

, 21 - 24 2021

13
22.09.2021

, 400m

		4:31.13						(GER)		15.11.2009		
		4:37.52								07.11.2018		
: FINA 2021												
		/						R.T.		FINA		
1.				2000				+0,79	4:42.11		773	
	50m:	29.55	29.55	150m:	1:39.55	35.36	250m:	2:55.51	39.81	350m:	4:10.32	33.62
	100m:	1:04.19	34.64	200m:	2:15.70	36.15	300m:	3:36.70	41.19	400m:	4:42.11	31.79
2.				2006				+0,76	4:51.41		701	
	50m:	30.25	30.25	150m:	1:43.11	37.97	250m:	3:03.39	42.85	350m:	4:19.96	33.69
	100m:	1:05.14	34.89	200m:	2:20.54	37.43	300m:	3:46.27	42.88	400m:	4:51.41	31.45
3.				2002				+0,74	4:53.03		690	
	50m:	31.25	31.25	150m:	1:43.68	36.68	250m:	3:02.87	42.64	350m:	4:20.04	34.44
	100m:	1:07.00	35.75	200m:	2:20.23	36.55	300m:	3:45.60	42.73	400m:	4:53.03	32.99
4.				2004				+0,88	4:53.30		688	
	50m:	31.00	31.00	150m:	1:45.72	38.93	250m:	3:05.67	41.51	350m:	4:20.95	33.80
	100m:	1:06.79	35.79	200m:	2:24.16	38.44	300m:	3:47.15	41.48	400m:	4:53.30	32.35
5.				2006				+0,77	4:57.20		661	
	50m:	31.63	31.63	150m:	1:45.56	37.56	250m:	3:05.54	43.37	350m:	4:23.27	35.41
	100m:	1:08.00	36.37	200m:	2:22.17	36.61	300m:	3:47.86	42.32	400m:	4:57.20	33.93
6.				2002				+0,79	5:00.58		639	
	50m:	31.07	31.07	150m:	1:43.28	36.27	250m:	3:05.31	45.59	350m:	4:25.74	35.74
	100m:	1:07.01	35.94	200m:	2:19.72	36.44	300m:	3:50.00	44.69	400m:	5:00.58	34.84
7.				2002				+0,79	5:00.62		639	
	50m:	30.96	30.96	150m:	1:44.82	38.04	250m:	3:06.62	43.40	350m:	4:26.29	35.71
	100m:	1:06.78	35.82	200m:	2:23.22	38.40	300m:	3:50.58	43.96	400m:	5:00.62	34.33
8.				2007				+0,87	5:02.03		630	
	50m:	31.92	31.92	150m:	1:46.16	38.48	250m:	3:10.07	45.28	350m:	4:29.01	33.75
	100m:	1:07.68	35.76	200m:	2:24.79	38.63	300m:	3:55.26	45.19	400m:	5:02.03	33.02
9.				2004				+0,78	5:02.50		627	
	50m:	31.67	31.67	150m:	1:48.96	38.65	250m:	3:09.28	42.97	350m:	4:27.67	35.43
	100m:	1:10.31	38.64	200m:	2:26.31	37.35	300m:	3:52.24	42.96	400m:	5:02.50	34.83
10.				2007				+0,65	5:02.78		625	
	50m:	33.07	33.07	150m:	1:50.38	38.83	250m:	3:11.62	44.03	350m:	4:30.23	34.60
	100m:	1:11.55	38.48	200m:	2:27.59	37.21	300m:	3:55.63	44.01	400m:	5:02.78	32.55
11.				2007				+0,85	5:04.33		615	
	50m:	30.97	30.97	150m:	1:45.54	38.49	250m:	3:07.28	44.34	350m:	4:29.69	36.98
	100m:	1:07.05	36.08	200m:	2:22.94	37.40	300m:	3:52.71	45.43	400m:	5:04.33	34.64
12.				2007				+0,91	5:04.34		615	
	50m:	31.38	31.38	150m:	1:47.71	39.68	250m:	3:12.29	45.69	350m:	4:31.50	34.39
	100m:	1:08.03	36.65	200m:	2:26.60	38.89	300m:	3:57.11	44.82	400m:	5:04.34	32.84
13.				2003				+0,80	5:04.41		615	
	50m:	32.54	32.54	150m:	1:47.68	37.95	250m:	3:09.30	44.81	350m:	4:29.36	36.18
	100m:	1:09.73	37.19	200m:	2:24.49	36.81	300m:	3:53.18	43.88	400m:	5:04.41	35.05



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2021

13,		, 400m						R.T.		FINA		
14.				2007				+0,76	5:06.81		601	
	50m:	31.75	31.75	150m:	1:49.64	41.53	250m:	3:12.37	43.83	350m:	4:32.52	35.68
	100m:	1:08.11	36.36	200m:	2:28.54	38.90	300m:	3:56.84	44.47	400m:	5:06.81	34.29
15.				2006				+0,74	5:06.86		600	
	50m:	31.73	31.73	150m:	1:47.01	38.74	250m:	3:10.38	45.25	350m:	4:32.67	36.45
	100m:	1:08.27	36.54	200m:	2:25.13	38.12	300m:	3:56.22	45.84	400m:	5:06.86	34.19
16.				2005				+0,75	5:06.90		600	
	50m:	31.05	31.05	150m:	1:45.43	37.66	250m:	3:09.03	45.92	350m:	4:31.87	36.05
	100m:	1:07.77	36.72	200m:	2:23.11	37.68	300m:	3:55.82	46.79	400m:	5:06.90	35.03
17.				2007				+0,90	5:09.64		584	
	50m:	32.82	32.82	150m:	1:51.29	39.29	250m:	3:15.38	44.63	350m:	4:34.94	34.07
	100m:	1:12.00	39.18	200m:	2:30.75	39.46	300m:	4:00.87	45.49	400m:	5:09.64	34.70
18.				2005				+0,79	5:10.50		579	
	50m:	31.93	31.93	150m:	1:50.56	40.35	250m:	3:13.52	43.89	350m:	4:35.15	36.61
	100m:	1:10.21	38.28	200m:	2:29.63	39.07	300m:	3:58.54	45.02	400m:	5:10.50	35.35
19.				2007				+0,76	5:10.63		579	
	50m:	32.86	32.86	150m:	1:50.36	38.87	250m:	3:13.02	45.34	350m:	4:35.17	36.43
	100m:	1:11.49	38.63	200m:	2:27.68	37.32	300m:	3:58.74	45.72	400m:	5:10.63	35.46
20.				2007				+0,59	5:11.68		573	
	50m:	31.35	31.35	150m:	1:47.61	39.17	250m:	3:11.84	44.87	350m:	4:35.34	36.95
	100m:	1:08.44	37.09	200m:	2:26.97	39.36	300m:	3:58.39	46.55	400m:	5:11.68	36.34
21.				2006				+0,86	5:12.02		571	
	50m:	31.10	31.10	150m:	1:49.97	42.71	250m:	3:16.79	45.61	350m:	4:38.36	35.62
	100m:	1:07.26	36.16	200m:	2:31.18	41.21	300m:	4:02.74	45.95	400m:	5:12.02	33.66
22.				2004				+0,62	5:12.48		569	
	50m:	32.07	32.07	150m:	1:50.45	39.91	250m:	3:14.10	44.25	350m:	4:35.99	36.98
	100m:	1:10.54	38.47	200m:	2:29.85	39.40	300m:	3:59.01	44.91	400m:	5:12.48	36.49
23.				2007				+0,73	5:12.75		567	
	50m:	32.22	32.22	150m:	1:50.45	39.57	250m:	3:14.74	44.80	350m:	4:36.89	35.78
	100m:	1:10.88	38.66	200m:	2:29.94	39.49	300m:	4:01.11	46.37	400m:	5:12.75	35.86
24.				2007				+0,78	5:14.36		558	
	50m:	33.12	33.12	150m:	1:52.17	40.30	250m:	3:16.54	44.16	350m:	4:39.12	37.21
	100m:	1:11.87	38.75	200m:	2:32.38	40.21	300m:	4:01.91	45.37	400m:	5:14.36	35.24
25.				2008 I				+0,90	5:16.86		545	
	50m:	33.32	33.32	150m:	1:52.46	38.87	250m:	3:19.43	47.89	350m:	4:42.97	35.51
	100m:	1:13.59	40.27	200m:	2:31.54	39.08	300m:	4:07.46	48.03	400m:	5:16.86	33.89
26.				2006				+1,00	5:17.10		544	
	50m:	35.19	35.19	150m:	1:57.13	41.19	250m:	3:21.70	44.04	350m:	4:42.27	36.86
	100m:	1:15.94	40.75	200m:	2:37.66	40.53	300m:	4:05.41	43.71	400m:	5:17.10	34.83
27.				2007				+0,73	5:17.62		541	
	50m:	33.36	33.36	150m:	1:50.64	38.05	250m:	3:16.66	48.04	350m:	4:40.84	36.13
	100m:	1:12.59	39.23	200m:	2:28.62	37.98	300m:	4:04.71	48.05	400m:	5:17.62	36.78
28.				2005				+0,79	5:18.72 I		536	
	50m:	32.04	32.04	150m:	1:50.85	40.67	250m:	3:16.95	46.15	350m:	4:40.70	36.80
	100m:	1:10.18	38.14	200m:	2:30.80	39.95	300m:	4:03.90	46.95	400m:	5:18.72	38.02



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13,		, 400m						R.T.		FINA		
29.				2007	I			+0,73	5:20.46	I	527	
	50m:	31.93	31.93	150m:	1:54.21	43.27	250m:	3:20.48	45.71	350m:	4:43.62	38.15
	100m:	1:10.94	39.01	200m:	2:34.77	40.56	300m:	4:05.47	44.99	400m:	5:20.46	36.84
30.				2007				+0,76	5:21.31	I	523	
	50m:	33.32	33.32	150m:	1:52.90	40.70	250m:	3:22.01	49.01	350m:	4:47.37	36.48
	100m:	1:12.20	38.88	200m:	2:33.00	40.10	300m:	4:10.89	48.88	400m:	5:21.31	33.94
31.				2006	I			+0,78	5:22.64	I	516	
	50m:	34.16	34.16	150m:	1:59.21	40.98	250m:	3:25.55	45.77	350m:	4:48.18	36.13
	100m:	1:18.23	44.07	200m:	2:39.78	40.57	300m:	4:12.05	46.50	400m:	5:22.64	34.46
32.				2004				+0,97	5:23.54	I	512	
	50m:	32.64	32.64	150m:	1:55.18	42.37	250m:	3:22.65	46.00	350m:	4:46.23	38.06
	100m:	1:12.81	40.17	200m:	2:36.65	41.47	300m:	4:08.17	45.52	400m:	5:23.54	37.31
33.				2007	I			+0,71	5:26.34	I	499	
	50m:	33.14	33.14	150m:	1:51.68	40.85	250m:	3:18.95	45.29	350m:	4:46.96	40.70
	100m:	1:10.83	37.69	200m:	2:33.66	41.98	300m:	4:06.26	47.31	400m:	5:26.34	39.38
34.				2007	I			+0,76	5:28.42	I	490	
	50m:	34.20	34.20	150m:	1:55.62	40.55	250m:	3:24.45	47.04	350m:	4:51.33	40.11
	100m:	1:15.07	40.87	200m:	2:37.41	41.79	300m:	4:11.22	46.77	400m:	5:28.42	37.09
35.				2006	I			+0,79	5:29.74	I	484	
	50m:	34.30	34.30	150m:	1:57.12	41.34	250m:	3:25.55	47.57	350m:	4:52.99	38.84
	100m:	1:15.78	41.48	200m:	2:37.98	40.86	300m:	4:14.15	48.60	400m:	5:29.74	36.75
36.				2007	I			+0,78	5:30.90	I	479	
	50m:	35.94	35.94	150m:	1:59.64	42.19	250m:	3:28.06	47.65	350m:	4:54.45	37.79
	100m:	1:17.45	41.51	200m:	2:40.41	40.77	300m:	4:16.66	48.60	400m:	5:30.90	36.45
37.				2006	I			+0,70	5:31.68	I	475	
	50m:	34.45	34.45	150m:	1:56.05	41.88	250m:	3:25.98	48.89	350m:	4:54.36	38.84
	100m:	1:14.17	39.72	200m:	2:37.09	41.04	300m:	4:15.52	49.54	400m:	5:31.68	37.32
38.				2008	I			+0,77	5:32.01	I	474	
	50m:	35.13	35.13	150m:	2:00.88	44.01	250m:	3:29.97	46.61	350m:	4:56.06	38.75
	100m:	1:16.87	41.74	200m:	2:43.36	42.48	300m:	4:17.31	47.34	400m:	5:32.01	35.95
39.				2008	I			+0,56	5:35.08	I	461	
	50m:	35.24	35.24	150m:	2:02.75	43.04	250m:	3:30.49	46.83	350m:	4:57.47	39.15
	100m:	1:19.71	44.47	200m:	2:43.66	40.91	300m:	4:18.32	47.83	400m:	5:35.08	37.61
40.				2006	I			+0,71	5:37.30	I	452	
	50m:	34.01	34.01	150m:	1:56.34	41.09	250m:	3:26.09	47.62	350m:	4:56.02	40.29
	100m:	1:15.25	41.24	200m:	2:38.47	42.13	300m:	4:15.73	49.64	400m:	5:37.30	41.28
41.				2007	I			+0,83	5:42.40		432	
	50m:	35.34	35.34	150m:	2:03.82	45.75	250m:	3:35.44	47.56	350m:	5:03.76	39.38
	100m:	1:18.07	42.73	200m:	2:47.88	44.06	300m:	4:24.38	48.94	400m:	5:42.40	38.64
42.				2008	I			+0,84	5:44.14		425	
	50m:	33.89	33.89	150m:	1:59.89	43.85	250m:	3:37.81	54.54	350m:	5:07.48	36.39
	100m:	1:16.04	42.15	200m:	2:43.27	43.38	300m:	4:31.09	53.28	400m:	5:44.14	36.66
43.				2007	I			+0,61	5:50.97		401	
	50m:	36.50	36.50	150m:	2:08.40	44.98	250m:	3:41.29	49.26	350m:	5:12.98	41.90
	100m:	1:23.42	46.92	200m:	2:52.03	43.63	300m:	4:31.08	49.79	400m:	5:50.97	37.99



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13,												
			/					R.T.			FINA	
44.			2006	I				+0,73	6:04.03		359	
	50m:	40.19	40.19	150m:	2:10.69	43.05	250m:	3:46.31	54.65	350m:	5:23.40	43.15
	100m:	1:27.64	47.45	200m:	2:51.66	40.97	300m:	4:40.25	53.94	400m:	6:04.03	40.63
DSQ			2007									



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13, , 400m
 13 , 400m (15-17)
 22.09.2021

4:31.13 (GER) 15.11.2009
 4:37.52 07.11.2018

: FINA 2021

	/						R.T.				FINA	
1.	2006						+0,76	4:51.41		701		
	50m:	30.25	30.25	150m:	1:43.11	37.97	250m:	3:03.39	42.85	350m:	4:19.96	33.69
	100m:	1:05.14	34.89	200m:	2:20.54	37.43	300m:	3:46.27	42.88	400m:	4:51.41	31.45
2.	2004						+0,88	4:53.30		688		
	50m:	31.00	31.00	150m:	1:45.72	38.93	250m:	3:05.67	41.51	350m:	4:20.95	33.80
	100m:	1:06.79	35.79	200m:	2:24.16	38.44	300m:	3:47.15	41.48	400m:	4:53.30	32.35
3.	2006						+0,77	4:57.20		661		
	50m:	31.63	31.63	150m:	1:45.56	37.56	250m:	3:05.54	43.37	350m:	4:23.27	35.41
	100m:	1:08.00	36.37	200m:	2:22.17	36.61	300m:	3:47.86	42.32	400m:	4:57.20	33.93
4.	2004						+0,78	5:02.50		627		
	50m:	31.67	31.67	150m:	1:48.96	38.65	250m:	3:09.28	42.97	350m:	4:27.67	35.43
	100m:	1:10.31	38.64	200m:	2:26.31	37.35	300m:	3:52.24	42.96	400m:	5:02.50	34.83
5.	2006						+0,74	5:06.86		600		
	50m:	31.73	31.73	150m:	1:47.01	38.74	250m:	3:10.38	45.25	350m:	4:32.67	36.45
	100m:	1:08.27	36.54	200m:	2:25.13	38.12	300m:	3:56.22	45.84	400m:	5:06.86	34.19
6.	2005						+0,75	5:06.90		600		
	50m:	31.05	31.05	150m:	1:45.43	37.66	250m:	3:09.03	45.92	350m:	4:31.87	36.05
	100m:	1:07.77	36.72	200m:	2:23.11	37.68	300m:	3:55.82	46.79	400m:	5:06.90	35.03
7.	2005						+0,79	5:10.50		579		
	50m:	31.93	31.93	150m:	1:50.56	40.35	250m:	3:13.52	43.89	350m:	4:35.15	36.61
	100m:	1:10.21	38.28	200m:	2:29.63	39.07	300m:	3:58.54	45.02	400m:	5:10.50	35.35
8.	2006						+0,86	5:12.02		571		
	50m:	31.10	31.10	150m:	1:49.97	42.71	250m:	3:16.79	45.61	350m:	4:38.36	35.62
	100m:	1:07.26	36.16	200m:	2:31.18	41.21	300m:	4:02.74	45.95	400m:	5:12.02	33.66
9.	2004						+0,62	5:12.48		569		
	50m:	32.07	32.07	150m:	1:50.45	39.91	250m:	3:14.10	44.25	350m:	4:35.99	36.98
	100m:	1:10.54	38.47	200m:	2:29.85	39.40	300m:	3:59.01	44.91	400m:	5:12.48	36.49
10.	2006						+1,00	5:17.10		544		
	50m:	35.19	35.19	150m:	1:57.13	41.19	250m:	3:21.70	44.04	350m:	4:42.27	36.86
	100m:	1:15.94	40.75	200m:	2:37.66	40.53	300m:	4:05.41	43.71	400m:	5:17.10	34.83
11.	2005						+0,79	5:18.72		536		
	50m:	32.04	32.04	150m:	1:50.85	40.67	250m:	3:16.95	46.15	350m:	4:40.70	36.80
	100m:	1:10.18	38.14	200m:	2:30.80	39.95	300m:	4:03.90	46.95	400m:	5:18.72	38.02
12.	2006						+0,78	5:22.64		516		
	50m:	34.16	34.16	150m:	1:59.21	40.98	250m:	3:25.55	45.77	350m:	4:48.18	36.13
	100m:	1:18.23	44.07	200m:	2:39.78	40.57	300m:	4:12.05	46.50	400m:	5:22.64	34.46
13.	2004						+0,97	5:23.54		512		
	50m:	32.64	32.64	150m:	1:55.18	42.37	250m:	3:22.65	46.00	350m:	4:46.23	38.06
	100m:	1:12.81	40.17	200m:	2:36.65	41.47	300m:	4:08.17	45.52	400m:	5:23.54	37.31



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13,		, 400m						(15-17)				
				/				R.T.		FINA		
14.				2006	I			+0,79	5:29.74	I	484	
	50m:	34.30	34.30	150m:	1:57.12	41.34	250m:	3:25.55	47.57	350m:	4:52.99	38.84
	100m:	1:15.78	41.48	200m:	2:37.98	40.86	300m:	4:14.15	48.60	400m:	5:29.74	36.75
15.				2006	I			+0,70	5:31.68	I	475	
	50m:	34.45	34.45	150m:	1:56.05	41.88	250m:	3:25.98	48.89	350m:	4:54.36	38.84
	100m:	1:14.17	39.72	200m:	2:37.09	41.04	300m:	4:15.52	49.54	400m:	5:31.68	37.32
16.				2006	I			+0,71	5:37.30	I	452	
	50m:	34.01	34.01	150m:	1:56.34	41.09	250m:	3:26.09	47.62	350m:	4:56.02	40.29
	100m:	1:15.25	41.24	200m:	2:38.47	42.13	300m:	4:15.73	49.64	400m:	5:37.30	41.28
17.				2006	I			+0,73	6:04.03		359	
	50m:	40.19	40.19	150m:	2:10.69	43.05	250m:	3:46.31	54.65	350m:	5:23.40	43.15
	100m:	1:27.64	47.45	200m:	2:51.66	40.97	300m:	4:40.25	53.94	400m:	6:04.03	40.63



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, 21 - 24 2021

13, , 400m
 13 , 400m (13-14)
 22.09.2021

4:31.13 (GER) 15.11.2009
 4:37.52 07.11.2018

: FINA 2021

	/				R.T.				FINA			
1.	2007				+0,87 5:02.03				630			
	50m:	31.92	31.92	150m:	1:46.16	38.48	250m:	3:10.07	45.28	350m:	4:29.01	33.75
	100m:	1:07.68	35.76	200m:	2:24.79	38.63	300m:	3:55.26	45.19	400m:	5:02.03	33.02
2.	2007				+0,65 5:02.78				625			
	50m:	33.07	33.07	150m:	1:50.38	38.83	250m:	3:11.62	44.03	350m:	4:30.23	34.60
	100m:	1:11.55	38.48	200m:	2:27.59	37.21	300m:	3:55.63	44.01	400m:	5:02.78	32.55
3.	2007				+0,85 5:04.33				615			
	50m:	30.97	30.97	150m:	1:45.54	38.49	250m:	3:07.28	44.34	350m:	4:29.69	36.98
	100m:	1:07.05	36.08	200m:	2:22.94	37.40	300m:	3:52.71	45.43	400m:	5:04.33	34.64
4.	2007				+0,91 5:04.34				615			
	50m:	31.38	31.38	150m:	1:47.71	39.68	250m:	3:12.29	45.69	350m:	4:31.50	34.39
	100m:	1:08.03	36.65	200m:	2:26.60	38.89	300m:	3:57.11	44.82	400m:	5:04.34	32.84
5.	2007				+0,76 5:06.81				601			
	50m:	31.75	31.75	150m:	1:49.64	41.53	250m:	3:12.37	43.83	350m:	4:32.52	35.68
	100m:	1:08.11	36.36	200m:	2:28.54	38.90	300m:	3:56.84	44.47	400m:	5:06.81	34.29
6.	2007				+0,90 5:09.64				584			
	50m:	32.82	32.82	150m:	1:51.29	39.29	250m:	3:15.38	44.63	350m:	4:34.94	34.07
	100m:	1:12.00	39.18	200m:	2:30.75	39.46	300m:	4:00.87	45.49	400m:	5:09.64	34.70
7.	2007				+0,76 5:10.63				579			
	50m:	32.86	32.86	150m:	1:50.36	38.87	250m:	3:13.02	45.34	350m:	4:35.17	36.43
	100m:	1:11.49	38.63	200m:	2:27.68	37.32	300m:	3:58.74	45.72	400m:	5:10.63	35.46
8.	2007				+0,59 5:11.68				573			
	50m:	31.35	31.35	150m:	1:47.61	39.17	250m:	3:11.84	44.87	350m:	4:35.34	36.95
	100m:	1:08.44	37.09	200m:	2:26.97	39.36	300m:	3:58.39	46.55	400m:	5:11.68	36.34
9.	2007				+0,73 5:12.75				567			
	50m:	32.22	32.22	150m:	1:50.45	39.57	250m:	3:14.74	44.80	350m:	4:36.89	35.78
	100m:	1:10.88	38.66	200m:	2:29.94	39.49	300m:	4:01.11	46.37	400m:	5:12.75	35.86
10.	2007				+0,78 5:14.36				558			
	50m:	33.12	33.12	150m:	1:52.17	40.30	250m:	3:16.54	44.16	350m:	4:39.12	37.21
	100m:	1:11.87	38.75	200m:	2:32.38	40.21	300m:	4:01.91	45.37	400m:	5:14.36	35.24
11.	2008 I				+0,90 5:16.86				545			
	50m:	33.32	33.32	150m:	1:52.46	38.87	250m:	3:19.43	47.89	350m:	4:42.97	35.51
	100m:	1:13.59	40.27	200m:	2:31.54	39.08	300m:	4:07.46	48.03	400m:	5:16.86	33.89
12.	2007				+0,73 5:17.62				541			
	50m:	33.36	33.36	150m:	1:50.64	38.05	250m:	3:16.66	48.04	350m:	4:40.84	36.13
	100m:	1:12.59	39.23	200m:	2:28.62	37.98	300m:	4:04.71	48.05	400m:	5:17.62	36.78
13.	2007 I				+0,73 5:20.46 I				527			
	50m:	31.93	31.93	150m:	1:54.21	43.27	250m:	3:20.48	45.71	350m:	4:43.62	38.15
	100m:	1:10.94	39.01	200m:	2:34.77	40.56	300m:	4:05.47	44.99	400m:	5:20.46	36.84



