

, 02 - 04 2024 .

24  
03.10.2024 - 15:49

, 400m

: FINA 2023

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1.			<b>2000</b>					<b>4:40.50</b>	<b>586</b>			
	50m:	28.76	28.76	150m:	1:42.32	39.49	250m:	2:57.82	37.53	350m:	4:09.47	33.86
	100m:	1:02.83	34.07	200m:	2:20.29	37.97	300m:	3:35.61	37.79	400m:	4:40.50	31.03
2.			<b>2005</b>					<b>4:42.33</b>	<b>575</b>			
	50m:	29.78	29.78	150m:	1:42.99	38.43	250m:	3:00.68	40.25	350m:	4:12.45	31.64
	100m:	1:04.56	34.78	200m:	2:20.43	37.44	300m:	3:40.81	40.13	400m:	4:42.33	29.88
3.			<b>2008</b>					<b>4:42.60</b>	<b>573</b>			
	50m:	30.60	30.60	150m:	1:45.59	39.18	250m:	3:00.03	36.48	350m:	4:11.42	34.11
	100m:	1:06.41	35.81	200m:	2:23.55	37.96	300m:	3:37.31	37.28	400m:	4:42.60	31.18
4.			<b>2009 1</b>					<b>4:46.91</b>	<b>548</b>	<b>I</b>		
	50m:	29.79	29.79	150m:	1:42.88	37.46	250m:	2:59.70	40.37	350m:	4:13.98	33.86
	100m:	1:05.42	35.63	200m:	2:19.33	36.45	300m:	3:40.12	40.42	400m:	4:46.91	32.93
5.			<b>2009 1</b>				-	<b>5:11.99</b>	<b>426</b>	<b>II</b>		
	50m:	31.82	31.82	150m:	1:51.31	40.30	250m:	3:15.00	44.11	350m:	4:35.04	37.08
	100m:	1:11.01	39.19	200m:	2:30.89	39.58	300m:	3:57.96	42.96	400m:	5:11.99	36.95
6.			<b>2008 2</b>					<b>5:18.75</b>	<b>399</b>	<b>II</b>		
	50m:	33.49	33.49	150m:	1:55.79	42.41	250m:	3:20.32	43.42	350m:	4:42.94	38.16
	100m:	1:13.38	39.89	200m:	2:36.90	41.11	300m:	4:04.78	44.46	400m:	5:18.75	35.81
7.			<b>2010 2</b>					<b>5:18.92</b>	<b>399</b>	<b>II</b>		
	50m:	34.59	34.59	150m:	1:55.86	41.54	250m:	3:19.74	43.70	350m:	4:42.60	38.59
	100m:	1:14.32	39.73	200m:	2:36.04	40.18	300m:	4:04.01	44.27	400m:	5:18.92	36.32
8.			<b>2010 2</b>				-	<b>5:20.75</b>	<b>392</b>	<b>II</b>		
	50m:	33.12	33.12	150m:	1:52.28	41.25	250m:	3:21.03	47.81	350m:	4:45.09	35.78
	100m:	1:11.03	37.91	200m:	2:33.22	40.94	300m:	4:09.31	48.28	400m:	5:20.75	35.66
9.			<b>2010 2</b>					<b>5:21.43</b>	<b>389</b>	<b>II</b>		
	50m:	33.96	33.96	150m:	1:58.69	43.76	250m:	3:22.45	42.98	350m:	4:44.78	38.44
	100m:	1:14.93	40.97	200m:	2:39.47	40.78	300m:	4:06.34	43.89	400m:	5:21.43	36.65
10.			<b>2010 1</b>					<b>5:23.71</b>	<b>381</b>	<b>II</b>		
	50m:	33.64	33.64	150m:	1:55.04	40.95	250m:	3:21.61	46.95	350m:	4:46.72	38.79
	100m:	1:14.09	40.45	200m:	2:34.66	39.62	300m:	4:07.93	46.32	400m:	5:23.71	36.99
11.			<b>2009 1</b>					<b>5:24.12</b>	<b>380</b>	<b>II</b>		
	50m:	34.05	34.05	150m:	1:53.98	40.73	250m:	3:22.12	47.91	350m:	4:47.40	37.73
	100m:	1:13.25	39.20	200m:	2:34.21	40.23	300m:	4:09.67	47.55	400m:	5:24.12	36.72
12.			<b>2010 2</b>					<b>5:39.71</b>	<b>330</b>	<b>II</b>		
	50m:	36.18	36.18	150m:	2:04.64	44.94	250m:	3:35.10	46.26	350m:	5:01.08	39.26
	100m:	1:19.70	43.52	200m:	2:48.84	44.20	300m:	4:21.82	46.72	400m:	5:39.71	38.63
13.			<b>2010 2</b>					<b>5:43.01</b>	<b>320</b>	<b>III</b>		
	50m:	40.26	40.26	150m:	2:08.38	42.55	250m:	3:37.48	47.30	350m:	5:05.24	39.94
	100m:	1:25.83	45.57	200m:	2:50.18	41.80	300m:	4:25.30	47.82	400m:	5:43.01	37.77

16-18

1.			<b>2008</b>					<b>4:42.60</b>	<b>573</b>			
	50m:	30.60	30.60	150m:	1:45.59	39.18	250m:	3:00.03	36.48	350m:	4:11.42	34.11
	100m:	1:06.41	35.81	200m:	2:23.55	37.96	300m:	3:37.31	37.28	400m:	4:42.60	31.18
2.			<b>2008 2</b>					<b>5:18.75</b>	<b>399</b>	<b>II</b>		
	50m:	33.49	33.49	150m:	1:55.79	42.41	250m:	3:20.32	43.42	350m:	4:42.94	38.16
	100m:	1:13.38	39.89	200m:	2:36.90	41.11	300m:	4:04.78	44.46	400m:	5:18.75	35.81

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, 02 - 04 2024 .

24, , 400m

14-15

1.			2009	1				<b>4:46.91</b>	548	I		
	50m:	29.79	29.79	150m:	1:42.88	37.46	250m:	2:59.70	40.37	350m:	4:13.98	33.86
	100m:	1:05.42	35.63	200m:	2:19.33	36.45	300m:	3:40.12	40.42	400m:	4:46.91	32.93
2.			2009	1			-	<b>5:11.99</b>	426	II		
	50m:	31.82	31.82	150m:	1:51.31	40.30	250m:	3:15.00	44.11	350m:	4:35.04	37.08
	100m:	1:11.01	39.19	200m:	2:30.89	39.58	300m:	3:57.96	42.96	400m:	5:11.99	36.95
3.			2010	2				<b>5:18.92</b>	399	II		
	50m:	34.59	34.59	150m:	1:55.86	41.54	250m:	3:19.74	43.70	350m:	4:42.60	38.59
	100m:	1:14.32	39.73	200m:	2:36.04	40.18	300m:	4:04.01	44.27	400m:	5:18.92	36.32
4.			2010	2			-	<b>5:20.75</b>	392	II		
	50m:	33.12	33.12	150m:	1:52.28	41.25	250m:	3:21.03	47.81	350m:	4:45.09	35.78
	100m:	1:11.03	37.91	200m:	2:33.22	40.94	300m:	4:09.31	48.28	400m:	5:20.75	35.66
5.			2010	2				<b>5:21.43</b>	389	II		
	50m:	33.96	33.96	150m:	1:58.69	43.76	250m:	3:22.45	42.98	350m:	4:44.78	38.44
	100m:	1:14.93	40.97	200m:	2:39.47	40.78	300m:	4:06.34	43.89	400m:	5:21.43	36.65
6.			2010	1				<b>5:23.71</b>	381	II		
	50m:	33.64	33.64	150m:	1:55.04	40.95	250m:	3:21.61	46.95	350m:	4:46.72	38.79
	100m:	1:14.09	40.45	200m:	2:34.66	39.62	300m:	4:07.93	46.32	400m:	5:23.71	36.99
7.			2009	1				<b>5:24.12</b>	380	II		
	50m:	34.05	34.05	150m:	1:53.98	40.73	250m:	3:22.12	47.91	350m:	4:47.40	37.73
	100m:	1:13.25	39.20	200m:	2:34.21	40.23	300m:	4:09.67	47.55	400m:	5:24.12	36.72
8.			2010	2				<b>5:39.71</b>	330	II		
	50m:	36.18	36.18	150m:	2:04.64	44.94	250m:	3:35.10	46.26	350m:	5:01.08	39.26
	100m:	1:19.70	43.52	200m:	2:48.84	44.20	300m:	4:21.82	46.72	400m:	5:39.71	38.63
9.			2010	2				<b>5:43.01</b>	320	III		
	50m:	40.26	40.26	150m:	2:08.38	42.55	250m:	3:37.48	47.30	350m:	5:05.24	39.94
	100m:	1:25.83	45.57	200m:	2:50.18	41.80	300m:	4:25.30	47.82	400m:	5:43.01	37.77