

36  
 12.02.2022

, 400m

JR 4:55.47 , 01.01.2016

KMC : 5:30.50 / MC : 5:11.50

: FINA 2021

							100m	200m	300m	400m
1.	, 50m: 30.98 100m: 1:07.74	07 30.98 36.76	150m: 1:47.82 200m: 2:27.76	40.08 39.94	<b>5:09.18</b> 639 250m: 3:10.80 300m: 3:56.15	1:07.74 43.04 45.35	1:20.02 350m: 4:33.07 400m: 5:09.18	1:28.39 36.92 36.11	1:13.03	
2.	, 50m: 31.63 100m: 1:08.31	05 31.63 36.68	150m: 1:49.31 200m: 2:28.71	41.00 39.40	<b>5:09.42</b> 637 250m: 3:15.23 300m: 4:01.76	1:08.31 46.52 46.53	1:20.40 350m: 4:36.96 400m: 5:09.42	1:33.05 35.20 32.46	1:07.66	
3.	, 50m: 32.37 100m: 1:09.90	05 32.37 37.53	150m: 1:51.90 200m: 2:33.11	42.00 41.21	<b>5:16.20</b> 597 250m: 3:18.58 300m: 4:04.78	1:09.90 45.47 46.20	1:23.21 350m: 4:41.22 400m: 5:16.20	1:31.67 36.44 34.98	1:11.42	
4.	, 50m: 30.64 100m: 1:08.45	05 30.64 37.81	150m: 1:50.41 200m: 2:30.87	41.96 40.46	<b>5:16.41</b> 596 250m: 3:17.29 300m: 4:03.82	1:08.45 46.42 46.53	1:22.42 350m: 4:40.45 400m: 5:16.41	1:32.95 36.63 35.96	1:12.59	
5.	, 50m: 32.67 100m: 1:09.60	08 32.67 36.93	150m: 1:51.07 200m: 2:32.15	41.47 41.08	<b>5:22.73</b> 562 250m: 3:19.60 300m: 4:07.78	1:09.60 47.45 48.18	1:22.55 350m: 4:45.62 400m: 5:22.73	1:35.63 37.84 37.11	1:14.95	
6.	, 50m: 32.91 100m: 1:12.07	07 32.91 39.16	150m: 1:53.31 200m: 2:33.01	41.24 39.70	<b>5:24.38</b> 553 250m: 3:20.93 300m: 4:09.68	1:12.07 47.92 48.75	1:20.94 350m: 4:48.44 400m: 5:24.38	1:36.67 38.76 35.94	1:14.70	
7.	, 50m: 33.60 100m: 1:12.87	08 33.60 39.27	150m: 1:57.51 200m: 2:40.57	44.64 43.06	<b>5:30.78</b> 522 250m: 3:27.69 300m: 4:15.89	1:12.87 47.12 48.20	1:27.70 350m: 4:54.60 400m: 5:30.78	1:35.32 38.71 36.18	1:14.89	
8.	, 50m: 33.41 100m: 1:14.10	07 33.41 40.69	150m: 1:57.26 200m: 2:38.79	43.16 41.53	<b>5:36.20</b> 497 250m: 3:31.08 300m: 4:22.66	1:14.10 52.29 51.58	1:24.69 350m: 5:00.63 400m: 5:36.20	1:43.87 37.97 35.57	1:13.54	