

35 , 400m  
 05.02.2021 - 11:13

4:17.88 10.05.2011  
 4:30.67 16.05.2019

: 4:32.44 / 15 - 17: 4:34.86 / 14 +: 4:07.26 /  
 12 +: 4:29.00 / 10 +: 4:44.00 / I 9 +: 5:02.00 / II 9 +: 5:43.00 /  
 III 9 +: 6:27.00 / I 9 +: 7:38.00 / II 9 +: 8:49.00 /  
 III 9 +: 10:00.00

: FINA 2021

FINA

1.			03	"	-1"				<b>4:37.61</b>	617
	100m:	1:06.14	1:06.14	200m:	2:16.66	1:10.52	300m:	3:27.69	1:11.03	400m: 4:37.61 1:09.92
2.			02	"	-1"				<b>4:39.64</b>	604
	100m:	1:05.92	1:05.92	200m:	2:16.52	1:10.60	300m:	3:28.59	1:12.07	400m: 4:39.64 1:11.05
3.			01	"	"				<b>4:41.03</b>	595
	100m:	1:06.08	1:06.08	200m:	2:17.36	1:11.28	300m:	3:29.67	1:12.31	400m: 4:41.03 1:11.36
4.			02	"	-1"				<b>4:43.78</b>	578
	100m:	1:06.68	1:06.68	200m:	2:18.01	1:11.33	300m:	3:30.44	1:12.43	400m: 4:43.78 1:13.34
5.			06	"	-1"				<b>4:46.26</b> 1	563
	100m:	1:07.08	1:07.08	200m:	2:20.85	1:13.77	300m:	3:34.46	1:13.61	400m: 4:46.26 1:11.80
6.			04						<b>4:46.41</b> 1	562
	100m:	1:09.12	1:09.12	200m:	2:21.85	1:12.73	300m:	3:35.69	1:13.84	400m: 4:46.41 1:10.72
7.			05	"	-1"				<b>4:46.59</b> 1	561
	100m:	1:06.26	1:06.26	200m:	2:18.60	1:12.34	300m:	3:34.09	1:15.49	400m: 4:46.59 1:12.50
8.			07 1	"	-2"				<b>4:51.14</b> 1	535
	100m:	1:10.60	1:10.60	200m:	2:25.07	1:14.47	300m:	3:40.18	1:15.11	400m: 4:51.14 1:10.96
9.			06						<b>4:51.40</b> 1	534
	100m:	1:10.41	1:10.41	200m:	2:25.05	1:14.64	300m:	3:39.73	1:14.68	400m: 4:51.40 1:11.67
10.			07 1	"	-2"				<b>4:51.67</b> 1	532
	100m:	1:11.56	1:11.56	200m:	2:26.05	1:14.49	300m:	3:40.07	1:14.02	400m: 4:51.67 1:11.60
11.			05	"	-1"				<b>4:53.07</b> 1	525
	100m:	1:07.69	1:07.69	200m:	2:22.12	1:14.43	300m:	3:38.62	1:16.50	400m: 4:53.07 1:14.45
12.			07 1	"	-2"				<b>4:54.26</b> 1	518
	100m:	1:09.84	1:09.84	200m:	2:24.25	1:14.41	300m:	3:39.01	1:14.76	400m: 4:54.26 1:15.25
13.			06 1						<b>5:02.70</b> 2	476
	100m:	1:11.80	1:11.80	200m:	2:28.12	1:16.32	300m:	3:45.37	1:17.25	400m: 5:02.70 1:17.33
14.			07 1						<b>5:07.20</b> 2	456
	100m:	1:12.48	1:12.48	200m:	2:31.79	1:19.31	300m:	3:52.12	1:20.33	400m: 5:07.20 1:15.08
15.			07 1	"	-2"				<b>5:09.47</b> 2	446
	100m:	1:11.76	1:11.76	200m:	2:30.59	1:18.83	300m:	3:50.01	1:19.42	400m: 5:09.47 1:19.46
16.			06 1						<b>5:09.86</b> 2	444
	100m:	1:12.77	1:12.77	200m:	2:32.27	1:19.50	300m:	3:52.42	1:20.15	400m: 5:09.86 1:17.44
17.			05 1	"	"				<b>5:11.52</b> 2	437
	100m:	1:10.07	1:10.07	200m:	2:29.24	1:19.17	300m:	3:50.37	1:21.13	400m: 5:11.52 1:21.15

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18.		06 2	" "						<b>5:12.36</b>	2	433	
	100m:	1:12.71	1:12.71	200m:	2:32.69	1:19.98	300m:	3:53.34	1:20.65	400m:	5:12.36	1:19.02
19.		07 1	" -2 "							<b>5:19.58</b>	2	405
	100m:	1:19.56	1:19.56	200m:	2:41.47	1:21.91	300m:	4:01.89	1:20.42	400m:	5:19.58	1:17.69
20.		08 2	" -2 "							<b>5:20.68</b>	2	400
	100m:	1:15.15	1:15.15	200m:	2:37.19	1:22.04	300m:	4:00.43	1:23.24	400m:	5:20.68	1:20.25
21.		08 1	" -2 "							<b>5:22.13</b>	2	395
	100m:	1:14.95	1:14.95	200m:	2:37.18	1:22.23	300m:	4:00.44	1:23.26	400m:	5:22.13	1:21.69
22.		08 1	" "							<b>5:23.48</b>	2	390
	100m:	1:17.06	1:17.06	200m:	2:40.01	1:22.95	300m:	4:03.38	1:23.37	400m:	5:23.48	1:20.10
23.		05 1	" -2 "							<b>5:26.67</b>	2	379
	100m:	1:16.36	1:16.36	200m:	2:40.30	1:23.94	300m:	4:04.53	1:24.23	400m:	5:26.67	1:22.14

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35, , 400m

(15-17 )

1.		06	"	-1"					<b>4:46.26</b>	1	563	
	100m:	1:07.08	1:07.08	200m:	2:20.85	1:13.77	300m:	3:34.46	1:13.61	400m:	4:46.26	1:11.80
2.		04								<b>4:46.41</b>	1	562
	100m:	1:09.12	1:09.12	200m:	2:21.85	1:12.73	300m:	3:35.69	1:13.84	400m:	4:46.41	1:10.72
3.		05	"	-1"						<b>4:46.59</b>	1	561
	100m:	1:06.26	1:06.26	200m:	2:18.60	1:12.34	300m:	3:34.09	1:15.49	400m:	4:46.59	1:12.50
4.		06								<b>4:51.40</b>	1	534
	100m:	1:10.41	1:10.41	200m:	2:25.05	1:14.64	300m:	3:39.73	1:14.68	400m:	4:51.40	1:11.67
5.		05	"	-1"						<b>4:53.07</b>	1	525
	100m:	1:07.69	1:07.69	200m:	2:22.12	1:14.43	300m:	3:38.62	1:16.50	400m:	4:53.07	1:14.45
6.		06 1								<b>5:02.70</b>	2	476
	100m:	1:11.80	1:11.80	200m:	2:28.12	1:16.32	300m:	3:45.37	1:17.25	400m:	5:02.70	1:17.33
7.		06 1								<b>5:09.86</b>	2	444
	100m:	1:12.77	1:12.77	200m:	2:32.27	1:19.50	300m:	3:52.42	1:20.15	400m:	5:09.86	1:17.44
8.		05 1	"							<b>5:11.52</b>	2	437
	100m:	1:10.07	1:10.07	200m:	2:29.24	1:19.17	300m:	3:50.37	1:21.13	400m:	5:11.52	1:21.15
9.		06 2	"	"						<b>5:12.36</b>	2	433
	100m:	1:12.71	1:12.71	200m:	2:32.69	1:19.98	300m:	3:53.34	1:20.65	400m:	5:12.36	1:19.02
10.		05 1	"	-2"						<b>5:26.67</b>	2	379
	100m:	1:16.36	1:16.36	200m:	2:40.30	1:23.94	300m:	4:04.53	1:24.23	400m:	5:26.67	1:22.14
WDR		05 2		-1								