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29.06.2016 - 11:55

, 400m

				3:43.45							(CHN)	09.08.2008	
				3:49.02							(GRE)	22.08.1991	
: FINA 2016													
				/							R.T.	FINA	
1.				1995							+0,83	3:54.86	822
	50m:	26.89	26.89	150m:	1:26.72	29.90	250m:	2:27.03	29.63	350m:	3:26.97	29.77	
	100m:	56.82	29.93	200m:	1:57.40	30.68	300m:	2:57.20	30.17	400m:	3:54.86	27.89	
2.				1999							+0,74	3:55.23	818
	50m:	26.96	26.96	150m:	1:26.79	30.00	250m:	2:27.78	30.25	350m:	3:27.99	29.89	
	100m:	56.79	29.83	200m:	1:57.53	30.74	300m:	2:58.10	30.32	400m:	3:55.23	27.24	
3.				1998							+0,69	3:56.92	801
	50m:	26.59	26.59	150m:	1:26.55	30.10	250m:	2:27.55	30.09	350m:	3:28.10	29.78	
	100m:	56.45	29.86	200m:	1:57.46	30.91	300m:	2:58.32	30.77	400m:	3:56.92	28.82	
4.				1995							+0,66	4:02.51	747
	50m:	28.67	28.67	150m:	1:29.65	30.64	250m:	2:31.51	31.26	350m:	3:33.00	30.59	
	100m:	59.01	30.34	200m:	2:00.25	30.60	300m:	3:02.41	30.90	400m:	4:02.51	29.51	
5.				1999							+0,74	4:03.80	735
	50m:	26.99	26.99	150m:	1:26.85	30.42	250m:	2:28.99	31.17	350m:	3:33.12	32.36	
	100m:	56.43	29.44	200m:	1:57.82	30.97	300m:	3:00.76	31.77	400m:	4:03.80	30.68	
6.				2001							+0,80	4:10.10	681
	50m:	28.25	28.25	150m:	1:32.65	32.16	250m:	2:37.03	30.93	350m:	3:39.91	31.03	
	100m:	1:00.49	32.24	200m:	2:06.10	33.45	300m:	3:08.88	31.85	400m:	4:10.10	30.19	
7.				1997							+0,43	4:10.42	678
	50m:	29.20	29.20	150m:	1:32.66	31.88	250m:	2:36.35	31.94	350m:	3:39.86	31.61	
	100m:	1:00.78	31.58	200m:	2:04.41	31.75	300m:	3:08.25	31.90	400m:	4:10.42	30.56	
8.				1992							+0,76	4:10.58	677
	50m:	28.54	28.54	150m:	1:32.84	32.53	250m:	2:36.95	31.50	350m:	3:40.38	31.42	
	100m:	1:00.31	31.77	200m:	2:05.45	32.61	300m:	3:08.96	32.01	400m:	4:10.58	30.20	
9.				2000							+0,94	4:11.51	669
	50m:	29.03	29.03	150m:	1:31.18	31.81	250m:	2:36.08	33.05	350m:	3:41.26	33.04	
	100m:	59.37	30.34	200m:	2:03.03	31.85	300m:	3:08.22	32.14	400m:	4:11.51	30.25	
10.				2000							+0,93	4:11.85	667
	50m:	29.55	29.55	150m:	1:32.15	31.02	250m:	2:35.58	31.38	350m:	3:40.35	32.16	
	100m:	1:01.13	31.58	200m:	2:04.20	32.05	300m:	3:08.19	32.61	400m:	4:11.85	31.50	
11.				1999							+0,75	4:12.90	658
	50m:	28.72	28.72	150m:	1:32.14	31.70	250m:	2:36.70	31.90	350m:	3:41.74	32.27	
	100m:	1:00.44	31.72	200m:	2:04.80	32.66	300m:	3:09.47	32.77	400m:	4:12.90	31.16	
12.				1991							+0,92	4:15.27	640
	50m:	29.33	29.33	150m:	1:32.96	31.97	250m:	2:38.07	32.50	350m:	3:43.68	33.23	
	100m:	1:00.99	31.66	200m:	2:05.57	32.61	300m:	3:10.45	32.38	400m:	4:15.27	31.59	
13.				1998							+0,85	4:15.72	637
	50m:	29.31	29.31	150m:	1:32.95	32.17	250m:	2:38.46	32.91	350m:	3:44.36	33.34	
	100m:	1:00.78	31.47	200m:	2:05.55	32.60	300m:	3:11.02	32.56	400m:	4:15.72	31.36	
14.				2001							+0,71	4:15.81	636
	50m:	27.75	27.75	150m:	1:32.63	32.18	250m:	2:37.52	31.94	350m:	3:43.10	32.30	
	100m:	1:00.45	32.70	200m:	2:05.58	32.95	300m:	3:10.80	33.28	400m:	4:15.81	32.71	

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35,		, 400m						R.T.		FINA		
15.				1998				+0,65	4:16.50		631	
	50m:	28.59	28.59	150m:	1:31.83	32.25	250m:	2:37.69	33.55	350m:	3:44.42	33.36
	100m:	59.58	30.99	200m:	2:04.14	32.31	300m:	3:11.06	33.37	400m:	4:16.50	32.08
16.				1995				+0,75	4:17.45		624	
	50m:	30.24	30.24	150m:	1:34.73	32.00	250m:	2:38.25	32.00	350m:	3:45.60	33.97
	100m:	1:02.73	32.49	200m:	2:06.25	31.52	300m:	3:11.63	33.38	400m:	4:17.45	31.85
17.				2000				+0,77	4:17.63		623	
	50m:	28.66	28.66	150m:	1:33.28	31.86	250m:	2:39.03	32.66	350m:	3:45.78	33.01
	100m:	1:01.42	32.76	200m:	2:06.37	33.09	300m:	3:12.77	33.74	400m:	4:17.63	31.85
18.				1996				+0,69	4:17.65		623	
	50m:	28.59	28.59	150m:	1:31.83	32.15	250m:	2:37.52	32.96	350m:	3:44.47	33.56
	100m:	59.68	31.09	200m:	2:04.56	32.73	300m:	3:10.91	33.39	400m:	4:17.65	33.18
19.				2000				+0,76	4:18.42		617	
	50m:	29.51	29.51	150m:	1:33.84	32.06	250m:	2:39.57	32.93	350m:	3:46.14	32.82
	100m:	1:01.78	32.27	200m:	2:06.64	32.80	300m:	3:13.32	33.75	400m:	4:18.42	32.28
20.				1999				+0,76	4:19.10	I	612	
	50m:	27.99	27.99	200m:	2:05.12	1:05.48	400m:	4:19.10	1:06.67			
	100m:	59.64	31.65	300m:	3:12.43	1:07.31						
21.				1998				+0,74	4:19.80	I	607	
	50m:	28.38	28.38	150m:	1:33.46	33.35	250m:	2:42.03	34.52	350m:	3:48.68	32.33
	100m:	1:00.11	31.73	200m:	2:07.51	34.05	300m:	3:16.35	34.32	400m:	4:19.80	31.12
22.				2000				+0,83	4:21.62	I	595	
	50m:	28.62	28.62	150m:	1:33.35	32.48	250m:	2:40.13	33.45	350m:	3:48.28	33.82
	100m:	1:00.87	32.25	200m:	2:06.68	33.33	300m:	3:14.46	34.33	400m:	4:21.62	33.34
23.				1997				+0,77	4:22.30	I	590	
	50m:	27.81	27.81	150m:	1:31.54	32.49	250m:	2:39.32	33.71	350m:	3:48.86	34.75
	100m:	59.05	31.24	200m:	2:05.61	34.07	300m:	3:14.11	34.79	400m:	4:22.30	33.44
24.				2000				+0,78	4:22.59	I	588	
	50m:	29.56	29.56	150m:	1:35.35	33.06	250m:	2:42.24	33.97	350m:	3:50.04	33.92
	100m:	1:02.29	32.73	200m:	2:08.27	32.92	300m:	3:16.12	33.88	400m:	4:22.59	32.55
25.				1997				+0,79	4:23.51	I	582	
	50m:	29.06	29.06	150m:	1:33.70	32.72	250m:	2:41.67	33.94	350m:	3:50.04	34.23
	100m:	1:00.98	31.92	200m:	2:07.73	34.03	300m:	3:15.81	34.14	400m:	4:23.51	33.47
26.				2000	I			+0,66	4:24.15	I	578	
	50m:	28.21	28.21	150m:	1:35.48	33.59	250m:	2:43.77	33.54	350m:	3:51.12	32.66
	100m:	1:01.89	33.68	200m:	2:10.23	34.75	300m:	3:18.46	34.69	400m:	4:24.15	33.03
27.				1999				+0,82	4:24.62	I	575	
	50m:	30.41	30.41	150m:	1:35.67	32.75	250m:	2:43.55	33.97	350m:	3:52.91	34.63
	100m:	1:02.92	32.51	200m:	2:09.58	33.91	300m:	3:18.28	34.73	400m:	4:24.62	31.71
28.				2001	I			+0,82	4:24.69	I	574	
	50m:	30.72	30.72	150m:	1:38.34	34.44	250m:	2:46.28	33.97	350m:	3:53.12	33.39
	100m:	1:03.90	33.18	200m:	2:12.31	33.97	300m:	3:19.73	33.45	400m:	4:24.69	31.57
29.				2001				+0,72	4:27.76	I	555	
	100m:	1:03.04	1:03.04	200m:	2:11.27	34.71	300m:	3:20.51	35.05	400m:	4:27.76	32.85
	150m:	1:36.56	33.52	250m:	2:45.46	34.19	350m:	3:54.91	34.40			
30.				1998				+0,69	4:28.39	I	551	
	50m:	28.57	28.57	150m:	1:33.53	32.10	250m:	2:41.60	33.58	350m:	3:53.06	35.70
	100m:	1:01.43	32.86	200m:	2:08.02	34.49	300m:	3:17.36	35.76	400m:	4:28.39	35.33

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35,		, 400m						R.T.		FINA		
31.				2001	I			+0,73	4:29.65	I	543	
	50m:	30.99	30.99	150m:	1:39.85	33.98	250m:	2:48.58	33.80	350m:	3:57.02	33.45
	100m:	1:05.87	34.88	200m:	2:14.78	34.93	300m:	3:23.57	34.99	400m:	4:29.65	32.63
32.				1999				+0,77	4:30.14	I	540	
	50m:	29.82	29.82	150m:	1:36.66	34.56	250m:	2:47.60	36.20	350m:	3:58.25	35.60
	100m:	1:02.10	32.28	200m:	2:11.40	34.74	300m:	3:22.65	35.05	400m:	4:30.14	31.89
33.				1999				+0,86	4:30.38	I	539	
	50m:	30.02	30.02	150m:	1:36.81	33.57	250m:	2:45.36	33.95	350m:	3:55.51	34.96
	100m:	1:03.24	33.22	200m:	2:11.41	34.60	300m:	3:20.55	35.19	400m:	4:30.38	34.87
34.				2000	I			+0,78	4:30.59	I	537	
	50m:	31.08	31.08	150m:	1:40.63	35.10	250m:	2:50.64	34.61	350m:	3:58.96	33.72
	100m:	1:05.53	34.45	200m:	2:16.03	35.40	300m:	3:25.24	34.60	400m:	4:30.59	31.63
35.				2000				+0,72	4:30.82	I	536	
	50m:	29.50	29.50	150m:	1:35.73	33.92	250m:	2:45.37	35.42	350m:	3:57.61	35.98
	100m:	1:01.81	32.31	200m:	2:09.95	34.22	300m:	3:21.63	36.26	400m:	4:30.82	33.21
36.				2000	I			+0,83	4:31.55	I	532	
	50m:	29.87	29.87	150m:	1:37.57	34.60	250m:	2:48.09	35.16	350m:	3:58.92	35.46
	100m:	1:02.97	33.10	200m:	2:12.93	35.36	300m:	3:23.46	35.37	400m:	4:31.55	32.63
37.				1999	I			+0,79	4:32.07	I	529	
	50m:	29.20	29.20	150m:	1:37.81	34.66	250m:	2:48.97	35.69	350m:	3:58.92	34.09
	100m:	1:03.15	33.95	200m:	2:13.28	35.47	300m:	3:24.83	35.86	400m:	4:32.07	33.15
38.				2000	I			+0,74	4:33.23	I	522	
	50m:	30.62	30.62	150m:	1:39.89	34.94	250m:	2:50.90	35.54	350m:	4:00.74	34.85
	100m:	1:04.95	34.33	200m:	2:15.36	35.47	300m:	3:25.89	34.99	400m:	4:33.23	32.49
39.				2001	I			+0,74	4:33.60	I	520	
	50m:	31.04	31.04	150m:	1:40.82	34.85	250m:	2:51.82	34.86	350m:	4:00.34	33.20
	100m:	1:05.97	34.93	200m:	2:16.96	36.14	300m:	3:27.14	35.32	400m:	4:33.60	33.26
40.				1998				+0,80	4:33.82	I	519	
	50m:	30.75	30.75	150m:	1:37.98	34.12	250m:	2:48.22	35.79	350m:	3:59.83	35.75
	100m:	1:03.86	33.11	200m:	2:12.43	34.45	300m:	3:24.08	35.86	400m:	4:33.82	33.99
41.				2001	I			+0,96	4:34.04	I	517	
	50m:	31.44	31.44	150m:	1:41.10	35.34	250m:	2:51.50	35.66	350m:	4:01.40	34.82
	100m:	1:05.76	34.32	200m:	2:15.84	34.74	300m:	3:26.58	35.08	400m:	4:34.04	32.64
42.				2000				+0,81	4:35.34		510	
	50m:	30.64	30.64	150m:	1:38.73	34.67	250m:	2:49.53	35.64	350m:	4:00.27	35.47
	100m:	1:04.06	33.42	200m:	2:13.89	35.16	300m:	3:24.80	35.27	400m:	4:35.34	35.07
43.				1999				+0,78	4:36.03		506	
	50m:	29.51	29.51	150m:	1:35.66	33.99	250m:	2:48.05	37.08	350m:	4:01.10	36.43
	100m:	1:01.67	32.16	200m:	2:10.97	35.31	300m:	3:24.67	36.62	400m:	4:36.03	34.93
44.				2001	I			+0,94	4:37.27		500	
	50m:	30.19	30.19	150m:	1:39.76	35.11	250m:	2:50.97	35.26	350m:	4:03.14	36.02
	100m:	1:04.65	34.46	200m:	2:15.71	35.95	300m:	3:27.12	36.15	400m:	4:37.27	34.13
45.				2000	I			+0,84	4:40.53		482	
	50m:	30.63	30.63	150m:	1:40.00	34.40	250m:	2:51.89	36.06	350m:	4:04.43	35.66
	100m:	1:05.60	34.97	200m:	2:15.83	35.83	300m:	3:28.77	36.88	400m:	4:40.53	36.10
46.				2001	I			+0,69	4:43.19		469	
	50m:	30.64	30.64	150m:	1:40.60	35.87	250m:	2:55.58	38.10	350m:	4:08.67	36.50
	100m:	1:04.73	34.09	200m:	2:17.48	36.88	300m:	3:32.17	36.59	400m:	4:43.19	34.52

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		35, , 400m						R.T.		FINA		
47.			/	2001	I			+0,81	4:45.51		457	
	50m:	30.08	30.08	150m:	1:39.99	35.19	250m:	2:53.47	36.01	350m:	4:08.40	37.40
	100m:	1:04.80	34.72	200m:	2:17.46	37.47	300m:	3:31.00	37.53	400m:	4:45.51	37.11
48.				2001	I			+0,72	4:51.48		430	
	50m:	31.38	31.38	150m:	1:42.00	36.31	250m:	2:56.61	38.07	350m:	4:14.15	39.43
	100m:	1:05.69	34.31	200m:	2:18.54	36.54	300m:	3:34.72	38.11	400m:	4:51.48	37.33

