

16 , 400m 2005 - 2008
13.12.2023 - 13:28

: FINA 2023

2005 - 2006

1.			2005					4:04.30	655	
	50m:	27.70	27.70	150m:	1:29.78	31.09	250m:	2:31.76	30.93	350m: 3:34.23 31.09
	100m:	58.69	30.99	200m:	2:00.83	31.05	300m:	3:03.14	31.38	400m: 4:04.30 30.07
2.			2006 1					4:19.53	546	1
	50m:	29.59	29.59	150m:	1:33.32	31.92	250m:	2:39.90	33.68	350m: 3:47.17 33.75
	100m:	1:01.40	31.81	200m:	2:06.22	32.90	300m:	3:13.42	33.52	400m: 4:19.53 32.36
3.			2006					4:39.23	439	2
	50m:	31.70	31.70	150m:	1:43.25	35.92	250m:	2:55.72	35.88	350m: 4:07.16 35.36
	100m:	1:07.33	35.63	200m:	2:19.84	36.59	300m:	3:31.80	36.08	400m: 4:39.23 32.07

2007 - 2008

1.			2008					4:02.50	670	
	50m:	28.19	28.19	150m:	1:30.43	31.64	250m:	2:31.80	30.18	350m: 3:33.47 30.62
	100m:	58.79	30.60	200m:	2:01.62	31.19	300m:	3:02.85	31.05	400m: 4:02.50 29.03
2.			2008					4:17.42	560	1
	50m:	29.40	29.40	150m:	1:33.30	32.59	250m:	2:38.84	32.81	350m: 3:45.08 33.16
	100m:	1:00.71	31.31	200m:	2:06.03	32.73	300m:	3:11.92	33.08	400m: 4:17.42 32.34
3.			2007 1					4:20.59	540	1
	50m:	29.27	29.27	150m:	1:34.45	33.41	250m:	2:42.22	34.09	350m: 3:49.12 33.06
	100m:	1:01.04	31.77	200m:	2:08.13	33.68	300m:	3:16.06	33.84	400m: 4:20.59 31.47
4.			2008					4:24.42	517	1
	50m:	29.88	29.88	150m:	1:36.46	33.66	250m:	2:44.32	34.17	350m: 3:52.61 33.95
	100m:	1:02.80	32.92	200m:	2:10.15	33.69	300m:	3:18.66	34.34	400m: 4:24.42 31.81
5.			2008 1					4:26.47	505	1
	50m:	30.13	30.13	150m:	1:35.44	33.06	250m:	2:43.53	34.24	350m: 3:52.62 34.59
	100m:	1:02.38	32.25	200m:	2:09.29	33.85	300m:	3:18.03	34.50	400m: 4:26.47 33.85
6.			2008 2					4:31.17	479	2
	50m:	30.37	30.37	150m:	1:37.35	33.89	250m:	2:46.90	34.98	350m: 3:57.64 35.39
	100m:	1:03.46	33.09	200m:	2:11.92	34.57	300m:	3:22.25	35.35	400m: 4:31.17 33.53
7.			2008					4:32.93	470	2
	50m:	30.31	30.31	150m:	1:39.48	34.84	250m:	2:49.42	34.80	350m: 3:59.11 34.64
	100m:	1:04.64	34.33	200m:	2:14.62	35.14	300m:	3:24.47	35.05	400m: 4:32.93 33.82
8.			2008 1					4:34.44	462	2
	50m:	31.00	31.00	150m:	1:40.70	35.11	250m:	2:51.42	35.49	350m: 4:02.18 35.00
	100m:	1:05.59	34.59	200m:	2:15.93	35.23	300m:	3:27.18	35.76	400m: 4:34.44 32.26
9.			2008 2					4:38.48	442	2
	50m:	30.42	30.42	150m:	1:39.73	35.21	250m:	2:50.57	35.66	350m: 4:03.03 36.18
	100m:	1:04.52	34.10	200m:	2:14.91	35.18	300m:	3:26.85	36.28	400m: 4:38.48 35.45
10.			2007 2					4:46.63	406	2
	50m:	32.80	32.80	150m:	1:42.51	35.18	250m:	2:55.74	37.24	350m: 4:10.32 37.70
	100m:	1:07.33	34.53	200m:	2:18.50	35.99	300m:	3:32.62	36.88	400m: 4:46.63 36.31
11.			2008 2					4:52.26	383	2
	50m:	31.04	31.04	150m:	1:43.18	37.22	250m:	2:58.49	38.57	350m: 4:14.05 37.52
	100m:	1:05.96	34.92	200m:	2:19.92	36.74	300m:	3:36.53	38.04	400m: 4:52.26 38.21