

13
16.10.2014 - 11:26

, 400m

				3:35.75				(TUR)				10.12.2009	
				3:48.48								16.12.2013	
: FINA 2014													
				/				R.T.				FINA	
1.				1997				+0,69	3:49.74				788
	50m:	27.11	27.11	150m:	1:25.19	29.10	250m:	2:24.17	29.36	350m:	3:22.64	29.15	
	100m:	56.09	28.98	200m:	1:54.81	29.62	300m:	2:53.49	29.32	400m:	3:49.74	27.10	
2.				1988				+0,51	3:52.98				756
	50m:	27.77	27.77	150m:	1:26.75	29.36	250m:	2:25.49	29.14	350m:	3:23.45	28.74	
	100m:	57.39	29.62	200m:	1:56.35	29.60	300m:	2:54.71	29.22	400m:	3:52.98	29.53	
3.				1998				+0,72	3:53.47				751
	50m:	27.50	27.50	150m:	1:26.67	29.77	250m:	2:26.78	29.94	350m:	3:25.14	29.13	
	100m:	56.90	29.40	200m:	1:56.84	30.17	300m:	2:56.01	29.23	400m:	3:53.47	28.33	
4.				1996					3:56.13				726
	50m:	27.25	27.25	150m:	1:26.38	29.73	250m:	2:26.01	29.78	350m:	3:25.71	29.89	
	100m:	56.65	29.40	200m:	1:56.23	29.85	300m:	2:55.82	29.81	400m:	3:56.13	30.42	
5.				1999				+0,79	3:58.54				704
	50m:	27.61	27.61	150m:	1:26.73	29.59	250m:	2:27.09	30.01	350m:	3:28.63	31.13	
	100m:	57.14	29.53	200m:	1:57.08	30.35	300m:	2:57.50	30.41	400m:	3:58.54	29.91	
6.				1995				+0,85	3:59.95				692
	50m:	26.74	26.74	150m:	1:25.42	29.85	250m:	2:27.00	30.96	350m:	3:29.65	31.31	
	100m:	55.57	28.83	200m:	1:56.04	30.62	300m:	2:58.34	31.34	400m:	3:59.95	30.30	
7.				1997				+0,69	4:00.16				690
	50m:	28.09	28.09	150m:	1:27.64	30.17	250m:	2:28.00	30.36	350m:	3:29.80	31.23	
	100m:	57.47	29.38	200m:	1:57.64	30.00	300m:	2:58.57	30.57	400m:	4:00.16	30.36	
8.				1989				+0,83	4:00.55				686
	50m:	27.80	27.80	150m:	1:28.19	30.20	250m:	2:28.48	30.17	350m:	3:29.95	30.64	
	100m:	57.99	30.19	200m:	1:58.31	30.12	300m:	2:59.31	30.83	400m:	4:00.55	30.60	
9.				1998					4:01.34				680
	50m:	28.04	28.04	150m:	1:29.28	30.55	250m:	2:29.96	30.05	350m:	3:31.17	30.75	
	100m:	58.73	30.69	200m:	1:59.91	30.63	300m:	3:00.42	30.46	400m:	4:01.34	30.17	
10.				1996				+0,75	4:02.54				670
	50m:	28.05	28.05	150m:	1:28.54	30.19	250m:	2:30.28	30.88	350m:	3:32.09	30.98	
	100m:	58.35	30.30	200m:	1:59.40	30.86	300m:	3:01.11	30.83	400m:	4:02.54	30.45	
11.				1993				+0,78	4:03.87				659
	50m:	27.99	27.99	150m:	1:29.13	30.78	250m:	2:31.37	30.97	350m:	3:33.36	31.11	
	100m:	58.35	30.36	200m:	2:00.40	31.27	300m:	3:02.25	30.88	400m:	4:03.87	30.51	
12.				1995				+0,76	4:05.81				643
	50m:	28.08	28.08	150m:	1:30.66	31.41	250m:	2:34.18	31.43	350m:	3:36.36	31.27	
	100m:	59.25	31.17	200m:	2:02.75	32.09	300m:	3:05.09	30.91	400m:	4:05.81	29.45	
13.				1997					4:06.76				636
	50m:	28.21	28.21	150m:	1:29.88	30.95	250m:	2:32.67	31.49	350m:	3:35.86	31.68	
	100m:	58.93	30.72	200m:	2:01.18	31.30	300m:	3:04.18	31.51	400m:	4:06.76	30.90	
14.				1997					4:06.86				635
	50m:	28.04	28.04	150m:	1:30.31	31.15	250m:	2:32.60	30.88	350m:	3:36.32	32.20	
	100m:	59.16	31.12	200m:	2:01.72	31.41	300m:	3:04.12	31.52	400m:	4:06.86	30.54	
15.				1998				+0,87	4:06.87				635
	50m:	28.47	28.47	150m:	1:31.00	31.54	250m:	2:33.58	31.20	350m:	3:36.58	31.09	
	100m:	59.46	30.99	200m:	2:02.38	31.38	300m:	3:05.49	31.91	400m:	4:06.87	30.29	
16.				1997				+0,73	4:08.22				625
	50m:	28.08	28.08	150m:	1:29.46	30.86	250m:	2:32.84	31.88	350m:	3:37.90	32.24	
	100m:	58.60	30.52	200m:	2:00.96	31.50	300m:	3:05.66	32.82	400m:	4:08.22	30.32	

, 15 - 18 2014

13,		, 400m						R.T.		FINA	
17.				1996				+0,74	4:08.51		623
	50m:	27.79	27.79	150m:	1:29.42	31.23	250m:	2:32.71	31.81	350m:	3:37.14
	100m:	58.19	30.40	200m:	2:00.90	31.48	300m:	3:04.93	32.22	400m:	4:08.51
18.				1999						4:09.29	617
	50m:	27.23	27.23	150m:	1:29.48	31.43	250m:	2:32.72	31.86	350m:	3:35.80
	100m:	58.05	30.82	200m:	2:00.86	31.38	300m:	3:05.22	32.50	400m:	4:09.29
19.				1997				+0,83	4:09.33		616
	50m:	28.01	28.01	150m:	1:29.48	31.13	250m:	2:33.21	32.08	350m:	3:37.78
	100m:	58.35	30.34	200m:	2:01.13	31.65	300m:	3:05.51	32.30	400m:	4:09.33
20.				1996				+0,65	4:09.66		614
	50m:	27.78	27.78	150m:	1:31.03	31.87	250m:	2:35.45	32.01	350m:	3:38.83
	100m:	59.16	31.38	200m:	2:03.44	32.41	300m:	3:07.83	32.38	400m:	4:09.66
21.				1996			-	+0,62	4:10.05		611
	50m:	27.94	27.94	150m:	1:29.87	31.46	250m:	2:33.62	32.07	350m:	3:38.85
	100m:	58.41	30.47	200m:	2:01.55	31.68	300m:	3:06.26	32.64	400m:	4:10.05
22.				1996				+0,47	4:11.98		597
	50m:	28.14	28.14	150m:	1:30.64	31.69	250m:	2:35.60	32.53	350m:	3:40.89
	100m:	58.95	30.81	200m:	2:03.07	32.43	300m:	3:08.09	32.49	400m:	4:11.98
23.				1997						4:12.06	597
	50m:	28.57	28.57	150m:	1:31.28	31.53	250m:	2:35.75	32.11	350m:	3:41.08
	100m:	59.75	31.18	200m:	2:03.64	32.36	300m:	3:08.31	32.56	400m:	4:12.06
24.				1997				+0,76	4:12.25		595
	50m:	29.16	29.16	150m:	1:31.39	31.20	250m:	2:35.43	32.19	350m:	3:40.85
	100m:	1:00.19	31.03	200m:	2:03.24	31.85	300m:	3:08.16	32.73	400m:	4:12.25
25.				1998				+0,66	4:12.48		594
	50m:	29.20	29.20	150m:	1:32.35	30.91	250m:	2:35.68	31.94	350m:	3:40.51
	100m:	1:01.44	32.24	200m:	2:03.74	31.39	300m:	3:07.95	32.27	400m:	4:12.48
26.				1997				+0,64	4:12.74	I	592
	50m:	28.22	28.22	150m:	1:31.35	31.84	250m:	2:35.99	32.35	350m:	3:41.06
	100m:	59.51	31.29	200m:	2:03.64	32.29	300m:	3:08.97	32.98	400m:	4:12.74
27.				1995				+0,76	4:13.05	I	590
	50m:	29.40	29.40	150m:	1:34.45	32.53	250m:	2:38.61	31.54	350m:	3:42.21
	100m:	1:01.92	32.52	200m:	2:07.07	32.62	300m:	3:10.15	31.54	400m:	4:13.05
28.				1999				+0,74	4:13.42	I	587
	50m:	28.38	28.38	150m:	1:32.01	32.27	250m:	2:36.78	32.43	350m:	3:42.46
	100m:	59.74	31.36	200m:	2:04.35	32.34	300m:	3:09.37	32.59	400m:	4:13.42
29.				1999						4:13.50	I
	50m:	28.76	28.76	150m:	1:31.92	32.03	250m:	2:36.68	32.53	350m:	3:42.44
	100m:	59.89	31.13	200m:	2:04.15	32.23	300m:	3:09.55	32.87	400m:	4:13.50
30.				1998			-	+0,76	4:14.38	I	580
	50m:	28.14	28.14	150m:	1:31.18	31.82	250m:	2:35.89	32.57	350m:	3:41.95
	100m:	59.36	31.22	200m:	2:03.32	32.14	300m:	3:09.00	33.11	400m:	4:14.38
31.				1996				+0,77	4:14.57	I	579
	50m:	27.65	27.65	150m:	1:28.92	31.29	250m:	2:33.55	32.46	350m:	3:40.56
	100m:	57.63	29.98	200m:	2:01.09	32.17	300m:	3:06.52	32.97	400m:	4:14.57
32.				1997						4:14.58	I
	50m:	28.26	28.26	150m:	1:30.39	31.69	250m:	2:35.38	32.93	350m:	3:42.34
	100m:	58.70	30.44	200m:	2:02.45	32.06	300m:	3:08.40	33.02	400m:	4:14.58
33.				1996				+0,83	4:15.46	I	573
	50m:	28.51	28.51	150m:	1:31.31	31.58	250m:	2:36.06	32.53	350m:	3:42.31
	100m:	59.73	31.22	200m:	2:03.53	32.22	300m:	3:09.02	32.96	400m:	4:15.46

13,		, 400m						R.T.		FINA		
34.				1999				+0,85	4:15.68		572	
	50m:	29.40	29.40	150m:	1:34.53	32.77	250m:	2:40.24	32.82	350m:	3:45.68	32.57
	100m:	1:01.76	32.36	200m:	2:07.42	32.89	300m:	3:13.11	32.87	400m:	4:15.68	30.00
35.				1999				-	+0,89	4:17.31		561
	50m:	28.99	28.99	150m:	1:33.46	32.42	250m:	2:39.57	32.68	350m:	3:45.71	33.39
	100m:	1:01.04	32.05	200m:	2:06.89	33.43	300m:	3:12.32	32.75	400m:	4:17.31	31.60
36.				1998				-	+0,88	4:19.49		547
	50m:	30.03	30.03	150m:	1:34.32	32.58	250m:	2:40.49	33.18	350m:	3:47.29	33.55
	100m:	1:01.74	31.71	200m:	2:07.31	32.99	300m:	3:13.74	33.25	400m:	4:19.49	32.20
37.				1997					+0,58	4:19.76		545
	50m:	27.50	27.50	150m:	1:32.12	32.66	250m:	2:39.68	33.93	350m:	3:46.85	32.77
	100m:	59.46	31.96	200m:	2:05.75	33.63	300m:	3:14.08	34.40	400m:	4:19.76	32.91
38.				1999					+0,65	4:22.08		531
	50m:	30.50	30.50	150m:	1:37.89	33.76	250m:	2:44.60	33.13	350m:	3:51.41	33.11
	100m:	1:04.13	33.63	200m:	2:11.47	33.58	300m:	3:18.30	33.70	400m:	4:22.08	30.67
39.				1999				-	+0,83	4:22.09		531
	50m:	29.55	29.55	150m:	1:35.70	33.60	250m:	2:43.58	34.01	350m:	3:51.51	33.58
	100m:	1:02.10	32.55	200m:	2:09.57	33.87	300m:	3:17.93	34.35	400m:	4:22.09	30.58
40.				1998					+0,48	4:23.86		520
	50m:	30.06	30.06	150m:	1:35.11	32.92	250m:	2:41.85	33.42	350m:	3:48.05	32.44
	100m:	1:02.19	32.13	200m:	2:08.43	33.32	300m:	3:15.61	33.76	400m:	4:23.86	35.81
41.				1999						4:28.94		491
	50m:	29.47	29.47	150m:	1:34.61	33.11	250m:	2:43.85	34.91	350m:	3:54.15	35.13
	100m:	1:01.50	32.03	200m:	2:08.94	34.33	300m:	3:19.02	35.17	400m:	4:28.94	34.79
42.				1999					+0,57	4:29.69		487
	50m:	29.61	29.61	150m:	1:35.26	33.26	250m:	2:44.85	34.74	350m:	3:54.90	34.63
	100m:	1:02.00	32.39	200m:	2:10.11	34.85	300m:	3:20.27	35.42	400m:	4:29.69	34.79
43.				1997					+0,81	4:33.28		468
	50m:	29.87	29.87	150m:	1:38.11	34.50	250m:	2:48.37	35.29	350m:	3:59.62	35.63
	100m:	1:03.61	33.74	200m:	2:13.08	34.97	300m:	3:23.99	35.62	400m:	4:33.28	33.66
44.				1997				-	+0,80	4:37.37		448
	50m:	31.86	31.86	150m:	1:41.68	34.88	250m:	2:52.66	35.62	350m:	4:03.49	35.07
	100m:	1:06.80	34.94	200m:	2:17.04	35.36	300m:	3:28.42	35.76	400m:	4:37.37	33.88
45.				1997					+0,69	4:40.54		433
	50m:	29.70	29.70	150m:	1:35.56	32.74	250m:	2:46.20	36.27	350m:	4:03.66	39.49
	100m:	1:02.82	33.12	200m:	2:09.93	34.37	300m:	3:24.17	37.97	400m:	4:40.54	36.88
DSQ				1995								