

21 , 400m
 20.04.2023

: FINA 2023

1.				2006					5:37.34	1	492
	50m:	35.18	35.18	150m:	2:00.50	42.97	250m:	3:32.49	51.01	350m:	
	100m:	1:17.53	42.35	200m:	2:41.48	40.98	300m:	5:00.86	1:28.37	400m:	5:37.34
2.				2008 1					5:41.64	1	473
	50m:	33.91	33.91	150m:	1:58.32	44.92	250m:	3:34.35	52.87	350m:	5:03.92
	100m:	1:13.40	39.49	200m:	2:41.48	43.16	300m:			400m:	5:41.64 37.72
3.				2008 2					6:15.88	2	355
	50m:	39.81	39.81	150m:	2:16.52	48.90	250m:	3:59.05	53.47	350m:	5:35.21 42.51
	100m:	1:27.62	47.81	200m:	3:05.58	49.06	300m:	4:52.70	53.65	400m:	6:15.88 40.67
EXH				2009 1					5:57.69	2	412
	50m:	40.05	40.05	150m:	2:15.32	49.03	250m:	3:50.29	47.58	350m:	5:20.25 42.14
	100m:	1:26.29	46.24	200m:	3:02.71	47.39	300m:	4:38.11	47.82	400m:	5:57.69 37.44
EXH				2010 2					6:01.29	2	400
	50m:	35.62	35.62	150m:	2:11.75	49.45	250m:	3:49.21	50.65	350m:	5:22.11 40.30
	100m:	1:22.30	46.68	200m:	2:58.56	46.81	300m:	4:41.81	52.60	400m:	6:01.29 39.18
EXH				2010 2					6:07.00	2	382
	50m:	39.08	39.08	150m:	2:15.76	47.35	250m:	3:53.38	51.56	350m:	5:27.34 40.75
	100m:	1:28.41	49.33	200m:	3:01.82	46.06	300m:	4:46.59	53.21	400m:	6:07.00 39.66