

, 24 - 26

2024 .

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21
25.01.2024 - 13:13

, 400m

2009 - 2010

: FINA 2023

			/				rt		FINA
1.			2010				+0,83	5:17.20	592
	50m:	33.42	33.42	150m:	1:53.56	42.07	250m:	3:18.92	44.90
	100m:	1:11.49	38.07	200m:	2:34.02	40.46	300m:	4:04.15	45.23
								350m:	4:41.12
								400m:	5:17.20
									36.97
									36.08
2.			2010					5:24.94	550
	50m:	34.52	34.52	150m:	1:57.69	42.44	250m:	3:21.91	42.51
	100m:	1:15.25	40.73	200m:	2:39.40	41.71	300m:	4:06.49	44.58
								350m:	4:46.30
								400m:	5:24.94
									39.81
									38.64
3.			2009				+0,62	5:30.50	523
	50m:	34.64	34.64	150m:	2:01.46	43.80	250m:	3:26.92	43.25
	100m:	1:17.66	43.02	200m:	2:43.67	42.21	300m:	4:11.70	44.78
								350m:	4:51.22
								400m:	5:30.50
									39.52
									39.28
4.			2010					5:32.40	514
	50m:	33.16	33.16	150m:	1:55.65	42.60	250m:	3:23.08	45.85
	100m:	1:13.05	39.89	200m:	2:37.23	41.58	300m:	4:10.42	47.34
								350m:	4:52.50
								400m:	5:32.40
									42.08
									39.90
5.			2010	1			+0,61	5:35.18	501
	50m:	33.78	33.78	150m:	1:58.00	45.65	250m:	3:29.88	48.75
	100m:	1:12.35	38.57	200m:	2:41.13	43.13	300m:	4:18.81	48.93
								350m:	4:57.97
								400m:	5:35.18
									39.16
									37.21
6.			2009					5:36.43	496
	50m:	33.44	33.44	150m:	1:59.37	44.77	250m:	3:31.96	49.66
	100m:	1:14.60	41.16	200m:	2:42.30	42.93	300m:	4:20.84	48.88
								350m:	4:59.20
								400m:	5:36.43
									38.36
									37.23
7.			2010	1			+0,86	5:40.56	478
	50m:	34.32	34.32	150m:	1:58.84	42.43	250m:	3:29.98	48.59
	100m:	1:16.41	42.09	200m:	2:41.39	42.55	300m:	4:20.56	50.58
								350m:	5:00.73
								400m:	5:40.56
									40.17
									39.83
8.			2010	2			+0,90	5:54.72	423
	50m:	36.03	36.03	150m:	2:06.52	46.12	250m:	3:42.23	50.34
	100m:	1:20.40	44.37	200m:	2:51.89	45.37	300m:	4:34.05	51.82
								350m:	5:14.27
								400m:	5:54.72
									40.22
									40.45
9.			2010	2				5:56.27	417
	50m:	38.25	38.25	150m:	2:08.46	45.13	250m:	3:43.70	50.61
	100m:	1:23.33	45.08	200m:	2:53.09	44.63	300m:	4:34.57	50.87
								350m:	5:16.25
								400m:	5:56.27
									41.68
									40.02
10.			2010	2				6:01.02	401
	50m:	38.27	38.27	150m:	2:11.07	47.53	250m:	3:46.02	49.38
	100m:	1:23.54	45.27	200m:	2:56.64	45.57	300m:	4:36.74	50.72
								350m:	5:20.40
								400m:	6:01.02
									43.66
									40.62

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"ALGE-TIMING"