

28  
22.09.2016 - 17:06

, 400m

4:25.68  
4:13.64

12.11.2009  
31.10.2007

: 4:31.17 /  
12 +: 4:32.00 /  
III : 6:34.00 /

10 +: 4:47.00 /  
I : 7:29.00 /

15 - 17: 4:43.54 /  
I : 5:06.00 /  
II : 8:25.00 /

14 +: 4:09.38 /  
II : 5:46.00 /  
III : 9:21.00

								R.T.		FINA		
1.		95	"	"	"			+0,82	<b>4:23.56</b>	-		
	50m:	29.26	29.26	150m:	1:39.81	35.63	250m:	2:48.57	34.28	350m:	3:53.72	31.26
	100m:	1:04.18	34.92	200m:	2:14.29	34.48	300m:	3:22.46	33.89	400m:	4:23.56	29.84
2.		95	"	-1"				+0,93	<b>4:33.56</b>	-		
	50m:	29.45	29.45	150m:	1:40.68	36.00	250m:	2:53.73	38.27	350m:	4:03.89	31.43
	100m:	1:04.68	35.23	200m:	2:15.46	34.78	300m:	3:32.46	38.73	400m:	4:33.56	29.67
3.		00	"	-1"				+0,84	<b>4:35.32</b>	-		
	50m:	29.62	29.62	150m:	1:39.54	35.38	250m:	2:53.65	39.78	350m:	4:04.69	31.78
	100m:	1:04.16	34.54	200m:	2:13.87	34.33	300m:	3:32.91	39.26	400m:	4:35.32	30.63
4.		94	"	-1"				+0,79	<b>4:39.45</b>	-		
	50m:	29.65	29.65	150m:	1:41.71	35.93	250m:	2:56.32	39.00	350m:	4:06.65	31.01
	100m:	1:05.78	36.13	200m:	2:17.32	35.61	300m:	3:35.64	39.32	400m:	4:39.45	32.80
5.		00	"	-1"				+1,00	<b>4:42.44</b>	579,00		
	50m:	29.45	29.45	150m:	1:41.22	36.05	250m:	2:56.41	39.60	350m:	4:10.00	34.14
	100m:	1:05.17	35.72	200m:	2:16.81	35.59	300m:	3:35.86	39.45	400m:	4:42.44	32.44
6.		01 1	"	-1"				+0,91	<b>4:47.64</b>	1	548,00	
	50m:	30.73	30.73	150m:	1:44.51	37.69	250m:	3:01.40	39.30	350m:	4:15.33	33.65
	100m:	1:06.82	36.09	200m:	2:22.10	37.59	300m:	3:41.68	40.28	400m:	4:47.64	32.31
7.		00 1	"	"				+0,81	<b>4:51.56</b>	1	526,00	
	50m:	30.00	30.00	150m:	1:42.66	37.69	250m:	3:01.63	40.74	350m:	4:17.77	34.50
	100m:	1:04.97	34.97	200m:	2:20.89	38.23	300m:	3:43.27	41.64	400m:	4:51.56	33.79
8.		00 1	"	-1"				+0,78	<b>4:54.34</b>	1	-	
	50m:	31.58	31.58	150m:	1:46.00	37.77	250m:	3:04.61	41.20	350m:	4:21.25	34.41
	100m:	1:08.23	36.65	200m:	2:23.41	37.41	300m:	3:46.84	42.23	400m:	4:54.34	33.09
9.		01	"	-1"				+0,70	<b>4:55.30</b>	1	-	
	50m:	29.23	29.23	150m:	1:42.72	37.86	250m:	3:03.60	43.31	350m:	4:20.96	34.20
	100m:	1:04.86	35.63	200m:	2:20.29	37.57	300m:	3:46.76	43.16	400m:	4:55.30	34.34
10.		01 1	"	-1"				+0,83	<b>4:59.70</b>	1	485,00	
	50m:	28.60	28.60	150m:	1:44.05	39.34	250m:	3:05.53	44.41	350m:	4:25.56	36.43
	100m:	1:04.71	36.11	200m:	2:21.12	37.07	300m:	3:49.13	43.60	400m:	4:59.70	34.14
11.		01	"	-1"				+0,89	<b>5:00.89</b>	1	479,00	
	50m:	32.26	32.26	150m:	1:48.83	39.93	250m:	3:09.98	42.61	350m:	4:27.73	35.41
	100m:	1:08.90	36.64	200m:	2:27.37	38.54	300m:	3:52.32	42.34	400m:	5:00.89	33.16
12.		94	"	-1"				+0,88	<b>5:07.28</b>	2	-	
	50m:	31.35	31.35	150m:	1:49.75	41.87	250m:	3:13.68	43.12	350m:	4:33.41	36.14
	100m:	1:07.88	36.53	200m:	2:30.56	40.81	300m:	3:57.27	43.59	400m:	5:07.28	33.87
13.		02 1	"	-2"				+0,72	<b>5:19.39</b>	2	400,00	
	50m:	35.78	35.78	150m:	1:58.02	40.52	250m:	3:24.81	46.25	350m:	4:45.50	34.91
	100m:	1:17.50	41.72	200m:	2:38.56	40.54	300m:	4:10.59	45.78	400m:	5:19.39	33.89
14.		02 2	"	-2"				+0,52	<b>5:21.09</b>	2	-	
	50m:	35.53	35.53	150m:	1:58.46	41.06	250m:	3:24.10	45.46	350m:	4:46.24	37.07
	100m:	1:17.40	41.87	200m:	2:38.64	40.18	300m:	4:09.17	45.07	400m:	5:21.09	34.85

28, , 400m ,

									R.T.		FINA
15.		01	2	"	-1"				<b>+0,87 5:25.66</b>	2	378,00
	50m:	30.49	30.49	150m:	1:52.79	44.50	250m:	3:21.96	47.13	350m:	4:48.58 38.32
	100m:	1:08.29	37.80	200m:	2:34.83	42.04	300m:	4:10.26	48.30	400m:	5:25.66 37.08
16.		02	2	"	"				<b>+0,86 5:31.36</b>	2	-
	50m:	32.90	32.90	150m:	1:55.06	42.00	250m:	3:26.73	50.99	350m:	4:53.45 38.84
	100m:	1:13.06	40.16	200m:	2:35.74	40.68	300m:	4:14.61	47.88	400m:	5:31.36 37.91
17.		03	2	"	-2"				<b>+0,77 5:34.71</b>	2	348,00
	50m:	35.27	35.27	150m:	2:02.24	44.91	250m:	3:29.80	44.74	350m:	4:55.54 40.44
	100m:	1:17.33	42.06	200m:	2:45.06	42.82	300m:	4:15.10	45.30	400m:	5:34.71 39.17
18.		01	2	"	"				<b>+0,86 5:36.72</b>	2	-
	50m:	35.56	35.56	150m:	2:01.73	43.87	250m:	3:32.23	47.00	350m:	4:59.33 40.36
	100m:	1:17.86	42.30	200m:	2:45.23	43.50	300m:	4:18.97	46.74	400m:	5:36.72 37.39
19.		01	2	"	-2"				<b>+0,75 5:44.91</b>	2	318,00
	50m:	35.02	35.02	150m:	2:04.04	45.37	250m:	3:37.45	48.47	350m:	5:06.77 40.97
	100m:	1:18.67	43.65	200m:	2:48.98	44.94	300m:	4:25.80	48.35	400m:	5:44.91 38.14
DNS		03	1	"	-2"						-
DNS		92		"	"						-
DNS		04	2	"	"						-