

33  
17.02.2023 - 14:30

, 400m

2008

: FINA 2023

						100m	200m	300m	400m
<b>(2007-2008)</b>									
1.		07	- .		<b>4:12.06</b> 665	1:00.46	1:04.37	1:04.78	1:02.45
	50m:	29.00	29.00	150m:	1:32.52	32.16	350m:	3:41.28	31.67
	100m:	1:00.46	31.46	200m:	2:04.83	32.31	400m:	4:12.06	30.78
2.		07	- .		<b>4:22.15</b> 591 I	1:00.64	1:05.69	1:08.29	1:07.53
	50m:	28.67	28.67	150m:	1:33.38	32.74	250m:	2:39.63	33.30
	100m:	1:00.64	31.97	200m:	2:06.33	32.95	300m:	3:14.62	34.99
3.		08	- .		<b>4:26.17</b> 565 I	1:03.03	1:07.40	1:09.04	1:06.70
	50m:	30.05	30.05	150m:	1:36.46	33.43	250m:	2:44.91	34.48
	100m:	1:03.03	32.98	200m:	2:10.43	33.97	300m:	3:19.47	34.56
4.		08	- .		<b>4:33.69</b> 519 I	1:03.89	1:09.14	1:11.18	1:09.48
	50m:	30.43	30.43	150m:	1:38.00	34.11	250m:	2:48.45	35.42
	100m:	1:03.89	33.46	200m:	2:13.03	35.03	300m:	3:24.21	35.76
5.		08	- .		<b>4:34.43</b> 515 II	1:05.32	1:10.04	1:10.77	1:08.30
	50m:	30.75	30.75	150m:	1:40.13	34.81	250m:	2:50.65	35.29
	100m:	1:05.32	34.57	200m:	2:15.36	35.23	300m:	3:26.13	35.48
6.		07	- .		<b>4:36.03</b> 506 II	1:03.45	1:10.57	1:11.95	1:10.06
	50m:	30.15	30.15	150m:	1:38.42	34.97	250m:	2:49.93	35.91
	100m:	1:03.45	33.30	200m:	2:14.02	35.60	300m:	3:25.97	36.04
		08	- .		<b>4:36.03</b> 506 II	1:04.96	1:10.70	1:12.24	1:08.13
	50m:	30.91	30.91	150m:	1:39.98	35.02	250m:	2:51.79	36.13
	100m:	1:04.96	34.05	200m:	2:15.66	35.68	300m:	3:27.90	36.11
8.		07	- .		<b>4:37.51</b> 498 II	1:05.19	1:10.86	1:11.23	1:10.23
	50m:	31.02	31.02	150m:	1:40.42	35.23	250m:	2:51.35	35.30
	100m:	1:05.19	34.17	200m:	2:16.05	35.63	300m:	3:27.28	35.93
9.		07	- .		<b>4:41.16</b> 479 II	1:06.16	1:11.78	1:13.65	1:09.57
	50m:	31.04	31.04	150m:	1:41.76	35.60	250m:	2:54.40	36.46
	100m:	1:06.16	35.12	200m:	2:17.94	36.18	300m:	3:31.59	37.19
10.		08	- .		<b>4:43.81</b> 466 II	1:06.60	1:12.18	1:13.25	1:11.78
	50m:	32.03	32.03	150m:	1:42.76	36.16	250m:	2:55.65	36.87
	100m:	1:06.60	34.57	200m:	2:18.78	36.02	300m:	3:32.03	36.38
11.		08	- .		<b>4:46.87</b> 451 II	1:06.33	1:13.54	1:14.38	1:12.62
	50m:	31.34	31.34	150m:	1:42.91	36.58	250m:	2:57.41	37.54
	100m:	1:06.33	34.99	200m:	2:19.87	36.96	300m:	3:34.25	36.84
12.		07	- .		<b>4:49.12</b> 441 II	1:07.13	1:14.34	1:15.58	1:12.07
	50m:	31.84	31.84	150m:	1:43.97	36.84	250m:	2:59.03	37.56
	100m:	1:07.13	35.29	200m:	2:21.47	37.50	300m:	3:37.05	38.02
13.		07	- .		<b>4:52.59</b> 425 II	1:08.91	1:16.17	1:15.86	1:11.65
	50m:	32.15	32.15	150m:	1:46.93	38.02	250m:	3:02.97	37.89
	100m:	1:08.91	36.76	200m:	2:25.08	38.15	300m:	3:40.94	37.97
14.		08	- .		<b>4:53.01</b> 423 II	1:07.55	1:16.37	1:16.25	1:12.84
	50m:	32.07	32.07	150m:	1:45.36	37.81	250m:	3:01.94	38.02
	100m:	1:07.55	35.48	200m:	2:23.92	38.56	300m:	3:40.17	38.23
15.		07	- .		<b>4:56.74</b> 407 II	1:07.61	1:16.13	1:17.48	1:15.52
	50m:	32.23	32.23	150m:	1:45.23	37.62	250m:	3:02.34	38.60
	100m:	1:07.61	35.38	200m:	2:23.74	38.51	300m:	3:41.22	38.88
16.		08	- .		<b>4:59.37</b> 397 II	1:08.52	1:17.64	1:18.92	1:14.29
	50m:	31.61	31.61	150m:	1:46.34	37.82	250m:	3:04.47	38.31
	100m:	1:08.52	36.91	200m:	2:26.16	39.82	300m:	3:45.08	40.61
17.		08	- .		<b>5:01.73</b> 387 II	1:09.29	1:16.20	1:17.85	1:18.39
	50m:	32.25	32.25	150m:	1:47.06	37.77	250m:	3:04.13	38.64
	100m:	1:09.29	37.04	200m:	2:25.49	38.43	300m:	3:43.34	39.21
18.		08	- .		<b>5:01.93</b> 387 II	1:09.20	1:17.16	1:18.97	1:16.60
	50m:	32.47	32.47	150m:	1:47.53	38.33	250m:	3:06.08	39.72
	100m:	1:09.20	36.73	200m:	2:26.36	38.83	300m:	3:45.33	39.25

33,		, 400m									
2008											
1.		02	- .	<b>4:01.58</b>	755	58.52	1:01.69	1:01.74	59.63		
	50m:	28.04	28.04	150m:	1:29.42	30.90	250m:	2:30.96	30.75	350m:	3:32.72
	100m:	58.52	30.48	200m:	2:00.21	30.79	300m:	3:01.95	30.99	400m:	4:01.58
											28.86
2.		07	- .	<b>4:12.06</b>	665	1:00.46	1:04.37	1:04.78	1:02.45		
	50m:	29.00	29.00	150m:	1:32.52	32.06	250m:	2:36.99	32.16	350m:	3:41.28
	100m:	1:00.46	31.46	200m:	2:04.83	32.31	300m:	3:09.61	32.62	400m:	4:12.06
											30.78
3.		07	- .	<b>4:22.15</b>	591 I	1:00.64	1:05.69	1:08.29	1:07.53		
	50m:	28.67	28.67	150m:	1:33.38	32.74	250m:	2:39.63	33.30	350m:	3:48.33
	100m:	1:00.64	31.97	200m:	2:06.33	32.95	300m:	3:14.62	34.99	400m:	4:22.15
											33.82
4.		08	- .	<b>4:26.17</b>	565 I	1:03.03	1:07.40	1:09.04	1:06.70		
	50m:	30.05	30.05	150m:	1:36.46	33.43	250m:	2:44.91	34.48	350m:	3:53.43
	100m:	1:03.03	32.98	200m:	2:10.43	33.97	300m:	3:19.47	34.56	400m:	4:26.17
											32.74
5.		08	- .	<b>4:33.69</b>	519 I	1:03.89	1:09.14	1:11.18	1:09.48		
	50m:	30.43	30.43	150m:	1:38.00	34.11	250m:	2:48.45	35.42	350m:	3:59.91
	100m:	1:03.89	33.46	200m:	2:13.03	35.03	300m:	3:24.21	35.76	400m:	4:33.69
											33.78
6.		08	- .	<b>4:34.43</b>	515 II	1:05.32	1:10.04	1:10.77	1:08.30		
	50m:	30.75	30.75	150m:	1:40.13	34.81	250m:	2:50.65	35.29	350m:	4:01.51
	100m:	1:05.32	34.57	200m:	2:15.36	35.23	300m:	3:26.13	35.48	400m:	4:34.43
											32.92
7.		07	- .	<b>4:36.03</b>	506 II	1:03.45	1:10.57	1:11.95	1:10.06		
	50m:	30.15	30.15	150m:	1:38.42	34.97	250m:	2:49.93	35.91	350m:	4:02.13
	100m:	1:03.45	33.30	200m:	2:14.02	35.60	300m:	3:25.97	36.04	400m:	4:36.03
											33.90
		08	- .	<b>4:36.03</b>	506 II	1:04.96	1:10.70	1:12.24	1:08.13		
	50m:	30.91	30.91	150m:	1:39.98	35.02	250m:	2:51.79	36.13	350m:	4:03.61
	100m:	1:04.96	34.05	200m:	2:15.66	35.68	300m:	3:27.90	36.11	400m:	4:36.03
											32.42
9.		07	- .	<b>4:37.51</b>	498 II	1:05.19	1:10.86	1:11.23	1:10.23		
	50m:	31.02	31.02	150m:	1:40.42	35.23	250m:	2:51.35	35.30	350m:	4:03.06
	100m:	1:05.19	34.17	200m:	2:16.05	35.63	300m:	3:27.28	35.93	400m:	4:37.51
											34.45
10.		07	- .	<b>4:41.16</b>	479 II	1:06.16	1:11.78	1:13.65	1:09.57		
	50m:	31.04	31.04	150m:	1:41.76	35.60	250m:	2:54.40	36.46	350m:	4:06.82
	100m:	1:06.16	35.12	200m:	2:17.94	36.18	300m:	3:31.59	37.19	400m:	4:41.16
											34.34
11.		08	- .	<b>4:43.81</b>	466 II	1:06.60	1:12.18	1:13.25	1:11.78		
	50m:	32.03	32.03	150m:	1:42.76	36.16	250m:	2:55.65	36.87	350m:	4:08.81
	100m:	1:06.60	34.57	200m:	2:18.78	36.02	300m:	3:32.03	36.38	400m:	4:43.81
											35.00
12.		08	- .	<b>4:46.87</b>	451 II	1:06.33	1:13.54	1:14.38	1:12.62		
	50m:	31.34	31.34	150m:	1:42.91	36.58	250m:	2:57.41	37.54	350m:	4:11.15
	100m:	1:06.33	34.99	200m:	2:19.87	36.96	300m:	3:34.25	36.84	400m:	4:46.87
											35.72
13.		07	- .	<b>4:49.12</b>	441 II	1:07.13	1:14.34	1:15.58	1:12.07		
	50m:	31.84	31.84	150m:	1:43.97	36.84	250m:	2:59.03	37.56	350m:	4:15.10
	100m:	1:07.13	35.29	200m:	2:21.47	37.50	300m:	3:37.05	38.02	400m:	4:49.12
											34.02
14.		07	- .	<b>4:52.59</b>	425 II	1:08.91	1:16.17	1:15.86	1:11.65		
	50m:	32.15	32.15	150m:	1:46.93	38.02	250m:	3:02.97	37.89	350m:	4:17.72
	100m:	1:08.91	36.76	200m:	2:25.08	38.15	300m:	3:40.94	37.97	400m:	4:52.59
											34.87
15.		08	- .	<b>4:53.01</b>	423 II	1:07.55	1:16.37	1:16.25	1:12.84		
	50m:	32.07	32.07	150m:	1:45.36	37.81	250m:	3:01.94	38.02	350m:	4:18.05
	100m:	1:07.55	35.48	200m:	2:23.92	38.56	300m:	3:40.17	38.23	400m:	4:53.01
											34.96
16.		07	- .	<b>4:56.74</b>	407 II	1:07.61	1:16.13	1:17.48	1:15.52		
	50m:	32.23	32.23	150m:	1:45.23	37.62	250m:	3:02.34	38.60	350m:	4:19.71
	100m:	1:07.61	35.38	200m:	2:23.74	38.51	300m:	3:41.22	38.88	400m:	4:56.74
											37.03
17.		08	- .	<b>4:59.37</b>	397 II	1:08.52	1:17.64	1:18.92	1:14.29		
	50m:	31.61	31.61	150m:	1:46.34	37.82	250m:	3:04.47	38.31	350m:	4:23.01
	100m:	1:08.52	36.91	200m:	2:26.16	39.82	300m:	3:45.08	40.61	400m:	4:59.37
											36.36
18.		08	- .	<b>5:01.73</b>	387 II	1:09.29	1:16.20	1:17.85	1:18.39		
	50m:	32.25	32.25	150m:	1:47.06	37.77	250m:	3:04.13	38.64	350m:	4:22.51
	100m:	1:09.29	37.04	200m:	2:25.49	38.43	300m:	3:43.34	39.21	400m:	5:01.73
											39.22
19.		08	- .	<b>5:01.93</b>	387 II	1:09.20	1:17.16	1:18.97	1:16.60		
	50m:	32.47	32.47	150m:	1:47.53	38.33	250m:	3:06.08	39.72	350m:	4:24.63
	100m:	1:09.20	36.73	200m:	2:26.36	38.83	300m:	3:45.33	39.25	400m:	5:01.93
											37.30
20.		01	- .	<b>5:02.55</b>	384 II	1:13.05	1:17.98	1:16.68	1:14.84		
	50m:	35.12	35.12	150m:	1:52.21	39.16	250m:	3:09.40	38.37	350m:	4:25.08
	100m:	1:13.05	37.93	200m:	2:31.03	38.82	300m:	3:47.71	38.31	400m:	5:02.55
											37.47

33, , 400m , 2008

								100m	200m	300m	400m	
21.	,	06	"	"	.	<b>5:37.00</b>	278 III	1:14.22	1:27.12	1:29.35	1:26.31	
	50m:	33.59	33.59	150m:	1:56.95	42.73	250m:	3:25.86	44.52	350m:	4:55.90	45.21
	100m:	1:14.22	40.63	200m:	2:41.34	44.39	300m:	4:10.69	44.83	400m:	5:37.00	41.10