

03.07.2019

4:21.35

BLR

01.01.2012

KMC : 4:55.00 / MC : 4:38.50 / MCMK : 4:15.87

: FINA 2019

							100m	200m	300m	400m		
1.	,	99					4:41.77 648 Q	1:06.51	1:12.50	1:16.23	1:06.53	
	50m:	30.00	30.00	150m:	1:43.26	36.75	250m:	2:56.83	37.82	350m:	4:09.43	34.19
	100m:	1:06.51	36.51	200m:	2:19.01	35.75	300m:	3:35.24	38.41	400m:	4:41.77	32.34
2.	,	99					4:42.62 642 Q	1:03.25	1:12.53	1:21.20	1:05.64	
	50m:	29.19	29.19	150m:	1:39.36	36.11	250m:	2:56.36	40.58	350m:	4:10.13	33.15
	100m:	1:03.25	34.06	200m:	2:15.78	36.42	300m:	3:36.98	40.62	400m:	4:42.62	32.49
3.	,	95					4:44.83 627 Q	1:02.77	1:13.30	1:20.81	1:07.95	
	50m:	29.00	29.00	150m:	1:39.96	37.19	250m:	2:56.38	40.31	350m:	4:11.19	34.31
	100m:	1:02.77	33.77	200m:	2:16.07	36.11	300m:	3:36.88	40.50	400m:	4:44.83	33.64
4.	,	00					4:45.21 624 Q	1:04.38	1:12.97	1:22.52	1:05.34	
	50m:	29.17	29.17	150m:	1:42.98	38.60	250m:	2:58.55	41.20	350m:	4:12.93	33.06
	100m:	1:04.38	35.21	200m:	2:17.35	34.37	300m:	3:39.87	41.32	400m:	4:45.21	32.28
5.	,	02					4:45.71 621 Q	1:03.87	1:13.11	1:22.87	1:05.86	
	50m:	29.18	29.18	150m:	1:41.23	37.36	250m:	2:58.09	41.11	350m:	4:13.91	34.06
	100m:	1:03.87	34.69	200m:	2:16.98	35.75	300m:	3:39.85	41.76	400m:	4:45.71	31.80
6.	,	00					4:48.42 604 Q	1:05.53	1:14.73	1:24.50	1:03.66	
	50m:	30.37	30.37	150m:	1:43.83	38.30	250m:	3:02.38	42.12	350m:	4:16.77	32.01
	100m:	1:05.53	35.16	200m:	2:20.26	36.43	300m:	3:44.76	42.38	400m:	4:48.42	31.65
7.	,	01					4:49.21 599 Q	1:01.85	1:12.71	1:28.32	1:06.33	
	50m:	28.14	28.14	150m:	1:38.81	36.96	250m:	2:58.95	44.39	350m:	4:16.08	33.20
	100m:	1:01.85	33.71	200m:	2:14.56	35.75	300m:	3:42.88	43.93	400m:	4:49.21	33.13
8.	,	03					4:49.73 596 Q	1:03.02	1:15.96	1:25.16	1:05.59	
	50m:	29.03	29.03	150m:	1:41.27	38.25	250m:	3:01.70	42.72	350m:	4:17.62	33.48
	100m:	1:03.02	33.99	200m:	2:18.98	37.71	300m:	3:44.14	42.44	400m:	4:49.73	32.11
9.	,	03					4:49.78 595 R	1:05.36	1:16.15	1:24.47	1:03.80	
	50m:	30.08	30.08	150m:	1:43.97	38.61	250m:	3:03.92	42.41	350m:	4:18.96	32.98
	100m:	1:05.36	35.28	200m:	2:21.51	37.54	300m:	3:45.98	42.06	400m:	4:49.78	30.82
10.	,	03					4:50.07 594 R	1:02.75	1:17.33	1:23.34	1:06.65	
	50m:	29.04	29.04	150m:	1:41.96	39.21	250m:	3:01.03	40.95	350m:	4:17.40	33.98
	100m:	1:02.75	33.71	200m:	2:20.08	38.12	300m:	3:43.42	42.39	400m:	4:50.07	32.67
11.	,	01					4:52.82 577	1:04.72	1:15.83	1:23.91	1:08.36	
	50m:	29.29	29.29	150m:	1:43.55	38.83	250m:	3:02.14	41.59	350m:	4:18.79	34.33
	100m:	1:04.72	35.43	200m:	2:20.55	37.00	300m:	3:44.46	42.32	400m:	4:52.82	34.03
12.	,	02					4:53.69 572	1:06.64	1:14.53	1:25.96	1:06.56	
	50m:	30.44	30.44	150m:	1:43.98	37.34	250m:	3:04.33	43.16	350m:	4:21.12	33.99
	100m:	1:06.64	36.20	200m:	2:21.17	37.19	300m:	3:47.13	42.80	400m:	4:53.69	32.57
13.	,	03					4:54.72 566	1:06.98	1:19.69	1:20.11	1:07.94	
	50m:	30.66	30.66	150m:	1:47.09	40.11	250m:	3:06.38	39.71	350m:	4:21.23	34.45
	100m:	1:06.98	36.32	200m:	2:26.67	39.58	300m:	3:46.78	40.40	400m:	4:54.72	33.49
14.	,	04					4:59.84 537	1:11.01	1:18.21	1:23.89	1:06.73	
	50m:	31.88	31.88	150m:	1:51.24	40.23	250m:	3:11.38	42.16	350m:	4:27.37	34.26
	100m:	1:11.01	39.13	200m:	2:29.22	37.98	300m:	3:53.11	41.73	400m:	4:59.84	32.47
15.	,	03					5:05.76 507	1:07.54	1:26.53	1:21.04	1:10.65	
	50m:	30.57	30.57	150m:	1:51.74	44.20	250m:	3:14.07	40.00	350m:	4:32.51	37.40
	100m:	1:07.54	36.97	200m:	2:34.07	42.33	300m:	3:55.11	41.04	400m:	5:05.76	33.25