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11-13
202413 , 400m
07.11.2024 - 16:10

: FINA 2023

			/			R.T.					
1.			2012 II			+0,78	4:56.94	II		365	
	50m:	32.69	150m:	1:49.52	38.56	250m:	3:06.74	38.35	350m:	4:21.65	37.18
	100m:	1:10.96	200m:	2:28.39	38.87	300m:	3:44.47	37.73	400m:	4:56.94	35.29
2.			2011 III			+0,60	4:58.38	II		359	
	50m:	31.64	150m:	1:47.19	38.65	250m:	3:05.79	39.73	350m:	4:23.35	38.94
	100m:	1:08.54	200m:	2:26.06	38.87	300m:	3:44.41	38.62	400m:	4:58.38	35.03
3.			2011 II						5:00.36	III	352
	50m:	33.69	150m:	1:49.59	38.61	250m:	3:06.29	38.55	350m:	4:23.79	38.73
	100m:	1:10.98	200m:	2:27.74	38.15	300m:	3:45.06	38.77	400m:	5:00.36	36.57
4.			2011 II			+0,73	5:07.08	III		330	
	50m:	33.99	150m:	1:50.49	39.39	250m:	3:09.37	39.86	350m:	4:29.33	39.68
	100m:	1:11.10	200m:	2:29.51	39.02	300m:	3:49.65	40.28	400m:	5:07.08	37.75
5.			2011 III						5:07.74	III	328
	50m:	34.29	150m:	1:50.03	38.48	250m:	3:08.33	39.95	350m:	4:28.50	40.41
	100m:	1:11.55	200m:	2:28.38	38.35	300m:	3:48.09	39.76	400m:	5:07.74	39.24
6.			2011 II			+0,54	5:09.07	III		323	
	50m:	36.24	150m:	1:54.91	39.28	250m:	3:13.80	39.07	350m:	4:32.17	38.71
	100m:	1:15.63	200m:	2:34.73	39.82	300m:	3:53.46	39.66	400m:	5:09.07	36.90
7.			2011 II			-1			5:13.76	III	309
	50m:	34.09	150m:	1:53.56	39.92	250m:	3:15.42	40.69	350m:	4:36.94	40.37
	100m:	1:13.64	200m:	2:34.73	41.17	300m:	3:56.57	41.15	400m:	5:13.76	36.82
8.			2011 III			+0,81	5:14.41	III		307	
	50m:	35.51	150m:	1:55.52	40.38	250m:	3:17.62	41.18	350m:	4:38.16	40.28
	100m:	1:15.14	200m:	2:36.44	40.92	300m:	3:57.88	40.26	400m:	5:14.41	36.25
9.			2011 III			-1	+0,80	5:14.98	III	305	
	50m:	33.14	150m:	1:52.42	39.73	250m:	3:14.26	40.15	350m:	4:36.24	40.60
	100m:	1:12.69	200m:	2:34.11	41.69	300m:	3:55.64	41.38	400m:	5:14.98	38.74
10.	-		2011 III			+0,67	5:15.83	III		303	
	50m:	32.67	150m:	1:52.08	40.79	250m:	3:14.21	41.42	350m:	4:36.29	41.01
	100m:	1:11.29	200m:	2:32.79	40.71	300m:	3:55.28	41.07	400m:	5:15.83	39.54
11.			2011 III			-2	+0,47	5:16.56	III	301	
	50m:	34.47	150m:	1:53.83	40.22	250m:	3:14.95	40.77	350m:	4:36.92	40.99
	100m:	1:13.61	200m:	2:34.18	40.35	300m:	3:55.93	40.98	400m:	5:16.56	39.64
12.			2013 III						5:19.11	III	294
	50m:	33.92	150m:	1:53.63	40.62	250m:	3:16.24	41.30	350m:	4:39.09	41.16
	100m:	1:13.01	200m:	2:34.94	41.31	300m:	3:57.93	41.69	400m:	5:19.11	40.02
13.			2011 II			-1	+0,86	5:20.38	III	290	
	50m:	34.62	150m:	1:55.46	41.15	250m:	3:17.93	41.78	350m:	4:41.29	41.28
	100m:	1:14.31	200m:	2:36.15	40.69	300m:	4:00.01	42.08	400m:	5:20.38	39.09
14.			2012 III						5:22.37	III	285
	50m:	36.89	150m:	1:59.45	41.80	250m:	3:23.76	41.98	350m:	4:45.13	40.02
	100m:	1:17.65	200m:	2:41.78	42.33	300m:	4:05.11	41.35	400m:	5:22.37	37.24
15.			2012 III			-1			5:23.34	III	282
	50m:	35.34	150m:	1:55.03	40.25	250m:	3:17.55	41.46	350m:	4:42.36	41.77
	100m:	1:14.78	200m:	2:36.09	41.06	300m:	4:00.59	43.04	400m:	5:23.34	40.98
16.			2011 III			+0,74	5:25.02	III		278	
	50m:	37.64	150m:	2:01.85	43.14	250m:	3:27.44	42.68	350m:	4:46.86	38.66
	100m:	1:18.71	200m:	2:44.76	42.91	300m:	4:08.20	40.76	400m:	5:25.02	38.16

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13,		, 400m						R.T.				
17.				2012	III				5:26.54	III	274	
	50m:	35.74	35.74	150m:	1:59.47	42.75	250m:	3:26.96	44.31	350m:	4:48.16	40.42
	100m:	1:16.72	40.98	200m:	2:42.65	43.18	300m:	4:07.74	40.78	400m:	5:26.54	38.38
18.				2011	III			+0,95	5:29.52	III	267	
	50m:	35.64	35.64	150m:	1:57.95	41.87	250m:	3:23.04	42.44	350m:	4:48.78	42.69
	100m:	1:16.08	40.44	200m:	2:40.60	42.65	300m:	4:06.09	43.05	400m:	5:29.52	40.74
19.				2012	III			+0,84	5:34.47	III	255	
	50m:	37.65	37.65	150m:	2:03.89	43.29	250m:	3:30.06	43.08	350m:	4:56.62	42.46
	100m:	1:20.60	42.95	200m:	2:46.98	43.09	300m:	4:14.16	44.10	400m:	5:34.47	37.85
				2012	III			+0,53	5:34.47	III	255	
	50m:	35.62	35.62	150m:	1:58.62	42.67	250m:	3:24.65	42.97	350m:	4:52.30	43.62
	100m:	1:15.95	40.33	200m:	2:41.68	43.06	300m:	4:08.68	44.03	400m:	5:34.47	42.17
21.				2013	III			+0,65	5:34.96	III	254	
	50m:	35.63	35.63	150m:	2:01.22	43.41	250m:	3:29.31	44.42	350m:	4:56.36	43.36
	100m:	1:17.81	42.18	200m:	2:44.89	43.67	300m:	4:13.00	43.69	400m:	5:34.96	38.60
22.				2013	III			+0,70	5:37.56	III	248	
	50m:	37.03	37.03	150m:	2:03.01	42.80	250m:	3:31.37	44.74	350m:	4:58.61	42.62
	100m:	1:20.21	43.18	200m:	2:46.63	43.62	300m:	4:15.99	44.62	400m:	5:37.56	38.95
23.				2013	III			+0,85	5:39.19	III	245	
	50m:	36.25	36.25	150m:	2:02.10	43.84	250m:	3:30.63	44.36	350m:	4:57.48	43.28
	100m:	1:18.26	42.01	200m:	2:46.27	44.17	300m:	4:14.20	43.57	400m:	5:39.19	41.71
24.				2012	III			+0,82	5:43.29	I	236	
	50m:	35.79	35.79	150m:	2:03.71	44.24	250m:	3:32.78	44.40	350m:	5:02.22	44.61
	100m:	1:19.47	43.68	200m:	2:48.38	44.67	300m:	4:17.61	44.83	400m:	5:43.29	41.07
25.				2013	I			+0,92	5:47.50	I	227	
	50m:	39.56	39.56	150m:	2:08.73	44.48	250m:	3:37.86	44.27	350m:	5:04.96	43.94
	100m:	1:24.25	44.69	200m:	2:53.59	44.86	300m:	4:21.02	43.16	400m:	5:47.50	42.54
26.				2012	III				5:50.18	I	222	
	50m:	35.84	35.84	150m:	2:03.87	44.95	250m:	3:34.25	45.40	350m:	5:05.79	46.26
	100m:	1:18.92	43.08	200m:	2:48.85	44.98	300m:	4:19.53	45.28	400m:	5:50.18	44.39
27.				2013	III				5:50.31	I	222	
	50m:	36.82	36.82	150m:	2:05.24	45.47	250m:	3:37.05	45.97	350m:	5:08.02	45.65
	100m:	1:19.77	42.95	200m:	2:51.08	45.84	300m:	4:22.37	45.32	400m:	5:50.31	42.29
28.				2013	III				5:53.30	I	216	
	50m:	37.89	37.89	150m:	2:05.17	44.33	250m:	3:37.21	46.42	350m:	5:08.69	45.32
	100m:	1:20.84	42.95	200m:	2:50.79	45.62	300m:	4:23.37	46.16	400m:	5:53.30	44.61
29.				2013	III			+0,60	6:01.41	I	202	
	50m:	36.69	36.69	150m:	2:04.99	45.66	250m:	3:38.94	47.40	350m:	5:14.37	48.90
	100m:	1:19.33	42.64	200m:	2:51.54	46.55	300m:	4:25.47	46.53	400m:	6:01.41	47.04
30.				2013	III			+0,78	6:03.47	I	199	
	50m:	39.63	39.63	150m:	2:13.69	47.69	250m:	3:45.93	45.29	350m:	5:20.03	46.95
	100m:	1:26.00	46.37	200m:	3:00.64	46.95	300m:	4:33.08	47.15	400m:	6:03.47	43.44
DSQ				2011	III					III		

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