

, 04 - 06 2023 .

24  
05.10.2023 - 15:42

, 400m

2008 . .

: FINA 2023

2008 . .

1.	,		08							<b>4:33.23</b>	634	
	50m:	28.56	28.56	150m:	1:35.87	33.84	250m:	2:49.62	40.65	350m:	4:02.56	32.39
	100m:	1:02.03	33.47	200m:	2:08.97	33.10	300m:	3:30.17	40.55	400m:	4:33.23	30.67
2.	,		08							<b>4:38.89</b>	596	
	50m:	29.79	29.79	150m:	1:40.76	35.78	250m:	2:55.21	40.07	350m:	4:07.10	32.13
	100m:	1:04.98	35.19	200m:	2:15.14	34.38	300m:	3:34.97	39.76	400m:	4:38.89	31.79
3.	,		08							<b>4:42.52</b>	574	
	50m:	28.48	28.48	150m:	1:39.29	37.49	250m:	2:56.13	39.81	350m:	4:09.69	33.49
	100m:	1:01.80	33.32	200m:	2:16.32	37.03	300m:	3:36.20	40.07	400m:	4:42.52	32.83
4.	,		08							<b>4:47.42</b>	545	1
	50m:	28.86	28.86	150m:	1:40.07	37.65	250m:	2:58.88	41.70	350m:	4:14.44	34.03
	100m:	1:02.42	33.56	200m:	2:17.18	37.11	300m:	3:40.41	41.53	400m:	4:47.42	32.98
5.	,		08							<b>5:05.23</b>	455	2
	50m:	31.56	31.56	150m:	1:49.12	40.11	250m:	3:11.87	42.98	350m:	4:30.69	34.81
	100m:	1:09.01	37.45	200m:	2:28.89	39.77	300m:	3:55.88	44.01	400m:	5:05.23	34.54
6.	,		06							<b>5:06.05</b>	451	2
	50m:	29.04	29.04	150m:	1:46.46	42.06	250m:	3:10.56	43.74	350m:	4:30.89	36.12
	100m:	1:04.40	35.36	200m:	2:26.82	40.36	300m:	3:54.77	44.21	400m:	5:06.05	35.16
7.	,		06							<b>5:09.21</b>	437	2
	50m:	30.92	30.92	150m:	1:47.30	40.88	250m:	3:11.73	45.01	350m:	4:34.12	36.40
	100m:	1:06.42	35.50	200m:	2:26.72	39.42	300m:	3:57.72	45.99	400m:	5:09.21	35.09
8.	,		08							<b>5:23.51</b>	382	2
	50m:	34.28	34.28	150m:	1:56.07	40.63	250m:	3:19.62	44.37	350m:	4:44.42	40.11
	100m:	1:15.44	41.16	200m:	2:35.25	39.18	300m:	4:04.31	44.69	400m:	5:23.51	39.09

DNS

08

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2005-2006

1.	,		06							<b>5:06.05</b>	451	2
	50m:	29.04	29.04	150m:	1:46.46	42.06	250m:	3:10.56	43.74	350m:	4:30.89	36.12
	100m:	1:04.40	35.36	200m:	2:26.82	40.36	300m:	3:54.77	44.21	400m:	5:06.05	35.16
2.	,		06							<b>5:09.21</b>	437	2
	50m:	30.92	30.92	150m:	1:47.30	40.88	250m:	3:11.73	45.01	350m:	4:34.12	36.40
	100m:	1:06.42	35.50	200m:	2:26.72	39.42	300m:	3:57.72	45.99	400m:	5:09.21	35.09

2007-2008

1.	,		08							<b>4:33.23</b>	634	
	50m:	28.56	28.56	150m:	1:35.87	33.84	250m:	2:49.62	40.65	350m:	4:02.56	32.39
	100m:	1:02.03	33.47	200m:	2:08.97	33.10	300m:	3:30.17	40.55	400m:	4:33.23	30.67
2.	,		08							<b>4:38.89</b>	596	
	50m:	29.79	29.79	150m:	1:40.76	35.78	250m:	2:55.21	40.07	350m:	4:07.10	32.13
	100m:	1:04.98	35.19	200m:	2:15.14	34.38	300m:	3:34.97	39.76	400m:	4:38.89	31.79
3.	,		08							<b>4:42.52</b>	574	
	50m:	28.48	28.48	150m:	1:39.29	37.49	250m:	2:56.13	39.81	350m:	4:09.69	33.49
	100m:	1:01.80	33.32	200m:	2:16.32	37.03	300m:	3:36.20	40.07	400m:	4:42.52	32.83
4.	,		08							<b>4:47.42</b>	545	1
	50m:	28.86	28.86	150m:	1:40.07	37.65	250m:	2:58.88	41.70	350m:	4:14.44	34.03
	100m:	1:02.42	33.56	200m:	2:17.18	37.11	300m:	3:40.41	41.53	400m:	4:47.42	32.98

ALGE TIMING

" " "

, 04 - 06 2023 .

24, , 400m , 2007-2008

5.				08						<b>5:05.23</b>	455	2
	50m:	31.56	31.56	150m:	1:49.12	40.11	250m:	3:11.87	42.98	350m:	4:30.69	34.81
	100m:	1:09.01	37.45	200m:	2:28.89	39.77	300m:	3:55.88	44.01	400m:	5:05.23	34.54
6.				08						<b>5:23.51</b>	382	2
	50m:	34.28	34.28	150m:	1:56.07	40.63	250m:	3:19.62	44.37	350m:	4:44.42	40.11
	100m:	1:15.44	41.16	200m:	2:35.25	39.18	300m:	4:04.31	44.69	400m:	5:23.51	39.09
DNS				08								
EXH				07						<b>4:40.31</b>	587	
	50m:	29.92	29.92	150m:	1:41.60	36.43	250m:	2:57.41	40.07	350m:	4:09.54	31.57
	100m:	1:05.17	35.25	200m:	2:17.34	35.74	300m:	3:37.97	40.56	400m:	4:40.31	30.77