

17
13.12.2023 - 13:52

, 400m

2006 - 2010

: FINA 2023

2006 - 2008

1.			2006					5:31.54	476	1		
	50m:	36.08	36.08	150m:	1:58.02	40.43	250m:	3:29.19	51.48	350m:	4:55.63	36.17
	100m:	1:17.59	41.51	200m:	2:37.71	39.69	300m:	4:19.46	50.27	400m:	5:31.54	35.91
2.			2008	1				5:31.80	475	1		
	50m:	34.66	34.66	150m:	1:57.76	43.38	250m:	3:27.15	47.75	350m:	4:55.36	38.30
	100m:	1:14.38	39.72	200m:	2:39.40	41.64	300m:	4:17.06	49.91	400m:	5:31.80	36.44

2009 - 2010

1.			2009					5:19.54	532	1		
	50m:	34.57	34.57	150m:	1:57.94	42.66	250m:	3:21.16	42.39	350m:	4:42.20	38.36
	100m:	1:15.28	40.71	200m:	2:38.77	40.83	300m:	4:03.84	42.68	400m:	5:19.54	37.34
2.			2009					5:22.85	515	1		
	50m:	33.20	33.20	150m:	1:55.67	42.78	250m:	3:23.60	46.38	350m:	4:46.26	35.99
	100m:	1:12.89	39.69	200m:	2:37.22	41.55	300m:	4:10.27	46.67	400m:	5:22.85	36.59
3.			2010	1				5:28.31	490	1		
	50m:	32.60	32.60	150m:	1:55.01	44.19	250m:	3:25.08	47.08	350m:	4:51.79	38.21
	100m:	1:10.82	38.22	200m:	2:38.00	42.99	300m:	4:13.58	48.50	400m:	5:28.31	36.52
4.			2010	1				5:37.37	452	1		
	50m:	35.08	35.08	150m:	1:59.26	40.83	250m:	3:29.85	49.75	350m:	4:58.82	38.64
	100m:	1:18.43	43.35	200m:	2:40.10	40.84	300m:	4:20.18	50.33	400m:	5:37.37	38.55
5.			2010	2				5:44.24	425	2		
	50m:	36.63	36.63	150m:	2:05.47	44.48	250m:	3:37.43	49.30	350m:	5:07.14	39.66
	100m:	1:20.99	44.36	200m:	2:48.13	42.66	300m:	4:27.48	50.05	400m:	5:44.24	37.10
6.			2010	1				5:58.22	377	2		
	50m:	36.05	36.05	150m:	2:09.19	49.78	250m:	3:45.72	48.04	350m:	5:17.79	43.81
	100m:	1:19.41	43.36	200m:	2:57.68	48.49	300m:	4:33.98	48.26	400m:	5:58.22	40.43
7.			2009	2				6:50.65	250	3		
	50m:	45.39	45.39	150m:	2:33.16	53.07	250m:	4:19.20	56.55	350m:	6:04.96	48.73
	100m:	1:40.09	54.70	200m:	3:22.65	49.49	300m:	5:16.23	57.03	400m:	6:50.65	45.69