

19  
16.02.2023 - 13:20

, 400m

2010

: FINA 2023

							100m	200m	300m	400m		
	(2009-2010)											
1.	,	09				<b>5:14.69</b> 606	1:09.43	1:22.33	1:31.90	1:11.03		
	50m:	31.80	31.80	150m:	1:51.40	41.97	250m:	3:18.77	47.01	350m:	4:39.69	36.03
	100m:	1:09.43	37.63	200m:	2:31.76	40.36	300m:	4:03.66	44.89	400m:	5:14.69	35.00
2.	,	09			-	<b>5:42.38</b> 470 I	1:19.50	1:28.91	1:35.36	1:18.61		
	50m:	36.18	36.18	150m:	2:04.58	45.08	250m:	3:34.92	46.51	350m:	5:03.84	40.07
	100m:	1:19.50	43.32	200m:	2:48.41	43.83	300m:	4:23.77	48.85	400m:	5:42.38	38.54
3.	,	09			- .	<b>5:51.40</b> 435 II	1:19.16	1:30.02	1:45.55	1:16.67		
	50m:	34.84	34.84	150m:	2:05.71	46.55	250m:	3:41.11	51.93	350m:	5:13.74	39.01
	100m:	1:19.16	44.32	200m:	2:49.18	43.47	300m:	4:34.73	53.62	400m:	5:51.40	37.66
4.	,	09			.	<b>5:56.96</b> 415 II	1:21.27	1:36.16	1:40.12	1:19.41		
	50m:	36.68	36.68	150m:	2:11.15	49.88	250m:	3:47.27	49.84	350m:	5:18.66	41.11
	100m:	1:21.27	44.59	200m:	2:57.43	46.28	300m:	4:37.55	50.28	400m:	5:56.96	38.30
5.	,	09			- .	<b>5:59.72</b> 405 II	1:22.87	1:31.01	1:41.73	1:24.11		
	50m:	38.03	38.03	150m:	2:09.16	46.29	250m:	3:45.40	51.52	350m:	5:19.50	43.89
	100m:	1:22.87	44.84	200m:	2:53.88	44.72	300m:	4:35.61	50.21	400m:	5:59.72	40.22
6.	,	10			-	<b>6:02.34</b> 397 II	1:21.87	1:35.70	1:47.28	1:17.49		
	50m:	37.08	37.08	150m:	2:10.71	48.84	250m:	3:50.86	53.29	350m:	5:24.08	39.23
	100m:	1:21.87	44.79	200m:	2:57.57	46.86	300m:	4:44.85	53.99	400m:	6:02.34	38.26
7.	,	10			.	<b>6:03.13</b> 394 II	1:24.64	1:34.46	1:45.70	1:18.33		
	50m:	38.25	38.25	150m:	2:11.96	47.32	250m:	3:51.30	52.20	350m:	5:25.00	40.20
	100m:	1:24.64	46.39	200m:	2:59.10	47.14	300m:	4:44.80	53.50	400m:	6:03.13	38.13
8.	,	10			-	<b>6:08.17</b> 378 II	1:25.55	1:33.82	1:49.98	1:18.82		
	50m:	38.04	38.04	150m:	2:13.15	47.60	250m:	3:53.75	54.38	350m:	5:29.91	40.56
	100m:	1:25.55	47.51	200m:	2:59.37	46.22	300m:	4:49.35	55.60	400m:	6:08.17	38.26
9.	,	10			-	<b>6:08.82</b> 376 II	1:25.62	1:35.68	1:45.09	1:22.43		
	50m:	39.19	39.19	150m:	2:14.72	49.10	250m:	3:53.16	51.86	350m:	5:28.91	42.52
	100m:	1:25.62	46.43	200m:	3:01.30	46.58	300m:	4:46.39	53.23	400m:	6:08.82	39.91
10.	,	09			-	<b>6:19.40</b> 346 II	1:26.12	1:37.29	1:47.74	1:28.25		
	50m:	39.33	39.33	150m:	2:15.55	49.43	250m:	3:56.94	53.53	350m:	5:35.48	44.33
	100m:	1:26.12	46.79	200m:	3:03.41	47.86	300m:	4:51.15	54.21	400m:	6:19.40	43.92
11.	,	10			.	<b>6:23.37</b> 335 II	1:25.29	1:40.51	1:51.88	1:25.69		
	50m:	37.66	37.66	150m:	2:17.10	51.81	250m:	4:00.58	54.78	350m:	5:40.58	42.90
	100m:	1:25.29	47.63	200m:	3:05.80	48.70	300m:	4:57.68	57.10	400m:	6:23.37	42.79
12.	,	09			-	<b>6:25.85</b> 328 II	1:28.48	1:38.37	1:50.17	1:28.83		
	50m:	39.92	39.92	150m:	2:18.49	50.01	250m:	4:00.87	54.02	350m:	5:41.37	44.35
	100m:	1:28.48	48.56	200m:	3:06.85	48.36	300m:	4:57.02	56.15	400m:	6:25.85	44.48
13.	,	10			- .	<b>6:29.30</b> 320 II	1:31.51	1:38.67	1:52.72	1:26.40		
	50m:	44.80	44.80	150m:	2:21.95	50.44	250m:	4:05.24	55.06	350m:	5:48.41	45.51
	100m:	1:31.51	46.71	200m:	3:10.18	48.23	300m:	5:02.90	57.66	400m:	6:29.30	40.89
14.	,	10			.	<b>6:37.27</b> 301 III	1:40.76	1:38.45	1:44.86	1:33.20		
	50m:	45.90	45.90	150m:	2:28.95	48.19	250m:	4:10.64	51.43	350m:	5:51.91	47.84
	100m:	1:40.76	54.86	200m:	3:19.21	50.26	300m:	5:04.07	53.43	400m:	6:37.27	45.36
15.	,	10			.	<b>6:37.43</b> 301 III	1:36.08	1:41.67	1:53.51	1:26.17		
	50m:	42.42	42.42	150m:	2:26.52	50.44	250m:	4:12.83	55.08	350m:	5:54.84	43.58
	100m:	1:36.08	53.66	200m:	3:17.75	51.23	300m:	5:11.26	58.43	400m:	6:37.43	42.59
16.	,	10			- .	<b>6:40.41</b> 294 III	1:37.71	1:44.78	1:47.72	1:30.20		
	50m:	42.27	42.27	150m:	2:29.23	51.52	250m:	4:15.50	53.01	350m:	5:56.91	46.70
	100m:	1:37.71	55.44	200m:	3:22.49	53.26	300m:	5:10.21	54.71	400m:	6:40.41	43.50
17.	,	10			.	<b>6:44.93</b> 284 III	1:38.09	1:38.33	2:06.12	1:22.39		
	50m:	41.74	41.74	150m:	2:27.12	49.03	250m:	4:18.40	1:01.98	350m:	6:02.34	39.80
	100m:	1:38.09	56.35	200m:	3:16.42	49.30	300m:	5:22.54	1:04.14	400m:	6:44.93	42.59
18.	,	09			.	<b>6:59.08</b> 256 III	1:41.88	1:47.94	1:55.08	1:34.18		
	50m:	45.57	45.57	150m:	2:36.22	54.34	250m:	4:27.04	57.22	350m:	6:12.97	48.07
	100m:	1:41.88	56.31	200m:	3:29.82	53.60	300m:	5:24.90	57.86	400m:	6:59.08	46.11
DSQ	,	09			- .	<b>6:10.04</b> II	1:28.10	1:34.09	1:48.00	1:19.85		
	50m:	38.76	38.76	150m:	2:16.20	48.10	250m:	3:56.94	54.75	350m:	5:30.35	40.16
	100m:	1:28.10	49.34	200m:	3:02.19	45.99	300m:	4:50.19	53.25	400m:	6:10.04	39.69

19,		, 400m											
2010													
1.		09				<b>5:14.69</b>	606	1:09.43	1:22.33	1:31.90	1:11.03		
	50m:	31.80	31.80	150m:	1:51.40	41.97		250m:	3:18.77	47.01	350m:	4:39.69	36.03
	100m:	1:09.43	37.63	200m:	2:31.76	40.36		300m:	4:03.66	44.89	400m:	5:14.69	35.00
2.		07				<b>5:26.11</b>	544 I	1:10.38	1:22.01	1:35.58	1:18.14		
	50m:	32.18	32.18	150m:	1:51.48	41.10		250m:	3:19.34	46.95	350m:	4:45.91	37.94
	100m:	1:10.38	38.20	200m:	2:32.39	40.91		300m:	4:07.97	48.63	400m:	5:26.11	40.20
3.		09				<b>5:42.38</b>	470 I	1:19.50	1:28.91	1:35.36	1:18.61		
	50m:	36.18	36.18	150m:	2:04.58	45.08		250m:	3:34.92	46.51	350m:	5:03.84	40.07
	100m:	1:19.50	43.32	200m:	2:48.41	43.83		300m:	4:23.77	48.85	400m:	5:42.38	38.54
4.		07				<b>5:44.42</b>	462 I	1:20.70	1:23.79	1:41.78	1:18.15		
	50m:	35.41	35.41	150m:	2:02.99	42.29		250m:	3:34.72	50.23	350m:	5:05.48	39.21
	100m:	1:20.70	45.29	200m:	2:44.49	41.50		300m:	4:26.27	51.55	400m:	5:44.42	38.94
5.		09				<b>5:51.40</b>	435 II	1:19.16	1:30.02	1:45.55	1:16.67		
	50m:	34.84	34.84	150m:	2:05.71	46.55		250m:	3:41.11	51.93	350m:	5:13.74	39.01
	100m:	1:19.16	44.32	200m:	2:49.18	43.47		300m:	4:34.73	53.62	400m:	5:51.40	37.66
6.		08				<b>5:53.25</b>	428 II	1:22.27	1:25.90	1:47.73	1:17.35		
	50m:	36.89	36.89	150m:	2:05.78	43.51		250m:	3:41.82	53.65	350m:	5:15.88	39.98
	100m:	1:22.27	45.38	200m:	2:48.17	42.39		300m:	4:35.90	54.08	400m:	5:53.25	37.37
7.		09				<b>5:56.96</b>	415 II	1:21.27	1:36.16	1:40.12	1:19.41		
	50m:	36.68	36.68	150m:	2:11.15	49.88		250m:	3:47.27	49.84	350m:	5:18.66	41.11
	100m:	1:21.27	44.59	200m:	2:57.43	46.28		300m:	4:37.55	50.28	400m:	5:56.96	38.30
8.		09				<b>5:59.72</b>	405 II	1:22.87	1:31.01	1:41.73	1:24.11		
	50m:	38.03	38.03	150m:	2:09.16	46.29		250m:	3:45.40	51.52	350m:	5:19.50	43.89
	100m:	1:22.87	44.84	200m:	2:53.88	44.72		300m:	4:35.61	50.21	400m:	5:59.72	40.22
9.		10				<b>6:02.34</b>	397 II	1:21.87	1:35.70	1:47.28	1:17.49		
	50m:	37.08	37.08	150m:	2:10.71	48.84		250m:	3:50.86	53.29	350m:	5:24.08	39.23
	100m:	1:21.87	44.79	200m:	2:57.57	46.86		300m:	4:44.85	53.99	400m:	6:02.34	38.26
10.		08				<b>6:02.83</b>	395 II	1:22.17	1:34.25	1:42.21	1:24.20		
	50m:	37.68	37.68	150m:	2:09.85	47.68		250m:	3:46.59	50.17	350m:	5:20.71	42.08
	100m:	1:22.17	44.49	200m:	2:56.42	46.57		300m:	4:38.63	52.04	400m:	6:02.83	42.12
11.		10				<b>6:03.13</b>	394 II	1:24.64	1:34.46	1:45.70	1:18.33		
	50m:	38.25	38.25	150m:	2:11.96	47.32		250m:	3:51.30	52.20	350m:	5:25.00	40.20
	100m:	1:24.64	46.39	200m:	2:59.10	47.14		300m:	4:44.80	53.50	400m:	6:03.13	38.13
12.		08				<b>6:07.72</b>	380 II	1:21.19	1:32.24	1:47.35	1:26.94		
	50m:	36.66	36.66	150m:	2:07.33	46.14		250m:	3:45.46	52.03	350m:	5:26.08	45.30
	100m:	1:21.19	44.53	200m:	2:53.43	46.10		300m:	4:40.78	55.32	400m:	6:07.72	41.64
13.		10				<b>6:08.17</b>	378 II	1:25.55	1:33.82	1:49.98	1:18.82		
	50m:	38.04	38.04	150m:	2:13.15	47.60		250m:	3:53.75	54.38	350m:	5:29.91	40.56
	100m:	1:25.55	47.51	200m:	2:59.37	46.22		300m:	4:49.35	55.60	400m:	6:08.17	38.26
14.		10				<b>6:08.82</b>	376 II	1:25.62	1:35.68	1:45.09	1:22.43		
	50m:	39.19	39.19	150m:	2:14.72	49.10		250m:	3:53.16	51.86	350m:	5:28.91	42.52
	100m:	1:25.62	46.43	200m:	3:01.30	46.58		300m:	4:46.39	53.23	400m:	6:08.82	39.91
15.		09				<b>6:19.40</b>	346 II	1:26.12	1:37.29	1:47.74	1:28.25		
	50m:	39.33	39.33	150m:	2:15.55	49.43		250m:	3:56.94	53.53	350m:	5:35.48	44.33
	100m:	1:26.12	46.79	200m:	3:03.41	47.86		300m:	4:51.15	54.21	400m:	6:19.40	43.92
16.		10				<b>6:23.37</b>	335 II	1:25.29	1:40.51	1:51.88	1:25.69		
	50m:	37.66	37.66	150m:	2:17.10	51.81		250m:	4:00.58	54.78	350m:	5:40.58	42.90
	100m:	1:25.29	47.63	200m:	3:05.80	48.70		300m:	4:57.68	57.10	400m:	6:23.37	42.79
17.		09				<b>6:25.85</b>	328 II	1:28.48	1:38.37	1:50.17	1:28.83		
	50m:	39.92	39.92	150m:	2:18.49	50.01		250m:	4:00.87	54.02	350m:	5:41.37	44.35
	100m:	1:28.48	48.56	200m:	3:06.85	48.36		300m:	4:57.02	56.15	400m:	6:25.85	44.48
18.		10				<b>6:29.30</b>	320 II	1:31.51	1:38.67	1:52.72	1:26.40		
	50m:	44.80	44.80	150m:	2:21.95	50.44		250m:	4:05.24	55.06	350m:	5:48.41	45.51
	100m:	1:31.51	46.71	200m:	3:10.18	48.23		300m:	5:02.90	57.66	400m:	6:29.30	40.89
19.		08				<b>6:29.75</b>	319 II	1:32.06	1:40.42	1:47.48	1:29.79		
	50m:	41.08	41.08	150m:	2:24.25	52.19		250m:	4:05.83	53.35	350m:	5:45.84	45.88
	100m:	1:32.06	50.98	200m:	3:12.48	48.23		300m:	4:59.96	54.13	400m:	6:29.75	43.91
20.		10				<b>6:37.27</b>	301 III	1:40.76	1:38.45	1:44.86	1:33.20		
	50m:	45.90	45.90	150m:	2:28.95	48.19		250m:	4:10.64	51.43	350m:	5:51.91	47.84
	100m:	1:40.76	54.86	200m:	3:19.21	50.26		300m:	5:04.07	53.43	400m:	6:37.27	45.36

		19,	, 400m			, 2010						
							100m	200m	300m	400m		
21.	,		10	.		<b>6:37.43</b> 301 III	1:36.08	1:41.67	1:53.51	1:26.17		
	50m:	42.42	42.42	150m:	2:26.52	50.44	250m:	4:12.83	55.08	350m:	5:54.84	43.58
	100m:	1:36.08	53.66	200m:	3:17.75	51.23	300m:	5:11.26	58.43	400m:	6:37.43	42.59
22.	,		10	- .		<b>6:40.41</b> 294 III	1:37.71	1:44.78	1:47.72	1:30.20		
	50m:	42.27	42.27	150m:	2:29.23	51.52	250m:	4:15.50	53.01	350m:	5:56.91	46.70
	100m:	1:37.71	55.44	200m:	3:22.49	53.26	300m:	5:10.21	54.71	400m:	6:40.41	43.50
23.	,		10	.		<b>6:44.93</b> 284 III	1:38.09	1:38.33	2:06.12	1:22.39		
	50m:	41.74	41.74	150m:	2:27.12	49.03	250m:	4:18.40	1:01.98	350m:	6:02.34	39.80
	100m:	1:38.09	56.35	200m:	3:16.42	49.30	300m:	5:22.54	1:04.14	400m:	6:44.93	42.59
24.	,		09	.		<b>6:59.08</b> 256 III	1:41.88	1:47.94	1:55.08	1:34.18		
	50m:	45.57	45.57	150m:	2:36.22	54.34	250m:	4:27.04	57.22	350m:	6:12.97	48.07
	100m:	1:41.88	56.31	200m:	3:29.82	53.60	300m:	5:24.90	57.86	400m:	6:59.08	46.11
DSQ	,		06	.			1:40.27	2:12.18	1:45.54			
	50m:	46.06	46.06	150m:	2:50.16	1:09.89	250m:	4:45.03	52.58	350m:		
	100m:	1:40.27	54.21	200m:	3:52.45	1:02.29	300m:	5:37.99	52.96	400m:		
DSQ	,		09	- .		<b>6:10.04</b> II	1:28.10	1:34.09	1:48.00	1:19.85		
	50m:	38.76	38.76	150m:	2:16.20	48.10	250m:	3:56.94	54.75	350m:	5:30.35	40.16
	100m:	1:28.10	49.34	200m:	3:02.19	45.99	300m:	4:50.19	53.25	400m:	6:10.04	39.69