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37,		, 400m						R.T.		FINA		
14.				2006				+0,74	4:40.69		578	
	50m:	30.99	30.99	150m:	1:39.92	34.70	250m:	2:51.42	35.89	350m:	4:04.37	36.66
	100m:	1:05.22	34.23	200m:	2:15.53	35.61	300m:	3:27.71	36.29	400m:	4:40.69	36.32
15.				2006						4:41.51		573
	50m:	31.89	31.89	150m:	1:42.67	35.80	250m:	2:55.25	36.17	350m:	4:07.52	36.00
	100m:	1:06.87	34.98	200m:	2:19.08	36.41	300m:	3:31.52	36.27	400m:	4:41.51	33.99
16.				2005				+0,87	4:42.17		569	
	50m:	32.25	32.25	150m:	1:42.35	35.45	250m:	2:53.83	35.69	350m:	4:07.09	36.61
	100m:	1:06.90	34.65	200m:	2:18.14	35.79	300m:	3:30.48	36.65	400m:	4:42.17	35.08
17.				2008				+0,69	4:42.45		568	
	50m:	30.43	30.43	150m:	1:40.22	35.49	250m:	2:53.17	36.69	350m:	4:07.07	37.26
	100m:	1:04.73	34.30	200m:	2:16.48	36.26	300m:	3:29.81	36.64	400m:	4:42.45	35.38
18.				2008						4:42.59		567
	50m:	31.52	31.52	150m:	1:42.18	35.87	250m:	2:54.00	35.63	350m:	4:07.29	36.84
	100m:	1:06.31	34.79	200m:	2:18.37	36.19	300m:	3:30.45	36.45	400m:	4:42.59	35.30
19.				2005				+0,84	4:42.76		566	
	50m:	31.84	31.84	150m:	1:44.52	36.96	250m:	2:57.95	36.02	350m:	4:09.53	35.86
	100m:	1:07.56	35.72	200m:	2:21.93	37.41	300m:	3:33.67	35.72	400m:	4:42.76	33.23
20.				2007				+0,93	4:42.95		565	
	50m:	32.57	32.57	150m:	1:43.17	35.62	250m:	2:55.92	36.59	350m:	4:08.57	36.37
	100m:	1:07.55	34.98	200m:	2:19.33	36.16	300m:	3:32.20	36.28	400m:	4:42.95	34.38
21.				2007				+0,69	4:44.71		554	
	50m:	30.36	30.36	150m:	1:41.38	35.98	250m:	2:55.64	36.91	350m:	4:09.55	36.61
	100m:	1:05.40	35.04	200m:	2:18.73	37.35	300m:	3:32.94	37.30	400m:	4:44.71	35.16
22.				2007						4:45.49		550
	50m:	33.05	33.05	150m:	1:44.93	36.38	250m:	2:58.16	36.75	350m:	4:11.47	36.45
	100m:	1:08.55	35.50	200m:	2:21.41	36.48	300m:	3:35.02	36.86	400m:	4:45.49	34.02
23.				2006				+0,63	4:45.70		548	
	50m:	31.07	31.07	150m:	1:40.94	35.73	250m:	2:54.96	37.13	350m:	4:09.53	37.19
	100m:	1:05.21	34.14	200m:	2:17.83	36.89	300m:	3:32.34	37.38	400m:	4:45.70	36.17
24.				2007				+0,72	4:46.36		545	
	50m:	31.80	31.80	150m:	1:42.40	35.55	250m:	2:55.77	37.15	350m:	4:09.66	36.84
	100m:	1:06.85	35.05	200m:	2:18.62	36.22	300m:	3:32.82	37.05	400m:	4:46.36	36.70
25.				2008				+0,52	4:50.74		520	
	50m:	32.07	32.07	150m:	1:44.63	36.81	250m:	2:59.61	37.87	350m:	4:15.26	38.13
	100m:	1:07.82	35.75	200m:	2:21.74	37.11	300m:	3:37.13	37.52	400m:	4:50.74	35.48
26.				2006						4:50.87		520
	50m:	32.08	32.08	150m:	1:45.29	37.06	250m:	3:00.36	37.75	350m:	4:14.77	37.22
	100m:	1:08.23	36.15	200m:	2:22.61	37.32	300m:	3:37.55	37.19	400m:	4:50.87	36.10
27.				2006				+0,80	4:51.54		516	
	50m:	31.82	31.82	150m:	1:45.59	37.32	250m:	3:00.24	37.26	350m:	4:15.35	37.49
	100m:	1:08.27	36.45	200m:	2:22.98	37.39	300m:	3:37.86	37.62	400m:	4:51.54	36.19



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	37,		, 400m						R.T.			FINA
28.				2006					+0,59	4:52.44		511
	50m:	32.54	32.54	150m:	1:44.97	37.02	250m:	3:00.07	37.53	350m:	4:15.83	37.91
	100m:	1:07.95	35.41	200m:	2:22.54	37.57	300m:	3:37.92	37.85	400m:	4:52.44	36.61
29.				2007					+0,80	4:53.95		503
	50m:	31.31	31.31	150m:	1:43.80	37.59	250m:	3:00.53	38.90	350m:	4:17.04	37.79
	100m:	1:06.21	34.90	200m:	2:21.63	37.83	300m:	3:39.25	38.72	400m:	4:53.95	36.91
30.				2007					+0,91	4:55.34		496
	50m:	32.12	32.12	150m:	1:45.23	37.33	250m:	3:00.85	37.91	350m:	4:17.77	38.52
	100m:	1:07.90	35.78	200m:	2:22.94	37.71	300m:	3:39.25	38.40	400m:	4:55.34	37.57
31.				2004					+0,47	4:55.83		494
	50m:	32.05	32.05	150m:	1:45.29	37.67	250m:	3:01.76	38.19	350m:	4:18.77	37.99
	100m:	1:07.62	35.57	200m:	2:23.57	38.28	300m:	3:40.78	39.02	400m:	4:55.83	37.06
32.				2007					+0,73	5:02.06		464
	50m:	32.76	32.76	150m:	1:47.51	38.36	250m:	3:05.59	39.32	350m:	4:24.11	39.30
	100m:	1:09.15	36.39	200m:	2:26.27	38.76	300m:	3:44.81	39.22	400m:	5:02.06	37.95
33.				2007					+0,68	5:03.37		458
	50m:	34.03	34.03	150m:	1:50.57	38.72	250m:	3:09.05	39.16	350m:	4:25.35	37.51
	100m:	1:11.85	37.82	200m:	2:29.89	39.32	300m:	3:47.84	38.79	400m:	5:03.37	38.02
34.				2008						5:05.29		449
	50m:	34.53	34.53	150m:	1:52.17	39.56	250m:	3:09.88	38.38	350m:	4:28.58	38.61
	100m:	1:12.61	38.08	200m:	2:31.50	39.33	300m:	3:49.97	40.09	400m:	5:05.29	36.71
35.				2007					+0,79	5:05.86		447
	50m:	32.28	32.28	150m:	1:48.75	38.98	250m:	3:08.62	39.90	350m:	4:28.26	39.75
	100m:	1:09.77	37.49	200m:	2:28.72	39.97	300m:	3:48.51	39.89	400m:	5:05.86	37.60
DNS				2006								



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37, , 400m

37

, 400m

(15-17)

24.09.2021 - 10:48

3:58.25
4:03.08

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08.11.2019
10.11.2015

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									R.T.			FINA
1.			2004						+0,78	4:21.15		718
	50m:	30.29	30.29	150m:	1:35.25	32.89	250m:	2:41.51	33.33	350m:	3:48.66	33.65
	100m:	1:02.36	32.07	200m:	2:08.18	32.93	300m:	3:15.01	33.50	400m:	4:21.15	32.49
2.			2005						+0,83	4:23.90		696
	50m:	29.70	29.70	150m:	1:36.06	33.52	250m:	2:43.47	33.73	350m:	3:51.32	33.84
	100m:	1:02.54	32.84	200m:	2:09.74	33.68	300m:	3:17.48	34.01	400m:	4:23.90	32.58
3.			2005						+0,80	4:27.80		666
	50m:	30.45	30.45	150m:	1:36.48	33.50	250m:	2:44.87	34.37	350m:	3:54.67	34.81
	100m:	1:02.98	32.53	200m:	2:10.50	34.02	300m:	3:19.86	34.99	400m:	4:27.80	33.13
4.			2005						+0,74	4:34.44		619
	50m:	31.63	31.63	150m:	1:41.96	35.40	250m:	2:52.28	35.17	350m:	4:01.29	34.53
	100m:	1:06.56	34.93	200m:	2:17.11	35.15	300m:	3:26.76	34.48	400m:	4:34.44	33.15
5.			2005						+0,83	4:37.07		601
	50m:	30.39	30.39	150m:	1:39.76	35.43	250m:	2:51.00	35.72	350m:	4:02.32	35.72
	100m:	1:04.33	33.94	200m:	2:15.28	35.52	300m:	3:26.60	35.60	400m:	4:37.07	34.75
6.			2006						+0,74	4:40.69		578
	50m:	30.99	30.99	150m:	1:39.92	34.70	250m:	2:51.42	35.89	350m:	4:04.37	36.66
	100m:	1:05.22	34.23	200m:	2:15.53	35.61	300m:	3:27.71	36.29	400m:	4:40.69	36.32
7.			2006							4:41.51		573
	50m:	31.89	31.89	150m:	1:42.67	35.80	250m:	2:55.25	36.17	350m:	4:07.52	36.00
	100m:	1:06.87	34.98	200m:	2:19.08	36.41	300m:	3:31.52	36.27	400m:	4:41.51	33.99
8.			2005						+0,87	4:42.17		569
	50m:	32.25	32.25	150m:	1:42.35	35.45	250m:	2:53.83	35.69	350m:	4:07.09	36.61
	100m:	1:06.90	34.65	200m:	2:18.14	35.79	300m:	3:30.48	36.65	400m:	4:42.17	35.08
9.			2005						+0,84	4:42.76		566
	50m:	31.84	31.84	150m:	1:44.52	36.96	250m:	2:57.95	36.02	350m:	4:09.53	35.86
	100m:	1:07.56	35.72	200m:	2:21.93	37.41	300m:	3:33.67	35.72	400m:	4:42.76	33.23
10.			2006						+0,63	4:45.70		548
	50m:	31.07	31.07	150m:	1:40.94	35.73	250m:	2:54.96	37.13	350m:	4:09.53	37.19
	100m:	1:05.21	34.14	200m:	2:17.83	36.89	300m:	3:32.34	37.38	400m:	4:45.70	36.17
11.			2006							4:50.87		520
	50m:	32.08	32.08	150m:	1:45.29	37.06	250m:	3:00.36	37.75	350m:	4:14.77	37.22
	100m:	1:08.23	36.15	200m:	2:22.61	37.32	300m:	3:37.55	37.19	400m:	4:50.87	36.10
12.			2006						+0,80	4:51.54		516
	50m:	31.82	31.82	150m:	1:45.59	37.32	250m:	3:00.24	37.26	350m:	4:15.35	37.49
	100m:	1:08.27	36.45	200m:	2:22.98	37.39	300m:	3:37.86	37.62	400m:	4:51.54	36.19



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37, , 400m

37 , 400m

(13-14)

24.09.2021 - 10:48

3:58.25
4:03.08

-1

08.11.2019
10.11.2015

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							R.T.				FINA	
1.	/ 2008						4:29.37				654	
	50m:	31.31	31.31	150m:	1:39.38	34.26	250m:	2:47.63	34.17	350m:	3:56.38	34.48
	100m:	1:05.12	33.81	200m:	2:13.46	34.08	300m:	3:21.90	34.27	400m:	4:29.37	32.99
2.	2007						4:35.97				608	
	50m:	31.66	31.66	150m:	1:41.55	35.57	250m:	2:51.66	34.74	350m:	4:02.72	35.53
	100m:	1:05.98	34.32	200m:	2:16.92	35.37	300m:	3:27.19	35.53	400m:	4:35.97	33.25
3.	2007						4:36.27				607	
	50m:	31.75	31.75	150m:	1:42.31	35.63	250m:	2:52.75	34.85	350m:	4:02.89	34.92
	100m:	1:06.68	34.93	200m:	2:17.90	35.59	300m:	3:27.97	35.22	400m:	4:36.27	33.38
4.	2007						+0,87 4:36.36				606	
	50m:	31.40	31.40	150m:	1:40.81	35.10	250m:	2:51.68	35.62	350m:	4:02.81	35.42
	100m:	1:05.71	34.31	200m:	2:16.06	35.25	300m:	3:27.39	35.71	400m:	4:36.36	33.55
5.	2007						+0,74 4:36.53				605	
	50m:	32.22	32.22	150m:	1:41.46	34.91	250m:	2:52.74	35.87	350m:	4:03.94	35.59
	100m:	1:06.55	34.33	200m:	2:16.87	35.41	300m:	3:28.35	35.61	400m:	4:36.53	32.59
6.	2008						+0,69 4:42.45 				568	
	50m:	30.43	30.43	150m:	1:40.22	35.49	250m:	2:53.17	36.69	350m:	4:07.07	37.26
	100m:	1:04.73	34.30	200m:	2:16.48	36.26	300m:	3:29.81	36.64	400m:	4:42.45	35.38
7.	2008						4:42.59 				567	
	50m:	31.52	31.52	150m:	1:42.18	35.87	250m:	2:54.00	35.63	350m:	4:07.29	36.84
	100m:	1:06.31	34.79	200m:	2:18.37	36.19	300m:	3:30.45	36.45	400m:	4:42.59	35.30
8.	2007						+0,93 4:42.95 				565	
	50m:	32.57	32.57	150m:	1:43.17	35.62	250m:	2:55.92	36.59	350m:	4:08.57	36.37
	100m:	1:07.55	34.98	200m:	2:19.33	36.16	300m:	3:32.20	36.28	400m:	4:42.95	34.38
9.	2007						+0,69 4:44.71 				554	
	50m:	30.36	30.36	150m:	1:41.38	35.98	250m:	2:55.64	36.91	350m:	4:09.55	36.61
	100m:	1:05.40	35.04	200m:	2:18.73	37.35	300m:	3:32.94	37.30	400m:	4:44.71	35.16
10.	2007						4:45.49 				550	
	50m:	33.05	33.05	150m:	1:44.93	36.38	250m:	2:58.16	36.75	350m:	4:11.47	36.45
	100m:	1:08.55	35.50	200m:	2:21.41	36.48	300m:	3:35.02	36.86	400m:	4:45.49	34.02
11.	2007						+0,72 4:46.36 				545	
	50m:	31.80	31.80	150m:	1:42.40	35.55	250m:	2:55.77	37.15	350m:	4:09.66	36.84
	100m:	1:06.85	35.05	200m:	2:18.62	36.22	300m:	3:32.82	37.05	400m:	4:46.36	36.70
12.	2008						+0,52 4:50.74 				520	
	50m:	32.07	32.07	150m:	1:44.63	36.81	250m:	2:59.61	37.87	350m:	4:15.26	38.13
	100m:	1:07.82	35.75	200m:	2:21.74	37.11	300m:	3:37.13	37.52	400m:	4:50.74	35.48



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	37,	, 400m		(13-14)				R.T.		FINA		
13.			/	2007				+0,80	4:53.95	503		
	50m:	31.31	31.31	150m:	1:43.80	37.59	250m:	3:00.53	38.90	350m:	4:17.04	37.79
	100m:	1:06.21	34.90	200m:	2:21.63	37.83	300m:	3:39.25	38.72	400m:	4:53.95	36.91
14.				2007				+0,91	4:55.34	496		
	50m:	32.12	32.12	150m:	1:45.23	37.33	250m:	3:00.85	37.91	350m:	4:17.77	38.52
	100m:	1:07.90	35.78	200m:	2:22.94	37.71	300m:	3:39.25	38.40	400m:	4:55.34	37.57
15.				2007				+0,73	5:02.06	464		
	50m:	32.76	32.76	150m:	1:47.51	38.36	250m:	3:05.59	39.32	350m:	4:24.11	39.30
	100m:	1:09.15	36.39	200m:	2:26.27	38.76	300m:	3:44.81	39.22	400m:	5:02.06	37.95
16.				2007				+0,68	5:03.37	458		
	50m:	34.03	34.03	150m:	1:50.57	38.72	250m:	3:09.05	39.16	350m:	4:25.35	37.51
	100m:	1:11.85	37.82	200m:	2:29.89	39.32	300m:	3:47.84	38.79	400m:	5:03.37	38.02
17.				2008					5:05.29	449		
	50m:	34.53	34.53	150m:	1:52.17	39.56	250m:	3:09.88	38.38	350m:	4:28.58	38.61
	100m:	1:12.61	38.08	200m:	2:31.50	39.33	300m:	3:49.97	40.09	400m:	5:05.29	36.71
18.				2007				+0,79	5:05.86	447		
	50m:	32.28	32.28	150m:	1:48.75	38.98	250m:	3:08.62	39.90	350m:	4:28.26	39.75
	100m:	1:09.77	37.49	200m:	2:28.72	39.97	300m:	3:48.51	39.89	400m:	5:05.86	37.60

