

28
11.02.2022 - 11:00

, 400m

JR 4:29.25 , 01.01.2013

KMC : 4:55.00 / MC : 4:37.00

: FINA 2021

							100m	200m	300m	400m		
1.		04				4:43.15 638 Q	1:02.30	1:12.78	1:22.67	1:05.40		
	50m:	29.12	29.12	150m:	1:39.47	37.17	250m:	2:56.58	41.50	350m:	4:11.56	33.81
	100m:	1:02.30	33.18	200m:	2:15.08	35.61	300m:	3:37.75	41.17	400m:	4:43.15	31.59
2.		04				4:43.35 637 Q	1:03.27	1:15.07	1:22.60	1:02.41		
	50m:	28.94	28.94	150m:	1:41.26	37.99	250m:	2:59.83	41.49	350m:	4:12.64	31.70
	100m:	1:03.27	34.33	200m:	2:18.34	37.08	300m:	3:40.94	41.11	400m:	4:43.35	30.71
3.		05				4:43.66 635 Q	1:03.28	1:11.14	1:23.75	1:05.49		
	50m:	28.79	28.79	150m:	1:39.25	35.97	250m:	2:56.12	41.70	350m:	4:12.01	33.84
	100m:	1:03.28	34.49	200m:	2:14.42	35.17	300m:	3:38.17	42.05	400m:	4:43.66	31.65
4.		05				4:43.95 633 Q	1:04.25	1:11.99	1:23.20	1:04.51		
	50m:	29.90	29.90	150m:	1:40.40	36.15	250m:	2:57.66	41.42	350m:	4:12.42	32.98
	100m:	1:04.25	34.35	200m:	2:16.24	35.84	300m:	3:39.44	41.78	400m:	4:43.95	31.53
5.		05				4:45.08 625 Q	1:05.66	1:13.12	1:22.52	1:03.78		
	50m:	29.91	29.91	150m:	1:42.30	36.64	250m:	2:59.71	40.93	350m:	4:13.73	32.43
	100m:	1:05.66	35.75	200m:	2:18.78	36.48	300m:	3:41.30	41.59	400m:	4:45.08	31.35
6.		04				4:51.82 583 Q	1:07.00	1:13.97	1:22.93	1:07.92		
	50m:	30.69	30.69	150m:	1:44.24	37.24	250m:	3:02.76	41.79	350m:	4:18.69	34.79
	100m:	1:07.00	36.31	200m:	2:20.97	36.73	300m:	3:43.90	41.14	400m:	4:51.82	33.13
7.		05				4:56.25 557 Q	1:06.26	1:13.00	1:26.79	1:10.20		
	50m:	30.65	30.65	150m:	1:43.07	36.81	250m:	3:02.14	42.88	350m:	4:21.92	35.87
	100m:	1:06.26	35.61	200m:	2:19.26	36.19	300m:	3:46.05	43.91	400m:	4:56.25	34.33
8.		07				4:56.48 556 Q	1:04.60	1:19.60	1:27.29	1:04.99		
	50m:	29.44	29.44	150m:	1:45.33	40.73	250m:	3:06.98	42.78	350m:	4:25.15	33.66
	100m:	1:04.60	35.16	200m:	2:24.20	38.87	300m:	3:51.49	44.51	400m:	4:56.48	31.33
9.		05				4:57.19 552 R	1:05.04	1:17.39	1:24.56	1:10.20		
	50m:	29.53	29.53	150m:	1:43.26	38.22	250m:	3:03.79	41.36	350m:	4:22.90	35.91
	100m:	1:05.04	35.51	200m:	2:22.43	39.17	300m:	3:46.99	43.20	400m:	4:57.19	34.29
10.		05				5:02.48 523 R	1:04.86	1:18.63	1:31.63	1:07.36		
	50m:	29.73	29.73	150m:	1:45.43	40.57	250m:	3:09.09	45.60	350m:	4:28.72	33.60
	100m:	1:04.86	35.13	200m:	2:23.49	38.06	300m:	3:55.12	46.03	400m:	5:02.48	33.76
11.		05				5:03.78 517	1:07.40	1:18.66	1:27.89	1:09.83		
	50m:	30.50	30.50	150m:	1:47.44	40.04	250m:	3:10.23	44.17	350m:	4:29.86	35.91
	100m:	1:07.40	36.90	200m:	2:26.06	38.62	300m:	3:53.95	43.72	400m:	5:03.78	33.92
12.		07				5:07.70 497	1:11.77	1:21.69	1:24.53	1:09.71		
	50m:	31.79	31.79	150m:	1:52.53	40.76	250m:	3:15.17	41.71	350m:	4:34.27	36.28
	100m:	1:11.77	39.98	200m:	2:33.46	40.93	300m:	3:57.99	42.82	400m:	5:07.70	33.43
13.		05				5:11.10 481	1:07.72	1:18.06	1:31.22	1:14.10		
	50m:	30.18	30.18	150m:	1:48.00	40.28	250m:	3:10.61	44.83	350m:	4:34.79	37.79
	100m:	1:07.72	37.54	200m:	2:25.78	37.78	300m:	3:57.00	46.39	400m:	5:11.10	36.31
14.		05				5:18.57 448	1:06.22	1:24.05	1:34.54	1:13.76		
	50m:	29.28	29.28	150m:	1:48.01	41.79	250m:	3:16.92	46.65	350m:	4:42.22	37.41
	100m:	1:06.22	36.94	200m:	2:30.27	42.26	300m:	4:04.81	47.89	400m:	5:18.57	36.35