

III

, 07 - 09

2019

19
08.08.2019 - 11:33

, 400

(15-16)

4:13.14

26.04.2009

4:14.65

(POL)

14.07.2013

: FINA 2019

				/				R.T.				FINA	
1.				2003	-			+0,66 4:32.97					
	50m:	28.27	28.27	150m:	1:37.48	35.72	250m:	2:51.20	38.91	350m:	4:01.83	32.02	
	100m:	1:01.76	33.49	200m:	2:12.29	34.81	300m:	3:29.81	38.61	400m:	4:32.97	31.14	
2.				2003				+0,73 4:33.51					
	50m:	29.95	29.95	150m:	1:40.20	36.47	250m:	2:55.24	40.15	350m:	4:04.97	30.02	
	100m:	1:03.73	33.78	200m:	2:15.09	34.89	300m:	3:34.95	39.71	400m:	4:33.51	28.54	
3.				2003	-			+0,72 4:35.16					
	50m:	28.67	28.67	150m:	1:38.58	36.01	250m:	2:53.19	39.07	350m:	4:04.10	31.77	
	100m:	1:02.57	33.90	200m:	2:14.12	35.54	300m:	3:32.33	39.14	400m:	4:35.16	31.06	
4.				2003				+0,78 4:35.49					
	50m:	28.32	28.32	150m:	1:38.30	36.80	250m:	2:53.51	38.80	350m:	4:04.82	32.40	
	100m:	1:01.50	33.18	200m:	2:14.71	36.41	300m:	3:32.42	38.91	400m:	4:35.49	30.67	
5.				2003				+0,73 4:38.60					
	50m:	29.25	29.25	150m:	1:41.86	38.46	250m:	2:55.60	38.05	350m:	4:07.30	32.36	
	100m:	1:03.40	34.15	200m:	2:17.55	35.69	300m:	3:34.94	39.34	400m:	4:38.60	31.30	
6.				2003	-			+0,72 4:39.22					
	50m:	32.08	32.08	150m:	1:43.02	34.98	250m:	2:55.37	38.22	350m:	4:06.67	32.70	
	100m:	1:08.04	35.96	200m:	2:17.15	34.13	300m:	3:33.97	38.60	400m:	4:39.22	32.55	
7.				2003				+0,66 4:39.87					
	50m:	27.57	27.57	150m:	1:38.85	38.02	250m:	2:55.39	39.77	350m:	4:08.89	33.12	
	100m:	1:00.83	33.26	200m:	2:15.62	36.77	300m:	3:35.77	40.38	400m:	4:39.87	30.98	
8.				2004				+0,90 4:40.52					
	50m:	29.03	29.03	150m:	1:39.11	36.58	250m:	2:54.77	41.08	350m:	4:08.42	33.03	
	100m:	1:02.53	33.50	200m:	2:13.69	34.58	300m:	3:35.39	40.62	400m:	4:40.52	32.10	
9.				2003				+0,76 4:41.36					
	50m:	29.33	29.33	150m:	1:39.96	36.32	250m:	2:56.14	40.64	350m:	4:09.38	32.75	
	100m:	1:03.64	34.31	200m:	2:15.50	35.54	300m:	3:36.63	40.49	400m:	4:41.36	31.98	
10.				2004				+0,80 4:42.53					
	50m:	27.43	27.43	150m:	1:37.13	35.49	250m:	2:54.33	41.33	350m:	4:09.45	33.08	
	100m:	1:01.64	34.21	200m:	2:13.00	35.87	300m:	3:36.37	42.04	400m:	4:42.53	33.08	
11.				2004				+0,74 4:42.94					
	50m:	31.84	31.84	150m:	1:42.17	36.44	250m:	2:57.87	38.99	350m:	4:10.66	33.60	
	100m:	1:05.73	33.89	200m:	2:18.88	36.71	300m:	3:37.06	39.19	400m:	4:42.94	32.28	
12.				2004	-			+0,74 4:43.07					
	50m:	29.04	29.04	150m:	1:39.84	36.40	250m:	2:56.21	41.28	350m:	4:11.48	33.49	
	100m:	1:03.44	34.40	200m:	2:14.93	35.09	300m:	3:37.99	41.78	400m:	4:43.07	31.59	
13.				2003				+0,80 4:44.44					
	50m:	29.58	29.58	150m:	1:40.36	37.86	250m:	2:56.71	40.03	350m:	4:11.92	34.78	
	100m:	1:02.50	32.92	200m:	2:16.68	36.32	300m:	3:37.14	40.43	400m:	4:44.44	32.52	
14.				2004				+0,72 4:44.49					
	50m:	28.07	28.07	150m:	1:38.94	38.32	250m:	2:56.09	40.65	350m:	4:11.88	34.02	
	100m:	1:00.62	32.55	200m:	2:15.44	36.50	300m:	3:37.86	41.77	400m:	4:44.49	32.61	
15.				2003				+0,88 4:45.36					
	50m:	29.58	29.58	150m:	1:42.67	37.58	250m:	3:00.00	40.77	350m:	4:14.04	32.67	
	100m:	1:05.09	35.51	200m:	2:19.23	36.56	300m:	3:41.37	41.37	400m:	4:45.36	31.32	
16.				2004				+0,66 4:45.81					
	50m:	30.00	30.00	150m:	1:42.30	36.86	250m:	3:00.01	41.06	350m:	4:13.73	32.57	
	100m:	1:05.44	35.44	200m:	2:18.95	36.65	300m:	3:41.16	41.15	400m:	4:45.81	32.08	

III

, 07 - 09

2019

19,		, 400						(15-16)			
				/				R.T.		FINA	
17.				2003				+0,80	4:47.73		
	50m:	30.14	30.14	150m:	1:42.69	38.13	250m:	2:59.14	39.45	350m:	4:14.60 34.69
	100m:	1:04.56	34.42	200m:	2:19.69	37.00	300m:	3:39.91	40.77	400m:	4:47.73 33.13
18.				2003		-		+0,77	4:48.26		
	50m:	29.48	29.48	150m:	1:43.25	39.96	250m:	3:02.15	40.16	350m:	4:15.51 33.71
	100m:	1:03.29	33.81	200m:	2:21.99	38.74	300m:	3:41.80	39.65	400m:	4:48.26 32.75
19.				2003		-		+0,93	4:48.58		
	50m:	29.93	29.93	150m:	1:42.77	37.51	250m:	3:01.21	41.51	350m:	4:16.64 33.56
	100m:	1:05.26	35.33	200m:	2:19.70	36.93	300m:	3:43.08	41.87	400m:	4:48.58 31.94
20.				2003				+0,72	4:49.10		
	50m:	29.73	29.73	150m:	1:41.90	37.18	250m:	2:59.40	40.80	350m:	4:15.12 34.29
	100m:	1:04.72	34.99	200m:	2:18.60	36.70	300m:	3:40.83	41.43	400m:	4:49.10 33.98
21.				2004				+0,77	4:51.51		
	50m:	30.20	30.20	150m:	1:42.44	38.11	250m:	3:03.68	45.04	350m:	4:19.42 33.91
	100m:	1:04.33	34.13	200m:	2:18.64	36.20	300m:	3:45.51	41.83	400m:	4:51.51 32.09
22.				2003				+0,80	4:51.62		
	50m:	29.91	29.91	150m:	1:44.42	39.35	250m:	3:05.04	42.30	350m:	4:20.61 32.69
	100m:	1:05.07	35.16	200m:	2:22.74	38.32	300m:	3:47.92	42.88	400m:	4:51.62 31.01
23.				2004				+0,93	4:52.00		
	50m:	28.52	28.52	150m:	1:41.75	38.76	250m:	2:59.81	40.02	350m:	4:16.98 35.67
	100m:	1:02.99	34.47	200m:	2:19.79	38.04	300m:	3:41.31	41.50	400m:	4:52.00 35.02
24.				2004				+0,89	4:52.52 I		
	50m:	28.65	28.65	150m:	1:40.18	37.84	250m:	3:00.14	42.04	350m:	4:19.14 33.74
	100m:	1:02.34	33.69	200m:	2:18.10	37.92	300m:	3:45.40	45.26	400m:	4:52.52 33.38
25.				2004				+0,67	4:52.78 I		
	50m:	30.60	30.60	150m:	1:44.28	37.87	250m:	3:02.71	40.21	350m:	4:19.32 34.81
	100m:	1:06.41	35.81	200m:	2:22.50	38.22	300m:	3:44.51	41.80	400m:	4:52.78 33.46
26.				2003				+0,75	4:57.87 I		
	50m:	30.42	30.42	150m:	1:43.01	37.19	250m:	3:02.66	43.12	350m:	4:23.20 35.97
	100m:	1:05.82	35.40	200m:	2:19.54	36.53	300m:	3:47.23	44.57	400m:	4:57.87 34.67
27.				2003 I				+0,86	5:09.86 I		
	50m:	31.08	31.08	150m:	1:47.17	40.19	250m:	3:12.08	46.66	350m:	4:35.12 37.03
	100m:	1:06.98	35.90	200m:	2:25.42	38.25	300m:	3:58.09	46.01	400m:	5:09.86 34.74