

39  
30.05.2014 - 12:50

, 400m

4:08.52  
4:31.0610.11.2011  
13.12.2000

II	14 +: 4:01.47 /	III	12 +: 4:24.00 /	I	10 +: 4:39.00 /	I	8:43.00 /
	: 5:37.00 /		: 6:21.00 /		: 7:32.00 /	II	: 4:57.00 /
III	: 9:54.00						

										R.T.	FINA	
1.			96	"	-1"			<b>+0,87 4:34.85</b>		623		
	50m:	31.32	31.32	150m:	1:41.55	35.36	250m:	2:51.66	35.47	350m:	4:02.06	35.08
	100m:	1:06.19	34.87	200m:	2:16.19	34.64	300m:	3:26.98	35.32	400m:	4:34.85	32.79
2.			00	.				<b>+0,74 4:50.33</b>	1			
	50m:	32.74	32.74	150m:	1:46.83	37.37	250m:	3:01.24	37.20	350m:	4:16.18	37.59
	100m:	1:09.46	36.72	200m:	2:24.04	37.21	300m:	3:38.59	37.35	400m:	4:50.33	34.15
3.			00 1	"	-1"			<b>+0,83 4:53.92</b>	1	510		
	50m:	33.08	33.08	150m:	1:46.19	37.06	250m:	3:02.13	37.91	350m:	4:17.58	37.75
	100m:	1:09.13	36.05	200m:	2:24.22	38.03	300m:	3:39.83	37.70	400m:	4:53.92	36.34
4.			99 2	"	"			<b>+0,94 5:01.47</b>	2	472		
	50m:	33.51	33.51	150m:	1:48.45	38.20	250m:	3:05.97	38.76	350m:	4:23.92	38.61
	100m:	1:10.25	36.74	200m:	2:27.21	38.76	300m:	3:45.31	39.34	400m:	5:01.47	37.55
5.			00 1	"	-1"			<b>+0,98 5:04.14</b>	2			
	50m:	34.25	34.25	150m:	1:50.44	38.17	250m:	3:07.76	39.10	350m:	4:27.45	40.11
	100m:	1:12.27	38.02	200m:	2:28.66	38.22	300m:	3:47.34	39.58	400m:	5:04.14	36.69
6.			99 1	"	"			<b>+0,90 5:04.92</b>	2	456		
	50m:	33.60	33.60	150m:	1:48.81	38.36	250m:	3:07.17	39.13	350m:	4:26.67	39.61
	100m:	1:10.45	36.85	200m:	2:28.04	39.23	300m:	3:47.06	39.89	400m:	5:04.92	38.25
7.			01 2	.				<b>+0,86 5:07.99</b>	2	443		
	50m:	34.24	34.24	150m:	1:50.71	38.88	250m:	3:10.63	40.56	350m:	4:30.44	39.92
	100m:	1:11.83	37.59	200m:	2:30.07	39.36	300m:	3:50.52	39.89	400m:	5:07.99	37.55
8.			02 3	"	-2"			<b>+0,92 5:13.17</b>	2	421		
	50m:	35.76	35.76	150m:	1:54.46	39.67	250m:	3:15.16	40.00	350m:	4:34.20	39.54
	100m:	1:14.79	39.03	200m:	2:35.16	40.70	300m:	3:54.66	39.50	400m:	5:13.17	38.97
9.			99	"	"			<b>+0,57 5:13.97</b>	2			
	50m:	34.89	34.89	150m:	1:55.18	41.15	250m:	3:16.37	40.20	350m:	4:36.13	39.29
	100m:	1:14.03	39.14	200m:	2:36.17	40.99	300m:	3:56.84	40.47	400m:	5:13.97	37.84
10.			99 2	"	-2"			<b>+1,07 5:16.70</b>	2	407		
	50m:	35.05	35.05	150m:	1:53.03	40.30	250m:	3:15.40	41.53	350m:	4:38.01	40.85
	100m:	1:12.73	37.68	200m:	2:33.87	40.84	300m:	3:57.16	41.76	400m:	5:16.70	38.69
11.			01 2	-1				<b>+0,52 5:17.58</b>	2	404		
	50m:	35.14	35.14	150m:	1:56.05	40.92	250m:	3:17.40	40.69	350m:	4:39.37	40.97
	100m:	1:15.13	39.99	200m:	2:36.71	40.66	300m:	3:58.40	41.00	400m:	5:17.58	38.21
12.			01 2	"	-1"			<b>+0,60 5:17.95</b>	2			
	50m:	33.64	33.64	150m:	1:53.76	41.81	250m:	3:16.93	42.17	350m:	4:40.17	42.30
	100m:	1:11.95	38.31	200m:	2:34.76	41.00	300m:	3:57.87	40.94	400m:	5:17.95	37.78
13.			01 2	"	-2"			<b>+0,59 5:18.38</b>	2	401		
	50m:	34.86	34.86	150m:	1:54.82	40.76	250m:	3:16.96	41.14	350m:	4:39.29	40.91
	100m:	1:14.06	39.20	200m:	2:35.82	41.00	300m:	3:58.38	41.42	400m:	5:18.38	39.09
14.			98 2	"	"			<b>+0,80 5:19.01</b>	2			
	50m:	36.13	36.13	150m:	1:56.44	40.81	250m:	3:17.03	39.87	350m:	4:39.18	41.74
	100m:	1:15.63	39.50	200m:	2:37.16	40.72	300m:	3:57.44	40.41	400m:	5:19.01	39.83

		39, , 400m ,								R.T.	FINA	
15.				99 1	" "				<b>+0,47 5:19.49</b>	2		
	50m:	35.14	35.14	150m:	1:53.23	40.29	250m:	3:16.47	42.07	350m:	4:37.33	40.08
	100m:	1:12.94	37.80	200m:	2:34.40	41.17	300m:	3:57.25	40.78	400m:	5:19.49	42.16
16.				99 2	" "				<b>+0,81 5:22.36</b>	2	386	
	50m:	35.48	35.48	150m:	1:54.67	40.61	250m:	3:18.24	42.09	350m:	4:42.64	42.01
	100m:	1:14.06	38.58	200m:	2:36.15	41.48	300m:	4:00.63	42.39	400m:	5:22.36	39.72
17.				99 1	" -2"				<b>+0,92 5:28.45</b>	2		
	50m:	34.11	34.11	150m:	1:53.90	41.13	250m:	3:19.32	43.13	350m:	4:46.10	43.34
	100m:	1:12.77	38.66	200m:	2:36.19	42.29	300m:	4:02.76	43.44	400m:	5:28.45	42.35
18.				02 2	" "				<b>+0,96 5:44.01</b>	3		
	50m:	38.49	38.49	150m:	2:05.67	43.88	250m:	3:33.75	43.92	350m:	5:01.94	43.59
	100m:	1:21.79	43.30	200m:	2:49.83	44.16	300m:	4:18.35	44.60	400m:	5:44.01	42.07
19.				01 2	" "				<b>+0,90 5:45.59</b>	3		
	50m:	38.83	38.83	150m:	2:07.91	45.33	250m:	3:37.60	45.01	350m:	5:06.14	43.33
	100m:	1:22.58	43.75	200m:	2:52.59	44.68	300m:	4:22.81	45.21	400m:	5:45.59	39.45
20.				02 2	-2				<b>+1,04 5:55.19</b>	3		
	50m:	38.09	38.09	150m:	2:08.14	45.96	250m:	3:40.00	45.40	350m:	5:10.58	43.71
	100m:	1:22.18	44.09	200m:	2:54.60	46.46	300m:	4:26.87	46.87	400m:	5:55.19	44.61
21.				02 3	" "				<b>+0,99 6:02.91</b>	3		
	50m:	40.07	40.07	150m:	2:12.97	46.84	250m:	3:47.16	46.85	350m:	5:19.23	45.99
	100m:	1:26.13	46.06	200m:	3:00.31	47.34	300m:	4:33.24	46.08	400m:	6:02.91	43.68
DNS				98	" -1"							