

15
 09.02.2023 - 10:21

, 400m

JR 4:18.70 , 01.01.2021
 KMC : 4:44.50 / MC : 4:29.00 / : 4:07.97

: FINA 2022

							R.T.				
1.			2008				+1,62	4:37.98	615		
	50m:	31.87	150m:	1:42.23	35.01	250m:	2:53.29	35.69	350m:	4:03.16	34.24
	100m:	1:07.22	200m:	2:17.60	35.37	300m:	3:28.92	35.63	400m:	4:37.98	34.82
2.			2007				+0,78	4:39.08	608		
	50m:	31.23	150m:	1:41.97	36.07	250m:	2:53.72	35.44	350m:	4:04.88	35.28
	100m:	1:05.90	200m:	2:18.28	36.31	300m:	3:29.60	35.88	400m:	4:39.08	34.20
3.			2007				+0,74	4:45.11	570		
	50m:	31.58	150m:	1:42.96	36.14	250m:	2:57.05	37.23	350m:	4:10.64	36.69
	100m:	1:06.82	200m:	2:19.82	36.86	300m:	3:33.95	36.90	400m:	4:45.11	34.47
4.			2006				+0,77	4:45.17	570		
	50m:	30.86	150m:	1:41.32	36.13	250m:	2:55.41	37.19	350m:	4:09.60	37.14
	100m:	1:05.19	200m:	2:18.22	36.90	300m:	3:32.46	37.05	400m:	4:45.17	35.57
5.			2006				+0,73	4:45.46	568		
	50m:	32.60	150m:	1:43.67	36.07	250m:	2:56.64	36.59	350m:	4:09.86	36.67
	100m:	1:07.60	200m:	2:20.05	36.38	300m:	3:33.19	36.55	400m:	4:45.46	35.60
6.			2009				+0,73	4:45.89	565		
	50m:	32.14	150m:	1:44.16	36.17	250m:	2:57.98	37.40	350m:	4:12.18	37.40
	100m:	1:07.99	200m:	2:20.58	36.42	300m:	3:34.78	36.80	400m:	4:45.89	33.71
7.			2008				+0,80	4:46.44	562		
	50m:	32.98	150m:	1:45.68	36.81	250m:	2:59.57	36.93	350m:	4:12.69	36.15
	100m:	1:08.87	200m:	2:22.64	36.96	300m:	3:36.54	36.97	400m:	4:46.44	33.75
8.			2007				+0,70	4:49.03	547		
	50m:	33.02	150m:	1:46.97	36.96	250m:	3:01.15	36.91	350m:	4:13.90	36.10
	100m:	1:10.01	200m:	2:24.24	37.27	300m:	3:37.80	36.65	400m:	4:49.03	35.13
9.			2007				+0,66	4:50.44	539		
	50m:	30.54	150m:	1:43.20	37.11	250m:	2:58.70	37.93	350m:	4:15.14	38.14
	100m:	1:06.09	200m:	2:20.77	37.57	300m:	3:37.00	38.30	400m:	4:50.44	35.30
10.			2009				+0,77	4:51.54	533		
	50m:	32.68	150m:	1:47.81	38.12	250m:	3:04.14	37.45	350m:	4:17.82	36.26
	100m:	1:09.69	200m:	2:26.69	38.88	300m:	3:41.56	37.42	400m:	4:51.54	33.72
11.			2007				+0,77	4:52.07	530		
	50m:	32.99	150m:	1:47.36	37.82	250m:	3:02.99	38.01	350m:	4:17.73	37.21
	100m:	1:09.54	200m:	2:24.98	37.62	300m:	3:40.52	37.53	400m:	4:52.07	34.34
12.			2006				+0,79	4:53.91	520		
	50m:	33.37	150m:	1:47.14	37.45	250m:	3:03.13	38.31	350m:	4:18.70	37.46
	100m:	1:09.69	200m:	2:24.82	37.68	300m:	3:41.24	38.11	400m:	4:53.91	35.21
13.			2007				+0,74	4:56.17	508		
	50m:	32.55	150m:	1:47.08	38.06	250m:	3:03.66	38.51	350m:	4:19.58	37.60
	100m:	1:09.02	200m:	2:25.15	38.07	300m:	3:41.98	38.32	400m:	4:56.17	36.59
14.			2007				+0,75	4:56.27	508		
	50m:	30.97	150m:	1:42.55	36.95	250m:	2:59.65	38.84	350m:	4:18.45	39.68
	100m:	1:05.60	200m:	2:20.81	38.26	300m:	3:38.77	39.12	400m:	4:56.27	37.82
15.			2007				+0,91	4:56.35	507		
	50m:	32.77	150m:	1:48.17	38.66	250m:	3:05.46	38.86	350m:	4:20.98	37.45
	100m:	1:09.51	200m:	2:26.60	38.43	300m:	3:43.53	38.07	400m:	4:56.35	35.37
16.			2006				+0,76	4:56.50	507		
	50m:	32.76	150m:	1:47.86	38.55	250m:	3:04.71	38.56	350m:	4:20.89	37.92
	100m:	1:09.31	200m:	2:26.15	38.29	300m:	3:42.97	38.26	400m:	4:56.50	35.61
17.			2006				+0,85	4:58.34	497		
	50m:	33.19	150m:	1:47.40	37.34	250m:	3:04.19	38.92	350m:	4:21.46	38.76
	100m:	1:10.06	200m:	2:25.27	37.87	300m:	3:42.70	38.51	400m:	4:58.34	36.88
18.			2007				+0,72	4:58.82	495		
	50m:	32.82	150m:	1:48.52	38.39	250m:	3:05.64	38.71	350m:	4:22.70	37.68
	100m:	1:10.13	200m:	2:26.93	38.41	300m:	3:45.02	39.38	400m:	4:58.82	36.12
19.			2006				+0,61	4:59.00	494		
	50m:	32.85	150m:	1:47.55	37.93	250m:	3:04.50	38.10	350m:	4:22.16	38.74
	100m:	1:09.62	200m:	2:26.40	38.85	300m:	3:43.42	38.92	400m:	4:59.00	36.84

15,	, 400m	,	,								
			/				R.T.				
20.			2007				+0,79	5:00.02	489		
	50m: 33.96	33.96	150m: 1:49.81	38.23	250m: 3:07.80	39.08	350m: 4:23.95	37.60			
	100m: 1:11.58	37.62	200m: 2:28.72	38.91	300m: 3:46.35	38.55	400m: 5:00.02	36.07			
21.			2007				+0,78	5:01.78	481		
	50m: 33.14	33.14	150m: 1:49.31	38.42	250m: 3:06.89	39.21	350m: 4:24.65	39.04			
	100m: 1:10.89	37.75	200m: 2:27.68	38.37	300m: 3:45.61	38.72	400m: 5:01.78	37.13			
22.			2009				+0,91	5:05.14	465		
	50m: 33.27	33.27	150m: 1:48.86	38.56	250m: 3:06.70	38.70	350m: 4:26.36	39.48			
	100m: 1:10.30	37.03	200m: 2:28.00	39.14	300m: 3:46.88	40.18	400m: 5:05.14	38.78			
23.			2007				+0,67	5:06.03	461		
	50m: 32.45	32.45	150m: 1:48.35	38.71	250m: 3:06.52	39.47	350m: 4:26.89	40.21			
	100m: 1:09.64	37.19	200m: 2:27.05	38.70	300m: 3:46.68	40.16	400m: 5:06.03	39.14			
24.			2009	1			+0,91	5:07.72	453		
	50m: 33.36	33.36	150m: 1:50.35	39.23	250m: 3:10.18	39.91	350m: 4:30.12	39.90			
	100m: 1:11.12	37.76	200m: 2:30.27	39.92	300m: 3:50.22	40.04	400m: 5:07.72	37.60			
25.			2007	1			+0,72	5:16.36	417		
	50m: 34.49	34.49	150m: 1:54.31	40.91	250m: 3:16.20	40.97	350m: 4:37.90	40.24			
	100m: 1:13.40	38.91	200m: 2:35.23	40.92	300m: 3:57.66	41.46	400m: 5:16.36	38.46			
26.			2008	1			+0,79	5:18.82	407		
	50m: 33.98	33.98	150m: 1:52.68	40.53	250m: 3:15.02	41.72	350m: 4:38.07	41.81			
	100m: 1:12.15	38.17	200m: 2:33.30	40.62	300m: 3:56.26	41.24	400m: 5:18.82	40.75			
27.			2008	1			+0,64	5:33.50	356		
	50m: 37.57	37.57	150m: 2:03.73	43.47	250m: 3:27.60	41.64	350m: 4:52.96	43.09			
	100m: 1:20.26	42.69	200m: 2:45.96	42.23	300m: 4:09.87	42.27	400m: 5:33.50	40.54			
28.			2008	1			+0,78	5:45.78	319		
	50m: 36.65	36.65	150m: 2:03.63	44.60	250m: 3:32.85	44.49	350m: 5:02.76	44.88			
	100m: 1:19.03	42.38	200m: 2:48.36	44.73	300m: 4:17.88	45.03	400m: 5:45.78	43.02			
DSQ			2007				+0,66	4:58.19			
	50m: 33.48	33.48	150m: 1:49.08	38.06	250m: 3:05.95	38.21	350m: 4:22.60	37.81			
	100m: 1:11.02	37.54	200m: 2:27.74	38.66	300m: 3:44.79	38.84	400m: 4:58.19	35.59			