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34 , 400m (17-18 )  
23.07.2021 - 12:04

				3:43.45				(CHN)				09.08.2008	
				3:47.36				(HUN)				20.08.2019	
: FINA 2020													
				/				R.T.				FINA	
1.				2003						+0,74	<b>3:54.66</b>		824
	50m:	27.81	27.81	150m:	1:28.53	30.14	250m:	2:28.60	29.98	350m:	3:27.48	28.79	
	100m:	58.39	30.58	200m:	1:58.62	30.09	300m:	2:58.69	30.09	400m:	3:54.66	27.18	
2.				2003						+0,71	<b>3:57.51</b>		795
	50m:	28.12	28.12	150m:	1:29.91	30.99	250m:	2:30.27	29.88	350m:	3:30.30	29.33	
	100m:	58.92	30.80	200m:	2:00.39	30.48	300m:	3:00.97	30.70	400m:	3:57.51	27.21	
3.				2003						+0,71	<b>3:57.76</b>		792
	50m:	27.01	27.01	150m:	1:26.43	30.00	250m:	2:27.11	30.55	350m:	3:27.98	30.16	
	100m:	56.43	29.42	200m:	1:56.56	30.13	300m:	2:57.82	30.71	400m:	3:57.76	29.78	
4.				2004		-				+0,67	<b>3:58.56</b>		785
	50m:	27.89	27.89	150m:	1:30.40	31.37	250m:	2:31.92	30.67	350m:	3:31.42	29.09	
	100m:	59.03	31.14	200m:	2:01.25	30.85	300m:	3:02.33	30.41	400m:	3:58.56	27.14	
5.				2003		-				+0,68	<b>3:59.92</b>		771
	50m:	28.25	28.25	150m:	1:30.06	30.89	250m:	2:30.72	30.00	350m:	3:30.44	29.19	
	100m:	59.17	30.92	200m:	2:00.72	30.66	300m:	3:01.25	30.53	400m:	3:59.92	29.48	
6.				2003						+0,74	<b>4:02.17</b>		750
	50m:	27.82	27.82	150m:	1:28.99	30.15	250m:	2:30.64	30.97	350m:	3:32.96	30.92	
	100m:	58.84	31.02	200m:	1:59.67	30.68	300m:	3:02.04	31.40	400m:	4:02.17	29.21	
7.				2004						+0,68	<b>4:03.15</b>		741
	50m:	27.85	27.85	150m:	1:29.17	30.61	250m:	2:30.48	30.73	350m:	3:33.45	31.88	
	100m:	58.56	30.71	200m:	1:59.75	30.58	300m:	3:01.57	31.09	400m:	4:03.15	29.70	
8.				2003						+0,69	<b>4:03.18</b>		741
	50m:	27.73	27.73	150m:	1:28.00	30.35	250m:	2:29.87	31.32	350m:	3:32.64	31.62	
	100m:	57.65	29.92	200m:	1:58.55	30.55	300m:	3:01.02	31.15	400m:	4:03.18	30.54	
9.				2003						+0,72	<b>4:03.56</b>		737
	50m:	28.00	28.00	150m:	1:28.90	30.66	250m:	2:30.33	30.34	350m:	3:33.01	31.19	
	100m:	58.24	30.24	200m:	1:59.99	31.09	300m:	3:01.82	31.49	400m:	4:03.56	30.55	
10.				2004						+0,72	<b>4:04.08</b>		732
	50m:	27.65	27.65	150m:	1:29.95	31.11	250m:	2:31.61	30.91	350m:	3:33.99	31.00	
	100m:	58.84	31.19	200m:	2:00.70	30.75	300m:	3:02.99	31.38	400m:	4:04.08	30.09	
11.				2003						+0,72	<b>4:04.12</b>		732
	50m:	27.98	27.98	150m:	1:29.91	30.95	250m:	2:32.33	30.97	350m:	3:34.76	30.96	
	100m:	58.96	30.98	200m:	2:01.36	31.45	300m:	3:03.80	31.47	400m:	4:04.12	29.36	
12.				2004						+0,68	<b>4:04.56</b>		728
	50m:	27.80	27.80	150m:	1:28.95	30.71	250m:	2:30.97	30.94	350m:	3:34.15	31.69	
	100m:	58.24	30.44	200m:	2:00.03	31.08	300m:	3:02.46	31.49	400m:	4:04.56	30.41	
13.				2004						+0,70	<b>4:04.70</b>		727
	50m:	27.87	27.87	150m:	1:29.05	30.96	250m:	2:32.29	31.62	350m:	3:35.54	31.65	
	100m:	58.09	30.22	200m:	2:00.67	31.62	300m:	3:03.89	31.60	400m:	4:04.70	29.16	
14.				2004						+0,68	<b>4:05.14</b>		723
	50m:	27.53	27.53	150m:	1:27.42	30.62	250m:	2:30.07	31.68	350m:	3:34.79	32.47	
	100m:	56.80	29.27	200m:	1:58.39	30.97	300m:	3:02.32	32.25	400m:	4:05.14	30.35	
15.				2003						+0,64	<b>4:05.97</b>		716
	50m:	27.30	27.30	150m:	1:28.06	30.75	250m:	2:31.02	31.52	350m:	3:35.24	32.11	
	100m:	57.31	30.01	200m:	1:59.50	31.44	300m:	3:03.13	32.11	400m:	4:05.97	30.73	
16.				2003						+0,71	<b>4:06.17</b>		714
	50m:	28.41	28.41	150m:	1:30.66	31.35	250m:	2:33.44	31.31	350m:	3:35.69	30.75	
	100m:	59.31	30.90	200m:	2:02.13	31.47	300m:	3:04.94	31.50	400m:	4:06.17	30.48	
17.				2003						+0,66	<b>4:06.43</b>		712
	50m:	27.47	27.47	150m:	1:28.79	31.23	250m:	2:31.53	31.39	350m:	3:35.28	31.81	
	100m:	57.56	30.09	200m:	2:00.14	31.35	300m:	3:03.47	31.94	400m:	4:06.43	31.15	

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34,		, 400m				(17-18 )				R.T.	FINA	
18.				2004	-			+0,63	<b>4:06.90</b>		708	
	50m:	27.72	27.72	150m:	1:29.92	31.22	250m:	2:32.66	31.21	350m:	3:36.02	31.48
	100m:	58.70	30.98	200m:	2:01.45	31.53	300m:	3:04.54	31.88	400m:	4:06.90	30.88
19.				2003				+0,77	<b>4:08.32</b>		696	
	50m:	28.86	28.86	150m:	1:31.41	31.68	250m:	2:34.71	31.95	350m:	3:37.97	31.69
	100m:	59.73	30.87	200m:	2:02.76	31.35	300m:	3:06.28	31.57	400m:	4:08.32	30.35
20.				2003				+0,72	<b>4:09.48</b>		686	
	50m:	28.79	28.79	150m:	1:30.07	30.61	250m:	2:33.02	31.57	350m:	3:37.37	31.93
	100m:	59.46	30.67	200m:	2:01.45	31.38	300m:	3:05.44	32.42	400m:	4:09.48	32.11
21.				2004				+0,70	<b>4:13.09</b>		657	
	50m:	28.56	28.56	150m:	1:31.18	31.38	250m:	2:35.04	31.76	350m:	3:41.12	33.10
	100m:	59.80	31.24	200m:	2:03.28	32.10	300m:	3:08.02	32.98	400m:	4:13.09	31.97
22.				2003				+0,64	<b>4:13.52</b>		654	
	50m:	29.28	29.28	150m:	1:32.90	32.31	250m:	2:38.51	32.93	350m:	3:43.22	31.22
	100m:	1:00.59	31.31	200m:	2:05.58	32.68	300m:	3:12.00	33.49	400m:	4:13.52	30.30
23.				2004				+0,74	<b>4:14.05</b>		650	
	50m:	28.73	28.73	150m:	1:31.99	31.73	250m:	2:36.72	32.63	350m:	3:43.01	33.36
	100m:	1:00.26	31.53	200m:	2:04.09	32.10	300m:	3:09.65	32.93	400m:	4:14.05	31.04
24.				2004				+0,72	<b>4:14.10</b>		649	
	50m:	28.33	28.33	150m:	1:31.93	32.19	250m:	2:36.85	32.10	350m:	3:42.25	32.67
	100m:	59.74	31.41	200m:	2:04.75	32.82	300m:	3:09.58	32.73	400m:	4:14.10	31.85
25.				2004				+0,71	<b>4:14.74</b>		644	
	50m:	28.65	28.65	150m:	1:31.93	31.45	250m:	2:36.91	32.32	350m:	3:42.95	32.60
	100m:	1:00.48	31.83	200m:	2:04.59	32.66	300m:	3:10.35	33.44	400m:	4:14.74	31.79
26.				2004				+0,70	<b>4:17.03</b>		627	
	50m:	28.52	28.52	150m:	1:32.58	32.41	250m:	2:38.22	32.98	350m:	3:44.57	33.10
	100m:	1:00.17	31.65	200m:	2:05.24	32.66	300m:	3:11.47	33.25	400m:	4:17.03	32.46
27.				2003				+0,74	<b>4:17.52</b>		624	
	50m:	28.96	28.96	150m:	1:33.00	32.29	250m:	2:38.67	32.71	350m:	3:43.77	31.71
	100m:	1:00.71	31.75	200m:	2:05.96	32.96	300m:	3:12.06	33.39	400m:	4:17.52	33.75
28.				2003				+0,73	<b>4:17.77</b>		622	
	50m:	28.58	28.58	150m:	1:31.87	32.04	250m:	2:38.15	33.29	350m:	3:45.38	33.25
	100m:	59.83	31.25	200m:	2:04.86	32.99	300m:	3:12.13	33.98	400m:	4:17.77	32.39
29.				2003				+0,66	<b>4:18.55</b>		616	
	50m:	28.83	28.83	150m:	1:33.20	32.32	250m:	2:39.78	33.39	350m:	3:46.81	33.41
	100m:	1:00.88	32.05	200m:	2:06.39	33.19	300m:	3:13.40	33.62	400m:	4:18.55	31.74
30.				2004				+0,57	<b>4:19.01</b>		613	
	50m:	28.58	28.58	150m:	1:32.26	32.54	250m:	2:38.74	33.68	350m:	3:46.88	34.13
	100m:	59.72	31.14	200m:	2:05.06	32.80	300m:	3:12.75	34.01	400m:	4:19.01	32.13
31.				2004				+0,75	<b>4:20.36</b>		603	
	50m:	29.68	29.68	150m:	1:36.41	33.00	250m:	2:42.80	32.63	350m:	3:48.02	32.03
	100m:	1:03.41	33.73	200m:	2:10.17	33.76	300m:	3:15.99	33.19	400m:	4:20.36	32.34
32.				2004				+0,70	<b>4:21.51</b>		595	
	50m:	29.31	29.31	150m:	1:35.07	33.34	250m:	2:42.37	33.64	350m:	3:49.56	33.17
	100m:	1:01.73	32.42	200m:	2:08.73	33.66	300m:	3:16.39	34.02	400m:	4:21.51	31.95
33.				2003				+0,68	<b>4:22.84</b>		586	
	50m:	26.40	26.40	150m:	1:33.44	35.19	250m:	2:41.57	33.08	350m:	3:48.48	33.22
	100m:	58.25	31.85	200m:	2:08.49	35.05	300m:	3:15.26	33.69	400m:	4:22.84	34.36
34.				2003				+0,75	<b>4:22.96</b>		586	
	50m:	29.01	29.01	150m:	1:33.87	32.96	250m:	2:42.14	33.70	350m:	3:50.51	33.96
	100m:	1:00.91	31.90	200m:	2:08.44	34.57	300m:	3:16.55	34.41	400m:	4:22.96	32.45
35.				2003				+0,67	<b>4:23.57</b>		582	
	50m:	28.87	28.87	150m:	1:34.31	33.04	250m:	2:40.96	33.18	350m:	3:49.55	34.11
	100m:	1:01.27	32.40	200m:	2:07.78	33.47	300m:	3:15.44	34.48	400m:	4:23.57	34.02

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34,		, 400m				(17-18 )						
		/						R.T.		FINA		
36.				2004				+0,66	<b>4:24.17</b>		578	
	50m:	28.11	28.11	150m:	1:34.23	33.95	250m:	2:42.63	33.87	350m:	3:50.69	33.67
	100m:	1:00.28	32.17	200m:	2:08.76	34.53	300m:	3:17.02	34.39	400m:	4:24.17	33.48
37.				2004				+0,71	<b>4:24.52</b>		575	
	50m:	28.40	28.40	150m:	1:32.10	32.49	250m:	2:39.52	34.11	350m:	3:49.67	35.40
	100m:	59.61	31.21	200m:	2:05.41	33.31	300m:	3:14.27	34.75	400m:	4:24.52	34.85
38.				2003				+0,78	<b>4:26.38</b>		563	
	50m:	28.78	28.78	150m:	1:34.78	33.43	250m:	2:43.49	34.79	350m:	3:53.42	34.52
	100m:	1:01.35	32.57	200m:	2:08.70	33.92	300m:	3:18.90	35.41	400m:	4:26.38	32.96
39.				2004				+0,65	<b>4:26.68</b>		561	
	50m:	29.31	29.31	150m:	1:33.70	32.88	250m:	2:40.74	33.86	350m:	3:51.86	36.06
	100m:	1:00.82	31.51	200m:	2:06.88	33.18	300m:	3:15.80	35.06	400m:	4:26.68	34.82
40.				2004				+0,68	<b>4:28.93</b>		547	
	50m:	29.36	29.36	150m:	1:35.46	33.39	250m:	2:43.90	34.23	350m:	3:53.97	35.22
	100m:	1:02.07	32.71	200m:	2:09.67	34.21	300m:	3:18.75	34.85	400m:	4:28.93	34.96
41.				2004				+0,70	<b>4:29.90</b>		542	
	50m:	29.67	29.67	150m:	1:37.17	33.89	250m:	2:46.61	34.93	350m:	3:56.64	34.40
	100m:	1:03.28	33.61	200m:	2:11.68	34.51	300m:	3:22.24	35.63	400m:	4:29.90	33.26