

9  
17.03.2022

, 400m

3:56.98

01.01.2018

1 : 4:42.50 / : 4:22.50 / : 4:05.00

: FINA 2021

							100m	200m	300m	400m		
1.	,	06				<b>4:10.15</b> 680	59.90	1:03.92	1:04.33	1:02.00		
	50m:	28.57	28.57	150m:	1:31.63	31.73	250m:	2:36.01	32.19	350m:	3:40.07	31.92
	100m:	59.90	31.33	200m:	2:03.82	32.19	300m:	3:08.15	32.14	400m:	4:10.15	30.08
2.	,	07				<b>4:14.35</b> 647	1:00.14	1:04.96	1:04.99	1:04.26		
	50m:	28.88	28.88	150m:	1:32.15	32.01	250m:	2:37.26	32.16	350m:	3:43.10	33.01
	100m:	1:00.14	31.26	200m:	2:05.10	32.95	300m:	3:10.09	32.83	400m:	4:14.35	31.25
3.	,	06				<b>4:15.73</b> 637	1:00.40	1:05.24	1:06.32	1:03.77		
	50m:	28.56	28.56	150m:	1:32.79	32.39	250m:	2:38.75	33.11	350m:	3:44.74	32.78
	100m:	1:00.40	31.84	200m:	2:05.64	32.85	300m:	3:11.96	33.21	400m:	4:15.73	30.99
4.	,	06				<b>4:17.30</b> 625	1:00.06	1:05.11	1:05.83	1:06.30		
	50m:	28.28	28.28	150m:	1:32.31	32.25	250m:	2:37.44	32.27	350m:	3:44.74	33.74
	100m:	1:00.06	31.78	200m:	2:05.17	32.86	300m:	3:11.00	33.56	400m:	4:17.30	32.56
5.	,	07				<b>4:18.60</b> 616	1:00.73	1:05.89	1:05.89	1:06.09		
	50m:	28.57	28.57	150m:	1:33.69	32.96	250m:	2:39.47	32.85	350m:	3:46.27	33.76
	100m:	1:00.73	32.16	200m:	2:06.62	32.93	300m:	3:12.51	33.04	400m:	4:18.60	32.33
6.	,	06				<b>4:21.03</b> 599	1:01.39	1:06.20	1:07.59	1:05.85		
	50m:	29.36	29.36	150m:	1:34.28	32.89	250m:	2:41.25	33.66	350m:	3:49.11	33.93
	100m:	1:01.39	32.03	200m:	2:07.59	33.31	300m:	3:15.18	33.93	400m:	4:21.03	31.92
7.	,	06				<b>4:21.06</b> 599	1:01.67	1:06.50	1:07.44	1:05.45		
	50m:	29.11	29.11	150m:	1:34.43	32.76	250m:	2:41.61	33.44	350m:	3:49.49	33.88
	100m:	1:01.67	32.56	200m:	2:08.17	33.74	300m:	3:15.61	34.00	400m:	4:21.06	31.57
8.	,	06				<b>4:24.14</b> 578 1	1:00.53	1:07.49	1:08.83	1:07.29		
	50m:	28.29	28.29	150m:	1:33.76	33.23	250m:	2:41.98	33.96	350m:	3:51.13	34.28
	100m:	1:00.53	32.24	200m:	2:08.02	34.26	300m:	3:16.85	34.87	400m:	4:24.14	33.01
EXH	,	06										
EXH	,	06										