

, 5. - 9.4.2022

39
09.04.2022

, 400m

4:21.35 , BLR 01.01.2012
KMC : 4:55.00 / MC : 4:37.00 / MCMK : 4:13.91

: FINA 2021

							100m	200m	300m	400m
1.		03				4:37.72 676 Q	1:01.87	1:10.67	1:21.65	1:03.53
	50m:	29.10	29.10	150m:	1:37.67	35.80	40.12	350m:	4:06.61	32.42
	100m:	1:01.87	32.77	200m:	2:12.54	34.87	41.53	400m:	4:37.72	31.11
2.		03				4:39.64 663 Q	1:02.03	1:14.97	1:19.25	1:03.39
	50m:	28.73	28.73	150m:	1:40.00	37.97	38.96	350m:	4:08.52	32.27
	100m:	1:02.03	33.30	200m:	2:17.00	37.00	40.29	400m:	4:39.64	31.12
3.		00				4:39.66 662 Q	1:02.30	1:12.85	1:19.97	1:04.54
	50m:	28.75	28.75	150m:	1:40.37	38.07	39.73	350m:	4:07.97	32.85
	100m:	1:02.30	33.55	200m:	2:15.15	34.78	40.24	400m:	4:39.66	31.69
4.		04				4:40.50 656 Q	1:01.95	1:10.55	1:23.48	1:04.52
	50m:	28.94	28.94	150m:	1:37.71	35.76	41.61	350m:	4:08.82	32.84
	100m:	1:01.95	33.01	200m:	2:12.50	34.79	41.87	400m:	4:40.50	31.68
5.		03				4:41.38 650 Q	1:02.59	1:09.92	1:22.36	1:06.51
	50m:	28.27	28.27	150m:	1:37.68	35.09	40.57	350m:	4:08.15	33.28
	100m:	1:02.59	34.32	200m:	2:12.51	34.83	41.79	400m:	4:41.38	33.23
6.		05				4:43.25 637 Q	1:03.80	1:10.73	1:24.82	1:03.90
	50m:	28.67	28.67	150m:	1:39.15	35.35	41.51	350m:	4:10.91	31.56
	100m:	1:03.80	35.13	200m:	2:14.53	35.38	43.31	400m:	4:43.25	32.34
7.		04				4:43.98 633 Q	1:03.67	1:12.85	1:22.51	1:04.95
	50m:	29.26	29.26	150m:	1:40.53	36.86	41.19	350m:	4:11.35	32.32
	100m:	1:03.67	34.41	200m:	2:16.52	35.99	41.32	400m:	4:43.98	32.63
8.		05				4:44.10 632 Q	1:03.44	1:12.97	1:24.35	1:03.34
	50m:	28.70	28.70	150m:	1:40.47	37.03	42.17	350m:	4:13.99	33.23
	100m:	1:03.44	34.74	200m:	2:16.41	35.94	42.18	400m:	4:44.10	30.11
9.		01				4:44.16 631 Q	1:03.69	1:15.88	1:24.10	1:00.49
	50m:	28.90	28.90	150m:	1:41.72	38.03	42.05	350m:	4:13.76	30.09
	100m:	1:03.69	34.79	200m:	2:19.57	37.85	42.05	400m:	4:44.16	30.40
10.		07				4:47.11 612 Q	1:03.39	1:16.29	1:20.64	1:06.79
	50m:	28.57	28.57	150m:	1:41.98	38.59	39.37	350m:	4:14.60	34.28
	100m:	1:03.39	34.82	200m:	2:19.68	37.70	41.27	400m:	4:47.11	32.51
11.		01				4:48.61 603 R	1:01.44	1:15.43	1:23.72	1:08.02
	50m:	28.30	28.30	150m:	1:39.28	37.84	41.52	350m:	4:14.54	33.95
	100m:	1:01.44	33.14	200m:	2:16.87	37.59	42.20	400m:	4:48.61	34.07
12.		04				4:49.78 595 R	1:08.37	1:12.58	1:23.57	1:05.26
	50m:	31.69	31.69	150m:	1:45.03	36.66	42.42	350m:	4:17.79	33.27
	100m:	1:08.37	36.68	200m:	2:20.95	35.92	41.15	400m:	4:49.78	31.99
13.		01				4:50.32 592	1:02.04	1:15.23	1:24.82	1:08.23
	50m:	28.15	28.15	150m:	1:39.92	37.88	41.91	350m:	4:16.86	34.77
	100m:	1:02.04	33.89	200m:	2:17.27	37.35	42.91	400m:	4:50.32	33.46
14.		05				4:50.63 590	1:05.12	1:18.24	1:24.06	1:03.21
	50m:	30.56	30.56	150m:	1:44.71	39.59	42.15	350m:	4:19.83	32.41
	100m:	1:05.12	34.56	200m:	2:23.36	38.65	41.91	400m:	4:50.63	30.80
15.		06				4:51.30 586	1:07.72	1:16.02	1:23.53	1:04.03
	50m:	31.59	31.59	150m:	1:45.95	38.23	41.85	350m:	4:20.70	33.43
	100m:	1:07.72	36.13	200m:	2:23.74	37.79	41.68	400m:	4:51.30	30.60
16.		06				4:51.36 586	1:04.41	1:12.21	1:25.85	1:08.89
	50m:	29.67	29.67	150m:	1:40.77	36.36	42.64	350m:	4:17.32	34.85
	100m:	1:04.41	34.74	200m:	2:16.62	35.85	43.21	400m:	4:51.36	34.04
17.		95				4:54.56 567	1:04.24	1:16.68	1:22.89	1:10.75
	50m:	29.90	29.90	150m:	1:42.60	38.36	41.26	350m:	4:19.53	35.72
	100m:	1:04.24	34.34	200m:	2:20.92	38.32	41.63	400m:	4:54.56	35.03
18.		07				4:56.51 556	1:04.92	1:17.04	1:28.33	1:06.22
	50m:	29.91	29.91	150m:	1:44.06	39.14	44.18	350m:	4:23.56	33.27
	100m:	1:04.92	35.01	200m:	2:21.96	37.90	44.15	400m:	4:56.51	32.95
19.		06				4:57.41 551	1:04.20	1:13.15	1:29.19	1:10.87
	50m:	28.34	28.34	150m:	1:41.48	37.28	44.19	350m:	4:22.16	35.62
	100m:	1:04.20	35.86	200m:	2:17.35	35.87	45.00	400m:	4:57.41	35.25

		39,	, 400m	,	,			100m	200m	300m	400m	
20.			03			4:58.39	545	1:00.94	1:17.91	1:28.02	1:11.52	
	50m:	27.82	27.82	150m:	1:39.99	39.05	250m:	3:02.10	43.25	350m:	4:22.89	36.02
	100m:	1:00.94	33.12	200m:	2:18.85	38.86	300m:	3:46.87	44.77	400m:	4:58.39	35.50
21.			05			4:59.71	538	1:07.83	1:14.32	1:28.16	1:09.40	
	50m:	31.02	31.02	150m:	1:45.53	37.70	250m:	3:05.67	43.52	350m:	4:25.12	34.81
	100m:	1:07.83	36.81	200m:	2:22.15	36.62	300m:	3:50.31	44.64	400m:	4:59.71	34.59
22.			07			5:10.26	485	1:08.02	1:17.87	1:30.91	1:13.46	
	50m:	31.45	31.45	150m:	1:47.35	39.33	250m:	3:11.33	45.44	350m:	4:33.90	37.10
	100m:	1:08.02	36.57	200m:	2:25.89	38.54	300m:	3:56.80	45.47	400m:	5:10.26	36.36
23.			06			5:11.33	480	1:11.86	1:17.37	1:33.08	1:09.02	
	50m:	32.56	32.56	150m:	1:50.16	38.30	250m:	3:15.36	46.13	350m:	4:38.46	36.15
	100m:	1:11.86	39.30	200m:	2:29.23	39.07	300m:	4:02.31	46.95	400m:	5:11.33	32.87
DSQ			05			5:07.01		1:04.74	1:20.73	1:32.89	1:08.65	
	50m:	28.76	28.76	150m:	1:46.13	41.39	250m:	3:11.58	46.11	350m:	4:32.85	34.49
	100m:	1:04.74	35.98	200m:	2:25.47	39.34	300m:	3:58.36	46.78	400m:	5:07.01	34.16