

10

, 400m

16.06.2021 - 15:32

4:30.67

16.05.2019

4:17.88

10.05.2011

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					<b>4:41.03</b>		595		
	50m:	31.29	31.29	150m:	1:41.59	35.41	250m:	2:53.34	35.53	350m:	4:05.11	35.41
	100m:	1:06.18	34.89	200m:	2:17.81	36.22	300m:	3:29.70	36.36	400m:	4:41.03	35.92
2.			02					<b>4:47.84</b>		1	554	
	50m:	32.56	32.56	150m:	1:44.01	36.35	250m:	2:57.88	37.23	350m:	4:11.46	37.21
	100m:	1:07.66	35.10	200m:	2:20.65	36.64	300m:	3:34.25	36.37	400m:	4:47.84	36.38
3.			06	1					<b>4:50.87</b>		1	537
	50m:	34.51	34.51	150m:	1:48.60	37.30	250m:	3:02.43	37.04	350m:	4:15.93	36.83
	100m:	1:11.30	36.79	200m:	2:25.39	36.79	300m:	3:39.10	36.67	400m:	4:50.87	34.94
4.			04					<b>4:52.60</b>		1	527	
	50m:	33.96	33.96	150m:	1:47.48	37.12	250m:	3:01.25	37.20	350m:	4:17.72	38.54
	100m:	1:10.36	36.40	200m:	2:24.05	36.57	300m:	3:39.18	37.93	400m:	4:52.60	34.88
5.			06					<b>4:54.19</b>		1	519	
	50m:	33.24	33.24	150m:	1:48.34	37.66	250m:	3:04.47	37.83	350m:	4:19.30	36.65
	100m:	1:10.68	37.44	200m:	2:26.64	38.30	300m:	3:42.65	38.18	400m:	4:54.19	34.89
6.			07					<b>4:55.19</b>		1	514	
	50m:	32.96	32.96	150m:	1:47.27	36.92	250m:	3:02.85	37.31	350m:	4:18.79	37.73
	100m:	1:10.35	37.39	200m:	2:25.54	38.27	300m:	3:41.06	38.21	400m:	4:55.19	36.40
7.			07	1					<b>5:00.91</b>		1	485
	50m:	33.08	33.08	150m:	1:48.44	37.57	250m:	3:06.26	38.38	350m:	4:23.55	37.81
	100m:	1:10.87	37.79	200m:	2:27.88	39.44	300m:	3:45.74	39.48	400m:	5:00.91	37.36
8.			08	1					<b>5:04.85</b>		2	466
	50m:	33.58	33.58	150m:	1:50.91	38.87	250m:	3:08.62	39.06	350m:	4:26.81	38.82
	100m:	1:12.04	38.46	200m:	2:29.56	38.65	300m:	3:47.99	39.37	400m:	5:04.85	38.04
9.			08	2	-2			<b>5:06.71</b>		2	458	
	50m:	32.99	32.99	150m:	1:50.80	39.18	250m:	3:09.78	39.18	350m:	4:28.59	38.91
	100m:	1:11.62	38.63	200m:	2:30.60	39.80	300m:	3:49.68	39.90	400m:	5:06.71	38.12
10.			09	1					<b>5:07.25</b>		2	455
	50m:	34.94	34.94	150m:	1:52.37	38.88	250m:	3:10.79	39.50	350m:	4:30.16	39.85
	100m:	1:13.49	38.55	200m:	2:31.29	38.92	300m:	3:50.31	39.52	400m:	5:07.25	37.09
11.			08	2					<b>5:12.17</b>		2	434
	50m:	34.47	34.47	150m:	1:52.60	39.76	250m:	3:11.81	39.85	350m:	4:32.91	40.76
	100m:	1:12.84	38.37	200m:	2:31.96	39.36	300m:	3:52.15	40.34	400m:	5:12.17	39.26
12.			07	1					<b>5:15.27</b>		2	421
	50m:	35.60	35.60	150m:	1:55.17	40.24	250m:	3:15.68	40.78	350m:	4:36.12	40.38
	100m:	1:14.93	39.33	200m:	2:34.90	39.73	300m:	3:55.74	40.06	400m:	5:15.27	39.15
13.			08	2					<b>5:23.05</b>		2	392
	50m:	33.75	33.75	150m:	1:53.84	40.46	250m:	3:17.95	42.09	350m:	4:42.24	41.29
	100m:	1:13.38	39.63	200m:	2:35.86	42.02	300m:	4:00.95	43.00	400m:	5:23.05	40.81
14.			08	2					<b>5:32.01</b>		2	361
	50m:	37.50	37.50	150m:	2:00.80	42.43	250m:	3:25.58	42.59	350m:	4:50.42	42.58
	100m:	1:18.37	40.87	200m:	2:42.99	42.19	300m:	4:07.84	42.26	400m:	5:32.01	41.59

" " (" »)  
 , 16-17 2021 . " », 50

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10, , 400m ,

15.				05 2 -1					<b>5:49.27</b> 3	FINA 310		
	50m:	38.29	38.29	150m:	2:04.61	44.52	250m:	3:35.73	46.52	350m:	5:05.84	45.86
	100m:	1:20.09	41.80	200m:	2:49.21	44.60	300m:	4:19.98	44.25	400m:	5:49.27	43.43