

, 14. - 18.7.2020

14.07.2020

, 400m

3:52.78
3:56.98

01.01.2013
01.01.2018

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

: FINA 2019

							100m	200m	300m	400m		
1.		00			4:03.98	733	56.34	1:01.67	1:03.54	1:02.43		
	50m:	26.65	26.65	150m:	1:26.79	30.45	250m:	2:29.49	31.48	350m:	3:33.40	31.85
	100m:	56.34	29.69	200m:	1:58.01	31.22	300m:	3:01.55	32.06	400m:	4:03.98	30.58
2.		00			4:05.73	718	59.92	1:03.37	1:03.13	59.31		
	50m:	28.87	28.87	150m:	1:31.63	31.71	250m:	2:35.35	32.06	350m:	3:36.56	30.14
	100m:	59.92	31.05	200m:	2:03.29	31.66	300m:	3:06.42	31.07	400m:	4:05.73	29.17
3.		03			4:09.09	689	58.30	1:02.63	1:04.36	1:03.80		
	50m:	27.86	27.86	150m:	1:29.41	31.11	250m:	2:32.96	32.03	350m:	3:37.71	32.42
	100m:	58.30	30.44	200m:	2:00.93	31.52	300m:	3:05.29	32.33	400m:	4:09.09	31.38
4.		02			4:09.53	685	59.47	1:03.79	1:04.82	1:01.45		
	50m:	27.95	27.95	150m:	1:31.00	31.53	250m:	2:35.64	32.38	350m:	3:39.91	31.83
	100m:	59.47	31.52	200m:	2:03.26	32.26	300m:	3:08.08	32.44	400m:	4:09.53	29.62
5.		03			4:09.61	685	59.44	1:03.93	1:03.80	1:02.44		
	50m:	28.25	28.25	150m:	1:31.19	31.75	250m:	2:35.05	31.68	350m:	3:39.11	31.94
	100m:	59.44	31.19	200m:	2:03.37	32.18	300m:	3:07.17	32.12	400m:	4:09.61	30.50
6.		02			4:10.16	680	1:00.16	1:04.37	1:03.31	1:02.32		
	50m:	28.95	28.95	150m:	1:32.09	31.93	250m:	2:35.95	31.42	350m:	3:39.83	31.99
	100m:	1:00.16	31.21	200m:	2:04.53	32.44	300m:	3:07.84	31.89	400m:	4:10.16	30.33
7.		04			4:10.50	678	59.66	1:04.90	1:03.85	1:02.09		
	50m:	28.62	28.62	150m:	1:32.05	32.39	250m:	2:37.13	32.57	350m:	3:40.08	31.67
	100m:	59.66	31.04	200m:	2:04.56	32.51	300m:	3:08.41	31.28	400m:	4:10.50	30.42
8.		00			4:18.51	616	58.30	1:05.16	1:06.84	1:08.21		
	50m:	27.34	27.34	150m:	1:30.62	32.32	250m:	2:36.54	33.08	350m:	3:45.23	34.93
	100m:	58.30	30.96	200m:	2:03.46	32.84	300m:	3:10.30	33.76	400m:	4:18.51	33.28