27 , 400m
22.02.2026 - 12:58

| | | 3:43.45 | | | | | | | (CHN) | | | 09.08.2008 |
| | | 3:46.64 | | | | | | | (ROU) | | | 19.08.2025 |

: AQUA 2025

	,			/					R.T.			
1.				29.05.2005					+0,71	**3:55.57**		815
	50m:	27.43	27.43	150m:	1:27.64	30.35	250m:	2:27.86	30.09	350m:	3:27.49	29.71
	100m:	57.29	29.86	200m:	1:57.77	30.13	300m:	2:57.78	29.92	400m:	3:55.57	28.08
2.				16.10.2003					+0,75	**3:55.61**		814
	50m:	27.01	27.01	150m:	1:26.80	30.25	250m:	2:27.38	30.39	350m:	3:27.50	29.93
	100m:	56.55	29.54	200m:	1:56.99	30.19	300m:	2:57.57	30.19	400m:	3:55.61	28.11
3.				28.02.2009					+0,73	**3:57.03**		800
	50m:	27.41	27.41	150m:	1:27.09	30.27	250m:	2:27.72	30.62	350m:	3:28.13	30.04
	100m:	56.82	29.41	200m:	1:57.10	30.01	300m:	2:58.09	30.37	400m:	3:57.03	28.90
4.				07.10.2005					+0,81	**3:59.27**		778
	50m:	27.41	27.41	150m:	1:27.47	30.17	250m:	2:28.29	30.48	350m:	3:28.83	30.25
	100m:	57.30	29.89	200m:	1:57.81	30.34	300m:	2:58.58	30.29	400m:	3:59.27	30.44
5.				01.05.2008					+0,91	**3:59.38**		776
	50m:	28.10	28.10	150m:	1:29.25	30.22	250m:	2:29.66	29.87	350m:	3:30.08	30.16
	100m:	59.03	30.93	200m:	1:59.79	30.54	300m:	2:59.92	30.26	400m:	3:59.38	29.30
6.				08.04.2007					+0,74	**4:02.21**		750
	50m:	27.52	27.52	150m:	1:28.52	30.81	250m:	2:30.35	31.17	350m:	3:32.52	31.15
	100m:	57.71	30.19	200m:	1:59.18	30.66	300m:	3:01.37	31.02	400m:	4:02.21	29.69
7.				30.03.2007					+0,77	**4:03.38**		739
	50m:	27.70	27.70	150m:	1:30.12	31.31	250m:	2:32.41	30.89	350m:	3:33.60	30.16
	100m:	58.81	31.11	200m:	2:01.52	31.40	300m:	3:03.44	31.03	400m:	4:03.38	29.78
8.				10.05.2000					+0,79	**4:03.99**		733
	50m:	28.16	28.16	150m:	1:30.21	30.96	250m:	2:31.80	30.48	350m:	3:33.45	30.82
	100m:	59.25	31.09	200m:	2:01.32	31.11	300m:	3:02.63	30.83	400m:	4:03.99	30.54
9.				16.05.2008					+0,68	**4:04.57**		728
	50m:	27.89	27.89	150m:	1:28.89	30.42	250m:	2:30.51	30.88	350m:	3:34.14	31.29
	100m:	58.47	30.58	200m:	1:59.63	30.74	300m:	3:02.85	32.34	400m:	4:04.57	30.43
10.				18.04.2007					+0,71	**4:04.80**		726
	50m:	29.07	29.07	150m:	1:30.86	30.51	250m:	2:32.98	30.99	350m:	3:35.28	31.29
	100m:	1:00.35	31.28	200m:	2:01.99	31.13	300m:	3:03.99	31.01	400m:	4:04.80	29.52
11.				02.09.2003					+0,77	**4:05.79**		717
	50m:	28.39	28.39	150m:	1:30.14	30.97	250m:	2:32.74	31.42	350m:	3:35.81	31.44
	100m:	59.17	30.78	200m:	2:01.32	31.18	300m:	3:04.37	31.63	400m:	4:05.79	29.98
12.				18.03.2008					+0,79	**4:06.39**		712
	50m:	28.24	28.24	150m:	1:30.43	31.20	250m:	2:34.03	32.05	350m:	3:36.51	31.24
	100m:	59.23	30.99	200m:	2:01.98	31.55	300m:	3:05.27	31.24	400m:	4:06.39	29.88
13.				27.09.2008					+0,75	**4:06.77**		709
	50m:	29.03	29.03	150m:	1:31.98	31.46	250m:	2:35.15	31.07	350m:	3:37.51	30.94
	100m:	1:00.52	31.49	200m:	2:04.08	32.10	300m:	3:06.57	31.42	400m:	4:06.77	29.26
14.				08.11.2007					+0,74	**4:07.54**		702
	50m:	28.02	28.02	150m:	1:30.49	31.14	250m:	2:33.01	31.16	350m:	3:36.54	31.69
	100m:	59.35	31.33	200m:	2:01.85	31.36	300m:	3:04.85	31.84	400m:	4:07.54	31.00
15.				14.04.2008					+0,77	**4:07.62**		701
	50m:	27.63	27.63	150m:	1:29.74	31.33	250m:	2:33.50	31.94	350m:	3:37.61	31.82
	100m:	58.41	30.78	200m:	2:01.56	31.82	300m:	3:05.79	32.29	400m:	4:07.62	30.01

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16. 22.07.2010 +0,79 **4:08.10** 697

| 50m: | 27.87 | 27.87 | 150m: | 1:30.31 | 31.57 | 250m: | 2:33.72 | 31.76 | 350m: | 3:37.30 | 31.81 |
| 100m: | 58.74 | 30.87 | 200m: | 2:01.96 | 31.65 | 300m: | 3:05.49 | 31.77 | 400m: | 4:08.10 | 30.80 |

17. 09.07.2007 +0,78 **4:08.81** 691

| 50m: | 29.06 | 29.06 | 150m: | 1:31.73 | 31.83 | 250m: | 2:35.06 | 32.00 | 350m: | 3:38.67 | 31.49 |
| 100m: | 59.90 | 30.84 | 200m: | 2:03.06 | 31.33 | 300m: | 3:07.18 | 32.12 | 400m: | 4:08.81 | 30.14 |

18. 17.07.2009 +0,73 **4:08.82** 691

| 50m: | 27.92 | 27.92 | 150m: | 1:30.15 | 31.25 | 250m: | 2:33.70 | 31.81 | 350m: | 3:37.98 | 32.00 |
| 100m: | 58.90 | 30.98 | 200m: | 2:01.89 | 31.74 | 300m: | 3:05.98 | 32.28 | 400m: | 4:08.82 | 30.84 |

19. 04.02.2008 +0,70 **4:09.44** 686

| 50m: | 28.54 | 28.54 | 150m: | 1:31.92 | 31.68 | 250m: | 2:35.61 | 31.39 | 350m: | 3:38.87 | 31.92 |
| 100m: | 1:00.24 | 31.70 | 200m: | 2:04.22 | 32.30 | 300m: | 3:06.95 | 31.34 | 400m: | 4:09.44 | 30.57 |

20. 05.08.2008 +0,73 **4:09.46** 686

| 50m: | 28.77 | 28.77 | 150m: | 1:32.10 | 31.70 | 250m: | 2:35.54 | 31.68 | 350m: | 3:39.59 | 31.91 |
| 100m: | 1:00.40 | 31.63 | 200m: | 2:03.86 | 31.76 | 300m: | 3:07.68 | 32.14 | 400m: | 4:09.46 | 29.87 |

21. 07.03.2006 +0,70 **4:09.90** 682

| 50m: | 28.46 | 28.46 | 150m: | 1:31.35 | 31.80 | 250m: | 2:35.37 | 32.34 | 350m: | 3:39.43 | 32.07 |
| 100m: | 59.55 | 31.09 | 200m: | 2:03.03 | 31.68 | 300m: | 3:07.36 | 31.99 | 400m: | 4:09.90 | 30.47 |

22. 04.07.2009 +0,72 **4:10.01** 682

| 50m: | 27.99 | 27.99 | 150m: | 1:30.68 | 31.47 | 250m: | 2:34.38 | 31.85 | 350m: | 3:39.33 | 32.63 |
| 100m: | 59.21 | 31.22 | 200m: | 2:02.53 | 31.85 | 300m: | 3:06.70 | 32.32 | 400m: | 4:10.01 | 30.68 |

23. 05.04.2006 - +0,71 **4:10.28** 679

| 50m: | 27.44 | 27.44 | 150m: | 1:29.25 | 31.25 | 250m: | 2:32.99 | 32.05 | 350m: | 3:38.11 | 32.54 |
| 100m: | 58.00 | 30.56 | 200m: | 2:00.94 | 31.69 | 300m: | 3:05.57 | 32.58 | 400m: | 4:10.28 | 32.17 |

24. 03.06.2010 +0,80 **4:10.59** 677

| 50m: | 28.30 | 28.30 | 150m: | 1:31.26 | 31.77 | 250m: | 2:34.65 | 31.32 | 350m: | 3:38.99 | 31.87 |
| 100m: | 59.49 | 31.19 | 200m: | 2:03.33 | 32.07 | 300m: | 3:07.12 | 32.47 | 400m: | 4:10.59 | 31.60 |

25. 20.06.2009 +0,73 **4:10.80** 675

| 50m: | 29.21 | 29.21 | 150m: | 1:33.36 | 32.06 | 250m: | 2:38.02 | 32.25 | 350m: | 3:40.77 | 30.23 |
| 100m: | 1:01.30 | 32.09 | 200m: | 2:05.77 | 32.41 | 300m: | 3:10.54 | 32.52 | 400m: | 4:10.80 | 30.03 |

26. 05.02.2007 +0,70 **4:11.64** 668

| 50m: | 28.30 | 28.30 | 150m: | 1:32.57 | 32.42 | 250m: | 2:36.98 | 31.80 | 350m: | 3:41.03 | 31.78 |
| 100m: | 1:00.15 | 31.85 | 200m: | 2:05.18 | 32.61 | 300m: | 3:09.25 | 32.27 | 400m: | 4:11.64 | 30.61 |

27. 13.06.2004 +0,77 **4:11.67** 668

| 50m: | 28.06 | 28.06 | 150m: | 1:30.63 | 31.83 | 250m: | 2:35.61 | 32.65 | 350m: | 3:40.67 | 32.24 |
| 100m: | 58.80 | 30.74 | 200m: | 2:02.96 | 32.33 | 300m: | 3:08.43 | 32.82 | 400m: | 4:11.67 | 31.00 |

28. 25.12.2007 +0,72 **4:12.75** 660

| 50m: | 28.98 | 28.98 | 150m: | 1:32.27 | 31.92 | 250m: | 2:37.07 | 32.44 | 350m: | 3:42.35 | 32.53 |
| 100m: | 1:00.35 | 31.37 | 200m: | 2:04.63 | 32.36 | 300m: | 3:09.82 | 32.75 | 400m: | 4:12.75 | 30.40 |

29. 02.09.2007 +0,77 **4:13.35** 655

| 50m: | 28.16 | 28.16 | 150m: | 1:31.08 | 32.13 | 250m: | 2:36.23 | 32.81 | 350m: | 3:41.80 | 33.06 |
| 100m: | 58.95 | 30.79 | 200m: | 2:03.42 | 32.34 | 300m: | 3:08.74 | 32.51 | 400m: | 4:13.35 | 31.55 |

30. 01.07.2009 +0,83 **4:13.67** 652

| 50m: | 28.92 | 28.92 | 150m: | 1:32.60 | 31.73 | 250m: | 2:37.48 | 32.24 | 350m: | 3:43.08 | 32.72 |
| 100m: | 1:00.87 | 31.95 | 200m: | 2:05.24 | 32.64 | 300m: | 3:10.36 | 32.88 | 400m: | 4:13.67 | 30.59 |

31. 20.03.2007 +0,79 **4:13.87** 651

| 50m: | 28.13 | 28.13 | 150m: | 1:30.35 | 31.67 | 250m: | 2:34.87 | 32.39 | 350m: | 3:41.09 | 33.28 |
| 100m: | 58.68 | 30.55 | 200m: | 2:02.48 | 32.13 | 300m: | 3:07.81 | 32.94 | 400m: | 4:13.87 | 32.78 |

32. 14.03.2005 +0,77 **4:14.21** 648

| 50m: | 29.10 | 29.10 | 150m: | 1:32.34 | 31.82 | 250m: | 2:37.75 | 32.86 | 350m: | 3:43.94 | 33.06 |
| 100m: | 1:00.52 | 31.42 | 200m: | 2:04.89 | 32.55 | 300m: | 3:10.88 | 33.13 | 400m: | 4:14.21 | 30.27 |

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КУБОК по плаванию РОССИИ

ОБНИНСК
СШОР «ОЛИМП», ПРОСПЕКТ ЛЕНИНА, 153

27,   , 400m   ,

									R.T.			
33.			22.02.2008						+0,73	**4:14.31**		648
	50m:	28.22	28.22	150m:	1:32.22	32.47	250m:	2:37.14	32.26	350m:	3:43.69	32.81
	100m:	59.75	31.53	200m:	2:04.88	32.66	300m:	3:10.88	33.74	400m:	4:14.31	30.62
34.			23.06.2010						+0,73	**4:15.00**	I	642
	50m:	29.43	29.43	150m:	1:33.96	32.66	250m:	2:39.35	32.73	350m:	3:45.51	32.87
	100m:	1:01.30	31.87	200m:	2:06.62	32.66	300m:	3:12.64	33.29	400m:	4:15.00	29.49
35.			14.07.2010 I						+0,70	**4:16.92**	I	628
	50m:	29.27	29.27	150m:	1:33.38	32.68	250m:	2:38.53	32.81	350m:	3:44.10	33.05
	100m:	1:00.70	31.43	200m:	2:05.72	32.34	300m:	3:11.05	32.52	400m:	4:16.92	32.82
36.			20.07.2008						+0,81	**4:17.42**	I	624
	50m:	28.99	28.99	150m:	1:34.92	33.11	250m:	2:40.50	32.47	350m:	3:46.29	32.67
	100m:	1:01.81	32.82	200m:	2:08.03	33.11	300m:	3:13.62	33.12	400m:	4:17.42	31.13
37.			22.06.2007						+0,74	**4:17.57**	I	623
	50m:	28.54	28.54	150m:	1:32.90	32.44	250m:	2:39.49	33.30	350m:	3:46.40	33.20
	100m:	1:00.46	31.92	200m:	2:06.19	33.29	300m:	3:13.20	33.71	400m:	4:17.57	31.17
38.			16.08.2009						+0,70	**4:17.58**	I	623
	50m:	29.06	29.06	150m:	1:33.40	32.86	250m:	2:39.99	33.53	350m:	3:46.95	33.62
	100m:	1:00.54	31.48	200m:	2:06.46	33.06	300m:	3:13.33	33.34	400m:	4:17.58	30.63
39.			26.05.2006						+0,79	**4:17.74**	I	622
	50m:	28.19	28.19	150m:	1:32.17	33.05	250m:	2:38.97	34.05	350m:	3:46.72	33.90
	100m:	59.12	30.93	200m:	2:04.92	32.75	300m:	3:12.82	33.85	400m:	4:17.74	31.02
40.			21.03.1999						+0,71	**4:17.79**	I	622
	50m:	29.58	29.58	150m:	1:33.92	35.48	250m:	2:40.35	36.35	350m:	3:47.86	37.64
	100m:	58.44	28.86	200m:	2:04.00	30.08	300m:	3:10.22	29.87	400m:	4:17.79	29.93
41.			11.08.2009 I						+0,68	**4:18.04**	I	620
	50m:	29.81	29.81	150m:	1:34.95	32.32	250m:	2:40.87	33.20	350m:	3:47.83	33.43
	100m:	1:02.63	32.82	200m:	2:07.67	32.72	300m:	3:14.40	33.53	400m:	4:18.04	30.21
42.			07.04.2008						+0,72	**4:19.07**	I	612
	50m:	28.11	28.11	150m:	1:32.69	32.86	250m:	2:39.88	33.62	350m:	3:46.95	33.25
	100m:	59.83	31.72	200m:	2:06.26	33.57	300m:	3:13.70	33.82	400m:	4:19.07	32.12
43.			24.07.2010						+0,81	**4:19.75**	I	608
	50m:	29.00	29.00	150m:	1:33.76	32.85	250m:	2:40.61	33.80	350m:	3:47.77	33.68
	100m:	1:00.91	31.91	200m:	2:06.81	33.05	300m:	3:14.09	33.48	400m:	4:19.75	31.98
44.			27.07.2011						+0,73	**4:19.89**	I	607
	50m:	29.00	29.00	150m:	1:34.73	32.89	250m:	2:41.12	33.23	350m:	3:47.48	32.42
	100m:	1:01.84	32.84	200m:	2:07.89	33.16	300m:	3:15.06	33.94	400m:	4:19.89	32.41
45.			28.10.2011 I						+0,80	**4:21.42**	I	596
	50m:	29.22	29.22	150m:	1:34.91	33.44	250m:	2:42.91	34.01	350m:	3:49.96	33.35
	100m:	1:01.47	32.25	200m:	2:08.90	33.99	300m:	3:16.61	33.70	400m:	4:21.42	31.46
46.			12.06.2010						+0,77	**4:22.07**	I	592
	50m:	29.69	29.69	150m:	1:35.62	32.75	250m:	2:43.01	33.36	350m:	3:50.26	33.38
	100m:	1:02.87	33.18	200m:	2:09.65	34.03	300m:	3:16.88	33.87	400m:	4:22.07	31.81
47.			22.04.2011 I						+0,71	**4:22.51**	I	589
	50m:	29.42	29.42	150m:	1:35.92	33.98	250m:	2:42.91	33.49	350m:	3:50.91	33.50
	100m:	1:01.94	32.52	200m:	2:09.42	33.50	300m:	3:17.41	34.50	400m:	4:22.51	31.60
48.			23.01.2009						+0,75	**4:22.92**	I	586
	50m:	29.96	29.96	150m:	1:36.74	33.79	250m:	2:42.69	32.72	350m:	3:50.35	33.87
	100m:	1:02.95	32.99	200m:	2:09.97	33.23	300m:	3:16.48	33.79	400m:	4:22.92	32.57
49.			21.01.2010						+0,82	**4:23.46**	I	582
	50m:	30.30	30.30	150m:	1:36.18	33.18	250m:	2:43.54	33.52	350m:	3:50.97	33.39
	100m:	1:03.00	32.70	200m:	2:10.02	33.84	300m:	3:17.58	34.04	400m:	4:23.46	32.49

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27, , 400m ,

		/					R.T.		

50. 18.10.2007 +0,73 **4:23.71** I 581
| | 50m: | 29.87 | 29.87 | 150m: | 1:36.61 | 34.06 | 250m: | 2:44.85 | 34.25 | 350m: | 3:52.96 | 33.73 |
| | 100m: | 1:02.55 | 32.68 | 200m: | 2:10.60 | 33.99 | 300m: | 3:19.23 | 34.38 | 400m: | 4:23.71 | 30.75 |

51. 16.06.2008 I +0,80 **4:23.81** I 580
| | 50m: | 29.60 | 29.60 | 150m: | 1:35.12 | 33.23 | 250m: | 2:43.13 | 34.39 | 350m: | 3:51.12 | 33.83 |
| | 100m: | 1:01.89 | 32.29 | 200m: | 2:08.74 | 33.62 | 300m: | 3:17.29 | 34.16 | 400m: | 4:23.81 | 32.69 |

52. 25.06.2010 I +0,69 **4:24.36** I 576
| | 50m: | 27.84 | 27.84 | 150m: | 1:34.91 | 33.89 | 250m: | 2:42.74 | 34.02 | 350m: | 3:51.19 | 33.12 |
| | 100m: | 1:01.02 | 33.18 | 200m: | 2:08.72 | 33.81 | 300m: | 3:18.07 | 35.33 | 400m: | 4:24.36 | 33.17 |

53. 24.11.2008 +0,66 **4:24.81** I 573
| | 50m: | 29.61 | 29.61 | 150m: | 1:35.54 | 33.66 | 250m: | 2:43.44 | 34.38 | 350m: | 3:52.10 | 34.32 |
| | 100m: | 1:01.88 | 32.27 | 200m: | 2:09.06 | 33.52 | 300m: | 3:17.78 | 34.34 | 400m: | 4:24.81 | 32.71 |

54. 31.12.2008 +0,71 **4:25.31** I 570
| | 50m: | 28.67 | 28.67 | 150m: | 1:34.59 | 33.62 | 250m: | 2:43.71 | 34.96 | 350m: | 3:52.64 | 34.59 |
| | 100m: | 1:00.97 | 32.30 | 200m: | 2:08.75 | 34.16 | 300m: | 3:18.05 | 34.34 | 400m: | 4:25.31 | 32.67 |

55. 26.02.2009 +0,82 **4:26.06** I 565
| | 50m: | 29.62 | 29.62 | 150m: | 1:35.24 | 33.31 | 250m: | 2:43.09 | 34.08 | 350m: | 3:52.26 | 34.44 |
| | 100m: | 1:01.93 | 32.31 | 200m: | 2:09.01 | 33.77 | 300m: | 3:17.82 | 34.73 | 400m: | 4:26.06 | 33.80 |

56. 31.08.2010 I +0,70 **4:26.18** I 565
| | 50m: | 29.44 | 29.44 | 150m: | 1:36.36 | 33.65 | 250m: | 2:44.70 | 34.13 | 350m: | 3:53.22 | 34.31 |
| | 100m: | 1:02.71 | 33.27 | 200m: | 2:10.57 | 34.21 | 300m: | 3:18.91 | 34.21 | 400m: | 4:26.18 | 32.96 |

57. 06.08.2007 +0,79 **4:26.44** I 563
| | 50m: | 29.66 | 29.66 | 150m: | 1:36.89 | 33.86 | 250m: | 2:45.56 | 34.34 | 350m: | 3:53.95 | 33.75 |
| | 100m: | 1:03.03 | 33.37 | 200m: | 2:11.22 | 34.33 | 300m: | 3:20.20 | 34.64 | 400m: | 4:26.44 | 32.49 |

58. 24.11.2010 +0,84 **4:27.46** I 557
| | 50m: | 30.42 | 30.42 | 150m: | 1:37.62 | 33.87 | 250m: | 2:46.29 | 34.33 | 350m: | 3:55.17 | 33.95 |
| | 100m: | 1:03.75 | 33.33 | 200m: | 2:11.96 | 34.34 | 300m: | 3:21.22 | 34.93 | 400m: | 4:27.46 | 32.29 |

59. 07.04.2010 I +0,74 **4:27.96** I 553
| | 50m: | 29.25 | 29.25 | 150m: | 1:35.67 | 33.51 | 250m: | 2:44.64 | 34.54 | 350m: | 3:53.69 | 34.19 |
| | 100m: | 1:02.16 | 32.91 | 200m: | 2:10.10 | 34.43 | 300m: | 3:19.50 | 34.86 | 400m: | 4:27.96 | 34.27 |

60. 27.07.2010 I +0,72 **4:28.26** I 552
| | 50m: | 29.39 | 29.39 | 150m: | 1:35.60 | 34.14 | 250m: | 2:44.59 | 34.97 | 350m: | 3:54.40 | 34.98 |
| | 100m: | 1:01.46 | 32.07 | 200m: | 2:09.62 | 34.02 | 300m: | 3:19.42 | 34.83 | 400m: | 4:28.26 | 33.86 |

61. 31.01.2008 +0,73 **4:29.43** I 544
| | 50m: | 29.63 | 29.63 | 150m: | 1:36.78 | 33.69 | 250m: | 2:45.73 | 34.78 | 350m: | 3:55.30 | 34.91 |
| | 100m: | 1:03.09 | 33.46 | 200m: | 2:10.95 | 34.17 | 300m: | 3:20.39 | 34.66 | 400m: | 4:29.43 | 34.13 |

62. 21.12.2010 +0,83 **4:29.68** I 543
| | 50m: | 29.33 | 29.33 | 150m: | 1:36.53 | 34.27 | 250m: | 2:45.85 | 34.96 | 350m: | 3:55.71 | 34.83 |
| | 100m: | 1:02.26 | 32.93 | 200m: | 2:10.89 | 34.36 | 300m: | 3:20.88 | 35.03 | 400m: | 4:29.68 | 33.97 |

63. 18.05.2009 +0,67 **4:29.69** I 543
| | 50m: | 29.83 | 29.83 | 150m: | 1:36.93 | 33.74 | 250m: | 2:46.24 | 34.42 | 350m: | 3:56.18 | 34.61 |
| | 100m: | 1:03.19 | 33.36 | 200m: | 2:11.82 | 34.89 | 300m: | 3:21.57 | 35.33 | 400m: | 4:29.69 | 33.51 |

64. 17.10.2009 I +0,71 **4:30.71** I 537
| | 50m: | 29.15 | 29.15 | 150m: | 1:34.77 | 33.38 | 250m: | 2:44.93 | 35.43 | 350m: | 3:56.35 | 35.78 |
| | 100m: | 1:01.39 | 32.24 | 200m: | 2:09.50 | 34.73 | 300m: | 3:20.57 | 35.64 | 400m: | 4:30.71 | 34.36 |

65. 22.02.2010 I +0,78 **4:33.38** 521
| | 50m: | 30.23 | 30.23 | 150m: | 1:39.06 | 35.31 | 250m: | 2:50.88 | 35.82 | 350m: | 4:00.85 | 34.53 |
| | 100m: | 1:03.75 | 33.52 | 200m: | 2:15.06 | 36.00 | 300m: | 3:26.32 | 35.44 | 400m: | 4:33.38 | 32.53 |

66. 28.07.2009 +0,80 **4:34.13** 517
| | 50m: | 29.01 | 29.01 | 150m: | 1:35.65 | 34.15 | 250m: | 2:46.66 | 35.64 | 350m: | 3:58.79 | 36.06 |
| | 100m: | 1:01.50 | 32.49 | 200m: | 2:11.02 | 35.37 | 300m: | 3:22.73 | 36.07 | 400m: | 4:34.13 | 35.34 |

« »
50

ALGE

27,   , 400m   ,

									R.T.		
67.			07.11.2010 I						+0,70	**4:37.03**	501
	50m:	29.79	29.79	150m:	1:37.69	34.48	250m:	2:48.41	35.71	350m: 4:01.91	36.81
	100m:	1:03.21	33.42	200m:	2:12.70	35.01	300m:	3:25.10	36.69	400m: 4:37.03	35.12
68.			27.12.2008 I						+0,71	**4:37.14**	500
	50m:	30.04	30.04	150m:	1:38.92	35.27	250m:	2:50.91	36.29	350m: 4:03.04	36.13
	100m:	1:03.65	33.61	200m:	2:14.62	35.70	300m:	3:26.91	36.00	400m: 4:37.14	34.10
69.			16.06.2009 I						+0,82	**4:40.85**	481
	50m:	29.54	29.54	150m:	1:37.70	34.91	250m:	2:51.29	37.40	350m: 4:05.88	36.99
	100m:	1:02.79	33.25	200m:	2:13.89	36.19	300m:	3:28.89	37.60	400m: 4:40.85	34.97

DNS   13.12.1999
DNS   31.03.2009

«   »   ALGE
50