

39  
03.02.2017 - 10:49

, 400m

			4:17.88								10.05.2011
			4:38.57								18.05.2016
						RUS					
			: 4:33.78 /			15 - 17: 4:39.72 /			14 +: 4:07.47 /		
			12 +: 4:30.00 /			I : 5:03.00 /			II : 5:43.00 /		
			III : 6:27.00 /			I : 7:38.00 /			II : 8:49.00 /		
									III : 10:00.00		

FINA

1.				02	"	-1"			<b>4:46.12</b>	1	578,00	
	50m:	32.84	32.84	150m:	1:45.83	36.77	250m:	2:59.45	36.40	350m:	4:10.98	34.59
	100m:	1:09.06	36.22	200m:	2:23.05	37.22	300m:	3:36.39	36.94	400m:	4:46.12	35.14
2.				01	"	"			<b>4:48.83</b>	1	-	
	50m:	32.34	32.34	150m:	1:45.64	36.87	250m:	2:59.63	36.43	350m:	4:12.99	35.87
	100m:	1:08.77	36.43	200m:	2:23.20	37.56	300m:	3:37.12	37.49	400m:	4:48.83	35.84
3.				99	"	"			<b>4:53.08</b>	1	538,00	
	50m:	33.94	33.94	150m:	1:47.82	37.33	250m:	3:03.02	37.59	350m:	4:17.15	36.60
	100m:	1:10.49	36.55	200m:	2:25.43	37.61	300m:	3:40.55	37.53	400m:	4:53.08	35.93
4.				03 1	"	"			<b>4:55.70</b>	1	523,00	
	50m:	33.48	33.48	150m:	1:46.90	37.84	250m:	3:03.15	38.57	350m:	4:18.79	38.13
	100m:	1:09.06	35.58	200m:	2:24.58	37.68	300m:	3:40.66	37.51	400m:	4:55.70	36.91
5.				03 1	"	-2"			<b>5:01.71</b>	1	493,00	
	50m:	33.84	33.84	150m:	1:50.05	38.18	250m:	3:07.73	38.61	350m:	4:24.96	38.02
	100m:	1:11.87	38.03	200m:	2:29.12	39.07	300m:	3:46.94	39.21	400m:	5:01.71	36.75
6.				02	"	"			<b>5:01.74</b>	1	493,00	
	50m:	32.73	32.73	150m:	1:46.49	38.21	250m:	3:04.55	39.57	350m:	4:23.76	39.78
	100m:	1:08.28	35.55	200m:	2:24.98	38.49	300m:	3:43.98	39.43	400m:	5:01.74	37.98
7.				03 1	"	-2"			<b>5:02.05</b>	1	-	
	50m:	33.10	33.10	150m:	1:47.21	37.11	250m:	3:04.38	38.10	350m:	4:23.56	39.14
	100m:	1:10.10	37.00	200m:	2:26.28	39.07	300m:	3:44.42	40.04	400m:	5:02.05	38.49
8.				04 2	"	-2"			<b>5:02.22</b>	1	-	
	50m:	33.68	33.68	150m:	1:48.94	37.88	350m:	4:25.79	1:17.81			
	100m:	1:11.06	37.38	250m:	3:07.98	1:19.04	400m:	5:02.22	36.43			
9.				01 1	"	"			<b>5:07.51</b>	2	465,00	
	50m:	33.14	33.14	150m:	1:48.81	39.00	250m:	3:08.72	40.41	350m:	4:28.76	39.72
	100m:	1:09.81	36.67	200m:	2:28.31	39.50	300m:	3:49.04	40.32	400m:	5:07.51	38.75
10.				00 1	"	-1"			<b>5:12.01</b>	2	-	
	50m:	34.81	34.81	150m:	1:54.95	40.14	250m:	3:15.92	39.39	350m:	4:34.35	38.39
	100m:	1:14.81	40.00	200m:	2:36.53	41.58	300m:	3:55.96	40.04	400m:	5:12.01	37.66
11.				03 2	"	"			<b>5:14.04</b>	2	-	
	50m:	35.06	35.06	150m:	1:53.34	40.01	250m:	3:13.83	40.42	350m:	4:35.18	41.09
	100m:	1:13.33	38.27	200m:	2:33.41	40.07	300m:	3:54.09	40.26	400m:	5:14.04	38.86
12.				01 1	-2				<b>5:14.99</b>	2	433,00	
	50m:	35.01	35.01	150m:	1:52.60	39.63	250m:	3:13.18	40.73	350m:	4:34.91	40.81
	100m:	1:12.97	37.96	200m:	2:32.45	39.85	300m:	3:54.10	40.92	400m:	5:14.99	40.08
13.				02 1	"	-2"			<b>5:17.75</b>	2	-	
	50m:	34.72	34.72	150m:	1:55.32	41.10	250m:	3:17.83	41.38	350m:	4:39.34	40.84
	100m:	1:14.22	39.50	200m:	2:36.45	41.13	300m:	3:58.50	40.67	400m:	5:17.75	38.41
14.				03 1	"	-1"			<b>5:19.40</b>	2	-	
	50m:	34.62	34.62	150m:	1:55.80	41.35	250m:	3:19.63	41.47	350m:	4:41.79	40.86
	100m:	1:14.45	39.83	200m:	2:38.16	42.36	300m:	4:00.93	41.30	400m:	5:19.40	37.61

		39, , 400m										FINA
15.				03 1		" -2"			<b>5:19.94</b>	2		413,00
	50m:	35.10	35.10	150m:	1:55.52	40.82	250m:	3:16.97	41.08	350m:	4:39.38	40.94
	100m:	1:14.70	39.60	200m:	2:35.89	40.37	300m:	3:58.44	41.47	400m:	5:19.94	40.56
16.				03 1		-1			<b>5:22.53</b>	2		403,00
	50m:	36.43	36.43	150m:	1:57.25	40.51	250m:	3:19.96	41.64	350m:	4:44.23	41.53
	100m:	1:16.74	40.31	200m:	2:38.32	41.07	300m:	4:02.70	42.74	400m:	5:22.53	38.30
17.				02 1		" -1"			<b>5:22.59</b>	2		-
	50m:	36.93	36.93	150m:	2:00.50	42.70	250m:	3:23.05	40.96	350m:	4:45.75	40.95
	100m:	1:17.80	40.87	200m:	2:42.09	41.59	300m:	4:04.80	41.75	400m:	5:22.59	36.84
18.				04		-1			<b>5:22.94</b>	2		-
	50m:	35.30	35.30	150m:	1:58.38	42.42	250m:	3:23.96	42.46	350m:	4:46.79	40.63
	100m:	1:15.96	40.66	200m:	2:41.50	43.12	300m:	4:06.16	42.20	400m:	5:22.94	36.15
19.				03 2		" "			<b>5:30.66</b>	2		-
	50m:	36.46	36.46	150m:	2:00.61	42.54	250m:	3:27.28	43.46	350m:	4:50.51	40.65
	100m:	1:18.07	41.61	200m:	2:43.82	43.21	300m:	4:09.86	42.58	400m:	5:30.66	40.15
20.				04 2		" "			<b>5:33.32</b>	2		-
	50m:	34.80	34.80	150m:	1:57.49	42.41	250m:	3:24.31	43.86	350m:	4:51.41	42.70
	100m:	1:15.08	40.28	200m:	2:40.45	42.96	300m:	4:08.71	44.40	400m:	5:33.32	41.91
21.				99		" -1"			<b>5:41.06</b>	2		341,00
	50m:	38.60	38.60	150m:	2:04.08	43.72	250m:	3:31.01	43.77	350m:	4:58.50	43.97
	100m:	1:20.36	41.76	200m:	2:47.24	43.16	300m:	4:14.53	43.52	400m:	5:41.06	42.56
22.				02 2		" "			<b>5:50.44</b>	3		-
	50m:	35.99	35.99	150m:	2:00.55	43.59	250m:	3:31.40	45.02	350m:	5:05.86	47.79
	100m:	1:16.96	40.97	200m:	2:46.38	45.83	300m:	4:18.07	46.67	400m:	5:50.44	44.58
DSQ				04 2		" "						-
DNS				01		" "						-
2003 - 2004												
1.				03 1		" "			<b>4:55.70</b>	1		523,00
	50m:	33.48	33.48	150m:	1:46.90	37.84	250m:	3:03.15	38.57	350m:	4:18.79	38.13
	100m:	1:09.06	35.58	200m:	2:24.58	37.68	300m:	3:40.66	37.51	400m:	4:55.70	36.91
2.				03 1		" -2"			<b>5:01.71</b>	1		493,00
	50m:	33.84	33.84	150m:	1:50.05	38.18	250m:	3:07.73	38.61	350m:	4:24.96	38.02
	100m:	1:11.87	38.03	200m:	2:29.12	39.07	300m:	3:46.94	39.21	400m:	5:01.71	36.75
3.				03 1		" -2"			<b>5:02.05</b>	1		-
	50m:	33.10	33.10	150m:	1:47.21	37.11	250m:	3:04.38	38.10	350m:	4:23.56	39.14
	100m:	1:10.10	37.00	200m:	2:26.28	39.07	300m:	3:44.42	40.04	400m:	5:02.05	38.49
4.				04 2		" -2"			<b>5:02.22</b>	1		-
	50m:	33.68	33.68	150m:	1:48.94	37.88	350m:	4:25.79	1:17.81			
	100m:	1:11.06	37.38	250m:	3:07.98	1:19.04	400m:	5:02.22	36.43			
5.				03 2		" "			<b>5:14.04</b>	2		-
	50m:	35.06	35.06	150m:	1:53.34	40.01	250m:	3:13.83	40.42	350m:	4:35.18	41.09
	100m:	1:13.33	38.27	200m:	2:33.41	40.07	300m:	3:54.09	40.26	400m:	5:14.04	38.86
6.				03 1		" -1"			<b>5:19.40</b>	2		-
	50m:	34.62	34.62	150m:	1:55.80	41.35	250m:	3:19.63	41.47	350m:	4:41.79	40.86
	100m:	1:14.45	39.83	200m:	2:38.16	42.36	300m:	4:00.93	41.30	400m:	5:19.40	37.61
7.				03 1		" -2"			<b>5:19.94</b>	2		413,00
	50m:	35.10	35.10	150m:	1:55.52	40.82	250m:	3:16.97	41.08	350m:	4:39.38	40.94
	100m:	1:14.70	39.60	200m:	2:35.89	40.37	300m:	3:58.44	41.47	400m:	5:19.94	40.56

		39, , 400m				2003 - 2004				FINA		
8.				03 1	-1			<b>5:22.53</b>	2		403,00	
	50m:	36.43	36.43	150m:	1:57.25	40.51	250m:	3:19.96	41.64	350m:	4:44.23	41.53
	100m:	1:16.74	40.31	200m:	2:38.32	41.07	300m:	4:02.70	42.74	400m:	5:22.53	38.30
9.				04	-1			<b>5:22.94</b>	2		-	
	50m:	35.30	35.30	150m:	1:58.38	42.42	250m:	3:23.96	42.46	350m:	4:46.79	40.63
	100m:	1:15.96	40.66	200m:	2:41.50	43.12	300m:	4:06.16	42.20	400m:	5:22.94	36.15
10.				03 2	"	"		<b>5:30.66</b>	2		-	
	50m:	36.46	36.46	150m:	2:00.61	42.54	250m:	3:27.28	43.46	350m:	4:50.51	40.65
	100m:	1:18.07	41.61	200m:	2:43.82	43.21	300m:	4:09.86	42.58	400m:	5:30.66	40.15
11.				04 2	"	"		<b>5:33.32</b>	2		-	
	50m:	34.80	34.80	150m:	1:57.49	42.41	250m:	3:24.31	43.86	350m:	4:51.41	42.70
	100m:	1:15.08	40.28	200m:	2:40.45	42.96	300m:	4:08.71	44.40	400m:	5:33.32	41.91
DSQ				04 2	"	"					-	