

4
 08.02.2023 - 10:32

, 400m

JR 3:56.98 , 01.01.2018

KMC : 4:22.50 / MC : 4:05.00 / : 3:47.70

: FINA 2022

			/				R.T.					
1.			2007				+0,68		4:09.50 686			
	50m:	28.69	28.69	150m:	1:32.18	31.68	250m:	2:35.34	31.16	350m:	3:38.80	31.24
	100m:	1:00.50	31.81	200m:	2:04.18	32.00	300m:	3:07.56	32.22	400m:	4:09.50	30.70
2.			2006				+0,64		4:11.47 670			
	50m:	29.29	29.29	150m:	1:32.94	31.75	250m:	2:37.09	31.79	350m:	3:41.05	31.85
	100m:	1:01.19	31.90	200m:	2:05.30	32.36	300m:	3:09.20	32.11	400m:	4:11.47	30.42
3.			2005				+0,74		4:13.80 651			
	50m:	28.98	28.98	150m:	1:32.64	32.09	250m:	2:37.90	32.68	350m:	3:43.13	32.50
	100m:	1:00.55	31.57	200m:	2:05.22	32.58	300m:	3:10.63	32.73	400m:	4:13.80	30.67
4.			2005				+0,78		4:13.94 650			
	50m:	28.21	28.21	150m:	1:32.00	32.15	250m:	2:37.29	32.43	350m:	3:42.80	32.44
	100m:	59.85	31.64	200m:	2:04.86	32.86	300m:	3:10.36	33.07	400m:	4:13.94	31.14
5.			2005				+0,80		4:15.26 640			
	50m:	29.37	29.37	150m:	1:33.39	32.04	250m:	2:37.93	32.28	350m:	3:43.04	32.49
	100m:	1:01.35	31.98	200m:	2:05.65	32.26	300m:	3:10.55	32.62	400m:	4:15.26	32.22
6.			2006				+0,72		4:16.48 631			
	50m:	28.63	28.63	150m:	1:33.07	32.52	250m:	2:39.03	33.34	350m:	3:44.71	32.85
	100m:	1:00.55	31.92	200m:	2:05.69	32.62	300m:	3:11.86	32.83	400m:	4:16.48	31.77
7.			2006				+0,69		4:16.97 628			
	50m:	29.27	29.27	150m:	1:34.03	32.73	250m:	2:39.78	33.11	350m:	3:45.63	32.87
	100m:	1:01.30	32.03	200m:	2:06.67	32.64	300m:	3:12.76	32.98	400m:	4:16.97	31.34
8.			2005				+0,69		4:17.63 623			
	50m:	28.49	28.49	150m:	1:32.89	32.36	250m:	2:38.85	33.03	350m:	3:45.12	33.02
	100m:	1:00.53	32.04	200m:	2:05.82	32.93	300m:	3:12.10	33.25	400m:	4:17.63	32.51
9.			2007				+0,74		4:18.78 615			
	50m:	29.08	29.08	150m:	1:33.58	32.16	250m:	2:39.26	32.81	350m:	3:45.78	33.13
	100m:	1:01.42	32.34	200m:	2:06.45	32.87	300m:	3:12.65	33.39	400m:	4:18.78	33.00
10.			2007				+0,72		4:19.49 609			
	50m:	29.68	29.68	150m:	1:35.20	32.98	250m:	2:41.45	33.49	350m:	3:47.46	32.94
	100m:	1:02.22	32.54	200m:	2:07.96	32.76	300m:	3:14.52	33.07	400m:	4:19.49	32.03
11.			2007				+0,76		4:19.74 608			
	50m:	29.89	29.89	150m:	1:35.64	33.52	250m:	2:42.53	33.84	350m:	3:48.80	32.38
	100m:	1:02.12	32.23	200m:	2:08.69	33.05	300m:	3:16.42	33.89	400m:	4:19.74	30.94
12.			2006				+0,72		4:21.33 597			
	50m:	30.25	30.25	150m:	1:35.19	32.73	250m:	2:42.75	34.31	350m:	3:48.30	31.39
	100m:	1:02.46	32.21	200m:	2:08.44	33.25	300m:	3:16.91	34.16	400m:	4:21.33	33.03
13.			2006				+0,62		4:21.90 593			
	50m:	29.50	29.50	150m:	1:36.31	33.50	250m:	2:42.93	33.30	400m:	4:21.90	32.15
	100m:	1:02.81	33.31	200m:	2:09.63	33.32	350m:	3:49.75	1:06.82			
14.			2006				+0,66		4:22.17 591			
	50m:	29.72	29.72	150m:	1:35.73	33.21	250m:	2:43.32	34.07	350m:	3:50.43	33.24
	100m:	1:02.52	32.80	200m:	2:09.25	33.52	300m:	3:17.19	33.87	400m:	4:22.17	31.74
15.			2007 1				+0,78		4:22.92 586			
	50m:	29.36	29.36	150m:	1:35.68	33.63	250m:	2:43.31	33.76	350m:	3:51.09	33.69
	100m:	1:02.05	32.69	200m:	2:09.55	33.87	300m:	3:17.40	34.09	400m:	4:22.92	31.83
16.			2007				+0,79		4:23.11 585			
	50m:	29.46	29.46	150m:	1:35.61	33.52	250m:	2:43.58	34.15	350m:	3:51.23	33.70
	100m:	1:02.09	32.63	200m:	2:09.43	33.82	300m:	3:17.53	33.95	400m:	4:23.11	31.88
17.			2005				+0,61		4:23.75 580			
	50m:	28.23	28.23	150m:	1:33.63	33.40	250m:	2:41.61	34.34	350m:	3:50.76	34.45
	100m:	1:00.23	32.00	200m:	2:07.27	33.64	300m:	3:16.31	34.70	400m:	4:23.75	32.99
18.			2006				+0,64		4:24.06 578			
	50m:	29.51	29.51	250m:	2:42.05	1:06.89	400m:	4:24.06	33.08			
	150m:	1:35.16	1:05.65	350m:	3:50.98	1:08.93						
19.			2008 1				+0,68		4:24.30 577			
	50m:	29.74	29.74	150m:	1:36.52	33.81	250m:	2:44.33	33.86	350m:	3:52.16	34.10
	100m:	1:02.71	32.97	200m:	2:10.47	33.95	300m:	3:18.06	33.73	400m:	4:24.30	32.14

4, , 400m												
		/				R.T.						
20.				2007		+0,64	4:25.15	571				
	50m:	30.40	30.40	150m:	1:39.15	34.51	250m:	2:47.05	33.79	350m:	3:53.62	33.08
	100m:	1:04.64	34.24	200m:	2:13.26	34.11	300m:	3:20.54	33.49	400m:	4:25.15	31.53
21.				2006		+0,76	4:26.97	560				
	50m:	29.86	29.86	150m:	1:38.39	34.42	250m:	2:47.37	34.26	350m:	3:55.61	33.31
	100m:	1:03.97	34.11	200m:	2:13.11	34.72	300m:	3:22.30	34.93	400m:	4:26.97	31.36
22.				2007		+0,74	4:27.21	558				
	50m:	28.67	28.67	150m:	1:34.62	33.75	250m:	2:44.10	34.86	350m:	3:53.14	33.88
	100m:	1:00.87	32.20	200m:	2:09.24	34.62	300m:	3:19.26	35.16	400m:	4:27.21	34.07
23.				2005		+0,72	4:27.78	555				
	50m:	30.32	30.32	150m:	1:36.11	33.41	250m:	2:44.47	34.42	350m:	3:54.01	34.79
	100m:	1:02.70	32.38	200m:	2:10.05	33.94	300m:	3:19.22	34.75	400m:	4:27.78	33.77
24.				2006		+0,72	4:27.80	554				
	50m:	29.58	29.58	200m:	2:11.17	34.60	350m:	3:54.38	1:09.01			
	150m:	1:36.57	1:06.99	250m:	2:45.37	34.20	400m:	4:27.80	33.42			
25.				2005		+0,69	4:28.83	548				
	50m:	30.32	30.32	150m:	1:39.60	35.35	250m:	2:48.42	33.98	350m:	3:55.82	33.35
	100m:	1:04.25	33.93	200m:	2:14.44	34.84	300m:	3:22.47	34.05	400m:	4:28.83	33.01
26.				2005		+0,72	4:30.22	540				
	50m:	28.83	28.83	150m:	1:35.28	33.83	250m:	2:44.82	35.07	350m:	3:55.59	35.52
	100m:	1:01.45	32.62	200m:	2:09.75	34.47	300m:	3:20.07	35.25	400m:	4:30.22	34.63
27.				2006		+0,83	4:30.73	537				
	50m:	29.01	29.01	150m:	1:36.12	34.30	250m:	2:45.38	34.79	350m:	3:56.04	35.73
	100m:	1:01.82	32.81	200m:	2:10.59	34.47	300m:	3:20.31	34.93	400m:	4:30.73	34.69
28.				2005	1	+0,82	4:32.38	527				
	50m:	28.88	28.88	150m:	1:35.29	34.36	250m:	2:45.78	35.26	350m:	3:57.41	35.39
	100m:	1:00.93	32.05	200m:	2:10.52	35.23	300m:	3:22.02	36.24	400m:	4:32.38	34.97
29.				2006	1	+0,78	4:39.27	489				
	50m:	30.28	30.28	150m:	1:39.14	35.42	250m:	2:51.31	36.61	350m:	4:05.34	37.20
	100m:	1:03.72	33.44	200m:	2:14.70	35.56	300m:	3:28.14	36.83	400m:	4:39.27	33.93
30.				2007		+0,76	4:41.91	475				
	50m:	31.08	31.08	150m:	1:40.74	35.40	250m:	2:53.51	36.16	350m:	4:06.51	36.28
	100m:	1:05.34	34.26	200m:	2:17.35	36.61	300m:	3:30.23	36.72	400m:	4:41.91	35.40
31.				2007	1	+0,80	4:42.35	473				
	50m:	30.03	30.03	150m:	1:40.46	35.95	250m:	2:54.20	36.89	350m:	4:07.93	36.71
	100m:	1:04.51	34.48	200m:	2:17.31	36.85	300m:	3:31.22	37.02	400m:	4:42.35	34.42
32.				2008	1	+0,87	4:42.39	473				
	50m:	30.04	30.04	150m:	1:40.91	36.24	250m:	2:55.10	37.19	350m:	4:09.74	36.96
	100m:	1:04.67	34.63	200m:	2:17.91	37.00	300m:	3:32.78	37.68	400m:	4:42.39	32.65
				2007	1	+0,64	4:42.39	473				
	50m:	29.74	29.74	150m:	1:40.90	36.39	250m:	2:54.20	36.59	350m:	4:07.34	36.46
	100m:	1:04.51	34.77	200m:	2:17.61	36.71	300m:	3:30.88	36.68	400m:	4:42.39	35.05
34.				2006		+0,73	4:42.52	472				
	50m:	30.75	30.75	150m:	1:40.36	35.45	250m:	2:53.32	36.89	350m:	4:06.61	36.32
	100m:	1:04.91	34.16	200m:	2:16.43	36.07	300m:	3:30.29	36.97	400m:	4:42.52	35.91
35.				2007	1	+0,67	4:53.56	421				
	50m:	31.75	31.75	150m:	1:42.98	36.35	250m:	2:57.70	38.11	350m:	4:15.11	39.28
	100m:	1:06.63	34.88	200m:	2:19.59	36.61	300m:	3:35.83	38.13	400m:	4:53.56	38.45
36.				2006	1	+0,75	4:58.03	402				
	50m:	31.25	31.25	150m:	1:43.24	36.82	250m:	3:00.09	39.06	350m:	4:19.73	39.82
	100m:	1:06.42	35.17	200m:	2:21.03	37.79	300m:	3:39.91	39.82	400m:	4:58.03	38.30
37.				2005		+0,67	5:11.65	352				
	50m:	32.06	32.06	150m:	1:48.81	39.38	250m:	3:09.73	40.90	350m:	4:31.75	40.93
	100m:	1:09.43	37.37	200m:	2:28.83	40.02	300m:	3:50.82	41.09	400m:	5:11.65	39.90