

III

, 07 - 09 2019

34 , 400m (15-16)
09.08.2019 - 11:48

3:43.45 (CHN) 09.08.2008
3:48.28 03.07.2019

: FINA 2019

				/				R.T.				FINA	
1.				2003	-			+0,77		4:02.17	750		
	50m:	29.02	29.02	150m:	1:31.43	31.09	250m:	2:33.10	30.16	350m:	3:33.12	29.28	
	100m:	1:00.34	31.32	200m:	2:02.94	31.51	300m:	3:03.84	30.74	400m:	4:02.17	29.05	
2.				2003				+0,80		4:04.07	733		
	50m:	28.16	28.16	150m:	1:30.64	31.04	250m:	2:33.02	30.78	350m:	3:34.94	31.03	
	100m:	59.60	31.44	200m:	2:02.24	31.60	300m:	3:03.91	30.89	400m:	4:04.07	29.13	
3.				2003				+0,73		4:04.30	730		
	50m:	29.01	29.01	150m:	1:32.03	31.59	250m:	2:34.86	31.19	350m:	3:35.48	29.93	
	100m:	1:00.44	31.43	200m:	2:03.67	31.64	300m:	3:05.55	30.69	400m:	4:04.30	28.82	
4.				2003	-			+0,79		4:05.07	724		
	50m:	28.40	28.40	150m:	1:30.83	31.35	250m:	2:33.60	31.28	350m:	3:35.76	31.09	
	100m:	59.48	31.08	200m:	2:02.32	31.49	300m:	3:04.67	31.07	400m:	4:05.07	29.31	
5.				2004				+0,72		4:05.33	721		
	50m:	29.09	29.09	150m:	1:31.99	31.03	250m:	2:34.57	30.98	350m:	3:35.46	30.22	
	100m:	1:00.96	31.87	200m:	2:03.59	31.60	300m:	3:05.24	30.67	400m:	4:05.33	29.87	
6.				2003				+0,80		4:08.75	692		
	50m:	28.71	28.71	150m:	1:31.31	31.46	250m:	2:34.34	31.43	350m:	3:37.69	31.49	
	100m:	59.85	31.14	200m:	2:02.91	31.60	300m:	3:06.20	31.86	400m:	4:08.75	31.06	
7.				2003				+0,79		4:09.36	687		
	50m:	28.95	28.95	150m:	1:30.45	30.79	250m:	2:33.70	31.94	350m:	3:38.10	32.40	
	100m:	59.66	30.71	200m:	2:01.76	31.31	300m:	3:05.70	32.00	400m:	4:09.36	31.26	
8.				2003				+0,79		4:10.24	680		
	50m:	28.82	28.82	150m:	1:31.75	31.79	250m:	2:35.53	31.89	350m:	3:38.35	30.96	
	100m:	59.96	31.14	200m:	2:03.64	31.89	300m:	3:07.39	31.86	400m:	4:10.24	31.89	
9.				2003				+0,80		4:10.56	677		
	50m:	28.41	28.41	150m:	1:30.88	31.68	250m:	2:35.17	32.21	350m:	3:39.26	31.80	
	100m:	59.20	30.79	200m:	2:02.96	32.08	300m:	3:07.46	32.29	400m:	4:10.56	31.30	
10.				2004				+0,79		4:11.24	672		
	50m:	28.44	28.44	150m:	1:32.00	32.06	250m:	2:36.01	31.76	350m:	3:40.32	31.99	
	100m:	59.94	31.50	200m:	2:04.25	32.25	300m:	3:08.33	32.32	400m:	4:11.24	30.92	
11.				2003	-			+0,84		4:11.32	671		
	50m:	28.51	28.51	150m:	1:32.14	31.75	250m:	2:36.16	32.17	350m:	3:40.69	32.27	
	100m:	1:00.39	31.88	200m:	2:03.99	31.85	300m:	3:08.42	32.26	400m:	4:11.32	30.63	
12.				2004				+0,88		4:11.87	667		
	50m:	27.78	27.78	150m:	1:30.10	31.50	250m:	2:34.68	32.74	350m:	3:40.11	32.75	
	100m:	58.60	30.82	200m:	2:01.94	31.84	300m:	3:07.36	32.68	400m:	4:11.87	31.76	
13.				2003				+0,95		4:12.78	659		
	50m:	28.99	28.99	150m:	1:32.21	32.15	250m:	2:36.94	32.55	350m:	3:42.22	32.74	
	100m:	1:00.06	31.07	200m:	2:04.39	32.18	300m:	3:09.48	32.54	400m:	4:12.78	30.56	
14.				2003				+0,72		4:12.90	658		
	50m:	29.26	29.26	150m:	1:31.96	31.60	250m:	2:36.40	32.68	350m:	3:41.73	32.88	
	100m:	1:00.36	31.10	200m:	2:03.72	31.76	300m:	3:08.85	32.45	400m:	4:12.90	31.17	
15.				2004				+0,75		4:13.51	654		
	50m:	29.02	29.02	150m:	1:32.56	31.91	250m:	2:37.60	32.33	350m:	3:42.43	32.02	
	100m:	1:00.65	31.63	200m:	2:05.27	32.71	300m:	3:10.41	32.81	400m:	4:13.51	31.08	
16.				2004				+0,81		4:13.62	653		
	50m:	29.13	29.13	150m:	1:31.89	31.66	250m:	2:36.81	32.60	350m:	3:42.13	32.58	
	100m:	1:00.23	31.10	200m:	2:04.21	32.32	300m:	3:09.55	32.74	400m:	4:13.62	31.49	

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34, , 400m , (15-16)													
								R.T.				FINA	
17.				2004					+0,77	4:13.75			652
	50m: 28.71	28.71	150m: 1:32.91	32.53	250m: 2:37.34	32.40	350m: 3:42.48	32.44					
	100m: 1:00.38	31.67	200m: 2:04.94	32.03	300m: 3:10.04	32.70	400m: 4:13.75	31.27					
18.			2003						+0,79	4:14.05			650
	50m: 30.05	30.05	150m: 1:33.38	31.67	250m: 2:38.70	32.57	350m: 3:43.05	31.59					
	100m: 1:01.71	31.66	200m: 2:06.13	32.75	300m: 3:11.46	32.76	400m: 4:14.05	31.00					
19.			2003						+0,82	4:15.46			639
	50m: 29.27	29.27	150m: 1:33.25	32.50	250m: 2:38.26	32.57	350m: 3:44.33	32.98					
	100m: 1:00.75	31.48	200m: 2:05.69	32.44	300m: 3:11.35	33.09	400m: 4:15.46	31.13					
20.			2003						+0,78	4:15.48			639
	50m: 28.94	28.94	150m: 1:32.29	31.89	250m: 2:37.78	32.95	350m: 3:44.35	33.19					
	100m: 1:00.40	31.46	200m: 2:04.83	32.54	300m: 3:11.16	33.38	400m: 4:15.48	31.13					
21.			2004						+0,76	4:15.72			637
	50m: 29.02	29.02	150m: 1:32.10	31.89	250m: 2:36.42	32.28	350m: 3:42.64	33.28					
	100m: 1:00.21	31.19	200m: 2:04.14	32.04	300m: 3:09.36	32.94	400m: 4:15.72	33.08					
22.			2003						+0,81	4:16.05			634
	50m: 28.86	28.86	150m: 1:31.18	31.92	250m: 2:35.83	32.75	350m: 3:42.92	33.64					
	100m: 59.26	30.40	200m: 2:03.08	31.90	300m: 3:09.28	33.45	400m: 4:16.05	33.13					
23.			2004						+0,77	4:16.46			631
	50m: 28.77	28.77	150m: 1:33.63	33.06	250m: 2:40.16	33.50	350m: 3:45.77	32.05					
	100m: 1:00.57	31.80	200m: 2:06.66	33.03	300m: 3:13.72	33.56	400m: 4:16.46	30.69					
24.			2004						+0,83	4:17.15			626
	50m: 28.96	28.96	150m: 1:32.68	32.24	250m: 2:37.83	32.48	350m: 3:45.14	34.12					
	100m: 1:00.44	31.48	200m: 2:05.35	32.67	300m: 3:11.02	33.19	400m: 4:17.15	32.01					
25.			2004						+0,81	4:17.19			626
	50m: 29.48	29.48	150m: 1:34.36	32.53	250m: 2:40.75	33.28	350m: 3:46.25	32.18					
	100m: 1:01.83	32.35	200m: 2:07.47	33.11	300m: 3:14.07	33.32	400m: 4:17.19	30.94					
26.			2004						+0,68	4:17.65	I		623
	50m: 29.28	29.28	150m: 1:35.48	33.27	250m: 2:41.21	32.99	350m: 3:46.60	31.94					
	100m: 1:02.21	32.93	200m: 2:08.22	32.74	300m: 3:14.66	33.45	400m: 4:17.65	31.05					
27.			2003						+0,77	4:17.66	I		623
	50m: 30.38	30.38	150m: 1:35.11	32.18	250m: 2:40.43	32.29	350m: 3:46.02	32.58					
	100m: 1:02.93	32.55	200m: 2:08.14	33.03	300m: 3:13.44	33.01	400m: 4:17.66	31.64					
28.			2003						+0,79	4:18.19	I		619
	50m: 29.87	29.87	150m: 1:35.10	32.38	250m: 2:41.13	33.03	350m: 3:47.01	32.68					
	100m: 1:02.72	32.85	200m: 2:08.10	33.00	300m: 3:14.33	33.20	400m: 4:18.19	31.18					
29.			2003						+0,81	4:19.10	I		612
	50m: 29.41	29.41	150m: 1:33.03	32.10	250m: 2:39.23	33.22	350m: 3:46.02	33.89					
	100m: 1:00.93	31.52	200m: 2:06.01	32.98	300m: 3:12.13	32.90	400m: 4:19.10	33.08					
30.			2004						+0,79	4:20.21	I		604
	50m: 29.77	29.77	150m: 1:33.74	32.05	250m: 2:39.28	33.13	350m: 3:46.74	33.60					
	100m: 1:01.69	31.92	200m: 2:06.15	32.41	300m: 3:13.14	33.86	400m: 4:20.21	33.47					
31.			2004						+0,77	4:20.47	I		603
	50m: 28.66	28.66	150m: 1:32.99	32.61	250m: 2:39.82	33.73	350m: 3:47.45	34.02					
	100m: 1:00.38	31.72	200m: 2:06.09	33.10	300m: 3:13.43	33.61	400m: 4:20.47	33.02					
32.			2004						+0,59	4:21.58	I		595
	50m: 29.63	29.63	150m: 1:35.68	33.12	250m: 2:42.50	33.49	350m: 3:49.35	33.18					
	100m: 1:02.56	32.93	200m: 2:09.01	33.33	300m: 3:16.17	33.67	400m: 4:21.58	32.23					
33.			2003						+0,72	4:22.91	I		586
	50m: 29.88	29.88	150m: 1:37.46	34.07	250m: 2:45.46	33.55	350m: 3:52.56	33.80					
	100m: 1:03.39	33.51	200m: 2:11.91	34.45	300m: 3:18.76	33.30	400m: 4:22.91	30.35					
34.			2003						+0,86	4:24.09	I		578
	50m: 30.50	30.50	150m: 1:37.85	33.74	250m: 2:45.74	33.27	350m: 3:52.53	32.93					
	100m: 1:04.11	33.61	200m: 2:12.47	34.62	300m: 3:19.60	33.86	400m: 4:24.09	31.56					

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34, , 400m , (15-16)

								R.T.		FINA		
35.				2004	I			+0,84	4:24.42	I	576	
	50m:	29.59	29.59	150m:	1:36.01	33.36	250m:	2:43.50	33.70	350m:	3:51.78	33.91
	100m:	1:02.65	33.06	200m:	2:09.80	33.79	300m:	3:17.87	34.37	400m:	4:24.42	32.64
36.				2003				+0,81	4:24.56	I	575	
	50m:	29.54	29.54	150m:	1:35.75	33.42	250m:	2:43.60	34.13	350m:	3:51.79	34.14
	100m:	1:02.33	32.79	200m:	2:09.47	33.72	300m:	3:17.65	34.05	400m:	4:24.56	32.77
37.				2003				+0,86	4:24.75	I	574	
	50m:	30.24	30.24	150m:	1:36.78	33.39	250m:	2:44.69	33.53	350m:	3:52.24	33.42
	100m:	1:03.39	33.15	200m:	2:11.16	34.38	300m:	3:18.82	34.13	400m:	4:24.75	32.51
38.				2004				+0,82	4:26.81	I	561	
	50m:	31.03	31.03	150m:	1:38.28	34.03	250m:	2:47.09	34.64	350m:	3:56.16	34.36
	100m:	1:04.25	33.22	200m:	2:12.45	34.17	300m:	3:21.80	34.71	400m:	4:26.81	30.65
39.				2003				+0,75	4:26.97	I	560	
	50m:	29.07	29.07	150m:	1:35.36	33.31	250m:	2:45.35	35.22	350m:	3:55.47	35.08
	100m:	1:02.05	32.98	200m:	2:10.13	34.77	300m:	3:20.39	35.04	400m:	4:26.97	31.50
40.				2004				+0,58	4:27.27	I	558	
	50m:	30.55	30.55	150m:	1:36.95	32.91	250m:	2:44.76	34.20	350m:	3:54.27	34.53
	100m:	1:04.04	33.49	200m:	2:10.56	33.61	300m:	3:19.74	34.98	400m:	4:27.27	33.00
41.				2003				+0,86	4:27.31	I	558	
	50m:	28.96	28.96	150m:	1:33.22	33.11	250m:	2:42.69	35.14	350m:	3:53.06	35.38
	100m:	1:00.11	31.15	200m:	2:07.55	34.33	300m:	3:17.68	34.99	400m:	4:27.31	34.25
42.				2003				+0,78	4:28.80	I	548	
	50m:	29.07	29.07	150m:	1:34.67	33.42	250m:	2:43.97	35.25	350m:	3:54.73	35.51
	100m:	1:01.25	32.18	200m:	2:08.72	34.05	300m:	3:19.22	35.25	400m:	4:28.80	34.07
				2004				+0,88	4:28.80	I	548	
	50m:	29.53	29.53	150m:	1:36.80	34.23	250m:	2:46.28	34.89	350m:	3:56.10	35.30
	100m:	1:02.57	33.04	200m:	2:11.39	34.59	300m:	3:20.80	34.52	400m:	4:28.80	32.70
44.				2003				+0,92	4:30.15	I	540	
	50m:	30.56	30.56	150m:	1:38.16	34.16	250m:	2:46.89	34.65	350m:	3:56.40	35.02
	100m:	1:04.00	33.44	200m:	2:12.24	34.08	300m:	3:21.38	34.49	400m:	4:30.15	33.75
45.				2003	I			+0,90	4:34.17		517	
	50m:	30.11	30.11	150m:	1:39.06	34.71	250m:	2:49.89	35.31	350m:	4:01.00	35.61
	100m:	1:04.35	34.24	200m:	2:14.58	35.52	300m:	3:25.39	35.50	400m:	4:34.17	33.17
46.				2003				+0,85	4:34.23		516	
	50m:	30.21	30.21	150m:	1:38.61	34.39	250m:	2:48.09	34.67	350m:	3:59.62	35.79
	100m:	1:04.22	34.01	200m:	2:13.42	34.81	300m:	3:23.83	35.74	400m:	4:34.23	34.61
47.				2003	I			+0,83	4:46.82		451	
	50m:	30.86	30.86	150m:	1:41.81	35.76	250m:	2:55.19	36.82	350m:	4:10.34	37.80
	100m:	1:06.05	35.19	200m:	2:18.37	36.56	300m:	3:32.54	37.35	400m:	4:46.82	36.48
WDR				2003								
WDR				2003								