

12 , 400m (14-15)
19.03.2025 - 13:13

				4:08.05					Kazan /			25.07.2022
				4:10.02					(HUN)			23.05.2021
: FINA 2024												
				/					R.T.			
1.				2010	-	-	-	+0,52	4:51.09			578
	50m:	29.30	29.30	150m:	1:43.75	38.04	250m:	3:01.82	39.06	350m:	4:17.81	34.48
	100m:	1:05.71	36.41	200m:	2:22.76	39.01	300m:	3:43.33	41.51	400m:	4:51.09	33.28
2.				2010		-	-	+0,69	4:52.72			568
	50m:	30.88	30.88	150m:	1:45.26	38.48	250m:	3:05.07	41.89	350m:	4:20.86	33.36
	100m:	1:06.78	35.90	200m:	2:23.18	37.92	300m:	3:47.50	42.43	400m:	4:52.72	31.86
3.				2010				+0,74	4:59.04			533
	50m:	31.24	31.24	150m:	1:47.14	39.65	250m:	3:06.96	41.34	350m:	4:25.13	36.24
	100m:	1:07.49	36.25	200m:	2:25.62	38.48	300m:	3:48.89	41.93	400m:	4:59.04	33.91
4.				2011		-	-	+0,73	5:01.93			518
	50m:	31.18	31.18	150m:	1:46.97	39.01	250m:	3:08.62	43.06	350m:	4:28.56	36.14
	100m:	1:07.96	36.78	200m:	2:25.56	38.59	300m:	3:52.42	43.80	400m:	5:01.93	33.37
5.				2010		-		+0,71	5:03.68			509
	50m:	31.14	31.14	150m:	1:46.76	38.65	250m:	3:09.21	44.04	350m:	4:29.78	35.84
	100m:	1:08.11	36.97	200m:	2:25.17	38.41	300m:	3:53.94	44.73	400m:	5:03.68	33.90
6.				2010				+0,54	5:04.85			503
	50m:	30.53	30.53	150m:	1:48.77	40.50	250m:	3:14.08	44.66	350m:	4:33.62	33.47
	100m:	1:08.27	37.74	200m:	2:29.42	40.65	300m:	4:00.15	46.07	400m:	5:04.85	31.23
7.				2010		-		+0,77	5:09.71			480
	50m:	31.18	31.18	150m:	1:49.99	40.31	250m:	3:14.19	43.99	350m:	4:35.30	36.09
	100m:	1:09.68	38.50	200m:	2:30.20	40.21	300m:	3:59.21	45.02	400m:	5:09.71	34.41
8.				2010				+0,68	5:17.54			445
	50m:	31.31	31.31	150m:	1:48.95	40.36	250m:	3:17.97	48.19	350m:	4:41.59	36.20
	100m:	1:08.59	37.28	200m:	2:29.78	40.83	300m:	4:05.39	47.42	400m:	5:17.54	35.95
9.				2010					5:29.82			397
	50m:	30.78	30.78	150m:	1:54.23	44.84	250m:	3:22.56	45.01	350m:	4:50.50	41.41
	100m:	1:09.39	38.61	200m:	2:37.55	43.32	300m:	4:09.09	46.53	400m:	5:29.82	39.32
10.				2010				+0,79	5:35.03			379
	50m:	33.64	33.64	150m:	2:01.41	44.97	250m:	3:27.81	45.25	350m:	4:55.63	42.15
	100m:	1:16.44	42.80	200m:	2:42.56	41.15	300m:	4:13.48	45.67	400m:	5:35.03	39.40
11.				2011		-		+0,68	5:35.52			377
	50m:	33.47	33.47	150m:	1:55.35	41.47	250m:	3:28.87	51.99	350m:	4:59.12	38.14
	100m:	1:13.88	40.41	200m:	2:36.88	41.53	300m:	4:20.98	52.11	400m:	5:35.52	36.40
12.				2010		-		+0,59	5:45.31			346
	50m:	32.87	32.87	150m:	2:01.99	45.11	250m:	3:32.94	46.77	350m:	5:03.18	42.98
	100m:	1:16.88	44.01	200m:	2:46.17	44.18	300m:	4:20.20	47.26	400m:	5:45.31	42.13



, 18 - 21 2025

12, , 400m

12 , 400m

(16-18)

19.03.2025 - 13:13

4:08.05
4:10.02

Kazan /
(HUN)

25.07.2022
23.05.2021

: FINA 2024

									R.T.			
1.				2007					+0,77	4:30.59		719
	50m:	28.32	28.32	150m:	1:36.87	35.07	250m:	2:49.13	37.18	350m:	4:00.45	32.81
	100m:	1:01.80	33.48	200m:	2:11.95	35.08	300m:	3:27.64	38.51	400m:	4:30.59	30.14
2.				2007					+0,67	4:31.08		715
	50m:	29.00	29.00	150m:	1:39.01	36.23	250m:	2:52.16	37.55	350m:	4:01.57	31.26
	100m:	1:02.78	33.78	200m:	2:14.61	35.60	300m:	3:30.31	38.15	400m:	4:31.08	29.51
3.				2007					+0,52	4:45.49		612
	50m:	27.74	27.74	150m:	1:35.86	35.38	250m:	2:54.42	42.67	350m:	4:12.02	35.20
	100m:	1:00.48	32.74	200m:	2:11.75	35.89	300m:	3:36.82	42.40	400m:	4:45.49	33.47

