

36
29.06.2016 - 12:27 , 400m

								(MEX)				11.07.2008	
				4:06.30								24.06.2015	
				4:08.81				(AZE)					
: FINA 2016													
/													
R.T.													
FINA													
1.				1999				+0,68	4:15.05				816
	50m:	29.45	29.45	150m:	1:33.95	32.16	250m:	2:39.71	32.86	350m:	3:44.20	32.16	
	100m:	1:01.79	32.34	200m:	2:06.85	32.90	300m:	3:12.04	32.33	400m:	4:15.05	30.85	
2.				1989				+0,90	4:19.03				779
	50m:	30.48	30.48	150m:	1:35.05	32.71	250m:	2:40.73	33.05	350m:	3:46.62	33.02	
	100m:	1:02.34	31.86	200m:	2:07.68	32.63	300m:	3:13.60	32.87	400m:	4:19.03	32.41	
3.				1997				+0,79	4:25.83				721
	50m:	29.87	29.87	150m:	1:36.13	32.75	250m:	2:43.08	32.68	350m:	3:50.88	33.49	
	100m:	1:03.38	33.51	200m:	2:10.40	34.27	300m:	3:17.39	34.31	400m:	4:25.83	34.95	
4.				1999				+0,82	4:32.16				671
	50m:	30.57	30.57	150m:	1:39.14	34.25	250m:	2:48.58	34.33	350m:	3:57.80	33.98	
	100m:	1:04.89	34.32	200m:	2:14.25	35.11	300m:	3:23.82	35.24	400m:	4:32.16	34.36	
5.				2000				+0,92	4:33.03				665
	50m:	31.46	31.46	150m:	1:41.45	35.67	250m:	2:51.31	35.24	350m:	4:00.88	35.08	
	100m:	1:05.78	34.32	200m:	2:16.07	34.62	300m:	3:25.80	34.49	400m:	4:33.03	32.15	
6.				2002				+0,86	4:33.13				664
	50m:	31.26	31.26	150m:	1:40.26	34.93	250m:	2:50.91	35.73	350m:	4:01.01	35.02	
	100m:	1:05.33	34.07	200m:	2:15.18	34.92	300m:	3:25.99	35.08	400m:	4:33.13	32.12	
7.				1995				+0,88	4:35.12				650
	50m:	31.77	31.77	150m:	1:41.04	34.73	250m:	2:51.00	34.84	350m:	4:00.69	34.62	
	100m:	1:06.31	34.54	200m:	2:16.16	35.12	300m:	3:26.07	35.07	400m:	4:35.12	34.43	
8.				1998				+0,81	4:35.82				645
	50m:	30.55	30.55	150m:	1:40.67	35.02	250m:	2:51.78	35.10	350m:	4:02.24	34.54	
	100m:	1:05.65	35.10	200m:	2:16.68	36.01	300m:	3:27.70	35.92	400m:	4:35.82	33.58	
9.				1999				+0,71	4:36.61				639
	50m:	30.68	30.68	150m:	1:39.61	34.41	250m:	2:49.75	34.74	350m:	4:00.80	35.20	
	100m:	1:05.20	34.52	200m:	2:15.01	35.40	300m:	3:25.60	35.85	400m:	4:36.61	35.81	
10.				1996				+0,90	4:38.83				624
	50m:	31.43	31.43	150m:	1:40.62	34.47	250m:	2:51.24	35.60	350m:	4:03.72	36.17	
	100m:	1:06.15	34.72	200m:	2:15.64	35.02	300m:	3:27.55	36.31	400m:	4:38.83	35.11	
11.				1999				+0,77	4:40.04				616
	50m:	30.77	30.77	150m:	1:40.51	35.46	250m:	2:52.30	36.08	350m:	4:05.45	36.47	
	100m:	1:05.05	34.28	200m:	2:16.22	35.71	300m:	3:28.98	36.68	400m:	4:40.04	34.59	
12.				1999				+0,77	4:40.41				614
	50m:	31.09	31.09	150m:	1:42.41	35.95	250m:	2:55.38	36.43	350m:	4:07.50	35.08	
	100m:	1:06.46	35.37	200m:	2:18.95	36.54	300m:	3:32.42	37.04	400m:	4:40.41	32.91	
13.				2002				+0,56	4:41.56				606
	50m:	32.19	32.19	150m:	1:42.75	35.66	250m:	2:54.93	36.62	350m:	4:07.08	35.92	
	100m:	1:07.09	34.90	200m:	2:18.31	35.56	300m:	3:31.16	36.23	400m:	4:41.56	34.48	
14.				2001				+0,83	4:42.90				598
	50m:	32.05	32.05	150m:	1:41.66	35.62	250m:	2:54.28	36.99	350m:	4:08.20	37.34	
	100m:	1:06.04	33.99	200m:	2:17.29	35.63	300m:	3:30.86	36.58	400m:	4:42.90	34.70	

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36,		, 400m						R.T.		FINA		
15.			/	1999				+0,73	4:43.84		592	
	50m:	31.50	31.50	150m:	1:41.96	35.86	250m:	2:54.83	37.11	350m:	4:09.22	36.98
	100m:	1:06.10	34.60	200m:	2:17.72	35.76	300m:	3:32.24	37.41	400m:	4:43.84	34.62
16.				2002				+0,89	4:46.95	I	573	
	50m:	31.77	31.77	150m:	1:43.82	36.23	250m:	2:57.97	36.99	350m:	4:12.52	36.36
	100m:	1:07.59	35.82	200m:	2:20.98	37.16	300m:	3:36.16	38.19	400m:	4:46.95	34.43
17.				2002				+0,79	4:47.02	I	572	
	50m:	32.02	32.02	150m:	1:44.00	36.69	250m:	2:58.34	37.19	350m:	4:12.21	36.55
	100m:	1:07.31	35.29	200m:	2:21.15	37.15	300m:	3:35.66	37.32	400m:	4:47.02	34.81
18.				2000				+0,85	4:47.38	I	570	
	50m:	32.14	32.14	150m:	1:43.28	36.41	250m:	2:57.19	37.43	350m:	4:11.61	37.20
	100m:	1:06.87	34.73	200m:	2:19.76	36.48	300m:	3:34.41	37.22	400m:	4:47.38	35.77
19.				2001				+0,70	4:47.86	I	567	
	50m:	32.57	32.57	150m:	1:45.19	37.32	250m:	2:59.39	37.47	350m:	4:13.40	37.17
	100m:	1:07.87	35.30	200m:	2:21.92	36.73	300m:	3:36.23	36.84	400m:	4:47.86	34.46
20.				2000				+0,89	4:48.48	I	564	
	50m:	33.36	33.36	150m:	1:46.53	37.20	250m:	3:00.15	36.90	350m:	4:14.01	36.98
	100m:	1:09.33	35.97	200m:	2:23.25	36.72	300m:	3:37.03	36.88	400m:	4:48.48	34.47
21.				1998				+0,86	4:48.87	I	561	
	50m:	32.98	32.98	150m:	1:45.20	36.36	250m:	2:59.38	36.55	350m:	4:13.62	36.41
	100m:	1:08.84	35.86	200m:	2:22.83	37.63	300m:	3:37.21	37.83	400m:	4:48.87	35.25
22.				2001				+0,77	4:49.11	I	560	
	50m:	31.56	31.56	150m:	1:43.85	36.22	250m:	2:58.11	36.95	350m:	4:12.89	36.94
	100m:	1:07.63	36.07	200m:	2:21.16	37.31	300m:	3:35.95	37.84	400m:	4:49.11	36.22
23.				2001				+0,75	4:50.15	I	554	
	50m:	31.88	31.88	150m:	1:46.00	37.52	250m:	3:01.16	37.20	350m:	4:15.38	36.83
	100m:	1:08.48	36.60	200m:	2:23.96	37.96	300m:	3:38.55	37.39	400m:	4:50.15	34.77
24.				1999				+0,90	4:51.59	I	546	
	50m:	32.74	32.74	150m:	1:45.66	36.22	250m:	3:00.14	36.89	350m:	4:15.45	37.18
	100m:	1:09.44	36.70	200m:	2:23.25	37.59	300m:	3:38.27	38.13	400m:	4:51.59	36.14
25.				1999				+0,83	4:53.64	I	534	
	50m:	32.72	32.72	150m:	1:46.26	37.52	250m:	3:01.18	37.87	350m:	4:17.23	38.10
	100m:	1:08.74	36.02	200m:	2:23.31	37.05	300m:	3:39.13	37.95	400m:	4:53.64	36.41
26.				2003	I			+0,54	4:57.10	I	516	
	50m:	34.55	34.55	150m:	1:50.66	38.71	250m:	3:07.30	38.56	350m:	4:22.93	37.70
	100m:	1:11.95	37.40	200m:	2:28.74	38.08	300m:	3:45.23	37.93	400m:	4:57.10	34.17
27.				2001	I			+1,00	4:57.91	I	512	
	50m:	32.16	32.16	150m:	1:46.27	37.59	250m:	3:02.87	37.82	350m:	4:20.79	38.85
	100m:	1:08.68	36.52	200m:	2:25.05	38.78	300m:	3:41.94	39.07	400m:	4:57.91	37.12
28.				2000	I			+0,87	4:58.12	I	511	
	50m:	34.44	34.44	150m:	1:49.60	38.08	250m:	3:06.38	38.80	350m:	4:22.53	37.70
	100m:	1:11.52	37.08	200m:	2:27.58	37.98	300m:	3:44.83	38.45	400m:	4:58.12	35.59
29.				1999				+0,93	4:58.63	I	508	
	50m:	33.92	33.92	150m:	1:49.89	37.67	250m:	3:06.07	37.67	400m:	4:58.63	1:14.11
	100m:	1:12.22	38.30	200m:	2:28.40	38.51	300m:	3:44.52	38.45			
30.				2002	I			+0,93	5:01.16	I	495	
	50m:	34.40	34.40	150m:	1:49.93	38.47	250m:	3:07.17	39.24	350m:	4:23.84	38.39
	100m:	1:11.46	37.06	200m:	2:27.93	38.00	300m:	3:45.45	38.28	400m:	5:01.16	37.32

. III
 , 26 - 29 2016

36,		, 400m						R.T.		FINA		
31.			/	1999	I			+0,86	5:03.74		483	
	50m:	34.09	34.09	150m:	1:49.95	37.69	250m:	3:06.23	37.97	350m:	4:23.81	38.22
	100m:	1:12.26	38.17	200m:	2:28.26	38.31	300m:	3:45.59	39.36	400m:	5:03.74	39.93
32.				2003				+0,96	5:06.73		469	
	50m:	33.52	33.52	150m:	1:50.15	38.81	250m:	3:08.30	38.88	350m:	4:28.03	39.10
	100m:	1:11.34	37.82	200m:	2:29.42	39.27	300m:	3:48.93	40.63	400m:	5:06.73	38.70
33.				2002	I			+0,86	5:08.28		462	
	50m:	34.02	34.02	150m:	1:51.93	39.13	250m:	3:11.22	39.83	350m:	4:30.37	39.87
	100m:	1:12.80	38.78	200m:	2:31.39	39.46	300m:	3:50.50	39.28	400m:	5:08.28	37.91
34.				2002	I			+0,87	5:10.20		453	
	50m:	34.54	34.54	150m:	1:53.40	40.23	250m:	3:13.63	39.78	350m:	4:33.03	39.48
	100m:	1:13.17	38.63	200m:	2:33.85	40.45	300m:	3:53.55	39.92	400m:	5:10.20	37.17
35.				2001	I			+0,74	5:12.28		444	
	50m:	33.66	33.66	150m:	1:51.48	39.11	250m:	3:11.66	39.85	350m:	4:33.04	40.65
	100m:	1:12.37	38.71	200m:	2:31.81	40.33	300m:	3:52.39	40.73	400m:	5:12.28	39.24
DNS				2002								
DNS				1999								