

, 14-16

2024 .

22		, 400m						2010	
15.02.2024 - 16:24									
: FINA 2024									
		/				rt			
1.			2008			+0,57	4:37.41	667	
	50m:	28.81	28.81	150m:	1:36.10	34.19	250m:	2:52.04	42.48
	100m:	1:01.91	33.10	200m:	2:09.56	33.46	300m:	3:34.27	42.23
							350m:	4:06.97	32.70
							400m:	4:37.41	30.44
2.			2005			+0,63	4:42.04	635	
	50m:	29.68	29.68	150m:	1:43.23	37.97	250m:	2:58.59	38.25
	100m:	1:05.26	35.58	200m:	2:20.34	37.11	300m:	3:37.78	39.19
							350m:	4:09.74	31.96
							400m:	4:42.04	32.30
3.			2009			+0,76	4:42.67	631	
	50m:	28.47	28.47	150m:	1:39.13	36.82	250m:	2:56.05	41.07
	100m:	1:02.31	33.84	200m:	2:14.98	35.85	300m:	3:37.31	41.26
							350m:	4:10.16	32.85
							400m:	4:42.67	32.51
4.			2006				4:43.57	625	
	50m:	28.73	28.73	150m:	1:39.95	36.47	250m:	2:58.00	41.41
	100m:	1:03.48	34.75	200m:	2:16.59	36.64	300m:	3:40.92	42.92
							350m:	4:12.57	31.65
							400m:	4:43.57	31.00
5.			2008				4:49.83	585	
	50m:	29.58	29.58	150m:	1:41.26	37.29	250m:	2:59.54	40.74
	100m:	1:03.97	34.39	200m:	2:18.80	37.54	300m:	3:41.29	41.75
							350m:	4:15.78	34.49
							400m:	4:49.83	34.05
6.			2007			+0,67	4:51.99	572	
	50m:	29.16	29.16	150m:	1:40.55	36.82	250m:	3:00.41	43.13
	100m:	1:03.73	34.57	200m:	2:17.28	36.73	300m:	3:45.46	45.05
							350m:	4:18.94	33.88
							400m:	4:51.99	33.05
7.			2008			+0,59	4:52.73	568	
	50m:	30.78	30.78	150m:	1:46.59	40.27	250m:	3:03.27	38.08
	100m:	1:06.32	35.54	200m:	2:25.19	38.60	300m:	3:42.75	39.48
							350m:	4:19.02	36.27
							400m:	4:52.73	33.71
8.			2008			+0,78	4:52.93	567	
	50m:	29.19	29.19	150m:	1:41.35	37.06	250m:	3:01.69	42.40
	100m:	1:04.29	35.10	200m:	2:19.29	37.94	300m:	3:45.51	43.82
							350m:	4:20.15	34.64
							400m:	4:52.93	32.78
9.			2005			+0,78	4:55.17	554	
	50m:	30.04	30.04	150m:	1:45.40	40.46	250m:	3:06.51	43.17
	100m:	1:04.94	34.90	200m:	2:23.34	37.94	300m:	3:49.13	42.62
							350m:	4:23.06	33.93
							400m:	4:55.17	32.11
10.			2009			+0,83	4:58.33	537	
	50m:	31.60	31.60	150m:	1:45.36	37.72	250m:	3:04.88	41.86
	100m:	1:07.64	36.04	200m:	2:23.02	37.66	300m:	3:47.80	42.92
							350m:	4:23.32	35.52
							400m:	4:58.33	35.01
11.			2008 1				5:02.70	514	
	50m:	30.02	30.02	150m:	1:45.47	40.22	250m:	3:09.21	44.06
	100m:	1:05.25	35.23	200m:	2:25.15	39.68	300m:	3:53.85	44.64
							350m:	4:28.67	34.82
							400m:	5:02.70	34.03
12.			2008 2			+0,67	5:26.02	411	
	50m:	34.75	34.75	150m:	1:58.68	41.66	250m:	3:24.11	46.66
	100m:	1:17.02	42.27	200m:	2:37.45	38.77	300m:	4:09.85	45.74
							350m:	4:48.54	38.69
							400m:	5:26.02	37.48
13.			2009 1			-	5:29.10	400	
	50m:	32.27	32.27	150m:	1:57.96	45.16	250m:	3:26.83	46.13
	100m:	1:12.80	40.53	200m:	2:40.70	42.74	300m:	4:13.98	47.15
							350m:	4:52.38	38.40
							400m:	5:29.10	36.72
14.			2010 2				5:29.46	398	
	50m:	35.48	35.48	150m:	1:58.15	41.19	250m:	3:26.25	48.08
	100m:	1:16.96	41.48	200m:	2:38.17	40.02	300m:	4:14.99	48.74
							350m:	4:53.16	38.17
							400m:	5:29.46	36.30
15.			2010 2			-	+0,56	5:37.72	370
	50m:	31.87	31.87	150m:	1:54.72	43.42	250m:	3:28.19	50.95
	100m:	1:11.30	39.43	200m:	2:37.24	42.52	300m:	4:20.85	52.66
							350m:	4:58.89	38.04
							400m:	5:37.72	38.83
16.			2010 2			+0,61	5:45.92	344	
	50m:	38.28	38.28	150m:	2:08.91	45.22	250m:	3:40.88	47.12
	100m:	1:23.69	45.41	200m:	2:53.76	44.85	300m:	4:29.20	48.32
							350m:	5:07.93	38.73
							400m:	5:45.92	37.99

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6:00.43

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50m:	36.98	36.98	150m:	2:11.11	48.70	250m:	3:49.12	50.91	350m:	5:21.10	40.10
100m:	1:22.41	45.43	200m:	2:58.21	47.10	300m:	4:41.00	51.88	400m:	6:00.43	39.33

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