

10 , 400m
07.12.2022 - 14:53

	3:52.23	
	3:52.23 =	28.11.2018
	3:52.23	14.12.2020
		28.11.2018
14 +: 3:42.57 /	12 +: 3:59.00 /	10 +: 4:11.50 /
I 9 +: 4:28.00 /	II 9 +: 5:03.00 /	III 9 +: 5:44.00 /
I 9 +: 6:40.00 /	II 9 +: 7:36.00 /	III 9 +: 8:32.00

: FINA 2022

FINA

1.	07	"	-1"		4:10.22		610
2.	06	"	"		4:17.13	1	562
3.	04	"	-1"		4:19.25	1	548
4.	07 1	"	-1"		4:19.75	1	545
5.	07	-1			4:27.38	1	500
6.	04	"	-1"		4:30.34	2	483
7.	07 1	"	"		4:33.71	2	466
8.	07 2	"	-1"		4:39.81	2	436
9.	07 2	"	-2"		4:42.10	2	425
10.	07 2	"	"		5:08.17	3	326
11.	06 2	"	-2"		5:09.41	3	322
12.	07 2	"	-2"		5:15.54	3	304
13.	07 2	"	"		5:35.69	3	252
DNS	07 2	"	-2"				

(17-18)

1.	04	"	-1"		4:19.25		548
2.	04	"	-1"		4:30.34	2	483

(15-16)

1.	07	"	-1"		4:10.22		610
2.	06	"	"		4:17.13	1	562
3.	07 1	"	-1"		4:19.75	1	545
4.	07	-1			4:27.38	1	500
5.	07 1	"	"		4:33.71	2	466
6.	07 2	"	-1"		4:39.81	2	436
7.	07 2	"	-2"		4:42.10	2	425
8.	07 2	"	"		5:08.17	3	326
9.	06 2	"	-2"		5:09.41	3	322
10.	07 2	"	-2"		5:15.54	3	304
11.	07 2	"	"		5:35.69	3	252
DNS	07 2	"	-2"				