

8 , 400m 2011
 21.01.2025 - 11:45

: FINA 2024

1.			2011	I								5:15.20	
	50m:	33.24	33.24	150m:	1:51.92	40.62	250m:	3:18.46	46.62	350m:	4:40.30	35.84	
	100m:	1:11.30	38.06	200m:	2:31.84	39.92	300m:	4:04.46	46.00	400m:	5:15.20	34.90	
2.			2010	I								5:18.29	I
	50m:	33.39	33.39	150m:	1:53.18	41.64	250m:	3:18.31	44.48	350m:	4:41.52	37.59	
	100m:	1:11.54	38.15	200m:	2:33.83	40.65	300m:	4:03.93	45.62	400m:	5:18.29	36.77	
3.			2011	I								5:32.98	I
	50m:	35.44	35.44	150m:	2:01.59	43.88	250m:	3:31.38	47.29	350m:	4:57.02	37.89	
	100m:	1:17.71	42.27	200m:	2:44.09	42.50	300m:	4:19.13	47.75	400m:	5:32.98	35.96	
4.			2008	I								5:38.54	II
	50m:	35.85	35.85	150m:	2:03.23	44.30	250m:	3:32.87	46.26	350m:	4:59.52	39.52	
	100m:	1:18.93	43.08	200m:	2:46.61	43.38	300m:	4:20.00	47.13	400m:	5:38.54	39.02	
5.			2009	II								5:45.74	II
	50m:	34.74	34.74	150m:	2:04.49	45.93	250m:	3:35.33	46.21	350m:	5:07.11	43.73	
	100m:	1:18.56	43.82	200m:	2:49.12	44.63	300m:	4:23.38	48.05	400m:	5:45.74	38.63	
6.			2011	II								6:04.28	II
	50m:	37.21	37.21	150m:	2:08.68	46.77	250m:	3:47.53	53.22	350m:	5:23.73	42.09	
	100m:	1:21.91	44.70	200m:	2:54.31	45.63	300m:	4:41.64	54.11	400m:	6:04.28	40.55	

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EXH			2011				"	"	4:53.89	
	50m:	31.52	31.52	150m:	1:44.42	33.73	250m:	3:04.08	43.35	350m: 4:20.33 34.75
	100m:	1:10.69	39.17	200m:	2:20.73	36.31	300m:	3:45.58	41.50	400m: 4:53.89 33.56
EXH			2010				"	"	5:05.03	
	50m:	32.36	32.36	150m:	1:47.87	38.05	250m:	3:10.07	44.87	350m: 4:30.35 35.61
	100m:	1:09.82	37.46	200m:	2:25.20	37.33	300m:	3:54.74	44.67	400m: 5:05.03 34.68
EXH			2009				"	"	5:09.27	
	50m:	31.87	31.87	150m:	1:47.24	37.55	250m:	3:12.40	47.18	350m: 4:34.06 34.81
	100m:	1:09.69	37.82	200m:	2:25.22	37.98	300m:	3:59.25	46.85	400m: 5:09.27 35.21
EXH			2008				"	"	5:10.48	
	50m:	32.39	32.39	150m:	1:49.10	39.16	250m:	3:13.31	45.17	350m: 4:35.61 35.55
	100m:	1:09.94	37.55	200m:	2:28.14	39.04	300m:	4:00.06	46.75	400m: 5:10.48 34.87
EXH			2010				"	"	5:11.07	
	50m:	32.44	32.44	150m:	1:49.68	39.91	250m:	3:13.94	44.49	350m: 4:35.94 35.87
	100m:	1:09.77	37.33	200m:	2:29.45	39.77	300m:	4:00.07	46.13	400m: 5:11.07 35.13
EXH			2010				"	"	5:19.34	
	50m:	33.73	33.73	150m:	1:56.38	41.84	250m:	4:07.18	1:29.16	350m: 4:43.83 36.65
	100m:	1:14.54	40.81	200m:	2:38.02	41.64	300m:	4:07.18		400m: 5:19.34 35.51