

13 , 400m (14-15)
10.04.2026 - 10:06

4:36.25 (CHN) 09.08.2008
4:43.44 03.04.2021

: AQUA 2026

								R.T.					
1.	/			30.12.2011				+0,80 5:00.96				672	
	50m:	30.67	30.67	150m:	1:45.33	38.53	250m:	3:06.73	42.70	350m:	4:26.26	34.46	
	100m:	1:06.80	36.13	200m:	2:24.03	38.70	300m:	3:51.80	45.07	400m:	5:00.96	34.70	
2.	/			09.03.2012				+0,77 5:02.70				660	
	50m:	29.43	29.43	150m:	1:45.61	40.37	250m:	3:11.18	46.71	350m:	4:30.31	34.16	
	100m:	1:05.24	35.81	200m:	2:24.47	38.86	300m:	3:56.15	44.97	400m:	5:02.70	32.39	
3.	/			01.02.2011				+0,81 5:03.52				655	
	50m:	33.14	33.14	150m:	1:50.51	41.39	250m:	3:12.50	42.70	350m:	4:29.39	34.40	
	100m:	1:09.12	35.98	200m:	2:29.80	39.29	300m:	3:54.99	42.49	400m:	5:03.52	34.13	
4.	/			17.01.2012				+0,86 5:05.46				643	
	50m:	31.85	31.85	150m:	1:49.50	40.97	250m:	3:13.23	43.68	350m:	4:31.95	35.43	
	100m:	1:08.53	36.68	200m:	2:29.55	40.05	300m:	3:56.52	43.29	400m:	5:05.46	33.51	
5.	/			18.04.2012				+0,93 5:08.28				625	
	50m:	34.01	34.01	150m:	1:52.44	38.36	250m:	3:14.12	43.14	350m:	4:34.10	36.70	
	100m:	1:14.08	40.07	200m:	2:30.98	38.54	300m:	3:57.40	43.28	400m:	5:08.28	34.18	
6.	/			24.02.2012				+0,71 5:11.13				608	
	50m:	32.28	32.28	150m:	1:50.67	38.96	250m:	3:13.29	43.82	350m:	4:35.80	36.24	
	100m:	1:11.71	39.43	200m:	2:29.47	38.80	300m:	3:59.56	46.27	400m:	5:11.13	35.33	
7.	/			21.11.2011				+0,73 5:11.24				607	
	50m:	30.14	30.14	150m:	1:46.04	40.56	250m:	3:12.06	46.54	350m:	4:35.31	38.55	
	100m:	1:05.48	35.34	200m:	2:25.52	39.48	300m:	3:56.76	44.70	400m:	5:11.24	35.93	
8.	/			19.05.2011				+0,93 5:11.31				607	
	50m:	31.23	31.23	150m:	1:49.06	40.92	250m:	3:14.54	44.54	350m:	4:36.29	35.66	
	100m:	1:08.14	36.91	200m:	2:30.00	40.94	300m:	4:00.63	46.09	400m:	5:11.31	35.02	
9.	/			06.10.2011				+0,84 5:13.00				597	
	50m:	30.99	30.99	150m:	1:48.47	41.77	250m:	3:14.86	46.00	350m:	4:37.74	37.24	
	100m:	1:06.70	35.71	200m:	2:28.86	40.39	300m:	4:00.50	45.64	400m:	5:13.00	35.26	
10.	/			31.12.2012				+0,70 5:13.20				596	
	50m:	32.93	32.93	150m:	1:54.55	41.50	250m:	3:17.95	44.29	350m:	4:38.81	35.78	
	100m:	1:13.05	40.12	200m:	2:33.66	39.11	300m:	4:03.03	45.08	400m:	5:13.20	34.39	
11.	/			06.11.2011				+0,78 5:14.26				590	
	50m:	31.97	31.97	150m:	1:50.39	41.67	250m:	3:17.14	45.99	350m:	4:39.50	36.14	
	100m:	1:08.72	36.75	200m:	2:31.15	40.76	300m:	4:03.36	46.22	400m:	5:14.26	34.76	
12.	/			29.08.2011				+0,76 5:15.54				583	
	50m:	32.23	32.23	150m:	1:52.49	41.02	250m:	3:16.41	43.54	350m:	4:39.18	37.34	
	100m:	1:11.47	39.24	200m:	2:32.87	40.38	300m:	4:01.84	45.43	400m:	5:15.54	36.36	
13.	/			28.03.2011				+0,73 5:17.51				572	
	50m:	32.51	32.51	150m:	1:51.41	39.43	250m:	3:16.96	46.71	350m:	4:41.09	37.53	
	100m:	1:11.98	39.47	200m:	2:30.25	38.84	300m:	4:03.56	46.60	400m:	5:17.51	36.42	
14.	/			14.04.2012 I				+0,91 5:18.62				566	
	50m:	33.75	33.75	150m:	1:52.74	39.41	250m:	3:19.58	47.67	350m:	4:43.43	35.99	
	100m:	1:13.33	39.58	200m:	2:31.91	39.17	300m:	4:07.44	47.86	400m:	5:18.62	35.19	
15.	/			18.06.2012				+0,82 5:19.33				562	
	50m:	33.85	33.85	150m:	1:55.03	42.22	250m:	3:21.41	45.00	350m:	4:44.60	36.26	
	100m:	1:12.81	38.96	200m:	2:36.41	41.38	300m:	4:08.34	46.93	400m:	5:19.33	34.73	

" ", 50

SWISS TIMING QUANTUM ACUATICS

13, , 400m , (14-15)

							R.T.					
32.			/	18.01.2011	I				+0,70	5:46.72	439	
	50m:	35.55	35.55	150m:	2:00.96	43.88	250m:	3:34.69	49.69	350m:	5:07.41	42.03
	100m:	1:17.08	41.53	200m:	2:45.00	44.04	300m:	4:25.38	50.69	400m:	5:46.72	39.31
33.				26.05.2011					+0,81	5:48.73	432	
	50m:	36.03	36.03	150m:	2:02.93	43.27	250m:	3:33.20	47.80	350m:	5:06.86	42.53
	100m:	1:19.66	43.63	200m:	2:45.40	42.47	300m:	4:24.33	51.13	400m:	5:48.73	41.87
34.				12.01.2011	I				+0,82	5:49.04	430	
	50m:	38.14	38.14	150m:	2:07.90	44.60	250m:	3:40.95	48.04	350m:	5:09.73	40.98
	100m:	1:23.30	45.16	200m:	2:52.91	45.01	300m:	4:28.75	47.80	400m:	5:49.04	39.31
35.				10.11.2011	I				+0,82	5:51.63	421	
	50m:	33.76	33.76	150m:	2:00.35	45.77	250m:	3:34.51	49.51	350m:	5:09.66	44.86
	100m:	1:14.58	40.82	200m:	2:45.00	44.65	300m:	4:24.80	50.29	400m:	5:51.63	41.97
36.				20.08.2012					+0,90	6:01.75	387	
	50m:	39.58	39.58	150m:	2:13.82	43.72	250m:	3:48.28	50.78	350m:	5:21.49	41.19
	100m:	1:30.10	50.52	200m:	2:57.50	43.68	300m:	4:40.30	52.02	400m:	6:01.75	40.26
37.				10.11.2012	I				+0,76	6:09.51	363	
	50m:	37.03	37.03	150m:	2:11.52	44.88	250m:	3:52.18	57.45	350m:	5:29.81	41.03
	100m:	1:26.64	49.61	200m:	2:54.73	43.21	300m:	4:48.78	56.60	400m:	6:09.51	39.70