73	32.83	250m:	2:40.22	32.55	350m:	3:47.08	33.16
	100m:	1:01.90	32.21	200m:	2:07.67	32.94	300m:	3:13.92	33.70	400m:	4:18.79	31.71
44.				2005				+0,88	4:19.35		610	
	50m:	28.35	28.35	150m:	1:32.54	32.83	250m:	2:39.30	33.43	350m:	3:46.87	33.91
	100m:	59.71	31.36	200m:	2:05.87	33.33	300m:	3:12.96	33.66	400m:	4:19.35	32.48



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10,		, 400m						R.T.		FINA		
44.				2002				+0,83	4:19.35	I	610	
	50m:	28.48	28.48	150m:	1:32.15	32.44	250m:	2:37.88	33.26	350m:	3:46.13	34.54
	100m:	59.71	31.23	200m:	2:04.62	32.47	300m:	3:11.59	33.71	400m:	4:19.35	33.22
46.				2004				+0,65	4:19.51	I	609	
	50m:	28.68	28.68	150m:	1:33.30	33.22	250m:	2:40.54	34.28	350m:	3:47.65	33.85
	100m:	1:00.08	31.40	200m:	2:06.26	32.96	300m:	3:13.80	33.26	400m:	4:19.51	31.86
47.				2006	I			+0,94	4:19.70	I	608	
	50m:	30.06	30.06	150m:	1:35.70	33.20	250m:	2:42.96	33.54	350m:	3:49.33	32.88
	100m:	1:02.50	32.44	200m:	2:09.42	33.72	300m:	3:16.45	33.49	400m:	4:19.70	30.37
48.				2004				+0,66	4:19.85	I	607	
	50m:	29.67	29.67	150m:	1:34.88	32.96	250m:	2:41.57	33.09	350m:	3:48.38	33.14
	100m:	1:01.92	32.25	200m:	2:08.48	33.60	300m:	3:15.24	33.67	400m:	4:19.85	31.47
49.				2003				+0,94	4:20.33	I	604	
	50m:	28.53	28.53	150m:	1:32.94	32.79	250m:	2:40.45	34.03	350m:	3:48.61	34.00
	100m:	1:00.15	31.62	200m:	2:06.42	33.48	300m:	3:14.61	34.16	400m:	4:20.33	31.72
50.				2006	I			+0,88	4:20.37	I	603	
	50m:	28.18	28.18	150m:	1:31.85	32.38	250m:	2:40.24	34.43	350m:	3:48.26	34.02
	100m:	59.47	31.29	200m:	2:05.81	33.96	300m:	3:14.24	34.00	400m:	4:20.37	32.11
51.				2005				+0,75	4:20.41	I	603	
	50m:	28.73	28.73	150m:	1:34.36	33.48	250m:	2:41.41	33.27	350m:	3:48.57	33.81
	100m:	1:00.88	32.15	200m:	2:08.14	33.78	300m:	3:14.76	33.35	400m:	4:20.41	31.84
52.				2006	I			+0,61	4:20.50	I	602	
	50m:	28.15	28.15	150m:	1:33.66	33.53	250m:	2:41.01	34.06	350m:	3:48.98	34.07
	100m:	1:00.13	31.98	200m:	2:06.95	33.29	300m:	3:14.91	33.90	400m:	4:20.50	31.52
53.				2003				+0,70	4:20.99	I	599	
	50m:	29.25	29.25	150m:	1:35.07	33.20	250m:	2:41.85	33.34	350m:	3:48.89	33.29
	100m:	1:01.87	32.62	200m:	2:08.51	33.44	300m:	3:15.60	33.75	400m:	4:20.99	32.10
54.				2004	I		-	+0,84	4:21.82	I	593	
	50m:	29.92	29.92	150m:	1:37.79	34.23	250m:	2:44.95	32.23	350m:	3:51.61	33.20
	100m:	1:03.56	33.64	200m:	2:12.72	34.93	300m:	3:18.41	33.46	400m:	4:21.82	30.21
55.				2002				+0,84	4:22.54	I	588	
	50m:	29.71	29.71	150m:	1:35.87	33.37	250m:	2:43.06	33.25	350m:	3:50.31	33.26
	100m:	1:02.50	32.79	200m:	2:09.81	33.94	300m:	3:17.05	33.99	400m:	4:22.54	32.23
56.				2006	I			+0,85	4:22.58	I	588	
	50m:	28.28	28.28	150m:	1:33.88	32.96	250m:	2:41.36	33.53	350m:	3:50.11	33.93
	100m:	1:00.92	32.64	200m:	2:07.83	33.95	300m:	3:16.18	34.82	400m:	4:22.58	32.47
57.				2006				+0,78	4:22.84	I	586	
	50m:	28.80	28.80	150m:	1:32.35	32.44	250m:	2:39.59	34.04	350m:	3:48.64	34.82
	100m:	59.91	31.11	200m:	2:05.55	33.20	300m:	3:13.82	34.23	400m:	4:22.84	34.20
58.				2002				+0,87	4:22.89	I	586	
	50m:	29.05	29.05	150m:	1:33.39	32.40	250m:	2:40.15	33.43	350m:	3:48.67	34.26
	100m:	1:00.99	31.94	200m:	2:06.72	33.33	300m:	3:14.41	34.26	400m:	4:22.89	34.22
59.				2004				+0,79	4:23.03	I	585	
	50m:	29.49	29.49	150m:	1:35.21	33.12	250m:	2:42.51	33.74	350m:	3:50.46	34.24
	100m:	1:02.09	32.60	200m:	2:08.77	33.56	300m:	3:16.22	33.71	400m:	4:23.03	32.57



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10, , 400m								R.T.		FINA		
60.				2005	I			+0,94	4:23.17	I	584	
	50m:	29.83	29.83	150m:	1:35.62	33.41	250m:	2:42.33	33.62	350m:	3:49.43	33.37
	100m:	1:02.21	32.38	200m:	2:08.71	33.09	300m:	3:16.06	33.73	400m:	4:23.17	33.74
61.				2004				+0,71	4:23.69	I	581	
	50m:	28.42	28.42	150m:	1:35.28	34.00	250m:	2:43.56	33.94	350m:	3:51.29	34.09
	100m:	1:01.28	32.86	200m:	2:09.62	34.34	300m:	3:17.20	33.64	400m:	4:23.69	32.40
62.				2005	I			+0,82	4:23.83	I	580	
	50m:	28.94	28.94	150m:	1:35.95	34.35	250m:	2:44.08	34.13	350m:	3:52.07	33.69
	100m:	1:01.60	32.66	200m:	2:09.95	34.00	300m:	3:18.38	34.30	400m:	4:23.83	31.76
63.				2005				+0,77	4:24.13	I	578	
	50m:	29.00	29.00	150m:	1:34.32	33.55	250m:	2:42.73	34.06	350m:	3:50.74	34.11
	100m:	1:00.77	31.77	200m:	2:08.67	34.35	300m:	3:16.63	33.90	400m:	4:24.13	33.39
64.				2004				+0,71	4:24.25	I	577	
	50m:	28.72	28.72	150m:	1:33.73	33.30	250m:	2:41.06	33.76	350m:	3:50.60	35.28
	100m:	1:00.43	31.71	200m:	2:07.30	33.57	300m:	3:15.32	34.26	400m:	4:24.25	33.65
65.				2005	I			+0,60	4:24.76	I	574	
	50m:	29.16	29.16	150m:	1:35.47	33.17	250m:	2:42.80	33.55	350m:	3:51.52	34.41
	100m:	1:02.30	33.14	200m:	2:09.25	33.78	300m:	3:17.11	34.31	400m:	4:24.76	33.24
66.				2003				+0,90	4:25.12	I	571	
	50m:	29.41	29.41	150m:	1:36.18	33.55	250m:	2:45.30	34.67	350m:	3:53.29	33.12
	100m:	1:02.63	33.22	200m:	2:10.63	34.45	300m:	3:20.17	34.87	400m:	4:25.12	31.83
67.				2004				+0,72	4:25.82	I	567	
	50m:	28.71	28.71	150m:	1:35.06	33.80	250m:	2:44.01	34.44	350m:	3:53.07	34.56
	100m:	1:01.26	32.55	200m:	2:09.57	34.51	300m:	3:18.51	34.50	400m:	4:25.82	32.75
68.				2003				+0,84	4:27.38	I	557	
	50m:	28.78	28.78	150m:	1:34.33	33.40	250m:	2:42.31	34.32	350m:	3:53.14	35.55
	100m:	1:00.93	32.15	200m:	2:07.99	33.66	300m:	3:17.59	35.28	400m:	4:27.38	34.24
69.				2006				+0,84	4:27.39	I	557	
	50m:	30.32	30.32	150m:	1:36.14	33.75	250m:	2:45.66	35.24	350m:	3:55.02	35.04
	100m:	1:02.39	32.07	200m:	2:10.42	34.28	300m:	3:19.98	34.32	400m:	4:27.39	32.37
70.				2005	I			+0,92	4:27.53	I	556	
	50m:	29.56	29.56	150m:	1:36.50	33.39	250m:	2:44.41	33.63	350m:	3:53.92	34.72
	100m:	1:03.11	33.55	200m:	2:10.78	34.28	300m:	3:19.20	34.79	400m:	4:27.53	33.61
71.				2004				+0,91	4:27.75	I	555	
	50m:	30.02	30.02	150m:	1:35.66	33.39	250m:	2:45.09	34.90	350m:	3:54.91	35.06
	100m:	1:02.27	32.25	200m:	2:10.19	34.53	300m:	3:19.85	34.76	400m:	4:27.75	32.84
72.				2005				+0,76	4:27.83	I	554	
	50m:	29.04	29.04	150m:	1:34.19	33.17	250m:	2:43.55	34.80	350m:	3:54.05	34.92
	100m:	1:01.02	31.98	200m:	2:08.75	34.56	300m:	3:19.13	35.58	400m:	4:27.83	33.78
73.				2002				+0,73	4:28.23	I	552	
	50m:	29.62	29.62	150m:	1:37.14	34.11	250m:	2:46.81	35.03	350m:	3:56.36	34.52
	100m:	1:03.03	33.41	200m:	2:11.78	34.64	300m:	3:21.84	35.03	400m:	4:28.23	31.87
74.				2001				+0,77	4:28.42	I	551	
	50m:	29.55	29.55	150m:	1:36.70	34.05	250m:	2:45.12	33.66	350m:	3:53.77	34.35
	100m:	1:02.65	33.10	200m:	2:11.46	34.76	300m:	3:19.42	34.30	400m:	4:28.42	34.65

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10,		, 400m						R.T.		FINA		
75.				2005				+0,78	4:28.47	I	550	
	50m:	30.49	30.49	150m:	1:37.27	33.67	250m:	2:45.58	33.97	350m:	3:54.72	34.40
	100m:	1:03.60	33.11	200m:	2:11.61	34.34	300m:	3:20.32	34.74	400m:	4:28.47	33.75
76.				2006				+0,77	4:28.51	I	550	
	50m:	28.96	28.96	150m:	1:34.49	33.34	250m:	2:43.65	34.85	350m:	3:54.49	35.23
	100m:	1:01.15	32.19	200m:	2:08.80	34.31	300m:	3:19.26	35.61	400m:	4:28.51	34.02
77.				2005	I			+0,64	4:28.79	I	548	
	50m:	30.03	30.03	150m:	1:37.97	34.65	250m:	2:47.46	34.88	350m:	3:56.32	34.15
	100m:	1:03.32	33.29	200m:	2:12.58	34.61	300m:	3:22.17	34.71	400m:	4:28.79	32.47
78.				2005	I			+0,75	4:29.27	I	545	
	50m:	29.94	29.94	150m:	1:36.66	33.82	250m:	2:46.52	35.05	350m:	3:56.23	34.76
	100m:	1:02.84	32.90	200m:	2:11.47	34.81	300m:	3:21.47	34.95	400m:	4:29.27	33.04
79.				2006	I			+0,83	4:29.72	I	543	
	50m:	30.77	30.77	150m:	1:39.09	34.05	250m:	2:47.98	34.21	350m:	3:56.92	34.61
	100m:	1:05.04	34.27	200m:	2:13.77	34.68	300m:	3:22.31	34.33	400m:	4:29.72	32.80
80.				2005	I			+0,83	4:30.18	I	540	
	50m:	30.53	30.53	150m:	1:38.04	33.91	250m:	2:46.81	34.48	350m:	3:56.19	34.90
	100m:	1:04.13	33.60	200m:	2:12.33	34.29	300m:	3:21.29	34.48	400m:	4:30.18	33.99
81.				2003	I			+0,79	4:30.29	I	539	
	50m:	28.23	28.23	150m:	1:33.43	33.32	250m:	2:43.26	34.62	350m:	3:54.82	35.93
	100m:	1:00.11	31.88	200m:	2:08.64	35.21	300m:	3:18.89	35.63	400m:	4:30.29	35.47
82.				2006	I			+0,72	4:31.11	I	534	
	50m:	28.68	28.68	150m:	1:36.77	34.39	250m:	2:46.95	35.34	350m:	3:57.55	34.99
	100m:	1:02.38	33.70	200m:	2:11.61	34.84	300m:	3:22.56	35.61	400m:	4:31.11	33.56
83.				2005	I			+0,83	4:32.94	I	524	
	50m:	28.82	28.82	150m:	1:34.35	34.13	250m:	2:45.21	35.96	350m:	3:58.45	36.50
	100m:	1:00.22	31.40	200m:	2:09.25	34.90	300m:	3:21.95	36.74	400m:	4:32.94	34.49
84.				2006	I			+0,67	4:33.71	I	519	
	50m:	29.48	29.48	150m:	1:38.55	35.20	250m:	2:47.87	34.08	350m:	3:58.78	35.77
	100m:	1:03.35	33.87	200m:	2:13.79	35.24	300m:	3:23.01	35.14	400m:	4:33.71	34.93
85.				2003				+0,77	4:33.78	I	519	
	50m:	28.85	28.85	150m:	1:36.34	34.64	250m:	2:47.80	36.08	350m:	4:00.05	36.40
	100m:	1:01.70	32.85	200m:	2:11.72	35.38	300m:	3:23.65	35.85	400m:	4:33.78	33.73
86.				2005				+0,80	4:34.38		515	
	50m:	29.89	29.89	150m:	1:38.35	34.73	250m:	2:48.52	35.57	350m:	3:59.51	35.78
	100m:	1:03.62	33.73	200m:	2:12.95	34.60	300m:	3:23.73	35.21	400m:	4:34.38	34.87
87.				2004	I			+0,86	4:35.10		511	
	50m:	30.82	30.82	150m:	1:37.65	34.20	250m:	2:47.23	35.19	350m:	3:59.48	36.37
	100m:	1:03.45	32.63	200m:	2:12.04	34.39	300m:	3:23.11	35.88	400m:	4:35.10	35.62
88.				2005				+0,90	4:36.22		505	
	50m:	29.22	29.22	150m:	1:36.93	34.65	250m:	2:47.70	35.10	350m:	4:00.98	36.47
	100m:	1:02.28	33.06	200m:	2:12.60	35.67	300m:	3:24.51	36.81	400m:	4:36.22	35.24
89.				2004	I			+0,76	4:36.32		505	
	50m:	29.11	29.11	150m:	1:36.83	34.85	250m:	2:48.56	36.18	350m:	4:01.91	36.78
	100m:	1:01.98	32.87	200m:	2:12.38	35.55	300m:	3:25.13	36.57	400m:	4:36.32	34.41

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10, , 400m								R.T.		FINA		
90.				2006	I			+1,02	4:37.35		499	
	50m:	31.74	31.74	150m:	1:42.18	35.72	250m:	2:53.24	35.75	350m:	4:04.54	35.56
	100m:	1:06.46	34.72	200m:	2:17.49	35.31	300m:	3:28.98	35.74	400m:	4:37.35	32.81
91.				2005	I			+0,81	4:37.73		497	
	50m:	29.22	29.22	150m:	1:37.28	34.55	250m:	2:48.36	35.66	350m:	4:01.39	36.50
	100m:	1:02.73	33.51	200m:	2:12.70	35.42	300m:	3:24.89	36.53	400m:	4:37.73	36.34
92.				2005	I			+0,54	4:38.09		495	
	50m:	30.61	30.61	150m:	1:39.38	34.90	250m:	2:50.61	35.80	350m:	4:02.87	35.77
	100m:	1:04.48	33.87	200m:	2:14.81	35.43	300m:	3:27.10	36.49	400m:	4:38.09	35.22
93.				2004	I			+0,69	4:38.97		490	
	50m:	32.06	32.06	150m:	1:43.14	36.05	250m:	2:53.88	35.14	350m:	4:04.98	35.62
	100m:	1:07.09	35.03	200m:	2:18.74	35.60	300m:	3:29.36	35.48	400m:	4:38.97	33.99
94.				2005	I			+0,69	4:39.25		489	
	50m:	30.36	30.36	150m:	1:39.45	35.22	250m:	2:51.35	36.24	350m:	4:04.32	36.55
	100m:	1:04.23	33.87	200m:	2:15.11	35.66	300m:	3:27.77	36.42	400m:	4:39.25	34.93
95.				2004	I			+0,79	4:41.05		480	
	50m:	29.35	29.35	150m:	1:38.67	35.82	250m:	2:51.98	37.13	350m:	4:06.03	37.50
	100m:	1:02.85	33.50	200m:	2:14.85	36.18	300m:	3:28.53	36.55	400m:	4:41.05	35.02
96.				2002				+0,82	4:41.96		475	
	50m:	29.44	29.44	150m:	1:38.85	35.30	250m:	2:51.52	37.02	350m:	4:05.79	37.16
	100m:	1:03.55	34.11	200m:	2:14.50	35.65	300m:	3:28.63	37.11	400m:	4:41.96	36.17
97.				2005	I			+0,60	4:44.17		464	
	50m:	29.85	29.85	150m:	1:37.72	34.42	250m:	2:50.44	36.96	350m:	4:07.74	38.77
	100m:	1:03.30	33.45	200m:	2:13.48	35.76	300m:	3:28.97	38.53	400m:	4:44.17	36.43
98.				2004	I			+0,92	4:46.17		454	
	50m:	31.09	31.09	150m:	1:42.49	36.04	250m:	2:56.38	37.16	350m:	4:11.12	37.44
	100m:	1:06.45	35.36	200m:	2:19.22	36.73	300m:	3:33.68	37.30	400m:	4:46.17	35.05
99.				2005				+0,76	4:49.15		440	
	50m:	31.39	31.39	150m:	1:42.40	36.13	250m:	2:56.96	37.35	350m:	4:12.65	37.51
	100m:	1:06.27	34.88	200m:	2:19.61	37.21	300m:	3:35.14	38.18	400m:	4:49.15	36.50
100.				2004	I			+1,08	4:52.77		424	
	50m:	29.17	29.17	150m:	1:40.78	36.89	250m:	2:57.00	39.00	350m:	4:15.85	39.39
	100m:	1:03.89	34.72	200m:	2:18.00	37.22	300m:	3:36.46	39.46	400m:	4:52.77	36.92
101.				2006	I			+0,90	4:59.59		396	
	50m:	30.72	30.72	150m:	1:43.26	37.68	250m:	3:01.65	39.95	350m:	4:21.93	40.05
	100m:	1:05.58	34.86	200m:	2:21.70	38.44	300m:	3:41.88	40.23	400m:	4:59.59	37.66
DSQ				2003	I							
DSQ				2006								



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10, , 400m
 10 , 400m (17-18)
 24.02.2021 - 10:48

3:43.45 (CHN) 09.08.2008
 3:47.36 (HUN) 20.08.2019

: FINA 2020

	/				R.T.				FINA			
1.	2004				+0,76 3:59.18				778			
	50m:	28.19	28.19	150m:	1:28.59	30.29	250m:	2:29.74	30.63	350m:	3:30.69	30.34
	100m:	58.30	30.11	200m:	1:59.11	30.52	300m:	3:00.35	30.61	400m:	3:59.18	28.49
2.	2003				+0,80 4:07.06				706			
	50m:	28.45	28.45	150m:	1:30.11	30.92	250m:	2:33.17	31.58	350m:	3:36.70	31.68
	100m:	59.19	30.74	200m:	2:01.59	31.48	300m:	3:05.02	31.85	400m:	4:07.06	30.36
3.	2004				+0,78 4:09.53				685			
	50m:	28.44	28.44	150m:	1:30.66	31.32	250m:	2:34.20	32.28	350m:	3:38.45	32.21
	100m:	59.34	30.90	200m:	2:01.92	31.26	300m:	3:06.24	32.04	400m:	4:09.53	31.08
4.	2004				+0,77 4:10.46				678			
	50m:	28.24	28.24	150m:	1:31.76	32.26	250m:	2:35.98	32.00	350m:	3:39.84	31.98
	100m:	59.50	31.26	200m:	2:03.98	32.22	300m:	3:07.86	31.88	400m:	4:10.46	30.62
5.	2004				+0,56 4:12.07				665			
	50m:	28.48	28.48	150m:	1:31.88	31.63	250m:	2:36.16	32.15	350m:	3:40.57	32.09
	100m:	1:00.25	31.77	200m:	2:04.01	32.13	300m:	3:08.48	32.32	400m:	4:12.07	31.50
6.	2004				+0,65 4:12.12				665			
	50m:	28.56	28.56	150m:	1:31.23	31.74	250m:	2:35.48	31.99	350m:	3:40.67	32.30
	100m:	59.49	30.93	200m:	2:03.49	32.26	300m:	3:08.37	32.89	400m:	4:12.12	31.45
7.	2003				+0,79 4:12.82				659			
	50m:	28.82	28.82	150m:	1:32.31	32.23	250m:	2:37.15	32.67	350m:	3:42.13	32.70
	100m:	1:00.08	31.26	200m:	2:04.48	32.17	300m:	3:09.43	32.28	400m:	4:12.82	30.69
8.	2004				+0,73 4:12.89				659			
	50m:	28.97	28.97	150m:	1:32.14	32.26	250m:	2:36.85	32.47	350m:	3:41.97	32.32
	100m:	59.88	30.91	200m:	2:04.38	32.24	300m:	3:09.65	32.80	400m:	4:12.89	30.92
9.	2004				+0,76 4:13.58				653			
	50m:	28.41	28.41	150m:	1:31.70	31.97	250m:	2:35.60	32.02	350m:	3:40.98	32.79
	100m:	59.73	31.32	200m:	2:03.58	31.88	300m:	3:08.19	32.59	400m:	4:13.58	32.60
10.	2003				+0,58 4:13.76				652			
	50m:	28.31	28.31	150m:	1:31.45	31.83	250m:	2:36.22	32.44	350m:	3:41.99	32.69
	100m:	59.62	31.31	200m:	2:03.78	32.33	300m:	3:09.30	33.08	400m:	4:13.76	31.77
11.	2003				+0,74 4:13.85				651			
	50m:	27.65	27.65	150m:	1:29.28	31.16	250m:	2:33.92	32.33	350m:	3:40.60	33.94
	100m:	58.12	30.47	200m:	2:01.59	32.31	300m:	3:06.66	32.74	400m:	4:13.85	33.25
12.	2004				+0,58 4:14.75				644			
	50m:	28.41	28.41	150m:	1:31.61	31.70	250m:	2:36.83	32.54	350m:	3:42.50	32.72
	100m:	59.91	31.50	200m:	2:04.29	32.68	300m:	3:09.78	32.95	400m:	4:14.75	32.25
13.	2003				+0,69 4:15.05				642			
	50m:	27.89	27.89	150m:	1:31.34	32.21	250m:	2:36.55	32.84	350m:	3:43.21	33.64
	100m:	59.13	31.24	200m:	2:03.71	32.37	300m:	3:09.57	33.02	400m:	4:15.05	31.84

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10,		, 400m				(17-18)		R.T.		FINA		
14.				2004				+0,81	4:16.22		633	
	50m:	29.19	29.19	150m:	1:31.56	31.41	250m:	2:37.12	32.84	350m:	3:43.86	33.27
	100m:	1:00.15	30.96	200m:	2:04.28	32.72	300m:	3:10.59	33.47	400m:	4:16.22	32.36
15.				2004				+0,79	4:16.25		633	
	50m:	28.92	28.92	150m:	1:33.29	32.40	250m:	2:39.02	32.54	350m:	3:45.55	33.75
	100m:	1:00.89	31.97	200m:	2:06.48	33.19	300m:	3:11.80	32.78	400m:	4:16.25	30.70
16.				2004				+0,80	4:16.36		632	
	50m:	27.93	27.93	150m:	1:31.43	32.14	250m:	2:37.41	32.80	350m:	3:44.92	33.79
	100m:	59.29	31.36	200m:	2:04.61	33.18	300m:	3:11.13	33.72	400m:	4:16.36	31.44
17.				2003				+0,77	4:16.53		631	
	50m:	28.79	28.79	150m:	1:32.82	32.15	250m:	2:38.37	32.78	350m:	3:44.24	33.00
	100m:	1:00.67	31.88	200m:	2:05.59	32.77	300m:	3:11.24	32.87	400m:	4:16.53	32.29
18.				2004				+0,71	4:16.83		629	
	50m:	27.68	27.68	150m:	1:31.31	32.44	250m:	2:37.40	33.28	350m:	3:44.49	33.59
	100m:	58.87	31.19	200m:	2:04.12	32.81	300m:	3:10.90	33.50	400m:	4:16.83	32.34
19.				2003				+0,79	4:16.90		628	
	50m:	29.04	29.04	150m:	1:32.64	32.02	250m:	2:38.26	32.59	350m:	3:44.43	32.90
	100m:	1:00.62	31.58	200m:	2:05.67	33.03	300m:	3:11.53	33.27	400m:	4:16.90	32.47
20.				2004				+0,83	4:17.54		623	
	50m:	28.15	28.15	150m:	1:31.58	32.33	250m:	2:38.95	33.84	350m:	3:46.80	33.50
	100m:	59.25	31.10	200m:	2:05.11	33.53	300m:	3:13.30	34.35	400m:	4:17.54	30.74
21.				2004				+0,77	4:17.93		621	
	50m:	28.67	28.67	150m:	1:32.93	32.55	250m:	2:39.66	33.40	350m:	3:46.23	32.84
	100m:	1:00.38	31.71	200m:	2:06.26	33.33	300m:	3:13.39	33.73	400m:	4:17.93	31.70
22.				2004				+0,65	4:19.51		609	
	50m:	28.68	28.68	150m:	1:33.30	33.22	250m:	2:40.54	34.28	350m:	3:47.65	33.85
	100m:	1:00.08	31.40	200m:	2:06.26	32.96	300m:	3:13.80	33.26	400m:	4:19.51	31.86
23.				2004				+0,66	4:19.85		607	
	50m:	29.67	29.67	150m:	1:34.88	32.96	250m:	2:41.57	33.09	350m:	3:48.38	33.14
	100m:	1:01.92	32.25	200m:	2:08.48	33.60	300m:	3:15.24	33.67	400m:	4:19.85	31.47
24.				2003				+0,94	4:20.33		604	
	50m:	28.53	28.53	150m:	1:32.94	32.79	250m:	2:40.45	34.03	350m:	3:48.61	34.00
	100m:	1:00.15	31.62	200m:	2:06.42	33.48	300m:	3:14.61	34.16	400m:	4:20.33	31.72
25.				2003				+0,70	4:20.99		599	
	50m:	29.25	29.25	150m:	1:35.07	33.20	250m:	2:41.85	33.34	350m:	3:48.89	33.29
	100m:	1:01.87	32.62	200m:	2:08.51	33.44	300m:	3:15.60	33.75	400m:	4:20.99	32.10
26.				2004			-	+0,84	4:21.82		593	
	50m:	29.92	29.92	150m:	1:37.79	34.23	250m:	2:44.95	32.23	350m:	3:51.61	33.20
	100m:	1:03.56	33.64	200m:	2:12.72	34.93	300m:	3:18.41	33.46	400m:	4:21.82	30.21
27.				2004				+0,79	4:23.03		585	
	50m:	29.49	29.49	150m:	1:35.21	33.12	250m:	2:42.51	33.74	350m:	3:50.46	34.24
	100m:	1:02.09	32.60	200m:	2:08.77	33.56	300m:	3:16.22	33.71	400m:	4:23.03	32.57
28.				2004				+0,71	4:23.69		581	
	50m:	28.42	28.42	150m:	1:35.28	34.00	250m:	2:43.56	33.94	350m:	3:51.29	34.09
	100m:	1:01.28	32.86	200m:	2:09.62	34.34	300m:	3:17.20	33.64	400m:	4:23.69	32.40



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	10,	, 400m		(17-18)					R.T.		FINA	
29.				2004					+0,71	4:24.25	I	577
	50m:	28.72	28.72	150m:	1:33.73	33.30	250m:	2:41.06	33.76	350m:	3:50.60	35.28
	100m:	1:00.43	31.71	200m:	2:07.30	33.57	300m:	3:15.32	34.26	400m:	4:24.25	33.65
30.				2003					+0,90	4:25.12	I	571
	50m:	29.41	29.41	150m:	1:36.18	33.55	250m:	2:45.30	34.67	350m:	3:53.29	33.12
	100m:	1:02.63	33.22	200m:	2:10.63	34.45	300m:	3:20.17	34.87	400m:	4:25.12	31.83
31.				2004					+0,72	4:25.82	I	567
	50m:	28.71	28.71	150m:	1:35.06	33.80	250m:	2:44.01	34.44	350m:	3:53.07	34.56
	100m:	1:01.26	32.55	200m:	2:09.57	34.51	300m:	3:18.51	34.50	400m:	4:25.82	32.75
32.				2003					+0,84	4:27.38	I	557
	50m:	28.78	28.78	150m:	1:34.33	33.40	250m:	2:42.31	34.32	350m:	3:53.14	35.55
	100m:	1:00.93	32.15	200m:	2:07.99	33.66	300m:	3:17.59	35.28	400m:	4:27.38	34.24
33.				2004					+0,91	4:27.75	I	555
	50m:	30.02	30.02	150m:	1:35.66	33.39	250m:	2:45.09	34.90	350m:	3:54.91	35.06
	100m:	1:02.27	32.25	200m:	2:10.19	34.53	300m:	3:19.85	34.76	400m:	4:27.75	32.84
34.				2003	I				+0,79	4:30.29	I	539
	50m:	28.23	28.23	150m:	1:33.43	33.32	250m:	2:43.26	34.62	350m:	3:54.82	35.93
	100m:	1:00.11	31.88	200m:	2:08.64	35.21	300m:	3:18.89	35.63	400m:	4:30.29	35.47
35.				2003					+0,77	4:33.78	I	519
	50m:	28.85	28.85	150m:	1:36.34	34.64	250m:	2:47.80	36.08	350m:	4:00.05	36.40
	100m:	1:01.70	32.85	200m:	2:11.72	35.38	300m:	3:23.65	35.85	400m:	4:33.78	33.73
36.				2004	I				+0,86	4:35.10		511
	50m:	30.82	30.82	150m:	1:37.65	34.20	250m:	2:47.23	35.19	350m:	3:59.48	36.37
	100m:	1:03.45	32.63	200m:	2:12.04	34.39	300m:	3:23.11	35.88	400m:	4:35.10	35.62
37.				2004	I				+0,76	4:36.32		505
	50m:	29.11	29.11	150m:	1:36.83	34.85	250m:	2:48.56	36.18	350m:	4:01.91	36.78
	100m:	1:01.98	32.87	200m:	2:12.38	35.55	300m:	3:25.13	36.57	400m:	4:36.32	34.41
38.				2004	I				+0,69	4:38.97		490
	50m:	32.06	32.06	150m:	1:43.14	36.05	250m:	2:53.88	35.14	350m:	4:04.98	35.62
	100m:	1:07.09	35.03	200m:	2:18.74	35.60	300m:	3:29.36	35.48	400m:	4:38.97	33.99
39.				2004	I				+0,79	4:41.05		480
	50m:	29.35	29.35	150m:	1:38.67	35.82	250m:	2:51.98	37.13	350m:	4:06.03	37.50
	100m:	1:02.85	33.50	200m:	2:14.85	36.18	300m:	3:28.53	36.55	400m:	4:41.05	35.02
40.				2004	I				+0,92	4:46.17		454
	50m:	31.09	31.09	150m:	1:42.49	36.04	250m:	2:56.38	37.16	350m:	4:11.12	37.44
	100m:	1:06.45	35.36	200m:	2:19.22	36.73	300m:	3:33.68	37.30	400m:	4:46.17	35.05
41.				2004	I				+1,08	4:52.77		424
	50m:	29.17	29.17	150m:	1:40.78	36.89	250m:	2:57.00	39.00	350m:	4:15.85	39.39
	100m:	1:03.89	34.72	200m:	2:18.00	37.22	300m:	3:36.46	39.46	400m:	4:52.77	36.92
DSQ				2003	I							

