

03.07.2019

4:49.16

BLR

01.01.1978

KMC : 5:30.50 / MC : 5:11.50 / MCMK : 4:40.02

: FINA 2019

							100m	200m	300m	400m		
1.	,	02				5:08.51 643 Q	1:12.36	1:20.02	1:27.05	1:09.08		
	50m:	32.88	32.88	150m:	1:52.53	40.17	250m:	3:15.35	42.97	350m:	4:34.33	34.90
	100m:	1:12.36	39.48	200m:	2:32.38	39.85	300m:	3:59.43	44.08	400m:	5:08.51	34.18
2.	,	04				5:12.14 621 Q	1:10.46	1:18.47	1:30.53	1:12.68		
	50m:	32.36	32.36	150m:	1:49.94	39.48	250m:	3:14.04	45.11	350m:	4:35.84	36.38
	100m:	1:10.46	38.10	200m:	2:28.93	38.99	300m:	3:59.46	45.42	400m:	5:12.14	36.30
3.	,	02				5:13.73 611 Q	1:09.71	1:17.64	1:34.28	1:12.10		
	50m:	31.79	31.79	150m:	1:48.79	39.08	250m:	3:13.85	46.50	350m:	4:38.08	36.45
	100m:	1:09.71	37.92	200m:	2:27.35	38.56	300m:	4:01.63	47.78	400m:	5:13.73	35.65
4.	,	03				5:14.97 604 Q	1:12.08	1:22.89	1:29.76	1:10.24		
	50m:	33.29	33.29	150m:	1:54.39	42.31	250m:	3:20.17	45.20	350m:	4:40.43	35.70
	100m:	1:12.08	38.79	200m:	2:34.97	40.58	300m:	4:04.73	44.56	400m:	5:14.97	34.54
5.	,	04				5:15.26 603 Q	1:10.66	1:20.24	1:32.30	1:12.06		
	50m:	32.74	32.74	150m:	1:50.52	39.86	250m:	3:16.27	45.37	350m:	4:39.28	36.08
	100m:	1:10.66	37.92	200m:	2:30.90	40.38	300m:	4:03.20	46.93	400m:	5:15.26	35.98
6.	,	03				5:16.16 597 Q	1:12.22	1:20.51	1:32.54	1:10.89		
	50m:	32.79	32.79	150m:	1:53.64	41.42	250m:	3:19.50	46.77	350m:	4:41.38	36.11
	100m:	1:12.22	39.43	200m:	2:32.73	39.09	300m:	4:05.27	45.77	400m:	5:16.16	34.78
7.	,	02				5:18.33 585 Q	1:13.62	1:20.13	1:29.95	1:14.63		
	50m:	33.14	33.14	150m:	1:54.22	40.60	250m:	3:18.23	44.48	350m:	4:41.10	37.40
	100m:	1:13.62	40.48	200m:	2:33.75	39.53	300m:	4:03.70	45.47	400m:	5:18.33	37.23
8.	,	00				5:21.55 568 Q	1:11.14	1:19.96	1:33.60	1:16.85		
	50m:	33.27	33.27	150m:	1:51.57	40.43	250m:	3:17.35	46.25	350m:	4:43.68	38.98
	100m:	1:11.14	37.87	200m:	2:31.10	39.53	300m:	4:04.70	47.35	400m:	5:21.55	37.87
9.	,	04				5:24.51 552 R	1:15.55	1:22.31	1:34.50	1:12.15		
	50m:	34.58	34.58	150m:	1:57.59	42.04	250m:	3:25.03	47.17	350m:	4:49.11	36.75
	100m:	1:15.55	40.97	200m:	2:37.86	40.27	300m:	4:12.36	47.33	400m:	5:24.51	35.40
10.	,	02				5:25.47 548 R	1:14.38	1:23.32	1:37.13	1:10.64		
	50m:	33.77	33.77	150m:	1:55.93	41.55	250m:	3:25.81	48.11	350m:	4:51.27	36.44
	100m:	1:14.38	40.61	200m:	2:37.70	41.77	300m:	4:14.83	49.02	400m:	5:25.47	34.20
11.	,	03				5:25.74 546	1:09.89	1:22.89	1:34.66	1:18.30		
	50m:	31.84	31.84	150m:	1:51.69	41.80	250m:	3:19.65	46.87	350m:	4:46.95	39.51
	100m:	1:09.89	38.05	200m:	2:32.78	41.09	300m:	4:07.44	47.79	400m:	5:25.74	38.79
12.	,	04				5:26.55 542	1:12.72	1:22.20	1:35.13	1:16.50		
	50m:	34.14	34.14	150m:	1:54.57	41.85	250m:	3:21.97	47.05	350m:	4:48.85	38.80
	100m:	1:12.72	38.58	200m:	2:34.92	40.35	300m:	4:10.05	48.08	400m:	5:26.55	37.70
13.	,	01				5:27.84 536	1:14.57	1:24.39	1:32.07	1:16.81		
	50m:	34.04	34.04	150m:	1:57.10	42.53	250m:	3:24.44	45.48	350m:	4:49.66	38.63
	100m:	1:14.57	40.53	200m:	2:38.96	41.86	300m:	4:11.03	46.59	400m:	5:27.84	38.18
14.	,	06				5:35.19 501	1:12.54	1:29.45	1:34.00	1:19.20		
	50m:	33.10	33.10	150m:	1:59.36	46.82	250m:	3:28.67	46.68	350m:	4:56.68	40.69
	100m:	1:12.54	39.44	200m:	2:41.99	42.63	300m:	4:15.99	47.32	400m:	5:35.19	38.51
15.	,	03				5:35.75 499	1:17.16	1:24.15	1:34.94	1:19.50		
	50m:	35.21	35.21	150m:	1:59.53	42.37	250m:	3:27.77	46.46	350m:	4:56.84	40.59
	100m:	1:17.16	41.95	200m:	2:41.31	41.78	300m:	4:16.25	48.48	400m:	5:35.75	38.91
16.	,	04				5:36.39 496	1:15.99	1:29.74	1:33.45	1:17.21		
	50m:	34.18	34.18	150m:	2:01.58	45.59	250m:	3:31.60	45.87	350m:	4:59.69	40.51
	100m:	1:15.99	41.81	200m:	2:45.73	44.15	300m:	4:19.18	47.58	400m:	5:36.39	36.70