

21				, 400m						2010	
16.02.2023 - 15:50											
: FINA 2023											
		/				rt					
1.			2004					5:01.42		690	
	50m:	30.61	30.61	150m:	1:47.33	40.57	250m:	3:10.00	43.39	350m:	4:28.07 34.35
	100m:	1:06.76	36.15	200m:	2:26.61	39.28	300m:	3:53.72	43.72	400m:	5:01.42 33.35
2.			2004					5:13.52	+0,80	613	
	50m:	32.26	32.26	150m:	1:51.02	40.51	250m:	3:15.76	45.33	350m:	4:37.24 37.10
	100m:	1:10.51	38.25	200m:	2:30.43	39.41	300m:	4:00.14	44.38	400m:	5:13.52 36.28
3.			2007					5:20.39	+0,58	574	
	50m:	31.86	31.86	150m:	1:54.37	42.09	250m:	3:19.87	45.16	350m:	4:43.75 37.83
	100m:	1:12.28	40.42	200m:	2:34.71	40.34	300m:	4:05.92	46.05	400m:	5:20.39 36.64
4.			2010 I					5:23.41	+0,76	558	
	50m:	34.80	34.80	150m:	1:56.81	41.90	250m:	3:22.00	44.48	350m:	4:46.14 38.79
	100m:	1:14.91	40.11	200m:	2:37.52	40.71	300m:	4:07.35	45.35	400m:	5:23.41 37.27
5.			2010					5:24.65		552	1
	50m:	34.87	34.87	150m:	1:59.26	44.60	250m:	3:27.11	45.71	350m:	4:49.98 37.33
	100m:	1:14.66	39.79	200m:	2:41.40	42.14	300m:	4:12.65	45.54	400m:	5:24.65 34.67
6.			2007					5:27.91		535	1
	50m:	34.97	34.97	150m:	1:57.49	40.98	250m:	3:23.47	45.73	350m:	4:51.97 39.99
	100m:	1:16.51	41.54	200m:	2:37.74	40.25	300m:	4:11.98	48.51	400m:	5:27.91 35.94
7.			2010					5:28.12		534	1
	50m:	32.62	32.62	150m:	1:54.69	43.59	250m:	3:23.71	47.40	350m:	4:50.80 38.84
	100m:	1:11.10	38.48	200m:	2:36.31	41.62	300m:	4:11.96	48.25	400m:	5:28.12 37.32
8.			2007					5:30.39	+0,62	523	1
	50m:	32.10	32.10	150m:	1:55.62	43.74	250m:	3:24.91	46.63	350m:	4:51.81 39.04
	100m:	1:11.88	39.78	200m:	2:38.28	42.66	300m:	4:12.77	47.86	400m:	5:30.39 38.58
9.			2007					5:31.03	+0,72	520	1
	50m:	32.54	32.54	150m:	1:53.10	41.64	250m:	3:23.56	48.28	350m:	4:52.86 39.60
	100m:	1:11.46	38.92	200m:	2:35.28	42.18	300m:	4:13.26	49.70	400m:	5:31.03 38.17
10.			2009 I					5:31.99	+0,79	516	1
	50m:	33.68	33.68	150m:	1:58.56	43.61	250m:	3:28.45	47.17	350m:	4:54.64 37.68
	100m:	1:14.95	41.27	200m:	2:41.28	42.72	300m:	4:16.96	48.51	400m:	5:31.99 37.35
11.			2009 I					5:34.21	+0,66	506	1
	50m:	34.88	34.88	150m:	2:01.70	44.38	250m:	3:30.31	45.82	350m:	4:56.89 40.00
	100m:	1:17.32	42.44	200m:	2:44.49	42.79	300m:	4:16.89	46.58	400m:	5:34.21 37.32
12.			2010 II					5:43.31		467	1
	50m:	33.53	33.53	150m:	1:57.20	43.10	250m:	3:28.39	47.18	350m:	5:00.65 42.53
	100m:	1:14.10	40.57	200m:	2:41.21	44.01	300m:	4:18.12	49.73	400m:	5:43.31 42.66
13.			2009 I					5:49.34	+0,78	443	2
	50m:	34.78	34.78	150m:	2:03.99	48.28	250m:	3:36.84	47.19	350m:	5:09.51 42.15
	100m:	1:15.71	40.93	200m:	2:49.65	45.66	300m:	4:27.36	50.52	400m:	5:49.34 39.83
14.			2009 I					5:52.42		431	2
	50m:	35.78	35.78	150m:	2:06.50	47.56	250m:	3:43.07	53.03	350m:	5:15.19 39.00
	100m:	1:18.94	43.16	200m:	2:50.04	43.54	300m:	4:36.19	53.12	400m:	5:52.42 37.23
15.			2009 I					5:56.15		418	2
	50m:	38.11	38.11	150m:	2:11.15	47.55	250m:	3:46.11	47.66	350m:	5:16.73 42.16
	100m:	1:23.60	45.49	200m:	2:58.45	47.30	300m:	4:34.57	48.46	400m:	5:56.15 39.42
16.			2010 II					6:02.13		397	2
	50m:	38.11	38.11	200m:	2:56.42	1:34.38	300m:	4:39.92	52.34	400m:	6:02.13 39.43
	100m:	1:22.04	43.93	250m:	3:47.58	51.16	350m:	5:22.70	42.78		
17.			2010 I					6:04.64	+0,80	389	2
	50m:	40.96	40.96	150m:	2:17.48	46.20	250m:	3:52.79	49.05	350m:	5:24.47 41.39
	100m:	1:31.28	50.32	200m:	3:03.74	46.26	300m:	4:43.08	50.29	400m:	6:04.64 40.17

, 15. - 17.2.2023

	21,	, 400m			, 2010							
			/					rt				
18.			2009	II				+0,59	6:06.27	384	2	
	50m:	35.60	35.60	150m:	2:10.12	46.78	250m:	3:48.28	53.79	350m:	5:25.32	43.06
	100m:	1:23.34	47.74	200m:	2:54.49	44.37	300m:	4:42.26	53.98	400m:	6:06.27	40.95
19.			2010	II						6:20.91	341	2
	50m:	43.24	43.24	150m:	2:23.53	48.28	300m:	4:58.05	53.20	400m:	6:20.91	40.31
	100m:	1:35.25	52.01	250m:	4:04.85	1:41.32	350m:	5:40.60	42.55			
20.			2008	II		"		"		6:30.49	317	3
	50m:	40.26	40.26	150m:	2:21.87	52.95	250m:	4:08.60	55.83	350m:	5:47.67	44.12
	100m:	1:28.92	48.66	200m:	3:12.77	50.90	300m:	5:03.55	54.95	400m:	6:30.49	42.82