

, 14. - 18.7.2020

40  
18.07.2020

, 400m

4:09.70 01.01.1984  
4:24.49 01.01.2019

KMC : 4:44.50 / MC : 4:30.50 / MCMK : 4:07.97

: FINA 2019

							100m	200m	300m	400m		
1.		04				<b>4:28.48</b> 683 Q	1:03.78	1:08.61	1:08.46	1:07.63		
	50m:	30.21	30.21	150m:	1:37.90	34.12	250m:	2:46.39	34.00	350m:	3:54.80	33.95
	100m:	1:03.78	33.57	200m:	2:12.39	34.49	300m:	3:20.85	34.46	400m:	4:28.48	33.68
2.		05				<b>4:36.24</b> 627 Q	1:05.97	1:10.40	1:10.54	1:09.33		
	50m:	31.51	31.51	150m:	1:40.60	34.63	250m:	2:51.30	34.93	350m:	4:02.26	35.35
	100m:	1:05.97	34.46	200m:	2:16.37	35.77	300m:	3:26.91	35.61	400m:	4:36.24	33.98
3.		04				<b>4:41.01</b> 595 Q	1:05.55	1:11.79	1:13.22	1:10.45		
	50m:	30.81	30.81	150m:	1:41.08	35.53	250m:	2:53.88	36.54	350m:	4:06.37	35.81
	100m:	1:05.55	34.74	200m:	2:17.34	36.26	300m:	3:30.56	36.68	400m:	4:41.01	34.64
4.		03				<b>4:41.04</b> 595 Q	1:07.21	1:12.54	1:12.10	1:09.19		
	50m:	31.91	31.91	150m:	1:43.44	36.23	250m:	2:55.96	36.21	350m:	4:07.45	35.60
	100m:	1:07.21	35.30	200m:	2:19.75	36.31	300m:	3:31.85	35.89	400m:	4:41.04	33.59
5.		04				<b>4:41.55</b> 592 Q	1:05.98	1:11.56	1:12.32	1:11.69		
	50m:	31.39	31.39	150m:	1:41.62	35.64	250m:	2:53.83	36.29	350m:	4:06.13	36.27
	100m:	1:05.98	34.59	200m:	2:17.54	35.92	300m:	3:29.86	36.03	400m:	4:41.55	35.42
6.		04				<b>4:43.93</b> 577 Q	1:06.51	1:12.66	1:13.99	1:10.77		
	50m:	31.55	31.55	150m:	1:42.54	36.03	250m:	2:56.17	37.00	350m:	4:09.11	35.95
	100m:	1:06.51	34.96	200m:	2:19.17	36.63	300m:	3:33.16	36.99	400m:	4:43.93	34.82
7.		04				<b>4:48.08</b> 553 Q	1:08.99	1:15.63	1:14.05	1:09.41		
	50m:	32.45	32.45	150m:	1:47.01	38.02	250m:	3:02.29	37.67	350m:	4:14.32	35.65
	100m:	1:08.99	36.54	200m:	2:24.62	37.61	300m:	3:38.67	36.38	400m:	4:48.08	33.76
8.		00				<b>4:49.99</b> 542 Q	1:07.36	1:13.44	1:15.61	1:13.58		
	50m:	32.13	32.13	150m:	1:43.55	36.19	250m:	2:58.23	37.43	350m:	4:13.55	37.14
	100m:	1:07.36	35.23	200m:	2:20.80	37.25	300m:	3:36.41	38.18	400m:	4:49.99	36.44
9.		04				<b>4:50.70</b> 538 R	1:09.55	1:15.64	1:15.24	1:10.27		
	50m:	32.22	32.22	150m:	1:47.23	37.68	250m:	3:03.14	37.95	350m:	4:16.63	36.20
	100m:	1:09.55	37.33	200m:	2:25.19	37.96	300m:	3:40.43	37.29	400m:	4:50.70	34.07
10.		05				<b>4:51.90</b> 531 R	1:08.76	1:15.16	1:15.69	1:12.29		
	50m:	32.34	32.34	150m:	1:46.43	37.67	250m:	3:02.16	38.24	350m:	4:16.12	36.51
	100m:	1:08.76	36.42	200m:	2:23.92	37.49	300m:	3:39.61	37.45	400m:	4:51.90	35.78
11.		02				<b>4:52.50</b> 528	1:08.61	1:15.71	1:14.70	1:13.48		
	50m:	32.22	32.22	150m:	1:46.21	37.60	250m:	3:01.55	37.23	350m:	4:16.53	37.51
	100m:	1:08.61	36.39	200m:	2:24.32	38.11	300m:	3:39.02	37.47	400m:	4:52.50	35.97
12.		04				<b>4:52.87</b> 526	1:07.91	1:14.27	1:15.90	1:14.79		
	50m:	32.09	32.09	150m:	1:44.77	36.86	250m:	2:59.68	37.50	350m:	4:16.21	38.13
	100m:	1:07.91	35.82	200m:	2:22.18	37.41	300m:	3:38.08	38.40	400m:	4:52.87	36.66
13.		07				<b>4:54.00</b> 520	1:10.11	1:16.89	1:14.61	1:12.39		
	50m:	32.64	32.64	150m:	1:48.45	38.34	250m:	3:04.18	37.18	350m:	4:18.64	37.03
	100m:	1:10.11	37.47	200m:	2:27.00	38.55	300m:	3:41.61	37.43	400m:	4:54.00	35.36
14.		04				<b>4:54.76</b> 516	1:09.77	1:15.38	1:16.53	1:13.08		
	50m:	33.77	33.77	150m:	1:47.21	37.44	250m:	3:03.23	38.08	350m:	4:18.78	37.10
	100m:	1:09.77	36.00	200m:	2:25.15	37.94	300m:	3:41.68	38.45	400m:	4:54.76	35.98
15.		05				<b>4:54.81</b> 515	1:08.15	1:16.36	1:16.99	1:13.31		
	50m:	31.61	31.61	150m:	1:45.78	37.63	250m:	3:02.61	38.10	350m:	4:19.19	37.69
	100m:	1:08.15	36.54	200m:	2:24.51	38.73	300m:	3:41.50	38.89	400m:	4:54.81	35.62
16.		08				<b>4:56.97</b> 504	1:09.59	1:17.22	1:16.19	1:13.97		
	50m:	32.74	32.74	150m:	1:47.87	38.28	250m:	3:04.95	38.14	350m:	4:21.16	38.16
	100m:	1:09.59	36.85	200m:	2:26.81	38.94	300m:	3:43.00	38.05	400m:	4:56.97	35.81
17.		06				<b>4:58.62</b> 496	1:10.20	1:16.70	1:17.83	1:13.89		
	50m:	33.40	33.40	150m:	1:48.38	38.18	250m:	3:06.05	39.15	350m:	4:23.08	38.35
	100m:	1:10.20	36.80	200m:	2:26.90	38.52	300m:	3:44.73	38.68	400m:	4:58.62	35.54
18.		04				<b>4:59.29</b> 493	1:09.49	1:16.12	1:16.66	1:17.02		
	50m:	32.58	32.58	150m:	1:47.27	37.78	250m:	3:03.78	38.17	350m:	4:20.98	38.71
	100m:	1:09.49	36.91	200m:	2:25.61	38.34	300m:	3:42.27	38.49	400m:	4:59.29	38.31

40,		, 400m						100m	200m	300m	400m	
19.	,	05				<b>4:59.30</b>	493	1:10.17	1:15.99	1:18.07	1:15.07	
	50m:	33.31	33.31	150m:	1:48.48	38.31	250m:	3:05.13	38.97	350m:	4:22.87	38.64
	100m:	1:10.17	36.86	200m:	2:26.16	37.68	300m:	3:44.23	39.10	400m:	4:59.30	36.43
20.	,	06				<b>4:59.32</b>	493	1:11.03	1:17.96	1:17.16	1:13.17	
	50m:	33.30	33.30	150m:	1:49.78	38.75	250m:	3:07.36	38.37	350m:	4:24.43	38.28
	100m:	1:11.03	37.73	200m:	2:28.99	39.21	300m:	3:46.15	38.79	400m:	4:59.32	34.89
21.	,	05				<b>4:59.43</b>	492	1:11.92	1:17.17	1:17.17	1:13.17	
	50m:	34.20	34.20	150m:	1:50.60	38.68	250m:	3:07.76	38.67	350m:	4:24.64	38.38
	100m:	1:11.92	37.72	200m:	2:29.09	38.49	300m:	3:46.26	38.50	400m:	4:59.43	34.79
22.	,	05				<b>4:59.88</b>	490	1:12.38	1:16.61	1:17.07	1:13.82	
	50m:	34.43	34.43	150m:	1:50.62	38.24	250m:	3:07.39	38.40	350m:	4:23.77	37.71
	100m:	1:12.38	37.95	200m:	2:28.99	38.37	300m:	3:46.06	38.67	400m:	4:59.88	36.11
23.	,	04				<b>5:00.18</b>	488	1:09.16	1:17.31	1:17.78	1:15.93	
	50m:	31.98	31.98	150m:	1:47.72	38.56	250m:	3:05.71	39.24	350m:	4:23.22	38.97
	100m:	1:09.16	37.18	200m:	2:26.47	38.75	300m:	3:44.25	38.54	400m:	5:00.18	36.96
24.	,	05				<b>5:00.88</b>	485	1:11.30	1:16.98	1:17.02	1:15.58	
	50m:	33.63	33.63	150m:	1:49.95	38.65	250m:	3:06.85	38.57	350m:	4:24.38	39.08
	100m:	1:11.30	37.67	200m:	2:28.28	38.33	300m:	3:45.30	38.45	400m:	5:00.88	36.50
25.	,	07				<b>5:02.55</b>	477	1:12.10	1:18.26	1:18.12	1:14.07	
	50m:	34.05	34.05	150m:	1:50.92	38.82	250m:	3:09.42	39.06	350m:	4:26.93	38.45
	100m:	1:12.10	38.05	200m:	2:30.36	39.44	300m:	3:48.48	39.06	400m:	5:02.55	35.62
26.	,	07				<b>5:03.23</b>	474	1:11.81	1:18.46	1:18.38	1:14.58	
	50m:	33.76	33.76	150m:	1:51.22	39.41	250m:	3:09.98	39.71	350m:	4:27.21	38.56
	100m:	1:11.81	38.05	200m:	2:30.27	39.05	300m:	3:48.65	38.67	400m:	5:03.23	36.02
27.	,	04				<b>5:03.99</b>	470	1:10.05	1:18.00	1:19.44	1:16.50	
	50m:	32.56	32.56	150m:	1:48.64	38.59	250m:	3:07.55	39.50	350m:	4:26.57	39.08
	100m:	1:10.05	37.49	200m:	2:28.05	39.41	300m:	3:47.49	39.94	400m:	5:03.99	37.42
28.	,	06				<b>5:04.33</b>	469	1:12.00	1:18.93	1:18.38	1:15.02	
	50m:	33.98	33.98	150m:	1:51.64	39.64	250m:	3:10.08	39.15	350m:	4:27.49	38.18
	100m:	1:12.00	38.02	200m:	2:30.93	39.29	300m:	3:49.31	39.23	400m:	5:04.33	36.84