

15  
 10.02.2022 - 10:15

, 400m

JR 4:18.70 , 01.01.2021

KMC : 4:44.50 / MC : 4:29.00

: FINA 2021

							100m	200m	300m	400m
1.	, 50m: 31.79 100m: 1:07.07	05 31.79 35.28	150m: 1:42.40 200m: 2:17.09	35.33 34.69	<b>4:34.67</b> 638 Q	250m: 2:51.25 300m: 3:26.07	1:07.07 34.16	1:10.02 350m: 4:00.81	1:08.98 400m: 4:34.67	1:08.60 34.74 33.86
2.	, 50m: 31.48 100m: 1:06.53	05 31.48 35.05	150m: 1:42.20 200m: 2:18.15	35.67 35.95	<b>4:43.29</b> 581 Q	250m: 2:54.15 300m: 3:30.77	1:06.53 36.00	1:11.62 350m: 4:07.11	1:12.62 400m: 4:43.29	1:12.52 36.34 36.18
3.	, 50m: 32.58 100m: 1:07.63	07 32.58 35.05	150m: 1:43.24 200m: 2:19.48	35.61 36.24	<b>4:44.12</b> 576 Q	250m: 2:55.75 300m: 3:32.41	1:07.63 36.27	1:11.85 350m: 4:09.21	1:12.93 400m: 4:44.12	1:11.71 36.80 34.91
4.	, 50m: 31.25 100m: 1:06.47	05 31.25 35.22	150m: 1:42.57 200m: 2:18.71	36.10 36.14	<b>4:45.03</b> 570 Q	250m: 2:55.31 300m: 3:32.24	1:06.47 36.60	1:12.24 350m: 4:09.24	1:13.53 400m: 4:45.03	1:12.79 37.00 35.79
5.	, 50m: 32.79 100m: 1:07.80	06 32.79 35.01	150m: 1:43.30 200m: 2:19.36	35.50 36.06	<b>4:45.20</b> 569 Q	250m: 2:55.88 300m: 3:32.59	1:07.80 36.52	1:11.56 350m: 4:09.50	1:13.23 400m: 4:45.20	1:12.61 36.91 35.70
6.	, 50m: 32.03 100m: 1:08.19	07 32.03 36.16	150m: 1:44.58 200m: 2:21.34	36.39 36.76	<b>4:46.05</b> 564 Q	250m: 2:57.57 300m: 3:33.95	1:08.19 36.23	1:13.15 350m: 4:10.04	1:12.61 400m: 4:46.05	1:12.10 36.09 36.01
7.	, 50m: 31.97 100m: 1:07.81	05 31.97 35.84	150m: 1:45.05 200m: 2:22.77	37.24 37.72	<b>4:49.49</b> 544 Q	250m: 3:00.08 300m: 3:37.23	1:07.81 37.31	1:14.96 350m: 4:14.03	1:14.46 400m: 4:49.49	1:12.26 36.80 35.46
8.	, 50m: 32.79 100m: 1:09.13	05 32.79 36.34	150m: 1:46.07 200m: 2:23.30	36.94 37.23	<b>4:50.63</b> 538 Q	250m: 3:00.53 300m: 3:38.14	1:09.13 37.23	1:14.17 350m: 4:14.92	1:14.84 400m: 4:50.63	1:12.49 36.78 35.71
9.	, 50m: 32.03 100m: 1:07.79	06 32.03 35.76	150m: 1:44.68 200m: 2:22.18	36.89 37.50	<b>4:51.01</b> 536 R	250m: 3:00.04 300m: 3:37.77	1:07.79 37.86	1:14.39 350m: 4:15.17	1:15.59 400m: 4:51.01	1:13.24 37.40 35.84
10.	, 50m: 32.46 100m: 1:09.78	07 32.46 37.32	150m: 1:47.73 200m: 2:25.18	37.95 37.45	<b>4:51.51</b> 533 R	250m: 3:02.87 300m: 3:40.45	1:09.78 37.69	1:15.40 350m: 4:16.88	1:15.27 400m: 4:51.51	1:11.06 36.43 34.63
11.	, 50m: 31.70 100m: 1:07.70	07 31.70 36.00	150m: 1:45.13 200m: 2:22.88	37.43 37.75	<b>4:53.28</b> 524	250m: 3:00.56 300m: 3:38.77	1:07.70 37.68	1:15.18 350m: 4:17.18	1:15.89 400m: 4:53.28	1:14.51 38.41 36.10
12.	, 50m: 32.69 100m: 1:09.26	06 32.69 36.57	150m: 1:46.45 200m: 2:24.15	37.19 37.70	<b>4:54.02</b> 520	250m: 3:02.26 300m: 3:40.59	1:09.26 38.11	1:14.89 350m: 4:18.24	1:16.44 400m: 4:54.02	1:13.43 37.65 35.78
13.	, 50m: 32.46 100m: 1:08.57	06 32.46 36.11	150m: 1:45.67 200m: 2:23.97	37.10 38.30	<b>4:56.15</b> 509	250m: 3:02.07 300m: 3:40.70	1:08.57 38.10	1:15.40 350m: 4:19.06	1:16.73 400m: 4:56.15	1:15.45 38.36 37.09
14.	, 50m: 33.07 100m: 1:08.85	05 33.07 35.78	150m: 1:46.21 200m: 2:24.38	37.36 38.17	<b>4:56.66</b> 506	250m: 3:02.43 300m: 3:40.78	1:08.85 38.05	1:15.53 350m: 4:19.51	1:16.40 400m: 4:56.66	1:15.88 38.73 37.15
15.	, 50m: 34.17 100m: 1:11.57	06 34.17 37.40	150m: 1:49.51 200m: 2:27.38	37.94 37.87	<b>4:56.99</b> 504	250m: 3:05.52 300m: 3:43.51	1:11.57 38.14	1:15.81 350m: 4:20.94	1:16.13 400m: 4:56.99	1:13.48 37.43 36.05
16.	, 50m: 33.44 100m: 1:10.73	06 33.44 37.29	150m: 1:48.78 200m: 2:26.92	38.05 38.14	<b>4:57.05</b> 504	250m: 3:05.04 300m: 3:43.40	1:10.73 38.12	1:16.19 350m: 4:20.78	1:16.48 400m: 4:57.05	1:13.65 37.38 36.27
17.	, 50m: 33.06 100m: 1:09.90	07 33.06 36.84	150m: 1:47.81 200m: 2:26.42	37.91 38.61	<b>5:00.02</b> 489	250m: 3:05.20 300m: 3:44.08	1:09.90 38.78	1:16.52 350m: 4:22.91	1:17.66 400m: 5:00.02	1:15.94 38.83 37.11
18.	, 50m: 32.60 100m: 1:09.30	05 32.60 36.70	150m: 1:47.39 200m: 2:25.93	38.09 38.54	<b>5:00.37</b> 487	250m: 3:04.64 300m: 3:43.80	1:09.30 38.71	1:16.63 350m: 4:22.52	1:17.87 400m: 5:00.37	1:16.57 38.72 37.85
19.	, 50m: 32.37 100m: 1:09.39	07 32.37 37.02	150m: 1:48.36 200m: 2:27.74	38.97 39.38	<b>5:03.58</b> 472	250m: 3:07.06 300m: 3:46.70	1:09.39 39.32	1:18.35 350m: 4:26.24	1:18.96 400m: 5:03.58	1:16.88 39.54 37.34

		15,	, 400m					100m	200m	300m	400m	
20.	,		07			<b>5:07.23</b>	455	1:12.60	1:19.99	1:19.13	1:15.51	
	50m:	34.60	34.60	150m:	1:52.49	39.89	250m:	3:12.11	39.52	350m:	4:30.63	38.91
	100m:	1:12.60	38.00	200m:	2:32.59	40.10	300m:	3:51.72	39.61	400m:	5:07.23	36.60
21.	,		06			<b>5:08.66</b>	449	1:13.02	1:19.38	1:19.22	1:17.04	
	50m:	34.33	34.33	150m:	1:52.85	39.83	250m:	3:12.20	39.80	350m:	4:31.04	39.42
	100m:	1:13.02	38.69	200m:	2:32.40	39.55	300m:	3:51.62	39.42	400m:	5:08.66	37.62
22.	,		05			<b>5:14.82</b>	423	1:11.60	1:20.88	1:21.79	1:20.55	
	50m:	33.24	33.24	150m:	1:51.59	39.99	250m:	3:13.48	41.00	350m:	4:35.19	40.92
	100m:	1:11.60	38.36	200m:	2:32.48	40.89	300m:	3:54.27	40.79	400m:	5:14.82	39.63
23.	,		09			<b>5:26.61</b>	379	1:15.95	1:23.82	1:24.80	1:22.04	
	50m:	35.63	35.63	150m:	1:57.69	41.74	250m:	3:22.41	42.64	350m:	4:45.73	41.16
	100m:	1:15.95	40.32	200m:	2:39.77	42.08	300m:	4:04.57	42.16	400m:	5:26.61	40.88
EXH	,		03			<b>4:27.58</b>	690	1:03.98	1:07.00	1:08.48	1:08.12	
	50m:	31.11	31.11	150m:	1:37.35	33.37	250m:	2:44.78	33.80	350m:	3:53.77	34.31
	100m:	1:03.98	32.87	200m:	2:10.98	33.63	300m:	3:19.46	34.68	400m:	4:27.58	33.81