

34
07.03.2014 - 10:47

, 400m

1998 - 1999

4:05.96
4:05.9614.04.2009
14.04.2009

: FINA 2013

											Fina
1.			99		"	-1"				4:26.43	563
	50m:	29.00	29.00	150m:	1:36.37	33.83	250m:	2:45.23	34.11	350m:	3:53.97 33.94
	100m:	1:02.54	33.54	200m:	2:11.12	34.75	300m:	3:20.03	34.80	400m:	4:26.43 32.46
2.			99 1		"	-1"				4:35.44	510
	50m:	29.47	29.47	150m:	1:38.70	35.39	250m:	2:49.94	36.06	350m:	4:01.82 35.99
	100m:	1:03.31	33.84	200m:	2:13.88	35.18	300m:	3:25.83	35.89	400m:	4:35.44 33.62
3.			99 1		"	"				4:39.76	486
	50m:	29.33	29.33	150m:	1:39.36	35.88	250m:	2:51.16	35.90	350m:	4:03.76 36.03
	100m:	1:03.48	34.15	200m:	2:15.26	35.90	300m:	3:27.73	36.57	400m:	4:39.76 36.00
4.			99 1		"	"				4:47.68	447
	50m:	30.67	30.67	150m:	1:43.04	37.23	250m:	2:56.99	37.58	350m:	4:12.15 38.22
	100m:	1:05.81	35.14	200m:	2:19.41	36.37	300m:	3:33.93	36.94	400m:	4:47.68 35.53
5.			98 1		"	"				4:48.72	442
	50m:	33.17	33.17	150m:	1:46.39	37.45	250m:	3:00.16	37.32	350m:	4:14.84 37.27
	100m:	1:08.94	35.77	200m:	2:22.84	36.45	300m:	3:37.57	37.41	400m:	4:48.72 33.88
6.			98 2		"	"				4:51.99	428
	50m:	30.76	30.76	150m:	1:42.51	36.79	250m:	2:57.92	37.75	350m:	4:14.47 38.35
	100m:	1:05.72	34.96	200m:	2:20.17	37.66	300m:	3:36.12	38.20	400m:	4:51.99 37.52
7.			99 2	-1						4:54.84	415
	50m:	31.82	31.82	150m:	1:46.84	37.75	250m:	3:02.18	37.27	350m:	4:17.99 37.32
	100m:	1:09.09	37.27	200m:	2:24.91	38.07	300m:	3:40.67	38.49	400m:	4:54.84 36.85
8.			98 2		"	-1"				4:57.53	404
	50m:	31.12	31.12	150m:	1:44.49	38.32	250m:	3:01.96	39.00	350m:	4:20.14 38.49
	100m:	1:06.17	35.05	200m:	2:22.96	38.47	300m:	3:41.65	39.69	400m:	4:57.53 37.39
9.			99 2		"	"				5:00.57	392
	50m:	32.98	32.98	150m:	1:47.93	38.61	250m:	3:05.55	39.44	350m:	4:25.03 39.77
	100m:	1:09.32	36.34	200m:	2:26.11	38.18	300m:	3:45.26	39.71	400m:	5:00.57 35.54
10.			99 1		"	-1"				5:03.67	380
	50m:	31.69	31.69	150m:	1:46.69	37.87	300m:	3:45.83	40.31	400m:	5:03.67 38.08
	100m:	1:08.82	37.13	200m:	3:05.52	1:18.83	350m:	4:25.59	39.76		
11.			99 2		"	"				5:05.32	374
	50m:	32.24	32.24	150m:	1:48.93	39.32	250m:	3:08.00	39.43	350m:	4:27.84 39.28
	100m:	1:09.61	37.37	200m:	2:28.57	39.64	300m:	3:48.56	40.56	400m:	5:05.32 37.48
12.			99 2		"	"				5:22.72	317
	50m:	34.74	34.74	150m:	1:54.84	40.92	250m:	3:20.12	42.03	350m:	4:45.26 42.09
	100m:	1:13.92	39.18	200m:	2:38.09	43.25	300m:	4:03.17	43.05	400m:	5:22.72 37.46
13.			98 2		"	-1"				5:24.21	312
	50m:	36.92	36.92	150m:	1:58.66	40.89	250m:	3:19.43	40.65	350m:	4:44.07 42.27
	100m:	1:17.77	40.85	200m:	2:38.78	40.12	300m:	4:01.80	42.37	400m:	5:24.21 40.14
14.			99 2		"	"				5:33.33	287
	50m:	37.24	37.24	150m:	2:01.61	43.01	250m:	3:29.31	43.87	350m:	4:55.20 41.91
	100m:	1:18.60	41.36	200m:	2:45.44	43.83	300m:	4:13.29	43.98	400m:	5:33.33 38.13

