

, 02 - 04 2024 .

23 , 400m  
03.10.2024 - 15:36

: FINA 2023

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1.			2004					<b>4:53.98</b>	683			
	50m:	31.06	31.06	150m:	1:45.38	38.74	250m:	3:04.81	41.62	350m:	4:20.86	34.15
	100m:	1:06.64	35.58	200m:	2:23.19	37.81	300m:	3:46.71	41.90	400m:	4:53.98	33.12
2.			2005					<b>5:06.26</b>	604			
	50m:	32.97	32.97	150m:	1:54.05	42.11	250m:	3:15.47	41.00	350m:	4:32.87	36.49
	100m:	1:11.94	38.97	200m:	2:34.47	40.42	300m:	3:56.38	40.91	400m:	5:06.26	33.39
3.			2010					<b>5:06.68</b>	601			
	50m:	33.03	33.03	150m:	1:50.40	38.85	250m:	3:11.42	42.93	350m:	4:31.42	37.16
	100m:	1:11.55	38.52	200m:	2:28.49	38.09	300m:	3:54.26	42.84	400m:	5:06.68	35.26
4.			2010					<b>5:11.19</b>	576			
	50m:	33.05	33.05	150m:	1:53.55	41.92	250m:	3:17.18	44.17	350m:	4:37.07	35.98
	100m:	1:11.63	38.58	200m:	2:33.01	39.46	300m:	4:01.09	43.91	400m:	5:11.19	34.12
5.			2010					<b>5:14.20</b>	559			
	50m:	34.55	34.55	150m:	1:54.76	41.53	250m:	3:16.07	40.64	350m:	4:37.06	38.96
	100m:	1:13.23	38.68	200m:	2:35.43	40.67	300m:	3:58.10	42.03	400m:	5:14.20	37.14
6.			2009					<b>5:21.54</b>	522	I		
	50m:	33.22	33.22	150m:	1:54.75	42.79	250m:	3:19.77	43.40	350m:	4:44.59	40.53
	100m:	1:11.96	38.74	200m:	2:36.37	41.62	300m:	4:04.06	44.29	400m:	5:21.54	36.95
7.			2009					<b>5:22.76</b>	516	I		
	50m:	34.40	34.40	150m:	1:57.77	43.08	250m:	3:22.14	42.62	350m:	4:45.65	39.75
	100m:	1:14.69	40.29	200m:	2:39.52	41.75	300m:	4:05.90	43.76	400m:	5:22.76	37.11
8.			2010	1				<b>5:24.54</b>	507	I		
	50m:	32.12	32.12	150m:	1:54.43	44.60	250m:	3:23.08	46.36	350m:	4:48.80	38.16
	100m:	1:09.83	37.71	200m:	2:36.72	42.29	300m:	4:10.64	47.56	400m:	5:24.54	35.74
9.			2009					<b>5:26.92</b>	496	I		
	50m:	33.07	33.07	150m:	1:55.01	41.87	250m:	3:23.32	47.84	350m:	4:49.37	37.42
	100m:	1:13.14	40.07	200m:	2:35.48	40.47	300m:	4:11.95	48.63	400m:	5:26.92	37.55
10.			2006					<b>5:36.27</b>	456	I		
	50m:	35.99	35.99	150m:	2:00.32	42.06	250m:	3:30.67	50.34	350m:	4:58.83	37.83
	100m:	1:18.26	42.27	200m:	2:40.33	40.01	300m:	4:21.00	50.33	400m:	5:36.27	37.44
11.			2006					<b>5:44.63</b>	424	II		
	50m:	36.86	36.86	150m:	2:08.20	45.63	250m:	3:36.25	44.32	350m:	5:04.27	42.30
	100m:	1:22.57	45.71	200m:	2:51.93	43.73	300m:	4:21.97	45.72	400m:	5:44.63	40.36
			16-18									
1.			2006					<b>5:36.27</b>	456	I		
	50m:	35.99	35.99	150m:	2:00.32	42.06	250m:	3:30.67	50.34	350m:	4:58.83	37.83
	100m:	1:18.26	42.27	200m:	2:40.33	40.01	300m:	4:21.00	50.33	400m:	5:36.27	37.44
2.			2006					<b>5:44.63</b>	424	II		
	50m:	36.86	36.86	150m:	2:08.20	45.63	250m:	3:36.25	44.32	350m:	5:04.27	42.30
	100m:	1:22.57	45.71	200m:	2:51.93	43.73	300m:	4:21.97	45.72	400m:	5:44.63	40.36

23, , 400m

14-15

1.			2010					<b>5:06.68</b>	601			
	50m:	33.03	33.03	150m:	1:50.40	38.85	250m:	3:11.42	42.93	350m:	4:31.42	37.16
	100m:	1:11.55	38.52	200m:	2:28.49	38.09	300m:	3:54.26	42.84	400m:	5:06.68	35.26
2.			2010					<b>5:11.19</b>	576			
	50m:	33.05	33.05	150m:	1:53.55	41.92	250m:	3:17.18	44.17	350m:	4:37.07	35.98
	100m:	1:11.63	38.58	200m:	2:33.01	39.46	300m:	4:01.09	43.91	400m:	5:11.19	34.12
3.			2010					<b>5:14.20</b>	559			
	50m:	34.55	34.55	150m:	1:54.76	41.53	250m:	3:16.07	40.64	350m:	4:37.06	38.96
	100m:	1:13.23	38.68	200m:	2:35.43	40.67	300m:	3:58.10	42.03	400m:	5:14.20	37.14
4.			2009					<b>5:21.54</b>	522	I		
	50m:	33.22	33.22	150m:	1:54.75	42.79	250m:	3:19.77	43.40	350m:	4:44.59	40.53
	100m:	1:11.96	38.74	200m:	2:36.37	41.62	300m:	4:04.06	44.29	400m:	5:21.54	36.95
5.			2009					<b>5:22.76</b>	516	I		
	50m:	34.40	34.40	150m:	1:57.77	43.08	250m:	3:22.14	42.62	350m:	4:45.65	39.75
	100m:	1:14.69	40.29	200m:	2:39.52	41.75	300m:	4:05.90	43.76	400m:	5:22.76	37.11
6.			2010	1				<b>5:24.54</b>	507	I		
	50m:	32.12	32.12	150m:	1:54.43	44.60	250m:	3:23.08	46.36	350m:	4:48.80	38.16
	100m:	1:09.83	37.71	200m:	2:36.72	42.29	300m:	4:10.64	47.56	400m:	5:24.54	35.74
7.			2009					<b>5:26.92</b>	496	I		
	50m:	33.07	33.07	150m:	1:55.01	41.87	250m:	3:23.32	47.84	350m:	4:49.37	37.42
	100m:	1:13.14	40.07	200m:	2:35.48	40.47	300m:	4:11.95	48.63	400m:	5:26.92	37.55