

36  
28.03.2019 - 11:18

, 400m

				4:06.03						(GBR)		09.08.2008				
				4:08.81						(AZE)		24.06.2015				
: FINA 2019																
													R.T.		FINA	
1.				2003						+0,72		<b>4:32.39</b>		654		
	50m:	30.08	30.08	150m:	1:38.35	34.72	250m:	2:49.70	35.35	350m:	3:59.78	34.83				
	100m:	1:03.63	33.55	200m:	2:14.35	36.00	300m:	3:24.95	35.25	400m:	4:32.39	32.61				
2.				2004						+0,71		<b>4:32.81</b>		651		
	50m:	30.92	30.92	150m:	1:40.40	34.85	250m:	2:51.01	34.83	350m:	4:00.57	34.28				
	100m:	1:05.55	34.63	200m:	2:16.18	35.78	300m:	3:26.29	35.28	400m:	4:32.81	32.24				
3.				2003						+0,85		<b>4:37.60</b>		618		
	50m:	31.42	31.42	150m:	1:41.23	35.34	250m:	2:51.80	35.18	350m:	4:02.68	35.60				
	100m:	1:05.89	34.47	200m:	2:16.62	35.39	300m:	3:27.08	35.28	400m:	4:37.60	34.92				
4.				2004						+0,60		<b>4:40.55</b>		598		
	50m:	31.38	31.38	150m:	1:40.19	34.65	250m:	2:51.11	35.66	350m:	4:03.90	36.61				
	100m:	1:05.54	34.16	200m:	2:15.45	35.26	300m:	3:27.29	36.18	400m:	4:40.55	36.65				
5.				2004						+0,74		<b>4:43.42</b>		580		
	50m:	32.61	32.61	150m:	1:42.94	35.38	250m:	2:54.75	36.12	350m:	4:07.57	36.47				
	100m:	1:07.56	34.95	200m:	2:18.63	35.69	300m:	3:31.10	36.35	400m:	4:43.42	35.85				
6.				2003						+0,95		<b>4:46.04</b>		564		
	50m:	32.17	32.17	150m:	1:43.79	35.80	250m:	2:56.68	36.11	350m:	4:10.24	36.20				
	100m:	1:07.99	35.82	200m:	2:20.57	36.78	300m:	3:34.04	37.36	400m:	4:46.04	35.80				
7.				2004						+0,78		<b>4:46.50</b>		562		
	50m:	32.66	32.66	150m:	1:45.26	36.00	250m:	2:58.23	36.12	350m:	4:12.40	36.54				
	100m:	1:09.26	36.60	200m:	2:22.11	36.85	300m:	3:35.86	37.63	400m:	4:46.50	34.10				
8.				2002						+0,76		<b>4:47.16</b>		558		
	50m:	31.05	31.05	150m:	1:43.15	36.41	250m:	2:57.07	36.47	350m:	4:11.37	36.77				
	100m:	1:06.74	35.69	200m:	2:20.60	37.45	300m:	3:34.60	37.53	400m:	4:47.16	35.79				
9.				2004						+0,68		<b>4:48.51</b>		550		
	50m:	32.55	32.55	150m:	1:44.74	36.73	250m:	2:59.25	37.51	350m:	4:14.23	37.20				
	100m:	1:08.01	35.46	200m:	2:21.74	37.00	300m:	3:37.03	37.78	400m:	4:48.51	34.28				
10.				2001						+0,85		<b>4:48.92</b>		548		
	50m:	32.30	32.30	150m:	1:44.25	36.42	250m:	2:58.14	37.14	350m:	4:12.73	37.22				
	100m:	1:07.83	35.53	200m:	2:21.00	36.75	300m:	3:35.51	37.37	400m:	4:48.92	36.19				
11.				2003						+0,76		<b>4:51.26</b>		535		
	50m:	32.73	32.73	150m:	1:44.92	36.34	250m:	2:59.27	37.03	350m:	4:14.59	37.33				
	100m:	1:08.58	35.85	200m:	2:22.24	37.32	300m:	3:37.26	37.99	400m:	4:51.26	36.67				
12.				2004						+0,95		<b>4:52.37</b>		529		
	50m:	32.66	32.66	150m:	1:45.97	37.29	250m:	3:00.86	37.99	350m:	4:15.59	37.13				
	100m:	1:08.68	36.02	200m:	2:22.87	36.90	300m:	3:38.46	37.60	400m:	4:52.37	36.78				
13.				2002						+0,79		<b>4:52.55</b>		528		
	50m:	32.52	32.52	150m:	1:46.30	36.87	250m:	3:01.99	37.62	350m:	4:16.90	37.11				
	100m:	1:09.43	36.91	200m:	2:24.37	38.07	300m:	3:39.79	37.80	400m:	4:52.55	35.65				
14.				2003						+0,89		<b>4:53.75</b>		521		
	50m:	32.99	32.99	150m:	1:47.35	37.87	250m:	3:03.57	38.44	350m:	4:18.96	37.63				
	100m:	1:09.48	36.49	200m:	2:25.13	37.78	300m:	3:41.33	37.76	400m:	4:53.75	34.79				

36,		, 400m						R.T.		FINA		
15.				2002				+0,68	<b>4:53.81</b>		521	
	50m:	33.10	33.10	150m:	1:47.15	37.43	250m:	3:01.80	37.69	350m:	4:17.25	37.66
	100m:	1:09.72	36.62	200m:	2:24.11	36.96	300m:	3:39.59	37.79	400m:	4:53.81	36.56
16.				2002				+0,79	<b>4:55.68</b>		511	
	50m:	33.22	33.22	150m:	1:47.13	37.50	250m:	3:03.39	38.42	350m:	4:19.49	38.08
	100m:	1:09.63	36.41	200m:	2:24.97	37.84	300m:	3:41.41	38.02	400m:	4:55.68	36.19
17.				2003				+0,86	<b>4:59.12</b>		494	
	50m:	33.92	33.92	150m:	1:48.54	37.99	250m:	3:05.39	38.56	350m:	4:22.26	38.25
	100m:	1:10.55	36.63	200m:	2:26.83	38.29	300m:	3:44.01	38.62	400m:	4:59.12	36.86
18.				2006				+0,90	<b>5:04.31</b>		469	
	50m:	34.49	34.49	150m:	1:51.30	38.92	250m:	3:09.26	39.21	350m:	4:27.67	39.05
	100m:	1:12.38	37.89	200m:	2:30.05	38.75	300m:	3:48.62	39.36	400m:	5:04.31	36.64
19.				2004				+1,07	<b>5:05.83</b>		462	
	50m:	35.59	35.59	150m:	1:53.49	38.97	250m:	3:11.79	38.61	350m:	4:29.10	38.27
	100m:	1:14.52	38.93	200m:	2:33.18	39.69	300m:	3:50.83	39.04	400m:	5:05.83	36.73
20.				2004				+0,80	<b>5:11.28</b>		438	
	50m:	34.88	34.88	150m:	1:53.28	40.21	250m:	3:13.76	40.75	350m:	4:34.42	40.67
	100m:	1:13.07	38.19	200m:	2:33.01	39.73	300m:	3:53.75	39.99	400m:	5:11.28	36.86
21.				2002				+0,79	<b>5:11.74</b>		436	
	50m:	34.83	34.83	150m:	1:52.91	39.20	250m:	3:13.61	40.18	350m:	4:33.65	40.09
	100m:	1:13.71	38.88	200m:	2:33.43	40.52	300m:	3:53.56	39.95	400m:	5:11.74	38.09
22.				2003				+0,95	<b>5:13.78</b>		427	
	50m:	34.55	34.55	150m:	1:54.60	40.32	250m:	3:16.81	41.03	350m:	4:37.80	39.59
	100m:	1:14.28	39.73	200m:	2:35.78	41.18	300m:	3:58.21	41.40	400m:	5:13.78	35.98
23.				2004				+0,88	<b>5:15.15</b>		422	
	50m:	36.47	36.47	150m:	1:54.93	40.14	250m:	3:15.62	40.97	350m:	4:36.65	40.57
	100m:	1:14.79	38.32	200m:	2:34.65	39.72	300m:	3:56.08	40.46	400m:	5:15.15	38.50
24.				2004				+0,89	<b>5:16.68</b>		416	
	50m:	34.28	34.28	150m:	1:53.24	40.30	250m:	3:15.70	41.26	350m:	4:37.80	40.55
	100m:	1:12.94	38.66	200m:	2:34.44	41.20	300m:	3:57.25	41.55	400m:	5:16.68	38.88
25.				2006				+0,84	<b>5:16.96</b>		415	
	50m:	32.52	32.52	150m:	1:50.01	39.59	250m:	3:13.36	41.51	350m:	4:36.47	41.25
	100m:	1:10.42	37.90	200m:	2:31.85	41.84	300m:	3:55.22	41.86	400m:	5:16.96	40.49
26.				2004					<b>5:17.07</b>		414	
	50m:	33.90	33.90	150m:	1:52.26	39.75	250m:	3:14.09	40.78	350m:	4:36.26	40.57
	100m:	1:12.51	38.61	200m:	2:33.31	41.05	300m:	3:55.69	41.60	400m:	5:17.07	40.81