

28
05.02.2021

, 400m

		4:21.35 4:29.25				BLR BLR				01.01.2012 01.01.2013		
KMC : 4:55.00 / MC : 4:37.00												
: FINA 2020												
								100m	200m	300m	400m	
1.	,	03				4:38.23	673 Q	1:00.64	1:10.24	1:22.09	1:05.26	
	50m:	28.94	28.94	150m:	1:36.39	35.75	250m:	2:51.52	40.64	350m:	4:06.25	33.28
	100m:	1:00.64	31.70	200m:	2:10.88	34.49	300m:	3:32.97	41.45	400m:	4:38.23	31.98
2.	,	04				4:41.12	652 Q	1:02.78	1:14.51	1:21.51	1:02.32	
	50m:	29.24	29.24	150m:	1:40.42	37.64	250m:	2:58.19	40.90	350m:	4:10.68	31.88
	100m:	1:02.78	33.54	200m:	2:17.29	36.87	300m:	3:38.80	40.61	400m:	4:41.12	30.44
3.	,	03				4:43.69	635 Q	1:04.06	1:15.76	1:18.06	1:05.81	
	50m:	28.90	28.90	150m:	1:43.04	38.98	250m:	2:58.39	38.57	350m:	4:10.96	33.08
	100m:	1:04.06	35.16	200m:	2:19.82	36.78	300m:	3:37.88	39.49	400m:	4:43.69	32.73
4.	,	03				4:43.84	634 Q	1:02.40	1:12.12	1:23.82	1:05.50	
	50m:	28.56	28.56	150m:	1:38.27	35.87	250m:	2:55.75	41.23	350m:	4:11.18	32.84
	100m:	1:02.40	33.84	200m:	2:14.52	36.25	300m:	3:38.34	42.59	400m:	4:43.84	32.66
5.	,	03				4:46.59	615 Q	1:02.21	1:14.88	1:23.40	1:06.10	
	50m:	28.37	28.37	150m:	1:39.85	37.64	250m:	2:58.39	41.30	350m:	4:13.59	33.10
	100m:	1:02.21	33.84	200m:	2:17.09	37.24	300m:	3:40.49	42.10	400m:	4:46.59	33.00
6.	,	03				4:47.74	608 Q	1:02.28	1:14.94	1:22.80	1:07.72	
	50m:	28.78	28.78	150m:	1:40.31	38.03	250m:	2:58.42	41.20	350m:	4:14.35	34.33
	100m:	1:02.28	33.50	200m:	2:17.22	36.91	300m:	3:40.02	41.60	400m:	4:47.74	33.39
7.	,	04				4:51.88	583 Q	1:01.78	1:15.54	1:25.18	1:09.38	
	50m:	28.74	28.74	150m:	1:40.12	38.34	250m:	2:59.33	42.01	350m:	4:17.46	34.96
	100m:	1:01.78	33.04	200m:	2:17.32	37.20	300m:	3:42.50	43.17	400m:	4:51.88	34.42
8.	,	05				4:53.02	576 Q	1:05.56	1:14.95	1:27.86	1:04.65	
	50m:	30.13	30.13	150m:	1:43.35	37.79	250m:	3:04.34	43.83	350m:	4:21.95	33.58
	100m:	1:05.56	35.43	200m:	2:20.51	37.16	300m:	3:48.37	44.03	400m:	4:53.02	31.07
9.	,	05				4:56.31	557 R	1:04.63	1:15.49	1:27.03	1:09.16	
	50m:	29.29	29.29	150m:	1:42.91	38.28	250m:	3:04.59	44.47	350m:	4:23.32	36.17
	100m:	1:04.63	35.34	200m:	2:20.12	37.21	300m:	3:47.15	42.56	400m:	4:56.31	32.99
10.	,	05				4:56.35	557 R	1:05.92	1:14.98	1:28.41	1:07.04	
	50m:	29.81	29.81	150m:	1:43.57	37.65	250m:	3:04.45	43.55	350m:	4:24.25	34.94
	100m:	1:05.92	36.11	200m:	2:20.90	37.33	300m:	3:49.31	44.86	400m:	4:56.35	32.10
11.	,	05				4:57.69	549	1:10.32	1:16.92	1:24.20	1:06.25	
	50m:	32.22	32.22	150m:	1:49.43	39.11	250m:	3:09.23	41.99	350m:	4:25.69	34.25
	100m:	1:10.32	38.10	200m:	2:27.24	37.81	300m:	3:51.44	42.21	400m:	4:57.69	32.00
12.	,	06				4:58.06	547	1:08.99	1:18.91	1:21.44	1:08.72	
	50m:	31.43	31.43	150m:	1:48.33	39.34	250m:	3:07.73	39.83	350m:	4:24.67	35.33
	100m:	1:08.99	37.56	200m:	2:27.90	39.57	300m:	3:49.34	41.61	400m:	4:58.06	33.39
13.	,	04				4:58.15	547	1:04.01	1:16.05	1:28.38	1:09.71	
	50m:	29.25	29.25	150m:	1:42.36	38.35	250m:	3:03.95	43.89	350m:	4:23.42	34.98
	100m:	1:04.01	34.76	200m:	2:20.06	37.70	300m:	3:48.44	44.49	400m:	4:58.15	34.73
14.	,	05				5:01.20	530	1:05.13	1:19.76	1:30.73	1:05.58	
	50m:	29.49	29.49	150m:	1:45.22	40.09	250m:	3:09.89	45.00	350m:	4:27.84	32.22
	100m:	1:05.13	35.64	200m:	2:24.89	39.67	300m:	3:55.62	45.73	400m:	5:01.20	33.36
15.	,	04				5:01.66	528	1:04.46	1:20.62	1:28.39	1:08.19	
	50m:	29.31	29.31	150m:	1:45.14	40.68	250m:	3:08.26	43.18	350m:	4:28.06	34.59
	100m:	1:04.46	35.15	200m:	2:25.08	39.94	300m:	3:53.47	45.21	400m:	5:01.66	33.60
16.	,	04				5:03.12	520	1:08.30	1:15.53	1:29.19	1:10.10	
	50m:	30.71	30.71	150m:	1:46.29	37.99	250m:	3:08.15	44.32	350m:	4:28.23	35.21
	100m:	1:08.30	37.59	200m:	2:23.83	37.54	300m:	3:53.02	44.87	400m:	5:03.12	34.89
17.	,	04				5:03.51	518	1:09.57	1:20.83	1:26.37	1:06.74	
	50m:	31.32	31.32	150m:	1:50.72	41.15	250m:	3:13.81	43.41	350m:	4:31.44	34.67
	100m:	1:09.57	38.25	200m:	2:30.40	39.68	300m:	3:56.77	42.96	400m:	5:03.51	32.07
18.	,	05				5:03.78	517	1:09.66	1:19.62	1:28.73	1:05.77	
	50m:	31.80	31.80	150m:	1:50.41	40.75	250m:	3:13.61	44.33	350m:	4:31.96	33.95
	100m:	1:09.66	37.86	200m:	2:29.28	38.87	300m:	3:58.01	44.40	400m:	5:03.78	31.82

28,		, 400m						100m	200m	300m	400m	
19.			04			5:08.84	492	1:07.22	1:20.59	1:34.17	1:06.86	
	50m:	29.98	29.98	150m:	1:48.45	41.23	250m:	3:15.04	47.23	350m:	4:36.57	34.59
	100m:	1:07.22	37.24	200m:	2:27.81	39.36	300m:	4:01.98	46.94	400m:	5:08.84	32.27
20.			06			5:12.06	477	1:10.19	1:25.80	1:24.91	1:11.16	
	50m:	31.03	31.03	150m:	1:53.95	43.76	250m:	3:17.68	41.69	350m:	4:37.92	37.02
	100m:	1:10.19	39.16	200m:	2:35.99	42.04	300m:	4:00.90	43.22	400m:	5:12.06	34.14
21.			05			5:14.58	465	1:10.14	1:21.20	1:32.99	1:10.25	
	50m:	31.88	31.88	150m:	1:51.31	41.17	250m:	3:17.59	46.25	350m:	4:40.18	35.85
	100m:	1:10.14	38.26	200m:	2:31.34	40.03	300m:	4:04.33	46.74	400m:	5:14.58	34.40
22.			06			5:16.93	455	1:12.85	1:22.89	1:28.67	1:12.52	
	50m:	33.16	33.16	150m:	1:55.12	42.27	250m:	3:19.93	44.19	350m:	4:42.31	37.90
	100m:	1:12.85	39.69	200m:	2:35.74	40.62	300m:	4:04.41	44.48	400m:	5:16.93	34.62
23.			07			5:37.52	377	1:17.89	1:28.89	1:39.44	1:11.30	
	50m:	35.49	35.49	150m:	2:02.61	44.72	250m:	3:36.39	49.61	350m:	5:02.14	35.92
	100m:	1:17.89	42.40	200m:	2:46.78	44.17	300m:	4:26.22	49.83	400m:	5:37.52	35.38
DSQ			06			5:00.13		1:05.30	1:22.48	1:28.08	1:04.27	
	50m:	29.50	29.50	150m:	1:47.71	42.41	250m:	3:12.22	44.44	350m:	4:27.92	32.06
	100m:	1:05.30	35.80	200m:	2:27.78	40.07	300m:	3:55.86	43.64	400m:	5:00.13	32.21
DSQ			04			5:02.05		1:05.26	1:19.52	1:26.33	1:10.94	
	50m:	29.49	29.49	150m:	1:45.08	39.82	250m:	3:06.62	41.84	350m:	4:27.52	36.41
	100m:	1:05.26	35.77	200m:	2:24.78	39.70	300m:	3:51.11	44.49	400m:	5:02.05	34.53