

36
12.02.2022 - 9:55

, 400m

JR 4:55.47 , 01.01.2016

KMC : 5:30.50 / MC : 5:11.50

: FINA 2021

							100m	200m	300m	400m		
1.		05				5:16.33 597 Q	1:11.38	1:21.24	1:32.60	1:11.11		
	50m:	33.44	33.44	150m:	1:52.64	41.26	250m:	3:19.72	47.10	350m:	4:42.26	37.04
	100m:	1:11.38	37.94	200m:	2:32.62	39.98	300m:	4:05.22	45.50	400m:	5:16.33	34.07
2.		05				5:17.90 588 Q	1:07.79	1:23.20	1:33.75	1:13.16		
	50m:	30.52	30.52	150m:	1:50.04	42.25	250m:	3:17.73	46.74	350m:	4:42.34	37.60
	100m:	1:07.79	37.27	200m:	2:30.99	40.95	300m:	4:04.74	47.01	400m:	5:17.90	35.56
3.		08				5:24.01 555 Q	1:11.23	1:22.31	1:35.87	1:14.60		
	50m:	33.28	33.28	150m:	1:52.82	41.59	250m:	3:21.30	47.76	350m:	4:46.76	37.35
	100m:	1:11.23	37.95	200m:	2:33.54	40.72	300m:	4:09.41	48.11	400m:	5:24.01	37.25
4.		07				5:25.92 545 Q	1:09.42	1:24.87	1:33.46	1:18.17		
	50m:	31.32	31.32	150m:	1:52.11	42.69	250m:	3:20.01	45.72	350m:	4:48.73	40.98
	100m:	1:09.42	38.10	200m:	2:34.29	42.18	300m:	4:07.75	47.74	400m:	5:25.92	37.19
5.		05				5:26.36 543 Q	1:12.19	1:27.09	1:33.34	1:13.74		
	50m:	33.54	33.54	150m:	1:56.23	44.04	250m:	3:25.80	46.52	350m:	4:50.49	37.87
	100m:	1:12.19	38.65	200m:	2:39.28	43.05	300m:	4:12.62	46.82	400m:	5:26.36	35.87
6.		07				5:30.00 525 Q	1:11.55	1:22.84	1:39.36	1:16.25		
	50m:	32.35	32.35	150m:	1:53.46	41.91	250m:	3:23.53	49.14	350m:	4:52.89	39.14
	100m:	1:11.55	39.20	200m:	2:34.39	40.93	300m:	4:13.75	50.22	400m:	5:30.00	37.11
7.		08				5:32.88 512 Q	1:12.64	1:29.30	1:34.58	1:16.36		
	50m:	33.11	33.11	150m:	1:57.46	44.82	250m:	3:28.48	46.54	350m:	4:55.87	39.35
	100m:	1:12.64	39.53	200m:	2:41.94	44.48	300m:	4:16.52	48.04	400m:	5:32.88	37.01
8.		07				5:44.45 462 Q	1:18.44	1:28.28	1:44.74	1:12.99		
	50m:	34.83	34.83	150m:	2:03.13	44.69	250m:	3:38.86	52.14	350m:	5:09.35	37.89
	100m:	1:18.44	43.61	200m:	2:46.72	43.59	300m:	4:31.46	52.60	400m:	5:44.45	35.10
DSQ		06				5:24.34	1:11.06	1:25.36	1:33.04	1:14.88		
	50m:	32.23	32.23	150m:	1:54.86	43.80	250m:	3:22.66	46.24	350m:	4:47.22	37.76
	100m:	1:11.06	38.83	200m:	2:36.42	41.56	300m:	4:09.46	46.80	400m:	5:24.34	37.12