

15 , 400m  
 09.02.2023 - 17:10

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

: FINA 2022

								R.T.				
1.				2008				+0,67	<b>4:33.24</b>	<b>648</b>		
	50m:	30.62	30.62	150m:	1:38.33	34.14	250m:	2:47.16	34.54	350m:	3:57.95	35.63
	100m:	1:04.19	33.57	200m:	2:12.62	34.29	300m:	3:22.32	35.16	400m:	4:33.24	35.29
2.				2007				+0,72	<b>4:34.62</b>	<b>638</b>		
	50m:	30.95	30.95	150m:	1:39.40	34.31	250m:	2:49.81	35.46	350m:	4:01.09	35.47
	100m:	1:05.09	34.14	200m:	2:14.35	34.95	300m:	3:25.62	35.81	400m:	4:34.62	33.53
3.				2009				+0,71	<b>4:40.62</b>	<b>598</b>		
	50m:	30.84	30.84	150m:	1:42.83	36.32	250m:	2:56.13	36.46	350m:	4:08.15	35.21
	100m:	1:06.51	35.67	200m:	2:19.67	36.84	300m:	3:32.94	36.81	400m:	4:40.62	32.47
4.				2007				+0,68	<b>4:40.78</b>	<b>597</b>		
	50m:	31.26	31.26	150m:	1:43.03	36.37	250m:	2:56.01	36.74	350m:	4:07.98	35.32
	100m:	1:06.66	35.40	200m:	2:19.27	36.24	300m:	3:32.66	36.65	400m:	4:40.78	32.80
5.				2007				+0,68	<b>4:41.09</b>	<b>595</b>		
	50m:	31.81	31.81	150m:	1:43.00	36.24	250m:	2:55.74	36.70	350m:	4:07.04	35.90
	100m:	1:06.76	34.95	200m:	2:19.04	36.04	300m:	3:31.14	35.40	400m:	4:41.09	34.05
6.				2006				+0,80	<b>4:42.07</b>	<b>589</b>		
	50m:	32.35	32.35	150m:	1:42.68	35.79	250m:	2:54.65	36.17	350m:	4:07.04	36.06
	100m:	1:06.89	34.54	200m:	2:18.48	35.80	300m:	3:30.98	36.33	400m:	4:42.07	35.03
7.				2006				+0,80	<b>4:44.29</b>	<b>575</b>		
	50m:	30.72	30.72	150m:	1:41.59	36.00	250m:	2:54.89	37.01	350m:	4:09.13	37.04
	100m:	1:05.59	34.87	200m:	2:17.88	36.29	300m:	3:32.09	37.20	400m:	4:44.29	35.16
DSQ				2008				+0,85	<b>4:41.06</b>			
	50m:	32.21	32.21	150m:	1:42.72	35.78	250m:	2:55.29	35.72	350m:	4:08.01	36.03
	100m:	1:06.94	34.73	200m:	2:19.57	36.85	300m:	3:31.98	36.69	400m:	4:41.06	33.05