

, 16. - 19.3.2022

16.03.2022

, 400m

4:18.70

01.01.2021

1 : 5:07.00 / : 4:44.50 / : 4:29.00

: FINA 2021

							100m	200m	300m	400m
1.		07				4:36.97 622	1:03.86	1:11.25	1:12.00	1:09.86
	50m:	29.69	29.69	150m:	1:39.07	35.21	35.97	350m:	4:03.10	35.99
	100m:	1:03.86	34.17	200m:	2:15.11	36.04	36.03	400m:	4:36.97	33.87
2.		07				4:37.00 622	1:05.68	1:10.54	1:11.06	1:09.72
	50m:	31.40	31.40	150m:	1:40.60	34.92	35.37	350m:	4:02.80	35.52
	100m:	1:05.68	34.28	200m:	2:16.22	35.62	35.69	400m:	4:37.00	34.20
3.		07				4:40.89 596	1:05.97	1:12.04	1:13.10	1:09.78
	50m:	31.02	31.02	150m:	1:41.63	35.66	36.52	350m:	4:07.19	36.08
	100m:	1:05.97	34.95	200m:	2:18.01	36.38	36.58	400m:	4:40.89	33.70
4.		07				4:41.55 592	1:06.34	1:12.73	1:11.95	1:10.53
	50m:	31.39	31.39	150m:	1:42.69	36.35	35.83	350m:	4:06.76	35.74
	100m:	1:06.34	34.95	200m:	2:19.07	36.38	36.12	400m:	4:41.55	34.79
5.		08				4:43.61 579	1:05.83	1:12.41	1:13.79	1:11.58
	50m:	31.34	31.34	150m:	1:41.62	35.79	36.78	350m:	4:08.45	36.42
	100m:	1:05.83	34.49	200m:	2:18.24	36.62	37.01	400m:	4:43.61	35.16
6.		07				4:46.41 562 1	1:07.09	1:12.86	1:13.59	1:12.87
	50m:	31.93	31.93	150m:	1:43.23	36.14	36.35	350m:	4:10.29	36.75
	100m:	1:07.09	35.16	200m:	2:19.95	36.72	37.24	400m:	4:46.41	36.12
7.		08				4:48.17 552 1	1:07.21	1:14.34	1:15.03	1:11.59
	50m:	32.60	32.60	150m:	1:44.08	36.87	37.78	350m:	4:13.32	36.74
	100m:	1:07.21	34.61	200m:	2:21.55	37.47	37.25	400m:	4:48.17	34.85
8.		08				4:50.72 538 1	1:05.46	1:13.50	1:15.54	1:16.22
	50m:	31.04	31.04	150m:	1:41.76	36.30	37.61	350m:	4:12.60	38.10
	100m:	1:05.46	34.42	200m:	2:18.96	37.20	37.93	400m:	4:50.72	38.12
EXH		07								
EXH		07								