

4
 09.02.2022 - 10:25

, 400m

JR 3:56.98 , 01.01.2018

KMC : 4:22.50 / MC : 4:05.00

: FINA 2021

							100m	200m	300m	400m		
1.		04				4:08.37 695 Q	59.15	1:02.56	1:04.31	1:02.35		
	50m:	28.15	28.15	150m:	1:30.35	31.20	250m:	2:33.51	31.80	350m:	3:38.46	32.44
	100m:	59.15	31.00	200m:	2:01.71	31.36	300m:	3:06.02	32.51	400m:	4:08.37	29.91
2.		04				4:08.94 690 Q	59.44	1:02.50	1:04.04	1:02.96		
	50m:	28.41	28.41	150m:	1:30.21	30.77	250m:	2:33.72	31.78	350m:	3:37.96	31.98
	100m:	59.44	31.03	200m:	2:01.94	31.73	300m:	3:05.98	32.26	400m:	4:08.94	30.98
3.		04				4:09.83 683 Q	59.33	1:03.74	1:04.20	1:02.56		
	50m:	28.33	28.33	150m:	1:30.93	31.60	250m:	2:35.50	32.43	350m:	3:38.80	31.53
	100m:	59.33	31.00	200m:	2:03.07	32.14	300m:	3:07.27	31.77	400m:	4:09.83	31.03
4.		04				4:13.67 652 Q	58.75	1:04.78	1:05.02	1:05.12		
	50m:	28.05	28.05	150m:	1:30.76	32.01	250m:	2:35.88	32.35	350m:	3:41.72	33.17
	100m:	58.75	30.70	200m:	2:03.53	32.77	300m:	3:08.55	32.67	400m:	4:13.67	31.95
5.		06				4:13.70 652 Q	1:00.42	1:04.96	1:05.25	1:03.07		
	50m:	28.82	28.82	150m:	1:32.64	32.22	250m:	2:37.97	32.59	350m:	3:43.40	32.77
	100m:	1:00.42	31.60	200m:	2:05.38	32.74	300m:	3:10.63	32.66	400m:	4:13.70	30.30
6.		05				4:13.74 652 Q	1:01.21	1:03.89	1:05.29	1:03.35		
	50m:	29.05	29.05	150m:	1:32.71	31.50	250m:	2:37.54	32.44	350m:	3:43.04	32.65
	100m:	1:01.21	32.16	200m:	2:05.10	32.39	300m:	3:10.39	32.85	400m:	4:13.74	30.70
7.		05				4:13.96 650 Q	59.90	1:04.46	1:05.18	1:04.42		
	50m:	28.48	28.48	150m:	1:31.93	32.03	250m:	2:36.86	32.50	350m:	3:41.96	32.42
	100m:	59.90	31.42	200m:	2:04.36	32.43	300m:	3:09.54	32.68	400m:	4:13.96	32.00
8.		04				4:15.54 638 Q	59.10	1:05.43	1:05.74	1:05.27		
	50m:	27.95	27.95	150m:	1:31.57	32.47	250m:	2:37.20	32.67	350m:	3:43.29	33.02
	100m:	59.10	31.15	200m:	2:04.53	32.96	300m:	3:10.27	33.07	400m:	4:15.54	32.25
9.		05				4:17.68 622 R	1:00.21	1:04.92	1:06.67	1:05.88		
	50m:	28.57	28.57	150m:	1:32.30	32.09	250m:	2:38.10	32.97	350m:	3:44.99	33.19
	100m:	1:00.21	31.64	200m:	2:05.13	32.83	300m:	3:11.80	33.70	400m:	4:17.68	32.69
10.		04				4:18.31 618 R	58.84	1:05.41	1:07.36	1:06.70		
	50m:	27.61	27.61	150m:	1:31.24	32.40	250m:	2:37.52	33.27	350m:	3:45.48	33.87
	100m:	58.84	31.23	200m:	2:04.25	33.01	300m:	3:11.61	34.09	400m:	4:18.31	32.83
11.		07				4:19.22 611	1:03.10	1:06.20	1:06.39	1:03.53		
	50m:	30.19	30.19	150m:	1:36.35	33.25	250m:	2:42.63	33.33	350m:	3:48.42	32.73
	100m:	1:03.10	32.91	200m:	2:09.30	32.95	300m:	3:15.69	33.06	400m:	4:19.22	30.80
12.		05				4:19.78 607	1:00.53	1:06.49	1:07.55	1:05.21		
	50m:	28.56	28.56	150m:	1:33.73	33.20	250m:	2:40.64	33.62	350m:	3:47.95	33.38
	100m:	1:00.53	31.97	200m:	2:07.02	33.29	300m:	3:14.57	33.93	400m:	4:19.78	31.83
13.		05				4:20.78 600	1:00.65	1:06.22	1:07.18	1:06.73		
	50m:	28.59	28.59	150m:	1:33.57	32.92	250m:	2:40.28	33.41	350m:	3:47.77	33.72
	100m:	1:00.65	32.06	200m:	2:06.87	33.30	300m:	3:14.05	33.77	400m:	4:20.78	33.01
14.		05				4:21.59 595	1:01.86	1:08.02	1:08.17	1:03.54		
	50m:	28.90	28.90	150m:	1:36.06	34.20	250m:	2:44.05	34.17	350m:	3:50.36	32.31
	100m:	1:01.86	32.96	200m:	2:09.88	33.82	300m:	3:18.05	34.00	400m:	4:21.59	31.23
15.		05				4:22.37 590	1:02.60	1:07.77	1:08.01	1:03.99		
	50m:	29.67	29.67	150m:	1:36.21	33.61	250m:	2:44.32	33.95	350m:	3:51.24	32.86
	100m:	1:02.60	32.93	200m:	2:10.37	34.16	300m:	3:18.38	34.06	400m:	4:22.37	31.13
16.		05				4:22.40 589	1:02.16	1:06.76	1:07.62	1:05.86		
	50m:	29.66	29.66	150m:	1:35.41	33.25	250m:	2:42.72	33.80	350m:	3:50.62	34.08
	100m:	1:02.16	32.50	200m:	2:08.92	33.51	300m:	3:16.54	33.82	400m:	4:22.40	31.78
17.		05				4:22.44 589	1:01.94	1:06.43	1:07.43	1:06.64		
	50m:	29.48	29.48	150m:	1:34.95	33.01	250m:	2:41.82	33.45	350m:	3:49.61	33.81
	100m:	1:01.94	32.46	200m:	2:08.37	33.42	300m:	3:15.80	33.98	400m:	4:22.44	32.83
18.		04				4:25.27 570	1:02.59	1:06.98	1:08.20	1:07.50		
	50m:	30.05	30.05	150m:	1:35.91	33.32	250m:	2:43.54	33.97	350m:	3:52.34	34.57
	100m:	1:02.59	32.54	200m:	2:09.57	33.66	300m:	3:17.77	34.23	400m:	4:25.27	32.93
19.		05				4:26.00 566	1:03.80	1:06.80	1:07.67	1:07.73		
	50m:	30.69	30.69	150m:	1:36.93	33.13	250m:	2:44.49	33.89	350m:	3:52.26	33.99
	100m:	1:03.80	33.11	200m:	2:10.60	33.67	300m:	3:18.27	33.78	400m:	4:26.00	33.74

4, , 400m								100m	200m	300m	400m	
20.		05				4:26.32	564	59.48	1:06.42	1:10.71	1:09.71	
	50m:	28.25	28.25	150m:	1:31.73	32.25	250m:	2:41.12	35.22	350m:	3:51.82	35.21
	100m:	59.48	31.23	200m:	2:05.90	34.17	300m:	3:16.61	35.49	400m:	4:26.32	34.50
21.		05				4:27.74	555	1:02.82	1:07.87	1:08.48	1:08.57	
	50m:	29.59	29.59	150m:	1:36.57	33.75	250m:	2:44.58	33.89	350m:	3:53.56	34.39
	100m:	1:02.82	33.23	200m:	2:10.69	34.12	300m:	3:19.17	34.59	400m:	4:27.74	34.18
22.		05				4:28.14	552	1:04.46	1:10.58	1:09.42	1:03.68	
	50m:	30.62	30.62	150m:	1:39.82	35.36	250m:	2:50.47	35.43	350m:	3:56.80	32.34
	100m:	1:04.46	33.84	200m:	2:15.04	35.22	300m:	3:24.46	33.99	400m:	4:28.14	31.34
23.		04				4:28.87	548	1:04.62	1:08.99	1:09.79	1:05.47	
	50m:	30.90	30.90	150m:	1:38.91	34.29	250m:	2:48.46	34.85	350m:	3:57.02	33.62
	100m:	1:04.62	33.72	200m:	2:13.61	34.70	300m:	3:23.40	34.94	400m:	4:28.87	31.85
24.		06				4:29.10	546	1:02.75	1:07.72	1:09.32	1:09.31	
	50m:	30.13	30.13	150m:	1:36.51	33.76	250m:	2:44.68	34.21	350m:	3:54.74	34.95
	100m:	1:02.75	32.62	200m:	2:10.47	33.96	300m:	3:19.79	35.11	400m:	4:29.10	34.36
25.		05				4:30.80	536	1:02.12	1:09.04	1:10.42	1:09.22	
	50m:	28.94	28.94	150m:	1:36.25	34.13	250m:	2:46.09	34.93	350m:	3:56.97	35.39
	100m:	1:02.12	33.18	200m:	2:11.16	34.91	300m:	3:21.58	35.49	400m:	4:30.80	33.83
26.		05				4:32.99	523	1:02.00	1:08.47	1:10.95	1:11.57	
	50m:	29.39	29.39	150m:	1:35.99	33.99	250m:	2:45.96	35.49	350m:	3:58.05	36.63
	100m:	1:02.00	32.61	200m:	2:10.47	34.48	300m:	3:21.42	35.46	400m:	4:32.99	34.94
27.		07				4:35.02	512	1:03.67	1:10.20	1:11.16	1:09.99	
	50m:	29.48	29.48	150m:	1:38.30	34.63	250m:	2:49.68	35.81	350m:	4:00.48	35.45
	100m:	1:03.67	34.19	200m:	2:13.87	35.57	300m:	3:25.03	35.35	400m:	4:35.02	34.54
28.		06				4:35.16	511	1:02.29	1:10.45	1:12.75	1:09.67	
	50m:	29.71	29.71	150m:	1:36.94	34.65	250m:	2:49.37	36.63	350m:	4:01.23	35.74
	100m:	1:02.29	32.58	200m:	2:12.74	35.80	300m:	3:25.49	36.12	400m:	4:35.16	33.93
29.		07				4:35.56	509	1:04.77	1:11.22	1:11.55	1:08.02	
	50m:	30.84	30.84	150m:	1:40.11	35.34	250m:	2:51.76	35.77	350m:	4:02.18	34.64
	100m:	1:04.77	33.93	200m:	2:15.99	35.88	300m:	3:27.54	35.78	400m:	4:35.56	33.38
30.		05				4:35.72	508	1:03.13	1:09.54	1:11.81	1:11.24	
	50m:	30.04	30.04	150m:	1:37.42	34.29	250m:	2:48.86	36.19	350m:	4:01.55	37.07
	100m:	1:03.13	33.09	200m:	2:12.67	35.25	300m:	3:24.48	35.62	400m:	4:35.72	34.17
31.		05				4:37.49	498	1:02.94	1:09.76	1:12.74	1:12.05	
	50m:	29.15	29.15	150m:	1:37.86	34.92	250m:	2:49.11	36.41	350m:	4:01.69	36.25
	100m:	1:02.94	33.79	200m:	2:12.70	34.84	300m:	3:25.44	36.33	400m:	4:37.49	35.80
32.		05				4:40.37	483	1:04.87	1:11.39	1:12.45	1:11.66	
	50m:	30.04	30.04	150m:	1:40.19	35.32	250m:	2:52.57	36.31	350m:	4:05.23	36.52
	100m:	1:04.87	34.83	200m:	2:16.26	36.07	300m:	3:28.71	36.14	400m:	4:40.37	35.14
33.		05				4:41.11	479	1:04.09	1:10.73	1:13.54	1:12.75	
	50m:	30.25	30.25	150m:	1:39.03	34.94	250m:	2:51.30	36.48	350m:	4:05.53	37.17
	100m:	1:04.09	33.84	200m:	2:14.82	35.79	300m:	3:28.36	37.06	400m:	4:41.11	35.58
34.		05				4:47.68	447	1:06.73	1:14.15	1:14.06	1:12.74	
	50m:	31.05	31.05	150m:	1:43.78	37.05	250m:	2:58.01	37.13	350m:	4:12.04	37.10
	100m:	1:06.73	35.68	200m:	2:20.88	37.10	300m:	3:34.94	36.93	400m:	4:47.68	35.64
35.		05				4:50.82	433	1:03.12	1:13.41	1:17.73	1:16.56	
	50m:	29.10	29.10	150m:	1:38.97	35.85	250m:	2:54.86	38.33	350m:	4:12.84	38.58
	100m:	1:03.12	34.02	200m:	2:16.53	37.56	300m:	3:34.26	39.40	400m:	4:50.82	37.98
36.		08				4:54.34	417	1:07.39	1:15.31	1:16.97	1:14.67	
	50m:	31.59	31.59	150m:	1:44.37	36.98	250m:	3:01.37	38.67	350m:	4:17.77	38.10
	100m:	1:07.39	35.80	200m:	2:22.70	38.33	300m:	3:39.67	38.30	400m:	4:54.34	36.57