

, 12. - 15.12.2023

37
15.12.2023

, 400m

4:24.28
4:33.65

11.09.2020
14.12.2015

: FINA 2023

R.T.

1.				2008 I					+0,82	4:47.54	I	520	
	50m:	32.32	32.32	150m:	1:44.21	36.19	250m:	2:58.68	37.33	350m:	4:13.39	37.60	
	100m:	1:08.02	35.70	200m:	2:21.35	37.14	300m:	3:35.79	37.11	400m:	4:47.54	34.15	
2.				2007 I					-2	+0,87	4:58.47	II	465
	50m:	33.10	33.10	150m:	1:47.25	37.74	250m:	3:03.82	38.39	350m:	4:22.01	39.24	
	100m:	1:09.51	36.41	200m:	2:25.43	38.18	300m:	3:42.77	38.95	400m:	4:58.47	36.46	
3.				2010 I					-3	+0,73	4:58.90	II	463
	50m:	33.85	33.85	150m:	1:49.43	38.31	250m:	3:06.89	38.96	350m:	4:23.78	38.33	
	100m:	1:11.12	37.27	200m:	2:27.93	38.50	300m:	3:45.45	38.56	400m:	4:58.90	35.12	
4.				2009 I					-3	+0,76	5:05.18	II	435
	50m:	33.03	33.03	150m:	1:49.18	39.03	250m:	3:08.37	39.09	350m:	4:27.10	39.13	
	100m:	1:10.15	37.12	200m:	2:29.28	40.10	300m:	3:47.97	39.60	400m:	5:05.18	38.08	
5.				2009 II					-3	+0,70	5:07.34	II	426
	50m:	34.95	34.95	150m:	1:51.56	38.59	250m:	3:10.38	39.66	350m:	4:29.64	39.51	
	100m:	1:12.97	38.02	200m:	2:30.72	39.16	300m:	3:50.13	39.75	400m:	5:07.34	37.70	
6.				2007 I					-3	+0,72	5:11.34	II	410
	50m:	34.23	34.23	150m:	1:52.25	39.86	250m:	3:12.30	39.99	350m:	4:32.80	40.52	
	100m:	1:12.39	38.16	200m:	2:32.31	40.06	300m:	3:52.28	39.98	400m:	5:11.34	38.54	
7.				2007 II					-1	+0,81	5:11.91	II	407
	50m:	35.00	35.00	150m:	1:53.29	39.67	250m:	3:13.63	39.84	350m:	4:34.67	40.44	
	100m:	1:13.62	38.62	200m:	2:33.79	40.50	300m:	3:54.23	40.60	400m:	5:11.91	37.24	
8.				2009 II					-1		5:52.24		283
	50m:	38.05	38.05	150m:	2:03.10	44.19	250m:	3:34.56	46.43	350m:	5:07.16	46.51	
	100m:	1:18.91	40.86	200m:	2:48.13	45.03	300m:	4:20.65	46.09	400m:	5:52.24	45.08	
9.				2008 II					-2	+0,78	5:53.73		279
	50m:	37.74	37.74	150m:	2:06.39	44.96	250m:	3:37.82	46.12	350m:	5:09.24	45.92	
	100m:	1:21.43	43.69	200m:	2:51.70	45.31	300m:	4:23.32	45.50	400m:	5:53.73	44.49	

(13-14)

1.				2010 I					-3	+0,73	4:58.90	II	463
	50m:	33.85	33.85	150m:	1:49.43	38.31	250m:	3:06.89	38.96	350m:	4:23.78	38.33	
	100m:	1:11.12	37.27	200m:	2:27.93	38.50	300m:	3:45.45	38.56	400m:	4:58.90	35.12	
2.				2009 I					-3	+0,76	5:05.18	II	435
	50m:	33.03	33.03	150m:	1:49.18	39.03	250m:	3:08.37	39.09	350m:	4:27.10	39.13	
	100m:	1:10.15	37.12	200m:	2:29.28	40.10	300m:	3:47.97	39.60	400m:	5:05.18	38.08	
3.				2009 II					-3	+0,70	5:07.34	II	426
	50m:	34.95	34.95	150m:	1:51.56	38.59	250m:	3:10.38	39.66	350m:	4:29.64	39.51	
	100m:	1:12.97	38.02	200m:	2:30.72	39.16	300m:	3:50.13	39.75	400m:	5:07.34	37.70	
4.				2009 II					-1		5:52.24		283
	50m:	38.05	38.05	150m:	2:03.10	44.19	250m:	3:34.56	46.43	350m:	5:07.16	46.51	
	100m:	1:18.91	40.86	200m:	2:48.13	45.03	300m:	4:20.65	46.09	400m:	5:52.24	45.08	