

40
30.05.2014 - 13:16

, 400m

3:57.36
4:00.1229.11.2013
22.05.2009

II	14 +: 3:42.57 /	III	12 +: 4:00.00 /	I	10 +: 4:12.50 /	I	4:29.00 /
	: 5:03.00 /		: 5:44.00 /		: 6:40.00 /	II	: 7:36.00 /
III	: 8:32.00						

										R.T.	FINA	
1.			97	"	"-1"			+0,73 4:14.79	1			
	50m:	28.35	28.35	150m:	1:30.75	31.47	250m:	2:35.06	32.36	350m:	3:42.36	34.41
	100m:	59.28	30.93	200m:	2:02.70	31.95	300m:	3:07.95	32.89	400m:	4:14.79	32.43
2.			95	"	"-1"			+0,84 4:19.84	1			
	50m:	28.95	28.95	150m:	1:33.85	32.83	250m:	2:40.37	33.32	350m:	3:47.46	33.44
	100m:	1:01.02	32.07	200m:	2:07.05	33.20	300m:	3:14.02	33.65	400m:	4:19.84	32.38
3.			99 1	"	"-1"			+0,84 4:29.05	2			
	50m:	29.00	29.00	150m:	1:35.56	33.66	250m:	2:45.31	35.26	350m:	3:55.81	35.41
	100m:	1:01.90	32.90	200m:	2:10.05	34.49	300m:	3:20.40	35.09	400m:	4:29.05	33.24
4.			98 1	"	"			+0,81 4:29.60	2	487		
	50m:	29.58	29.58	150m:	1:35.70	33.82	250m:	2:45.20	34.93	350m:	3:55.83	35.27
	100m:	1:01.88	32.30	200m:	2:10.27	34.57	300m:	3:20.56	35.36	400m:	4:29.60	33.77
5.			99 1	"	"-2"			+0,93 4:31.24	2			
	50m:	30.74	30.74	150m:	1:38.76	33.44	250m:	2:47.03	34.36	350m:	3:57.56	34.82
	100m:	1:05.32	34.58	200m:	2:12.67	33.91	300m:	3:22.74	35.71	400m:	4:31.24	33.68
6.			98 1	"	"			+0,81 4:34.02	2	464		
	50m:	29.60	29.60	150m:	1:37.64	34.74	250m:	2:48.13	35.28	350m:	3:59.25	35.76
	100m:	1:02.90	33.30	200m:	2:12.85	35.21	300m:	3:23.49	35.36	400m:	4:34.02	34.77
7.			99 1	"	"-2"			+0,88 4:39.87	2	436		
	50m:	31.24	31.24	150m:	1:42.55	35.87	250m:	2:54.36	36.22	350m:	4:06.39	35.71
	100m:	1:06.68	35.44	200m:	2:18.14	35.59	300m:	3:30.68	36.32	400m:	4:39.87	33.48
8.			00 2	-1				+0,81 4:41.95	2	426		
	50m:	29.73	29.73	150m:	1:39.99	35.04	250m:	2:53.64	36.91	350m:	4:07.64	36.77
	100m:	1:04.95	35.22	200m:	2:16.73	36.74	300m:	3:30.87	37.23	400m:	4:41.95	34.31
9.			00 2	"	"-2"			+0,91 4:42.69	2			
	50m:	31.24	31.24	150m:	1:41.85	35.39	250m:	2:54.69	36.99	350m:	4:09.31	37.66
	100m:	1:06.46	35.22	200m:	2:17.70	35.85	300m:	3:31.65	36.96	400m:	4:42.69	33.38
10.			00 2	"	"			+0,86 4:44.20	2	416		
	50m:	32.30	32.30	150m:	1:43.08	35.41	250m:	2:55.47	36.35	350m:	4:09.39	38.02
	100m:	1:07.67	35.37	200m:	2:19.12	36.04	300m:	3:31.37	35.90	400m:	4:44.20	34.81
11.			00 2	"	"-2"			+0,80 4:46.63	2	406		
	50m:	32.67	32.67	150m:	1:44.73	36.49	250m:	2:57.74	36.27	350m:	4:11.38	36.74
	100m:	1:08.24	35.57	200m:	2:21.47	36.74	300m:	3:34.64	36.90	400m:	4:46.63	35.25
12.			00 2	"	"			+0,86 4:48.25	2	399		
	50m:	32.42	32.42	150m:	1:43.97	36.51	250m:	2:57.65	36.70	350m:	4:11.94	36.96
	100m:	1:07.46	35.04	200m:	2:20.95	36.98	300m:	3:34.98	37.33	400m:	4:48.25	36.31
13.			99 2	"	"			+0,91 4:52.99	2			
	50m:	31.46	31.46	150m:	1:43.48	36.62	250m:	2:58.98	38.04	350m:	4:15.61	38.49
	100m:	1:06.86	35.40	200m:	2:20.94	37.46	300m:	3:37.12	38.14	400m:	4:52.99	37.38
14.			00 3	-1				+0,80 4:54.70	2	373		
	50m:	31.88	31.88	150m:	1:46.42	38.13	250m:	3:03.98	38.58	350m:	4:19.92	37.19
	100m:	1:08.29	36.41	200m:	2:25.40	38.98	300m:	3:42.73	38.75	400m:	4:54.70	34.78

		40, , 400m ,						R.T.		FINA		
15.				02 2	" "			+0,69 4:58.65	2			
	50m:	34.26	34.26	150m:	1:50.64	39.01	250m:	3:06.87	37.84	350m:	4:22.25	37.19
	100m:	1:11.63	37.37	200m:	2:29.03	38.39	300m:	3:45.06	38.19	400m:	4:58.65	36.40
16.				99 2	" "			+0,70 5:04.67	3			
	50m:	34.23	34.23	150m:	1:50.70	38.54	250m:	3:09.12	39.04	350m:	4:28.61	39.95
	100m:	1:12.16	37.93	200m:	2:30.08	39.38	300m:	3:48.66	39.54	400m:	5:04.67	36.06
17.				00 3	" "			+0,77 5:11.28	3			
	50m:	32.01	32.01	150m:	1:48.25	39.54	250m:	3:08.82	40.53	350m:	4:27.93	39.83
	100m:	1:08.71	36.70	200m:	2:28.29	40.04	300m:	3:48.10	39.28	400m:	5:11.28	43.35
18.				01 2	" "			+0,84 5:12.48	3			
	50m:	34.23	34.23	150m:	1:51.92	39.81	250m:	3:12.90	40.65	350m:	4:34.22	40.04
	100m:	1:12.11	37.88	200m:	2:32.25	40.33	300m:	3:54.18	41.28	400m:	5:12.48	38.26
19.				02 3	" "			+0,90 5:14.27	3			
	50m:	33.79	33.79	150m:	1:51.78	39.53	250m:	3:13.17	40.88	350m:	4:36.60	41.81
	100m:	1:12.25	38.46	200m:	2:32.29	40.51	300m:	3:54.79	41.62	400m:	5:14.27	37.67
20.				01 2	" "			+0,86 5:14.77	3			
	50m:	35.07	35.07	150m:	1:54.56	40.25	250m:	3:15.31	40.06	350m:	4:36.49	40.26
	100m:	1:14.31	39.24	200m:	2:35.25	40.69	300m:	3:56.23	40.92	400m:	5:14.77	38.28
21.				01 3	" "			+0,85 5:22.69	3	284		
	50m:	34.67	34.67	150m:	1:56.00	41.29	250m:	3:19.76	42.10	350m:	4:42.83	41.85
	100m:	1:14.71	40.04	200m:	2:37.66	41.66	300m:	4:00.98	41.22	400m:	5:22.69	39.86
22.				02 3	" "			+0,98 5:24.00	3			
	50m:	35.44	35.44	150m:	1:59.80	42.56	250m:	3:23.17	42.41	350m:	4:44.99	40.68
	100m:	1:17.24	41.80	200m:	2:40.76	40.96	300m:	4:04.31	41.14	400m:	5:24.00	39.01
23.				02	" "			+0,75 5:47.41	1			
	50m:	38.23	38.23	150m:	2:07.13	45.35	250m:	3:36.94	44.80	350m:	5:06.36	44.80
	100m:	1:21.78	43.55	200m:	2:52.14	45.01	300m:	4:21.56	44.62	400m:	5:47.41	41.05
DSQ				02	" "							
	SW 4.4 -			(: 13:20)								
DNS				98	" "			"-2				
DNS				95	" "			"-1"				
DNS				99 2	" "							