

16  
06.12.2022 - 15:31

, 400m

2004 - 2007

: FINA 2022

## 2004 - 2005

1.			2005					<b>4:10.88</b>	605			
	50m:	27.83	27.83	150m:	1:29.86	31.23	250m:	2:33.56	31.66	350m:	3:38.88	33.01
	100m:	58.63	30.80	200m:	2:01.90	32.04	300m:	3:05.87	32.31	400m:	4:10.88	32.00

## 2006 - 2007

1.			2007					<b>4:19.28</b>	548	1		
	50m:	28.69	28.69	150m:	1:33.01	32.51	250m:	2:39.39	33.13	350m:	3:47.65	34.26
	100m:	1:00.50	31.81	200m:	2:06.26	33.25	300m:	3:13.39	34.00	400m:	4:19.28	31.63
2.			2007	1				<b>4:22.99</b>	525	1		
	50m:	29.39	29.39	150m:	1:35.14	33.22	250m:	2:43.48	34.13	350m:	3:51.54	33.66
	100m:	1:01.92	32.53	200m:	2:09.35	34.21	300m:	3:17.88	34.40	400m:	4:22.99	31.45
3.			2006					<b>4:23.78</b>	520	1		
	50m:	28.91	28.91	150m:	1:34.79	33.25	250m:	2:42.40	34.26	350m:	3:50.41	33.58
	100m:	1:01.54	32.63	200m:	2:08.14	33.35	300m:	3:16.83	34.43	400m:	4:23.78	33.37
4.			2007	1				<b>4:24.16</b>	518	1		
	50m:	28.94	28.94	150m:	1:34.15	33.18	250m:	2:42.59	34.31	350m:	3:51.77	34.46
	100m:	1:00.97	32.03	200m:	2:08.28	34.13	300m:	3:17.31	34.72	400m:	4:24.16	32.39
5.			2006	1				<b>4:25.44</b>	511	1		
	50m:	28.77	28.77	150m:	1:32.69	32.83	250m:	2:40.51	34.09	350m:	3:51.13	34.84
	100m:	59.86	31.09	200m:	2:06.42	33.73	300m:	3:16.29	35.78	400m:	4:25.44	34.31
6.			2007	1				<b>4:29.39</b>	489	2		
	50m:	30.52	30.52	150m:	1:37.85	34.22	250m:	2:47.30	34.96	350m:	3:57.08	34.71
	100m:	1:03.63	33.11	200m:	2:12.34	34.49	300m:	3:22.37	35.07	400m:	4:29.39	32.31
7.			2007	1				<b>4:31.60</b>	477	2		
	50m:	29.25	29.25	150m:	1:37.05	34.66	250m:	2:46.98	34.89	350m:	3:57.24	34.96
	100m:	1:02.39	33.14	200m:	2:12.09	35.04	300m:	3:22.28	35.30	400m:	4:31.60	34.36
8.			2006	1				<b>4:32.19</b>	474	2		
	50m:	29.65	29.65	150m:	1:37.46	34.56	250m:	2:47.69	35.24	350m:	3:58.82	35.89
	100m:	1:02.90	33.25	200m:	2:12.45	34.99	300m:	3:22.93	35.24	400m:	4:32.19	33.37
9.			2006	1				<b>4:33.13</b>	469	2		
	50m:	30.98	30.98	150m:	1:40.18	35.00	250m:	2:49.48	34.58	350m:	3:59.25	34.96
	100m:	1:05.18	34.20	200m:	2:14.90	34.72	300m:	3:24.29	34.81	400m:	4:33.13	33.88
10.			2007	1				<b>4:42.92</b>	422	2		
	50m:	31.31	31.31	150m:	1:41.58	35.78	250m:	2:54.56	36.42	350m:	4:07.47	36.68
	100m:	1:05.80	34.49	200m:	2:18.14	36.56	300m:	3:30.79	36.23	400m:	4:42.92	35.45
11.			2007	2				<b>4:51.37</b>	386	2		
	50m:	31.95	31.95	150m:	1:45.50	37.62	250m:	3:00.77	38.01	350m:	4:16.37	37.67
	100m:	1:07.88	35.93	200m:	2:22.76	37.26	300m:	3:38.70	37.93	400m:	4:51.37	35.00