

27
02.02.2017 - 11:55

, 400m

			4:57.11					-		18.02.2008
			4:57.11					-		18.02.2008
			: 5:08.81 /			15 - 17: 5:14.97 /			14 +: 4:39.76 /	
			12 +: 5:08.00 /		10 +: 5:25.50 /	I : 5:47.00 /		II : 6:30.00 /		
	III		: 7:23.00 /	I	: 8:24.00 /	II : 9:35.00 /		III : 10:46.00		

FINA

1.			02	"	-1"				5:18.55	598,00	
	50m:	32.64	32.64	150m:	1:52.34	41.43	250m:	3:19.72	45.57	350m: 4:43.14	35.95
	100m:	1:10.91	38.27	200m:	2:34.15	41.81	300m:	4:07.19	47.47	400m: 5:18.55	35.41
2.			03 1	"	"				5:23.73	570,00	
	50m:	34.28	34.28	150m:	1:56.49	40.22	250m:	3:23.76	47.35	350m: 4:48.19	36.75
	100m:	1:16.27	41.99	200m:	2:36.41	39.92	300m:	4:11.44	47.68	400m: 5:23.73	35.54
3.			04	"	-1"				5:25.11	-	
	50m:	35.84	35.84	150m:	2:00.29	40.03	250m:	3:25.94	45.77	350m: 4:49.55	37.23
	100m:	1:20.26	44.42	200m:	2:40.17	39.88	300m:	4:12.32	46.38	400m: 5:25.11	35.56
4.			04	"	-1"				5:25.30	561,00	
	50m:	35.62	35.62	250m:	3:29.81	2:09.68	350m:	4:50.98	36.08		
	100m:	1:20.13	44.51	300m:	4:14.90	45.09	400m:	5:25.30	34.32		
5.			03	"	-1"				5:29.74	1	-
	50m:	35.24	35.24	150m:	2:04.06	43.34	250m:	3:29.55	42.29	350m: 4:52.41	37.57
	100m:	1:20.72	45.48	200m:	2:47.26	43.20	300m:	4:14.84	45.29	400m: 5:29.74	37.33
6.			02	"	-1"				5:33.44	1	521,00
	50m:	35.49	35.49	150m:	2:02.74	45.21	250m:	3:30.23	45.06	350m: 4:55.87	39.86
	100m:	1:17.53	42.04	200m:	2:45.17	42.43	300m:	4:16.01	45.78	400m: 5:33.44	37.57
7.			03 1	"	-1"				5:36.88	1	505,00
	50m:	36.08	36.08	150m:	2:03.09	44.41	250m:	3:32.33	47.56	350m: 5:01.87	42.57
	100m:	1:18.68	42.60	200m:	2:44.77	41.68	300m:	4:19.30	46.97	400m: 5:36.88	35.01
8.			04 1	"	-1"				5:38.56	1	-
	50m:	35.50	35.50	150m:	2:02.89	44.38	250m:	3:33.07	48.32	350m: 5:00.93	39.13
	100m:	1:18.51	43.01	200m:	2:44.75	41.86	300m:	4:21.80	48.73	400m: 5:38.56	37.63
9.			04	-1					5:40.67	1	-
	50m:	37.49	37.49	150m:	2:07.77	44.20	250m:	3:32.88	42.17	350m: 4:59.40	41.83
	100m:	1:23.57	46.08	200m:	2:50.71	42.94	300m:	4:17.57	44.69	400m: 5:40.67	41.27
10.			00 1	"	-2"				5:42.66	1	-
	50m:	37.42	37.42	150m:	2:02.81	42.81	250m:	3:33.23	48.14	350m: 5:02.95	41.28
	100m:	1:20.00	42.58	200m:	2:45.09	42.28	300m:	4:21.67	48.44	400m: 5:42.66	39.71
11.			03 1	"	-1"				5:47.58	2	460,00
	50m:	37.34	37.34	150m:	2:05.96	44.10	250m:	3:38.45	46.91	350m: 5:08.33	41.53
	100m:	1:21.86	44.52	200m:	2:51.54	45.58	300m:	4:26.80	48.35	400m: 5:47.58	39.25
12.			00 1	"	-1"				5:48.85	2	-
	50m:	37.93	37.93	150m:	2:09.72	47.46	250m:	3:44.75	49.51	350m: 5:14.48	40.31
	100m:	1:22.26	44.33	200m:	2:55.24	45.52	300m:	4:34.17	49.42	400m: 5:48.85	34.37
			04 1	"	-2"				5:48.85	2	-
	50m:	36.96	36.96	150m:	2:06.77	45.29	250m:	3:39.56	48.42	350m: 5:10.57	41.42
	100m:	1:21.48	44.52	200m:	2:51.14	44.37	300m:	4:29.15	49.59	400m: 5:48.85	38.28
14.			03 1	-1					5:57.91	2	421,00
	50m:	40.02	40.02	200m:	2:54.06	44.77	300m:	4:36.34	50.63	400m: 5:57.91	40.44
	150m:	2:09.29	1:29.27	250m:	3:45.71	51.65	350m:	5:17.47	41.13		

27, , 400m

2003 - 2004

1.			03	1	"	"			5:23.73	570,00		
	50m:	34.28	34.28	150m:	1:56.49	40.22	250m:	3:23.76	47.35	350m:	4:48.19	36.75
	100m:	1:16.27	41.99	200m:	2:36.41	39.92	300m:	4:11.44	47.68	400m:	5:23.73	35.54
2.			04		"	-1"			5:25.11	-		
	50m:	35.84	35.84	150m:	2:00.29	40.03	250m:	3:25.94	45.77	350m:	4:49.55	37.23
	100m:	1:20.26	44.42	200m:	2:40.17	39.88	300m:	4:12.32	46.38	400m:	5:25.11	35.56
3.			04		"	-1"			5:25.30	561,00		
	50m:	35.62	35.62	250m:	3:29.81	2:09.68	350m:	4:50.98	36.08			
	100m:	1:20.13	44.51	300m:	4:14.90	45.09	400m:	5:25.30	34.32			
4.			03		"	-1"			5:29.74	1	-	
	50m:	35.24	35.24	150m:	2:04.06	43.34	250m:	3:29.55	42.29	350m:	4:52.41	37.57
	100m:	1:20.72	45.48	200m:	2:47.26	43.20	300m:	4:14.84	45.29	400m:	5:29.74	37.33
5.			03	1	"	-1"			5:36.88	1	505,00	
	50m:	36.08	36.08	150m:	2:03.09	44.41	250m:	3:32.33	47.56	350m:	5:01.87	42.57
	100m:	1:18.68	42.60	200m:	2:44.77	41.68	300m:	4:19.30	46.97	400m:	5:36.88	35.01
6.			04	1	"	-1"			5:38.56	1	-	
	50m:	35.50	35.50	150m:	2:02.89	44.38	250m:	3:33.07	48.32	350m:	5:00.93	39.13
	100m:	1:18.51	43.01	200m:	2:44.75	41.86	300m:	4:21.80	48.73	400m:	5:38.56	37.63
7.			04		-1				5:40.67	1	-	
	50m:	37.49	37.49	150m:	2:07.77	44.20	250m:	3:32.88	42.17	350m:	4:59.40	41.83
	100m:	1:23.57	46.08	200m:	2:50.71	42.94	300m:	4:17.57	44.69	400m:	5:40.67	41.27
8.			03	1	"	-1"			5:47.58	2	460,00	
	50m:	37.34	37.34	150m:	2:05.96	44.10	250m:	3:38.45	46.91	350m:	5:08.33	41.53
	100m:	1:21.86	44.52	200m:	2:51.54	45.58	300m:	4:26.80	48.35	400m:	5:47.58	39.25
9.			04	1	"	-2"			5:48.85	2	-	
	50m:	36.96	36.96	150m:	2:06.77	45.29	250m:	3:39.56	48.42	350m:	5:10.57	41.42
	100m:	1:21.48	44.52	200m:	2:51.14	44.37	300m:	4:29.15	49.59	400m:	5:48.85	38.28
10.			03	1	-1				5:57.91	2	421,00	
	50m:	40.02	40.02	200m:	2:54.06	44.77	300m:	4:36.34	50.63	400m:	5:57.91	40.44
	150m:	2:09.29	1:29.27	250m:	3:45.71	51.65	350m:	5:17.47	41.13			