



, 7. - 10.2.2024

28 , 400m
09.02.2024 - 11:03

JR 4:29.25 , 01.01.2013
KMC : 4:55.00 / MC : 4:37.00 / : 4:13.43
: FINA 2024

			/				R.T.					
1.			2007				+0,68		4:39.96		649	
	50m:	27.11	27.11	150m:	1:37.12	37.33	250m:	2:53.19	39.37	350m:	4:07.34	33.85
	100m:	59.79	32.68	200m:	2:13.82	36.70	300m:	3:33.49	40.30	400m:	4:39.96	32.62
2.			2007				+0,79		4:40.94		643	
	50m:	28.19	28.19	150m:	1:37.20	36.51	250m:	2:55.42	42.87	350m:	4:10.70	31.82
	100m:	1:00.69	32.50	200m:	2:12.55	35.35	300m:	3:38.88	43.46	400m:	4:40.94	30.24
3.			2007				+0,69		4:42.89		629	
	50m:	28.61	28.61	150m:	1:39.26	37.25	250m:	2:55.59	40.23	350m:	4:09.67	33.72
	100m:	1:02.01	33.40	200m:	2:15.36	36.10	300m:	3:35.95	40.36	400m:	4:42.89	33.22
4.			2006				+0,83		4:46.31		607	
	50m:	28.64	28.64	150m:	1:40.41	38.03	250m:	2:57.55	41.63	350m:	4:13.00	33.65
	100m:	1:02.38	33.74	200m:	2:15.92	35.51	300m:	3:39.35	41.80	400m:	4:46.31	33.31
5.			2007				+0,72		4:47.95		597	
	50m:	30.51	30.51	150m:	1:43.38	38.20	250m:	3:00.46	39.52	350m:	4:15.41	34.21
	100m:	1:05.18	34.67	200m:	2:20.94	37.56	300m:	3:41.20	40.74	400m:	4:47.95	32.54
6.			2006				+0,72		4:49.23		589	
	50m:	29.92	29.92	150m:	1:42.86	38.05	250m:	3:01.99	41.72	350m:	4:16.15	33.59
	100m:	1:04.81	34.89	200m:	2:20.27	37.41	300m:	3:42.56	40.57	400m:	4:49.23	33.08
7.			2008				+0,71		4:53.07		566	
	50m:	30.06	30.06	150m:	1:43.13	37.01	250m:	3:02.92	42.27	350m:	4:19.63	33.85
	100m:	1:06.12	36.06	200m:	2:20.65	37.52	300m:	3:45.78	42.86	400m:	4:53.07	33.44
8.			2008				+0,71		4:55.16		554	
	50m:	29.84	29.84	150m:	1:45.80	40.39	250m:	3:06.85	42.07	350m:	4:23.23	34.04
	100m:	1:05.41	35.57	200m:	2:24.78	38.98	300m:	3:49.19	42.34	400m:	4:55.16	31.93
9.			2007				+0,58		4:55.41		553	
	50m:	30.37	30.37	150m:	1:44.30	37.81	250m:	3:04.08	42.79	350m:	4:22.72	34.23
	100m:	1:06.49	36.12	200m:	2:21.29	36.99	300m:	3:48.49	44.41	400m:	4:55.41	32.69
10.			2008				+0,73		4:56.02		549	
	50m:	31.05	31.05	150m:	1:43.24	36.64	250m:	3:03.53	43.21	350m:	4:22.18	34.40
	100m:	1:06.60	35.55	200m:	2:20.32	37.08	300m:	3:47.78	44.25	400m:	4:56.02	33.84
11.			2008				+0,77		4:57.91		539	
	50m:	29.37	29.37	150m:	1:41.95	38.06	250m:	3:04.54	44.42	350m:	4:24.20	35.06
	100m:	1:03.89	34.52	200m:	2:20.12	38.17	300m:	3:49.14	44.60	400m:	4:57.91	33.71
12.			2008				+0,78		4:58.05		538	
	50m:	28.86	28.86	150m:	1:43.80	39.82	250m:	3:05.33	43.49	350m:	4:24.60	35.56
	100m:	1:03.98	35.12	200m:	2:21.84	38.04	300m:	3:49.04	43.71	400m:	4:58.05	33.45



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28,		, 400m										
		/				R.T.						
13.			2009			+0,78	4:58.37	536				
	50m:	30.73	30.73	150m:	1:46.95	40.70	250m:	3:06.18	40.08	350m:	4:25.32	36.09
	100m:	1:06.25	35.52	200m:	2:26.10	39.15	300m:	3:49.23	43.05	400m:	4:58.37	33.05
14.			2007			+0,70	5:02.55	514				
	50m:	31.30	31.30	150m:	1:46.21	36.80	250m:	3:07.84	43.70	350m:	4:28.27	35.64
	100m:	1:09.41	38.11	200m:	2:24.14	37.93	300m:	3:52.63	44.79	400m:	5:02.55	34.28
15.			2007			+0,68	5:04.48	505				
	50m:	29.29	29.29	150m:	1:44.69	39.61	250m:	3:07.54	42.71	350m:	4:29.72	35.96
	100m:	1:05.08	35.79	200m:	2:24.83	40.14	300m:	3:53.76	46.22	400m:	5:04.48	34.76
16.			2007	1		+0,74	5:05.52	500				
	50m:	29.96	29.96	150m:	1:46.62	41.43	250m:	3:11.37	45.54	350m:	4:31.82	35.14
	100m:	1:05.19	35.23	200m:	2:25.83	39.21	300m:	3:56.68	45.31	400m:	5:05.52	33.70
17.			2007			+0,81	5:05.69	499				
	50m:	29.05	29.05	150m:	1:45.16	40.23	250m:	3:08.17	44.94	350m:	4:30.87	35.71
	100m:	1:04.93	35.88	200m:	2:23.23	38.07	300m:	3:55.16	46.99	400m:	5:05.69	34.82
18.			2007	1		+0,72	5:08.46	485				
	50m:	32.13	32.13	150m:	1:49.72	40.35	250m:	3:13.32	43.32	350m:	4:33.82	36.01
	100m:	1:09.37	37.24	200m:	2:30.00	40.28	300m:	3:57.81	44.49	400m:	5:08.46	34.64
19.			2008			+0,89	5:12.23	468				
	50m:	31.42	31.42	150m:	1:50.96	42.12	250m:	3:14.17	42.07	350m:	4:35.88	38.12
	100m:	1:08.84	37.42	200m:	2:32.10	41.14	300m:	3:57.76	43.59	400m:	5:12.23	36.35
20.			2009	1		+0,71	5:24.58	417				
	50m:	32.97	32.97	150m:	1:55.93	45.04	250m:	3:25.90	49.35	350m:	4:49.58	35.97
	100m:	1:10.89	37.92	200m:	2:36.55	40.62	300m:	4:13.61	47.71	400m:	5:24.58	35.00
21.			2007	1		+0,81	5:35.23	378				
	50m:	34.51	34.51	150m:	2:04.05	46.35	250m:	3:35.29	46.35	350m:	4:59.42	37.32
	100m:	1:17.70	43.19	200m:	2:48.94	44.89	300m:	4:22.10	46.81	400m:	5:35.23	35.81