

40
18.03.2016 - 11:24

, 400m

4:05.96
4:05.9614.04.2009
14.04.2009

14 +: 3:48.57 /	12 +: 4:06.00 /	10 +: 4:18.50 /	I : 4:35.00 /
II : 5:09.00 /	III : 5:50.00 /	I : 6:46.00 /	II : 7:42.00 /
III : 8:38.00			

FINA

1.			98	"	"			4:15.76	-
	50m: 28.16	28.16	150m: 1:31.72	32.35	250m: 2:37.28	33.08	350m: 3:43.59	33.34	
	100m: 59.37	31.21	200m: 2:04.20	32.48	300m: 3:10.25	32.97	400m: 4:15.76	32.17	
2.			97	"	-1"			4:16.51	-
	50m: 28.02	28.02	150m: 1:30.57	31.91	250m: 2:35.89	32.69	350m: 3:43.00	33.74	
	100m: 58.66	30.64	200m: 2:03.20	32.63	300m: 3:09.26	33.37	400m: 4:16.51	33.51	
3.			00 1	"	-1"			4:28.81	1
	50m: 30.03	30.03	150m: 1:38.07	35.29	250m: 2:48.26	35.33	350m: 3:57.90	34.89	
	100m: 1:02.78	32.75	200m: 2:12.93	34.86	300m: 3:23.01	34.75	400m: 4:28.81	30.91	
4.			02 1	"	"			4:30.32	1
	50m: 29.75	29.75	150m: 1:36.75	33.81	250m: 2:46.49	34.55	350m: 3:55.97	34.38	539,00
	100m: 1:02.94	33.19	200m: 2:11.94	35.19	300m: 3:21.59	35.10	400m: 4:30.32	34.35	
5.			99 1	"	-1"			4:31.38	1
	50m: 29.52	29.52	150m: 1:37.47	34.24	250m: 2:47.47	34.55	350m: 3:57.52	34.76	533,00
	100m: 1:03.23	33.71	200m: 2:12.92	35.45	300m: 3:22.76	35.29	400m: 4:31.38	33.86	
6.			00	"	"			4:33.91	1
	50m: 31.03	31.03	150m: 1:38.27	33.00	250m: 2:47.70	34.98	350m: 3:59.06	35.88	
	100m: 1:05.27	34.24	200m: 2:12.72	34.45	300m: 3:23.18	35.48	400m: 4:33.91	34.85	
7.			01 1	"	-1"			4:37.65	2
	50m: 31.50	31.50	150m: 1:42.18	35.36	250m: 2:53.98	35.60	350m: 4:05.67	35.71	497,00
	100m: 1:06.82	35.32	200m: 2:18.38	36.20	300m: 3:29.96	35.98	400m: 4:37.65	31.98	
8.			99 1	"	"			4:38.42	2
	50m: 30.72	30.72	150m: 1:41.62	36.24	250m: 2:53.77	36.46	350m: 4:05.50	35.58	
	100m: 1:05.38	34.66	200m: 2:17.31	35.69	300m: 3:29.92	36.15	400m: 4:38.42	32.92	
9.			00 1	"	-1"			4:38.70	2
	50m: 29.36	29.36	150m: 1:37.70	34.90	250m: 2:50.04	36.13	350m: 4:03.27	35.86	492,00
	100m: 1:02.80	33.44	200m: 2:13.91	36.21	300m: 3:27.41	37.37	400m: 4:38.70	35.43	
10.			94	"	-1"			4:38.76	2
	50m: 30.24	30.24	150m: 1:38.57	34.73	250m: 2:50.19	35.64	350m: 4:03.70	36.75	492,00
	100m: 1:03.84	33.60	200m: 2:14.55	35.98	300m: 3:26.95	36.76	400m: 4:38.76	35.06	
11.			01 1	"	"			4:40.70	2
	50m: 31.15	31.15	150m: 1:41.55	35.58	250m: 2:53.73	36.08	350m: 4:05.62	35.58	481,00
	100m: 1:05.97	34.82	200m: 2:17.65	36.10	300m: 3:30.04	36.31	400m: 4:40.70	35.08	
12.			01 2	"	-2"			4:44.78	2
	50m: 31.85	31.85	150m: 1:43.02	36.39	250m: 2:56.37	36.77	350m: 4:09.28	36.51	461,00
	100m: 1:06.63	34.78	200m: 2:19.60	36.58	300m: 3:32.77	36.40	400m: 4:44.78	35.50	
13.			01 1	"	-1"			4:50.40	2
	50m: 30.93	30.93	150m: 1:42.84	36.60	250m: 2:57.77	37.86	350m: 4:14.11	38.23	
	100m: 1:06.24	35.31	200m: 2:19.91	37.07	300m: 3:35.88	38.11	400m: 4:50.40	36.29	
14.			02 1	"	"			4:52.52	2
	50m: 32.73	32.73	150m: 1:45.38	37.34	250m: 3:00.59	38.28	350m: 4:16.86	38.72	
	100m: 1:08.04	35.31	200m: 2:22.31	36.93	300m: 3:38.14	37.55	400m: 4:52.52	35.66	
15.			99 2	"	"			4:54.35	2
	50m: 30.94	30.94	150m: 1:42.85	36.77	250m: 2:59.02	38.03	350m: 4:16.75	38.52	
	100m: 1:06.08	35.14	200m: 2:20.99	38.14	300m: 3:38.23	39.21	400m: 4:54.35	37.60	

40,		, 400m										FINA
16.				02 2		"	-2"		4:56.79	2		-
	50m:	31.30	31.30	150m:	1:43.11	36.74	250m:	2:59.96	38.03	350m:	4:18.71	38.76
	100m:	1:06.37	35.07	200m:	2:21.93	38.82	300m:	3:39.95	39.99	400m:	4:56.79	38.08
17.				02 2					4:57.60	2		-
	50m:	33.26	33.26	150m:	1:49.34	38.90	250m:	3:05.55	38.28	350m:	4:21.50	38.85
	100m:	1:10.44	37.18	200m:	2:27.27	37.93	300m:	3:42.65	37.10	400m:	4:57.60	36.10
18.				99		"	-1"		5:01.10	2		-
	50m:	35.59	35.59	150m:	1:53.39	39.44	250m:	3:10.45	39.11	350m:	4:26.67	38.52
	100m:	1:13.95	38.36	200m:	2:31.34	37.95	300m:	3:48.15	37.70	400m:	5:01.10	34.43
19.				00		"		"	5:01.41	2	389,00	
	50m:	32.03	32.03	150m:	1:46.58	37.82	300m:	3:45.78	1:19.64	400m:	5:01.41	36.66
	100m:	1:08.76	36.73	200m:	2:26.14	39.56	350m:	4:24.75	38.97			
20.				01 2		"	-1"		5:01.86	2		-
	50m:	32.03	32.03	150m:	1:46.80	38.49	250m:	3:06.45	40.63	350m:	4:25.01	38.60
	100m:	1:08.31	36.28	200m:	2:25.82	39.02	300m:	3:46.41	39.96	400m:	5:01.86	36.85
21.				02 2		"	-2"		5:01.88	2	387,00	
	50m:	32.20	32.20	150m:	1:47.74	38.75	250m:	3:05.52	38.97	350m:	4:24.84	38.75
	100m:	1:08.99	36.79	200m:	2:26.55	38.81	300m:	3:46.09	40.57	400m:	5:01.88	37.04
22.				01 2		"	"		5:02.44	2		-
	50m:	13.53	13.53	150m:	1:43.54	1:13.56	250m:	3:03.64	40.00	350m:	4:23.27	40.03
	100m:	29.98	16.45	200m:	2:23.64	40.10	300m:	3:43.24	39.60	400m:	5:02.44	39.17
23.				02 2		"	"		5:02.55	2		-
	50m:	32.98	32.98	150m:	1:50.77	38.91	250m:	3:08.50	38.85	350m:	4:26.48	38.47
	100m:	1:11.86	38.88	200m:	2:29.65	38.88	300m:	3:48.01	39.51	400m:	5:02.55	36.07
24.				00 2		"	"		5:04.34	2		-
	50m:	33.14	33.14	150m:	1:49.45	38.45	250m:	3:07.38	38.82	350m:	4:26.07	39.00
	100m:	1:11.00	37.86	200m:	2:28.56	39.11	300m:	3:47.07	39.69	400m:	5:04.34	38.27
25.				01 2		"	-1"		5:07.52	2	366,00	
	50m:	34.01	34.01	150m:	1:50.85	40.11	250m:	3:11.13	41.31	350m:	4:31.96	40.74
	100m:	1:10.74	36.73	200m:	2:29.82	38.97	300m:	3:51.22	40.09	400m:	5:07.52	35.56
26.				99		"		"	5:09.27	3	360,00	
	50m:	31.42	31.42	150m:	1:46.73	38.61	250m:	3:06.27	39.61	350m:	4:29.96	41.75
	100m:	1:08.12	36.70	200m:	2:26.66	39.93	300m:	3:48.21	41.94	400m:	5:09.27	39.31
27.				02 3		"	-2"		5:11.21	3		-
	50m:	34.14	34.14	150m:	1:53.80	40.52	250m:	3:13.95	39.32	350m:	4:33.32	38.79
	100m:	1:13.28	39.14	200m:	2:34.63	40.83	300m:	3:54.53	40.58	400m:	5:11.21	37.89
28.				01 3					5:11.99	3	350,00	
	50m:	34.65	34.65	150m:	1:51.21	39.47	250m:	3:10.66	40.07	350m:	4:32.69	41.19
	100m:	1:11.74	37.09	200m:	2:30.59	39.38	300m:	3:51.50	40.84	400m:	5:11.99	39.30
29.				02 2		"	-2"		5:12.97	3	347,00	
	50m:	34.82	34.82	150m:	1:54.14	39.67	250m:	3:14.21	40.07	350m:	4:34.77	39.87
	100m:	1:14.47	39.65	200m:	2:34.14	40.00	300m:	3:54.90	40.69	400m:	5:12.97	38.20
30.				01 2		"	"		5:17.05	3		-
	50m:	33.43	33.43	150m:	1:51.13	39.58	250m:	3:11.98	38.93	350m:	4:36.59	46.28
	100m:	1:11.55	38.12	200m:	2:33.05	41.92	300m:	3:50.31	38.33	400m:	5:17.05	40.46
31.				00 2		"	"		5:18.32	3		-
	50m:	34.59	34.59	150m:	1:53.61	40.33	250m:	3:16.09	41.25	350m:	4:39.07	41.36
	100m:	1:13.28	38.69	200m:	2:34.84	41.23	300m:	3:57.71	41.62	400m:	5:18.32	39.25
32.				98		"	-1"		5:22.94	3		-
	50m:	32.80	32.80	150m:	1:48.39	38.56	250m:	3:12.62	44.08	350m:	4:41.36	43.48
	100m:	1:09.83	37.03	200m:	2:28.54	40.15	300m:	3:57.88	45.26	400m:	5:22.94	41.58

		40, , 400m										FINA
33.				01 3	" "			5:29.40	3			-
	50m:	33.76	33.76	150m:	1:56.61	41.98	250m:	3:22.12	43.10	350m:	4:48.59	42.29
	100m:	1:14.63	40.87	200m:	2:39.02	42.41	300m:	4:06.30	44.18	400m:	5:29.40	40.81
34.				02 2	" -2"			5:35.29	3			-
	50m:	34.90	34.90	150m:	1:58.75	42.89	250m:	3:26.62	44.59	350m:	4:53.48	42.17
	100m:	1:15.86	40.96	200m:	2:42.03	43.28	300m:	4:11.31	44.69	400m:	5:35.29	41.81
35.				99	" -1"			5:41.48	3			-
	50m:	36.76	36.76	150m:	2:01.92	42.59	250m:	3:30.24	44.33	350m:	4:59.84	44.08
	100m:	1:19.33	42.57	200m:	2:45.91	43.99	300m:	4:15.76	45.52	400m:	5:41.48	41.64
DSQ				95	" -2"							-
DSQ				00 1	" "							-
DNS				99	" "							-
DNS				00	" -1"							-
DNS				99 1	" -2"							-
DNS				94	" -1"							-
WDR				99 1	" "							-
WDR				99	" -1"							-
WDR				01 2	" "							-
2000 - 2001												
1.				00 1	" -1"			4:28.81	1			-
	50m:	30.03	30.03	150m:	1:38.07	35.29	250m:	2:48.26	35.33	350m:	3:57.90	34.89
	100m:	1:02.78	32.75	200m:	2:12.93	34.86	300m:	3:23.01	34.75	400m:	4:28.81	30.91
2.				00	" "			4:33.91	1			-
	50m:	31.03	31.03	150m:	1:38.27	33.00	250m:	2:47.70	34.98	350m:	3:59.06	35.88
	100m:	1:05.27	34.24	200m:	2:12.72	34.45	300m:	3:23.18	35.48	400m:	4:33.91	34.85
3.				01 1	" -1"			4:37.65	2		497,00	
	50m:	31.50	31.50	150m:	1:42.18	35.36	250m:	2:53.98	35.60	350m:	4:05.67	35.71
	100m:	1:06.82	35.32	200m:	2:18.38	36.20	300m:	3:29.96	35.98	400m:	4:37.65	31.98
4.				00 1	" -1"			4:38.70	2		492,00	
	50m:	29.36	29.36	150m:	1:37.70	34.90	250m:	2:50.04	36.13	350m:	4:03.27	35.86
	100m:	1:02.80	33.44	200m:	2:13.91	36.21	300m:	3:27.41	37.37	400m:	4:38.70	35.43
5.				01 1	" "			4:40.70	2		481,00	
	50m:	31.15	31.15	150m:	1:41.55	35.58	250m:	2:53.73	36.08	350m:	4:05.62	35.58
	100m:	1:05.97	34.82	200m:	2:17.65	36.10	300m:	3:30.04	36.31	400m:	4:40.70	35.08
6.				01 2	" -2"			4:44.78	2		461,00	
	50m:	31.85	31.85	150m:	1:43.02	36.39	250m:	2:56.37	36.77	350m:	4:09.28	36.51
	100m:	1:06.63	34.78	200m:	2:19.60	36.58	300m:	3:32.77	36.40	400m:	4:44.78	35.50
7.				01 1	" -1"			4:50.40	2			-
	50m:	30.93	30.93	150m:	1:42.84	36.60	250m:	2:57.77	37.86	350m:	4:14.11	38.23
	100m:	1:06.24	35.31	200m:	2:19.91	37.07	300m:	3:35.88	38.11	400m:	4:50.40	36.29
8.				00	" "			5:01.41	2		389,00	
	50m:	32.03	32.03	150m:	1:46.58	37.82	300m:	3:45.78	1:19.64	400m:	5:01.41	36.66
	100m:	1:08.76	36.73	200m:	2:26.14	39.56	350m:	4:24.75	38.97			
9.				01 2	" -1"			5:01.86	2			-
	50m:	32.03	32.03	150m:	1:46.80	38.49	250m:	3:06.45	40.63	350m:	4:25.01	38.60
	100m:	1:08.31	36.28	200m:	2:25.82	39.02	300m:	3:46.41	39.96	400m:	5:01.86	36.85
10.				01 2	" "			5:02.44	2			-
	50m:	13.53	13.53	150m:	1:43.54	1:13.56	250m:	3:03.64	40.00	350m:	4:23.27	40.03
	100m:	29.98	16.45	200m:	2:23.64	40.10	300m:	3:43.24	39.60	400m:	5:02.44	39.17
11.				00 2	" "			5:04.34	2			-
	50m:	33.14	33.14	150m:	1:49.45	38.45	250m:	3:07.38	38.82	350m:	4:26.07	39.00
	100m:	1:11.00	37.86	200m:	2:28.56	39.11	300m:	3:47.07	39.69	400m:	5:04.34	38.27

		40, , 400m				2000 - 2001						FINA
12.				01 2	"	-1"			5:07.52	2		366,00
	50m:	34.01	34.01	150m:	1:50.85	40.11	250m:	3:11.13	41.31	350m:	4:31.96	40.74
	100m:	1:10.74	36.73	200m:	2:29.82	38.97	300m:	3:51.22	40.09	400m:	5:07.52	35.56
13.				01 3					5:11.99	3		350,00
	50m:	34.65	34.65	150m:	1:51.21	39.47	250m:	3:10.66	40.07	350m:	4:32.69	41.19
	100m:	1:11.74	37.09	200m:	2:30.59	39.38	300m:	3:51.50	40.84	400m:	5:11.99	39.30
14.				01 2	"	"			5:17.05	3		-
	50m:	33.43	33.43	150m:	1:51.13	39.58	250m:	3:11.98	38.93	350m:	4:36.59	46.28
	100m:	1:11.55	38.12	200m:	2:33.05	41.92	300m:	3:50.31	38.33	400m:	5:17.05	40.46
15.				00 2	"	"			5:18.32	3		-
	50m:	34.59	34.59	150m:	1:53.61	40.33	250m:	3:16.09	41.25	350m:	4:39.07	41.36
	100m:	1:13.28	38.69	200m:	2:34.84	41.23	300m:	3:57.71	41.62	400m:	5:18.32	39.25
16.				01 3	"	"			5:29.40	3		-
	50m:	33.76	33.76	150m:	1:56.61	41.98	250m:	3:22.12	43.10	350m:	4:48.59	42.29
	100m:	1:14.63	40.87	200m:	2:39.02	42.41	300m:	4:06.30	44.18	400m:	5:29.40	40.81
DSQ				00 1	"	"						-
DNS				00		"	-1"					-
WDR				01 2	"	"						-
EXH				03 2		-1			4:56.38	2		-
	50m:	32.34	32.34	150m:	1:46.51	38.29	250m:	3:03.34	39.40	350m:	4:20.13	39.21
	100m:	1:08.22	35.88	200m:	2:23.94	37.43	300m:	3:40.92	37.58	400m:	4:56.38	36.25
EXH				03 2		-2			5:17.93	3		-
	50m:	35.45	35.45	150m:	1:56.15	41.58	250m:	3:17.59	41.17	350m:	4:39.20	40.78
	100m:	1:14.57	39.12	200m:	2:36.42	40.27	300m:	3:58.42	40.83	400m:	5:17.93	38.73
EXH				03 2	"	"			5:16.32	3		-
	50m:	34.21	34.21	150m:	1:53.78	40.37	250m:	3:16.09	41.34	350m:	4:37.72	40.83
	100m:	1:13.41	39.20	200m:	2:34.75	40.97	300m:	3:56.89	40.80	400m:	5:16.32	38.60
EXH				03 2	"	"			5:11.10	3		-
	50m:	35.56	35.56	150m:	1:53.68	39.14	250m:	3:12.60	39.82	350m:	4:31.82	39.35
	100m:	1:14.54	38.98	200m:	2:32.78	39.10	300m:	3:52.47	39.87	400m:	5:11.10	39.28
EXH				03 2	"	-2 "			5:21.79	3		-
	50m:	34.52	34.52	150m:	1:54.69	40.40	250m:	3:17.25	41.09	350m:	4:41.87	41.89
	100m:	1:14.29	39.77	200m:	2:36.16	41.47	300m:	3:59.98	42.73	400m:	5:21.79	39.92