

32			, 400m			2011						
23.01.2025 - 11:25												
: FINA 2023												
1.			2009	I				4:45.68	I	530		
	50m:	32.17	32.17	150m:	1:42.66	35.44	250m:	2:54.88	36.32	350m:	4:09.32	37.28
	100m:	1:07.22	35.05	200m:	2:18.56	35.90	300m:	3:32.04	37.16	400m:	4:45.68	36.36
2.			2011	I				4:46.33	I	527		
	50m:	33.51	33.51	150m:	1:46.77	36.94	250m:	3:00.53	37.18	350m:	4:13.66	35.97
	100m:	1:09.83	36.32	200m:	2:23.35	36.58	300m:	3:37.69	37.16	400m:	4:46.33	32.67
3.			2009	I				4:46.45	I	526		
	50m:	33.06	33.06	150m:	1:46.21	36.66	250m:	2:59.71	36.81	350m:	4:12.83	36.52
	100m:	1:09.55	36.49	200m:	2:22.90	36.69	300m:	3:36.31	36.60	400m:	4:46.45	33.62
4.			2009	I				4:47.19	I	522		
	50m:	33.15	33.15	150m:	1:45.93	36.40	250m:	2:59.71	37.00	350m:	4:12.86	36.19
	100m:	1:09.53	36.38	200m:	2:22.71	36.78	300m:	3:36.67	36.96	400m:	4:47.19	34.33
5.			2009	I				4:47.56	I	520		
	50m:	32.51	32.51	150m:	1:42.99	35.75	250m:	2:56.26	36.91	350m:	4:10.86	37.32
	100m:	1:07.24	34.73	200m:	2:19.35	36.36	300m:	3:33.54	37.28	400m:	4:47.56	36.70
6.			2008	I				4:49.98	I	507		
	50m:	32.56	32.56	150m:	1:44.09	36.22	250m:	2:58.26	37.34	350m:	4:13.84	38.18
	100m:	1:07.87	35.31	200m:	2:20.92	36.83	300m:	3:35.66	37.40	400m:	4:49.98	36.14
7.			2011	I				4:51.15	I	501		
	50m:	34.79	34.79	150m:	1:48.87	37.30	250m:	3:02.44	36.78	350m:	4:16.30	36.51
	100m:	1:11.57	36.78	200m:	2:25.66	36.79	300m:	3:39.79	37.35	400m:	4:51.15	34.85
8.			2011	I			-19	4:53.13	II	491		
	50m:	32.79	32.79	150m:	1:45.55	36.83	250m:	3:00.81	37.80	350m:	4:16.71	38.04
	100m:	1:08.72	35.93	200m:	2:23.01	37.46	300m:	3:38.67	37.86	400m:	4:53.13	36.42
9.			2009	I				4:54.25	II	485		
	50m:	33.01	33.01	150m:	1:46.05	36.80	250m:	3:00.91	37.72	350m:	4:17.01	38.00
	100m:	1:09.25	36.24	200m:	2:23.19	37.14	300m:	3:39.01	38.10	400m:	4:54.25	37.24
10.			2010	I				4:55.35	II	480		
	50m:	33.09	33.09	150m:	1:47.52	37.54	250m:	3:01.93	37.25	350m:	4:18.41	38.16
	100m:	1:09.98	36.89	200m:	2:24.68	37.16	300m:	3:40.25	38.32	400m:	4:55.35	36.94
11.			2010	I				4:56.61	II	474		
	50m:	33.06	33.06	150m:	1:48.40	38.09	250m:	3:04.69	38.13	350m:	4:21.14	38.14
	100m:	1:10.31	37.25	200m:	2:26.56	38.16	300m:	3:43.00	38.31	400m:	4:56.61	35.47
12.			2010	II				4:58.23	II	466		
	50m:	34.38	34.38	150m:	1:49.04	37.55	250m:	3:04.42	37.59	350m:	4:21.09	38.22
	100m:	1:11.49	37.11	200m:	2:26.83	37.79	300m:	3:42.87	38.45	400m:	4:58.23	37.14
13.			2011	I				5:00.43	II	456		
	50m:	32.00	32.00	150m:	1:46.49	37.80	250m:	3:04.23	38.88	350m:	4:22.58	38.75
	100m:	1:08.69	36.69	200m:	2:25.35	38.86	300m:	3:43.83	39.60	400m:	5:00.43	37.85
14.			2011	II				5:01.14	II	453		
	50m:	33.64	33.64	150m:	1:48.84	38.12	250m:	3:06.64	38.91	350m:	4:24.37	38.98
	100m:	1:10.72	37.08	200m:	2:27.73	38.89	300m:	3:45.39	38.75	400m:	5:01.14	36.77
15.			2011	II				5:02.68	II	446		
	50m:	33.10	33.10	150m:	1:49.73	38.76	250m:	3:08.31	39.13	350m:	4:25.31	38.32
	100m:	1:10.97	37.87	200m:	2:29.18	39.45	300m:	3:46.99	38.68	400m:	5:02.68	37.37

, 21.01-23.01.2025 .

32,		, 400m		, 2011							
15.				2007	I		"	"	5:02.68		446
	50m:	33.71	33.71	150m:	1:50.12	38.46	250m:	3:06.91	38.51	350m:	4:25.39 39.64
	100m:	1:11.66	37.95	200m:	2:28.40	38.28	300m:	3:45.75	38.84	400m:	5:02.68 37.29
17.				2011			"	"	5:03.48		442
	50m:	33.54	33.54	150m:	1:50.25	39.04	250m:	3:09.41	39.42	350m:	4:28.29 39.37
	100m:	1:11.21	37.67	200m:	2:29.99	39.74	300m:	3:48.92	39.51	400m:	5:03.48 35.19
18.				2009	I		"	"	5:05.58		433
	50m:	33.58	33.58	150m:	1:47.95	37.63	250m:	3:05.85	39.04	350m:	4:26.77 40.55
	100m:	1:10.32	36.74	200m:	2:26.81	38.86	300m:	3:46.22	40.37	400m:	5:05.58 38.81
19.				2011			"	"	5:05.99		431
	50m:	35.04	35.04	150m:	1:53.55	39.69	250m:	3:11.58	38.58	350m:	4:28.58 38.90
	100m:	1:13.86	38.82	200m:	2:33.00	39.45	300m:	3:49.68	38.10	400m:	5:05.99 37.41
20.				2011			-19		5:06.05		431
	50m:	35.16	35.16	150m:	1:52.02	38.57	250m:	3:10.56	38.85	350m:	4:29.00 39.23
	100m:	1:13.45	38.29	200m:	2:31.71	39.69	300m:	3:49.77	39.21	400m:	5:06.05 37.05
21.				2011			4		5:07.50		425
	50m:	33.96	33.96	150m:	1:51.75	39.79	250m:	3:10.28	39.22	350m:	4:28.97 39.62
	100m:	1:11.96	38.00	200m:	2:31.06	39.31	300m:	3:49.35	39.07	400m:	5:07.50 38.53
22.				2009			"	"	5:10.78		412
	50m:	34.95	34.95	150m:	1:51.88	38.79	250m:	3:12.34	40.59	350m:	4:32.44 40.25
	100m:	1:13.09	38.14	200m:	2:31.75	39.87	300m:	3:52.19	39.85	400m:	5:10.78 38.34
23.				2009			"	"	5:11.55		409
	50m:	33.73	33.73	150m:	1:52.18	39.79	250m:	3:13.15	40.31	350m:	4:33.61 40.36
	100m:	1:12.39	38.66	200m:	2:32.84	40.66	300m:	3:53.25	40.10	400m:	5:11.55 37.94
24.				2010					5:12.31		406
	50m:	35.61	35.61	150m:	1:56.06	40.40	250m:	3:16.55	40.25	350m:	4:34.72 38.47
	100m:	1:15.66	40.05	200m:	2:36.30	40.24	300m:	3:56.25	39.70	400m:	5:12.31 37.59
25.				2007			"	"	5:12.37		405
	50m:	35.16	35.16	150m:	1:53.34	39.67	250m:	3:13.65	40.05	350m:	4:34.02 40.21
	100m:	1:13.67	38.51	200m:	2:33.60	40.26	300m:	3:53.81	40.16	400m:	5:12.37 38.35
26.				2011			"	"	5:12.38		405
	50m:	36.72	36.72	150m:	1:56.89	40.55	250m:	3:16.47	39.72	350m:	4:35.86 39.40
	100m:	1:16.34	39.62	200m:	2:36.75	39.86	300m:	3:56.46	39.99	400m:	5:12.38 36.52
27.				2007	I		"	"	5:12.40		405
	50m:	34.91	34.91	150m:	1:50.96	38.52	250m:	3:10.50	39.91	350m:	4:33.14 41.02
	100m:	1:12.44	37.53	200m:	2:30.59	39.63	300m:	3:52.12	41.62	400m:	5:12.40 39.26
28.				2009	I		"	"	5:13.41		401
	50m:	33.32	33.32	150m:	1:50.26	39.06	250m:	3:10.74	40.33	350m:	4:33.48 41.45
	100m:	1:11.20	37.88	200m:	2:30.41	40.15	300m:	3:52.03	41.29	400m:	5:13.41 39.93
29.				2011			"	"	5:13.90		400
	50m:	34.03	34.03	150m:	1:52.84	40.24	250m:	3:15.08	41.17	350m:	4:36.18 40.00
	100m:	1:12.60	38.57	200m:	2:33.91	41.07	300m:	3:56.18	41.10	400m:	5:13.90 37.72
30.				2011			"	"	5:15.19		395
	50m:	35.79	35.79	150m:	1:56.66	39.64	250m:	3:17.85	41.11	350m:	4:37.01 39.23
	100m:	1:17.02	41.23	200m:	2:36.74	40.08	300m:	3:57.78	39.93	400m:	5:15.19 38.18
31.				2009					5:15.22		395
	50m:	34.24	34.24	150m:	1:52.33	39.98	250m:	3:13.24	40.68	350m:	4:35.65 41.00
	100m:	1:12.35	38.11	200m:	2:32.56	40.23	300m:	3:54.65	41.41	400m:	5:15.22 39.57

32,		, 400m		, 2011							
32.				2009	II					5:17.95	II 384
	50m:	35.00	35.00	150m:	1:55.57	40.69	250m:	3:16.77	40.39	350m:	4:35.35 38.56
	100m:	1:14.88	39.88	200m:	2:36.38	40.81	300m:	3:56.79	40.02	400m:	5:17.95 42.60
33.				2010	I					5:18.04	II 384
	50m:	35.72	35.72	150m:	1:55.77	40.58	250m:	3:17.29	40.60	350m:	4:39.12 40.04
	100m:	1:15.19	39.47	200m:	2:36.69	40.92	300m:	3:59.08	41.79	400m:	5:18.04 38.92
34.				2011	II					5:18.59	II 382
	50m:	36.36	36.36	150m:	1:56.83	40.78	250m:	3:18.27	40.44	350m:	4:39.52 40.79
	100m:	1:16.05	39.69	200m:	2:37.83	41.00	300m:	3:58.73	40.46	400m:	5:18.59 39.07
35.				2011	II					5:19.01	II 381
	50m:	35.69	35.69	150m:	1:55.67	40.37	250m:	3:16.87	40.07	350m:	4:37.74 39.77
	100m:	1:15.30	39.61	200m:	2:36.80	41.13	300m:	3:57.97	41.10	400m:	5:19.01 41.27
36.				2008	I					5:22.39	II 369
	50m:	34.60	34.60	150m:	1:53.24	40.32	250m:	3:16.81	41.96	350m:	4:40.78 41.69
	100m:	1:12.92	38.32	200m:	2:34.85	41.61	300m:	3:59.09	42.28	400m:	5:22.39 41.61
37.				2011	II				4	5:24.47	II 362
	50m:	34.94	34.94	150m:	1:55.44	41.19	250m:	3:20.20	42.44	350m:	4:44.57 41.77
	100m:	1:14.25	39.31	200m:	2:37.76	42.32	300m:	4:02.80	42.60	400m:	5:24.47 39.90
38.				2011	II					5:30.32	II 343
	50m:	37.17	37.17	150m:	1:59.16	41.82	250m:	3:23.68	42.49	350m:	4:49.32 43.07
	100m:	1:17.34	40.17	200m:	2:41.19	42.03	300m:	4:06.25	42.57	400m:	5:30.32 41.00
39.				2010	II					5:33.64	II 333
	50m:	36.42	36.42	150m:	1:59.53	41.91	250m:	3:25.75	43.48	350m:	4:51.77 43.11
	100m:	1:17.62	41.20	200m:	2:42.27	42.74	300m:	4:08.66	42.91	400m:	5:33.64 41.87
40.				2011	II					5:47.44	III 295
	50m:	37.55	37.55	150m:	2:05.15	44.77	250m:	3:35.32	44.92	350m:	5:04.68 44.59
	100m:	1:20.38	42.83	200m:	2:50.40	45.25	300m:	4:20.09	44.77	400m:	5:47.44 42.76

32, , 400m

EXH			2011							4:30.02		628
	50m:	30.80	30.80	150m:	1:37.77	33.46	250m:	2:46.47	34.36	350m:	3:55.49	34.52
	100m:	1:04.31	33.51	200m:	2:12.11	34.34	300m:	3:20.97	34.50	400m:	4:30.02	34.53
EXH			2009							4:34.61		597
	50m:	31.84	31.84	150m:	1:40.61	34.58	250m:	2:50.23	34.91	350m:	4:00.29	35.09
	100m:	1:06.03	34.19	200m:	2:15.32	34.71	300m:	3:25.20	34.97	400m:	4:34.61	34.32
EXH			2011							4:36.64		584
	50m:	31.71	31.71	150m:	1:41.14	34.72	250m:	2:51.84	35.37	350m:	4:02.80	35.59
	100m:	1:06.42	34.71	200m:	2:16.47	35.33	300m:	3:27.21	35.37	400m:	4:36.64	33.84
EXH			2010							4:40.79		558
	50m:	31.99	31.99	150m:	1:41.10	34.69	250m:	2:51.61	35.49	350m:	4:04.48	36.77
	100m:	1:06.41	34.42	200m:	2:16.12	35.02	300m:	3:27.71	36.10	400m:	4:40.79	36.31
EXH			2008							4:41.53		554
	50m:	32.52	32.52	150m:	1:42.65	35.33	250m:	2:54.18	35.92	350m:	4:06.53	36.13
	100m:	1:07.32	34.80	200m:	2:18.26	35.61	300m:	3:30.40	36.22	400m:	4:41.53	35.00
EXH			2008							4:43.58		542
	50m:	32.48	32.48	150m:	1:42.93	35.58	250m:	2:55.77	36.68	350m:	4:08.28	36.17
	100m:	1:07.35	34.87	200m:	2:19.09	36.16	300m:	3:32.11	36.34	400m:	4:43.58	35.30
EXH			2008							4:45.16		533
	50m:	32.13	32.13	150m:	1:43.43	36.07	250m:	2:56.62	36.55	350m:	4:09.86	36.70
	100m:	1:07.36	35.23	200m:	2:20.07	36.64	300m:	3:33.16	36.54	400m:	4:45.16	35.30
EXH			2009							4:47.02		523
	50m:	32.02	32.02	150m:	1:41.39	35.43	250m:	2:54.92	37.00	350m:	4:10.94	38.10
	100m:	1:05.96	33.94	200m:	2:17.92	36.53	300m:	3:32.84	37.92	400m:	4:47.02	36.08
EXH			2010							4:47.39		521
	50m:	27.80	27.80	150m:	1:44.30	36.79	250m:	2:58.82	37.33	350m:	4:12.33	36.62
	100m:	1:07.51	39.71	200m:	2:21.49	37.19	300m:	3:35.71	36.89	400m:	4:47.39	35.06
EXH			2008							4:57.54		469
	50m:	32.46	32.46	150m:	1:46.89	37.85	250m:	3:03.08	38.36	350m:	4:19.96	38.21
	100m:	1:09.04	36.58	200m:	2:24.72	37.83	300m:	3:41.75	38.67	400m:	4:57.54	37.58