

, 14. - 18.7.2020

39  
18.07.2020

, 400m

4:21.35  
4:29.25

01.01.2012  
01.01.2013

KMC : 4:55.00 / MC : 4:38.50 / MCMK : 4:15.60

: FINA 2019

								100m	200m	300m	400m	
1.	,	99				<b>4:35.93</b>	690 Q	1:03.65	1:10.12	1:14.69	1:07.47	
	50m:	28.63	28.63	150m:	1:39.15	35.50	250m:	2:50.79	37.02	350m:	4:02.13	33.67
	100m:	1:03.65	35.02	200m:	2:13.77	34.62	300m:	3:28.46	37.67	400m:	4:35.93	33.80
2.	,	03				<b>4:37.47</b>	678 Q	1:01.80	1:10.65	1:21.34	1:03.68	
	50m:	28.58	28.58	150m:	1:37.61	35.81	250m:	2:52.87	40.42	350m:	4:06.92	33.13
	100m:	1:01.80	33.22	200m:	2:12.45	34.84	300m:	3:33.79	40.92	400m:	4:37.47	30.55
3.	,	02				<b>4:40.22</b>	658 Q	1:03.10	1:12.69	1:21.88	1:02.55	
	50m:	28.86	28.86	150m:	1:40.65	37.55	250m:	2:56.22	40.43	350m:	4:09.58	31.91
	100m:	1:03.10	34.24	200m:	2:15.79	35.14	300m:	3:37.67	41.45	400m:	4:40.22	30.64
4.	,	99				<b>4:40.23</b>	658 Q	1:03.98	1:17.40	1:13.30	1:05.55	
	50m:	29.50	29.50	150m:	1:43.03	39.05	250m:	2:57.69	36.31	350m:	4:09.11	34.43
	100m:	1:03.98	34.48	200m:	2:21.38	38.35	300m:	3:34.68	36.99	400m:	4:40.23	31.12
5.	,	01				<b>4:40.42</b>	657 Q	1:03.07	1:13.89	1:19.51	1:03.95	
	50m:	28.76	28.76	150m:	1:40.63	37.56	250m:	2:56.26	39.30	350m:	4:08.94	32.47
	100m:	1:03.07	34.31	200m:	2:16.96	36.33	300m:	3:36.47	40.21	400m:	4:40.42	31.48
6.	,	95				<b>4:43.28</b>	637 Q	1:03.53	1:14.10	1:17.96	1:07.69	
	50m:	29.42	29.42	150m:	1:40.72	37.19	250m:	2:56.62	38.99	350m:	4:10.41	34.82
	100m:	1:03.53	34.11	200m:	2:17.63	36.91	300m:	3:35.59	38.97	400m:	4:43.28	32.87
7.	,	03				<b>4:43.63</b>	635 Q	1:01.76	1:11.37	1:25.19	1:05.31	
	50m:	28.19	28.19	150m:	1:37.60	35.84	250m:	2:55.29	42.16	350m:	4:11.75	33.43
	100m:	1:01.76	33.57	200m:	2:13.13	35.53	300m:	3:38.32	43.03	400m:	4:43.63	31.88
8.	,	03				<b>4:44.74</b>	628 Q	1:03.41	1:13.85	1:23.17	1:04.31	
	50m:	29.04	29.04	150m:	1:40.87	37.46	250m:	2:58.80	41.54	350m:	4:13.02	32.59
	100m:	1:03.41	34.37	200m:	2:17.26	36.39	300m:	3:40.43	41.63	400m:	4:44.74	31.72
9.	,	99				<b>4:45.36</b>	623 R	1:02.09	1:14.82	1:23.45	1:05.00	
	50m:	28.70	28.70	150m:	1:39.97	37.88	250m:	2:58.89	41.98	350m:	4:13.12	32.76
	100m:	1:02.09	33.39	200m:	2:16.91	36.94	300m:	3:40.36	41.47	400m:	4:45.36	32.24
10.	,	03				<b>4:45.51</b>	622 R	1:06.61	1:16.38	1:17.37	1:05.15	
	50m:	30.40	30.40	150m:	1:45.39	38.78	250m:	3:01.58	38.59	350m:	4:13.90	33.54
	100m:	1:06.61	36.21	200m:	2:22.99	37.60	300m:	3:40.36	38.78	400m:	4:45.51	31.61
11.	,	01				<b>4:45.76</b>	621	1:02.33	1:15.09	1:23.02	1:05.32	
	50m:	28.65	28.65	150m:	1:40.23	37.90	250m:	2:58.43	41.01	350m:	4:13.17	32.73
	100m:	1:02.33	33.68	200m:	2:17.42	37.19	300m:	3:40.44	42.01	400m:	4:45.76	32.59
12.	,	04				<b>4:45.87</b>	620	1:03.29	1:15.30	1:23.31	1:03.97	
	50m:	29.55	29.55	150m:	1:41.29	38.00	250m:	2:59.70	41.11	350m:	4:14.93	33.03
	100m:	1:03.29	33.74	200m:	2:18.59	37.30	300m:	3:41.90	42.20	400m:	4:45.87	30.94
13.	,	04				<b>4:46.32</b>	617	1:03.81	1:16.56	1:22.93	1:03.02	
	50m:	29.81	29.81	150m:	1:42.56	38.75	250m:	3:01.83	41.46	350m:	4:15.65	32.35
	100m:	1:03.81	34.00	200m:	2:20.37	37.81	300m:	3:43.30	41.47	400m:	4:46.32	30.67
14.	,	03				<b>4:46.35</b>	617	1:01.40	1:15.50	1:22.93	1:06.52	
	50m:	28.28	28.28	150m:	1:39.75	38.35	250m:	2:57.64	40.74	350m:	4:13.70	33.87
	100m:	1:01.40	33.12	200m:	2:16.90	37.15	300m:	3:39.83	42.19	400m:	4:46.35	32.65
15.	,	04				<b>4:48.43</b>	604	1:06.44	1:12.69	1:22.99	1:06.31	
	50m:	30.34	30.34	150m:	1:43.16	36.72	250m:	3:00.79	41.66	350m:	4:15.01	32.89
	100m:	1:06.44	36.10	200m:	2:19.13	35.97	300m:	3:42.12	41.33	400m:	4:48.43	33.42
16.	,	04				<b>4:51.91</b>	582	1:05.11	1:15.23	1:25.44	1:06.13	
	50m:	29.98	29.98	150m:	1:43.62	38.51	250m:	3:02.77	42.43	350m:	4:19.75	33.97
	100m:	1:05.11	35.13	200m:	2:20.34	36.72	300m:	3:45.78	43.01	400m:	4:51.91	32.16
17.	,	02				<b>4:53.29</b>	574	1:06.18	1:16.29	1:23.40	1:07.42	
	50m:	29.60	29.60	150m:	1:44.37	38.19	250m:	3:03.23	40.76	350m:	4:20.09	34.22
	100m:	1:06.18	36.58	200m:	2:22.47	38.10	300m:	3:45.87	42.64	400m:	4:53.29	33.20
18.	,	04				<b>4:54.81</b>	565	1:09.74	1:12.93	1:29.20	1:02.94	
	50m:	31.80	31.80	150m:	1:46.59	36.85	250m:	3:07.51	44.84	350m:	4:23.70	31.83
	100m:	1:09.74	37.94	200m:	2:22.67	36.08	300m:	3:51.87	44.36	400m:	4:54.81	31.11

39,		, 400m						100m	200m	300m	400m	
19.			02			<b>4:55.14</b>	563	1:03.45	1:17.52	1:29.19	1:04.98	
	50m:	28.84	28.84	150m:	1:42.53	39.08	250m:	3:06.02	45.05	350m:	4:23.58	33.42
	100m:	1:03.45	34.61	200m:	2:20.97	38.44	300m:	3:50.16	44.14	400m:	4:55.14	31.56
20.			05			<b>4:55.62</b>	561	1:10.21	1:17.08	1:23.56	1:04.77	
	50m:	31.92	31.92	150m:	1:48.90	38.69	250m:	3:09.33	42.04	350m:	4:23.81	32.96
	100m:	1:10.21	38.29	200m:	2:27.29	38.39	300m:	3:50.85	41.52	400m:	4:55.62	31.81
21.			04			<b>4:57.30</b>	551	1:04.91	1:19.81	1:22.79	1:09.79	
	50m:	28.95	28.95	150m:	1:44.58	39.67	250m:	3:05.32	40.60	350m:	4:23.18	35.67
	100m:	1:04.91	35.96	200m:	2:24.72	40.14	300m:	3:47.51	42.19	400m:	4:57.30	34.12
22.			05			<b>4:57.75</b>	549	1:10.34	1:13.56	1:26.30	1:07.55	
	50m:	31.20	31.20	150m:	1:47.34	37.00	250m:	3:06.22	42.32	350m:	4:23.73	33.53
	100m:	1:10.34	39.14	200m:	2:23.90	36.56	300m:	3:50.20	43.98	400m:	4:57.75	34.02
23.			05			<b>4:58.93</b>	542	1:07.23	1:17.39	1:28.52	1:05.79	
	50m:	30.58	30.58	150m:	1:46.23	39.00	250m:	3:08.49	43.87	350m:	4:26.23	33.09
	100m:	1:07.23	36.65	200m:	2:24.62	38.39	300m:	3:53.14	44.65	400m:	4:58.93	32.70
24.			05			<b>4:59.80</b>	538	1:08.84	1:17.69	1:24.72	1:08.55	
	50m:	31.25	31.25	150m:	1:47.94	39.10	250m:	3:09.31	42.78	350m:	4:26.09	34.84
	100m:	1:08.84	37.59	200m:	2:26.53	38.59	300m:	3:51.25	41.94	400m:	4:59.80	33.71
25.			03			<b>4:59.81</b>	537	1:04.22	1:20.57	1:23.88	1:11.14	
	50m:	29.53	29.53	150m:	1:45.40	41.18	250m:	3:06.73	41.94	350m:	4:25.16	36.49
	100m:	1:04.22	34.69	200m:	2:24.79	39.39	300m:	3:48.67	41.94	400m:	4:59.81	34.65
26.			04			<b>5:01.37</b>	529	1:07.35	1:15.88	1:30.23	1:07.91	
	50m:	30.86	30.86	150m:	1:45.56	38.21	250m:	3:08.13	44.90	350m:	4:29.65	36.19
	100m:	1:07.35	36.49	200m:	2:23.23	37.67	300m:	3:53.46	45.33	400m:	5:01.37	31.72
27.			06			<b>5:02.52</b>	523	1:05.84	1:14.02	1:31.06	1:11.60	
	50m:	30.34	30.34	150m:	1:43.34	37.50	250m:	3:05.14	45.28	350m:	4:27.28	36.36
	100m:	1:05.84	35.50	200m:	2:19.86	36.52	300m:	3:50.92	45.78	400m:	5:02.52	35.24
28.			05			<b>5:03.06</b>	520	1:09.23	1:16.89	1:29.83	1:07.11	
	50m:	31.61	31.61	150m:	1:47.96	38.73	250m:	3:10.53	44.41	350m:	4:30.06	34.11
	100m:	1:09.23	37.62	200m:	2:26.12	38.16	300m:	3:55.95	45.42	400m:	5:03.06	33.00
29.			04			<b>5:10.56</b>	484	1:09.57	1:22.04	1:29.30	1:09.65	
	50m:	31.97	31.97	150m:	1:50.84	41.27	250m:	3:16.37	44.76	350m:	4:37.27	36.36
	100m:	1:09.57	37.60	200m:	2:31.61	40.77	300m:	4:00.91	44.54	400m:	5:10.56	33.29
30.			05			<b>5:11.67</b>	478	1:06.86	1:20.17	1:31.78	1:12.86	
	50m:	29.90	29.90	150m:	1:47.42	40.56	250m:	3:12.10	45.07	350m:	4:35.60	36.79
	100m:	1:06.86	36.96	200m:	2:27.03	39.61	300m:	3:58.81	46.71	400m:	5:11.67	36.07
DSQ			02			<b>5:01.45</b>		1:06.20	1:19.66	1:28.23	1:07.36	
	50m:	30.26	30.26	150m:	1:46.00	39.80	250m:	3:09.76	43.90	350m:	4:28.66	34.57
	100m:	1:06.20	35.94	200m:	2:25.86	39.86	300m:	3:54.09	44.33	400m:	5:01.45	32.79