

10 , 400m
 07.06.2022 - 13:34

										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 2022											
1.			02		" "				4:36.70		624
	50m:	31.13	31.13	150m:	1:39.30	34.60	250m:	3:28.29	1:13.35	350m:	4:36.70 33.24
	100m:	1:04.70	33.57	200m:	2:14.94	35.64	300m:	4:03.46	35.17	400m:	4:36.70
2.			02		" "				4:56.75		1 505
	50m:	33.72	33.72	150m:	1:50.53	38.39	250m:	3:07.07	38.26	350m:	4:22.18 37.15
	100m:	1:12.14	38.42	200m:	2:28.81	38.28	300m:	3:45.03	37.96	400m:	4:56.75 34.57
3.			08 1		" "				4:57.55		1 501
	50m:	33.20	33.20	150m:	1:49.59	38.10	250m:	3:06.56	38.17	350m:	4:22.23 36.94
	100m:	1:11.49	38.29	200m:	2:28.39	38.80	300m:	3:45.29	38.73	400m:	4:57.55 35.32
4.			10 1		" "				5:02.62		2 477
	50m:	35.01	35.01	150m:	1:52.39	39.14	250m:	3:10.15	39.22	350m:	4:26.87 38.08
	100m:	1:13.25	38.24	200m:	2:30.93	38.54	300m:	3:48.79	38.64	400m:	5:02.62 35.75
5.			10 2		" "				5:04.70		2 467
	50m:	34.07	34.07	150m:	1:52.28	39.96	250m:	3:10.68	40.07	350m:	4:27.78 38.58
	100m:	1:12.32	38.25	200m:	2:30.61	38.33	300m:	3:49.20	38.52	400m:	5:04.70 36.92
6.			09 1		" "				5:15.46		2 421
	50m:	35.37	35.37	150m:	1:55.27	40.95	250m:	3:16.33	40.78	350m:	4:37.18 40.20
	100m:	1:14.32	38.95	200m:	2:35.55	40.28	300m:	3:56.98	40.65	400m:	5:15.46 38.28
7.			10 2		" "				5:15.54		2 420
	50m:	34.34	34.34	150m:	1:54.20	40.16	250m:	3:17.25	41.29	350m:	4:38.81 40.42
	100m:	1:14.04	39.70	200m:	2:35.96	41.76	300m:	3:58.39	41.14	400m:	5:15.54 36.73
8.			09 2		" "				5:17.39		2 413
	50m:	35.76	35.76	150m:	1:56.22	40.60	250m:	3:17.93	40.59	350m:	4:38.87 39.58
	100m:	1:15.62	39.86	200m:	2:37.34	41.12	300m:	3:59.29	41.36	400m:	5:17.39 38.52
9.			08 1		" "				5:17.47		2 413
	50m:	34.44	34.44	150m:	1:54.79	40.63	250m:	3:16.58	40.81	350m:	4:38.42 40.62
	100m:	1:14.16	39.72	200m:	2:35.77	40.98	300m:	3:57.80	41.22	400m:	5:17.47 39.05
10.			08		" "				5:19.55		2 405
	50m:	35.35	35.35	150m:	1:55.78	40.55	250m:	3:18.73	41.69	350m:	4:41.21 41.04
	100m:	1:15.23	39.88	200m:	2:37.04	41.26	300m:	4:00.17	41.44	400m:	5:19.55 38.34
11.			09 2		" "				5:19.70		2 404
	50m:	35.62	35.62	150m:	1:57.19	41.68	250m:	3:20.01	41.88	350m:	4:41.47 40.10
	100m:	1:15.51	39.89	200m:	2:38.13	40.94	300m:	4:01.37	41.36	400m:	5:19.70 38.23
12.			11 2		" "				5:19.74		2 404
	50m:	35.60	35.60	150m:	1:56.35	41.44	250m:	3:19.07	41.83	350m:	4:41.21 40.64
	100m:	1:14.91	39.31	200m:	2:37.24	40.89	300m:	4:00.57	41.50	400m:	5:19.74 38.53
13.			09 2		" "				5:24.41		2 387
	50m:	35.68	35.68	150m:	1:57.65	41.56	250m:	3:20.42	41.29	350m:	4:44.21 41.98
	100m:	1:16.09	40.41	200m:	2:39.13	41.48	300m:	4:02.23	41.81	400m:	5:24.41 40.20
14.			09 2		" "				5:30.23		2 367
	50m:	35.93	35.93	150m:	2:00.31	43.59	250m:	3:27.43	43.69	350m:	4:50.51 39.94
	100m:	1:16.72	40.79	200m:	2:43.74	43.43	300m:	4:10.57	43.14	400m:	5:30.23 39.72
15.			10 2		-1				5:36.81		2 346
	50m:	36.16	36.16	150m:	1:59.09	42.55	250m:	3:26.51	43.72	350m:	4:54.97 44.11
	100m:	1:16.54	40.38	200m:	2:42.79	43.70	300m:	4:10.86	44.35	400m:	5:36.81 41.84
16.			10 2		" "				5:48.85		3 311
	50m:	37.03	37.03	150m:	2:03.81	43.52	250m:	3:34.33	45.43	350m:	5:05.03 44.41
	100m:	1:20.29	43.26	200m:	2:48.90	45.09	300m:	4:20.62	46.29	400m:	5:48.85 43.82

