

21  
26.01.2023 - 15:11

, 400m

2009 - 2010

								rt	FINA	
1.			2010	1			+0,81	<b>5:24.26</b>	554	
	50m:	34.73	34.73	150m:	1:59.55	42.31	250m:	3:26.90	44.83	
	100m:	1:17.24	42.51	200m:	2:42.07	42.52	300m:	4:11.98	45.08	
								350m:	4:48.42	
								400m:	5:24.26	
									36.44	
									35.84	
2.			2009					<b>5:27.37</b>	538	
	50m:	32.70	32.70	150m:	1:53.67	42.42	250m:	3:23.68	47.20	
	100m:	1:11.25	38.55	200m:	2:36.48	42.81	300m:	4:11.75	48.07	
								350m:	4:50.28	
								400m:	5:27.37	
									38.53	
									37.09	
3.			2010	1				<b>5:28.33</b>	533	
	50m:	35.49	35.49	150m:	1:59.32	42.66	250m:	3:24.84	44.30	
	100m:	1:16.66	41.17	200m:	2:40.54	41.22	300m:	4:10.95	46.11	
								350m:	4:50.42	
								400m:	5:28.33	
									39.47	
									37.91	
4.			2010	1			+0,74	<b>5:34.12</b>	506	
	50m:	34.27	34.27	150m:	2:00.82	46.14	250m:	3:30.95	46.55	
	100m:	1:14.68	40.41	200m:	2:44.40	43.58	300m:	4:17.98	47.03	
								350m:	4:57.02	
								400m:	5:34.12	
									39.04	
									37.10	
5.			2009	1			+0,73	<b>5:38.15</b>	488	
	50m:	33.88	33.88	150m:	2:00.66	44.82	250m:	3:32.57	48.18	
	100m:	1:15.84	41.96	200m:	2:44.39	43.73	300m:	4:20.99	48.42	
								350m:	4:59.10	
								400m:	5:38.15	
									38.11	
									39.05	
6.			2010	2			+0,69	<b>5:38.24</b>	488	
	50m:	34.53	34.53	150m:	1:59.42	44.39	250m:	3:30.18	45.62	
	100m:	1:15.03	40.50	200m:	2:44.56	45.14	300m:	4:17.85	47.67	
								350m:	4:58.50	
								400m:	5:38.24	
									40.65	
									39.74	
7.			2009	1			+0,69	<b>5:39.16</b>	484	
	50m:	34.47	34.47	150m:	2:02.20	44.86	250m:	3:31.42	46.20	
	100m:	1:17.34	42.87	200m:	2:45.22	43.02	300m:	4:18.46	47.04	
								350m:	4:59.51	
								400m:	5:39.16	
									41.05	
									39.65	
8.			2009					<b>5:39.74</b>	481	
	50m:	36.29	36.29	150m:	2:03.99	45.23	250m:	3:34.03	45.94	
	100m:	1:18.76	42.47	200m:	2:48.09	44.10	300m:	4:20.73	46.70	
								350m:	5:01.14	
								400m:	5:39.74	
									40.41	
									38.60	
9.			2010	1			+0,64	<b>5:48.42</b>	446	
	50m:	34.05	34.05	150m:	2:02.53	44.72	250m:	3:33.27	47.00	
	100m:	1:17.81	43.76	200m:	2:46.27	43.74	300m:	4:22.33	49.06	
								350m:	5:06.46	
								400m:	5:48.42	
									44.13	
									41.96	
10.			2009	2			+0,75	<b>5:48.88</b>	445	
	50m:	39.50	39.50	150m:	2:11.08	45.32	250m:	3:42.46	47.16	
	100m:	1:25.76	46.26	200m:	2:55.30	44.22	300m:	4:31.22	48.76	
								350m:	5:10.67	
								400m:	5:48.88	
									39.45	
									38.21	
11.			2009	1	1			<b>5:56.14</b>	418	
	50m:	37.90	37.90	150m:	2:08.70	46.68	250m:	3:44.04	51.02	
	100m:	1:22.02	44.12	200m:	2:53.02	44.32	300m:	4:33.63	49.59	
								350m:	5:16.10	
								400m:	5:56.14	
									42.47	
									40.04	
12.			2009	1			+0,54	<b>5:56.73</b>	416	
	50m:	36.81	36.81	150m:	2:10.42	45.94	250m:	3:44.78	51.02	
	100m:	1:24.48	47.67	200m:	2:53.76	43.34	300m:	4:36.50	51.72	
								350m:	5:17.93	
								400m:	5:56.73	
									41.43	
									38.80	
13.			2009	2	1			<b>5:57.53</b>	413	
	50m:	38.68	38.68	150m:	2:09.78	44.87	250m:	3:43.03	49.56	
	100m:	1:24.91	46.23	200m:	2:53.47	43.69	300m:	4:33.55	50.52	
								350m:	5:16.72	
								400m:	5:57.53	
									43.17	
									40.81	
14.			2009	2				<b>6:00.81</b>	402	
	50m:	35.41	35.41	150m:	2:06.17	48.92	250m:	3:41.89	49.24	
	100m:	1:17.25	41.84	200m:	2:52.65	46.48	300m:	4:34.61	52.72	
								350m:	5:19.20	
								400m:	6:00.81	
									44.59	
									41.61	
15.			2009	1			+0,58	<b>6:03.18</b>	394	
	50m:	38.11	38.11	150m:	2:13.93	48.38	250m:	3:49.86	47.98	
	100m:	1:25.55	47.44	200m:	3:01.88	47.95	300m:	4:38.98	49.12	
								350m:	5:22.64	
								400m:	6:03.18	
									43.66	
									40.54	
16.			2010	2			+0,79	<b>6:06.28</b>	384	
	50m:	40.09	40.09	150m:	2:15.01	48.16	250m:	3:52.80	51.30	
	100m:	1:26.85	46.76	200m:	3:01.50	46.49	300m:	4:44.12	51.32	
								350m:	5:27.18	
								400m:	6:06.28	
									43.06	
									39.10	
17.			2010	2				<b>6:08.31</b>	378	
	50m:	40.17	40.17	150m:	2:13.33	46.97	250m:	3:52.29	53.32	
	100m:	1:26.36	46.19	200m:	2:58.97	45.64	300m:	4:44.58	52.29	
								350m:	5:27.26	
								400m:	6:08.31	
									42.68	
									41.05	

, 25. - 27.1.2023

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	21,	, 400m	,	2009 - 2010								
			/			rt				FINA		
18.			2010	2		+0,80			<b>6:09.79</b>	373	2	
	50m:	41.16	41.16	150m:	2:19.84	48.47	250m:	3:56.59	49.44	350m:	5:29.31	42.54
	100m:	1:31.37	50.21	200m:	3:07.15	47.31	300m:	4:46.77	50.18	400m:	6:09.79	40.48
19.			2009	2					<b>6:14.77</b>	359	2	
	50m:	35.82	35.82	200m:	3:03.77	48.99	300m:	4:46.70	52.78	400m:	6:14.77	44.21
	150m:	2:14.78	1:38.96	250m:	3:53.92	50.15	350m:	5:30.56	43.86			