

, 21 - 24 2021

12
22.09.2021 - 10:00

, 400m

				3:35.30				(CAN)				06.12.2016	
				3:41.14								20.11.2017	
: FINA 2021													
				/				R.T.				FINA	
1.				2004				+0,73 3:53.68				749	
	50m:	26.99	26.99	150m:	1:26.63	29.72	250m:	2:26.07	29.62	350m:	3:25.74	29.55	
	100m:	56.91	29.92	200m:	1:56.45	29.82	300m:	2:56.19	30.12	400m:	3:53.68	27.94	
2.				2001				+0,81 3:54.93				737	
	50m:	26.02	26.02	150m:	1:24.58	29.75	250m:	2:24.92	29.77	350m:	3:25.75	30.41	
	100m:	54.83	28.81	200m:	1:55.15	30.57	300m:	2:55.34	30.42	400m:	3:54.93	29.18	
3.				2000				+0,78 3:56.35				724	
	50m:	27.00	27.00	150m:	1:27.70	30.63	250m:	2:28.14	30.32	350m:	3:27.81	29.56	
	100m:	57.07	30.07	200m:	1:57.82	30.12	300m:	2:58.25	30.11	400m:	3:56.35	28.54	
4.				2003				+0,73 3:58.59				704	
	50m:	26.96	26.96	150m:	1:27.05	30.27	250m:	2:28.34	30.53	350m:	3:29.54	30.45	
	100m:	56.78	29.82	200m:	1:57.81	30.76	300m:	2:59.09	30.75	400m:	3:58.59	29.05	
5.				2002				+0,74 3:58.89				701	
	50m:	28.29	28.29	150m:	1:29.06	30.41	250m:	2:30.20	30.63	350m:	3:30.70	30.10	
	100m:	58.65	30.36	200m:	1:59.57	30.51	300m:	3:00.60	30.40	400m:	3:58.89	28.19	
6.				2005				+0,65 3:59.23				698	
	50m:	26.45	26.45	150m:	1:25.87	30.06	250m:	2:26.86	30.46	350m:	3:28.74	30.95	
	100m:	55.81	29.36	200m:	1:56.40	30.53	300m:	2:57.79	30.93	400m:	3:59.23	30.49	
7.				1996				+0,83 4:00.77				685	
	50m:	27.50	27.50	150m:	1:28.63	30.88	250m:	2:29.88	30.67	350m:	3:31.36	30.79	
	100m:	57.75	30.25	200m:	1:59.21	30.58	300m:	3:00.57	30.69	400m:	4:00.77	29.41	
8.				2006				+0,75 4:00.89				684	
	50m:	27.27	27.27	150m:	1:27.47	30.51	250m:	2:29.27	31.05	350m:	3:31.31	31.05	
	100m:	56.96	29.69	200m:	1:58.22	30.75	300m:	3:00.26	30.99	400m:	4:00.89	29.58	
9.				2006				+0,62 4:01.44				679	
	50m:	26.54	26.54	150m:	1:27.81	31.23	250m:	2:29.93	30.83	350m:	3:32.25	31.10	
	100m:	56.58	30.04	200m:	1:59.10	31.29	300m:	3:01.15	31.22	400m:	4:01.44	29.19	
10.				2001				+0,74 4:02.66				669	
	50m:	26.76	26.76	150m:	1:26.95	30.63	250m:	2:29.12	31.06	350m:	3:31.53	31.05	
	100m:	56.32	29.56	200m:	1:58.06	31.11	300m:	3:00.48	31.36	400m:	4:02.66	31.13	
11.				2005				+0,71 4:03.28				664	
	50m:	26.40	26.40	150m:	1:27.94	31.29	250m:	2:29.82	30.49	350m:	3:32.60	31.35	
	100m:	56.65	30.25	200m:	1:59.33	31.39	300m:	3:01.25	31.43	400m:	4:03.28	30.68	
12.				2005				+0,61 4:03.62				661	
	50m:	27.28	27.28	150m:	1:28.87	30.83	250m:	2:30.60	30.94	350m:	3:33.03	31.43	
	100m:	58.04	30.76	200m:	1:59.66	30.79	300m:	3:01.60	31.00	400m:	4:03.62	30.59	
13.				2004				+0,91 4:05.51				646	
	50m:	27.83	27.83	150m:	1:28.40	30.65	250m:	2:30.58	30.99	350m:	3:33.67	31.34	
	100m:	57.75	29.92	200m:	1:59.59	31.19	300m:	3:02.33	31.75	400m:	4:05.51	31.84	



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	12,	, 400m							R.T.		FINA
14.				1999					+0,74	4:05.85	643
	50m:	27.49	27.49	150m:	1:28.25	30.79	250m:	2:31.13	31.54	350m:	3:35.48
	100m:	57.46	29.97	200m:	1:59.59	31.34	300m:	3:03.29	32.16	400m:	4:05.85
15.				2005					+0,83	4:06.04	641
	50m:	27.21	27.21	150m:	1:27.41	30.68	250m:	2:30.56	31.85	350m:	3:34.40
	100m:	56.73	29.52	200m:	1:58.71	31.30	300m:	3:02.38	31.82	400m:	4:06.04
16.				2004					+0,67	4:06.65	637
	50m:	28.10	28.10	150m:	1:30.65	31.41	250m:	2:34.08	31.76	350m:	3:37.09
	100m:	59.24	31.14	200m:	2:02.32	31.67	300m:	3:05.62	31.54	400m:	4:06.65
17.				2006					+0,67	4:06.77	636
	50m:	27.06	27.06	150m:	1:28.22	31.21	250m:	2:31.75	32.12	350m:	3:35.30
	100m:	57.01	29.95	200m:	1:59.63	31.41	300m:	3:03.63	31.88	400m:	4:06.77
18.				2004					+0,69	4:06.81	635
	50m:	27.86	27.86	150m:	1:30.76	31.83	250m:	2:34.64	31.66	350m:	3:37.08
	100m:	58.93	31.07	200m:	2:02.98	32.22	300m:	3:05.71	31.07	400m:	4:06.81
19.				2001					+0,75	4:08.45	623
	50m:	27.07	27.07	150m:	1:29.50	31.80	250m:	2:33.14	31.71	350m:	3:37.27
	100m:	57.70	30.63	200m:	2:01.43	31.93	300m:	3:05.46	32.32	400m:	4:08.45
20.				1998					+0,74	4:08.66	621
	50m:	28.37	28.37	150m:	1:30.93	31.44	250m:	2:34.85	31.51	350m:	3:38.31
	100m:	59.49	31.12	200m:	2:03.34	32.41	300m:	3:06.63	31.78	400m:	4:08.66
21.				2002					+0,65	4:09.51	615
	50m:	26.55	26.55	150m:	1:29.44	31.97	250m:	2:33.36	32.01	350m:	3:38.58
	100m:	57.47	30.92	200m:	2:01.35	31.91	300m:	3:05.97	32.61	400m:	4:09.51
22.				2004					+0,65	4:10.04	611
	50m:	26.97	26.97	150m:	1:28.63	31.17	250m:	2:32.70	32.01	350m:	3:38.74
	100m:	57.46	30.49	200m:	2:00.69	32.06	300m:	3:05.82	33.12	400m:	4:10.04
23.				2005					+0,71	4:10.68	606
	50m:	28.06	28.06	150m:	1:30.79	31.50	250m:	2:34.22	31.71	350m:	3:38.81
	100m:	59.29	31.23	200m:	2:02.51	31.72	300m:	3:06.42	32.20	400m:	4:10.68
24.				2006						4:12.28 	595
	50m:	28.03	28.03	150m:	1:31.13	31.97	250m:	2:35.61	32.24	350m:	3:41.48
	100m:	59.16	31.13	200m:	2:03.37	32.24	300m:	3:08.45	32.84	400m:	4:12.28
25.				2006					+0,62	4:12.43 	594
	50m:	27.97	27.97	150m:	1:30.18	31.88	250m:	2:35.61	32.95	350m:	3:41.25
	100m:	58.30	30.33	200m:	2:02.66	32.48	300m:	3:08.51	32.90	400m:	4:12.43
26.				2004					+0,68	4:12.80 	591
	50m:	28.32	28.32	150m:	1:31.28	31.67	250m:	2:36.39	32.60	350m:	3:41.91
	100m:	59.61	31.29	200m:	2:03.79	32.51	300m:	3:09.24	32.85	400m:	4:12.80
27.				2005					+0,72	4:14.09 	582
	50m:	29.04	29.04	150m:	1:33.05	32.34	250m:	2:38.46	32.88	350m:	3:43.65
	100m:	1:00.71	31.67	200m:	2:05.58	32.53	300m:	3:11.19	32.73	400m:	4:14.09



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12,		, 400m						R.T.		FINA		
28.				2004				+0,78	4:14.38		580	
	50m:	28.87	28.87	150m:	1:32.50	32.13	250m:	2:37.74	32.80	350m:	3:43.39	32.92
	100m:	1:00.37	31.50	200m:	2:04.94	32.44	300m:	3:10.47	32.73	400m:	4:14.38	30.99
29.				2005						4:15.08		576
	50m:	28.17	28.17	150m:	1:31.86	32.16	250m:	2:36.92	32.76	350m:	3:42.78	32.88
	100m:	59.70	31.53	200m:	2:04.16	32.30	300m:	3:09.90	32.98	400m:	4:15.08	32.30
30.				2004				+0,68	4:17.42		560	
	50m:	28.18	28.18	150m:	1:33.52	33.39	250m:	2:39.71	33.04	350m:	3:46.22	32.69
	100m:	1:00.13	31.95	200m:	2:06.67	33.15	300m:	3:13.53	33.82	400m:	4:17.42	31.20
31.				2006				+0,74	4:18.65		552	
	50m:	27.90	27.90	150m:	1:30.91	31.73	250m:	2:36.98	33.46	350m:	3:45.10	34.18
	100m:	59.18	31.28	200m:	2:03.52	32.61	300m:	3:10.92	33.94	400m:	4:18.65	33.55
32.				2005				+0,71	4:19.82		545	
	50m:	29.28	29.28	150m:	1:34.73	33.07	250m:	2:41.09	33.14	350m:	3:48.02	33.00
	100m:	1:01.66	32.38	200m:	2:07.95	33.22	300m:	3:15.02	33.93	400m:	4:19.82	31.80
33.				2004				+0,66	4:20.07		543	
	50m:	27.55	27.55	150m:	1:31.46	32.66	250m:	2:38.35	33.57	350m:	3:46.92	34.22
	100m:	58.80	31.25	200m:	2:04.78	33.32	300m:	3:12.70	34.35	400m:	4:20.07	33.15
34.				2004				+0,66	4:20.19		542	
	50m:	28.85	28.85	150m:	1:32.38	32.17	250m:	4:20.51	2:15.01			
	100m:	1:00.21	31.36	200m:	2:05.50	33.12	400m:	4:20.19				
35.				2003				+0,69	4:20.95		538	
	50m:	29.39	29.39	150m:	1:34.89	33.32	250m:	2:42.56	33.89	350m:	3:49.88	33.44
	100m:	1:01.57	32.18	200m:	2:08.67	33.78	300m:	3:16.44	33.88	400m:	4:20.95	31.07
36.				2006				+0,67	4:20.98		537	
	50m:	28.69	28.69	150m:	1:34.40	33.38	250m:	2:41.90	33.72	350m:	3:49.22	33.44
	100m:	1:01.02	32.33	200m:	2:08.18	33.78	300m:	3:15.78	33.88	400m:	4:20.98	31.76
37.				2006				+0,78	4:21.69		533	
	50m:	29.37	29.37	150m:	1:34.84	33.31	250m:	2:42.09	33.82	350m:	3:49.78	33.56
	100m:	1:01.53	32.16	200m:	2:08.27	33.43	300m:	3:16.22	34.13	400m:	4:21.69	31.91
38.				2006				+0,81	4:21.98		531	
	50m:	28.82	28.82	150m:	1:33.48	32.98	250m:	2:41.39	33.85	350m:	3:49.90	34.06
	100m:	1:00.50	31.68	200m:	2:07.54	34.06	300m:	3:15.84	34.45	400m:	4:21.98	32.08
39.				2006				+0,62	4:22.54		528	
	50m:	29.05	29.05	150m:	1:34.89	33.18	250m:	2:41.87	33.68	350m:	3:50.02	34.26
	100m:	1:01.71	32.66	200m:	2:08.19	33.30	300m:	3:15.76	33.89	400m:	4:22.54	32.52
40.				2004				+0,66	4:23.17		524	
	50m:	28.98	28.98	150m:	1:34.40	33.26	250m:	2:42.28	34.03	350m:	3:51.17	34.40
	100m:	1:01.14	32.16	200m:	2:08.25	33.85	300m:	3:16.77	34.49	400m:	4:23.17	32.00
41.				2005				+0,76	4:23.52		522	
	50m:	28.19	28.19	150m:	1:31.93	32.51	250m:	2:39.15	33.76	350m:	3:49.58	35.50
	100m:	59.42	31.23	200m:	2:05.39	33.46	300m:	3:14.08	34.93	400m:	4:23.52	33.94



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12, , 400m								R.T.		FINA		
42.				2004	I			+0,72	4:23.92	I	520	
	50m:	29.24	29.24	150m:	1:34.81	33.32	250m:	2:42.52	33.73	350m:	3:50.84	33.86
	100m:	1:01.49	32.25	200m:	2:08.79	33.98	300m:	3:16.98	34.46	400m:	4:23.92	33.08
43.				2006				+0,73	4:25.31	I	512	
	50m:	28.44	28.44	150m:	1:34.77	33.79	250m:	2:42.99	34.06	350m:	3:51.16	33.81
	100m:	1:00.98	32.54	200m:	2:08.93	34.16	300m:	3:17.35	34.36	400m:	4:25.31	34.15
44.				2006				+0,74	4:26.49	I	505	
	50m:	29.72	29.72	150m:	1:33.83	31.50	250m:	2:41.24	33.82	350m:	3:52.47	36.14
	100m:	1:02.33	32.61	200m:	2:07.42	33.59	300m:	3:16.33	35.09	400m:	4:26.49	34.02
45.				2006	I			+0,74	4:26.53	I	505	
	50m:	28.07	28.07	150m:	1:34.29	33.83	250m:	2:42.99	34.72	350m:	3:53.39	35.78
	100m:	1:00.46	32.39	200m:	2:08.27	33.98	300m:	3:17.61	34.62	400m:	4:26.53	33.14
46.				2005	I			+0,78	4:27.09	I	501	
	50m:	28.96	28.96	150m:	1:36.06	34.00	250m:	2:44.81	34.37	350m:	3:54.15	34.60
	100m:	1:02.06	33.10	200m:	2:10.44	34.38	300m:	3:19.55	34.74	400m:	4:27.09	32.94
47.				2006				+0,67	4:27.17	I	501	
	50m:	29.37	29.37	150m:	1:36.25	34.18	250m:	2:45.02	34.05	350m:	3:53.72	34.39
	100m:	1:02.07	32.70	200m:	2:10.97	34.72	300m:	3:19.33	34.31	400m:	4:27.17	33.45
48.				2006				+0,72	4:32.84		470	
	50m:	29.29	29.29	150m:	1:37.31	34.89	250m:	2:47.80	35.69	350m:	3:58.96	35.16
	100m:	1:02.42	33.13	200m:	2:12.11	34.80	300m:	3:23.80	36.00	400m:	4:32.84	33.88
49.				2006				+0,74	4:33.15		469	
	50m:	29.59	29.59	150m:	1:38.47	34.78	250m:	2:48.74	34.75	350m:	3:59.93	35.29
	100m:	1:03.69	34.10	200m:	2:13.99	35.52	300m:	3:24.64	35.90	400m:	4:33.15	33.22
50.				2006	I			+0,82	4:34.27		463	
	50m:	31.25	31.25	150m:	1:38.71	33.71	250m:	2:48.21	34.92	350m:	3:59.10	35.48
	100m:	1:05.00	33.75	200m:	2:13.29	34.58	300m:	3:23.62	35.41	400m:	4:34.27	35.17
51.				2006	I			+0,62	4:35.35		458	
	50m:	30.16	30.16	150m:	1:39.07	35.00	250m:	2:49.41	35.05	350m:	4:01.41	36.16
	100m:	1:04.07	33.91	200m:	2:14.36	35.29	300m:	3:25.25	35.84	400m:	4:35.35	33.94
52.				2006	I			+0,66	4:35.41		457	
	50m:	30.28	30.28	150m:	1:39.20	35.13	250m:	2:50.43	35.78	350m:	4:01.72	35.31
	100m:	1:04.07	33.79	200m:	2:14.65	35.45	300m:	3:26.41	35.98	400m:	4:35.41	33.69
53.				2006	I			+0,64	4:36.33		453	
	50m:	29.20	29.20	150m:	1:37.30	34.61	250m:	2:48.90	35.76	350m:	4:01.73	36.47
	100m:	1:02.69	33.49	200m:	2:13.14	35.84	300m:	3:25.26	36.36	400m:	4:36.33	34.60
54.				2005	I			+0,80	4:38.64		441	
	50m:	29.94	29.94	150m:	1:39.81	35.27	250m:	2:50.92	35.25	350m:	4:04.13	36.44
	100m:	1:04.54	34.60	200m:	2:15.67	35.86	300m:	3:27.69	36.77	400m:	4:38.64	34.51
55.				2005					4:39.56		437	
	50m:	30.00	30.00	150m:	1:39.51	35.98	250m:	2:50.70	35.65	350m:	4:03.51	36.60
	100m:	1:03.53	33.53	200m:	2:15.05	35.54	300m:	3:26.91	36.21	400m:	4:39.56	36.05



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12,		, 400m						R.T.		FINA		
56.				2006	I			+0,81	4:41.64		428	
	50m:	29.90	29.90	150m:	1:39.87	35.97	250m:	2:53.07	36.34	350m:	4:06.72	36.14
	100m:	1:03.90	34.00	200m:	2:16.73	36.86	300m:	3:30.58	37.51	400m:	4:41.64	34.92
57.				2002				+0,68	4:44.73		414	
	50m:	32.02	32.02	150m:	1:44.15	35.51	250m:	2:56.62	36.25	350m:	4:08.82	35.85
	100m:	1:08.64	36.62	200m:	2:20.37	36.22	300m:	3:32.97	36.35	400m:	4:44.73	35.91
58.				2006					4:45.07		412	
	50m:	30.70	30.70	150m:	1:42.54	36.78	250m:	2:57.08	37.20	350m:	4:11.84	37.11
	100m:	1:05.76	35.06	200m:	2:19.88	37.34	300m:	3:34.73	37.65	400m:	4:45.07	33.23
59.				2000				+0,69	4:46.57		406	
	50m:	31.38	31.38	150m:	1:43.43	37.27	250m:	2:57.77	36.55	350m:	4:12.00	37.07
	100m:	1:06.16	34.78	200m:	2:21.22	37.79	300m:	3:34.93	37.16	400m:	4:46.57	34.57
60.				2003				+0,69	4:49.73		393	
	50m:	24.68	24.68	150m:	1:44.74	53.01	250m:	3:01.53	37.19	350m:	4:14.40	36.33
	100m:	51.73	27.05	200m:	2:24.34	39.60	300m:	3:38.07	36.54	400m:	4:49.73	35.33
61.				2005	I			+0,73	4:54.10		375	
	50m:	31.21	31.21	150m:	1:43.10	36.20	250m:	2:58.77	38.05	350m:	4:17.13	39.29
	100m:	1:06.90	35.69	200m:	2:20.72	37.62	300m:	3:37.84	39.07	400m:	4:54.10	36.97
62.				1997				+0,70	4:57.56		362	
	50m:	24.58	24.58	150m:	1:46.55	55.08	250m:	3:01.54	36.77	350m:	4:17.34	38.12
	100m:	51.47	26.89	200m:	2:24.77	38.22	300m:	3:39.22	37.68	400m:	4:57.56	40.22
63.				2005	I			+0,80	5:00.79		351	
	50m:	33.22	33.22	150m:	1:48.01	38.05	250m:	3:05.43	38.84	350m:	4:22.74	38.81
	100m:	1:09.96	36.74	200m:	2:26.59	38.58	300m:	3:43.93	38.50	400m:	5:00.79	38.05
64.				2004	I			+0,65	5:06.59		331	
	50m:	31.83	31.83	150m:	1:47.01	38.97	250m:	3:08.76	41.38	350m:	4:28.90	39.39
	100m:	1:08.04	36.21	200m:	2:27.38	40.37	300m:	3:49.51	40.75	400m:	5:06.59	37.69



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12, , 400m

12 , 400m (17-18)
22.09.2021 - 10:00

3:35.30 (CAN) 06.12.2016
3:41.14 20.11.2017

: FINA 2021

							R.T.				FINA	
1.	2004						+0,73	3:53.68		749		
	50m:	26.99	26.99	150m:	1:26.63	29.72	250m:	2:26.07	29.62	350m:	3:25.74	29.55
	100m:	56.91	29.92	200m:	1:56.45	29.82	300m:	2:56.19	30.12	400m:	3:53.68	27.94
2.	2003						+0,73	3:58.59		704		
	50m:	26.96	26.96	150m:	1:27.05	30.27	250m:	2:28.34	30.53	350m:	3:29.54	30.45
	100m:	56.78	29.82	200m:	1:57.81	30.76	300m:	2:59.09	30.75	400m:	3:58.59	29.05
3.	2004						+0,91	4:05.51		646		
	50m:	27.83	27.83	150m:	1:28.40	30.65	250m:	2:30.58	30.99	350m:	3:33.67	31.34
	100m:	57.75	29.92	200m:	1:59.59	31.19	300m:	3:02.33	31.75	400m:	4:05.51	31.84
4.	2004						+0,67	4:06.65		637		
	50m:	28.10	28.10	150m:	1:30.65	31.41	250m:	2:34.08	31.76	350m:	3:37.09	31.47
	100m:	59.24	31.14	200m:	2:02.32	31.67	300m:	3:05.62	31.54	400m:	4:06.65	29.56
5.	2004						+0,69	4:06.81		635		
	50m:	27.86	27.86	150m:	1:30.76	31.83	250m:	2:34.64	31.66	350m:	3:37.08	31.37
	100m:	58.93	31.07	200m:	2:02.98	32.22	300m:	3:05.71	31.07	400m:	4:06.81	29.73
6.	2004						+0,65	4:10.04		611		
	50m:	26.97	26.97	150m:	1:28.63	31.17	250m:	2:32.70	32.01	350m:	3:38.74	32.92
	100m:	57.46	30.49	200m:	2:00.69	32.06	300m:	3:05.82	33.12	400m:	4:10.04	31.30
7.	2004						+0,68	4:12.80		591		
	50m:	28.32	28.32	150m:	1:31.28	31.67	250m:	2:36.39	32.60	350m:	3:41.91	32.67
	100m:	59.61	31.29	200m:	2:03.79	32.51	300m:	3:09.24	32.85	400m:	4:12.80	30.89
8.	2004						+0,78	4:14.38		580		
	50m:	28.87	28.87	150m:	1:32.50	32.13	250m:	2:37.74	32.80	350m:	3:43.39	32.92
	100m:	1:00.37	31.50	200m:	2:04.94	32.44	300m:	3:10.47	32.73	400m:	4:14.38	30.99
9.	2004						+0,68	4:17.42		560		
	50m:	28.18	28.18	150m:	1:33.52	33.39	250m:	2:39.71	33.04	350m:	3:46.22	32.69
	100m:	1:00.13	31.95	200m:	2:06.67	33.15	300m:	3:13.53	33.82	400m:	4:17.42	31.20
10.	2004						+0,66	4:20.07		543		
	50m:	27.55	27.55	150m:	1:31.46	32.66	250m:	2:38.35	33.57	350m:	3:46.92	34.22
	100m:	58.80	31.25	200m:	2:04.78	33.32	300m:	3:12.70	34.35	400m:	4:20.07	33.15
11.	2004						+0,66	4:20.19		542		
	50m:	28.85	28.85	150m:	1:32.38	32.17	250m:	4:20.51	2:15.01			
	100m:	1:00.21	31.36	200m:	2:05.50	33.12	400m:	4:20.19				
12.	2003						+0,69	4:20.95		538		
	50m:	29.39	29.39	150m:	1:34.89	33.32	250m:	2:42.56	33.89	350m:	3:49.88	33.44
	100m:	1:01.57	32.18	200m:	2:08.67	33.78	300m:	3:16.44	33.88	400m:	4:20.95	31.07



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12,		, 400m				(17-18)		R.T.		FINA		
13.			/	2004	I			+0,66	4:23.17	I	524	
	50m:	28.98	28.98	150m:	1:34.40	33.26	250m:	2:42.28	34.03	350m:	3:51.17	34.40
	100m:	1:01.14	32.16	200m:	2:08.25	33.85	300m:	3:16.77	34.49	400m:	4:23.17	32.00
14.				2004	I			+0,72	4:23.92	I	520	
	50m:	29.24	29.24	150m:	1:34.81	33.32	250m:	2:42.52	33.73	350m:	3:50.84	33.86
	100m:	1:01.49	32.25	200m:	2:08.79	33.98	300m:	3:16.98	34.46	400m:	4:23.92	33.08
15.				2003				+0,69	4:49.73		393	
	50m:	24.68	24.68	150m:	1:44.74	53.01	250m:	3:01.53	37.19	350m:	4:14.40	36.33
	100m:	51.73	27.05	200m:	2:24.34	39.60	300m:	3:38.07	36.54	400m:	4:49.73	35.33
16.				2004	I			+0,65	5:06.59		331	
	50m:	31.83	31.83	150m:	1:47.01	38.97	250m:	3:08.76	41.38	350m:	4:28.90	39.39
	100m:	1:08.04	36.21	200m:	2:27.38	40.37	300m:	3:49.51	40.75	400m:	5:06.59	37.69



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12, , 400m

12 , 400m (15-16)
22.09.2021 - 10:00

3:35.30 (CAN) 06.12.2016
3:41.14 20.11.2017

: FINA 2021

							R.T.				FINA	
1.	/ 2005						+0,65 3:59.23				698	
	50m:	26.45	26.45	150m:	1:25.87	30.06	250m:	2:26.86	30.46	350m:	3:28.74	30.95
	100m:	55.81	29.36	200m:	1:56.40	30.53	300m:	2:57.79	30.93	400m:	3:59.23	30.49
2.	2006						+0,75 4:00.89				684	
	50m:	27.27	27.27	150m:	1:27.47	30.51	250m:	2:29.27	31.05	350m:	3:31.31	31.05
	100m:	56.96	29.69	200m:	1:58.22	30.75	300m:	3:00.26	30.99	400m:	4:00.89	29.58
3.	2006						+0,62 4:01.44				679	
	50m:	26.54	26.54	150m:	1:27.81	31.23	250m:	2:29.93	30.83	350m:	3:32.25	31.10
	100m:	56.58	30.04	200m:	1:59.10	31.29	300m:	3:01.15	31.22	400m:	4:01.44	29.19
4.	2005						+0,71 4:03.28				664	
	50m:	26.40	26.40	150m:	1:27.94	31.29	250m:	2:29.82	30.49	350m:	3:32.60	31.35
	100m:	56.65	30.25	200m:	1:59.33	31.39	300m:	3:01.25	31.43	400m:	4:03.28	30.68
5.	2005						+0,61 4:03.62				661	
	50m:	27.28	27.28	150m:	1:28.87	30.83	250m:	2:30.60	30.94	350m:	3:33.03	31.43
	100m:	58.04	30.76	200m:	1:59.66	30.79	300m:	3:01.60	31.00	400m:	4:03.62	30.59
6.	2005						+0,83 4:06.04				641	
	50m:	27.21	27.21	150m:	1:27.41	30.68	250m:	2:30.56	31.85	350m:	3:34.40	32.02
	100m:	56.73	29.52	200m:	1:58.71	31.30	300m:	3:02.38	31.82	400m:	4:06.04	31.64
7.	2006						+0,67 4:06.77				636	
	50m:	27.06	27.06	150m:	1:28.22	31.21	250m:	2:31.75	32.12	350m:	3:35.30	31.67
	100m:	57.01	29.95	200m:	1:59.63	31.41	300m:	3:03.63	31.88	400m:	4:06.77	31.47
8.	2005						+0,71 4:10.68				606	
	50m:	28.06	28.06	150m:	1:30.79	31.50	250m:	2:34.22	31.71	350m:	3:38.81	32.39
	100m:	59.29	31.23	200m:	2:02.51	31.72	300m:	3:06.42	32.20	400m:	4:10.68	31.87
9.	2006						4:12.28				595	
	50m:	28.03	28.03	150m:	1:31.13	31.97	250m:	2:35.61	32.24	350m:	3:41.48	33.03
	100m:	59.16	31.13	200m:	2:03.37	32.24	300m:	3:08.45	32.84	400m:	4:12.28	30.80
10.	2006						+0,62 4:12.43				594	
	50m:	27.97	27.97	150m:	1:30.18	31.88	250m:	2:35.61	32.95	350m:	3:41.25	32.74
	100m:	58.30	30.33	200m:	2:02.66	32.48	300m:	3:08.51	32.90	400m:	4:12.43	31.18
11.	2005						+0,72 4:14.09				582	
	50m:	29.04	29.04	150m:	1:33.05	32.34	250m:	2:38.46	32.88	350m:	3:43.65	32.46
	100m:	1:00.71	31.67	200m:	2:05.58	32.53	300m:	3:11.19	32.73	400m:	4:14.09	30.44
12.	2005						4:15.08				576	
	50m:	28.17	28.17	150m:	1:31.86	32.16	250m:	2:36.92	32.76	350m:	3:42.78	32.88
	100m:	59.70	31.53	200m:	2:04.16	32.30	300m:	3:09.90	32.98	400m:	4:15.08	32.30



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12,	, 400m			(15-16)								
									R.T.		FINA	
13.				2006	I				+0,74	4:18.65	I	552
	50m:	27.90	27.90	150m:	1:30.91	31.73	250m:	2:36.98	33.46	350m:	3:45.10	34.18
	100m:	59.18	31.28	200m:	2:03.52	32.61	300m:	3:10.92	33.94	400m:	4:18.65	33.55
14.				2005					+0,71	4:19.82	I	545
	50m:	29.28	29.28	150m:	1:34.73	33.07	250m:	2:41.09	33.14	350m:	3:48.02	33.00
	100m:	1:01.66	32.38	200m:	2:07.95	33.22	300m:	3:15.02	33.93	400m:	4:19.82	31.80
15.				2006					+0,67	4:20.98	I	537
	50m:	28.69	28.69	150m:	1:34.40	33.38	250m:	2:41.90	33.72	350m:	3:49.22	33.44
	100m:	1:01.02	32.33	200m:	2:08.18	33.78	300m:	3:15.78	33.88	400m:	4:20.98	31.76
16.				2006	I				+0,78	4:21.69	I	533
	50m:	29.37	29.37	150m:	1:34.84	33.31	250m:	2:42.09	33.82	350m:	3:49.78	33.56
	100m:	1:01.53	32.16	200m:	2:08.27	33.43	300m:	3:16.22	34.13	400m:	4:21.69	31.91
17.				2006					+0,81	4:21.98	I	531
	50m:	28.82	28.82	150m:	1:33.48	32.98	250m:	2:41.39	33.85	350m:	3:49.90	34.06
	100m:	1:00.50	31.68	200m:	2:07.54	34.06	300m:	3:15.84	34.45	400m:	4:21.98	32.08
18.				2006					+0,62	4:22.54	I	528
	50m:	29.05	29.05	150m:	1:34.89	33.18	250m:	2:41.87	33.68	350m:	3:50.02	34.26
	100m:	1:01.71	32.66	200m:	2:08.19	33.30	300m:	3:15.76	33.89	400m:	4:22.54	32.52
19.				2005					+0,76	4:23.52	I	522
	50m:	28.19	28.19	150m:	1:31.93	32.51	250m:	2:39.15	33.76	350m:	3:49.58	35.50
	100m:	59.42	31.23	200m:	2:05.39	33.46	300m:	3:14.08	34.93	400m:	4:23.52	33.94
20.				2006					+0,73	4:25.31	I	512
	50m:	28.44	28.44	150m:	1:34.77	33.79	250m:	2:42.99	34.06	350m:	3:51.16	33.81
	100m:	1:00.98	32.54	200m:	2:08.93	34.16	300m:	3:17.35	34.36	400m:	4:25.31	34.15
21.				2006					+0,74	4:26.49	I	505
	50m:	29.72	29.72	150m:	1:33.83	31.50	250m:	2:41.24	33.82	350m:	3:52.47	36.14
	100m:	1:02.33	32.61	200m:	2:07.42	33.59	300m:	3:16.33	35.09	400m:	4:26.49	34.02
22.				2006	I				+0,74	4:26.53	I	505
	50m:	28.07	28.07	150m:	1:34.29	33.83	250m:	2:42.99	34.72	350m:	3:53.39	35.78
	100m:	1:00.46	32.39	200m:	2:08.27	33.98	300m:	3:17.61	34.62	400m:	4:26.53	33.14
23.				2005	I				+0,78	4:27.09	I	501
	50m:	28.96	28.96	150m:	1:36.06	34.00	250m:	2:44.81	34.37	350m:	3:54.15	34.60
	100m:	1:02.06	33.10	200m:	2:10.44	34.38	300m:	3:19.55	34.74	400m:	4:27.09	32.94
24.				2006					+0,67	4:27.17	I	501
	50m:	29.37	29.37	150m:	1:36.25	34.18	250m:	2:45.02	34.05	350m:	3:53.72	34.39
	100m:	1:02.07	32.70	200m:	2:10.97	34.72	300m:	3:19.33	34.31	400m:	4:27.17	33.45
25.				2006					+0,72	4:32.84		470
	50m:	29.29	29.29	150m:	1:37.31	34.89	250m:	2:47.80	35.69	350m:	3:58.96	35.16
	100m:	1:02.42	33.13	200m:	2:12.11	34.80	300m:	3:23.80	36.00	400m:	4:32.84	33.88
26.				2006					+0,74	4:33.15		469
	50m:	29.59	29.59	150m:	1:38.47	34.78	250m:	2:48.74	34.75	350m:	3:59.93	35.29
	100m:	1:03.69	34.10	200m:	2:13.99	35.52	300m:	3:24.64	35.90	400m:	4:33.15	33.22



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12,		, 400m				(15-16)		R.T.		FINA		
27.				2006	I			+0,82	4:34.27		463	
	50m:	31.25	31.25	150m:	1:38.71	33.71	250m:	2:48.21	34.92	350m:	3:59.10	35.48
	100m:	1:05.00	33.75	200m:	2:13.29	34.58	300m:	3:23.62	35.41	400m:	4:34.27	35.17
28.				2006	I			+0,62	4:35.35		458	
	50m:	30.16	30.16	150m:	1:39.07	35.00	250m:	2:49.41	35.05	350m:	4:01.41	36.16
	100m:	1:04.07	33.91	200m:	2:14.36	35.29	300m:	3:25.25	35.84	400m:	4:35.35	33.94
29.				2006	I			+0,66	4:35.41		457	
	50m:	30.28	30.28	150m:	1:39.20	35.13	250m:	2:50.43	35.78	350m:	4:01.72	35.31
	100m:	1:04.07	33.79	200m:	2:14.65	35.45	300m:	3:26.41	35.98	400m:	4:35.41	33.69
30.				2006	I			+0,64	4:36.33		453	
	50m:	29.20	29.20	150m:	1:37.30	34.61	250m:	2:48.90	35.76	350m:	4:01.73	36.47
	100m:	1:02.69	33.49	200m:	2:13.14	35.84	300m:	3:25.26	36.36	400m:	4:36.33	34.60
31.				2005	I			+0,80	4:38.64		441	
	50m:	29.94	29.94	150m:	1:39.81	35.27	250m:	2:50.92	35.25	350m:	4:04.13	36.44
	100m:	1:04.54	34.60	200m:	2:15.67	35.86	300m:	3:27.69	36.77	400m:	4:38.64	34.51
32.				2005					4:39.56		437	
	50m:	30.00	30.00	150m:	1:39.51	35.98	250m:	2:50.70	35.65	350m:	4:03.51	36.60
	100m:	1:03.53	33.53	200m:	2:15.05	35.54	300m:	3:26.91	36.21	400m:	4:39.56	36.05
33.				2006	I			+0,81	4:41.64		428	
	50m:	29.90	29.90	150m:	1:39.87	35.97	250m:	2:53.07	36.34	350m:	4:06.72	36.14
	100m:	1:03.90	34.00	200m:	2:16.73	36.86	300m:	3:30.58	37.51	400m:	4:41.64	34.92
34.				2006					4:45.07		412	
	50m:	30.70	30.70	150m:	1:42.54	36.78	250m:	2:57.08	37.20	350m:	4:11.84	37.11
	100m:	1:05.76	35.06	200m:	2:19.88	37.34	300m:	3:34.73	37.65	400m:	4:45.07	33.23
35.				2005	I			+0,73	4:54.10		375	
	50m:	31.21	31.21	150m:	1:43.10	36.20	250m:	2:58.77	38.05	350m:	4:17.13	39.29
	100m:	1:06.90	35.69	200m:	2:20.72	37.62	300m:	3:37.84	39.07	400m:	4:54.10	36.97
36.				2005	I			+0,80	5:00.79		351	
	50m:	33.22	33.22	150m:	1:48.01	38.05	250m:	3:05.43	38.84	350m:	4:22.74	38.81
	100m:	1:09.96	36.74	200m:	2:26.59	38.58	300m:	3:43.93	38.50	400m:	5:00.79	38.05



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12, , 400m

			/					R.T.		FINA		
EXH			1999	-				+0,70	4:01.01	683		
	50m:	27.09	27.09	150m:	1:27.90	30.65	250m:	2:30.12	31.17	350m:	3:32.11	30.89
	100m:	57.25	30.16	200m:	1:58.95	31.05	300m:	3:01.22	31.10	400m:	4:01.01	28.90

