

28 , 400m
 10.02.2023 - 17:30

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

: FINA 2022

							R.T.					
1.			2005				+0,65	4:35.19	695			
	50m:	28.79	28.79	150m:	1:38.72	36.07	250m:	2:52.54	38.62	350m:	4:04.34	32.61
	100m:	1:02.65	33.86	200m:	2:13.92	35.20	300m:	3:31.73	39.19	400m:	4:35.19	30.85
2.			2007				+0,64	4:37.33	679			
	50m:	27.77	27.77	150m:	1:39.70	38.27	250m:	2:54.73	38.04	350m:	4:06.64	32.72
	100m:	1:01.43	33.66	200m:	2:16.69	36.99	300m:	3:33.92	39.19	400m:	4:37.33	30.69
3.			2005				+0,77	4:42.69	641			
	50m:	28.17	28.17	150m:	1:38.32	36.46	250m:	2:55.66	41.18	350m:	4:11.03	33.17
	100m:	1:01.86	33.69	200m:	2:14.48	36.16	300m:	3:37.86	42.20	400m:	4:42.69	31.66
4.			2006				+0,64	4:43.81	634			
	50m:	29.52	29.52	150m:	1:42.64	37.83	250m:	2:59.40	39.45	350m:	4:12.30	32.62
	100m:	1:04.81	35.29	200m:	2:19.95	37.31	300m:	3:39.68	40.28	400m:	4:43.81	31.51
5.			2006				+0,71	4:45.09	625			
	50m:	29.11	29.11	150m:	1:43.11	39.08	250m:	2:59.99	38.57	350m:	4:14.03	33.37
	100m:	1:04.03	34.92	200m:	2:21.42	38.31	300m:	3:40.66	40.67	400m:	4:45.09	31.06
6.			2007				+0,75	4:47.54	609			
	50m:	29.69	29.69	150m:	1:42.38	36.76	250m:	2:59.78	40.46	350m:	4:15.25	34.40
	100m:	1:05.62	35.93	200m:	2:19.32	36.94	300m:	3:40.85	41.07	400m:	4:47.54	32.29
7.			2007				+0,83	4:50.78	589			
	50m:	29.70	29.70	150m:	1:42.75	38.28	250m:	2:59.91	39.71	350m:	4:17.29	35.39
	100m:	1:04.47	34.77	200m:	2:20.20	37.45	300m:	3:41.90	41.99	400m:	4:50.78	33.49
8.			2005				+0,70	4:56.32	557			
	50m:	28.66	28.66	150m:	1:43.35	38.61	250m:	3:03.39	42.06	350m:	4:21.49	34.91
	100m:	1:04.74	36.08	200m:	2:21.33	37.98	300m:	3:46.58	43.19	400m:	4:56.32	34.83