

31
21.03.2025 - 13:16

, 400m

(14-15)

4:04.10
4:05.16-
-104.04.2021
26.07.2024

: FINA 2024

								R.T.				
1.				2010				+0,71	4:31.73	649		
	50m:	29.42	29.42	150m:	1:36.69	34.56	250m:	2:47.27	35.66	350m:	3:58.03	35.31
	100m:	1:02.13	32.71	200m:	2:11.61	34.92	300m:	3:22.72	35.45	400m:	4:31.73	33.70
2.				2011					4:34.50	630		
	50m:	30.70	30.70	150m:	1:39.48	34.87	250m:	2:50.86	35.66	350m:	4:00.64	34.14
	100m:	1:04.61	33.91	200m:	2:15.20	35.72	300m:	3:26.50	35.64	400m:	4:34.50	33.86
3.				2011					4:41.50	584		
	50m:	30.83	30.83	150m:	1:41.06	35.76	250m:	2:53.62	36.50	350m:	4:06.40	36.06
	100m:	1:05.30	34.47	200m:	2:17.12	36.06	300m:	3:30.34	36.72	400m:	4:41.50	35.10
4.				2010				+0,82	4:42.15	580		
	50m:	31.19	31.19	150m:	1:42.08	35.98	250m:	2:54.77	36.38	350m:	4:08.04	36.33
	100m:	1:06.10	34.91	200m:	2:18.39	36.31	300m:	3:31.71	36.94	400m:	4:42.15	34.11
5.				2011				+0,62	4:44.40	566		
	50m:	32.01	32.01	150m:	1:42.69	36.02	250m:	2:55.66	36.77	350m:	4:08.65	36.39
	100m:	1:06.67	34.66	200m:	2:18.89	36.20	300m:	3:32.26	36.60	400m:	4:44.40	35.75
6.				2010				+0,84	4:49.46	537		
	50m:	31.98	31.98	150m:	1:43.57	36.41	250m:	2:57.33	36.95	350m:	4:12.66	37.68
	100m:	1:07.16	35.18	200m:	2:20.38	36.81	300m:	3:34.98	37.65	400m:	4:49.46	36.80
7.				2010				+0,84	4:49.98	534		
	50m:	31.97	31.97	150m:	1:45.27	37.33	250m:	2:59.53	37.13	350m:	4:14.63	37.47
	100m:	1:07.94	35.97	200m:	2:22.40	37.13	300m:	3:37.16	37.63	400m:	4:49.98	35.35
8.				2010				+0,70	4:51.37	527		
	50m:	31.46	31.46	150m:	1:44.74	37.44	250m:	3:00.55	37.73	350m:	4:16.54	37.66
	100m:	1:07.30	35.84	200m:	2:22.82	38.08	300m:	3:38.88	38.33	400m:	4:51.37	34.83
9.				2011				+0,67	4:51.64	525		
	50m:	32.56	32.56	150m:	1:45.82	37.15	250m:	3:00.04	37.00	350m:	4:15.28	37.50
	100m:	1:08.67	36.11	200m:	2:23.04	37.22	300m:	3:37.78	37.74	400m:	4:51.64	36.36
10.				2010				+0,65	4:52.26	522		
	50m:	32.25	32.25	150m:	1:44.61	36.87	250m:	2:59.57	37.42	350m:	4:15.31	37.79
	100m:	1:07.74	35.49	200m:	2:22.15	37.54	300m:	3:37.52	37.95	400m:	4:52.26	36.95
11.				2010				+0,65	4:52.87	519		
	50m:	31.25	31.25	150m:	1:45.19	37.97	250m:	3:01.86	38.48	350m:	4:17.48	37.89
	100m:	1:07.22	35.97	200m:	2:23.38	38.19	300m:	3:39.59	37.73	400m:	4:52.87	35.39
12.				2010				+0,75	4:58.95	488		
	50m:	32.86	32.86	150m:	1:47.94	38.14	250m:	3:05.17	38.47	350m:	4:22.41	38.36
	100m:	1:09.80	36.94	200m:	2:26.70	38.76	300m:	3:44.05	38.88	400m:	4:58.95	36.54
13.				2010				+0,36	5:00.14	482		
	50m:	33.75	33.75	150m:	1:48.01	37.10	250m:	3:04.41	38.47	350m:	4:22.51	39.47
	100m:	1:10.91	37.16	200m:	2:25.94	37.93	300m:	3:43.04	38.63	400m:	5:00.14	37.63
14.				2010				+0,90	5:00.21	481		
	50m:	33.05	33.05	150m:	1:47.38	37.34	250m:	3:04.48	38.72	350m:	4:23.08	38.74
	100m:	1:10.04	36.99	200m:	2:25.76	38.38	300m:	3:44.34	39.86	400m:	5:00.21	37.13
15.				2010				+0,81	5:05.46	457		
	50m:	33.47	33.47	150m:	1:48.86	38.19	250m:	3:07.62	39.58	350m:	4:26.85	39.53
	100m:	1:10.67	37.20	200m:	2:28.04	39.18	300m:	3:47.32	39.70	400m:	5:05.46	38.61



, 18 - 21 2025

31, , 400m , (14-15)

								R.T.				
16.			2010 I					+0,72	5:10.00		437	
	50m:	32.43	32.43	150m:	1:50.48	40.04	250m:	3:11.87	40.81	350m:	4:32.34	39.27
	100m:	1:10.44	38.01	200m:	2:31.06	40.58	300m:	3:53.07	41.20	400m:	5:10.00	37.66
17.			2010					+0,76	5:10.24		436	
	50m:	32.14	32.14	150m:	1:47.69	38.61	250m:	3:08.20	40.74	350m:	4:30.19	40.57
	100m:	1:09.08	36.94	200m:	2:27.46	39.77	300m:	3:49.62	41.42	400m:	5:10.24	40.05
18.			2010 I			-		+0,77	5:35.28		346	
	50m:	33.63	33.63	150m:	1:52.68	40.99	250m:	3:21.82	45.34	350m:	4:53.80	45.60
	100m:	1:11.69	38.06	200m:	2:36.48	43.80	300m:	4:08.20	46.38	400m:	5:35.28	41.48



31, , 400m

31 , 400m (16-18)
21.03.2025 - 13:16

4:04.10 - 04.04.2021
4:05.16 -1 26.07.2024

: FINA 2024

								R.T.				
1.				2008				+0,70	4:39.83	595		
	50m:	30.55	30.55	150m:	1:39.82	35.42	250m:	2:52.42	36.37	350m:	4:04.66	35.88
	100m:	1:04.40	33.85	200m:	2:16.05	36.23	300m:	3:28.78	36.36	400m:	4:39.83	35.17
2.				2009				+0,69	4:41.59	584		
	50m:	30.93	30.93	150m:	1:42.87	36.41	250m:	2:55.48	37.06	350m:	4:07.83	36.20
	100m:	1:06.46	35.53	200m:	2:18.42	35.55	300m:	3:31.63	36.15	400m:	4:41.59	33.76
3.				2009				+0,73	4:42.08	581		
	50m:	30.80	30.80	150m:	1:40.65	35.98	250m:	2:54.34	37.06	350m:	4:07.35	36.14
	100m:	1:04.67	33.87	200m:	2:17.28	36.63	300m:	3:31.21	36.87	400m:	4:42.08	34.73
4.				2009				+0,52	4:43.22	574		
	50m:	31.57	31.57	150m:	1:42.66	35.85	250m:	2:55.49	36.49	350m:	4:08.91	36.55
	100m:	1:06.81	35.24	200m:	2:19.00	36.34	300m:	3:32.36	36.87	400m:	4:43.22	34.31
5.				2009				+0,61	4:44.41	566		
	50m:	31.60	31.60	150m:	1:43.80	36.34	250m:	2:56.67	35.45	350m:	4:09.23	35.65
	100m:	1:07.46	35.86	200m:	2:21.22	37.42	300m:	3:33.58	36.91	400m:	4:44.41	35.18
6.				2009				-	4:45.02	563		
	50m:	32.71	32.71	150m:	1:45.16	36.50	250m:	2:57.92	36.12	350m:	4:09.94	35.02
	100m:	1:08.66	35.95	200m:	2:21.80	36.64	300m:	3:34.92	37.00	400m:	4:45.02	35.08
7.				2009				-	4:49.09	539		
	50m:	31.89	31.89	150m:	1:45.68	37.48	250m:	3:01.03	37.22	350m:	4:15.02	36.26
	100m:	1:08.20	36.31	200m:	2:23.81	38.13	300m:	3:38.76	37.73	400m:	4:49.09	34.07
8.				2009				+0,82	4:52.75	519		
	50m:	34.05	34.05	150m:	1:47.33	36.63	250m:	3:00.82	36.79	350m:	4:16.43	37.95
	100m:	1:10.70	36.65	200m:	2:24.03	36.70	300m:	3:38.48	37.66	400m:	4:52.75	36.32
9.				2008					5:08.61	443		
	50m:	32.99	32.99	150m:	1:49.48	38.66	250m:	3:08.93	39.16	350m:	4:29.89	40.10
	100m:	1:10.82	37.83	200m:	2:29.77	40.29	300m:	3:49.79	40.86	400m:	5:08.61	38.72

