

4 , 400m
 08.02.2023 - 17:16

JR 3:56.98 , 01.01.2018

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

: FINA 2022

							R.T.					
1.			2007				+0,69	4:06.53	711			
	50m:	28.67	28.67	150m:	1:31.64	31.50	250m:	2:34.91	31.36	350m:	3:36.69	30.39
	100m:	1:00.14	31.47	200m:	2:03.55	31.91	300m:	3:06.30	31.39	400m:	4:06.53	29.84
2.			2005				+0,79	4:11.05	673			
	50m:	28.67	28.67	150m:	1:32.00	31.81	250m:	2:36.38	32.08	350m:	3:41.01	32.21
	100m:	1:00.19	31.52	200m:	2:04.30	32.30	300m:	3:08.80	32.42	400m:	4:11.05	30.04
3.			2006				+0,67	4:11.32	671			
	50m:	29.05	29.05	150m:	1:32.40	31.91	250m:	2:36.65	32.15	350m:	3:41.40	32.20
	100m:	1:00.49	31.44	200m:	2:04.50	32.10	300m:	3:09.20	32.55	400m:	4:11.32	29.92
4.			2005				+0,81	4:11.66	668			
	50m:	28.79	28.79	150m:	1:32.08	31.98	250m:	2:36.62	32.31	350m:	3:40.87	32.13
	100m:	1:00.10	31.31	200m:	2:04.31	32.23	300m:	3:08.74	32.12	400m:	4:11.66	30.79
5.			2005				+0,72	4:11.80	667			
	50m:	29.25	29.25	150m:	1:32.89	32.07	250m:	2:37.07	31.96	350m:	3:41.39	32.03
	100m:	1:00.82	31.57	200m:	2:05.11	32.22	300m:	3:09.36	32.29	400m:	4:11.80	30.41
6.			2006				+0,72	4:14.31	648			
	50m:	28.24	28.24	150m:	1:32.28	32.16	250m:	2:36.93	32.17	350m:	3:42.13	32.26
	100m:	1:00.12	31.88	200m:	2:04.76	32.48	300m:	3:09.87	32.94	400m:	4:14.31	32.18
7.			2006				+0,73	4:15.37	639			
	50m:	28.82	28.82	150m:	1:32.41	32.24	250m:	2:37.73	32.68	350m:	3:43.55	32.79
	100m:	1:00.17	31.35	200m:	2:05.05	32.64	300m:	3:10.76	33.03	400m:	4:15.37	31.82
8.			2005				+0,71	4:17.30	625			
	50m:	28.55	28.55	150m:	1:32.71	32.36	250m:	2:38.11	32.46	350m:	3:44.49	33.08
	100m:	1:00.35	31.80	200m:	2:05.65	32.94	300m:	3:11.41	33.30	400m:	4:17.30	32.81