

29 , 400m 2011 - 2012
27.10.2023 - 12:56

: FINA 2023

1.			2011	1				4:52.77	493	1		
	50m:	33.34	33.34	150m:	1:46.95	37.05	250m:	3:02.75	38.07	350m:	4:17.00	37.14
	100m:	1:09.90	36.56	200m:	2:24.68	37.73	300m:	3:39.86	37.11	400m:	4:52.77	35.77
2.			2011	2				4:53.98	487	1		
	50m:	32.77	32.77	150m:	1:46.55	37.53	250m:	3:02.04	37.58	350m:	4:17.51	37.48
	100m:	1:09.02	36.25	200m:	2:24.46	37.91	300m:	3:40.03	37.99	400m:	4:53.98	36.47
3.			2011	1				4:54.12	486	1		
	50m:	32.81	32.81	150m:	1:46.85	38.15	250m:	3:03.09	38.05	350m:	4:19.10	38.12
	100m:	1:08.70	35.89	200m:	2:25.04	38.19	300m:	3:40.98	37.89	400m:	4:54.12	35.02
4.			2011	1				4:54.21	485	1		
	50m:	34.01	34.01	150m:	1:47.75	37.16	250m:	3:03.77	38.05	350m:	4:19.14	37.76
	100m:	1:10.59	36.58	200m:	2:25.72	37.97	300m:	3:41.38	37.61	400m:	4:54.21	35.07
5.			2011	1				4:56.28	475	2		
	50m:	32.03	32.03	150m:	1:45.68	37.54	250m:	3:02.37	38.32	350m:	4:18.30	37.93
	100m:	1:08.14	36.11	200m:	2:24.05	38.37	300m:	3:40.37	38.00	400m:	4:56.28	37.98
6.			2011	2				5:13.80	400	2		
	50m:	33.97	33.97	150m:	1:50.33	39.23	250m:	3:11.44	40.79	350m:	4:33.29	40.87
	100m:	1:11.10	37.13	200m:	2:30.65	40.32	300m:	3:52.42	40.98	400m:	5:13.80	40.51
7.			2011	2				5:32.57	336	2		
	50m:	36.38	36.38	150m:	2:02.70	43.45	250m:	3:27.89	42.36	350m:	4:53.28	41.95
	100m:	1:19.25	42.87	200m:	2:45.53	42.83	300m:	4:11.33	43.44	400m:	5:32.57	39.29
8.			2011	2				5:33.59	333	2		
	50m:	37.02	37.02	150m:	2:02.61	43.06	250m:	3:28.93	43.29	350m:	4:55.09	42.37
	100m:	1:19.55	42.53	200m:	2:45.64	43.03	300m:	4:12.72	43.79	400m:	5:33.59	38.50
9.			2011	2				5:36.00	326	2		
	50m:	36.58	36.58	150m:	1:57.62	41.22	250m:	3:23.37	43.46	350m:	4:52.45	44.80
	100m:	1:16.40	39.82	200m:	2:39.91	42.29	300m:	4:07.65	44.28	400m:	5:36.00	43.55
10.			2012	2				5:39.12	317	3		
	50m:	37.09	37.09	150m:	2:02.82	43.27	250m:	3:30.97	43.78	350m:	4:58.33	43.04
	100m:	1:19.55	42.46	200m:	2:47.19	44.37	300m:	4:15.29	44.32	400m:	5:39.12	40.79
11.			2012	3				5:42.03	309	3		
	50m:	37.94	37.94	150m:	2:04.88	44.14	250m:	3:32.97	43.77	350m:	5:01.20	43.94
	100m:	1:20.74	42.80	200m:	2:49.20	44.32	300m:	4:17.26	44.29	400m:	5:42.03	40.83
12.			2011	3				5:46.35	297	3		
	50m:	38.21	38.21	150m:	2:07.28	44.93	250m:	3:37.09	44.84	350m:	5:06.42	44.85
	100m:	1:22.35	44.14	200m:	2:52.25	44.97	300m:	4:21.57	44.48	400m:	5:46.35	39.93
13.			2012	3				5:54.83	276	3		
	50m:	37.64	37.64	150m:	2:06.87	44.35	250m:	3:37.89	46.24	350m:	5:10.66	46.57
	100m:	1:22.52	44.88	200m:	2:51.65	44.78	300m:	4:24.09	46.20	400m:	5:54.83	44.17
14.			2011	3				5:57.81	270	3		
	50m:	39.10	39.10	150m:	2:08.18	45.07	250m:	3:41.03	46.69	350m:	5:12.81	45.45
	100m:	1:23.11	44.01	200m:	2:54.34	46.16	300m:	4:27.36	46.33	400m:	5:57.81	45.00
15.			2011	3				5:57.91	269	3		
	50m:	40.79	40.79	150m:	2:13.37	47.03	250m:	3:46.24	45.58	350m:	5:16.69	44.74
	100m:	1:26.34	45.55	200m:	3:00.66	47.29	300m:	4:31.95	45.71	400m:	5:57.91	41.22
16.			2012	3				6:00.41	264	3		
	50m:	39.19	39.19	150m:	2:12.46	47.10	250m:	3:45.47	46.36	350m:	5:17.81	45.77
	100m:	1:25.36	46.17	200m:	2:59.11	46.65	300m:	4:32.04	46.57	400m:	6:00.41	42.60

	29,	, 400m			2011 - 2012							
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17.			2012	3			6:01.11	262	3			
	50m:	39.79	39.79	150m:	2:11.74	46.05	250m:	3:45.11	46.76	350m:	5:18.09	46.53
	100m:	1:25.69	45.90	200m:	2:58.35	46.61	300m:	4:31.56	46.45	400m:	6:01.11	43.02
18.			2012	1			6:01.41	262	3			
	50m:	39.90	39.90	150m:	2:12.22	46.60	250m:	3:45.64	46.82	350m:	5:19.50	46.24
	100m:	1:25.62	45.72	200m:	2:58.82	46.60	300m:	4:33.26	47.62	400m:	6:01.41	41.91
19.			2012	3			6:16.20	232	3			
	50m:	40.65	40.65	150m:	2:16.57	49.03	250m:	3:53.86	48.21	350m:	5:31.53	48.22
	100m:	1:27.54	46.89	200m:	3:05.65	49.08	300m:	4:43.31	49.45	400m:	6:16.20	44.67
20.			2011	1			6:34.78	201	1			
	50m:	43.57	43.57	150m:	2:22.75	49.61	250m:	4:05.52	52.13	350m:	5:45.96	49.64
	100m:	1:33.14	49.57	200m:	3:13.39	50.64	300m:	4:56.32	50.80	400m:	6:34.78	48.82
21.			2012	3			6:44.48	186	1			
	50m:	41.36	41.36	150m:	2:25.60	52.53	250m:	4:11.17	52.88	350m:	5:57.91	54.08
	100m:	1:33.07	51.71	200m:	3:18.29	52.69	300m:	5:03.83	52.66	400m:	6:44.48	46.57
EXH			2011	2			5:21.12	373	2			
	50m:	34.94	34.94	150m:	1:55.17	40.65	250m:	3:17.74	41.67	350m:	4:40.73	41.74
	100m:	1:14.52	39.58	200m:	2:36.07	40.90	300m:	3:58.99	41.25	400m:	5:21.12	40.39