

4  
04.04.2018

, 400m

1 : 4:44.00 / KMC : 4:24.00 / MC : 4:10.00 / MCMK : 3:48.53

: FINA 2014

							100m	200m	300m	400m
1.		00			<b>4:05.45</b>	720 Q	58.62	1:03.01	1:01.72	1:02.10
	50m:	28.21	28.21	150m:	1:30.40	31.78	31.01	350m:	3:35.00	31.65
	100m:	58.62	30.41	200m:	2:01.63	31.23	30.71	400m:	4:05.45	30.45
2.		00			<b>4:09.99</b>	682 Q	58.67	1:03.83	1:04.11	1:03.38
	50m:	27.29	27.29	150m:	1:30.50	31.83	31.99	350m:	3:38.73	32.12
	100m:	58.67	31.38	200m:	2:02.50	32.00	32.12	400m:	4:09.99	31.26
3.		00			<b>4:10.20</b>	680 Q	58.12	1:04.05	1:04.36	1:03.67
	50m:	27.68	27.68	150m:	1:29.60	31.48	32.09	350m:	3:38.81	32.28
	100m:	58.12	30.44	200m:	2:02.17	32.57	32.27	400m:	4:10.20	31.39
4.		00			<b>4:10.67</b>	676 Q	59.17	1:03.71	1:04.51	1:03.28
	50m:	28.39	28.39	150m:	1:30.85	31.68	32.03	350m:	3:39.82	32.43
	100m:	59.17	30.78	200m:	2:02.88	32.03	32.48	400m:	4:10.67	30.85
5.		01			<b>4:10.92</b>	674 Q	59.45	1:04.59	1:04.48	1:02.40
	50m:	28.11	28.11	150m:	1:31.73	32.28	31.98	350m:	3:40.32	31.80
	100m:	59.45	31.34	200m:	2:04.04	32.31	32.50	400m:	4:10.92	30.60
6.		01			<b>4:12.08</b>	665 Q	59.13	1:04.58	1:04.83	1:03.54
	50m:	27.78	27.78	150m:	1:31.30	32.17	32.30	350m:	3:40.84	32.30
	100m:	59.13	31.35	200m:	2:03.71	32.41	32.53	400m:	4:12.08	31.24
7.		01			<b>4:13.25</b>	656 Q	59.87	1:04.68	1:04.89	1:03.81
	50m:	28.24	28.24	150m:	1:32.03	32.16	32.15	350m:	3:41.89	32.45
	100m:	59.87	31.63	200m:	2:04.55	32.52	32.74	400m:	4:13.25	31.36
8.		01			<b>4:17.51</b>	624 Q	1:00.70	1:06.80	1:06.53	1:03.48
	50m:	28.94	28.94	150m:	1:34.07	33.37	33.22	350m:	3:47.16	33.13
	100m:	1:00.70	31.76	200m:	2:07.50	33.43	33.31	400m:	4:17.51	30.35
9.		00			<b>4:17.72</b>	622 R	1:00.81	1:05.51	1:05.62	1:05.78
	50m:	3:45.08	3:45.08	150m:			250m:	350m:		
	100m:	1:00.81		200m:	2:06.32		300m:	400m:	4:17.72	
10.		03			<b>4:18.48</b>	617 R	1:00.63	1:05.19	1:06.59	1:06.07
	50m:	28.89	28.89	150m:	1:33.14	32.51	32.92	350m:	3:46.05	33.64
	100m:	1:00.63	31.74	200m:	2:05.82	32.68	33.67	400m:	4:18.48	32.43
11.		02			<b>4:19.08</b>	612	1:00.36	1:06.19	1:07.32	1:05.21
	50m:	28.40	28.40	150m:	1:33.34	32.98	33.66	350m:	3:47.76	33.89
	100m:	1:00.36	31.96	200m:	2:06.55	33.21	33.66	400m:	4:19.08	31.32
12.		02			<b>4:20.58</b>	602	1:00.52	1:07.01	1:06.96	1:06.09
	50m:	28.75	28.75	150m:	1:33.84	33.32	32.98	350m:	3:47.96	33.47
	100m:	1:00.52	31.77	200m:	2:07.53	33.69	33.98	400m:	4:20.58	32.62
13.		02			<b>4:21.82</b>	593	1:02.26	1:06.01	1:06.89	1:06.66
	50m:	29.87	29.87	150m:	1:35.29	33.03	33.58	350m:	3:48.97	33.81
	100m:	1:02.26	32.39	200m:	2:08.27	32.98	33.31	400m:	4:21.82	32.85
14.		02			<b>4:22.18</b>	591	1:01.28	1:08.04	1:08.53	1:04.33
	50m:	28.83	28.83	150m:	1:34.98	33.70	34.52	350m:	3:51.24	33.39
	100m:	1:01.28	32.45	200m:	2:09.32	34.34	34.01	400m:	4:22.18	30.94
15.		01			<b>4:22.94</b>	586	1:03.00	1:06.42	1:07.40	1:06.12
	50m:	28.93	28.93	150m:	1:35.59	32.59	33.59	350m:	3:50.87	34.05
	100m:	1:03.00	34.07	200m:	2:09.42	33.83	33.81	400m:	4:22.94	32.07
16.		00			<b>4:24.47</b>	576 1	59.76	1:06.62	1:09.76	1:08.33
	50m:	27.82	27.82	150m:	1:32.61	32.85	34.60	350m:	3:51.41	35.27
	100m:	59.76	31.94	200m:	2:06.38	33.77	35.16	400m:	4:24.47	33.06
17.		01			<b>4:26.97</b>	560 1	59.77	1:07.36	1:09.86	1:09.98
	50m:	28.30	28.30	150m:	1:32.74	32.97	34.82	350m:	3:52.22	35.23
	100m:	59.77	31.47	200m:	2:07.13	34.39	35.04	400m:	4:26.97	34.75
18.		00			<b>4:28.53</b>	550 1	1:01.34	1:07.39	1:09.82	1:09.98
	50m:	28.98	28.98	150m:	1:34.92	33.58	34.82	350m:	3:54.11	35.56
	100m:	1:01.34	32.36	200m:	2:08.73	33.81	35.00	400m:	4:28.53	34.42
19.		02			<b>4:28.87</b>	548 1	1:03.46	1:08.39	1:09.30	1:07.72
	50m:	30.12	30.12	150m:	1:37.55	34.09	34.47	350m:	3:55.68	34.53
	100m:	1:03.46	33.34	200m:	2:11.85	34.30	34.83	400m:	4:28.87	33.19

4,		, 400m						100m	200m	300m	400m	
20.	,	02				<b>4:29.01</b>	547	1	1:03.60	1:09.34	1:09.17	1:06.90
	50m:	29.88	29.88	150m:	1:37.85	34.25	250m:	2:47.51	34.57	350m:	3:57.03	34.92
	100m:	1:03.60	33.72	200m:	2:12.94	35.09	300m:	3:22.11	34.60	400m:	4:29.01	31.98
21.	,	02				<b>4:29.15</b>	546	1	1:02.99	1:09.13	1:09.04	1:07.99
	50m:	29.84	29.84	150m:	1:37.38	34.39	250m:	2:46.33	34.21	350m:	3:55.37	34.21
	100m:	1:02.99	33.15	200m:	2:12.12	34.74	300m:	3:21.16	34.83	400m:	4:29.15	33.78
22.	,	02				<b>4:30.25</b>	539	1	1:02.13	1:09.57	1:10.18	1:08.37
	50m:	29.23	29.23	150m:	1:36.78	34.65	250m:	2:46.76	35.06	350m:	3:57.17	35.29
	100m:	1:02.13	32.90	200m:	2:11.70	34.92	300m:	3:21.88	35.12	400m:	4:30.25	33.08
23.	,	02				<b>4:31.40</b>	533	1	1:04.03	1:09.98	1:10.35	1:07.04
	50m:	30.02	30.02	150m:	1:38.71	34.68	250m:	2:49.07	35.06	350m:	3:58.83	34.47
	100m:	1:04.03	34.01	200m:	2:14.01	35.30	300m:	3:24.36	35.29	400m:	4:31.40	32.57
24.	,	02				<b>4:31.43</b>	532	1	1:04.80	1:09.67	1:10.07	1:06.89
	50m:	30.44	30.44	150m:	1:39.34	34.54	250m:	2:49.39	34.92	350m:	3:59.48	34.94
	100m:	1:04.80	34.36	200m:	2:14.47	35.13	300m:	3:24.54	35.15	400m:	4:31.43	31.95
25.	,	01	.			<b>4:34.38</b>	515	1	1:03.62	1:09.73	1:11.67	1:09.36
	50m:	30.11	30.11	150m:	1:38.17	34.55	250m:	2:48.28	34.93	350m:	3:59.94	34.92
	100m:	1:03.62	33.51	200m:	2:13.35	35.18	300m:	3:25.02	36.74	400m:	4:34.38	34.44
26.	,	04	.			<b>4:34.58</b>	514	1	1:03.49	1:08.87	1:11.52	1:10.70
	50m:	30.10	30.10	150m:	1:37.62	34.13	250m:	2:47.38	35.02	350m:	4:00.86	36.98
	100m:	1:03.49	33.39	200m:	2:12.36	34.74	300m:	3:23.88	36.50	400m:	4:34.58	33.72
27.	,	01	.			<b>4:36.77</b>	502	1	1:02.61	1:11.40	1:12.92	1:09.84
	50m:	29.10	29.10	150m:	1:37.95	35.34	250m:	2:50.45	36.44	350m:	4:02.57	35.64
	100m:	1:02.61	33.51	200m:	2:14.01	36.06	300m:	3:26.93	36.48	400m:	4:36.77	34.20
28.	,	02				<b>4:37.22</b>	500	1	1:04.28	1:09.57	1:11.52	1:11.85
	50m:	29.99	29.99	150m:	1:39.06	34.78	250m:	2:49.15	35.30	350m:	4:01.64	36.27
	100m:	1:04.28	34.29	200m:	2:13.85	34.79	300m:	3:25.37	36.22	400m:	4:37.22	35.58
29.	,	02				<b>4:45.26</b>	459		1:05.72	1:13.94	1:14.48	1:11.12
	50m:	30.76	30.76	150m:	1:42.12	36.40	250m:	2:56.55	36.89	350m:	4:09.71	35.57
	100m:	1:05.72	34.96	200m:	2:19.66	37.54	300m:	3:34.14	37.59	400m:	4:45.26	35.55
30.	,	03				<b>5:00.90</b>	391		1:09.33	1:17.91	1:18.41	1:15.25
	50m:	31.92	31.92	150m:	1:48.51	39.18	250m:	3:06.73	39.49	350m:	4:22.81	37.16
	100m:	1:09.33	37.41	200m:	2:27.24	38.73	300m:	3:45.65	38.92	400m:	5:00.90	38.09