

12

, 400m

19.04.2023

: FINA 2023

1.				2006						4:10.55		677
	50m:	29.48	29.48	150m:	1:33.76	32.20	250m:	2:37.31	31.07	350m:	3:41.14	32.15
	100m:	1:01.56	32.08	200m:	2:06.24	32.48	300m:	3:08.99	31.68	400m:	4:10.55	29.41
2.				2005						4:12.20		664
	50m:	29.43	29.43	150m:	1:33.94	32.69	250m:	2:37.82	31.51	350m:		
	100m:	1:01.25	31.82	200m:	2:06.31	32.37	300m:	3:09.53	31.71	400m:	4:12.20	
3.				2005						4:16.38		632
	50m:	29.00	29.00	150m:	1:34.11	32.96	250m:	2:38.53	32.00	350m:	3:44.19	33.10
	100m:	1:01.15	32.15	200m:	2:06.53	32.42	300m:	3:11.09	32.56	400m:	4:16.38	32.19
4.				2006	1					4:34.64	2	514
	50m:	31.55	31.55	200m:	2:16.37	1:10.55	300m:	3:26.36	34.51	400m:	4:34.64	33.16
	100m:	1:05.82	34.27	250m:	2:51.85	35.48	350m:	4:01.48	35.12			
5.				2006	1					4:38.19	2	495
	50m:	29.78	29.78	150m:	1:38.01	34.24	250m:	2:49.31	35.48	350m:	4:01.75	35.81
	100m:	1:03.77	33.99	200m:	2:13.83	35.82	300m:	3:25.94	36.63	400m:	4:38.19	36.44
EXH				2008						4:24.47	1	576
	100m:	1:03.29	1:03.29	200m:	2:10.09	33.98	300m:	3:18.81	34.36	400m:	4:24.47	32.48
	150m:	1:36.11	32.82	250m:	2:44.45	34.36	350m:	3:51.99	33.18			
EXH				2007	2					4:50.02	2	436
	50m:	32.55	32.55	150m:	1:44.51	36.61	250m:	2:58.79	37.20	350m:	4:14.02	37.55
	100m:	1:07.90	35.35	200m:	2:21.59	37.08	300m:	3:36.47	37.68	400m:	4:50.02	36.00
EXH				2008	2	1				5:00.34	2	393
	50m:	34.26	34.26	150m:	1:50.27	38.68	250m:	3:09.05	39.70	350m:	4:24.89	36.11
	100m:	1:11.59	37.33	200m:	2:29.35	39.08	300m:	3:48.78	39.73	400m:	5:00.34	35.45
EXH				2008	2					5:04.67	2	376
	50m:	32.42	32.42	150m:	1:48.60	38.50	250m:	3:08.45	39.40	350m:	4:26.68	38.13
	100m:	1:10.10	37.68	200m:	2:29.05	40.45	300m:	3:48.55	40.10	400m:	5:04.67	37.99