

, 11-12 2024 .

14 , 400m 2010
11.12.2024 - 13:49

: FINA 2023

			/				rt			
1.			2008					4:07.69	629	
	50m:	28.13	28.13	150m:	1:30.84	31.45	250m:	2:34.21	31.72	350m: 3:36.99 31.08
	100m:	59.39	31.26	200m:	2:02.49	31.65	300m:	3:05.91	31.70	400m: 4:07.69 30.70
2.			2008					4:10.67	607	1
	50m:	27.70	27.70	150m:	1:29.79	31.42	250m:	2:34.18	32.36	350m: 3:39.12 32.59
	100m:	58.37	30.67	200m:	2:01.82	32.03	300m:	3:06.53	32.35	400m: 4:10.67 31.55
3.			2008					4:13.17	589	1
	50m:	28.93	28.93	150m:	1:32.00	31.84	250m:	2:36.63	32.59	350m: 3:41.59 32.44
	100m:	1:00.16	31.23	200m:	2:04.04	32.04	300m:	3:09.15	32.52	400m: 4:13.17 31.58
4.			2008					4:17.85	557	1
	50m:	27.97	27.97	150m:	1:30.98	31.47	250m:	2:35.97	32.61	350m: 3:43.80 34.09
	100m:	59.51	31.54	200m:	2:03.36	32.38	300m:	3:09.71	33.74	400m: 4:17.85 34.05
5.			2009 1					4:23.37	523	1
	50m:	27.17	27.17	150m:	1:30.84	32.72	250m:	2:39.03	34.36	350m: 3:49.22 35.10
	100m:	58.12	30.95	200m:	2:04.67	33.83	300m:	3:14.12	35.09	400m: 4:23.37 34.15
6.			2007					4:23.53	522	1
	50m:	28.85	28.85	150m:	1:33.98	33.29	250m:	2:41.92	33.84	350m: 3:50.24 34.25
	100m:	1:00.69	31.84	200m:	2:08.08	34.10	300m:	3:15.99	34.07	400m: 4:23.53 33.29
7.			2010 1					4:23.95	519	1
	50m:	29.25	29.25	150m:	1:35.23	33.46	250m:	2:42.93	34.07	350m: 3:51.63 34.13
	100m:	1:01.77	32.52	200m:	2:08.86	33.63	300m:	3:17.50	34.57	400m: 4:23.95 32.32
8.			2008 1					4:24.04	519	1
	50m:	28.55	28.55	150m:	1:34.26	33.47	250m:	2:42.30	33.96	350m: 3:51.92 34.77
	100m:	1:00.79	32.24	200m:	2:08.34	34.08	300m:	3:17.15	34.85	400m: 4:24.04 32.12
9.			2009 1					4:24.07	519	1
	50m:	29.61	29.61	150m:	1:35.42	33.11	250m:	2:42.70	34.11	350m: 3:51.16 34.26
	100m:	1:02.31	32.70	200m:	2:08.59	33.17	300m:	3:16.90	34.20	400m: 4:24.07 32.91
10.			2009 1					4:24.53	516	1
	50m:	28.97	28.97	150m:	1:35.18	33.86	250m:	2:43.36	33.70	350m: 3:51.80 34.17
	100m:	1:01.32	32.35	200m:	2:09.66	34.48	300m:	3:17.63	34.27	400m: 4:24.53 32.73
11.			2008 1					4:27.51	499	2
	50m:	29.58	29.58	150m:	1:35.53	33.50	250m:	2:44.32	34.10	350m: 3:53.65 34.59
	100m:	1:02.03	32.45	200m:	2:10.22	34.69	300m:	3:19.06	34.74	400m: 4:27.51 33.86
12.			2010 1					4:27.54	499	2
	50m:	29.57	29.57	150m:	1:37.25	34.17	250m:	2:46.31	34.23	350m: 3:55.54 34.75
	100m:	1:03.08	33.51	200m:	2:12.08	34.83	300m:	3:20.79	34.48	400m: 4:27.54 32.00
13.			2010 1					4:27.56	499	2
	50m:	29.97	29.97	150m:	1:38.08	33.85	250m:	2:46.19	33.77	350m: 3:54.38 33.76
	100m:	1:04.23	34.26	200m:	2:12.42	34.34	300m:	3:20.62	34.43	400m: 4:27.56 33.18
14.			2006 1					4:27.61	498	2
	50m:	29.53	29.53	150m:	1:35.38	33.40	250m:	2:44.35	34.83	350m: 3:53.56 34.58
	100m:	1:01.98	32.45	200m:	2:09.52	34.14	300m:	3:18.98	34.63	400m: 4:27.61 34.05
15.			2010 2					4:33.91	465	2
	50m:	30.12	30.12	150m:	1:37.89	34.25	250m:	2:47.79	35.11	350m: 3:59.10 35.56
	100m:	1:03.64	33.52	200m:	2:12.68	34.79	300m:	3:23.54	35.75	400m: 4:33.91 34.81
16.			2009					4:35.93	455	2
	50m:	29.14	29.14	150m:	1:38.35	35.99	250m:	2:50.51	36.16	350m: 4:02.85 35.76
	100m:	1:02.36	33.22	200m:	2:14.35	36.00	300m:	3:27.09	36.58	400m: 4:35.93 33.08

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"ALGE-TIMING"

14, , 400m , 2010			rt							
17.			2010 2					4:44.60	414	2
	50m:	30.50 30.50	150m:	1:40.11 35.86	250m:	2:53.44 37.03	350m:	4:08.57 37.55		
	100m:	1:04.25 33.75	200m:	2:16.41 36.30	300m:	3:31.02 37.58	400m:	4:44.60 36.03		
18.			2010 2					4:48.96	396	2
	50m:	32.17 32.17	150m:	1:43.60 36.22	250m:	2:57.49 36.93	350m:	4:12.06 37.44		
	100m:	1:07.38 35.21	200m:	2:20.56 36.96	300m:	3:34.62 37.13	400m:	4:48.96 36.90		
19.			2010 2					4:49.41	394	2
	50m:	30.48 30.48	150m:	1:41.10 36.44	250m:	2:56.61 37.50	350m:	4:11.66 38.16		
	100m:	1:04.66 34.18	200m:	2:19.11 38.01	300m:	3:33.50 36.89	400m:	4:49.41 37.75		
20.			2010 2					4:51.35	386	2
	50m:	32.41 32.41	150m:	1:46.29 38.03	250m:	3:00.90 37.85	350m:	4:15.40 37.40		
	100m:	1:08.26 35.85	200m:	2:23.05 36.76	300m:	3:38.00 37.10	400m:	4:51.35 35.95		
21.			2010 2					4:54.68	373	2
	50m:	32.85 32.85	150m:	1:47.35 37.62	250m:	3:02.26 37.50	350m:	4:17.99 37.91		
	100m:	1:09.73 36.88	200m:	2:24.76 37.41	300m:	3:40.08 37.82	400m:	4:54.68 36.69		
22.			2010 2					4:54.82	373	2
	50m:	32.15 32.15	150m:	1:45.27 37.41	250m:	3:01.25 38.42	350m:	4:18.19 38.73		
	100m:	1:07.86 35.71	200m:	2:22.83 37.56	300m:	3:39.46 38.21	400m:	4:54.82 36.63		
23.			2010 2					5:07.05	330	3
	50m:	35.16 35.16	150m:	1:53.26 39.30	250m:	3:10.82 38.69	350m:	4:28.72 38.79		
	100m:	1:13.96 38.80	200m:	2:32.13 38.87	300m:	3:49.93 39.11	400m:	5:07.05 38.33		
24.			2010 2					5:11.72	315	3
	50m:	34.06 34.06	150m:	1:53.39 39.96	250m:	3:12.77 39.38	350m:	4:33.12 40.88		
	100m:	1:13.43 39.37	200m:	2:33.39 40.00	300m:	3:52.24 39.47	400m:	5:11.72 38.60		
25.			2009 2					5:12.64	312	3
	50m:	33.36 33.36	150m:	1:52.74 40.33	250m:	3:13.27 40.29	350m:	4:33.68 39.76		
	100m:	1:12.41 39.05	200m:	2:32.98 40.24	300m:	3:53.92 40.65	400m:	5:12.64 38.96		
26.			2010 2					5:14.99	305	3
	50m:	35.63 35.63	150m:	1:55.76 40.45	250m:	3:16.83 40.37	350m:	4:37.35 39.94		
	100m:	1:15.31 39.68	200m:	2:36.46 40.70	300m:	3:57.41 40.58	400m:	5:14.99 37.64		
27.			2010 2					5:15.48	304	3
	50m:	36.45 36.45	150m:	1:55.89 40.70	250m:	3:15.89 39.74	350m:	4:36.80 40.19		
	100m:	1:15.19 38.74	200m:	2:36.15 40.26	300m:	3:56.61 40.72	400m:	5:15.48 38.68		
28.			2010 3					5:18.21	296	3
	50m:	35.36 35.36	150m:	1:55.58 40.32	250m:	3:16.39 40.81	350m:	4:39.21 41.10		
	100m:	1:15.26 39.90	200m:	2:35.58 40.00	300m:	3:58.11 41.72	400m:	5:18.21 39.00		
29.			2010					5:18.44	296	3
	50m:	33.16 33.16	150m:	1:51.33 40.54	250m:	3:14.35 41.99	350m:	4:38.24 42.29		
	100m:	1:10.79 37.63	200m:	2:32.36 41.03	300m:	3:55.95 41.60	400m:	5:18.44 40.20		