

15  
13.12.2023 - 13:09

, 400m

2006 - 2010

: FINA 2023

## 2006 - 2008

1.			2007					<b>4:37.51</b>	579			
	50m:	32.13	32.13	150m:	1:42.44	35.15	250m:	2:53.08	35.43	350m:	4:04.07	35.24
	100m:	1:07.29	35.16	200m:	2:17.65	35.21	300m:	3:28.83	35.75	400m:	4:37.51	33.44
2.			2007					<b>4:37.84</b>	576			
	50m:	30.97	30.97	150m:	1:40.68	35.35	250m:	2:52.42	35.64	350m:	4:03.84	35.78
	100m:	1:05.33	34.36	200m:	2:16.78	36.10	300m:	3:28.06	35.64	400m:	4:37.84	34.00
3.			2007					<b>4:47.08</b>	523	1		
	50m:	32.43	32.43	150m:	1:45.27	36.99	250m:	2:58.16	36.13	350m:	4:11.96	36.84
	100m:	1:08.28	35.85	200m:	2:22.03	36.76	300m:	3:35.12	36.96	400m:	4:47.08	35.12
4.			2008 1					<b>4:56.45</b>	474	2		
	50m:	33.31	33.31	150m:	1:47.13	37.32	250m:	3:02.98	38.20	350m:	4:18.95	37.94
	100m:	1:09.81	36.50	200m:	2:24.78	37.65	300m:	3:41.01	38.03	400m:	4:56.45	37.50
5.			2008 1					<b>4:56.60</b>	474	2		
	50m:	33.18	33.18	150m:	1:46.42	36.78	250m:	3:01.80	37.74	350m:	4:18.71	38.64
	100m:	1:09.64	36.46	200m:	2:24.06	37.64	300m:	3:40.07	38.27	400m:	4:56.60	37.89
6.			2008 1					<b>4:57.98</b>	467	2		
	50m:	33.64	33.64	150m:	1:48.97	37.98	250m:	3:04.56	37.42	350m:	4:21.32	38.34
	100m:	1:10.99	37.35	200m:	2:27.14	38.17	300m:	3:42.98	38.42	400m:	4:57.98	36.66
7.			2008 1					<b>5:02.99</b>	444	2		
	50m:	34.20	34.20	150m:	1:49.38	38.17	250m:	3:06.94	38.62	350m:	4:25.02	39.30
	100m:	1:11.21	37.01	200m:	2:28.32	38.94	300m:	3:45.72	38.78	400m:	5:02.99	37.97
8.			2008 1					<b>5:06.26</b>	430	2		
	50m:	35.55	35.55	150m:	1:52.24	38.63	250m:	3:09.68	38.78	350m:	4:27.58	38.81
	100m:	1:13.61	38.06	200m:	2:30.90	38.66	300m:	3:48.77	39.09	400m:	5:06.26	38.68
9.			2008 2					<b>5:33.37</b>	334	2		
	50m:	34.86	34.86	150m:	1:57.24	42.49	250m:	3:23.71	43.52	350m:	4:50.56	43.72
	100m:	1:14.75	39.89	200m:	2:40.19	42.95	300m:	4:06.84	43.13	400m:	5:33.37	42.81

## 2009 - 2010

1.			2009 1					<b>4:47.38</b>	521	1		
	50m:	32.24	32.24	150m:	1:45.67	37.17	250m:	2:59.29	36.54	350m:	4:12.75	36.54
	100m:	1:08.50	36.26	200m:	2:22.75	37.08	300m:	3:36.21	36.92	400m:	4:47.38	34.63
2.			2009					<b>4:52.12</b>	496	1		
	50m:	33.15	33.15	150m:	1:46.54	37.05	250m:	3:01.27	37.30	350m:	4:15.50	37.13
	100m:	1:09.49	36.34	200m:	2:23.97	37.43	300m:	3:38.37	37.10	400m:	4:52.12	36.62
3.			2010 1					<b>4:55.23</b>	480	1		
	50m:			150m:	1:47.53	37.51	250m:	3:03.14	37.76	350m:	4:18.91	37.86
	100m:	1:10.02		200m:	2:25.38	37.85	300m:	3:41.05	37.91	400m:	4:55.23	36.32
4.			2009 1					<b>4:59.10</b>	462	2		
	50m:	33.62	33.62	150m:	1:48.64	38.29	250m:	3:05.10	38.30	350m:	4:22.33	38.28
	100m:	1:10.35	36.73	200m:	2:26.80	38.16	300m:	3:44.05	38.95	400m:	4:59.10	36.77
5.			2009 1					<b>5:02.87</b>	445	2		
	50m:	34.74	34.74	150m:	1:50.34	38.07	250m:	3:07.55	38.72	350m:	4:25.20	38.63
	100m:	1:12.27	37.53	200m:	2:28.83	38.49	300m:	3:46.57	39.02	400m:	5:02.87	37.67
6.			2009 1					<b>5:03.43</b>	442	2		
	50m:	34.23	34.23	150m:	1:50.52	38.42	250m:	3:08.51	39.43	350m:	4:26.55	38.73
	100m:	1:12.10	37.87	200m:	2:29.08	38.56	300m:	3:47.82	39.31	400m:	5:03.43	36.88

, 13-14 2023 .

15, , 400m		2009 - 2010												
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7.		2009										<b>5:04.17</b>	439	2
	50m:	33.24	33.24	150m:	1:49.37	38.76	250m:	3:07.20	39.18	350m:	4:26.25	39.81		
	100m:	1:10.61	37.37	200m:	2:28.02	38.65	300m:	3:46.44	39.24	400m:	5:04.17	37.92		
8.		2010 1										<b>5:09.13</b>	418	2
	50m:	34.71	34.71	150m:	1:51.93	39.47	250m:	3:10.77	39.35	350m:	4:30.44	39.74		
	100m:	1:12.46	37.75	200m:	2:31.42	39.49	300m:	3:50.70	39.93	400m:	5:09.13	38.69		
9.		2010 1										<b>5:10.81</b>	412	2
	50m:	35.56	35.56	150m:	1:54.73	40.39	250m:	3:14.40	40.27	350m:	4:32.65	38.74		
	100m:	1:14.34	38.78	200m:	2:34.13	39.40	300m:	3:53.91	39.51	400m:	5:10.81	38.16		
10.		2009 1										<b>5:15.16</b>	395	2
	50m:	35.57	35.57	150m:	1:54.01	39.53	250m:	3:14.93	40.75	350m:	4:36.45	40.47		
	100m:	1:14.48	38.91	200m:	2:34.18	40.17	300m:	3:55.98	41.05	400m:	5:15.16	38.71		
11.		2010 2										<b>5:18.23</b>	383	2
	50m:	36.02	36.02	150m:	1:59.34	43.29	250m:	3:18.33	41.05	350m:	4:40.00	40.54		
	100m:	1:16.05	40.03	200m:	2:37.28	37.94	300m:	3:59.46	41.13	400m:	5:18.23	38.23		
12.		2010 2										<b>5:18.31</b>	383	2
	50m:	35.53	35.53	150m:	1:55.09	39.86	250m:	3:17.52	41.36	350m:	4:39.90	41.35		
	100m:	1:15.23	39.70	200m:	2:36.16	41.07	300m:	3:58.55	41.03	400m:	5:18.31	38.41		
13.		2010 2										<b>5:18.89</b>	381	2
	50m:	36.97	36.97	150m:	1:56.66	40.62	250m:	3:18.06	40.71	350m:	4:40.13	41.20		
	100m:	1:16.04	39.07	200m:	2:37.35	40.69	300m:	3:58.93	40.87	400m:	5:18.89	38.76		
14.		2010 2										<b>5:19.88</b>	378	2
	50m:	36.12	36.12	150m:	1:56.46	40.66	250m:	3:19.00	41.28	350m:	4:39.41	39.39		
	100m:	1:15.80	39.68	200m:	2:37.72	41.26	300m:	4:00.02	41.02	400m:	5:19.88	40.47		
15.		2009 2										<b>5:23.83</b>	364	2
	50m:	35.10	35.10	150m:	1:57.72	42.01	250m:	3:20.88	41.20	350m:	4:44.06	41.65		
	100m:	1:15.71	40.61	200m:	2:39.68	41.96	300m:	4:02.41	41.53	400m:	5:23.83	39.77		
16.		2010 2										<b>5:30.03</b>	344	2
	50m:	37.01	37.01	150m:	1:59.40	41.84	250m:	3:23.48	42.37	350m:	4:49.31	42.96		
	100m:	1:17.56	40.55	200m:	2:41.11	41.71	300m:	4:06.35	42.87	400m:	5:30.03	40.72		