

28 , 400m
 10.02.2023 - 11:13

JR 4:29.25 , 01.01.2013
 KMC : 4:55.00 / MC : 4:37.00 / : 4:13.70

: FINA 2022

							R.T.					
1.			2007				+0,66	4:44.51	629			
	50m:	27.71	27.71	150m:	1:41.21	39.30	250m:	2:58.56	40.08	350m:	4:12.56	34.16
	100m:	1:01.91	34.20	200m:	2:18.48	37.27	300m:	3:38.40	39.84	400m:	4:44.51	31.95
2.			2005				+0,62	4:44.87	627			
	50m:	28.25	28.25	150m:	1:38.82	36.16	250m:	2:56.28	41.35	350m:	4:11.86	34.00
	100m:	1:02.66	34.41	200m:	2:14.93	36.11	300m:	3:37.86	41.58	400m:	4:44.87	33.01
3.			2006				+0,72	4:47.45	610			
	50m:	29.73	29.73	150m:	1:44.03	39.26	250m:	3:00.90	39.56	350m:	4:14.45	33.64
	100m:	1:04.77	35.04	200m:	2:21.34	37.31	300m:	3:40.81	39.91	400m:	4:47.45	33.00
4.			2005				+0,73	4:48.51	603			
	50m:	28.93	28.93	150m:	1:41.04	37.06	250m:	2:58.24	41.30	350m:	4:15.99	34.40
	100m:	1:03.98	35.05	200m:	2:16.94	35.90	300m:	3:41.59	43.35	400m:	4:48.51	32.52
5.			2006				+0,67	4:49.49	597			
	50m:	29.50	29.50	150m:	1:43.82	39.16	250m:	3:02.68	40.49	350m:	4:17.01	33.55
	100m:	1:04.66	35.16	200m:	2:22.19	38.37	300m:	3:43.46	40.78	400m:	4:49.49	32.48
6.			2007				+0,79	4:49.56	597			
	50m:	31.16	31.16	150m:	1:44.16	37.51	250m:	3:00.92	40.69	350m:	4:16.79	34.91
	100m:	1:06.65	35.49	200m:	2:20.23	36.07	300m:	3:41.88	40.96	400m:	4:49.56	32.77
7.			2007				+0,72	4:52.12	581			
	50m:	29.22	29.22	150m:	1:44.12	38.39	250m:	3:02.62	41.78	350m:	4:18.51	34.34
	100m:	1:05.73	36.51	200m:	2:20.84	36.72	300m:	3:44.17	41.55	400m:	4:52.12	33.61
8.			2005				+0,69	4:58.45	545			
	50m:	28.85	28.85	150m:	1:45.16	39.15	250m:	3:05.85	41.45	350m:	4:23.83	35.07
	100m:	1:06.01	37.16	200m:	2:24.40	39.24	300m:	3:48.76	42.91	400m:	4:58.45	34.62
9.			2007				+0,84	5:01.52	528			
	50m:	30.77	30.77	150m:	1:47.12	41.12	250m:	3:09.49	41.29	350m:	4:27.99	36.33
	100m:	1:06.00	35.23	200m:	2:28.20	41.08	300m:	3:51.66	42.17	400m:	5:01.52	33.53
10.			2005				+0,73	5:04.93	511			
	50m:	33.30	33.30	150m:	1:52.77	40.94	250m:	3:14.16	41.28	350m:	4:31.53	35.56
	100m:	1:11.83	38.53	200m:	2:32.88	40.11	300m:	3:55.97	41.81	400m:	5:04.93	33.40
11.			2008 1				+0,68	5:07.05	500			
	50m:	30.77	30.77	150m:	1:47.02	40.07	250m:	3:11.51	45.17	350m:	4:32.79	35.61
	100m:	1:06.95	36.18	200m:	2:26.34	39.32	300m:	3:57.18	45.67	400m:	5:07.05	34.26
12.			2008 1				+0,69	5:07.16	500			
	50m:	31.14	31.14	150m:	1:48.28	40.30	250m:	3:13.57	46.67	350m:	4:34.35	33.93
	100m:	1:07.98	36.84	200m:	2:26.90	38.62	300m:	4:00.42	46.85	400m:	5:07.16	32.81
13.			2008				+0,82	5:08.29	494			
	50m:	32.89	32.89	150m:	1:51.57	39.42	250m:	3:15.57	45.33	350m:	4:35.41	34.63
	100m:	1:12.15	39.26	200m:	2:30.24	38.67	300m:	4:00.78	45.21	400m:	5:08.29	32.88
14.			2007				+0,67	5:09.62	488			
	50m:	29.85	29.85	150m:	1:45.24	39.22	250m:	3:09.89	45.11	350m:	4:32.49	36.92
	100m:	1:06.02	36.17	200m:	2:24.78	39.54	300m:	3:55.57	45.68	400m:	5:09.62	37.13
15.			2006 1				+0,66	5:09.98	486			
	50m:	31.80	31.80	150m:	1:51.70	41.98	250m:	3:15.01	43.18	350m:	4:35.96	35.80
	100m:	1:09.72	37.92	200m:	2:31.83	40.13	300m:	4:00.16	45.15	400m:	5:09.98	34.02
16.			2006				+0,70	5:10.26	485			
	50m:	32.32	32.32	150m:	1:53.83	41.94	250m:	3:17.35	44.15	350m:	4:37.80	35.19
	100m:	1:11.89	39.57	200m:	2:33.20	39.37	300m:	4:02.61	45.26	400m:	5:10.26	32.46
17.			2006 1				+0,73	5:15.57	461			
	50m:	30.95	30.95	150m:	1:50.85	42.00	250m:	3:16.75	45.12	350m:	4:41.68	38.12
	100m:	1:08.85	37.90	200m:	2:31.63	40.78	300m:	4:03.56	46.81	400m:	5:15.57	33.89
18.			2006				+0,75	5:15.83	460			
	50m:	30.17	30.17	150m:	1:52.88	43.93	250m:	3:18.82	43.17	350m:	4:40.40	37.21
	100m:	1:08.95	38.78	200m:	2:35.65	42.77	300m:	4:03.19	44.37	400m:	5:15.83	35.43
19.			2007				+0,80	5:16.38	457			
	50m:	33.84	33.84	150m:	1:51.73	38.10	250m:	3:17.11	46.64	350m:	4:40.55	36.81
	100m:	1:13.63	39.79	200m:	2:30.47	38.74	300m:	4:03.74	46.63	400m:	5:16.38	35.83

28,		, 400m									
		/				R.T.					
20.			2006				+0,79	5:20.35	441		
	50m:	31.15	31.15	150m:	1:51.53	41.87	250m:	3:19.93	48.48	350m:	4:44.92 37.04
	100m:	1:09.66	38.51	200m:	2:31.45	39.92	300m:	4:07.88	47.95	400m:	5:20.35 35.43
21.			2007 1				+0,75	5:22.96	430		
	50m:	31.61	31.61	150m:	1:51.18	41.03	250m:	3:20.35	48.67	350m:	4:45.92 38.21
	100m:	1:10.15	38.54	200m:	2:31.68	40.50	300m:	4:07.71	47.36	400m:	5:22.96 37.04