

, 14-16

2024 .

21  
15.02.2024 - 16:10

, 400m

2010

: FINA 2024

			/		rt							
1.			2004		+0,80		<b>5:04.41</b>		666			
	50m:	30.76	30.76	150m:	1:47.87	41.30	250m:	3:10.29	42.80	350m:	4:30.14	36.12
	100m:	1:06.57	35.81	200m:	2:27.49	39.62	300m:	3:54.02	43.73	400m:	5:04.41	34.27
2.			2010				<b>5:09.76</b>		632			
	50m:	33.95	33.95	150m:	1:55.44	42.24	250m:	3:17.28	42.50	350m:	4:35.93	35.86
	100m:	1:13.20	39.25	200m:	2:34.78	39.34	300m:	4:00.07	42.79	400m:	5:09.76	33.83
3.			2010				<b>5:15.38</b>		599			
	50m:	33.05	33.05	150m:	1:55.59	43.67	250m:	3:20.04	43.37	350m:	4:40.88	36.06
	100m:	1:11.92	38.87	200m:	2:36.67	41.08	300m:	4:04.82	44.78	400m:	5:15.38	34.50
4.			2005				<b>5:22.84</b>		558			
	50m:	33.37	33.37	150m:	1:58.70	44.09	250m:	3:24.47	42.00	350m:	4:45.93	38.27
	100m:	1:14.61	41.24	200m:	2:42.47	43.77	300m:	4:07.66	43.19	400m:	5:22.84	36.91
5.			2010		+0,71		<b>5:25.10</b>		546			
	50m:	35.60	35.60	150m:	1:58.42	42.79	250m:	3:22.93	42.06	350m:	4:47.02	39.59
	100m:	1:15.63	40.03	200m:	2:40.87	42.45	300m:	4:07.43	44.50	400m:	5:25.10	38.08
6.			2009				<b>5:27.85</b>		533			
	50m:	35.59	35.59	150m:	2:02.06	44.46	250m:	3:28.29	45.13	350m:	4:51.16	39.06
	100m:	1:17.60	42.01	200m:	2:43.16	41.10	300m:	4:12.10	43.81	400m:	5:27.85	36.69
7.			2010 1		+0,75		<b>5:38.96</b>		482			
	50m:	33.79	33.79	150m:	1:59.07	42.85	250m:	3:29.81	47.02	350m:	4:59.27	40.09
	100m:	1:16.22	42.43	200m:	2:42.79	43.72	300m:	4:19.18	49.37	400m:	5:38.96	39.69
8.			2008 1		-		<b>5:46.04</b>		453			
	50m:	34.75	34.75	150m:	2:00.24	45.01	250m:	3:34.34	52.11	350m:	5:06.55	40.57
	100m:	1:15.23	40.48	200m:	2:42.23	41.99	300m:	4:25.98	51.64	400m:	5:46.04	39.49
9.			2009 1		+0,80		<b>5:53.46</b>		425			
	50m:	36.00	36.00	150m:	2:07.77	46.27	250m:	3:42.70	48.55	350m:	5:14.77	42.66
	100m:	1:21.50	45.50	200m:	2:54.15	46.38	300m:	4:32.11	49.41	400m:	5:53.46	38.69
10.			2010 2				<b>5:55.81</b>		417			
	50m:	36.64	36.64	150m:	2:07.93	46.58	250m:	3:45.82	49.81	350m:	5:17.09	41.58
	100m:	1:21.35	44.71	200m:	2:56.01	48.08	300m:	4:35.51	49.69	400m:	5:55.81	38.72
11.			2008 2				<b>5:58.74</b>		407			
	50m:	38.28	38.28	150m:	2:09.77	46.15	250m:	3:46.60	51.98	350m:	5:19.23	41.22
	100m:	1:23.62	45.34	200m:	2:54.62	44.85	300m:	4:38.01	51.41	400m:	5:58.74	39.51
12.			2010 2				<b>6:16.79</b>		351			
	50m:	38.04	38.04	150m:	2:16.21	50.74	250m:	3:58.72	52.71	350m:	5:34.14	41.37
	100m:	1:25.47	47.43	200m:	3:06.01	49.80	300m:	4:52.77	54.05	400m:	6:16.79	42.65
DNS			2008 2		-							