

8
10.12.2022 - 12:13

, 400m

2008 - 2009

: FINA 2022

2009

1.				09	"	"			4:23.81	520	1
	150m:	1:37.15	1:37.15	250m:	2:44.92	33.61	350m:	3:52.56	33.72		
	200m:	2:11.31	34.16	300m:	3:18.84	33.92	400m:	4:23.81	31.25		
2.				09	"	"			4:45.99	408	2
	50m:	30.13	30.13	150m:	1:41.38	36.23	250m:	2:56.21	37.50	350m:	4:09.82
	100m:	1:05.15	35.02	200m:	2:18.71	37.33	300m:	3:33.52	37.31	400m:	4:45.99
3.				09					4:46.65	405	2
	50m:	30.38	30.38	150m:	1:41.58	36.57	250m:	2:56.15	37.23	350m:	4:10.71
	100m:	1:05.01	34.63	200m:	2:18.92	37.34	300m:	3:33.40	37.25	400m:	4:46.65
4.				09	-	"	"		4:46.87	405	2
	50m:	31.55	31.55	150m:	1:43.53	36.80	250m:	2:57.70	37.22	350m:	4:11.75
	100m:	1:06.73	35.18	200m:	2:20.48	36.95	300m:	3:34.80	37.10	400m:	4:46.87
5.				09					4:46.99	404	2
	50m:	31.58	31.58	150m:	1:43.44	36.48	250m:	2:57.29	36.83	350m:	4:12.03
	100m:	1:06.96	35.38	200m:	2:20.46	37.02	300m:	3:34.55	37.26	400m:	4:46.99
6.				09	"	"			4:47.82	401	2
	50m:	31.10	31.10	150m:	1:41.64	35.75	250m:	2:55.00	36.85	350m:	4:10.79
	100m:	1:05.89	34.79	200m:	2:18.15	36.51	300m:	3:32.57	37.57	400m:	4:47.82
7.				09	"	"			4:52.28	382	2
	50m:	32.51	32.51	150m:	1:45.93	37.38	250m:	3:00.70	37.66	350m:	4:16.71
	100m:	1:08.55	36.04	200m:	2:23.04	37.11	300m:	3:38.72	38.02	400m:	4:52.28
8.				09	"	"			4:59.79	354	2
	50m:	33.05	33.05	150m:	1:48.12	38.54	250m:	3:06.17	39.33	350m:	4:23.83
	100m:	1:09.58	36.53	200m:	2:26.84	38.72	300m:	3:45.05	38.88	400m:	4:59.79
9.				09					5:01.45	349	2
	50m:	31.91	31.91	150m:	1:45.68	37.12	250m:	3:03.20	38.71	350m:	4:21.90
	100m:	1:08.56	36.65	200m:	2:24.49	38.81	300m:	3:43.22	40.02	400m:	5:01.45
10.				09	"	"			5:03.39	342	3
	50m:	31.87	31.87	150m:	1:48.13	38.26	250m:	3:05.44	38.55	350m:	4:23.09
	100m:	1:09.87	38.00	200m:	2:26.89	38.76	300m:	3:45.54	40.10	400m:	5:03.39
11.				09					5:06.23	332	3
	50m:	33.98	33.98	150m:	1:48.81	37.98	250m:	3:07.14	39.67	350m:	4:27.28
	100m:	1:10.83	36.85	200m:	2:27.47	38.66	300m:	3:47.37	40.23	400m:	5:06.23
12.				09					5:06.29	332	3
	50m:	34.71	34.71	200m:	2:32.98	1:19.78	300m:	3:50.87	38.16	400m:	5:06.29
	100m:	1:13.20	38.49	250m:	3:12.71	39.73	350m:	4:29.85	38.98		36.44
13.				09					5:08.11	326	3
	50m:	32.98	32.98	150m:	1:49.33	39.19	250m:	3:09.12	39.89	350m:	4:28.95
	100m:	1:10.14	37.16	200m:	2:29.23	39.90	300m:	3:49.54	40.42	400m:	5:08.11
14.				09	"	"			5:13.46	310	3
	50m:	33.20	33.20	150m:	1:51.18	39.93	250m:	3:12.83	40.92	350m:	4:34.31
	100m:	1:11.25	38.05	200m:	2:31.91	40.73	300m:	3:54.09	41.26	400m:	5:13.46
15.				09					5:15.20	305	3
	50m:	35.01	35.01	150m:	1:53.67	40.18	250m:	3:15.00	40.32	350m:	4:36.53
	100m:	1:13.49	38.48	200m:	2:34.68	41.01	300m:	3:56.17	41.17	400m:	5:15.20
16.				09					5:21.59	287	3
	50m:	34.59	34.59	150m:	1:55.44	41.04	250m:	3:18.88	41.67	350m:	4:42.34
	100m:	1:14.40	39.81	200m:	2:37.21	41.77	300m:	4:00.30	41.42	400m:	5:21.59
17.				09	1,				5:25.42	277	3
	50m:	35.52	35.52	150m:	1:57.95	42.35	250m:	3:22.90	42.61	350m:	4:45.46
	100m:	1:15.60	40.08	200m:	2:40.29	42.34	300m:	4:04.56	41.66	400m:	5:25.42

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18.					09							5:41.61	239	3
	50m:	33.41	33.41	150m:	1:56.22	41.94	250m:	3:26.44	45.64	350m:	4:56.27	45.68		
	100m:	1:14.28	40.87	200m:	2:40.80	44.58	300m:	4:10.59	44.15	400m:	5:41.61	45.34		
19.					09		1,					5:54.99	213	1
	50m:	35.69	35.69	150m:	2:02.16	45.38	250m:	3:38.08	47.86	350m:	5:10.76	45.96		
	100m:	1:16.78	41.09	200m:	2:50.22	48.06	300m:	4:24.80	46.72	400m:	5:54.99	44.23		

2008

1.					08		,					4:26.39	505	1
	50m:	29.23	29.23	150m:	1:34.90	33.26	250m:	2:43.45	34.41	350m:	3:52.65	34.52		
	100m:	1:01.64	32.41	200m:	2:09.04	34.14	300m:	3:18.13	34.68	400m:	4:26.39	33.74		
2.					08		,					4:30.26	484	2
	50m:	29.20	29.20	150m:	1:36.01	33.88	250m:	2:46.20	35.17	350m:	3:56.15	34.79		
	100m:	1:02.13	32.93	200m:	2:11.03	35.02	300m:	3:21.36	35.16	400m:	4:30.26	34.11		
3.					08		,					4:33.30	468	2
	50m:	29.21	29.21	150m:	1:36.78	34.39	250m:	2:47.16	35.28	350m:	3:58.76	35.96		
	100m:	1:02.39	33.18	200m:	2:11.88	35.10	300m:	3:22.80	35.64	400m:	4:33.30	34.54		
4.					08		" "					4:33.61	466	2
	50m:	30.11	30.11	150m:	1:39.27	34.25	250m:	2:49.82	35.27	350m:	4:00.38	35.13		
	100m:	1:05.02	34.91	200m:	2:14.55	35.28	300m:	3:25.25	35.43	400m:	4:33.61	33.23		
5.					08		,					4:37.81	445	2
	50m:	30.80	30.80	150m:	1:39.46	34.80	250m:	2:50.19	35.68	350m:	4:02.64	36.41		
	100m:	1:04.66	33.86	200m:	2:14.51	35.05	300m:	3:26.23	36.04	400m:	4:37.81	35.17		
6.					08		" "					4:39.19	439	2
	50m:	30.63	30.63	150m:	1:40.62	35.54	250m:	2:51.75	35.91	350m:	4:03.68	36.16		
	100m:	1:05.08	34.45	200m:	2:15.84	35.22	300m:	3:27.52	35.77	400m:	4:39.19	35.51		
7.					08		1,					4:51.01	387	2
	50m:	31.33	31.33	150m:	1:43.82	36.69	250m:	2:59.53	38.40	350m:	4:14.16	37.10		
	100m:	1:07.13	35.80	200m:	2:21.13	37.31	300m:	3:37.06	37.53	400m:	4:51.01	36.85		
8.					08		" "					5:09.74	321	3
	50m:	32.40	32.40	150m:	1:48.15	38.78	250m:	3:08.36	40.55	350m:	4:29.90	40.71		
	100m:	1:09.37	36.97	200m:	2:27.81	39.66	300m:	3:49.19	40.83	400m:	5:09.74	39.84		
9.					08		" "					5:23.79	281	3
	150m:	1:57.26	1:57.26	250m:	3:19.63	41.62	350m:	4:43.48	41.89					
	200m:	2:38.01	40.75	300m:	4:01.59	41.96	400m:	5:23.79	40.31					