

16.11.2024	19	, 400m								2010	
: FINA 2023											
1.				2003					4	4:03.84	659
	50m:	28.22	28.22	150m:	1:29.07	30.51	250m:	2:30.62	30.72	350m:	3:31.54 30.26
	100m:	58.56	30.34	200m:	1:59.90	30.83	300m:	3:01.28	30.66	400m:	4:03.84 32.30
2.				2006						4:05.12	649
	50m:	28.30	28.30	150m:	1:29.50	30.79	250m:	2:31.78	31.11	350m:	3:35.06 31.68
	100m:	58.71	30.41	200m:	2:00.67	31.17	300m:	3:03.38	31.60	400m:	4:05.12 30.06
3.				2008					4	4:06.32	639
	50m:	28.79	28.79	150m:	1:31.67	31.66	250m:	2:34.25	31.08	350m:	3:36.26 30.95
	100m:	1:00.01	31.22	200m:	2:03.17	31.50	300m:	3:05.31	31.06	400m:	4:06.32 30.06
4.				2008					" "	4:11.28	602
	50m:	28.91	28.91	150m:	1:31.78	31.37	250m:	2:35.15	31.48	350m:	3:39.89 32.32
	100m:	1:00.41	31.50	200m:	2:03.67	31.89	300m:	3:07.57	32.42	400m:	4:11.28 31.39
5.				2009					-19	4:11.96	597
	50m:	28.85	28.85	150m:	1:31.13	31.30	250m:	2:35.80	32.87	350m:	3:41.78 33.07
	100m:	59.83	30.98	200m:	2:02.93	31.80	300m:	3:08.71	32.91	400m:	4:11.96 30.18
6.				2007						4:12.17	596
	50m:	28.83	28.83	150m:	1:31.22	31.36	250m:	2:35.89	32.74	350m:	3:42.24 33.23
	100m:	59.86	31.03	200m:	2:03.15	31.93	300m:	3:09.01	33.12	400m:	4:12.17 29.93
7.				2006						4:12.65	592
	50m:	28.62	28.62	150m:	1:31.40	31.91	250m:	2:36.64	32.62	350m:	3:40.99 32.18
	100m:	59.49	30.87	200m:	2:04.02	32.62	300m:	3:08.81	32.17	400m:	4:12.65 31.66
8.				2008					" "	4:13.52	586
	50m:	29.24	29.24	150m:	1:32.63	32.08	250m:	2:36.54	31.80	350m:	3:41.10 32.72
	100m:	1:00.55	31.31	200m:	2:04.74	32.11	300m:	3:08.38	31.84	400m:	4:13.52 32.42
9.				2009						4:14.62	579
	50m:	27.43	27.43	150m:	1:31.55	32.62	250m:	2:36.95	32.57	350m:	3:42.99 33.00
	100m:	58.93	31.50	200m:	2:04.38	32.83	300m:	3:09.99	33.04	400m:	4:14.62 31.63
10.				2009					" "	4:15.16	575
	50m:	29.61	29.61	150m:	1:32.87	31.85	250m:	2:37.58	32.47	350m:	3:43.07 32.66
	100m:	1:01.02	31.41	200m:	2:05.11	32.24	300m:	3:10.41	32.83	400m:	4:15.16 32.09
11.				2009						4:16.31	567
	50m:	29.66	29.66	150m:	1:34.31	32.55	250m:	2:40.14	32.62	350m:	3:44.97 32.69
	100m:	1:01.76	32.10	200m:	2:07.52	33.21	300m:	3:12.28	32.14	400m:	4:16.31 31.34
12.				2008					" "- "	4:16.87"	564
	50m:	29.16	29.16	150m:	1:32.20	31.70	250m:	2:37.65	32.91	350m:	3:44.57 33.77
	100m:	1:00.50	31.34	200m:	2:04.74	32.54	300m:	3:10.80	33.15	400m:	4:16.87 32.30
13.				2008					" "	4:18.64	552
	50m:	28.86	28.86	150m:	1:34.12	33.02	250m:	2:40.85	33.54	350m:	3:46.97 32.84
	100m:	1:01.10	32.24	200m:	2:07.31	33.19	300m:	3:14.13	33.28	400m:	4:18.64 31.67
14.				2008						4:19.47	547
	50m:	28.48	28.48	150m:	1:31.06	31.81	250m:	2:36.96	33.05	350m:	3:45.22 34.39
	100m:	59.25	30.77	200m:	2:03.91	32.85	300m:	3:10.83	33.87	400m:	4:19.47 34.25
15.				2009						4:20.36	541
	50m:	30.54	30.54	150m:	1:36.78	33.45	250m:	2:43.54	33.44	350m:	3:49.54 32.71
	100m:	1:03.33	32.79	200m:	2:10.10	33.32	300m:	3:16.83	33.29	400m:	4:20.36 30.82

19,	, 400m	, 2010										
16.			2008								4:20.67	539
50m:	29.30	29.30	150m:	1:33.87	32.48	250m:	2:40.43	33.66	350m:	3:47.61	33.52	
100m:	1:01.39	32.09	200m:	2:06.77	32.90	300m:	3:14.09	33.66	400m:	4:20.67	33.06	
17.			2008								4:20.83	538
50m:	29.73	29.73	150m:	1:34.92	33.19	250m:	2:41.11	32.85	350m:	3:48.77	33.87	
100m:	1:01.73	32.00	200m:	2:08.26	33.34	300m:	3:14.90	33.79	400m:	4:20.83	32.06	
18.			2007								4:21.65	533
50m:	28.39	28.39	150m:	1:31.67	32.07	250m:	2:39.79	34.04	350m:	3:48.56	34.37	
100m:	59.60	31.21	200m:	2:05.75	34.08	300m:	3:14.19	34.40	400m:	4:21.65	33.09	
19.			2008								4:21.76	533
50m:	29.77	29.77	150m:	1:34.16	32.15	250m:	2:41.83	34.27	350m:	3:50.25	34.53	
100m:	1:02.01	32.24	200m:	2:07.56	33.40	300m:	3:15.72	33.89	400m:	4:21.76	31.51	
20.			2005								4:21.84	532
50m:	30.03	30.03	150m:	1:35.21	32.99	250m:	2:42.01	33.61	350m:	3:49.43	33.58	
100m:	1:02.22	32.19	200m:	2:08.40	33.19	300m:	3:15.85	33.84	400m:	4:21.84	32.41	
21.			2010								4:22.11	530
50m:	28.68	28.68	150m:	1:33.27	33.00	250m:	2:40.58	33.56	350m:	3:48.35	33.93	
100m:	1:00.27	31.59	200m:	2:07.02	33.75	300m:	3:14.42	33.84	400m:	4:22.11	33.76	
22.			2009								4:22.42	529
50m:	29.95	29.95	150m:	1:35.14	33.12	250m:	2:42.73	34.01	350m:	3:50.20	33.78	
100m:	1:02.02	32.07	200m:	2:08.72	33.58	300m:	3:16.42	33.69	400m:	4:22.42	32.22	
23.			2009								4:24.27	518
50m:	29.22	29.22	150m:	1:34.14	33.01	250m:	2:41.94	34.36	350m:	3:50.85	34.38	
100m:	1:01.13	31.91	200m:	2:07.58	33.44	300m:	3:16.47	34.53	400m:	4:24.27	33.42	
24.			2009								4:24.41	517
50m:	29.69	29.69	150m:	1:33.59	32.51	250m:	2:40.40	33.91	350m:	3:50.29	35.48	
100m:	1:01.08	31.39	200m:	2:06.49	32.90	300m:	3:14.81	34.41	400m:	4:24.41	34.12	
25.			2009								4:25.79	509
50m:	31.18	31.18	150m:	1:38.78	33.95	250m:	2:46.79	34.61	350m:	3:55.05	34.15	
100m:	1:04.83	33.65	200m:	2:12.18	33.40	300m:	3:20.90	34.11	400m:	4:25.79	30.74	
26.			2009								4:27.83	497
50m:	29.44	29.44	150m:	1:35.76	33.84	250m:	2:44.45	34.39	350m:	3:53.79	34.76	
100m:	1:01.92	32.48	200m:	2:10.06	34.30	300m:	3:19.03	34.58	400m:	4:27.83	34.04	
27.			2007								4:30.32	484
50m:	30.00	30.00	150m:	1:36.71	34.08	250m:	2:45.71	34.68	350m:	3:55.96	34.89	
100m:	1:02.63	32.63	200m:	2:11.03	34.32	300m:	3:21.07	35.36	400m:	4:30.32	34.36	
28.			2006								4:33.70	466
50m:	30.18	30.18	150m:	1:36.47	33.24	250m:	2:46.80	35.55	350m:	3:58.64	35.94	
100m:	1:03.23	33.05	200m:	2:11.25	34.78	300m:	3:22.70	35.90	400m:	4:33.70	35.06	