



, 10. - 13.7.2024

20
11.07.2024 - 11:09

, 400m

3:55.38	TITMUS, Ariame	AUS	Fukuoka (JPN)	23.07.2023
4:09.70	,	BLR	Moscow	19.08.1984
3:59.15	PELLEGRINI, Federica	ITA	Rome (ITA)	26.07.2009

KMC : 4:43.50 / MC : 4:29.00 / MCMK : 4:07.97

: FINA 2024

							R.T.				
1.			2004				+0,76	4:26.32	690		
	50m:	30.25	30.25	150m:	1:37.21	34.00	250m:	2:45.08	33.84	350m:	3:53.34 34.05
	100m:	1:03.21	32.96	200m:	2:11.24	34.03	300m:	3:19.29	34.21	400m:	4:26.32 32.98
2.			2005				+0,73	4:36.41	617		
	50m:	31.78	31.78	150m:	1:41.34	34.95	250m:	2:51.54	34.92	350m:	4:01.96 35.08
	100m:	1:06.39	34.61	200m:	2:16.62	35.28	300m:	3:26.88	35.34	400m:	4:36.41 34.45
3.			2008				+0,70	4:38.87	601		
	50m:	32.05	32.05	150m:	1:42.94	34.88	250m:	2:53.31	35.18	350m:	4:03.69 34.87
	100m:	1:08.06	36.01	200m:	2:18.13	35.19	300m:	3:28.82	35.51	400m:	4:38.87 35.18
4.			2009				+0,72	4:42.80	576		
	50m:	31.77	31.77	150m:	1:42.73	35.83	250m:	2:54.94	36.08	350m:	4:07.19 35.76
	100m:	1:06.90	35.13	200m:	2:18.86	36.13	300m:	3:31.43	36.49	400m:	4:42.80 35.61
5.			2008				+0,56	4:44.77	564		
	50m:	32.13	32.13	150m:	1:44.22	36.54	250m:	2:57.76	36.85	350m:	4:10.90 36.28
	100m:	1:07.68	35.55	200m:	2:20.91	36.69	300m:	3:34.62	36.86	400m:	4:44.77 33.87
6.			2010				+0,82	4:45.28	561		
	50m:	31.73	31.73	150m:	1:42.16	35.30	250m:	2:54.10	36.22	350m:	4:08.76 37.52
	100m:	1:06.86	35.13	200m:	2:17.88	35.72	300m:	3:31.24	37.14	400m:	4:45.28 36.52
7.			2007				+0,66	4:45.44	560		
	50m:	31.83	31.83	150m:	1:43.80	36.94	250m:	2:57.16	37.07	350m:	4:10.70 36.62
	100m:	1:06.86	35.03	200m:	2:20.09	36.29	300m:	3:34.08	36.92	400m:	4:45.44 34.74
8.			2011				+0,74	4:46.39	555		
	50m:	30.76	30.76	150m:	1:42.55	36.63	250m:	2:56.07	37.09	350m:	4:10.38 37.45
	100m:	1:05.92	35.16	200m:	2:18.98	36.43	300m:	3:32.93	36.86	400m:	4:46.39 36.01
9.			2005				+0,86	4:48.10	545		
	50m:	32.09	32.09	150m:	1:44.47	36.82	250m:	2:58.97	37.27	350m:	4:13.18 36.92
	100m:	1:07.65	35.56	200m:	2:21.70	37.23	300m:	3:36.26	37.29	400m:	4:48.10 34.92
10.			2006				+0,72	4:49.13	539		
	50m:	33.60	33.60	150m:	1:46.79	36.72	250m:	3:00.15	36.34	350m:	4:13.28 36.71
	100m:	1:10.07	36.47	200m:	2:23.81	37.02	300m:	3:36.57	36.42	400m:	4:49.13 35.85
11.			2008				+0,80	4:52.62	520		
	50m:	32.22	32.22	150m:	1:43.99	36.61	250m:	2:59.20	37.72	350m:	4:15.22 37.80
	100m:	1:07.38	35.16	200m:	2:21.48	37.49	300m:	3:37.42	38.22	400m:	4:52.62 37.40
12.			2009				+0,72	4:54.99	508		
	50m:	32.75	32.75	150m:	1:46.83	37.46	250m:	3:02.79	38.23	350m:	4:18.57 38.19
	100m:	1:09.37	36.62	200m:	2:24.56	37.73	300m:	3:40.38	37.59	400m:	4:54.99 36.42



, 10. - 13.7.2024

	20,	, 400m	,	,								
	,	/					R.T.					
13.			2008				+0,86	5:02.13	472			
	50m: 33.56	33.56	150m: 1:49.36	39.03	250m: 3:07.75	39.15	350m: 4:25.78	39.21				
	100m: 1:10.33	36.77	200m: 2:28.60	39.24	300m: 3:46.57	38.82	400m: 5:02.13	36.35				
14.			2010				+0,78	5:02.63	470			
	50m: 33.95	33.95	150m: 1:50.00	38.11	250m: 3:06.68	38.90	350m: 4:24.88	39.32				
	100m: 1:11.89	37.94	200m: 2:27.78	37.78	300m: 3:45.56	38.88	400m: 5:02.63	37.75				
15.			2009				+0,80	5:03.01	468			
	50m: 32.92	32.92	150m: 1:49.27	38.81	250m: 3:07.66	39.32	350m: 4:25.74	39.01				
	100m: 1:10.46	37.54	200m: 2:28.34	39.07	300m: 3:46.73	39.07	400m: 5:03.01	37.27				
16.			2009				+0,75	5:04.08	463			
	50m: 33.69	33.69	150m: 1:49.59	38.58	250m: 3:07.42	39.08	350m: 4:25.94	39.05				
	100m: 1:11.01	37.32	200m: 2:28.34	38.75	300m: 3:46.89	39.47	400m: 5:04.08	38.14				
17.			2011				+0,71	5:05.52	457			
	50m: 33.18	33.18	150m: 1:49.54	39.15	250m: 3:08.46	39.86	350m: 4:27.57	39.72				
	100m: 1:10.39	37.21	200m: 2:28.60	39.06	300m: 3:47.85	39.39	400m: 5:05.52	37.95				