



17
28.04.2024 - 12:01

, 400m

				4:08.05						Kazan /	25.07.2022		
				4:10.02						(HUN)	23.05.2021		
: FINA 2024													
				/						R.T.			
1.				2000							+0,69	4:13.72	873
	50m:	26.42	26.42	150m:	1:29.78	33.15	250m:	2:37.71	35.76	350m:	3:44.29	30.72	
	100m:	56.63	30.21	200m:	2:01.95	32.17	300m:	3:13.57	35.86	400m:	4:13.72	29.43	
2.				2001							+0,74	4:24.64	769
	50m:	27.79	27.79	150m:	1:34.80	35.01	250m:	2:46.22	37.91	350m:	3:55.54	30.88	
	100m:	59.79	32.00	200m:	2:08.31	33.51	300m:	3:24.66	38.44	400m:	4:24.64	29.10	
3.				1996							+0,61	4:24.88	767
	50m:	28.14	28.14	150m:	1:35.48	35.08	250m:	2:46.50	37.41	350m:	3:55.57	31.55	
	100m:	1:00.40	32.26	200m:	2:09.09	33.61	300m:	3:24.02	37.52	400m:	4:24.88	29.31	
4.				2003							+0,52	4:31.60	711
	50m:	28.60	28.60	150m:	1:37.03	35.86	250m:	2:49.42	38.43	350m:	4:00.36	32.95	
	100m:	1:01.17	32.57	200m:	2:10.99	33.96	300m:	3:27.41	37.99	400m:	4:31.60	31.24	
5.				2006							+0,74	4:31.99	708
	50m:	29.55	29.55	150m:	1:39.23	34.94	250m:	2:52.43	38.23	350m:	4:02.45	31.34	
	100m:	1:04.29	34.74	200m:	2:14.20	34.97	300m:	3:31.11	38.68	400m:	4:31.99	29.54	
6.				2008							+0,73	4:34.85	686
	50m:	28.74	28.74	150m:	1:35.17	33.40	250m:	2:49.86	40.62	350m:	4:04.06	32.10	
	100m:	1:01.77	33.03	200m:	2:09.24	34.07	300m:	3:31.96	42.10	400m:	4:34.85	30.79	
7.				2007							+0,74	4:35.08	685
	50m:	29.69	29.69	150m:	1:40.95	36.29	250m:	2:54.47	37.35	350m:	4:04.51	31.57	
	100m:	1:04.66	34.97	200m:	2:17.12	36.17	300m:	3:32.94	38.47	400m:	4:35.08	30.57	
8.				2000							+0,86	4:40.02	649
	50m:	29.18	29.18	150m:	1:40.94	37.14	250m:	2:56.34	39.58	350m:	4:08.49	33.01	
	100m:	1:03.80	34.62	200m:	2:16.76	35.82	300m:	3:35.48	39.14	400m:	4:40.02	31.53	
9.				2006							+0,67	4:42.95	629
	50m:	29.98	29.98	150m:	1:42.53	37.61	250m:	2:59.38	39.73	350m:	4:11.73	33.07	
	100m:	1:04.92	34.94	200m:	2:19.65	37.12	300m:	3:38.66	39.28	400m:	4:42.95	31.22	
10.				2007								4:43.71	624
	50m:	29.27	29.27	150m:	1:40.76	37.42	250m:	2:57.09	40.81	350m:	4:11.88	33.89	
	100m:	1:03.34	34.07	200m:	2:16.28	35.52	300m:	3:37.99	40.90	400m:	4:43.71	31.83	
11.				2006							+0,77	4:43.82	623
	50m:	29.28	29.28	150m:	1:40.90	35.92	250m:	2:57.77	40.48	350m:	4:11.29	32.96	
	100m:	1:04.98	35.70	200m:	2:17.29	36.39	300m:	3:38.33	40.56	400m:	4:43.82	32.53	
12.				2006							+0,68	4:43.97	622
	50m:	30.41	30.41	150m:	1:42.46	36.86	250m:	2:57.89	39.93	350m:	4:13.64	34.19	
	100m:	1:05.60	35.19	200m:	2:17.96	35.50	300m:	3:39.45	41.56	400m:	4:43.97	30.33	
13.				2005							+0,74	4:45.82	610
	50m:	29.28	29.28	150m:	1:38.87	35.50	250m:	2:57.64	42.39	350m:	4:13.84	32.11	
	100m:	1:03.37	34.09	200m:	2:15.25	36.38	300m:	3:41.73	44.09	400m:	4:45.82	31.98	
14.				2007							+0,77	4:46.10	608
	50m:	29.12	29.12	150m:	1:39.36	35.93	250m:	2:58.77	43.56	350m:	4:15.34	33.32	
	100m:	1:03.43	34.31	200m:	2:15.21	35.85	300m:	3:42.02	43.25	400m:	4:46.10	30.76	
15.				2008							+0,56	4:46.59	605
	50m:	28.91	28.91	150m:	1:40.39	36.75	250m:	2:57.19	39.46	350m:	4:13.98	34.23	
	100m:	1:03.64	34.73	200m:	2:17.73	37.34	300m:	3:39.75	42.56	400m:	4:46.59	32.61	

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		17, , 400m								R.T.		
16.				2007						+0,70	4:46.63	605
	50m:	29.23	29.23	150m:	1:40.49	36.91	250m:	2:59.13	40.84	350m:	4:14.15	33.03
	100m:	1:03.58	34.35	200m:	2:18.29	37.80	300m:	3:41.12	41.99	400m:	4:46.63	32.48
17.				2004						+0,68	4:47.37	600
	50m:	28.84	28.84	150m:	1:43.20	39.81	250m:	3:01.76	40.69	350m:	4:16.69	34.08
	100m:	1:03.39	34.55	200m:	2:21.07	37.87	300m:	3:42.61	40.85	400m:	4:47.37	30.68
18.				2007						+0,59	4:47.59	599
	50m:	29.27	29.27	150m:	1:39.65	36.88	250m:	2:58.87	43.11	350m:	4:15.84	33.53
	100m:	1:02.77	33.50	200m:	2:15.76	36.11	300m:	3:42.31	43.44	400m:	4:47.59	31.75
19.				2007						+0,73	4:48.52	593
	50m:	29.46	29.46	150m:	1:41.28	37.08	250m:	2:58.53	40.98	350m:	4:12.92	33.46
	100m:	1:04.20	34.74	200m:	2:17.55	36.27	300m:	3:39.46	40.93	400m:	4:48.52	35.60
20.				2007						+0,65	4:49.44	588
	50m:	29.82	29.82	150m:	1:43.95	38.81	250m:	3:02.43	40.55	350m:	4:17.21	33.20
	100m:	1:05.14	35.32	200m:	2:21.88	37.93	300m:	3:44.01	41.58	400m:	4:49.44	32.23
21.				2007						+0,95	4:49.59	587
	50m:	30.97	30.97	150m:	1:40.67	34.29	250m:	2:58.24	43.92	350m:	4:16.39	33.63
	100m:	1:06.38	35.41	200m:	2:14.32	33.65	300m:	3:42.76	44.52	400m:	4:49.59	33.20
22.				2008						+0,62	4:50.74	580
	50m:	29.26	29.26	150m:	1:40.22	37.20	250m:	2:59.17	42.56	350m:	4:16.74	35.17
	100m:	1:03.02	33.76	200m:	2:16.61	36.39	300m:	3:41.57	42.40	400m:	4:50.74	34.00
23.				2008						+0,85	4:51.60	575
	50m:	29.15	29.15	150m:	1:41.51	38.13	250m:	3:00.59	42.31	350m:	4:18.48	34.72
	100m:	1:03.38	34.23	200m:	2:18.28	36.77	300m:	3:43.76	43.17	400m:	4:51.60	33.12
24.				2008						+0,68	4:51.65	574
	50m:	29.23	29.23	150m:	1:41.94	37.79	250m:	2:59.11	40.49	350m:	4:16.98	35.05
	100m:	1:04.15	34.92	200m:	2:18.62	36.68	300m:	3:41.93	42.82	400m:	4:51.65	34.67
25.				2009						+0,70	4:52.51	569
	50m:	29.79	29.79	150m:	1:41.44	37.13	250m:	3:02.91	45.48	350m:	4:20.11	34.37
	100m:	1:04.31	34.52	200m:	2:17.43	35.99	300m:	3:45.74	42.83	400m:	4:52.51	32.40
26.				2007						+0,75	4:52.59	569
	50m:	30.19	30.19	150m:	1:43.03	37.11	250m:	3:01.83	42.54	350m:	4:18.81	32.31
	100m:	1:05.92	35.73	200m:	2:19.29	36.26	300m:	3:46.50	44.67	400m:	4:52.59	33.78
27.				2006						+0,64	4:53.31	565
	50m:	31.05	31.05	150m:	1:44.69	37.35	250m:	3:02.50	40.98	350m:	4:19.01	34.26
	100m:	1:07.34	36.29	200m:	2:21.52	36.83	300m:	3:44.75	42.25	400m:	4:53.31	34.30
28.				2008						+0,59	4:54.31	559
	50m:	31.13	31.13	150m:	1:45.12	37.51	250m:	3:06.78	43.59	350m:	4:22.11	32.84
	100m:	1:07.61	36.48	200m:	2:23.19	38.07	300m:	3:49.27	42.49	400m:	4:54.31	32.20
29.				2006						+0,72	4:54.32	559
	50m:	30.96	30.96	150m:	1:45.23	38.42	250m:	3:05.75	42.50	350m:	4:22.11	33.65
	100m:	1:06.81	35.85	200m:	2:23.25	38.02	300m:	3:48.46	42.71	400m:	4:54.32	32.21
30.				2008							4:56.09	549
	50m:	31.12	31.12	150m:	1:44.44	38.27	250m:	3:03.78	42.34	350m:	4:22.62	34.71
	100m:	1:06.17	35.05	200m:	2:21.44	37.00	300m:	3:47.91	44.13	400m:	4:56.09	33.47
31.				2008						+0,83	4:56.15	549
	50m:	30.68	30.68	150m:	1:42.33	36.69	250m:	3:02.78	45.49	350m:	4:22.26	33.80
	100m:	1:05.64	34.96	200m:	2:17.29	34.96	300m:	3:48.46	45.68	400m:	4:56.15	33.89



17, , 400m

										R.T.			
32.				2005						+0,84	4:58.80		534
	50m:	30.41	30.41	150m:	1:45.80	38.48	250m:	3:06.69	41.69	350m:	4:24.95	34.97	
	100m:	1:07.32	36.91	200m:	2:25.00	39.20	300m:	3:49.98	43.29	400m:	4:58.80	33.85	
33.				2008						+0,80	4:59.54		530
	50m:	32.45	32.45	150m:	1:49.55	39.14	250m:	3:09.42	42.26	350m:	4:26.50	35.02	
	100m:	1:10.41	37.96	200m:	2:27.16	37.61	300m:	3:51.48	42.06	400m:	4:59.54	33.04	
34.				2008						+0,72	5:00.16		527
	50m:	29.68	29.68	150m:	1:44.54	38.94	250m:	3:04.10	40.65	350m:	4:24.52	38.48	
	100m:	1:05.60	35.92	200m:	2:23.45	38.91	300m:	3:46.04	41.94	400m:	5:00.16	35.64	
35.				2009						+0,76	5:00.54		525
	50m:	30.25	30.25	150m:	1:44.83	39.47	250m:	3:08.58	43.85	350m:	4:27.11	34.60	
	100m:	1:05.36	35.11	200m:	2:24.73	39.90	300m:	3:52.51	43.93	400m:	5:00.54	33.43	
36.				2007						+0,72	5:07.41		490
	50m:	31.05	31.05	150m:	1:47.10	39.44	250m:	3:10.29	43.78	350m:	4:31.16	36.84	
	100m:	1:07.66	36.61	200m:	2:26.51	39.41	300m:	3:54.32	44.03	400m:	5:07.41	36.25	
37.				2010						+0,77	5:07.98		488
	50m:	31.23	31.23	150m:	1:45.71	37.58	250m:	3:10.41	45.90	350m:	4:33.98	34.75	
	100m:	1:08.13	36.90	200m:	2:24.51	38.80	300m:	3:59.23	48.82	400m:	5:07.98	34.00	
38.				2007						+0,72	5:11.68		470
	50m:	31.69	31.69	150m:	1:46.29	38.87	250m:	3:09.33	43.31	350m:	4:33.73	37.82	
	100m:	1:07.42	35.73	200m:	2:26.02	39.73	300m:	3:55.91	46.58	400m:	5:11.68	37.95	
39.				2009						+0,64	5:11.97		469
	50m:	31.52	31.52	150m:	1:50.35	42.44	250m:	3:14.96	45.67	350m:	4:37.01	36.12	
	100m:	1:07.91	36.39	200m:	2:29.29	38.94	300m:	4:00.89	45.93	400m:	5:11.97	34.96	
40.				2007							5:15.49		454
	50m:	31.67	31.67	150m:	1:51.07	42.65	250m:	3:19.75	46.23	350m:	4:41.24	35.28	
	100m:	1:08.42	36.75	200m:	2:33.52	42.45	300m:	4:05.96	46.21	400m:	5:15.49	34.25	

