

, 14. - 18.7.2020

4 , 400m
14.07.2020

3:52.78 , 01.01.2013
3:56.98 , 01.01.2018

KMC : 4:22.50 / MC : 4:08.50 / MCMK : 3:48.19

: FINA 2019

							100m	200m	300m	400m		
1.		00			4:06.60	710 Q	57.13	1:02.73	1:03.93	1:02.81		
	50m:	26.98	26.98	150m:	1:28.19	31.06	250m:	2:31.54	31.68	350m:	3:35.79	32.00
	100m:	57.13	30.15	200m:	1:59.86	31.67	300m:	3:03.79	32.25	400m:	4:06.60	30.81
2.		03			4:07.03	707 Q	58.10	1:02.71	1:03.59	1:02.63		
	50m:	27.71	27.71	150m:	1:29.20	31.10	250m:	2:32.48	31.67	350m:	3:36.43	32.03
	100m:	58.10	30.39	200m:	2:00.81	31.61	300m:	3:04.40	31.92	400m:	4:07.03	30.60
3.		00			4:10.17	680 Q	1:00.31	1:03.05	1:03.49	1:03.32		
	50m:	28.69	28.69	150m:	1:32.26	31.95	250m:	2:35.07	31.71	350m:	3:39.16	32.31
	100m:	1:00.31	31.62	200m:	2:03.36	31.10	300m:	3:06.85	31.78	400m:	4:10.17	31.01
4.		03			4:11.76	667 Q	1:00.16	1:04.84	1:03.84	1:02.92		
	50m:	28.37	28.37	150m:	1:32.38	32.22	250m:	2:36.62	31.62	350m:	3:40.87	32.03
	100m:	1:00.16	31.79	200m:	2:05.00	32.62	300m:	3:08.84	32.22	400m:	4:11.76	30.89
5.		02			4:11.92	666 Q	1:00.22	1:05.15	1:05.00	1:01.55		
	50m:	28.67	28.67	150m:	1:32.63	32.41	250m:	2:38.08	32.71	350m:	3:42.08	31.71
	100m:	1:00.22	31.55	200m:	2:05.37	32.74	300m:	3:10.37	32.29	400m:	4:11.92	29.84
6.		02			4:12.50	662 Q	1:00.01	1:04.79	1:05.17	1:02.53		
	50m:	27.64	27.64	150m:	1:31.83	31.82	250m:	2:37.30	32.50	350m:	3:42.12	32.15
	100m:	1:00.01	32.37	200m:	2:04.80	32.97	300m:	3:09.97	32.67	400m:	4:12.50	30.38
7.		04			4:13.25	656 Q	1:00.60	1:04.49	1:03.92	1:04.24		
	50m:	28.99	28.99	150m:	1:32.65	32.05	250m:	2:36.80	31.71	350m:	3:41.64	32.63
	100m:	1:00.60	31.61	200m:	2:05.09	32.44	300m:	3:09.01	32.21	400m:	4:13.25	31.61
8.		00			4:13.56	653 Q	59.50	1:05.93	1:06.21	1:01.92		
	50m:	27.70	27.70	150m:	1:32.31	32.81	250m:	2:38.61	33.18	350m:	3:43.89	32.25
	100m:	59.50	31.80	200m:	2:05.43	33.12	300m:	3:11.64	33.03	400m:	4:13.56	29.67
9.		02			4:16.01	635 Q	1:00.47	1:05.25	1:05.68	1:04.61		
	50m:	28.67	28.67	150m:	1:32.63	32.16	250m:	2:37.98	32.26	350m:	3:43.61	32.21
	100m:	1:00.47	31.80	200m:	2:05.72	33.09	300m:	3:11.40	33.42	400m:	4:16.01	32.40
10.		01			4:16.22	633 Q	59.66	1:05.26	1:05.41	1:05.89		
	50m:	28.38	28.38	150m:	1:31.96	32.30	250m:	2:37.39	32.47	350m:	3:43.39	33.06
	100m:	59.66	31.28	200m:	2:04.92	32.96	300m:	3:10.33	32.94	400m:	4:16.22	32.83
11.		03			4:16.27	633 R	1:00.02	1:05.15	1:05.39	1:05.71		
	50m:	28.10	28.10	150m:	1:32.35	32.33	250m:	2:37.65	32.48	350m:	3:43.60	33.04
	100m:	1:00.02	31.92	200m:	2:05.17	32.82	300m:	3:10.56	32.91	400m:	4:16.27	32.67
12.		04			4:18.09	619 R	1:00.39	1:05.60	1:06.97	1:05.13		
	50m:	28.73	28.73	150m:	1:32.98	32.59	250m:	2:39.25	33.26	350m:	3:46.18	33.22
	100m:	1:00.39	31.66	200m:	2:05.99	33.01	300m:	3:12.96	33.71	400m:	4:18.09	31.91
13.		04			4:18.10	619	1:00.41	1:05.11	1:06.73	1:05.85		
	50m:	28.37	28.37	150m:	1:32.81	32.40	250m:	2:38.82	33.30	350m:	3:45.72	33.47
	100m:	1:00.41	32.04	200m:	2:05.52	32.71	300m:	3:12.25	33.43	400m:	4:18.10	32.38
14.		03			4:18.53	616	1:02.42	1:05.58	1:05.40	1:05.13		
	50m:	29.60	29.60	150m:	1:35.01	32.59	250m:	2:40.53	32.53	350m:	3:46.39	32.99
	100m:	1:02.42	32.82	200m:	2:08.00	32.99	300m:	3:13.40	32.87	400m:	4:18.53	32.14
15.		03			4:18.70	615	59.90	1:05.33	1:07.66	1:05.81		
	50m:	28.16	28.16	150m:	1:32.11	32.21	250m:	2:38.78	33.55	350m:	3:46.68	33.79
	100m:	59.90	31.74	200m:	2:05.23	33.12	300m:	3:12.89	34.11	400m:	4:18.70	32.02
16.		03			4:18.75	615	1:02.13	1:05.27	1:05.26	1:06.09		
	50m:	29.55	29.55	150m:	1:34.48	32.35	250m:	2:39.73	32.33	350m:	3:45.90	33.24
	100m:	1:02.13	32.58	200m:	2:07.40	32.92	300m:	3:12.66	32.93	400m:	4:18.75	32.85
17.		01			4:19.77	608	1:00.15	1:06.06	1:06.70	1:06.86		
	50m:	28.52	28.52	150m:	1:33.01	32.86	250m:	2:39.31	33.10	350m:	3:46.23	33.32
	100m:	1:00.15	31.63	200m:	2:06.21	33.20	300m:	3:12.91	33.60	400m:	4:19.77	33.54
18.		05			4:19.95	606	1:02.94	1:06.44	1:06.72	1:03.85		
	50m:	29.76	29.76	150m:	1:35.97	33.03	250m:	2:42.86	33.48	350m:	3:48.68	32.58
	100m:	1:02.94	33.18	200m:	2:09.38	33.41	300m:	3:16.10	33.24	400m:	4:19.95	31.27

4,		, 400m						100m	200m	300m	400m	
19.			05			4:22.09	592	1:02.23	1:07.12	1:07.68	1:05.06	
	50m:	29.35	29.35	150m:	1:35.40	33.17	250m:	2:43.11	33.76	350m:	3:49.93	32.90
	100m:	1:02.23	32.88	200m:	2:09.35	33.95	300m:	3:17.03	33.92	400m:	4:22.09	32.16
20.			03			4:22.24	590	1:00.74	1:05.79	1:07.49	1:08.22	
	50m:	28.84	28.84	150m:	1:33.62	32.88	250m:	2:39.94	33.41	350m:	3:48.29	34.27
	100m:	1:00.74	31.90	200m:	2:06.53	32.91	300m:	3:14.02	34.08	400m:	4:22.24	33.95
21.			04			4:23.94	579	1:01.68	1:08.42	1:07.83	1:06.01	
	50m:	28.89	28.89	150m:	1:35.93	34.25	250m:	2:44.00	33.90	350m:	3:51.73	33.80
	100m:	1:01.68	32.79	200m:	2:10.10	34.17	300m:	3:17.93	33.93	400m:	4:23.94	32.21
22.			02			4:24.23	577	1:00.57	1:05.85	1:08.72	1:09.09	
	50m:	28.54	28.54	150m:	1:33.21	32.64	250m:	2:40.35	33.93	350m:	3:50.10	34.96
	100m:	1:00.57	32.03	200m:	2:06.42	33.21	300m:	3:15.14	34.79	400m:	4:24.23	34.13
23.			04			4:25.28	570	1:02.25	1:08.03	1:07.80	1:07.20	
	50m:	29.25	29.25	150m:	1:35.96	33.71	250m:	2:44.28	34.00	350m:	3:51.90	33.82
	100m:	1:02.25	33.00	200m:	2:10.28	34.32	300m:	3:18.08	33.80	400m:	4:25.28	33.38
24.			03			4:25.61	568	1:02.88	1:07.55	1:08.17	1:07.01	
	50m:	29.88	29.88	150m:	1:36.38	33.50	250m:	2:44.58	34.15	350m:	3:52.76	34.16
	100m:	1:02.88	33.00	200m:	2:10.43	34.05	300m:	3:18.60	34.02	400m:	4:25.61	32.85
25.			03			4:26.09	565	1:00.55	1:08.41	1:09.36	1:07.77	
	50m:	28.33	28.33	150m:	1:34.20	33.65	250m:	2:43.87	34.91	350m:	3:52.13	33.81
	100m:	1:00.55	32.22	200m:	2:08.96	34.76	300m:	3:18.32	34.45	400m:	4:26.09	33.96
26.			05			4:26.29	564	1:02.54	1:08.36	1:09.19	1:06.20	
	50m:	29.59	29.59	150m:	1:36.44	33.90	250m:	2:45.19	34.29	350m:	3:54.02	33.93
	100m:	1:02.54	32.95	200m:	2:10.90	34.46	300m:	3:20.09	34.90	400m:	4:26.29	32.27
27.			00			4:26.70	561	1:03.26	1:08.32	1:08.26	1:06.86	
	50m:	29.87	29.87	150m:	1:36.45	33.19	250m:	2:45.36	33.78	350m:	3:53.71	33.87
	100m:	1:03.26	33.39	200m:	2:11.58	35.13	300m:	3:19.84	34.48	400m:	4:26.70	32.99
28.			03			4:26.81	561	1:00.38	1:07.08	1:09.50	1:09.85	
	50m:	28.90	28.90	150m:	1:33.27	32.89	250m:	2:42.09	34.63	350m:	3:52.33	35.37
	100m:	1:00.38	31.48	200m:	2:07.46	34.19	300m:	3:16.96	34.87	400m:	4:26.81	34.48
29.			04			4:27.37	557	1:03.53	1:07.94	1:09.22	1:06.68	
	50m:	30.51	30.51	150m:	1:37.03	33.50	250m:	2:45.82	34.35	350m:	3:55.11	34.42
	100m:	1:03.53	33.02	200m:	2:11.47	34.44	300m:	3:20.69	34.87	400m:	4:27.37	32.26
30.			03			4:27.90	554	1:02.29	1:08.61	1:09.50	1:07.50	
	50m:	29.11	29.11	150m:	1:36.36	34.07	250m:	2:45.38	34.48	350m:	3:54.81	34.41
	100m:	1:02.29	33.18	200m:	2:10.90	34.54	300m:	3:20.40	35.02	400m:	4:27.90	33.09
31.			04			4:28.81	548	1:03.47	1:08.18	1:10.15	1:07.01	
	50m:	29.86	29.86	150m:	1:37.09	33.62	250m:	2:46.15	34.50	350m:	3:56.82	35.02
	100m:	1:03.47	33.61	200m:	2:11.65	34.56	300m:	3:21.80	35.65	400m:	4:28.81	31.99
32.			02			4:29.18	546	1:02.36	1:08.96	1:08.86	1:09.00	
	50m:	29.35	29.35	150m:	1:36.47	34.11	250m:	2:44.64	33.32	350m:	3:55.60	35.42
	100m:	1:02.36	33.01	200m:	2:11.32	34.85	300m:	3:20.18	35.54	400m:	4:29.18	33.58
33.			03			4:29.54	544	1:02.16	1:08.09	1:09.81	1:09.48	
	50m:	29.46	29.46	150m:	1:35.97	33.81	250m:	2:45.02	34.77	350m:	3:55.30	35.24
	100m:	1:02.16	32.70	200m:	2:10.25	34.28	300m:	3:20.06	35.04	400m:	4:29.54	34.24
34.			03			4:29.67	543	1:02.70	1:08.63	1:10.22	1:08.12	
	50m:	29.36	29.36	150m:	1:36.92	34.22	250m:	2:46.36	35.03	350m:	3:56.76	35.21
	100m:	1:02.70	33.34	200m:	2:11.33	34.41	300m:	3:21.55	35.19	400m:	4:29.67	32.91
35.			04			4:29.77	542	1:04.69	1:09.09	1:08.42	1:07.57	
	50m:	30.87	30.87	150m:	1:39.16	34.47	250m:	2:47.95	34.17	350m:	3:56.19	33.99
	100m:	1:04.69	33.82	200m:	2:13.78	34.62	300m:	3:22.20	34.25	400m:	4:29.77	33.58
36.			05			4:30.01	541	1:02.79	1:07.68	1:10.43	1:09.11	
	50m:	30.12	30.12	150m:	1:36.29	33.50	250m:	2:45.75	35.28	350m:	3:56.08	35.18
	100m:	1:02.79	32.67	200m:	2:10.47	34.18	300m:	3:20.90	35.15	400m:	4:30.01	33.93
37.			05			4:30.27	539	1:02.62	1:08.38	1:09.27	1:10.00	
	50m:	29.33	29.33	150m:	1:36.62	34.00	250m:	2:45.69	34.69	350m:	3:55.83	35.56
	100m:	1:02.62	33.29	200m:	2:11.00	34.38	300m:	3:20.27	34.58	400m:	4:30.27	34.44
38.			05			4:30.80	536	1:02.47	1:08.47	1:10.72	1:09.14	
	50m:	29.58	29.58	150m:	1:36.59	34.12	250m:	2:46.05	35.11	350m:	3:56.43	34.77
	100m:	1:02.47	32.89	200m:	2:10.94	34.35	300m:	3:21.66	35.61	400m:	4:30.80	34.37

		4, , 400m								100m	200m	300m	400m
39.			05			4:31.00	535		1:02.57	1:07.78	1:10.90	1:09.75	
	50m:	29.70	29.70	150m:	1:35.62	33.05	250m:	2:45.29	34.94	350m:	3:57.24	35.99	
	100m:	1:02.57	32.87	200m:	2:10.35	34.73	300m:	3:21.25	35.96	400m:	4:31.00	33.76	
40.			04			4:31.32	533		1:06.29	1:10.34	1:08.05	1:06.64	
	50m:	31.41	31.41	150m:	1:41.11	34.82	250m:	2:50.19	33.56	350m:	3:58.53	33.85	
	100m:	1:06.29	34.88	200m:	2:16.63	35.52	300m:	3:24.68	34.49	400m:	4:31.32	32.79	
41.			03			4:31.59	532		1:02.72	1:07.99	1:10.39	1:10.49	
	50m:	29.24	29.24	150m:	1:36.39	33.67	250m:	2:45.95	35.24	350m:	3:56.90	35.80	
	100m:	1:02.72	33.48	200m:	2:10.71	34.32	300m:	3:21.10	35.15	400m:	4:31.59	34.69	
42.			05			4:32.03	529		1:04.49	1:09.10	1:10.81	1:07.63	
	50m:	30.71	30.71	150m:	1:38.80	34.31	250m:	2:49.05	35.46	350m:	3:59.18	34.78	
	100m:	1:04.49	33.78	200m:	2:13.59	34.79	300m:	3:24.40	35.35	400m:	4:32.03	32.85	
43.			03			4:33.13	523		1:02.56	1:09.61	1:10.80	1:10.16	
	50m:	29.51	29.51	150m:	1:36.89	34.33	250m:	2:47.47	35.30	350m:	3:58.79	35.82	
	100m:	1:02.56	33.05	200m:	2:12.17	35.28	300m:	3:22.97	35.50	400m:	4:33.13	34.34	
44.			05			4:38.45	493		1:04.44	1:10.15	1:11.97	1:11.89	
	50m:	30.53	30.53	150m:	1:39.48	35.04	250m:	2:50.12	35.53	350m:	4:03.12	36.56	
	100m:	1:04.44	33.91	200m:	2:14.59	35.11	300m:	3:26.56	36.44	400m:	4:38.45	35.33	
45.			03			4:41.17	479		1:04.02	1:11.42	1:13.49	1:12.24	
	50m:	29.99	29.99	150m:	1:39.74	35.72	250m:	2:52.08	36.64	350m:	4:06.02	37.09	
	100m:	1:04.02	34.03	200m:	2:15.44	35.70	300m:	3:28.93	36.85	400m:	4:41.17	35.15	
46.			05			4:41.77	476		1:04.81	1:12.09	1:12.72	1:12.15	
	50m:	30.82	30.82	150m:	1:40.72	35.91	250m:	2:53.78	36.88	350m:	4:06.36	36.74	
	100m:	1:04.81	33.99	200m:	2:16.90	36.18	300m:	3:29.62	35.84	400m:	4:41.77	35.41	
47.			07			5:06.67	369		1:09.81	1:19.30	1:20.09	1:17.47	
	50m:	32.59	32.59	150m:	1:48.67	38.86	250m:	3:08.79	39.68	350m:	4:28.55	39.35	
	100m:	1:09.81	37.22	200m:	2:29.11	40.44	300m:	3:49.20	40.41	400m:	5:06.67	38.12	