

28

, 400m

17.03.2016 - 12:39

4:27.54
4:27.5425.03.2005
25.03.2005

14 +: 4:15.38 /	12 +: 4:38.00 /	10 +: 4:53.00 /	I : 5:12.00 /
II : 5:52.00 /	III : 6:40.00 /	I : 7:35.00 /	II : 8:31.00 /
III : 9:27.00			

FINA

1.			94	"	-1"			4:48.03		-
	50m: 30.91	30.91	150m: 1:45.55	37.90	250m: 3:04.18	39.75	350m: 4:15.65	31.69		
	100m: 1:07.65	36.74	200m: 2:24.43	38.88	300m: 3:43.96	39.78	400m: 4:48.03	32.38		
2.			00	"	-1"			4:49.61		596,00
	50m: 30.07	30.07	150m: 1:44.39	37.91	250m: 3:03.26	40.93	350m: 4:17.21	32.95		
	100m: 1:06.48	36.41	200m: 2:22.33	37.94	300m: 3:44.26	41.00	400m: 4:49.61	32.40		
3.			99	"	-1"			4:59.07	1	-
	50m: 30.67	30.67	150m: 1:47.31	41.59	250m: 3:10.34	42.50	350m: 4:26.47	33.42		
	100m: 1:05.72	35.05	200m: 2:27.84	40.53	300m: 3:53.05	42.71	400m: 4:59.07	32.60		
4.			00	"	-1"			5:01.69	1	-
	50m: 32.11	32.11	150m: 1:45.01	35.62	250m: 3:05.36	44.64	350m: 4:26.42	35.62		
	100m: 1:09.39	37.28	200m: 2:20.72	35.71	300m: 3:50.80	45.44	400m: 5:01.69	35.27		
5.			00	"	-1"			5:02.19	1	525,00
	50m: 32.73	32.73	150m: 1:48.80	39.64	250m: 3:10.61	43.25	350m: 4:29.45	34.72		
	100m: 1:09.16	36.43	200m: 2:27.36	38.56	300m: 3:54.73	44.12	400m: 5:02.19	32.74		
6.			01	"	-1"			5:02.96	1	-
	50m: 30.31	30.31	150m: 1:46.46	39.82	250m: 3:11.74	46.09	350m: 4:30.76	35.09		
	100m: 1:06.64	36.33	200m: 2:25.65	39.19	300m: 3:55.67	43.93	400m: 5:02.96	32.20		
7.			00 1	"	-1"			5:03.55	1	518,00
	50m: 32.75	32.75	150m: 1:50.19	39.76	250m: 3:12.86	43.12	350m: 4:30.60	34.84		
	100m: 1:10.43	37.68	200m: 2:29.74	39.55	300m: 3:55.76	42.90	400m: 5:03.55	32.95		
8.			01 1	"	-1"			5:03.73	1	517,00
	50m: 30.30	30.30	150m: 1:48.69	41.24	250m: 3:13.58	44.07	350m: 4:31.35	33.42		
	100m: 1:07.45	37.15	200m: 2:29.51	40.82	300m: 3:57.93	44.35	400m: 5:03.73	32.38		
9.			00 1	"	-1"			5:05.37	1	-
	50m: 31.27	31.27	150m: 1:46.87	39.46	250m: 3:11.08	43.52	350m: 4:30.36	35.97		
	100m: 1:07.41	36.14	200m: 2:27.56	40.69	300m: 3:54.39	43.31	400m: 5:05.37	35.01		
10.			98	"	"			5:07.53	1	-
	50m: 32.66	32.66	150m: 1:50.09	38.88	250m: 3:12.82	41.97	350m: 4:32.51	36.85		
	100m: 1:11.21	38.55	200m: 2:30.85	40.76	300m: 3:55.66	42.84	400m: 5:07.53	35.02		
11.			01 1	"	-1"			5:10.36	1	484,00
	50m: 33.98	33.98	150m: 1:53.32	38.66	250m: 3:15.31	41.09	350m: 4:34.83	35.65		
	100m: 1:14.66	40.68	200m: 2:34.22	40.90	300m: 3:59.18	43.87	400m: 5:10.36	35.53		
12.			99	"	-1"			5:12.23	2	-
	50m: 33.40	33.40	150m: 1:54.07	41.91	250m: 3:18.62	43.12	350m: 4:38.56	37.22		
	100m: 1:12.16	38.76	200m: 2:35.50	41.43	300m: 4:01.34	42.72	400m: 5:12.23	33.67		
13.			01 2	"	-2"			5:18.44	2	448,00
	50m: 31.67	31.67	150m: 1:51.71	41.45	250m: 3:18.00	44.14	350m: 4:41.51	37.16		
	100m: 1:10.26	38.59	200m: 2:33.86	42.15	300m: 4:04.35	46.35	400m: 5:18.44	36.93		
14.			95	"	-1"			5:21.40	2	-
	50m: 33.14	33.14	150m: 1:57.81	46.71	250m: 3:23.35	41.94	350m: 4:44.52	40.03		
	100m: 1:11.10	37.96	200m: 2:41.41	43.60	300m: 4:04.49	41.14	400m: 5:21.40	36.88		
15.			00 1	"	-2"			5:26.97	2	-
	50m: 35.12	35.12	150m: 1:59.52	42.19	250m: 3:29.56	47.22	350m: 4:52.08	35.36		
	100m: 1:17.33	42.21	200m: 2:42.34	42.82	300m: 4:16.72	47.16	400m: 5:26.97	34.89		

		28, , 400m ,										FINA
16.				01 2	"	-1"				5:33.32	2	-
	50m:	30.08	30.08	150m:	1:53.30	44.99	300m:	4:15.72	48.96	400m:	5:33.32	37.96
	100m:	1:08.31	38.23	250m:	3:26.76	1:33.46	350m:	4:55.36	39.64			
17.				02 2	"	-2"				5:34.41	2	387,00
	50m:	35.46	35.46	150m:	2:01.58	44.50	250m:	3:30.90	48.49	350m:	4:57.67	39.09
	100m:	1:17.08	41.62	200m:	2:42.41	40.83	300m:	4:18.58	47.68	400m:	5:34.41	36.74
18.				02 2						5:39.31	2	-
	50m:	36.63	36.63	150m:	2:04.73	43.79	250m:	3:34.39	47.54	350m:	5:03.08	40.11
	100m:	1:20.94	44.31	200m:	2:46.85	42.12	300m:	4:22.97	48.58	400m:	5:39.31	36.23
19.				01 2		-1				5:48.04	2	343,00
	50m:	36.85	36.85	150m:	2:01.59	42.22	250m:	3:37.14	51.30	350m:	5:07.93	39.97
	100m:	1:19.37	42.52	200m:	2:45.84	44.25	300m:	4:27.96	50.82	400m:	5:48.04	40.11
20.				01 2	"	"				5:50.61	2	-
	50m:	35.85	35.85	150m:	2:07.21	46.18	250m:	3:40.25	48.67	350m:	5:10.65	42.48
	100m:	1:21.03	45.18	200m:	2:51.58	44.37	300m:	4:28.17	47.92	400m:	5:50.61	39.96
21.				02 2	"	-2"				5:58.00	3	-
	50m:	35.99	35.99	150m:	2:10.51	45.63	250m:	3:44.92	46.58	350m:	5:16.44	41.37
	100m:	1:24.88	48.89	200m:	2:58.34	47.83	300m:	4:35.07	50.15	400m:	5:58.00	41.56
22.				02 2	"	-2"				6:04.81	3	-
	50m:	38.19	38.19	150m:	2:15.08	49.41	250m:	3:51.69	49.98	350m:	5:25.01	44.69
	100m:	1:25.67	47.48	200m:	3:01.71	46.63	300m:	4:40.32	48.63	400m:	6:04.81	39.80
DSQ				00 2	"	-2"						-
DNS				02 1	"	-2"						-
WDR				02 2	"	-2"						-

2000 - 2001

1.				00	"	-1"				4:49.61		596,00
	50m:	30.07	30.07	150m:	1:44.39	37.91	250m:	3:03.26	40.93	350m:	4:17.21	32.95
	100m:	1:06.48	36.41	200m:	2:22.33	37.94	300m:	3:44.26	41.00	400m:	4:49.61	32.40
2.				00	"	-1"				5:01.69	1	-
	50m:	32.11	32.11	150m:	1:45.01	35.62	250m:	3:05.36	44.64	350m:	4:26.42	35.62
	100m:	1:09.39	37.28	200m:	2:20.72	35.71	300m:	3:50.80	45.44	400m:	5:01.69	35.27
3.				00	"	-1"				5:02.19	1	525,00
	50m:	32.73	32.73	150m:	1:48.80	39.64	250m:	3:10.61	43.25	350m:	4:29.45	34.72
	100m:	1:09.16	36.43	200m:	2:27.36	38.56	300m:	3:54.73	44.12	400m:	5:02.19	32.74
4.				01	"	-1"				5:02.96	1	-
	50m:	30.31	30.31	150m:	1:46.46	39.82	250m:	3:11.74	46.09	350m:	4:30.76	35.09
	100m:	1:06.64	36.33	200m:	2:25.65	39.19	300m:	3:55.67	43.93	400m:	5:02.96	32.20
5.				00 1	"	-1"				5:03.55	1	518,00
	50m:	32.75	32.75	150m:	1:50.19	39.76	250m:	3:12.86	43.12	350m:	4:30.60	34.84
	100m:	1:10.43	37.68	200m:	2:29.74	39.55	300m:	3:55.76	42.90	400m:	5:03.55	32.95
6.				01 1	"	-1"				5:03.73	1	517,00
	50m:	30.30	30.30	150m:	1:48.69	41.24	250m:	3:13.58	44.07	350m:	4:31.35	33.42
	100m:	1:07.45	37.15	200m:	2:29.51	40.82	300m:	3:57.93	44.35	400m:	5:03.73	32.38
7.				00 1	"	-1"				5:05.37	1	-
	50m:	31.27	31.27	150m:	1:46.87	39.46	250m:	3:11.08	43.52	350m:	4:30.36	35.97
	100m:	1:07.41	36.14	200m:	2:27.56	40.69	300m:	3:54.39	43.31	400m:	5:05.37	35.01
8.				01 1	"	-1"				5:10.36	1	484,00
	50m:	33.98	33.98	150m:	1:53.32	38.66	250m:	3:15.31	41.09	350m:	4:34.83	35.65
	100m:	1:14.66	40.68	200m:	2:34.22	40.90	300m:	3:59.18	43.87	400m:	5:10.36	35.53
9.				01 2	"	-2"				5:18.44	2	448,00
	50m:	31.67	31.67	150m:	1:51.71	41.45	250m:	3:18.00	44.14	350m:	4:41.51	37.16
	100m:	1:10.26	38.59	200m:	2:33.86	42.15	300m:	4:04.35	46.35	400m:	5:18.44	36.93

		28,	, 400m	2000 - 2001								FINA
		/										
10.				00 1	"	-2 "			5:26.97	2		-
	50m:	35.12	35.12	150m:	1:59.52	42.19	250m:	3:29.56	47.22	350m:	4:52.08	35.36
	100m:	1:17.33	42.21	200m:	2:42.34	42.82	300m:	4:16.72	47.16	400m:	5:26.97	34.89
11.				01 2	"	-1"			5:33.32	2		-
	50m:	30.08	30.08	150m:	1:53.30	44.99	300m:	4:15.72	48.96	400m:	5:33.32	37.96
	100m:	1:08.31	38.23	250m:	3:26.76	1:33.46	350m:	4:55.36	39.64			
12.				01 2		-1			5:48.04	2		343,00
	50m:	36.85	36.85	150m:	2:01.59	42.22	250m:	3:37.14	51.30	350m:	5:07.93	39.97
	100m:	1:19.37	42.52	200m:	2:45.84	44.25	300m:	4:27.96	50.82	400m:	5:48.04	40.11
13.				01 2	"	"			5:50.61	2		-
	50m:	35.85	35.85	150m:	2:07.21	46.18	250m:	3:40.25	48.67	350m:	5:10.65	42.48
	100m:	1:21.03	45.18	200m:	2:51.58	44.37	300m:	4:28.17	47.92	400m:	5:50.61	39.96
DSQ				00 2	"	-2 "						-