

, 11-12 2024 .

13 , 400m 2010  
11.12.2024 - 13:36

: FINA 2023

			/				rt					
1.			2007					<b>4:36.36</b>	586	1		
	50m:	31.13	31.13	150m:	1:40.37	34.80	250m:	2:51.51	35.17	350m:	4:02.07	35.06
	100m:	1:05.57	34.44	200m:	2:16.34	35.97	300m:	3:27.01	35.50	400m:	4:36.36	34.29
2.			2009					<b>4:41.16</b>	556	1		
	50m:	31.81	31.81	150m:	1:42.75	35.80	250m:	2:54.85	35.90	350m:	4:06.59	35.66
	100m:	1:06.95	35.14	200m:	2:18.95	36.20	300m:	3:30.93	36.08	400m:	4:41.16	34.57
3.			2009 1					<b>4:42.31</b>	549	1		
	50m:	31.79	31.79	150m:	1:43.05	36.13	250m:	2:55.59	36.32	350m:	4:08.41	36.66
	100m:	1:06.92	35.13	200m:	2:19.27	36.22	300m:	3:31.75	36.16	400m:	4:42.31	33.90
4.			2010 1					<b>4:49.78</b>	508	1		
	50m:	33.17	33.17	150m:	1:47.53	37.42	250m:	3:01.35	36.92	350m:	4:13.90	35.73
	100m:	1:10.11	36.94	200m:	2:24.43	36.90	300m:	3:38.17	36.82	400m:	4:49.78	35.88
5.			2010					<b>4:53.44</b>	489	2		
	50m:	33.61	33.61	150m:	1:47.22	37.09	250m:	3:01.12	37.00	350m:	4:15.20	37.24
	100m:	1:10.13	36.52	200m:	2:24.12	36.90	300m:	3:37.96	36.84	400m:	4:53.44	38.24
6.			2009 1					<b>4:58.14</b>	466	2		
	50m:	34.09	34.09	150m:	1:48.09	36.90	250m:	3:03.08	37.45	350m:	4:20.08	38.29
	100m:	1:11.19	37.10	200m:	2:25.63	37.54	300m:	3:41.79	38.71	400m:	4:58.14	38.06
7.			2010 1					<b>4:59.01</b>	462	2		
	50m:	33.18	33.18	150m:	1:48.00	37.92	250m:	3:03.81	37.93	350m:	4:20.90	38.64
	100m:	1:10.08	36.90	200m:	2:25.88	37.88	300m:	3:42.26	38.45	400m:	4:59.01	38.11
8.			2008					<b>4:59.75</b>	459	2		
	50m:	33.82	33.82	150m:	1:48.14	37.62	250m:	3:05.23	38.62	350m:	4:22.43	38.34
	100m:	1:10.52	36.70	200m:	2:26.61	38.47	300m:	3:44.09	38.86	400m:	4:59.75	37.32
9.			2010 1					<b>5:02.52</b>	446	2		
	50m:	33.82	33.82	150m:	1:49.55	38.41	250m:	3:06.75	38.52	350m:	4:24.32	38.74
	100m:	1:11.14	37.32	200m:	2:28.23	38.68	300m:	3:45.58	38.83	400m:	5:02.52	38.20
10.			2009 1					<b>5:03.81</b>	441	2		
	50m:	32.95	32.95	150m:	1:49.29	39.22	250m:	3:08.11	39.45	350m:	4:26.49	39.00
	100m:	1:10.07	37.12	200m:	2:28.66	39.37	300m:	3:47.49	39.38	400m:	5:03.81	37.32
11.			2010 2					<b>5:08.38</b>	421	2		
	50m:	34.51	34.51	150m:	1:51.99	39.50	250m:	3:11.43	40.01	350m:	4:30.23	39.26
	100m:	1:12.49	37.98	200m:	2:31.42	39.43	300m:	3:50.97	39.54	400m:	5:08.38	38.15
12.			2009 2					<b>5:08.51</b>	421	2		
	50m:	34.21	34.21	150m:	1:51.70	39.44	250m:	3:10.57	39.59	350m:	4:30.03	39.86
	100m:	1:12.26	38.05	200m:	2:30.98	39.28	300m:	3:50.17	39.60	400m:	5:08.51	38.48
13.			2010					<b>5:15.95</b>	392	2		
	50m:	34.85	34.85	150m:	1:53.68	40.52	250m:	3:16.13	41.26	350m:	4:36.71	40.02
	100m:	1:13.16	38.31	200m:	2:34.87	41.19	300m:	3:56.69	40.56	400m:	5:15.95	39.24