



, 21-22

2022

(25 )

16  
21.09.2022 - 16:25

, 400m

2010

: FINA 2021

1.				06					<b>4:33.26</b>	627		
	50m:	30.83	30.83	150m:	1:40.86	35.26	250m:	2:51.04	34.77	350m:	4:00.51	34.63
	100m:	1:05.60	34.77	200m:	2:16.27	35.41	300m:	3:25.88	34.84	400m:	4:33.26	32.75
2.				06						<b>4:41.26</b>	575	I
	50m:	31.19	31.19	150m:	1:41.93	35.65	250m:	2:53.50	35.91	350m:	4:06.16	36.30
	100m:	1:06.28	35.09	200m:	2:17.59	35.66	300m:	3:29.86	36.36	400m:	4:41.26	35.10
3.				09						<b>4:43.67</b>	560	I
	50m:	32.13	32.13	150m:	1:43.56	36.12	250m:	2:55.71	35.86	350m:	4:08.44	36.56
	100m:	1:07.44	35.31	200m:	2:19.85	36.29	300m:	3:31.88	36.17	400m:	4:43.67	35.23
4.				08						<b>4:56.09</b>	493	II
	50m:	33.05	33.05	150m:	1:46.05	36.95	250m:	3:01.94	38.39	350m:	4:19.17	38.53
	100m:	1:09.10	36.05	200m:	2:23.55	37.50	300m:	3:40.64	38.70	400m:	4:56.09	36.92
5.				08						<b>4:56.77</b>	489	II
	50m:	34.11	34.11	150m:	1:48.73	37.65	250m:	3:05.46	38.67	350m:	4:21.64	37.53
	100m:	1:11.08	36.97	200m:	2:26.79	38.06	300m:	3:44.11	38.65	400m:	4:56.77	35.13
6.				08						<b>4:58.53</b>	481	II
	50m:	33.62	33.62	150m:	1:47.38	37.35	250m:	3:05.35	39.04	350m:	4:22.82	37.66
	100m:	1:10.03	36.41	200m:	2:26.31	38.93	300m:	3:45.16	39.81	400m:	4:58.53	35.71
7.				08						<b>5:06.95</b>	442	II
	50m:	34.10	34.10	150m:	1:49.97	38.20	250m:	3:08.64	39.54	350m:	4:28.97	40.32
	100m:	1:11.77	37.67	200m:	2:29.10	39.13	300m:	3:48.65	40.01	400m:	5:06.95	37.98
8.				10						<b>5:08.17</b>	437	II
	50m:	35.33	35.33	150m:	1:53.18	38.63	250m:	3:12.16	39.85	350m:	4:30.14	38.74
	100m:	1:14.55	39.22	200m:	2:32.31	39.13	300m:	3:51.40	39.24	400m:	5:08.17	38.03
9.				09						<b>5:09.97</b>	429	II
	50m:	34.16	34.16	150m:	1:53.15	39.72	250m:	3:12.35	39.55	350m:	4:32.29	40.09
	100m:	1:13.43	39.27	200m:	2:32.80	39.65	300m:	3:52.20	39.85	400m:	5:09.97	37.68
10.				09						<b>5:10.01</b>	429	II
	50m:	34.43	34.43	150m:	1:52.57	39.91	250m:	3:12.91	39.85	350m:	4:32.90	39.93
	100m:	1:12.66	38.23	200m:	2:33.06	40.49	300m:	3:52.97	40.06	400m:	5:10.01	37.11
11.				08						<b>5:15.09</b>	409	II
	50m:	34.21	34.21	150m:	1:53.57	40.35	250m:	3:15.41	40.77	350m:	4:36.78	40.37
	100m:	1:13.22	39.01	200m:	2:34.64	41.07	300m:	3:56.41	41.00	400m:	5:15.09	38.31
12.				09						<b>5:15.11</b>	409	II
	50m:	36.41	36.41	150m:	1:55.57	40.08	250m:	3:15.52	40.28	350m:	4:36.36	40.53
	100m:	1:15.49	39.08	200m:	2:35.24	39.67	300m:	3:55.83	40.31	400m:	5:15.11	38.75
13.				08						<b>5:24.79</b>	373	II
	50m:	37.08	37.08	150m:	1:58.57	41.65	250m:	3:22.48	41.71	350m:	4:46.78	42.06
	100m:	1:16.92	39.84	200m:	2:40.77	42.20	300m:	4:04.72	42.24	400m:	5:24.79	38.01

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