

9				, 400m				2011				
21.01.2025 - 12:00												
: FINA 2024												
1.				2010	I			"	"	<b>4:45.19</b>	I	
	50m:	30.46	30.46	150m:	1:43.91	38.64	250m:	2:59.50	38.75	350m:	4:12.26	33.29
	100m:	1:05.27	34.81	200m:	2:20.75	36.84	300m:	3:38.97	39.47	400m:	4:45.19	32.93
2.				2010	I			"	"	<b>4:47.25</b>	I	
	50m:	30.93	30.93	150m:	1:41.63	36.66	250m:	2:59.77	41.26	350m:	4:14.29	33.88
	100m:	1:04.97	34.04	200m:	2:18.51	36.88	300m:	3:40.41	40.64	400m:	4:47.25	32.96
3.				2009	I			"	"	<b>4:51.89</b>	I	
	50m:	29.85	29.85	150m:	1:40.73	36.75	250m:	2:59.28	41.58	350m:	4:18.59	35.86
	100m:	1:03.98	34.13	200m:	2:17.70	36.97	300m:	3:42.73	43.45	400m:	4:51.89	33.30
4.				2011	I			"	"	<b>4:57.89</b>	I	
	50m:	31.28	31.28	150m:	1:46.42	39.62	250m:	3:07.58	42.23	350m:	4:24.77	34.75
	100m:	1:06.80	35.52	200m:	2:25.35	38.93	300m:	3:50.02	42.44	400m:	4:57.89	33.12
5.				2009	I			"	"	<b>4:59.48</b>	I	
	50m:	31.06	31.06	150m:	1:45.65	38.59	250m:	3:07.65	43.56	350m:	4:25.04	34.19
	100m:	1:07.06	36.00	200m:	2:24.09	38.44	300m:	3:50.85	43.20	400m:	4:59.48	34.44
6.				2010	I			"	"	<b>5:01.82</b>	I	
	50m:	31.18	31.18	150m:	1:44.31	37.83	250m:	3:05.49	43.60	350m:	4:25.72	36.12
	100m:	1:06.48	35.30	200m:	2:21.89	37.58	300m:	3:49.60	44.11	400m:	5:01.82	36.10
7.				2011	II			"	"	<b>5:04.49</b>	II	
	50m:	32.90	32.90	150m:	1:51.23	38.93	250m:	3:12.16	42.02	350m:	4:31.61	35.35
	100m:	1:12.30	39.40	200m:	2:30.14	38.91	300m:	3:56.26	44.10	400m:	5:04.49	32.88
8.				2009	I			"	"	<b>5:05.19</b>	II	
	50m:	30.50	30.50	150m:	1:46.91	38.66	250m:	3:10.51		350m:	4:31.38	35.18
	100m:	1:08.25	37.75	200m:	3:10.51	1:23.60	300m:	3:56.20	45.69	400m:	5:05.19	33.81
9.				2010	II			-19		<b>5:05.43</b>	II	
	50m:	32.29	32.29	150m:	1:52.78	43.46	250m:	3:15.72	41.63	350m:	4:33.41	35.28
	100m:	1:09.32	37.03	200m:	2:34.09	41.31	300m:	3:58.13	42.41	400m:	5:05.43	32.02
10.				2010	II			-19		<b>5:07.28</b>	II	
	50m:	31.41	31.41	150m:	1:48.16	38.28	250m:	3:10.82	43.31	350m:	4:31.35	35.43
	100m:	1:09.88	38.47	200m:	2:27.51	39.35	300m:	3:55.92	45.10	400m:	5:07.28	35.93
11.				2010	II			4		<b>5:09.94</b>	II	
	50m:	33.07	33.07	150m:	1:51.44	39.93	250m:	3:15.97	45.03	350m:	4:36.71	35.17
	100m:	1:11.51	38.44	200m:	2:30.94	39.50	300m:	4:01.54	45.57	400m:	5:09.94	33.23
12.				2011	II			"	"	<b>5:10.11</b>	II	
	50m:	34.32	34.32	150m:	1:52.07	37.86	250m:	3:15.22	44.05	350m:	4:36.13	35.13
	100m:	1:14.21	39.89	200m:	2:31.17	39.10	300m:	4:01.00	45.78	400m:	5:10.11	33.98
13.				2011	II			"	"	<b>5:14.89</b>	II	
	50m:	34.41	34.41	150m:	1:54.84	40.47	250m:	3:16.93	42.04	350m:	4:38.98	38.89
	100m:	1:14.37	39.96	200m:	2:34.89	40.05	300m:	4:00.09	43.16	400m:	5:14.89	35.91
14.				2010	II					<b>5:20.58</b>	II	
	50m:	34.16	34.16	150m:	1:59.52	43.83	250m:	3:25.33	44.17	350m:	4:46.12	36.73
	100m:	1:15.69	41.53	200m:	2:41.16	41.64	300m:	4:09.39	44.06	400m:	5:20.58	34.46
15.				2010	II					<b>5:36.62</b>	II	
	50m:	34.08	34.08	150m:	1:58.12	42.99	250m:	3:25.84	45.97	350m:	4:55.44	41.88
	100m:	1:15.13	41.05	200m:	2:39.87	41.75	300m:	4:13.56	47.72	400m:	5:36.62	41.18

14 (2011 . . . ) 14 (25 ) (2011 . . . )  
, 21.01-23.01.2025 .

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9, , 400m , 2011

DSQ 2010 | , " " |

9, , 400m

EXH	2008							<b>4:48.25</b>			
50m:	29.78	29.78	150m:	1:40.38	35.76	250m:	2:58.35	42.19	350m:	4:15.54	33.05
100m:	1:04.62	34.84	200m:	2:16.16	35.78	300m:	3:42.49	44.14	400m:	4:48.25	32.71
EXH	2008							<b>4:49.57</b>			
50m:	30.55	30.55	150m:	1:44.04	38.13	250m:	3:01.97	40.90	350m:	4:17.09	33.86
100m:	1:05.91	35.36	200m:	2:21.07	37.03	300m:	3:43.23	41.26	400m:	4:49.57	32.48
EXH	2009							<b>4:49.92</b>			
50m:	30.73	30.73	150m:	1:43.28	37.44	250m:	3:01.17	40.22	350m:	4:18.12	35.09
100m:	1:05.84	35.11	200m:	2:20.95	37.67	300m:	3:43.03	41.86	400m:	4:49.92	31.80
EXH	2008							<b>4:53.77</b>			
50m:	29.12	29.12	150m:	1:42.04	38.12	250m:	3:01.55	41.24	350m:	4:20.13	36.02
100m:	1:03.92	34.80	200m:	2:20.31	38.27	300m:	3:44.11	42.56	400m:	4:53.77	33.64