

, 18 - 21 2026

15  
19.03.2026 - 10:21

, 400m

4:08.05  
4:10.02

Kazan /  
(HUN)

25.07.2022  
23.05.2021

				/			R.T.					
1.				06.10.2007						<b>4:28.01</b>		
	50m:	28.13	28.13	150m:	1:35.90	34.72	250m:	2:47.79	36.79	350m:	3:56.80	32.08
	100m:	1:01.18	33.05	200m:	2:11.00	35.10	300m:	3:24.72	36.93	400m:	4:28.01	31.21
2.				23.11.2005			-			<b>4:29.26</b>		
	50m:	28.06	28.06	150m:	1:37.39	36.22	250m:	2:50.91	37.90	350m:	3:58.56	30.36
	100m:	1:01.17	33.11	200m:	2:13.01	35.62	300m:	3:28.20	37.29	400m:	4:29.26	30.70
3.				19.11.2003			-			<b>4:31.68</b>		
	50m:	28.74	28.74	150m:	1:36.08	34.59	250m:	2:47.59	37.42	350m:	3:58.75	33.32
	100m:	1:01.49	32.75	200m:	2:10.17	34.09	300m:	3:25.43	37.84	400m:	4:31.68	32.93
4.				01.03.2005						<b>4:33.54</b>		
	50m:	29.72	29.72	150m:	1:40.16	36.46	250m:	2:51.58	36.19	350m:	4:01.31	32.99
	100m:	1:03.70	33.98	200m:	2:15.39	35.23	300m:	3:28.32	36.74	400m:	4:33.54	32.23
5.				20.04.2007						<b>4:35.96</b>		
	50m:	28.79	28.79	150m:	1:37.63	35.88	250m:	2:51.40	38.58	350m:	4:03.53	32.73
	100m:	1:01.75	32.96	200m:	2:12.82	35.19	300m:	3:30.80	39.40	400m:	4:35.96	32.43
6.				28.07.2008			-			<b>4:42.91</b>		
	50m:	29.49	29.49	150m:	1:41.86	38.74	250m:	2:58.85	39.11	350m:	4:11.33	33.13
	100m:	1:03.12	33.63	200m:	2:19.74	37.88	300m:	3:38.20	39.35	400m:	4:42.91	31.58
7.				07.01.2009			-			<b>4:43.96</b>		
	50m:	29.31	29.31	150m:	1:40.43	37.05	250m:	2:57.95	40.21	350m:	4:11.54	32.75
	100m:	1:03.38	34.07	200m:	2:17.74	37.31	300m:	3:38.79	40.84	400m:	4:43.96	32.42
8.				03.07.2010			-			<b>4:47.11</b>		
	50m:	28.36	28.36	150m:	1:39.29	36.67	250m:	2:57.23	41.54	350m:	4:13.38	34.62
	100m:	1:02.62	34.26	200m:	2:15.69	36.40	300m:	3:38.76	41.53	400m:	4:47.11	33.73
9.				09.04.2008						<b>4:51.43</b>		
	50m:	28.68	28.68	150m:	1:40.18	37.55	250m:	2:58.28	41.89	350m:	4:17.05	35.45
	100m:	1:02.63	33.95	200m:	2:16.39	36.21	300m:	3:41.60	43.32	400m:	4:51.43	34.38
10.				05.03.2010			-			<b>5:05.71</b>		
	50m:	31.30	31.30	150m:	1:48.03	39.90	250m:	3:10.37	43.59	350m:	4:30.88	36.29
	100m:	1:08.13	36.83	200m:	2:26.78	38.75	300m:	3:54.59	44.22	400m:	5:05.71	34.83
DSQ				04.01.2012			-			<b>-2</b>		
DSQ				01.09.2010			-					