

18

, 400m

18.03.2022

4:55.47

01.01.2016

1 : 5:51.00 / : 5:30.50 / : 5:11.50

: FINA 2021

							100m	200m	300m	400m		
1.			07			5:19.83 577 Q	1:08.07	1:24.47	1:31.08	1:16.21		
	50m:	31.11	31.11	150m:	1:50.27	42.20	250m:	3:17.58	45.04	350m:	4:42.22	38.60
	100m:	1:08.07	36.96	200m:	2:32.54	42.27	300m:	4:03.62	46.04	400m:	5:19.83	37.61
2.			08			5:25.01 550 Q	1:09.73	1:23.58	1:37.25	1:14.45		
	50m:	32.39	32.39	150m:	1:51.38	41.65	250m:	3:20.98	47.67	350m:	4:48.00	37.44
	100m:	1:09.73	37.34	200m:	2:33.31	41.93	300m:	4:10.56	49.58	400m:	5:25.01	37.01
3.			07			5:25.84 546 Q	1:20.00	1:24.40	1:26.56	1:14.88		
	50m:	36.89	36.89	150m:	2:02.43	42.43	250m:	3:27.31	42.91	350m:	4:49.02	38.06
	100m:	1:20.00	43.11	200m:	2:44.40	41.97	300m:	4:10.96	43.65	400m:	5:25.84	36.82
4.			08			5:26.74 541 Q	1:12.21	1:26.97	1:31.91	1:15.65		
	50m:	32.97	32.97	150m:	1:56.89	44.68	250m:	3:24.19	45.01	350m:	4:50.38	39.29
	100m:	1:12.21	39.24	200m:	2:39.18	42.29	300m:	4:11.09	46.90	400m:	5:26.74	36.36
5.			08			5:30.20 524 Q	1:15.57	1:25.34	1:34.06	1:15.23		
	50m:	35.11	35.11	150m:	1:59.24	43.67	250m:	3:27.24	46.33	350m:	4:52.52	37.55
	100m:	1:15.57	40.46	200m:	2:40.91	41.67	300m:	4:14.97	47.73	400m:	5:30.20	37.68
6.			07			5:30.88 521 Q 1	1:16.78	1:23.20	1:38.56	1:12.34		
	50m:	34.67	34.67	150m:	1:58.67	41.89	250m:	3:30.03	50.05	350m:	4:55.26	36.72
	100m:	1:16.78	42.11	200m:	2:39.98	41.31	300m:	4:18.54	48.51	400m:	5:30.88	35.62
7.			07			5:30.90 521 Q 1	1:19.47	1:22.32	1:35.69	1:13.42		
	50m:	36.61	36.61	150m:	2:01.13	41.66	250m:	3:29.77	47.98	350m:	4:55.60	38.12
	100m:	1:19.47	42.86	200m:	2:41.79	40.66	300m:	4:17.48	47.71	400m:	5:30.90	35.30
8.			07			5:35.22 501 Q 1	1:17.83	1:23.47	1:35.72	1:18.20		
	50m:	34.75	34.75	150m:	2:00.05	42.22	250m:	3:29.18	47.88	350m:	4:56.46	39.44
	100m:	1:17.83	43.08	200m:	2:41.30	41.25	300m:	4:17.02	47.84	400m:	5:35.22	38.76
9.			07			5:35.87 498 Q 1	1:18.41	1:29.79	1:29.19	1:18.48		
	50m:	37.11	37.11	150m:	2:04.73	46.32	250m:	3:32.58	44.38	350m:	4:57.35	39.96
	100m:	1:18.41	41.30	200m:	2:48.20	43.47	300m:	4:17.39	44.81	400m:	5:35.87	38.52
10.			08			5:37.86 490 Q 1	1:18.50	1:29.64	1:36.35	1:13.37		
	50m:	35.57	35.57	150m:	2:03.99	45.49	250m:	3:36.84	48.70	350m:	5:01.11	36.62
	100m:	1:18.50	42.93	200m:	2:48.14	44.15	300m:	4:24.49	47.65	400m:	5:37.86	36.75
11.			09			5:40.03 480 R 1	1:21.86	1:25.01	1:38.91	1:14.25		
	50m:	36.07	36.07	150m:	2:04.45	42.59	250m:	3:36.95	50.08	350m:	5:03.51	37.73
	100m:	1:21.86	45.79	200m:	2:46.87	42.42	300m:	4:25.78	48.83	400m:	5:40.03	36.52
12.			08			5:41.55 474 R 1	1:18.78	1:24.81	1:42.76	1:15.20		
	50m:	34.38	34.38	150m:	2:01.84	43.06	250m:	3:35.48	51.89	350m:	5:05.66	39.31
	100m:	1:18.78	44.40	200m:	2:43.59	41.75	300m:	4:26.35	50.87	400m:	5:41.55	35.89
13.			08			5:41.78 473 1	1:19.52	1:30.21	1:36.98	1:15.07		
	50m:	37.11	37.11	150m:	2:05.95	46.43	250m:	3:38.51	48.78	350m:	5:06.03	39.32
	100m:	1:19.52	42.41	200m:	2:49.73	43.78	300m:	4:26.71	48.20	400m:	5:41.78	35.75
14.			07			5:45.07 459 1	1:17.71	1:29.53	1:43.21	1:14.62		
	50m:	35.27	35.27	150m:	2:03.19	45.48	250m:	3:38.64	51.40	350m:	5:08.61	38.16
	100m:	1:17.71	42.44	200m:	2:47.24	44.05	300m:	4:30.45	51.81	400m:	5:45.07	36.46
15.			07			5:46.14 455 1	1:24.22	1:26.64	1:41.21	1:14.07		
	50m:	38.20	38.20	150m:	2:07.09	42.87	250m:	3:41.51	50.65	350m:	5:09.97	37.90
	100m:	1:24.22	46.02	200m:	2:50.86	43.77	300m:	4:32.07	50.56	400m:	5:46.14	36.17
16.			07			5:48.42 446 1	1:23.29	1:28.79	1:38.60	1:17.74		
	50m:	36.56	36.56	150m:	2:08.23	44.94	250m:	3:41.02	48.94	350m:	5:09.74	39.06
	100m:	1:23.29	46.73	200m:	2:52.08	43.85	300m:	4:30.68	49.66	400m:	5:48.42	38.68
17.			09			5:48.65 445 1	1:20.07	1:28.73	1:42.10	1:17.75		
	50m:	36.48	36.48	150m:	2:04.74	44.67	250m:	3:38.72	49.92	350m:	5:11.26	40.36
	100m:	1:20.07	43.59	200m:	2:48.80	44.06	300m:	4:30.90	52.18	400m:	5:48.65	37.39
18.			08			5:50.34 439 1	1:16.28	1:29.76	1:44.81	1:19.49		
	50m:	34.22	34.22	150m:	2:01.90	45.62	250m:	3:38.05	52.01	350m:	5:11.22	40.37
	100m:	1:16.28	42.06	200m:	2:46.04	44.14	300m:	4:30.85	52.80	400m:	5:50.34	39.12
19.			07			5:51.72 434	1:23.46	1:32.31	1:37.94	1:18.01		
	50m:	37.87	37.87	150m:	2:10.01	46.55	250m:	3:44.07	48.30	350m:	5:13.73	40.02
	100m:	1:23.46	45.59	200m:	2:55.77	45.76	300m:	4:33.71	49.64	400m:	5:51.72	37.99

		18,	, 400m	,	,							
						100m	200m	300m	400m			
20.	,	07				5:56.66	416	1:18.95	1:32.16	1:45.10	1:20.45	
	50m:	35.07	35.07	150m:	2:05.63	46.68	250m:	3:43.55	52.44	350m:	5:17.03	40.82
	100m:	1:18.95	43.88	200m:	2:51.11	45.48	300m:	4:36.21	52.66	400m:	5:56.66	39.63
21.	,	08				6:05.04	388	1:24.52	1:40.45	1:36.15	1:23.92	
	50m:	37.67	37.67	150m:	2:16.45	51.93	250m:	3:52.34	47.37	350m:	5:25.19	44.07
	100m:	1:24.52	46.85	200m:	3:04.97	48.52	300m:	4:41.12	48.78	400m:	6:05.04	39.85
22.	,	09				6:14.09	360	1:34.62	1:37.89	1:36.75	1:24.83	
	50m:	41.38	41.38	150m:	2:24.34	49.72	250m:	4:00.15	47.64	350m:	5:32.97	43.71
	100m:	1:34.62	53.24	200m:	3:12.51	48.17	300m:	4:49.26	49.11	400m:	6:14.09	41.12
23.	,	08				6:14.95	358	1:26.81	1:35.89	1:49.33	1:22.92	
	50m:	38.62	38.62	150m:	2:15.74	48.93	250m:	3:56.96	54.26	350m:	5:34.76	42.73
	100m:	1:26.81	48.19	200m:	3:02.70	46.96	300m:	4:52.03	55.07	400m:	6:14.95	40.19