

, 7. - 10.12.2022

30
09.12.2022 - 17:32

, 400m

3:51.30	LI, Bingjie	CHN	Beijing (CHN)	27.10.2022
3:54.52	BELMONTE GARCIA, Mireia	ESP	Berlin (GER)	11.08.2013
4:04.06	POPCHANKA, Alena	BLR	Nanterre (FRA)	04.12.2004

KMC : 4:40.50 / MC : 4:23.00 / MCMK : 4:03.50

: FINA 2022

								R.T.				
1.			2003					+0,73	4:16.26	760		
	50m:	29.07	29.07	150m:	1:33.07	32.45	250m:	2:38.31	32.50	350m:	3:44.12	33.01
	100m:	1:00.62	31.55	200m:	2:05.81	32.74	300m:	3:11.11	32.80	400m:	4:16.26	32.14
2.			2005					+0,71	4:23.22	701		
	50m:	29.14	29.14	150m:	1:33.59	32.67	250m:	2:40.55	33.62	350m:	3:49.28	34.32
	100m:	1:00.92	31.78	200m:	2:06.93	33.34	300m:	3:14.96	34.41	400m:	4:23.22	33.94
3.			2005					+0,71	4:26.60	675		
	50m:	30.58	30.58	150m:	1:38.65	34.27	250m:	2:46.65	34.15	350m:	3:53.95	33.46
	100m:	1:04.38	33.80	200m:	2:12.50	33.85	300m:	3:20.49	33.84	400m:	4:26.60	32.65
4.			2004					+0,81	4:28.53	661		
	50m:	29.77	29.77	150m:	1:36.41	33.70	250m:	2:44.63	34.17	350m:	3:54.13	34.90
	100m:	1:02.71	32.94	200m:	2:10.46	34.05	300m:	3:19.23	34.60	400m:	4:28.53	34.40
5.			2003					+0,78	4:29.65	652		
	50m:	31.42	31.42	150m:	1:38.92	33.95	250m:	2:47.23	34.03	350m:	3:55.85	34.30
	100m:	1:04.97	33.55	200m:	2:13.20	34.28	300m:	3:21.55	34.32	400m:	4:29.65	33.80
6.			2008					+0,72	4:29.81	651		
	50m:	30.84	30.84	150m:	1:38.70	34.10	250m:	2:47.38	34.24	350m:	3:55.99	34.04
	100m:	1:04.60	33.76	200m:	2:13.14	34.44	300m:	3:21.95	34.57	400m:	4:29.81	33.82
7.			2005					+0,70	4:32.52	632		
	50m:	30.58	30.58	150m:	1:38.77	34.24	250m:	2:47.51	34.27	350m:	3:57.37	35.07
	100m:	1:04.53	33.95	200m:	2:13.24	34.47	300m:	3:22.30	34.79	400m:	4:32.52	35.15
8.			2006					+0,77	4:34.05	621		
	50m:	31.76	31.76	150m:	1:39.88	34.61	250m:	2:49.60	34.93	350m:	3:59.64	34.98
	100m:	1:05.27	33.51	200m:	2:14.67	34.79	300m:	3:24.66	35.06	400m:	4:34.05	34.41