

, 19 - 22 2024

9  
20.03.2024 - 13:15

, 400m

(14-15 )

4:04.10  
4:07.17

04.04.2021  
19.04.2023

: FINA 2024

									R.T.			
1.				2010					<b>4:33.66</b>		636	
	50m:	29.98	29.98	150m:	1:39.23	35.27	250m:	2:49.54	34.82	350m:	3:59.81	34.87
	100m:	1:03.96	33.98	200m:	2:14.72	35.49	300m:	3:24.94	35.40	400m:	4:33.66	33.85
2.				2010					<b>4:36.59</b>		616	
	50m:	30.44	30.44	150m:	1:39.68	35.21	250m:	2:50.40	35.36	350m:	4:02.49	36.37
	100m:	1:04.47	34.03	200m:	2:15.04	35.36	300m:	3:26.12	35.72	400m:	4:36.59	34.10
3.				2009		-		-	<b>4:43.57</b>		571	
	50m:	31.87	31.87	150m:	1:42.73	36.06	250m:	3:32.18	1:13.34	350m:	4:43.57	34.94
	100m:	1:06.67	34.80	200m:	2:18.84	36.11	300m:	4:08.63	36.45	400m:	4:43.57	
4.				2010		-			<b>4:45.66</b>		559	
	50m:	32.04	32.04	150m:	1:42.87	35.73	250m:	2:56.07	36.52	350m:	4:10.58	37.01
	100m:	1:07.14	35.10	200m:	2:19.55	36.68	300m:	3:33.57	37.50	400m:	4:45.66	35.08
5.				2009					<b>4:45.84</b>		558	
	50m:	33.89	33.89	150m:	1:45.31	36.16	250m:	2:58.17	35.55	350m:	4:11.29	36.86
	100m:	1:09.15	35.26	200m:	2:22.62	37.31	300m:	3:34.43	36.26	400m:	4:45.84	34.55
6.				2009					<b>4:46.21</b>		556	
	50m:	31.74	31.74	150m:	1:43.12	36.77	250m:	2:57.47	37.43	350m:	4:12.67	37.39
	100m:	1:06.35	34.61	200m:	2:20.04	36.92	300m:	3:35.28	37.81	400m:	4:46.21	33.54
7.				2009		-		-	<b>4:49.05</b>		539	
	50m:	32.18	32.18	150m:	1:42.54	35.58	250m:	2:55.97	37.23	350m:	4:12.13	38.36
	100m:	1:06.96	34.78	200m:	2:18.74	36.20	300m:	3:33.77	37.80	400m:	4:49.05	36.92
8.				2009					<b>4:53.82</b>		514	
	50m:	33.56	33.56	150m:	1:48.10	37.52	250m:	3:02.80	37.78	350m:	4:18.76	37.87
	100m:	1:10.58	37.02	200m:	2:25.02	36.92	300m:	3:40.89	38.09	400m:	4:53.82	35.06
9.				2009					<b>4:57.45</b>		495	
	50m:	33.11	33.11	150m:	1:46.70	37.61	250m:	3:02.91	38.74	350m:	4:20.78	39.33
	100m:	1:09.09	35.98	200m:	2:24.17	37.47	300m:	3:41.45	38.54	400m:	4:57.45	36.67
10.				2010					<b>4:57.74</b>		494	
	50m:	34.75	34.75	150m:	1:50.17	38.36	250m:	3:06.84	38.69	350m:	4:22.94	38.15
	100m:	1:11.81	37.06	200m:	2:28.15	37.98	300m:	3:44.79	37.95	400m:	4:57.74	34.80
11.				2009		-			<b>4:58.17</b>		491	
	50m:	34.25	34.25	150m:	1:49.35	37.29	250m:	3:05.47	38.11	350m:	4:21.89	37.83
	100m:	1:12.06	37.81	200m:	2:27.36	38.01	300m:	3:44.06	38.59	400m:	4:58.17	36.28
12.				2010		-			<b>5:00.55</b>		480	
	50m:	34.83	34.83	150m:	1:49.99	38.17	250m:	3:06.80	38.65	350m:	4:23.48	38.46
	100m:	1:11.82	36.99	200m:	2:28.15	38.16	300m:	3:45.02	38.22	400m:	5:00.55	37.07
13.				2010		-			<b>5:14.13</b>		420	
	50m:	34.24	34.24	150m:	1:50.76	39.12	250m:	3:11.80	40.76	350m:	4:35.17	41.66
	100m:	1:11.64	37.40	200m:	2:31.04	40.28	300m:	3:53.51	41.71	400m:	5:14.13	38.96
14.				2009		-			<b>5:16.13</b>		412	
	50m:	36.04	36.04	150m:	1:57.59	40.80	250m:	3:19.80	40.57	350m:	4:39.52	39.47
	100m:	1:16.79	40.75	200m:	2:39.23	41.64	300m:	4:00.05	40.25	400m:	5:16.13	36.61
15.				2009		-			<b>5:24.20</b>		382	
	50m:	33.84	33.84	150m:	1:55.47	42.28	250m:	3:22.87	43.73	350m:	4:46.64	41.47
	100m:	1:13.19	39.35	200m:	2:39.14	43.67	300m:	4:05.17	42.30	400m:	5:24.20	37.56

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, 19 - 22 2024

9, , 400m , (14-15 )

16.			/					R.T.				
			2010	I				<b>5:26.40</b>			375	
	50m:	37.13	37.13	150m:	2:00.70	41.62	250m:	3:23.31	40.56	350m:	4:46.07	40.60
	100m:	1:19.08	41.95	200m:	2:42.75	42.05	300m:	4:05.47	42.16	400m:	5:26.40	40.33

, 19 - 22 2024

9, , 400m

9 , 400m (16-18 )  
20.03.2024 - 13:15

4:04.10  
4:07.17

04.04.2021  
19.04.2023

: FINA 2024

R.T.

1.				2008						<b>4:36.46</b>		617
	50m:	30.69	30.69	150m:	1:39.62	35.13	250m:	2:50.07	35.14	350m:	4:01.53	35.80
	100m:	1:04.49	33.80	200m:	2:14.93	35.31	300m:	3:25.73	35.66	400m:	4:36.46	34.93
2.				2007						<b>4:37.63</b>		609
	50m:	31.78	31.78	150m:	1:41.89	35.60	250m:	2:52.49	34.61	350m:	4:03.91	35.58
	100m:	1:06.29	34.51	200m:	2:17.88	35.99	300m:	3:28.33	35.84	400m:	4:37.63	33.72
3.				2008						<b>4:40.49</b>		590
	50m:	31.66	31.66	150m:	1:40.77	35.10	250m:	2:52.33	35.92	350m:	4:04.64	36.39
	100m:	1:05.67	34.01	200m:	2:16.41	35.64	300m:	3:28.25	35.92	400m:	4:40.49	35.85
4.				2008 I		-				<b>4:48.56</b>		542
	50m:	32.60	32.60	150m:	1:43.95	36.37	250m:	2:58.17	37.24	350m:	4:13.59	37.60
	100m:	1:07.58	34.98	200m:	2:20.93	36.98	300m:	3:35.99	37.82	400m:	4:48.56	34.97
5.				2007 I		-				<b>4:52.28</b>		522
	50m:	34.08	34.08	150m:	1:48.16	37.29	250m:	3:02.68	37.39	350m:	4:16.74	36.77
	100m:	1:10.87	36.79	200m:	2:25.29	37.13	300m:	3:39.97	37.29	400m:	4:52.28	35.54
6.				2008		-				<b>4:52.84</b>		519
	50m:	33.16	33.16	150m:	1:45.59	36.39	250m:	2:59.73	36.97	350m:	4:15.54	38.11
	100m:	1:09.20	36.04	200m:	2:22.76	37.17	300m:	3:37.43	37.70	400m:	4:52.84	37.30
DSQ				2006								