

17
19.02.2026 - 9:00

, 400m

		4:08.05				Kazan /				25.07.2022		
		4:10.02				(HUN)				23.05.2021		
: AQUA 2025												
R.T.												
1.			26.02.2006				+0,59	4:24.88			767	
	50m:	27.68	27.68	150m:	1:36.12	35.59	250m:	2:48.52	37.01	350m:	3:56.41	31.14
	100m:	1:00.53	32.85	200m:	2:11.51	35.39	300m:	3:25.27	36.75	400m:	4:24.88	28.47
2.			01.07.2009			-	+0,56	4:27.77			742	
	50m:	28.33	28.33	150m:	1:37.53	35.62	250m:	2:49.45	37.00	350m:	3:58.42	31.42
	100m:	1:01.91	33.58	200m:	2:12.45	34.92	300m:	3:27.00	37.55	400m:	4:27.77	29.35
3.			15.01.2009				+0,25	4:28.25			738	
	50m:	27.97	27.97	150m:	1:36.58	35.16	250m:	2:49.07	38.24	350m:	3:58.36	30.39
	100m:	1:01.42	33.45	200m:	2:10.83	34.25	300m:	3:27.97	38.90	400m:	4:28.25	29.89
4.			04.10.2008				+0,58	4:28.36			737	
	50m:	28.57	28.57	150m:	1:35.41	33.95	250m:	2:47.30	38.83	350m:	3:58.64	31.47
	100m:	1:01.46	32.89	200m:	2:08.47	33.06	300m:	3:27.17	39.87	400m:	4:28.36	29.72
5.			27.10.2008				+0,51	4:33.80			694	
	50m:	28.51	28.51	150m:	1:37.88	35.81	250m:	2:51.56	38.27	350m:	4:02.29	32.16
	100m:	1:02.07	33.56	200m:	2:13.29	35.41	300m:	3:30.13	38.57	400m:	4:33.80	31.51
6.			17.09.1999				+0,25	4:36.83			672	
	50m:	28.04	28.04	150m:	2:50.05	1:49.10	300m:	3:29.60	1:18.13			
	100m:	1:00.95	32.91	200m:	2:11.47		400m:	4:36.83	1:07.23			
7.			21.11.2005				+0,24	4:46.23			608	
	50m:	29.18	29.18	150m:	2:55.64	1:53.03	250m:	4:12.11	1:55.12	400m:	4:46.23	1:09.29
	100m:	1:02.61	33.43	200m:	2:16.99		300m:	3:36.94				
8.			18.05.2006			()	+0,43	4:47.79			598	
	50m:	29.20	29.20	150m:	1:40.96	37.15	250m:	2:57.74	40.60	350m:	4:13.50	33.40
	100m:	1:03.81	34.61	200m:	2:17.14	36.18	300m:	3:40.10	42.36	400m:	4:47.79	34.29
9.			18.03.2010				+0,69	4:47.91			597	
	50m:	29.64	29.64	150m:	1:42.31	38.44	250m:	2:59.63	39.95	350m:	4:14.94	33.78
	100m:	1:03.87	34.23	200m:	2:19.68	37.37	300m:	3:41.16	41.53	400m:	4:47.91	32.97
10.			27.09.2011				+0,57	4:48.58			593	
	50m:	29.67	29.67	150m:	1:40.51	36.55	250m:	2:59.28	42.55	350m:	4:16.13	32.72
	100m:	1:03.96	34.29	200m:	2:16.73	36.22	300m:	3:43.41	44.13	400m:	4:48.58	32.45
11.			24.10.2008				+0,68	4:48.97			590	
	50m:	29.62	29.62	150m:	1:43.35	36.54	250m:	2:59.16	41.76	350m:	4:16.80	33.93
	100m:	1:06.81	37.19	200m:	2:17.40	34.05	300m:	3:42.87	43.71	400m:	4:48.97	32.17
12.			07.07.2006				+0,57	4:50.85			579	
	50m:	29.74	29.74	150m:	1:44.06	38.27	250m:	3:03.15	41.42	350m:	4:18.00	33.52
	100m:	1:05.79	36.05	200m:	2:21.73	37.67	300m:	3:44.48	41.33	400m:	4:50.85	32.85
13.			17.05.2006				+0,28	4:50.92			579	
	50m:	29.77	29.77	150m:	1:41.03	36.15	250m:	2:58.84	40.92	350m:	4:16.74	34.78
	100m:	1:04.88	35.11	200m:	2:17.92	36.89	300m:	3:41.96	43.12	400m:	4:50.92	34.18
14.			06.06.2010			-	+0,59	4:52.63			569	
	50m:	29.23	29.23	150m:	1:43.56	38.49	250m:	3:02.78	41.51	350m:	4:19.78	34.83
	100m:	1:05.07	35.84	200m:	2:21.27	37.71	300m:	3:44.95	42.17	400m:	4:52.63	32.85
15.			02.05.2007				+0,27	4:54.74			556	
	50m:	29.91	29.91	150m:	1:43.76	39.22	250m:	3:05.01	42.90	350m:	4:21.63	33.19
	100m:	1:04.54	34.63	200m:	2:22.11	38.35	300m:	3:48.44	43.43	400m:	4:54.74	33.11

		17, , 400m						R.T.				
16.		07.08.2010						+0,61	4:56.05		549	
	50m:	29.76	29.76	150m:	1:42.45	37.37	250m:	3:02.63	42.65	350m:	4:21.42	34.72
	100m:	1:05.08	35.32	200m:	2:19.98	37.53	300m:	3:46.70	44.07	400m:	4:56.05	34.63
17.		30.04.2009						+0,67	4:57.66		540	
	50m:	31.11	31.11	150m:	1:41.17	35.67	250m:	3:01.91	44.29	350m:	4:23.12	34.70
	100m:	1:05.50	34.39	200m:	2:17.62	36.45	300m:	3:48.42	46.51	400m:	4:57.66	34.54
18.		28.05.2003						+0,64	4:57.71		540	
	50m:	29.84	29.84	150m:	1:43.26	38.23	250m:	3:04.44	43.53	350m:	4:23.76	34.51
	100m:	1:05.03	35.19	200m:	2:20.91	37.65	300m:	3:49.25	44.81	400m:	4:57.71	33.95
19.		24.11.2010						+0,58	4:58.42		536	
	50m:	30.10	30.10	150m:	1:42.98	36.89	250m:	3:04.54	45.03	350m:	4:25.96	35.24
	100m:	1:06.09	35.99	200m:	2:19.51	36.53	300m:	3:50.72	46.18	400m:	4:58.42	32.46
20.		04.04.2011						+0,58	4:58.76		534	
	50m:	30.81	30.81	150m:	1:45.73	37.27	250m:	3:07.81	45.58	350m:	4:26.90	34.98
	100m:	1:08.46	37.65	200m:	2:22.23	36.50	300m:	3:51.92	44.11	400m:	4:58.76	31.86
21.		30.01.2012						+0,30	5:02.60		514	
	50m:	32.71	32.71	150m:	1:47.96	38.02	250m:	3:09.81	44.20	350m:	4:29.39	34.51
	100m:	1:09.94	37.23	200m:	2:25.61	37.65	300m:	3:54.88	45.07	400m:	5:02.60	33.21
22.		01.04.2010						+0,66	5:03.93		507	
	50m:	31.43	31.43	150m:	1:47.51	38.12	250m:	3:07.65	42.85	350m:	4:28.87	37.06
	100m:	1:09.39	37.96	200m:	2:24.80	37.29	300m:	3:51.81	44.16	400m:	5:03.93	35.06
23.		25.06.2011						+0,28	5:04.87		503	
	50m:	31.42	31.42	150m:	1:46.49	39.05	250m:	3:10.89	46.09	350m:	4:31.63	34.98
	100m:	1:07.44	36.02	200m:	2:24.80	38.31	300m:	3:56.65	45.76	400m:	5:04.87	33.24
24.		24.07.2010							5:04.88		503	
	50m:	31.18	31.18	150m:	1:50.36	41.91	250m:	3:14.23	43.76	350m:	4:32.24	33.18
	100m:	1:08.45	37.27	200m:	2:30.47	40.11	300m:	3:59.06	44.83	400m:	5:04.88	32.64
25.		27.07.2010						+0,59	5:06.55		495	
	50m:	30.22	30.22	150m:	1:46.81	40.41	250m:	3:11.15	45.51	350m:	4:32.48	34.52
	100m:	1:06.40	36.18	200m:	2:25.64	38.83	300m:	3:57.96	46.81	400m:	5:06.55	34.07
26.		07.04.2010						+0,26	5:08.61		485	
	50m:	31.78	31.78	150m:	1:49.84	41.56	250m:	3:14.69	44.31	350m:	4:34.32	34.65
	100m:	1:08.28	36.50	200m:	2:30.38	40.54	300m:	3:59.67	44.98	400m:	5:08.61	34.29
DSQ		09.02.2006										
DNS		22.09.2008										