

10 , 400m (14-15 )  
19.03.2025 - 12:303:43.45 (CHN) 09.08.2008  
3:47.36 (HUN) 20.08.2019

: FINA 2024

				/				R.T.				
1.				2010		-	-	+0,66	<b>4:19.02</b>		613	
	50m:	28.89	28.89	150m:	1:33.43	31.93	250m:	2:39.33	32.14	350m:	3:45.64	32.65
	100m:	1:01.50	32.61	200m:	2:07.19	33.76	300m:	3:12.99	33.66	400m:	4:19.02	33.38
2.				2010				+0,63	<b>4:21.08</b>		598	
	50m:	28.62	28.62	150m:	1:33.51	33.10	250m:	2:39.91	33.02	350m:	3:47.90	34.18
	100m:	1:00.41	31.79	200m:	2:06.89	33.38	300m:	3:13.72	33.81	400m:	4:21.08	33.18
3.				2011				+0,78	<b>4:21.74</b>		594	
	50m:	28.85	28.85	150m:	1:34.81	33.40	250m:	2:42.04	33.52	350m:	3:49.72	33.52
	100m:	1:01.41	32.56	200m:	2:08.52	33.71	300m:	3:16.20	34.16	400m:	4:21.74	32.02
4.				2011				+0,68	<b>4:27.01</b>		559	
	50m:	29.69	29.69	150m:	1:36.50	33.76	250m:	2:44.84	33.77	350m:	3:53.47	33.81
	100m:	1:02.74	33.05	200m:	2:11.07	34.57	300m:	3:19.66	34.82	400m:	4:27.01	33.54
5.				2010				+0,54	<b>4:27.51</b>		556	
	50m:	28.77	28.77	150m:	1:36.37	34.63	250m:	2:45.93	35.01	350m:	3:56.05	34.58
	100m:	1:01.74	32.97	200m:	2:10.92	34.55	300m:	3:21.47	35.54	400m:	4:27.51	31.46
6.				2011				+0,70	<b>4:32.34</b>		527	
	50m:	30.47	30.47	150m:	1:37.59	34.27	250m:	2:46.94	35.29	350m:	3:57.63	35.38
	100m:	1:03.32	32.85	200m:	2:11.65	34.06	300m:	3:22.25	35.31	400m:	4:32.34	34.71
7.				2010				+0,60	<b>4:33.29</b>		522	
	50m:	30.38	30.38	150m:	1:40.65	35.96	250m:	2:51.21	34.78	350m:	4:00.96	34.76
	100m:	1:04.69	34.31	200m:	2:16.43	35.78	300m:	3:26.20	34.99	400m:	4:33.29	32.33
8.				2010				+0,67	<b>4:36.52</b>		504	
	50m:	30.45	30.45	150m:	1:38.40	34.19	250m:	2:49.43	35.52	350m:	4:01.23	35.63
	100m:	1:04.21	33.76	200m:	2:13.91	35.51	300m:	3:25.60	36.17	400m:	4:36.52	35.29
9.				2010		-		+0,76	<b>4:39.09</b>		490	
	50m:	29.93	29.93	150m:	1:38.53	34.94	250m:	2:49.69	35.63	350m:	4:03.95	37.25
	100m:	1:03.59	33.66	200m:	2:14.06	35.53	300m:	3:26.70	37.01	400m:	4:39.09	35.14
10.				2011				+0,61	<b>4:42.13</b>		474	
	50m:	29.47	29.47	150m:	1:38.48	35.08	250m:	2:51.96	36.77	350m:	4:07.17	37.24
	100m:	1:03.40	33.93	200m:	2:15.19	36.71	300m:	3:29.93	37.97	400m:	4:42.13	34.96
11.				2011		-		+0,76	<b>4:43.36</b>		468	
	50m:	31.12	31.12	150m:	1:42.61	35.94	250m:	2:56.29	36.66	350m:	4:09.78	35.91
	100m:	1:06.67	35.55	200m:	2:19.63	37.02	300m:	3:33.87	37.58	400m:	4:43.36	33.58
12.				2010		-		+0,53	<b>4:49.41</b>		439	
	50m:	30.05	30.05	150m:	1:40.16	36.17	250m:	2:55.70	38.58	350m:	4:13.27	38.72
	100m:	1:03.99	33.94	200m:	2:17.12	36.96	300m:	3:34.55	38.85	400m:	4:49.41	36.14



10, , 400m  
 10 , 400m (16-18 )  
 19.03.2025 - 12:30

3:43.45 (CHN) 09.08.2008  
 3:47.36 (HUN) 20.08.2019

: FINA 2024

				/				R.T.				
1.				2009				+0,63	<b>4:05.28</b>	722		
	50m:	28.48	28.48	150m:	1:30.89	31.45	250m:	2:34.15	31.52	350m:	3:37.10	31.15
	100m:	59.44	30.96	200m:	2:02.63	31.74	300m:	3:05.95	31.80	400m:	4:05.28	28.18
2.				2007				+0,50	<b>4:05.96</b>	716		
	50m:	27.88	27.88	150m:	1:30.56	31.33	250m:	2:34.64	32.00	350m:	3:37.12	29.97
	100m:	59.23	31.35	200m:	2:02.64	32.08	300m:	3:07.15	32.51	400m:	4:05.96	28.84
3.				2009				+0,59	<b>4:06.25</b>	713		
	50m:	28.34	28.34	150m:	1:31.16	31.62	250m:	2:34.63	31.44	350m:	3:36.73	30.15
	100m:	59.54	31.20	200m:	2:03.19	32.03	300m:	3:06.58	31.95	400m:	4:06.25	29.52
4.				2009				+0,75	<b>4:10.01</b>	682		
	50m:	28.13	28.13	150m:	1:30.78	31.75	250m:	2:35.34	32.76	350m:	3:41.05	32.92
	100m:	59.03	30.90	200m:	2:02.58	31.80	300m:	3:08.13	32.79	400m:	4:10.01	28.96
5.				2009				+0,69	<b>4:12.10</b>	665		
	50m:	28.79	28.79	150m:	1:32.43	32.00	250m:	2:37.63	32.61	350m:	3:41.35	31.90
	100m:	1:00.43	31.64	200m:	2:05.02	32.59	300m:	3:09.45	31.82	400m:	4:12.10	30.75
6.				2007				+0,56	<b>4:12.66</b>	660		
	50m:	27.90	27.90	150m:	1:31.35	31.71	250m:	2:35.85	32.12	350m:	3:41.54	32.86
	100m:	59.64	31.74	200m:	2:03.73	32.38	300m:	3:08.68	32.83	400m:	4:12.66	31.12
7.				2009				+0,53	<b>4:13.37</b>	655		
	50m:	29.58	29.58	150m:	1:32.99	31.75	250m:	2:36.94	32.03	350m:	3:42.04	32.52
	100m:	1:01.24	31.66	200m:	2:04.91	31.92	300m:	3:09.52	32.58	400m:	4:13.37	31.33
8.				2009				+0,58	<b>4:13.83</b>	651		
	50m:	29.08	29.08	150m:	1:33.28	32.26	250m:	2:38.50	32.39	350m:	3:43.03	31.91
	100m:	1:01.02	31.94	200m:	2:06.11	32.83	300m:	3:11.12	32.62	400m:	4:13.83	30.80
9.				2009				+0,72	<b>4:21.16  </b>	598		
	50m:	28.84	28.84	150m:	1:34.41	33.52	250m:	2:41.74	33.85	350m:	3:50.04	34.23
	100m:	1:00.89	32.05	200m:	2:07.89	33.48	300m:	3:15.81	34.07	400m:	4:21.16	31.12
10.				2008				+0,64	<b>4:21.88  </b>	593		
	50m:	28.99	28.99	150m:	1:34.55	33.08	250m:	2:41.76	33.79	350m:	3:49.64	33.90
	100m:	1:01.47	32.48	200m:	2:07.97	33.42	300m:	3:15.74	33.98	400m:	4:21.88	32.24
11.				2007				+0,49	<b>4:21.90  </b>	593		
	50m:	28.84	28.84	150m:	1:32.95	32.67	250m:	2:39.62	33.75	350m:	3:48.20	34.41
	100m:	1:00.28	31.44	200m:	2:05.87	32.92	300m:	3:13.79	34.17	400m:	4:21.90	33.70
12.				2009				+0,62	<b>4:24.88  </b>	573		
	50m:	29.70	29.70	150m:	1:36.86	33.72	250m:	2:44.58	33.61	350m:	3:52.57	33.60
	100m:	1:03.14	33.44	200m:	2:10.97	34.11	300m:	3:18.97	34.39	400m:	4:24.88	32.31
13.				2008				+0,71	<b>4:33.65</b>	520		
	50m:	31.30	31.30	150m:	1:41.59	35.16	250m:	2:52.81	34.64	350m:	4:02.05	33.57
	100m:	1:06.43	35.13	200m:	2:18.17	36.58	300m:	3:28.48	35.67	400m:	4:33.65	31.60

