

11 , 400m (14-15)
19.03.2025 - 12:53

4:36.25
4:43.44

(CHN)

09.08.2008
03.04.2021

: FINA 2024

				/				R.T.				
1.				2011						5:02.39	679	
	50m:	33.10	33.10	150m:	1:48.50	35.78	250m:	3:08.63	44.42	350m:	4:28.03	33.66
	100m:	1:12.72	39.62	200m:	2:24.21	35.71	300m:	3:54.37	45.74	400m:	5:02.39	34.36
2.				2010				+0,74		5:14.33	605	
	50m:	32.38	32.38	150m:	1:49.16	38.15	250m:	3:16.21	50.27	350m:	4:40.85	35.25
	100m:	1:11.01	38.63	200m:	2:25.94	36.78	300m:	4:05.60	49.39	400m:	5:14.33	33.48
3.				2010				+0,81		5:14.95	601	
	50m:	32.80	32.80	150m:	1:51.22	40.03	250m:	3:17.70	46.88	350m:	4:40.26	35.84
	100m:	1:11.19	38.39	200m:	2:30.82	39.60	300m:	4:04.42	46.72	400m:	5:14.95	34.69
4.				2011						5:17.15	589	
	50m:	32.71	32.71	150m:	1:53.27	41.67	250m:	3:19.79	45.94	350m:	4:41.31	35.75
	100m:	1:11.60	38.89	200m:	2:33.85	40.58	300m:	4:05.56	45.77	400m:	5:17.15	35.84
5.				2011				+0,75		5:21.23	566	
	50m:	33.10	33.10	150m:	1:54.56	41.95	250m:	3:20.91	45.50	350m:	4:44.63	38.35
	100m:	1:12.61	39.51	200m:	2:35.41	40.85	300m:	4:06.28	45.37	400m:	5:21.23	36.60
6.				2010				+0,91		5:21.70	564	
	50m:	33.09	33.09	150m:	1:52.54	40.58	250m:	3:20.13	48.45	350m:	4:45.89	37.32
	100m:	1:11.96	38.87	200m:	2:31.68	39.14	300m:	4:08.57	48.44	400m:	5:21.70	35.81
7.				2010				+0,67		5:27.65	534	
	50m:	33.59	33.59	150m:	1:57.32	45.12	250m:	3:27.29	45.91	350m:	4:51.83	39.11
	100m:	1:12.20	38.61	200m:	2:41.38	44.06	300m:	4:12.72	45.43	400m:	5:27.65	35.82
8.				2010				- -		5:30.06	522	
	50m:	30.94	30.94	150m:	1:52.00	42.12	250m:	3:24.08	47.19	350m:	4:53.29	38.69
	100m:	1:09.88	38.94	200m:	2:36.89	44.89	300m:	4:14.60	50.52	400m:	5:30.06	36.77
9.				2011				+0,70		5:30.36	521	
	50m:	36.13	36.13	150m:	1:59.93	41.53	250m:	3:28.16	48.47	350m:	4:55.20	36.74
	100m:	1:18.40	42.27	200m:	2:39.69	39.76	300m:	4:18.46	50.30	400m:	5:30.36	35.16
10.				2010				+0,87		5:36.84	491	
	50m:	36.16	36.16	150m:	2:05.05	45.20	250m:	3:36.13	47.95	350m:	5:00.50	35.75
	100m:	1:19.85	43.69	200m:	2:48.18	43.13	300m:	4:24.75	48.62	400m:	5:36.84	36.34
11.				2011				- -		5:39.71	479	
	50m:	33.60	33.60	150m:	2:02.14	43.61	250m:	3:34.67	49.73	350m:	5:04.00	37.69
	100m:	1:18.53	44.93	200m:	2:44.94	42.80	300m:	4:26.31	51.64	400m:	5:39.71	35.71
12.				2010				- -		5:41.97	469	
	50m:	38.59	38.59	150m:	2:07.15	44.21	250m:	3:38.33	48.91	350m:	5:05.66	38.00
	100m:	1:22.94	44.35	200m:	2:49.42	42.27	300m:	4:27.66	49.33	400m:	5:41.97	36.31
13.				2011				- -		5:48.02	445	
	50m:	35.42	35.42	150m:	2:05.21	45.36	250m:	3:35.82	46.29	350m:	5:07.62	42.91
	100m:	1:19.85	44.43	200m:	2:49.53	44.32	300m:	4:24.71	48.89	400m:	5:48.02	40.40
14.				2011				+0,69		5:48.23	445	
	50m:	35.09	35.09	150m:	2:01.88	43.95	250m:	3:35.29	49.14	350m:	5:07.35	40.87
	100m:	1:17.93	42.84	200m:	2:46.15	44.27	300m:	4:26.48	51.19	400m:	5:48.23	40.88



11, , 400m

11 , 400m (16-18)
19.03.2025 - 12:53

4:36.25 (CHN) 09.08.2008
4:43.44 03.04.2021

: FINA 2024

				/				R.T.				
1.				2007				+0,80	5:12.10	618		
	50m:	34.32	34.32	150m:	1:52.81	39.42	250m:	3:16.07	44.74	350m:	4:36.75	36.12
	100m:	1:13.39	39.07	200m:	2:31.33	38.52	300m:	4:00.63	44.56	400m:	5:12.10	35.35
2.				2008				+0,79	5:19.84	574		
	50m:	32.96	32.96	150m:	1:53.88	40.82	250m:	3:20.39	46.17	350m:	4:44.74	38.33
	100m:	1:13.06	40.10	200m:	2:34.22	40.34	300m:	4:06.41	46.02	400m:	5:19.84	35.10
3.				2009				+0,71	5:19.85	574		
	50m:	32.22	32.22	150m:	1:53.90	43.10	250m:	3:20.09	43.01	350m:	4:43.82	37.52
	100m:	1:10.80	38.58	200m:	2:37.08	43.18	300m:	4:06.30	46.21	400m:	5:19.85	36.03
4.				2008				+0,57	5:22.86	558		
	50m:	32.59	32.59	150m:	1:54.18	43.14	250m:	3:23.02	46.40	350m:	4:45.23	37.31
	100m:	1:11.04	38.45	200m:	2:36.62	42.44	300m:	4:07.92	44.90	400m:	5:22.86	37.63
5.				2009				+0,55	5:25.19	546		
	50m:	35.03	35.03	150m:	1:57.88	40.68	250m:	3:25.06	45.41	350m:	4:48.51	37.34
	100m:	1:17.20	42.17	200m:	2:39.65	41.77	300m:	4:11.17	46.11	400m:	5:25.19	36.68
6.				2009				+0,67	5:30.53	520		
	50m:	34.85	34.85	150m:	1:58.55	40.80	250m:	3:28.46	48.68	350m:	4:55.31	37.97
	100m:	1:17.75	42.90	200m:	2:39.78	41.23	300m:	4:17.34	48.88	400m:	5:30.53	35.22
7.				2009					5:41.98	469		
	50m:	34.81	34.81	150m:	2:00.68	44.50	250m:	3:32.62	48.62	350m:	5:03.11	41.72
	100m:	1:16.18	41.37	200m:	2:44.00	43.32	300m:	4:21.39	48.77	400m:	5:41.98	38.87

