

28
06.04.2018

, 400m

1 : 5:14.00 / KMC : 4:56.00 / MC : 4:39.00 / MCMK : 4:17.03

: FINA 2018

							100m	200m	300m	400m		
1.		00				4:38.23 673	1:03.22	1:11.66	1:23.06	1:00.29		
	50m:	29.53	29.53	150m:	1:39.43	36.21	250m:	2:56.26	41.38	350m:	4:09.46	31.52
	100m:	1:03.22	33.69	200m:	2:14.88	35.45	300m:	3:37.94	41.68	400m:	4:38.23	28.77
2.		01				4:41.99 646	1:01.91	1:12.67	1:25.08	1:02.33		
	50m:	28.70	28.70	150m:	1:38.88	36.97	250m:	2:57.37	42.79	350m:	4:11.13	31.47
	100m:	1:01.91	33.21	200m:	2:14.58	35.70	300m:	3:39.66	42.29	400m:	4:41.99	30.86
3.		00				4:44.11 632	1:04.29	1:13.45	1:21.74	1:04.63		
	50m:	29.33	29.33	150m:	2:58.20	1:53.91	250m:	4:11.93	1:54.19	350m:		
	100m:	1:04.29	34.96	200m:	2:17.74		300m:	3:39.48		400m:	4:44.11	
4.		02				4:45.38 623	1:05.10	1:15.02	1:21.56	1:03.70		
	50m:	29.84	29.84	150m:	1:42.85	37.75	250m:	3:00.45	40.33	350m:	4:14.08	32.40
	100m:	1:05.10	35.26	200m:	2:20.12	37.27	300m:	3:41.68	41.23	400m:	4:45.38	31.30
5.		03				4:47.45 610	1:03.05	1:13.22	1:25.20	1:05.98		
	50m:	29.20	29.20	150m:	1:40.20	37.15	250m:	2:58.91	42.64	350m:	4:15.18	33.71
	100m:	1:03.05	33.85	200m:	2:16.27	36.07	300m:	3:41.47	42.56	400m:	4:47.45	32.27
6.		01				4:50.73 589	1:03.67	1:16.01	1:23.74	1:07.31		
	50m:	28.37	28.37	150m:	1:42.83	39.16	250m:	3:01.17	41.49	350m:	4:17.52	34.10
	100m:	1:03.67	35.30	200m:	2:19.68	36.85	300m:	3:43.42	42.25	400m:	4:50.73	33.21
7.		01				4:53.32 574	1:02.40	1:14.52	1:28.12	1:08.28		
	50m:	28.31	28.31	150m:	1:39.75	37.35	250m:	3:00.48	43.56	350m:	4:20.26	35.22
	100m:	1:02.40	34.09	200m:	2:16.92	37.17	300m:	3:45.04	44.56	400m:	4:53.32	33.06
8.		00				4:59.66 538 1	1:05.92	1:17.87	1:27.98	1:07.89		
	50m:	31.29	31.29	150m:	1:45.12	39.20	250m:	3:07.68	43.89	350m:	4:26.00	34.23
	100m:	1:05.92	34.63	200m:	2:23.79	38.67	300m:	3:51.77	44.09	400m:	4:59.66	33.66