

5
15.11.2019 - 10:26

, 400m

		4:04.90								25.07.2018	
		4:04.90								25.07.2018	
: 4:05.00 /		10 +: 4:17.50 /		I		9 +: 4:34.00 /		II		9 +: 5:09.00 /	
III		9 +: 5:50.00 /		I		9 +: 6:46.00 /		II		9 +: 7:42.00	

: FINA 2019

												/p			FINA
1.					04	"	"			4:14.22		648			
	50m:	28.89	28.89	150m:	1:35.08	33.25	250m:	2:41.51	32.80	350m:	3:44.23	30.04			
	100m:	1:01.83	32.94	200m:	2:08.71	33.63	300m:	3:14.19	32.68	400m:	4:14.22	29.99			
2.					02	"	"			4:16.77		629			
	50m:	29.37	29.37	150m:	1:36.20	33.63	250m:	2:41.58	32.50	350m:	3:45.60	31.67			
	100m:	1:02.57	33.20	200m:	2:09.08	32.88	300m:	3:13.93	32.35	400m:	4:16.77	31.17			
3.					03	1	"	"		4:37.34	2	499			
	50m:	30.63	30.63	100m:	1:04.66	34.03	400m:	4:37.34	3:32.68						
4.					05	2	"	"		4:45.11	2	459			
	50m:	31.76	31.76	150m:	1:45.17	36.30	350m:	4:12.24	1:13.05						
	100m:	1:08.87	37.11	250m:	2:59.19	1:14.02	400m:	4:45.11	32.87						
5.					04	1	"	"		4:47.36	2	449			
	50m:	30.27	30.27	150m:	1:42.85	36.96	250m:	2:58.63	37.25	350m:	4:12.97	36.45			
	100m:	1:05.89	35.62	200m:	2:21.38	38.53	300m:	3:36.52	37.89	400m:	4:47.36	34.39			
6.					04	1	-1			4:49.60	2	438			
7.					04	2	"	"		4:49.71	2	438			
	50m:	31.86	31.86	150m:	1:44.99	37.04	250m:	2:58.95	36.94	350m:	4:13.79	38.43			
	100m:	1:07.95	36.09	200m:	2:22.01	37.02	300m:	3:35.36	36.41	400m:	4:49.71	35.92			
8.					04	1	"	"		4:50.72	2	433			
	50m:	32.33	32.33	150m:	1:44.46	36.82	250m:	2:59.74	37.82	350m:	4:14.88	37.42			
	100m:	1:07.64	35.31	200m:	2:21.92	37.46	300m:	3:37.46	37.72	400m:	4:50.72	35.84			
9.					05	2	"	"		4:54.98	2	415			
	50m:	31.52	31.52	150m:	1:45.59	37.41	250m:	3:02.35	38.65	400m:	4:54.98	1:14.23			
	100m:	1:08.18	36.66	200m:	2:23.70	38.11	300m:	3:40.75	38.40						
10.					05	2	"	"		4:57.03	2	406			
	50m:	31.85	31.85	150m:	1:42.91	36.54	250m:	2:59.03	39.02	350m:	4:18.96	40.71			
	100m:	1:06.37	34.52	200m:	2:20.01	37.10	300m:	3:38.25	39.22	400m:	4:57.03	38.07			
11.					06	2	-1			4:59.28	2	397			
	50m:	34.28	34.28	150m:	1:50.05	38.57	250m:	3:08.61	39.33	400m:	4:59.28	35.44			
	100m:	1:11.48	37.20	200m:	2:29.28	39.23	350m:	4:23.84	1:15.23						
12.					05	2	"	"		4:59.65	2	396			
	50m:	31.52	31.52	150m:	1:45.47	37.66	250m:	3:05.51	40.85	350m:	4:22.96	38.74			
	100m:	1:07.81	36.29	200m:	2:24.66	39.19	300m:	3:44.22	38.71	400m:	4:59.65	36.69			
13.					05	2	"	"		4:59.68	2	396			
	50m:	32.78	32.78	150m:	1:46.93	38.33	250m:	3:04.97	39.08	350m:	4:22.81	39.67			
	100m:	1:08.60	35.82	200m:	2:25.89	38.96	300m:	3:43.14	38.17	400m:	4:59.68	36.87			
14.					07	2	"	"		5:00.38	2	393			
	50m:	32.20	32.20	150m:	1:48.01	37.85	250m:	3:05.66	38.45	350m:	4:23.04	37.98			
	100m:	1:10.16	37.96	200m:	2:27.21	39.20	300m:	3:45.06	39.40	400m:	5:00.38	37.34			
15.					05	2	"	"		5:02.79	2	383			
	50m:	32.37	32.37	150m:	1:49.13	38.43	250m:	3:07.00	38.86	350m:	4:24.90	38.43			
	100m:	1:10.70	38.33	200m:	2:28.14	39.01	300m:	3:46.47	39.47	400m:	5:02.79	37.89			
16.					06	2	"	"		5:09.79	3	358			
	50m:	33.34	33.34	150m:	1:51.94	40.91	300m:	3:55.32	41.33	400m:	5:09.79	36.54			
	100m:	1:11.03	37.69	250m:	3:13.99	1:22.05	350m:	4:33.25	37.93						

5, , 400m ,												FINA
16.			06	2	"	"			5:09.79	3	358	
	50m:	33.31 33.31	150m:	1:49.71 38.37	250m:	3:09.85 40.05						
	100m:	1:11.34 38.03	200m:	2:29.80 40.09	400m:	5:09.79 1:59.94						
18.			06	2	"	"			5:10.84	3	354	
	50m:	32.74 32.74	150m:	1:50.83 40.84	250m:	3:10.66 39.57	350m:	4:33.12 41.45				
	100m:	1:09.99 37.25	200m:	2:31.09 40.26	300m:	3:51.67 41.01	400m:	5:10.84 37.72				
19.			04	2	"	"			5:11.90	3	351	
	50m:	32.82 32.82	150m:	1:50.60 39.45	250m:	3:11.18 40.13	350m:	4:33.27 40.07				
	100m:	1:11.15 38.33	200m:	2:31.05 40.45	300m:	3:53.20 42.02	400m:	5:11.90 38.63				
20.			04	2	"	"			5:13.48	3	345	
	50m:	32.40 32.40	200m:	2:30.37 41.39	300m:	3:53.59 42.17	400m:	5:13.48 39.10				
	150m:	1:48.98 1:16.58	250m:	3:11.42 41.05	350m:	4:34.38 40.79						
21.			07	2	"	"			5:13.56	3	345	
	100m:	1:12.01 1:12.01	200m:	2:33.16 1:21.15	300m:	3:53.14 1:19.98	400m:	5:13.56 1:20.42				
22.			06	3	"	"			5:13.78	3	344	
	50m:	34.85 34.85	150m:	1:53.26 40.27	250m:	3:15.52 41.61	350m:	4:37.76 41.35				
	100m:	1:12.99 38.14	200m:	2:33.91 40.65	300m:	3:56.41 40.89	400m:	5:13.78 36.02				
23.			04	2	"	"			5:14.28	3	343	
	50m:	33.59 33.59	150m:	1:50.83 39.54	250m:	3:11.31 41.13	350m:	4:34.05 41.59				
	100m:	1:11.29 37.70	200m:	2:30.18 39.35	300m:	3:52.46 41.15	400m:	5:14.28 40.23				
24.			04	2	"	"			5:15.11	3	340	
	50m:	34.41 34.41	150m:	1:54.60 40.59	250m:	3:16.47 40.54	400m:	5:15.11 37.09				
	100m:	1:14.01 39.60	200m:	2:35.93 41.33	350m:	4:38.02 1:21.55						
25.			03		"	"			5:15.35	3	339	
	50m:	31.53 31.53	150m:	1:49.52 39.76	250m:	3:13.05 44.76	350m:	4:34.88 40.09				
	100m:	1:09.76 38.23	200m:	2:28.29 38.77	300m:	3:54.79 41.74	400m:	5:15.35 40.47				
26.			06	2	"	"			5:16.26	3	336	
	100m:	1:14.46 1:14.46	200m:	2:35.66 1:21.20	300m:	3:58.35 1:22.69	400m:	5:16.26 1:17.91				
27.			05	2	-1				5:17.76	3	332	
	100m:	1:13.29 1:13.29	200m:	2:33.69 1:20.40	300m:	3:56.76 1:23.07	400m:	5:17.76 1:21.00				
28.			07	2	"	"			5:18.00	3	331	
	50m:	33.65 33.65	150m:	1:52.86 40.16	250m:	3:15.13 40.84	350m:	4:37.89 41.12				
	100m:	1:12.70 39.05	200m:	2:34.29 41.43	300m:	3:56.77 41.64	400m:	5:18.00 40.11				
29.			07	2	"	"			5:18.16	3	330	
	50m:	32.92 32.92	150m:	1:51.73 41.42	250m:	3:14.87 42.32	400m:	5:18.16 39.38				
	100m:	1:10.31 37.39	200m:	2:32.55 40.82	350m:	4:38.78 1:23.91						
30.			07	2	"	"			5:18.85	3	328	
	50m:	34.71 34.71	150m:	1:54.70 40.74	250m:	3:17.25 41.65	350m:	4:39.19 40.73				
	100m:	1:13.96 39.25	200m:	2:35.60 40.90	300m:	3:58.46 41.21	400m:	5:18.85 39.66				
31.			06	2	"	"			5:18.93	3	328	
	50m:	35.02 35.02	150m:	1:54.71 40.56	250m:	3:17.53 41.82	400m:	5:18.93 38.40				
	100m:	1:14.15 39.13	200m:	2:35.71 41.00	350m:	4:40.53 1:23.00						
32.			04	2	"	"			5:19.10	3	328	
	50m:	33.23 33.23	150m:	1:51.16 40.67	250m:	3:13.91 42.76	350m:	4:38.76 42.95				
	100m:	1:10.49 37.26	200m:	2:31.15 39.99	300m:	3:55.81 41.90	400m:	5:19.10 40.34				
33.			06	2	"	"			5:19.19	3	327	
	50m:	32.53 32.53	150m:	1:50.10 39.47	250m:	3:12.71 41.98	400m:	5:19.19 1:23.46				
	100m:	1:10.63 38.10	200m:	2:30.73 40.63	300m:	3:55.73 43.02						
34.			07	2	"	"			5:22.01	3	319	
	50m:	33.69 33.69	150m:	1:55.36 42.74	250m:	3:17.40 41.00	350m:	4:41.27 42.14				
	100m:	1:12.62 38.93	200m:	2:36.40 41.04	300m:	3:59.13 41.73	400m:	5:22.01 40.74				

5,		, 400m		,		/p						FINA
35.				03	2		"	"		5:23.27	3	315
	100m:	1:15.28	1:15.28	200m:	2:37.78	41.92	350m:	4:43.42	41.86			
	150m:	1:55.86	40.58	300m:	4:01.56	1:23.78	400m:	5:23.27	39.85			
36.				06	3		"	"		5:23.80	3	313
	100m:	1:13.38	1:13.38	200m:	2:37.15	1:23.77	300m:	4:02.44	1:25.29	400m:	5:23.80	1:21.36
37.				07	2	-1				5:25.45	3	309
	50m:	34.89	34.89	150m:	1:58.98	42.88	300m:	4:04.72	1:25.40			
	100m:	1:16.10	41.21	200m:	2:39.32	40.34	400m:	5:25.45	1:20.73			
38.				03	2		"	"		5:25.56	3	308
	50m:	33.48	33.48	150m:	1:54.35	41.24	250m:	3:20.30	42.33	350m:	4:45.72	42.52
	100m:	1:13.11	39.63	200m:	2:37.97	43.62	300m:	4:03.20	42.90	400m:	5:25.56	39.84
39.				06			"	"		5:30.59	3	294
	50m:	35.70	35.70	150m:	1:57.01	41.11	250m:	3:21.92	42.15	350m:	4:48.34	42.73
	100m:	1:15.90	40.20	200m:	2:39.77	42.76	300m:	4:05.61	43.69	400m:	5:30.59	42.25
40.				05			"	"		5:33.44	3	287
	100m:	1:19.56	1:19.56	200m:	2:46.56	44.47	300m:	4:14.39	45.08	400m:	5:33.44	37.53
	150m:	2:02.09	42.53	250m:	3:29.31	42.75	350m:	4:55.91	41.52			
41.				05	2		"	"		5:36.03	3	280
	50m:	33.89	33.89	150m:	1:55.99	42.03	300m:	4:07.86	44.97			
	100m:	1:13.96	40.07	250m:	3:22.89	1:26.90	400m:	5:36.03	1:28.17			
42.				06			"	"		5:44.24	3	261
	50m:	36.69	36.69	150m:	2:02.36	43.56	250m:	3:33.29	45.68	350m:	5:03.57	44.66
	100m:	1:18.80	42.11	200m:	2:47.61	45.25	300m:	4:18.91	45.62	400m:	5:44.24	40.67
43.				04	2		"	"		6:16.07	1	200
	50m:	34.44	34.44	400m:	6:16.07	5:41.63						