

15
06.12.2022 - 15:19

, 400m

2005 - 2009

: FINA 2022

2005 - 2007

1.			2007					4:40.19	581	1		
	50m:	29.78	29.78	150m:	1:39.76	35.78	250m:	2:52.51	36.56	350m:	4:06.26	36.95
	100m:	1:03.98	34.20	200m:	2:15.95	36.19	300m:	3:29.31	36.80	400m:	4:40.19	33.93
2.			2007					4:49.33	528	1		
	50m:	31.84	31.84	150m:	1:44.03	36.75	250m:	2:58.97	37.44	350m:	4:13.62	37.13
	100m:	1:07.28	35.44	200m:	2:21.53	37.50	300m:	3:36.49	37.52	400m:	4:49.33	35.71

2008 - 2009

1.			2008					4:44.21	557	1		
	50m:	31.37	31.37	150m:	1:42.15	35.77	250m:	2:55.35	36.79	350m:	4:09.05	36.81
	100m:	1:06.38	35.01	200m:	2:18.56	36.41	300m:	3:32.24	36.89	400m:	4:44.21	35.16
2.			2008					4:47.00	541	1		
	50m:	32.48	32.48	150m:	1:45.67	36.90	250m:	2:59.97	36.96	350m:	4:12.43	35.55
	100m:	1:08.77	36.29	200m:	2:23.01	37.34	300m:	3:36.88	36.91	400m:	4:47.00	34.57
3.			2008	1				4:47.76	537	1		
	50m:	32.50	32.50	150m:	1:43.48	35.75	250m:	2:57.47	37.00	350m:	4:11.91	36.93
	100m:	1:07.73	35.23	200m:	2:20.47	36.99	300m:	3:34.98	37.51	400m:	4:47.76	35.85
4.			2008	1				4:53.79	504	1		
	50m:	31.86	31.86	150m:	1:45.37	37.67	250m:	3:01.71	38.24	350m:	4:17.75	37.83
	100m:	1:07.70	35.84	200m:	2:23.47	38.10	300m:	3:39.92	38.21	400m:	4:53.79	36.04
5.			2008	1				4:57.67	485	2		
	50m:	33.88	33.88	150m:	1:46.98	36.97	250m:	3:03.49	38.55	350m:	4:20.38	38.74
	100m:	1:10.01	36.13	200m:	2:24.94	37.96	300m:	3:41.64	38.15	400m:	4:57.67	37.29
6.			2008	1				4:58.43	481	2		
	50m:	34.00	34.00	150m:	1:49.00	37.98	250m:	3:05.61	38.41	350m:	4:21.69	37.77
	100m:	1:11.02	37.02	200m:	2:27.20	38.20	300m:	3:43.92	38.31	400m:	4:58.43	36.74
7.			2008	1				4:58.94	479	2		
	50m:	33.20	33.20	150m:	1:46.83	37.47	250m:	3:03.82	38.85	350m:	4:21.51	38.92
	100m:	1:09.36	36.16	200m:	2:24.97	38.14	300m:	3:42.59	38.77	400m:	4:58.94	37.43
8.			2009	1				4:59.35	477	2		
	50m:	35.15	35.15	150m:	1:51.05	38.35	250m:	3:07.83	38.38	350m:	4:24.39	37.72
	100m:	1:12.70	37.55	200m:	2:29.45	38.40	300m:	3:46.67	38.84	400m:	4:59.35	34.96
9.			2008	2				5:14.02	413	2		
	50m:	35.29	35.29	150m:	1:52.85	39.52	250m:	3:13.93	40.56	350m:	4:35.21	40.86
	100m:	1:13.33	38.04	200m:	2:33.37	40.52	300m:	3:54.35	40.42	400m:	5:14.02	38.81
10.			2009	2				5:17.61	399	2		
	50m:	34.61	34.61	150m:	1:53.44	40.33	250m:	3:15.40	40.97	350m:	4:38.14	41.28
	100m:	1:13.11	38.50	200m:	2:34.43	40.99	300m:	3:56.86	41.46	400m:	5:17.61	39.47
11.			2009	2				5:21.33	385	2		
	50m:	36.06	36.06	150m:	1:56.87	41.19	250m:	3:20.45	42.08	350m:	4:42.80	40.84
	100m:	1:15.68	39.62	200m:	2:38.37	41.50	300m:	4:01.96	41.51	400m:	5:21.33	38.53
12.			2008	2				5:36.13	337	2		
	50m:	35.76	35.76	150m:	1:59.82	43.12	250m:	3:26.17	43.69	350m:	4:53.98	44.44
	100m:	1:16.70	40.94	200m:	2:42.48	42.66	300m:	4:09.54	43.37	400m:	5:36.13	42.15