

10  
05.06.2024 - 14:55 , 400m

		4:17.88						10.05.2011	
		4:30.67						16.05.2019	
		14 +: 4:03.21 /		12 +: 4:26.45 /		10 +: 4:41.00 /			
I		9 +: 4:59.00 /		II		9 +: 5:40.00 /		III	
I		8 +: 7:38.00 /		II		8 +: 8:46.00 /		III	
								8 +: 9:57.00	
: FINA 2024									
									WA
1.		07	"	"				<b>4:32.41</b>	645
	50m:	31.19	31.19	150m:	1:40.74	35.22	250m:	2:51.76	34.85
	100m:	1:05.52	34.33	200m:	2:16.91	36.17	300m:	3:26.81	35.05
								350m:	4:00.56
								33.75	
								400m:	4:32.41
								31.85	
2.		07	"	"				<b>4:40.41</b>	591
	50m:	31.52	31.52	150m:	1:40.74	34.97	250m:	2:52.66	35.89
	100m:	1:05.77	34.25	200m:	2:16.77	36.03	300m:	3:29.01	36.35
								350m:	4:05.19
								36.18	
								400m:	4:40.41
								35.22	
3.		09	"	"				<b>4:41.12</b>	1 586
	50m:	31.61	31.61	150m:	1:41.86	35.07	250m:	2:54.13	35.84
	100m:	1:06.79	35.18	200m:	2:18.29	36.43	300m:	3:30.92	36.79
								350m:	4:06.67
								35.75	
								400m:	4:41.12
								34.45	
4.		10	"	"				<b>4:41.87</b>	1 582
	50m:	31.80	31.80	150m:	1:42.35	36.04	250m:	2:54.78	36.48
	100m:	1:06.31	34.51	200m:	2:18.30	35.95	300m:	3:30.85	36.07
								350m:	4:07.40
								36.55	
								400m:	4:41.87
								34.47	
5.		11	"	"				<b>4:46.46</b>	1 554
	50m:	31.97	31.97	150m:	1:44.63	36.86	250m:	2:56.77	35.44
	100m:	1:07.77	35.80	200m:	2:21.33	36.70	300m:	3:33.89	37.12
								350m:	4:10.77
								36.88	
								400m:	4:46.46
								35.69	
6.		10	"	"				<b>4:47.01</b>	1 551
	50m:	32.24	32.24	150m:	1:43.96	35.58	250m:	2:58.05	36.87
	100m:	1:08.38	36.14	200m:	2:21.18	37.22	300m:	3:35.73	37.68
								350m:	4:11.17
								35.44	
								400m:	4:47.01
								35.84	
7.		12 1	"	"				<b>4:57.77</b>	1 493
	50m:	32.56	32.56	150m:	1:46.92	37.43	250m:	3:04.03	37.91
	100m:	1:09.49	36.93	200m:	2:26.12	39.20	300m:	3:43.37	39.34
								350m:	4:21.00
								37.63	
								400m:	4:57.77
								36.77	
8.		10 1	"	"				<b>5:03.69</b>	2 465
	50m:	33.33	33.33	150m:	1:49.23	38.89	250m:	3:08.10	39.68
	100m:	1:10.34	37.01	200m:	2:28.42	39.19	300m:	3:47.42	39.32
								350m:	4:26.48
								39.06	
								400m:	5:03.69
								37.21	
9.		10 1	"	"				<b>5:08.47</b>	2 444
	50m:	34.03	34.03	150m:	1:51.12	38.69	250m:	3:10.14	39.56
	100m:	1:12.43	38.40	200m:	2:30.58	39.46	300m:	3:49.52	39.38
								350m:	4:29.21
								39.69	
								400m:	5:08.47
								39.26	
10.		07 1	"	"				<b>5:09.00</b>	2 442
	50m:	35.62	35.62	150m:	1:55.09	39.68	250m:	3:14.90	39.74
	100m:	1:15.41	39.79	200m:	2:35.16	40.07	300m:	3:54.84	39.94
								350m:	4:32.59
								37.75	
								400m:	5:09.00
								36.41	
11.		07 1	"	"				<b>5:13.04</b>	2 425
	50m:	35.62	35.62	150m:	1:55.83	40.94	250m:	3:16.57	40.53
	100m:	1:14.89	39.27	200m:	2:36.04	40.21	300m:	3:56.45	39.88
								350m:	4:36.03
								39.58	
								400m:	5:13.04
								37.01	
12.		08 1	"	"				<b>5:17.14</b>	2 408
	50m:	35.40	35.40	150m:	1:54.03	39.92	250m:	3:15.18	40.61
	100m:	1:14.11	38.71	200m:	2:34.57	40.54	300m:	3:56.10	40.92
								350m:	4:37.03
								40.93	
								400m:	5:17.14
								40.11	
13.		10 1	"	"				<b>5:25.86</b>	2 376
	50m:	33.40	33.40	150m:	1:53.58	41.52	250m:	3:18.96	42.95
	100m:	1:12.06	38.66	200m:	2:36.01	42.43	300m:	4:02.38	43.42
								350m:	4:44.96
								42.58	
								400m:	5:25.86
								40.90	
14.		10 1	"	"				<b>5:25.87</b>	2 376
	50m:	36.26	36.26	150m:	1:58.20	41.90	250m:	3:21.83	41.70
	100m:	1:16.30	40.04	200m:	2:40.13	41.93	300m:	4:03.09	41.26
								350m:	4:45.24
								42.15	
								400m:	5:25.87
								40.63	
15.		10 2	"	"				<b>5:28.58</b>	2 367
	50m:	36.15	36.15	150m:	1:59.77	41.77	250m:	3:23.90	41.75
	100m:	1:18.00	41.85	200m:	2:42.15	42.38	300m:	4:06.81	42.91
								350m:	4:48.27
								41.46	
								400m:	5:28.58
								40.31	
16.		10 2	"	"				<b>5:30.35</b>	2 361
	50m:	36.47	36.47	150m:	2:01.70	44.10	250m:	3:28.91	44.14
	100m:	1:17.60	41.13	200m:	2:44.77	43.07	300m:	4:11.30	42.39
								350m:	4:53.61
								42.31	
								400m:	5:30.35
								36.74	

10, , 400m ,

WA

17.			10 2	"	"				<b>5:33.01</b>	2	353	
	50m:	35.78	35.78	150m:	1:59.22	43.53	250m:	3:25.27	43.35	350m:	4:52.50	43.83
	100m:	1:15.69	39.91	200m:	2:41.92	42.70	300m:	4:08.67	43.40	400m:	5:33.01	40.51
18.			10 2	"	"				<b>5:58.29</b>	3	283	
	50m:	36.39	36.39	150m:	2:02.04	42.84	250m:	3:34.39	45.95	350m:	5:10.22	46.71
	100m:	1:19.20	42.81	200m:	2:48.44	46.40	300m:	4:23.51	49.12	400m:	5:58.29	48.07
DNS			09 1	"	"							
EXH			10 1	"	"				<b>4:54.46</b>	1	510	
	50m:	32.04	32.04	150m:	1:44.22	36.51	250m:	3:00.53	38.33	350m:	4:17.11	37.98
	100m:	1:07.71	35.67	200m:	2:22.20	37.98	300m:	3:39.13	38.60	400m:	4:54.46	37.35
EXH			10 1	"	"				<b>5:05.40</b>	2	457	
	50m:	31.79	31.79	150m:	1:46.04	37.93	250m:	3:04.90	39.49	350m:	4:25.87	40.21
	100m:	1:08.11	36.32	200m:	2:25.41	39.37	300m:	3:45.66	40.76	400m:	5:05.40	39.53
EXH			08 2	"	"				<b>5:19.39</b>	2	400	
	50m:	35.89	35.89	150m:	1:57.01	40.73	250m:	3:20.05	41.09	350m:	4:42.12	40.60
	100m:	1:16.28	40.39	200m:	2:38.96	41.95	300m:	4:01.52	41.47	400m:	5:19.39	37.27