

11

, 400m

19.04.2023

: FINA 2023

1.				2007						4:41.44		592
	50m:	32.12	32.12	150m:	1:43.89	36.15	250m:	2:56.12	36.60	350m:		
	100m:	1:07.74	35.62	200m:	2:19.52	35.63	300m:	3:32.61	36.49	400m:	4:41.44	
2.				2006						4:41.91		589
	50m:	32.17	32.17	150m:	1:43.58	36.00	250m:	2:56.25	36.49	350m:		
	100m:	1:07.58	35.41	200m:	2:19.76	36.18	300m:	3:32.91	36.66	400m:	4:41.91	
3.				2008	1					4:55.17	1	513
	50m:	33.28	33.28	150m:	1:47.95	37.51	250m:	3:03.59	37.63	350m:	4:18.71	36.85
	100m:	1:10.44	37.16	200m:	2:25.96	38.01	300m:	3:41.86	38.27	400m:	4:55.17	36.46
4.				2007						4:59.24	1	493
	50m:	33.63	33.63	150m:	1:50.08	38.70	250m:	3:07.06	38.71	350m:		
	100m:	1:11.38	37.75	200m:	2:28.35	38.27	300m:	3:44.75	37.69	400m:	4:59.24	
5.				2008	1	1				5:00.47	1	487
	50m:	34.45	34.45	150m:	1:49.08	37.82	250m:	3:06.06	38.73	350m:		
	100m:	1:11.26	36.81	200m:	2:27.33	38.25	300m:	3:44.68	38.62	400m:	5:00.47	
6.				2007	1					5:00.65	1	486
	50m:	32.77	32.77	150m:	1:49.18	38.23	250m:	3:06.95	38.38	350m:	4:23.76	38.10
	100m:	1:10.95	38.18	200m:	2:28.57	39.39	300m:	3:45.66	38.71	400m:	5:00.65	36.89
7.				2008	1					5:03.74	2	471
	50m:			150m:	1:50.12	38.36	250m:	3:07.64	39.51	350m:	4:25.91	39.49
	100m:	1:11.76		200m:	2:28.13	38.01	300m:	3:46.42	38.78	400m:	5:03.74	37.83
8.				2007	2					5:56.63	3	291
	50m:	36.25	36.25	150m:	2:06.60	46.70	300m:	3:39.40	45.68	400m:	5:56.63	1:30.25
	100m:	1:19.90	43.65	250m:	2:53.72	47.12	350m:	4:26.38	46.98			
9.				2008	2					6:03.23	3	275
	50m:	38.29	38.29	150m:	2:10.01	46.88	300m:	3:43.28	46.92	400m:	6:03.23	1:33.09
	100m:	1:23.13	44.84	250m:	2:56.36	46.35	350m:	4:30.14	46.86			
EXH				2009	1					5:11.84	2	435
	50m:	34.03	34.03	150m:	1:52.95	40.05	250m:	3:12.95	39.72	350m:	4:32.56	39.04
	100m:	1:12.90	38.87	200m:	2:33.23	40.28	300m:	3:53.52	40.57	400m:	5:11.84	39.28
EXH				2010	2					5:17.06	2	414
	50m:	35.31	35.31	150m:	1:54.50	40.84	250m:	3:16.25	41.57	350m:	4:37.06	40.88
	100m:	1:13.66	38.35	200m:	2:34.68	40.18	300m:	3:56.18	39.93	400m:	5:17.06	40.00
EXH				2010	2					5:23.65	2	389
	50m:	35.58	35.58	150m:	1:56.45	40.83	250m:	3:19.80	41.87	350m:	4:43.52	41.38
	100m:	1:15.62	40.04	200m:	2:37.93	41.48	300m:	4:02.14	42.34	400m:	5:23.65	40.13
EXH				2009	1	1				5:26.42	2	379
	50m:	36.11	36.11	150m:	1:58.19	41.21	250m:	3:21.77	41.42	350m:	4:45.84	41.35
	100m:	1:16.98	40.87	200m:	2:40.35	42.16	300m:	4:04.49	42.72	400m:	5:26.42	40.58
EXH				2010	2					5:30.40	2	366
	100m:	1:16.44	1:16.44	200m:	2:41.84	42.22	400m:	5:30.40	1:22.69			
	150m:	1:59.62	43.18	350m:	4:07.71	1:25.87						