

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"		4:37.61	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"		4:39.64	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	"	"		4:41.03	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"		4:43.78	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"		4:46.26 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	"			4:46.41 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"		4:46.59 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"		4:51.14 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	"			4:51.40 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"		4:51.67 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"		4:53.07 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"		4:54.26 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	"			5:02.70 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	"			5:07.20 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"		5:09.47 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	"			5:09.86 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	"	"		5:11.52 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

35, , 400m ,

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18.		06 2	" "						5:12.36	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"							5:19.58	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"							5:20.68	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"							5:22.13	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	" "							5:23.48	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"							5:26.67	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"					4:46.26	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								4:46.41	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"						4:46.59	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								4:51.40	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"						4:53.07	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								5:02.70	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								5:09.86	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	"							5:11.52	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	"	"						5:12.36	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"						5:26.67	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								