

, 19 - 22 2024

10  
20.03.2024 - 9:42

, 400m

				3:43.45							(CHN)	09.08.2008
				3:47.36							(HUN)	20.08.2019
: FINA 2024												
				/							R.T.	
1.				2007							<b>4:01.09</b>	760
	50m:	27.55	27.55	150m:	1:29.27	31.03	250m:	2:30.57	30.67	350m:	3:31.76	30.52
	100m:	58.24	30.69	200m:	1:59.90	30.63	300m:	3:01.24	30.67	400m:	4:01.09	29.33
2.				2008							<b>4:09.52</b>	686
	50m:	27.80	27.80	150m:	1:30.74	31.62	250m:	2:34.87	31.93	350m:	3:38.57	31.41
	100m:	59.12	31.32	200m:	2:02.94	32.20	300m:	3:07.16	32.29	400m:	4:09.52	30.95
3.				2005							<b>4:11.36</b>	671
	50m:	28.93	28.93	150m:	1:30.99	31.17	250m:	2:34.78	31.89	350m:	3:39.88	32.52
	100m:	59.82	30.89	200m:	2:02.89	31.90	300m:	3:07.36	32.58	400m:	4:11.36	31.48
4.				2007							<b>4:15.78</b>	636
	50m:	27.83	27.83	150m:	1:30.60	31.83	250m:	2:36.12	33.09	350m:	3:43.34	33.42
	100m:	58.77	30.94	200m:	2:03.03	32.43	300m:	3:09.92	33.80	400m:	4:15.78	32.44
5.				2005							<b>4:16.36</b>	632
	50m:	28.90	28.90	150m:	1:32.24	32.36	250m:	2:38.21	32.97	350m:	3:44.41	32.80
	100m:	59.88	30.98	200m:	2:05.24	33.00	300m:	3:11.61	33.40	400m:	4:16.36	31.95
6.				2005							<b>4:16.39</b>	632
	50m:	28.66	28.66	150m:	1:31.82	32.19	250m:	2:38.12	33.58	350m:	3:44.35	33.40
	100m:	59.63	30.97	200m:	2:04.54	32.72	300m:	3:10.95	32.83	400m:	4:16.39	32.04
7.				2008							<b>4:18.36</b>	618
	50m:	28.27	28.27	150m:	1:32.24	32.59	250m:	2:38.14	33.41	350m:	3:45.89	34.43
	100m:	59.65	31.38	200m:	2:04.73	32.49	300m:	3:11.46	33.32	400m:	4:18.36	32.47
8.				2006							<b>4:31.44</b>	532
	50m:	29.17	29.17	150m:	1:35.04	33.58	250m:	2:44.21	35.03	350m:	3:56.89	36.42
	100m:	1:01.46	32.29	200m:	2:09.18	34.14	300m:	3:20.47	36.26	400m:	4:31.44	34.55
9.				2008							<b>4:32.59</b>	526
	50m:	29.97	29.97	150m:	1:38.53	34.94	250m:	2:49.87	35.53	350m:	4:01.10	35.07
	100m:	1:03.59	33.62	200m:	2:14.34	35.81	300m:	3:26.03	36.16	400m:	4:32.59	31.49
10.				2008							<b>4:33.50</b>	520
	50m:	30.70	30.70	150m:	1:38.98	34.71	250m:	2:49.63	35.57	350m:	3:59.79	35.21
	100m:	1:04.27	33.57	200m:	2:14.06	35.08	300m:	3:24.58	34.95	400m:	4:33.50	33.71
11.				2008							<b>4:33.83</b>	519
	50m:	30.50	30.50	150m:	1:37.53	34.04	250m:	2:47.80	35.48	350m:	3:59.83	35.90
	100m:	1:03.49	32.99	200m:	2:12.32	34.79	300m:	3:23.93	36.13	400m:	4:33.83	34.00
12.				2008							<b>4:34.57</b>	514
	50m:	29.83	29.83	150m:	1:38.00	34.73	250m:	2:49.44	36.38	350m:	4:00.76	35.59
	100m:	1:03.27	33.44	200m:	2:13.06	35.06	300m:	3:25.17	35.73	400m:	4:34.57	33.81
13.				2008							<b>4:34.59</b>	514
	50m:	30.38	30.38	150m:	1:39.90	35.36	250m:	2:50.74	35.89	350m:	4:01.72	35.41
	100m:	1:04.54	34.16	200m:	2:14.85	34.95	300m:	3:26.31	35.57	400m:	4:34.59	32.87
14.				2010							<b>4:45.28</b>	459
	50m:	32.43	32.43	150m:	1:43.99	36.53	250m:	2:57.04	36.64	350m:	4:10.32	35.80
	100m:	1:07.46	35.03	200m:	2:20.40	36.41	300m:	3:34.52	37.48	400m:	4:45.28	34.96

Alge Swim Time

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	10,	, 400m	,						R.T.		
15.				2010	I				<b>4:46.05</b>		455
	50m:	32.43	32.43	150m:	1:45.59	37.31	250m:	2:59.76	37.28	350m:	4:11.93 35.62
	100m:	1:08.28	35.85	200m:	2:22.48	36.89	300m:	3:36.31	36.55	400m:	4:46.05 34.12
16.				2006	I				<b>4:48.11</b>		445
	50m:	30.59	30.59	150m:	1:40.88	36.58	250m:	2:57.35	38.26	350m:	4:12.88 36.89
	100m:	1:04.30	33.71	200m:	2:19.09	38.21	300m:	3:35.99	38.64	400m:	4:48.11 35.23
17.				2009	I				<b>4:52.58</b>		425
	50m:	30.94	30.94	150m:	1:42.84	36.80	250m:	2:58.67	38.09	350m:	4:14.90 38.13
	100m:	1:06.04	35.10	200m:	2:20.58	37.74	300m:	3:36.77	38.10	400m:	4:52.58 37.68
18.				2006	I				<b>4:53.25</b>		422
	50m:	31.25	31.25	150m:	1:43.98	36.81	250m:	2:58.98	37.75	350m:	4:15.65 38.58
	100m:	1:07.17	35.92	200m:	2:21.23	37.25	300m:	3:37.07	38.09	400m:	4:53.25 37.60

Alge Swim Time

