

11
25.01.2023 - 15:21

, 400m

2009 - 2010

: FINA 2022

			/				rt		FINA			
1.			2009				+0,68	4:46.59	561	1		
	50m:	32.23	32.23	150m:	1:43.75	36.37	250m:	2:58.10	37.12	350m:	4:11.62	36.29
	100m:	1:07.38	35.15	200m:	2:20.98	37.23	300m:	3:35.33	37.23	400m:	4:46.59	34.97
2.			2009					4:51.77	532	1		
	50m:	32.73	32.73	150m:	1:44.22	36.34	250m:	2:59.29	37.17	350m:	4:15.53	38.00
	100m:	1:07.88	35.15	200m:	2:22.12	37.90	300m:	3:37.53	38.24	400m:	4:51.77	36.24
3.			2010	1				4:52.75	526	1		
	50m:	33.74	33.74	150m:	1:48.10	37.08	250m:	3:02.51	37.24	350m:	4:16.72	37.15
	100m:	1:11.02	37.28	200m:	2:25.27	37.17	300m:	3:39.57	37.06	400m:	4:52.75	36.03
4.			2009	1				4:54.85	515	1		
	50m:	32.48	32.48	150m:	1:45.08	37.24	250m:	3:02.03	38.89	350m:	4:18.19	38.04
	100m:	1:07.84	35.36	200m:	2:23.14	38.06	300m:	3:40.15	38.12	400m:	4:54.85	36.66
5.			2010	1			+0,85	4:56.57	506	1		
	50m:	33.69	33.69	150m:	1:48.10	37.70	250m:	3:04.03	37.82	350m:	4:20.03	37.93
	100m:	1:10.40	36.71	200m:	2:26.21	38.11	300m:	3:42.10	38.07	400m:	4:56.57	36.54
6.			2009	1			+0,63	5:04.93	466	2		
	50m:	33.57	33.57	150m:	1:49.28	38.49	250m:	3:08.41	39.74	350m:	4:27.09	39.26
	100m:	1:10.79	37.22	200m:	2:28.67	39.39	300m:	3:47.83	39.42	400m:	5:04.93	37.84
7.			2009	1				5:08.33	451	2		
	50m:	35.48	35.48	150m:	1:53.46	39.41	250m:	3:12.32	39.12	350m:	4:31.12	39.38
	100m:	1:14.05	38.57	200m:	2:33.20	39.74	300m:	3:51.74	39.42	400m:	5:08.33	37.21
8.			2010	1				5:09.29	446	2		
	50m:	33.28	33.28	150m:	1:50.47	38.91	250m:	3:10.09	39.43	350m:	4:29.92	39.41
	100m:	1:11.56	38.28	200m:	2:30.66	40.19	300m:	3:50.51	40.42	400m:	5:09.29	39.37
9.			2009				+0,70	5:11.77	436	2		
	50m:	35.06	35.06	150m:	1:53.43	39.86	250m:	3:14.36	40.69	350m:	4:33.42	39.61
	100m:	1:13.57	38.51	200m:	2:33.67	40.24	300m:	3:53.81	39.45	400m:	5:11.77	38.35
10.			2010	2				5:12.22	434	2		
	50m:	34.56	34.56	150m:	1:53.22	40.40	250m:	3:12.89	40.00	350m:	4:33.15	40.50
	100m:	1:12.82	38.26	200m:	2:32.89	39.67	300m:	3:52.65	39.76	400m:	5:12.22	39.07
11.			2009	2			+0,69	5:14.23	426	2		
	50m:	35.04	35.04	150m:	1:53.14	39.54	250m:	3:14.80	40.48	350m:	4:36.31	40.96
	100m:	1:13.60	38.56	200m:	2:34.32	41.18	300m:	3:55.35	40.55	400m:	5:14.23	37.92
12.			2009	2				5:16.49	417	2		
	50m:	35.87	35.87	150m:	1:55.76	40.02	250m:	3:17.07	40.68	350m:	4:38.44	40.37
	100m:	1:15.74	39.87	200m:	2:36.39	40.63	300m:	3:58.07	41.00	400m:	5:16.49	38.05
13.			2010	2			+0,88	5:17.34	413	2		
	50m:	35.36	35.36	150m:	1:54.28	40.40	250m:	3:16.50	41.01	350m:	4:38.08	40.54
	100m:	1:13.88	38.52	200m:	2:35.49	41.21	300m:	3:57.54	41.04	400m:	5:17.34	39.26
14.			2010	1			+0,55	5:19.65	404	2		
	50m:	36.00	36.00	150m:	1:58.57	41.36	250m:	3:20.34	40.58	350m:	4:41.93	40.70
	100m:	1:17.21	41.21	200m:	2:39.76	41.19	300m:	4:01.23	40.89	400m:	5:19.65	37.72
15.			2009	2				5:22.62	393	2		
	50m:	36.09	36.09	150m:	1:57.67	41.46	250m:	3:21.97	42.22	350m:	4:44.83	40.89
	100m:	1:16.21	40.12	200m:	2:39.75	42.08	300m:	4:03.94	41.97	400m:	5:22.62	37.79
16.			2009	1			+0,62	5:23.25	391	2		
	50m:	34.04	34.04	150m:	1:56.27	41.45	250m:	3:19.74	41.93	350m:	4:43.47	41.74
	100m:	1:14.82	40.78	200m:	2:37.81	41.54	300m:	4:01.73	41.99	400m:	5:23.25	39.78
17.			2009	1	1		+0,77	5:26.95	378	2		
	50m:	36.58	36.58	150m:	1:58.42	41.44	250m:	3:23.21	42.35	350m:	4:47.62	41.32
	100m:	1:16.98	40.40	200m:	2:40.86	42.44	300m:	4:06.30	43.09	400m:	5:26.95	39.33

11, , 400m				2009 - 2010								
		/				rt		FINA				
18.				2009	2	1		+0,70	5:27.36	376	2	
	50m:	36.15	36.15	150m:	1:57.86	41.60	250m:	3:22.45	42.17	350m:	4:47.07	42.22
	100m:	1:16.26	40.11	200m:	2:40.28	42.42	300m:	4:04.85	42.40	400m:	5:27.36	40.29
19.				2009	1				5:28.40	373	2	
	50m:	35.76	35.76	150m:	1:56.95	40.81	250m:	3:21.06	42.02	350m:	4:47.27	42.01
	100m:	1:16.14	40.38	200m:	2:39.04	42.09	300m:	4:05.26	44.20	400m:	5:28.40	41.13
20.				2010	2	1		+0,78	5:34.24	354	2	
	50m:	35.25	35.25	150m:	1:59.25	42.76	250m:	3:24.23	42.38	350m:	4:51.58	43.63
	100m:	1:16.49	41.24	200m:	2:41.85	42.60	300m:	4:07.95	43.72	400m:	5:34.24	42.66
21.				2010	2				5:34.47	353	2	
	50m:	36.60	36.60	150m:	1:59.89	41.80	250m:	3:26.53	43.40	350m:	4:53.67	43.15
	100m:	1:18.09	41.49	200m:	2:43.13	43.24	300m:	4:10.52	43.99	400m:	5:34.47	40.80
22.				2010	2			+0,86	5:40.42	335	2	
	50m:	38.37	38.37	150m:	2:05.28	44.13	250m:	3:33.57	44.04	350m:	5:01.29	42.92
	100m:	1:21.15	42.78	200m:	2:49.53	44.25	300m:	4:18.37	44.80	400m:	5:40.42	39.13
23.				2010	2			+0,63	5:44.70	322	3	
	50m:	37.69	37.69	150m:	2:01.77	42.74	250m:	3:30.25	44.83	350m:	5:01.70	45.68
	100m:	1:19.03	41.34	200m:	2:45.42	43.65	300m:	4:16.02	45.77	400m:	5:44.70	43.00
24.				2010	2				5:46.41	318	3	
	50m:	37.71	37.71	150m:	2:04.17	43.77	250m:	3:32.84	43.73	350m:	5:03.00	44.57
	100m:	1:20.40	42.69	200m:	2:49.11	44.94	300m:	4:18.43	45.59	400m:	5:46.41	43.41
25.				2010	3			+0,80	6:00.71	281	3	
	50m:	38.16	38.16	150m:	2:07.04	45.66	300m:	4:28.07	47.40	400m:	6:00.71	44.94
	100m:	1:21.38	43.22	250m:	3:40.67	1:33.63	350m:	5:15.77	47.70			
26.				2010	3				6:23.77	233	3	
	50m:	43.31	43.31	150m:	2:19.62	48.38	250m:	3:57.34	49.41	350m:	5:36.11	49.24
	100m:	1:31.24	47.93	200m:	3:07.93	48.31	300m:	4:46.87	49.53	400m:	6:23.77	47.66