

, 10. - 13.12.2024

13
11.12.2024 - 12:45

, 400m

4:57.44

02.12.2018

: FINA 2004

R.T.

1.				2009 I					5:27.91 I		567	
	50m:	35.11	35.11	150m:	1:57.50	40.49	250m:	3:23.70	45.11	350m:	4:50.34	39.55
	100m:	1:17.01	41.90	200m:	2:38.59	41.09	300m:	4:10.79	47.09	400m:	5:27.91	37.57
2.				2007					+0,85 5:39.32 II		511	
	50m:	36.78	36.78	150m:	2:02.95	44.53	250m:	3:31.68	46.46	350m:	5:03.15	42.29
	100m:	1:18.42	41.64	200m:	2:45.22	42.27	300m:	4:20.86	49.18	400m:	5:39.32	36.17
3.				2009 II					6:00.26 II		427	
	50m:	37.91	37.91	150m:	2:08.46	44.51	250m:	3:45.98	54.26	350m:	5:21.06	40.33
	100m:	1:23.95	46.04	200m:	2:51.72	43.26	300m:	4:40.73	54.75	400m:	6:00.26	39.20
1.				2007					+0,85 5:39.32 II		511	
	50m:	36.78	36.78	150m:	2:02.95	44.53	250m:	3:31.68	46.46	350m:	5:03.15	42.29
	100m:	1:18.42	41.64	200m:	2:45.22	42.27	300m:	4:20.86	49.18	400m:	5:39.32	36.17
1.				2009 I					5:27.91 I		567	
	50m:	35.11	35.11	150m:	1:57.50	40.49	250m:	3:23.70	45.11	350m:	4:50.34	39.55
	100m:	1:17.01	41.90	200m:	2:38.59	41.09	300m:	4:10.79	47.09	400m:	5:27.91	37.57
2.				2009 II					6:00.26 II		427	
	50m:	37.91	37.91	150m:	2:08.46	44.51	250m:	3:45.98	54.26	350m:	5:21.06	40.33
	100m:	1:23.95	46.04	200m:	2:51.72	43.26	300m:	4:40.73	54.75	400m:	6:00.26	39.20