

, 19 - 22 2024

9
20.03.2024 - 9:30

, 400m

4:04.10
4:07.17

-

04.04.2021
19.04.2023

: FINA 2024

				/				R.T.					
1.				2001				4:21.45				729	
	50m:	31.13	31.13	150m:	1:36.52	32.67	250m:	2:42.94	33.35	350m:	3:49.63	32.78	
	100m:	1:03.85	32.72	200m:	2:09.59	33.07	300m:	3:16.85	33.91	400m:	4:21.45	31.82	
2.				2007				+0,83 4:23.38				713	
	50m:	30.62	30.62	150m:	1:35.85	32.67	250m:	2:42.97	33.91	350m:	3:50.44	33.28	
	100m:	1:03.18	32.56	200m:	2:09.06	33.21	300m:	3:17.16	34.19	400m:	4:23.38	32.94	
3.				2004				+0,78 4:32.23				646	
	50m:	31.18	31.18	150m:	1:39.87	34.52	250m:	2:49.42	34.10	350m:	3:58.25	34.20	
	100m:	1:05.35	34.17	200m:	2:15.32	35.45	300m:	3:24.05	34.63	400m:	4:32.23	33.98	
4.				2003				+0,88 4:35.82				621	
	50m:	31.21	31.21	150m:	1:40.16	35.04	250m:	2:51.20	35.63	350m:	4:01.78	35.25	
	100m:	1:05.12	33.91	200m:	2:15.57	35.41	300m:	3:26.53	35.33	400m:	4:35.82	34.04	
5.				2006				4:35.87				621	
	50m:	30.87	30.87	150m:	1:40.24	34.69	250m:	2:51.16	34.84	350m:	4:02.42	35.03	
	100m:	1:05.55	34.68	200m:	2:16.32	36.08	300m:	3:27.39	36.23	400m:	4:35.87	33.45	
6.				2007				4:36.60				616	
	50m:	32.11	32.11	150m:	1:41.89	35.39	250m:	2:52.54	35.57	350m:	4:02.87	35.26	
	100m:	1:06.50	34.39	200m:	2:16.97	35.08	300m:	3:27.61	35.07	400m:	4:36.60	33.73	
7.				2004				+0,63 4:40.31				592	
	50m:	31.24	31.24	150m:	1:40.54	35.31	250m:	2:52.12	36.10	350m:	4:04.65	36.52	
	100m:	1:05.23	33.99	200m:	2:16.02	35.48	300m:	3:28.13	36.01	400m:	4:40.31	35.66	
8.				2009				-2	+0,60 4:42.82				576
	50m:	31.04	31.04	150m:	1:41.50	35.98	250m:	2:54.11	36.15	350m:	4:07.42	36.56	
	100m:	1:05.52	34.48	200m:	2:17.96	36.46	300m:	3:30.86	36.75	400m:	4:42.82	35.40	
9.				2006				4:43.77				570	
	50m:	32.69	32.69	150m:	1:43.55	35.62	250m:	2:55.72	36.08	350m:	4:08.29	35.58	
	100m:	1:07.93	35.24	200m:	2:19.64	36.09	300m:	3:32.71	36.99	400m:	4:43.77	35.48	
10.				2009	I			-2	+0,82 4:44.64				565
	50m:	32.51	32.51	150m:	1:44.38	36.12	250m:	2:56.75	35.61	350m:	4:09.42	36.17	
	100m:	1:08.26	35.75	200m:	2:21.14	36.76	300m:	3:33.25	36.50	400m:	4:44.64	35.22	
11.				2007				-2	4:48.10				545
	50m:	32.83	32.83	150m:	1:44.77	36.17	250m:	2:58.81	36.75	350m:	4:12.95	36.65	
	100m:	1:08.60	35.77	200m:	2:22.06	37.29	300m:	3:36.30	37.49	400m:	4:48.10	35.15	
12.				2008				+0,70 4:49.10				539	
	50m:	31.99	31.99	150m:	1:42.75	35.68	250m:	2:57.51	37.79	350m:	4:13.06	38.35	
	100m:	1:07.07	35.08	200m:	2:19.72	36.97	300m:	3:34.71	37.20	400m:	4:49.10	36.04	
13.				2007				+0,60 4:51.54				526	
	50m:	32.31	32.31	150m:	1:43.64	36.58	250m:	2:58.38	38.00	350m:	4:14.41	38.43	
	100m:	1:07.06	34.75	200m:	2:20.38	36.74	300m:	3:35.98	37.60	400m:	4:51.54	37.13	
14.				2010				+0,69 4:51.65				525	
	50m:	32.70	32.70	150m:	1:45.20	36.69	250m:	2:59.98	37.70	350m:	4:15.43	37.78	
	100m:	1:08.51	35.81	200m:	2:22.28	37.08	300m:	3:37.65	37.67	400m:	4:51.65	36.22	
15.				2008				+0,72 4:53.32				516	
	50m:	35.06	35.06	150m:	1:48.29	36.90	250m:	3:02.67	37.39	350m:	4:17.06	37.45	
	100m:	1:11.39	36.33	200m:	2:25.28	36.99	300m:	3:39.61	36.94	400m:	4:53.32	36.26	

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9,		, 400m						R.T.				
16.				2009						4:53.41		516
	50m:	32.13	32.13	150m:	1:44.59	36.60	250m:	3:01.29	38.71	350m:	4:17.21	37.26
	100m:	1:07.99	35.86	200m:	2:22.58	37.99	300m:	3:39.95	38.66	400m:	4:53.41	36.20
17.				2009						4:54.31		511
	50m:	32.85	32.85	150m:	1:46.16	36.90	250m:	3:01.01	37.71	350m:	4:17.66	38.18
	100m:	1:09.26	36.41	200m:	2:23.30	37.14	300m:	3:39.48	38.47	400m:	4:54.31	36.65
18.				2008						4:56.84		498
	50m:	32.40	32.40	150m:	1:46.44	37.88	250m:	3:03.42	39.01	350m:	4:20.25	38.60
	100m:	1:08.56	36.16	200m:	2:24.41	37.97	300m:	3:41.65	38.23	400m:	4:56.84	36.59
19.				2010						4:58.32		491
	50m:	32.87	32.87	150m:	1:46.75	37.10	250m:	3:03.05	38.37	350m:	4:20.93	38.28
	100m:	1:09.65	36.78	200m:	2:24.68	37.93	300m:	3:42.65	39.60	400m:	4:58.32	37.39
20.				2007					+0,89	4:59.13		487
	50m:	33.94	33.94	150m:	1:48.64	37.44	250m:	3:05.34	38.32	350m:	4:21.86	37.92
	100m:	1:11.20	37.26	200m:	2:27.02	38.38	300m:	3:43.94	38.60	400m:	4:59.13	37.27
21.				2010					+0,62	5:00.03		482
	50m:	33.84	33.84	150m:	1:49.07	38.89	250m:	3:06.08	39.31	350m:	4:23.95	39.43
	100m:	1:10.18	36.34	200m:	2:26.77	37.70	300m:	3:44.52	38.44	400m:	5:00.03	36.08
22.				2008						5:00.10		482
	50m:	33.66	33.66	150m:	1:47.84	37.34	250m:	3:04.45	38.10	350m:	4:22.49	38.15
	100m:	1:10.50	36.84	200m:	2:26.35	38.51	300m:	3:44.34	39.89	400m:	5:00.10	37.61
23.				2009					+0,74	5:01.58		475
	50m:	33.54	33.54	150m:	1:49.06	37.99	250m:	3:05.85	38.83	350m:	4:23.60	39.21
	100m:	1:11.07	37.53	200m:	2:27.02	37.96	300m:	3:44.39	38.54	400m:	5:01.58	37.98
24.				2009						5:03.39		466
	50m:	34.84	34.84	150m:	1:50.11	38.44	250m:	3:08.03	39.20	350m:	4:25.91	38.93
	100m:	1:11.67	36.83	200m:	2:28.83	38.72	300m:	3:46.98	38.95	400m:	5:03.39	37.48
25.				2010			-2		+0,78	5:03.65		465
	50m:	32.80	32.80	150m:	1:48.15	38.44	250m:	3:05.93	39.06	350m:	4:26.22	39.68
	100m:	1:09.71	36.91	200m:	2:26.87	38.72	300m:	3:46.54	40.61	400m:	5:03.65	37.43
26.				2009						5:04.33		462
	50m:	32.21	32.21	150m:	1:46.90	37.77	250m:	3:05.38	39.51	350m:	4:25.48	39.69
	100m:	1:09.13	36.92	200m:	2:25.87	38.97	300m:	3:45.79	40.41	400m:	5:04.33	38.85
27.				2009						5:05.22		458
	50m:	35.06	35.06	150m:	1:51.26	38.43	250m:	3:10.21	39.46	350m:	4:28.69	38.90
	100m:	1:12.83	37.77	200m:	2:30.75	39.49	300m:	3:49.79	39.58	400m:	5:05.22	36.53
28.				2010						5:07.00		450
	50m:	34.65	34.65	150m:	1:52.36	39.22	250m:	3:11.81	39.42	350m:	4:31.24	39.40
	100m:	1:13.14	38.49	200m:	2:32.39	40.03	300m:	3:51.84	40.03	400m:	5:07.00	35.76
29.				2009						5:07.57		448
	50m:	34.33	34.33	150m:	1:51.50	39.46	250m:	3:10.42	39.90	350m:	4:30.01	40.03
	100m:	1:12.04	37.71	200m:	2:30.52	39.02	300m:	3:49.98	39.56	400m:	5:07.57	37.56
30.				2009					+0,67	5:13.70		422
	50m:	34.18	34.18	150m:	1:53.94	40.05	250m:	3:14.65	40.28	350m:	4:34.97	39.49
	100m:	1:13.89	39.71	200m:	2:34.37	40.43	300m:	3:55.48	40.83	400m:	5:13.70	38.73
31.				2010						5:19.35		400
	50m:	34.35	34.35	150m:	1:52.87	40.08	250m:	3:15.29	41.20	350m:	4:39.42	41.75
	100m:	1:12.79	38.44	200m:	2:34.09	41.22	300m:	3:57.67	42.38	400m:	5:19.35	39.93