

6

, 400m

15.11.2019 - 11:07

			4:33.83		RUS				15.03.2018	
			4:17.88						10.05.2011	
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			

: FINA 2019

											/p			FINA	
1.			02								4:34.05	642			
	50m:	32.30	32.30	150m:	1:41.96	35.19	250m:	2:50.42	34.01	350m:	4:00.18	35.56			
	100m:	1:06.77	34.47	200m:	2:16.41	34.45	300m:	3:24.62	34.20	400m:	4:34.05	33.87			
2.			03								4:39.88	603			
	50m:	32.49	32.49	150m:	1:43.32	35.08	250m:	2:54.30	34.95	350m:	4:04.87	34.44			
	100m:	1:08.24	35.75	200m:	2:19.35	36.03	300m:	3:30.43	36.13	400m:	4:39.88	35.01			
3.			02								4:40.49	599			
	50m:	32.10	32.10	150m:	1:43.88	36.37	250m:	2:56.12	35.51	350m:	4:07.64	35.05			
	100m:	1:07.51	35.41	200m:	2:20.61	36.73	300m:	3:32.59	36.47	400m:	4:40.49	32.85			
4.			02								4:40.52	598			
	50m:	32.54	32.54	150m:	1:43.78	35.76	250m:	2:55.34	35.76	350m:	4:06.86	35.44			
	100m:	1:08.02	35.48	200m:	2:19.58	35.80	300m:	3:31.42	36.08	400m:	4:40.52	33.66			
5.			04								4:51.52	1	533		
	50m:	32.92	32.92	150m:	1:46.34	37.64	250m:	3:01.18	37.84	350m:	4:15.73	37.60			
	100m:	1:08.70	35.78	200m:	2:23.34	37.00	300m:	3:38.13	36.95	400m:	4:51.52	35.79			
6.			06		1							5:01.95	1	480	
	100m:	1:11.82	1:11.82	200m:	2:28.79	1:16.97	300m:	3:46.16	1:17.37	400m:	5:01.95	1:15.79			
7.			07		2							5:07.49	2	454	
	50m:	32.68	32.68	150m:	1:49.84	39.08	250m:	3:08.77	38.63	350m:	4:28.33	39.53			
	100m:	1:10.76	38.08	200m:	2:30.14	40.30	300m:	3:48.80	40.03	400m:	5:07.49	39.16			
8.			07		1							5:09.32	2	446	
	50m:	36.18	36.18	250m:	3:13.72	1:19.16	400m:	5:09.32	35.81						
	150m:	1:54.56	1:18.38	350m:	4:33.51	1:19.79									
9.			05		1							5:09.74	2	444	
	100m:	1:07.87	1:07.87	200m:	2:26.65	1:18.78	300m:	3:49.05	1:22.40	400m:	5:09.74	1:20.69			
10.			04		2							5:12.59	2	432	
	50m:	32.94	32.94	250m:	3:08.66	1:20.50	400m:	5:12.59	41.09						
	150m:	1:48.16	1:15.22	350m:	4:31.50	1:22.84									
11.			08		2							5:16.52	2	416	
	100m:	1:15.03	1:15.03	200m:	2:36.80	1:21.77	300m:	3:59.14	1:22.34	400m:	5:16.52	1:17.38			
12.			05		2	-1							5:17.80	2	411
	50m:	34.21	34.21	250m:	3:15.75	1:21.95	400m:	5:17.80	39.45						
	150m:	1:53.80	1:19.59	350m:	4:38.35	1:22.60									
13.			07		2	-1							5:23.11	2	391
	50m:	34.88	34.88	400m:	5:23.11	4:48.23									
14.			04		1							5:23.51	2	390	
	50m:	34.83	34.83	150m:	1:56.79	41.13	250m:	3:20.66	41.13	350m:	4:44.24	40.75			
	100m:	1:15.66	40.83	200m:	2:39.53	42.74	300m:	4:03.49	42.83	400m:	5:23.51	39.27			
15.			07		2							5:24.70	2	386	
	100m:	1:17.13	1:17.13	200m:	2:40.31	1:23.18	300m:	4:03.36	1:23.05	400m:	5:24.70	1:21.34			
16.			04		2							5:27.50	2	376	
	50m:	36.53	36.53	250m:	3:22.81	1:24.95	400m:	5:27.50	38.91						
	150m:	1:57.86	1:21.33	350m:	4:48.59	1:25.78									
17.			08		2	-1							5:27.82	2	375
	50m:	33.67	33.67	150m:	1:54.21	41.23	250m:	3:20.70	43.33	350m:	4:46.57	41.70			
	100m:	1:12.98	39.31	200m:	2:37.37	43.16	300m:	4:04.87	44.17	400m:	5:27.82	41.25			

6, , 400m												FINA	
		/p											
18.			06	2	"	"					5:28.49	2	372
	50m: 35.54	35.54	150m: 1:57.54	42.29	250m: 3:23.55	43.70	350m: 4:49.15	42.63					
	100m: 1:15.25	39.71	200m: 2:39.85	42.31	300m: 4:06.52	42.97	400m: 5:28.49	39.34					
19.			03	1	"	"					5:29.02	2	371
	100m: 1:16.42	1:16.42	300m: 4:05.61	1:25.71	400m: 5:29.02	41.51							
	200m: 2:39.90	1:23.48	350m: 4:47.51	41.90									
20.			05	2	-1						5:29.68	2	368
	50m: 36.37	36.37	150m: 1:57.72	41.63	250m: 3:22.18	42.01	350m: 4:47.21	42.26					
	100m: 1:16.09	39.72	200m: 2:40.17	42.45	300m: 4:04.95	42.77	400m: 5:29.68	42.47					
21.			07	2	"	"					5:32.74	2	358
	100m: 1:17.33	1:17.33	200m: 2:43.13	43.65	300m: 4:08.80	43.47	400m: 5:32.74	41.47					
	150m: 1:59.48	42.15	250m: 3:25.33	42.20	350m: 4:51.27	42.47							
22.			04	2	"	"					5:34.96	2	351
	50m: 36.25	36.25	150m: 2:01.08	43.60	300m: 4:11.33	43.62	400m: 5:34.96	40.67					
	100m: 1:17.48	41.23	250m: 3:27.71	1:26.63	350m: 4:54.29	42.96							
23.			07	2	-1						5:36.16	2	348
	50m: 36.73	36.73	150m: 2:02.30	1:25.57	400m: 5:36.16	3:33.86							
24.			05	2	"	"					5:36.31	2	347
	50m: 37.77	37.77	150m: 2:03.27	43.67	350m: 4:57.07	1:26.41							
	100m: 1:19.60	41.83	250m: 3:30.66	1:27.39	400m: 5:36.31	39.24							
25.			05	2	"	"					5:37.91	2	342
	50m: 36.21	36.21	150m: 2:02.32	43.68	250m: 3:30.12	43.93	350m: 4:57.64	42.52					
	100m: 1:18.64	42.43	200m: 2:46.19	43.87	300m: 4:15.12	45.00	400m: 5:37.91	40.27					
26.			08	2	"	"					5:43.34	3	326
	50m: 37.52	37.52	400m: 5:43.34	5:05.82									
27.			05	2	"	"					5:45.52	3	320
	50m: 36.22	36.22	200m: 2:45.62	1:28.03	300m: 4:15.88	45.08	400m: 5:45.52	44.04					
	100m: 1:17.59	41.37	250m: 3:30.80	45.18	350m: 5:01.48	45.60							
28.			07	2	"	"					5:46.48	3	317
	100m: 1:22.49	1:22.49	200m: 2:51.84	1:29.35	400m: 5:46.48	2:54.64							
29.			03	1	"	"					5:49.77	3	308
	50m: 36.27	36.27	150m: 2:02.46	43.92	250m: 3:33.52	45.37	350m: 5:05.45	45.35					
	100m: 1:18.54	42.27	200m: 2:48.15	45.69	300m: 4:20.10	46.58	400m: 5:49.77	44.32					
30.			06	2	"	"					5:50.77	3	306
	50m: 38.68	38.68	150m: 2:08.73	1:30.05	400m: 5:50.77	3:42.04							
31.			05	2	"	"					5:51.53	3	304
	50m: 35.42	35.42	150m: 2:00.26	44.72	250m: 3:32.34	45.74	350m: 5:05.73	46.49					
	100m: 1:15.54	40.12	200m: 2:46.60	46.34	300m: 4:19.24	46.90	400m: 5:51.53	45.80					
32.			07	2	"	"					6:04.26	3	273
	50m: 37.83	37.83	150m: 2:08.14	45.13	250m: 3:43.22	46.90	350m: 5:17.84	46.59					
	100m: 1:23.01	45.18	200m: 2:56.32	48.18	300m: 4:31.25	48.03	400m: 6:04.26	46.42					
33.			06	3	"	"					6:10.23	3	260
	50m: 36.50	36.50	400m: 6:10.23	5:33.73									
DNS			03		"	"							
EXH			09	2	-1						5:26.68	2	379
	50m: 35.53	35.53	150m: 1:58.36	41.50	250m: 3:22.00	41.42	350m: 4:46.16	41.46					
	100m: 1:16.86	41.33	200m: 2:40.58	42.22	300m: 4:04.70	42.70	400m: 5:26.68	40.52					