

36 , 400m
 11.02.2023 - 16:19

JR 4:55.47 , 01.01.2016

KMC : 5:30.50 / MC : 5:11.50 / : 4:40.45

: FINA 2022

							R.T.				
1.			2007				+0,70	5:11.24	626		
	50m:	30.68	150m:	1:48.23	40.87	250m:	3:12.67	44.64	350m:	4:35.33	37.45
	100m:	1:07.36	200m:	2:28.03	39.80	300m:	3:57.88	45.21	400m:	5:11.24	35.91
2.			2007				+0,80	5:17.89	588		
	50m:	32.56	150m:	1:57.40	44.03	250m:	3:23.30	43.97	350m:	4:43.57	36.75
	100m:	1:13.37	200m:	2:39.33	41.93	300m:	4:06.82	43.52	400m:	5:17.89	34.32
3.			2008				+0,79	5:17.91	588		
	50m:	31.73	150m:	1:49.54	40.94	250m:	3:17.66	47.54	350m:	4:42.55	37.18
	100m:	1:08.60	200m:	2:30.12	40.58	300m:	4:05.37	47.71	400m:	5:17.91	35.36
4.			2007				+0,78	5:19.36	580		
	50m:	34.79	150m:	1:56.20	41.69	250m:	3:22.01	45.88	350m:	4:43.36	36.13
	100m:	1:14.51	200m:	2:36.13	39.93	300m:	4:07.23	45.22	400m:	5:19.36	36.00
5.			2006				+0,79	5:20.63	573		
	50m:	32.50	150m:	1:52.62	41.93	250m:	3:20.24	46.12	350m:	4:45.25	37.54
	100m:	1:10.69	200m:	2:34.12	41.50	300m:	4:07.71	47.47	400m:	5:20.63	35.38
6.			2007				+0,78	5:21.20	570		
	50m:	33.30	150m:	1:54.56	41.72	250m:	3:22.05	46.42	350m:	4:46.05	35.77
	100m:	1:12.84	200m:	2:35.63	41.07	300m:	4:10.28	48.23	400m:	5:21.20	35.15
7.			2008				+0,72	5:25.82	546		
	50m:	33.10	150m:	1:56.43	44.52	250m:	3:23.56	44.74	350m:	4:49.12	38.87
	100m:	1:11.91	200m:	2:38.82	42.39	300m:	4:10.25	46.69	400m:	5:25.82	36.70
8.			2008	1			+0,84	5:31.93	516		
	50m:	34.21	150m:	1:59.07	43.49	250m:	3:27.75	46.44	350m:	4:53.89	39.74
	100m:	1:15.58	200m:	2:41.31	42.24	300m:	4:14.15	46.40	400m:	5:31.93	38.04