

4
03.02.2021

, 400m

		3:52.78				BLR		01.01.2013				
		3:56.98						01.01.2018				
KMC : 4:22.50 / MC : 4:05.00												
: FINA 2020												
								100m	200m	300m	400m	
1.	,		03			4:07.57	702 Q	59.51	1:02.94	1:02.58	1:02.54	
	50m:	28.67	28.67	150m:	1:31.01	31.50	250m:	2:33.66	31.21	350m:	3:36.60	31.57
	100m:	59.51	30.84	200m:	2:02.45	31.44	300m:	3:05.03	31.37	400m:	4:07.57	30.97
2.	,		03			4:14.42	647 Q	1:00.40	1:05.79	1:05.04	1:03.19	
	50m:	28.70	28.70	150m:	1:33.01	32.61	250m:	2:38.54	32.35	350m:	3:43.61	32.38
	100m:	1:00.40	31.70	200m:	2:06.19	33.18	300m:	3:11.23	32.69	400m:	4:14.42	30.81
3.	,		04			4:14.84	643 Q	1:00.29	1:06.06	1:05.09	1:03.40	
	50m:	28.83	28.83	150m:	1:33.16	32.87	250m:	2:39.24	32.89	350m:	3:44.08	32.64
	100m:	1:00.29	31.46	200m:	2:06.35	33.19	300m:	3:11.44	32.20	400m:	4:14.84	30.76
4.	,		04			4:14.88	643 Q	1:01.34	1:04.80	1:05.50	1:03.24	
	50m:	29.13	29.13	150m:	1:33.64	32.30	250m:	2:38.70	32.56	350m:	3:44.26	32.62
	100m:	1:01.34	32.21	200m:	2:06.14	32.50	300m:	3:11.64	32.94	400m:	4:14.88	30.62
5.	,		03			4:15.78	636 Q	1:00.53	1:05.47	1:04.46	1:05.32	
	50m:	28.37	28.37	150m:	1:32.71	32.18	250m:	2:37.80	31.80	350m:	3:43.25	32.79
	100m:	1:00.53	32.16	200m:	2:06.00	33.29	300m:	3:10.46	32.66	400m:	4:15.78	32.53
6.	,		04			4:16.02	635 Q	1:00.96	1:06.38	1:06.07	1:02.61	
	50m:	28.81	28.81	150m:	1:33.72	32.76	250m:	2:39.88	32.54	350m:	3:45.89	32.48
	100m:	1:00.96	32.15	200m:	2:07.34	33.62	300m:	3:13.41	33.53	400m:	4:16.02	30.13
7.	,		04			4:16.36	632 Q	1:01.50	1:05.27	1:05.77	1:03.82	
	50m:	29.09	29.09	150m:	1:33.99	32.49	250m:	2:39.32	32.55	350m:	3:44.57	32.03
	100m:	1:01.50	32.41	200m:	2:06.77	32.78	300m:	3:12.54	33.22	400m:	4:16.36	31.79
8.	,		03			4:17.52	624 Q	1:00.38	1:04.73	1:06.85	1:05.56	
	50m:	28.70	28.70	150m:	1:32.32	31.94	250m:	2:38.33	33.22	350m:	3:44.88	32.92
	100m:	1:00.38	31.68	200m:	2:05.11	32.79	300m:	3:11.96	33.63	400m:	4:17.52	32.64
9.	,		04			4:17.57	623 R	1:00.63	1:06.11	1:06.95	1:03.88	
	50m:	28.47	28.47	150m:	1:33.40	32.77	250m:	2:40.06	33.32	350m:	3:46.59	32.90
	100m:	1:00.63	32.16	200m:	2:06.74	33.34	300m:	3:13.69	33.63	400m:	4:17.57	30.98
10.	,		04			4:18.40	617 R	1:00.86	1:04.86	1:06.61	1:06.07	
	50m:	29.12	29.12	150m:	1:32.54	31.68	250m:	2:38.51	32.79	350m:	3:45.40	33.07
	100m:	1:00.86	31.74	200m:	2:05.72	33.18	300m:	3:12.33	33.82	400m:	4:18.40	33.00
11.	,		06			4:19.93	606	1:00.56	1:06.61	1:08.32	1:04.44	
	50m:	28.66	28.66	150m:	1:33.58	33.02	250m:	2:41.17	34.00	350m:	3:48.60	33.11
	100m:	1:00.56	31.90	200m:	2:07.17	33.59	300m:	3:15.49	34.32	400m:	4:19.93	31.33
12.	,		05			4:19.99	606	1:02.28	1:07.28	1:06.60	1:03.83	
	50m:	29.53	29.53	150m:	1:35.83	33.55	250m:	2:42.76	33.20	350m:	3:49.20	33.04
	100m:	1:02.28	32.75	200m:	2:09.56	33.73	300m:	3:16.16	33.40	400m:	4:19.99	30.79
13.	,		03			4:21.34	597	1:02.05	1:06.87	1:06.96	1:05.46	
	50m:	29.12	29.12	150m:	1:35.26	33.21	250m:	2:42.18	33.26	350m:	3:48.96	33.08
	100m:	1:02.05	32.93	200m:	2:08.92	33.66	300m:	3:15.88	33.70	400m:	4:21.34	32.38
14.	,		05			4:22.57	588	1:01.88	1:06.44	1:07.39	1:06.86	
	50m:	29.21	29.21	150m:	1:35.13	33.25	250m:	2:42.01	33.69	350m:	3:49.67	33.96
	100m:	1:01.88	32.67	200m:	2:08.32	33.19	300m:	3:15.71	33.70	400m:	4:22.57	32.90
15.	,		05			4:22.78	587	1:03.36	1:05.87	1:07.43	1:06.12	
	50m:	30.05	30.05	150m:	1:35.94	32.58	250m:	2:42.64	33.41	350m:	3:50.54	33.88
	100m:	1:03.36	33.31	200m:	2:09.23	33.29	300m:	3:16.66	34.02	400m:	4:22.78	32.24
16.	,		04			4:23.79	580	1:03.81	1:09.21	1:07.16	1:03.61	
	50m:	30.18	30.18	150m:	1:38.20	34.39	250m:	2:46.19	33.17	350m:	3:51.57	31.39
	100m:	1:03.81	33.63	200m:	2:13.02	34.82	300m:	3:20.18	33.99	400m:	4:23.79	32.22
17.	,		03			4:23.97	579	1:01.86	1:08.39	1:08.34	1:05.38	
	50m:	29.35	29.35	150m:	1:35.58	33.72	250m:	2:43.53	33.28	350m:	3:51.77	33.18
	100m:	1:01.86	32.51	200m:	2:10.25	34.67	300m:	3:18.59	35.06	400m:	4:23.97	32.20
18.	,		05			4:23.98	579	1:02.52	1:07.29	1:07.18	1:06.99	
	50m:	29.36	29.36	150m:	1:36.08	33.56	250m:	2:43.25	33.44	350m:	3:50.97	33.98
	100m:	1:02.52	33.16	200m:	2:09.81	33.73	300m:	3:16.99	33.74	400m:	4:23.98	33.01

4,		, 400m						100m	200m	300m	400m	
19.			03			4:24.12	578	1:02.68	1:06.83	1:07.90	1:06.71	
	50m:	29.44	29.44	150m:	1:35.70	33.02	250m:	2:43.48	33.97	350m:	3:51.33	33.92
	100m:	1:02.68	33.24	200m:	2:09.51	33.81	300m:	3:17.41	33.93	400m:	4:24.12	32.79
20.			03			4:24.16	578	1:00.75	1:05.52	1:07.20	1:10.69	
	50m:	28.30	28.30	150m:	1:33.43	32.68	250m:	2:39.61	33.34	350m:	3:49.14	35.67
	100m:	1:00.75	32.45	200m:	2:06.27	32.84	300m:	3:13.47	33.86	400m:	4:24.16	35.02
21.			05			4:24.97	572	1:02.21	1:08.01	1:08.16	1:06.59	
	50m:	29.41	29.41	150m:	1:35.58	33.37	250m:	2:43.57	33.35	350m:	3:52.67	34.29
	100m:	1:02.21	32.80	200m:	2:10.22	34.64	300m:	3:18.38	34.81	400m:	4:24.97	32.30
22.			04			4:27.78	555	1:02.54	1:07.56	1:08.79	1:08.89	
	50m:	29.75	29.75	150m:	1:35.94	33.40	250m:	2:44.08	33.98	350m:	3:53.33	34.44
	100m:	1:02.54	32.79	200m:	2:10.10	34.16	300m:	3:18.89	34.81	400m:	4:27.78	34.45
23.			04			4:27.96	553	1:02.12	1:07.34	1:09.63	1:08.87	
	50m:	29.63	29.63	150m:	1:35.40	33.28	250m:	2:43.83	34.37	350m:	3:53.98	34.89
	100m:	1:02.12	32.49	200m:	2:09.46	34.06	300m:	3:19.09	35.26	400m:	4:27.96	33.98
			03			4:27.96	553	1:01.62	1:07.84	1:09.72	1:08.78	
	50m:	29.38	29.38	150m:	1:35.26	33.64	250m:	2:44.43	34.97	350m:	3:54.74	35.56
	100m:	1:01.62	32.24	200m:	2:09.46	34.20	300m:	3:19.18	34.75	400m:	4:27.96	33.22
25.			04			4:29.46	544	1:04.24			1:06.38	
	50m:	29.59	29.59	150m:	1:38.44	34.20	250m:	2:48.22		350m:	3:57.55	34.47
	100m:	1:04.24	34.65	200m:			300m:	3:23.08	34.86	400m:	4:29.46	31.91
26.			05			4:30.84	536	1:02.43	1:08.96	1:10.98	1:08.47	
	50m:	29.54	29.54	150m:	1:36.50	34.07	250m:	2:46.96	35.57	350m:	3:58.16	35.79
	100m:	1:02.43	32.89	200m:	2:11.39	34.89	300m:	3:22.37	35.41	400m:	4:30.84	32.68
27.			05			4:31.49	532	1:04.62	1:09.72	1:09.53	1:07.62	
	50m:	30.81	30.81	150m:	1:38.99	34.37	250m:	2:48.77	34.43	350m:	3:58.41	34.54
	100m:	1:04.62	33.81	200m:	2:14.34	35.35	300m:	3:23.87	35.10	400m:	4:31.49	33.08
28.			05			4:32.31	527	1:04.14	1:10.11	1:09.60	1:08.46	
	50m:	30.37	30.37	150m:	1:39.23	35.09	250m:	2:49.18	34.93	350m:	3:58.38	34.53
	100m:	1:04.14	33.77	200m:	2:14.25	35.02	300m:	3:23.85	34.67	400m:	4:32.31	33.93
29.			05			4:32.48	526	1:04.62	1:08.92	1:09.84	1:09.10	
	50m:	30.85	30.85	150m:	1:38.61	33.99	250m:	2:48.36	34.82	350m:	3:58.69	35.31
	100m:	1:04.62	33.77	200m:	2:13.54	34.93	300m:	3:23.38	35.02	400m:	4:32.48	33.79
30.			03			4:34.51	515	1:00.42	1:09.02	1:12.16	1:12.91	
	50m:	28.42	28.42	150m:	1:34.54	34.12	250m:	2:45.03	35.59	350m:	3:58.40	36.80
	100m:	1:00.42	32.00	200m:	2:09.44	34.90	300m:	3:21.60	36.57	400m:	4:34.51	36.11
31.			04			4:35.85	507	1:04.22	1:10.02	1:10.86	1:10.75	
	50m:	30.57	30.57	150m:	1:38.72	34.50	250m:	2:49.93	35.69	350m:	4:00.88	35.78
	100m:	1:04.22	33.65	200m:	2:14.24	35.52	300m:	3:25.10	35.17	400m:	4:35.85	34.97
32.			06			4:36.15	506	1:04.55	1:09.86	1:11.21	1:10.53	
	50m:	30.39	30.39	150m:	1:38.93	34.38	250m:	2:49.86	35.45	350m:	4:01.15	35.53
	100m:	1:04.55	34.16	200m:	2:14.41	35.48	300m:	3:25.62	35.76	400m:	4:36.15	35.00
33.			06			4:37.48	498	1:02.10	1:09.88	1:12.83	1:12.67	
	50m:	29.27	29.27	150m:	1:36.56	34.46	250m:	2:48.53	36.55	350m:	4:01.86	37.05
	100m:	1:02.10	32.83	200m:	2:11.98	35.42	300m:	3:24.81	36.28	400m:	4:37.48	35.62
34.			05			4:37.51	498	1:04.12	1:11.52	1:12.80	1:09.07	
	50m:	29.73	29.73	150m:	1:39.75	35.63	250m:	2:51.97	36.33	350m:	4:04.40	35.96
	100m:	1:04.12	34.39	200m:	2:15.64	35.89	300m:	3:28.44	36.47	400m:	4:37.51	33.11
35.			06			4:39.40	488	1:04.78	1:12.07	1:12.45	1:10.10	
	50m:	30.69	30.69	150m:	1:40.43	35.65	250m:	2:52.75	35.90	350m:	4:05.42	36.12
	100m:	1:04.78	34.09	200m:	2:16.85	36.42	300m:	3:29.30	36.55	400m:	4:39.40	33.98
36.			06			4:46.27	454	1:05.95	1:12.76	1:14.15	1:13.41	
	50m:	30.55	30.55	150m:	1:41.61	35.66	250m:	2:55.75	37.04	350m:	4:10.47	37.61
	100m:	1:05.95	35.40	200m:	2:18.71	37.10	300m:	3:32.86	37.11	400m:	4:46.27	35.80
37.			07			4:52.39	426	1:08.73	1:14.95	1:15.34	1:13.37	
	50m:	32.16	32.16	150m:	1:45.68	36.95	250m:	3:01.29	37.61	350m:	4:16.27	37.25
	100m:	1:08.73	36.57	200m:	2:23.68	38.00	300m:	3:39.02	37.73	400m:	4:52.39	36.12
38.			06			5:35.61	281	1:11.49	1:26.52			
	50m:	32.90	32.90	150m:	1:53.79	42.30	250m:	3:22.68	44.67	350m:	4:52.89	
	100m:	1:11.49	38.59	200m:	2:38.01	44.22	300m:			400m:	5:35.61	42.72