

, 21. - 24.3.2022

33
24.03.2022 - 10:30

, 400m

2008-2009 . .

		12 +: 4:29.00 /			10 +: 4:44.00 /			I	9 +: 5:02.00					
: FINA 2022														
										100m	200m	300m	400m	
1.				08				4:46.58	561	I	1:07.67	1:12.53	1:13.31	1:13.07
	50m:				150m:			250m:			350m:			
	100m:	1:07.67			200m:	2:20.20		300m:	3:33.51		400m:	4:46.58		
2.				09				4:48.19	552	I	1:10.04	1:13.65	1:13.04	1:11.46
	50m:	33.56	33.56		150m:	1:46.88	36.84	250m:	2:59.88	36.19	350m:	4:12.79	36.06	
	100m:	1:10.04	36.48		200m:	2:23.69	36.81	300m:	3:36.73	36.85	400m:	4:48.19	35.40	
3.				08				4:52.17	530	I	1:10.26	1:14.33	1:14.35	1:13.23
	50m:	33.41	33.41		150m:	1:47.15	36.89	250m:	3:01.18	36.59	350m:	4:16.49	37.55	
	100m:	1:10.26	36.85		200m:	2:24.59	37.44	300m:	3:38.94	37.76	400m:	4:52.17	35.68	
4.				09				4:53.06	525	I	1:08.13	1:14.81	1:15.74	1:14.38
	50m:	32.36	32.36		150m:	1:45.11	36.98	250m:	3:00.35	37.41	350m:	4:16.30	37.62	
	100m:	1:08.13	35.77		200m:	2:22.94	37.83	300m:	3:38.68	38.33	400m:	4:53.06	36.76	
5.				09				4:54.00	520	I	1:08.76	1:15.86	1:15.26	1:14.12
	50m:	32.94	32.94		150m:	1:46.44	37.68	250m:	3:02.26	37.64	350m:	4:17.71	37.83	
	100m:	1:08.76	35.82		200m:	2:24.62	38.18	300m:	3:39.88	37.62	400m:	4:54.00	36.29	
6.				08				4:56.05	509	I	1:11.20	1:15.89	1:16.20	1:12.76
	50m:	1:48.97	1:48.97		150m:	4:20.47	3:09.27	250m:			350m:			
	100m:	1:11.20			200m:	2:27.09		300m:	3:43.29		400m:	4:56.05		
7.				08				4:59.69	491	I	1:10.31	1:16.26	1:17.54	1:15.58
	50m:				150m:			250m:			350m:			
	100m:	1:10.31			200m:	2:26.57		300m:	3:44.11		400m:	4:59.69		
8.				08				5:07.76	453		1:13.03	1:18.67	1:19.09	1:16.97
	50m:	35.05	35.05		150m:	1:52.15	39.12	250m:	3:11.54	39.84	350m:	4:30.13	39.34	
	100m:	1:13.03	37.98		200m:	2:31.70	39.55	300m:	3:50.79	39.25	400m:	5:07.76	37.63	
9.				09				5:07.79	453		1:13.46	1:19.34	1:19.16	1:15.83
	50m:	1:52.86	1:52.86		150m:	3:12.72	1:59.26	250m:	4:30.86	1:58.06	350m:			
	100m:	1:13.46			200m:	2:32.80		300m:	3:51.96		400m:	5:07.79		
10.				09				5:11.08	439		1:12.81	1:20.52	1:21.11	1:16.64
	50m:				150m:			250m:			350m:			
	100m:	1:12.81			200m:	2:33.33		300m:	3:54.44		400m:	5:11.08		
11.				09				5:15.57	420		1:12.78	1:19.78	1:21.97	1:21.04
	50m:	35.13	35.13		150m:	1:53.14	40.36	250m:	3:13.75	41.19	350m:	4:36.89	42.36	
	100m:	1:12.78	37.65		200m:	2:32.56	39.42	300m:	3:54.53	40.78	400m:	5:15.57	38.68	
12.				09				5:20.13	402		1:15.04	1:22.11	1:22.84	1:20.14
	50m:	36.12	36.12		150m:	1:56.50	41.46	250m:	3:19.23	42.08	350m:	4:41.83	41.84	
	100m:	1:15.04	38.92		200m:	2:37.15	40.65	300m:	3:59.99	40.76	400m:	5:20.13	38.30	
13.				09				5:20.77	400		1:15.92	1:23.26	1:23.54	1:18.05
	50m:	36.45	36.45		150m:	1:57.26	41.34	250m:	3:21.15	41.97	350m:	4:44.13	41.41	
	100m:	1:15.92	39.47		200m:	2:39.18	41.92	300m:	4:02.72	41.57	400m:	5:20.77	36.64	
14.				09				5:21.85	396		1:15.33	1:22.94	1:23.59	1:19.99
	50m:	35.61	35.61		150m:	1:56.46	41.13	250m:	3:19.83	41.56	350m:	4:42.96	41.10	
	100m:	1:15.33	39.72		200m:	2:38.27	41.81	300m:	4:01.86	42.03	400m:	5:21.85	38.89	
15.				09				5:26.80	378		1:16.72	1:23.52	1:24.52	1:22.04
	50m:	36.09	36.09		150m:	1:58.42	41.70	250m:	3:22.53	42.29	350m:	4:46.68	41.92	
	100m:	1:16.72	40.63		200m:	2:40.24	41.82	300m:	4:04.76	42.23	400m:	5:26.80	40.12	
16.				08				5:31.34	363		1:19.45	1:24.17	1:25.37	1:22.35
	50m:	38.55	38.55		150m:	2:01.36	41.91	250m:	3:26.51	42.89	350m:	4:50.81	41.82	
	100m:	1:19.45	40.90		200m:	2:43.62	42.26	300m:	4:08.99	42.48	400m:	5:31.34	40.53	
17.				08				5:31.61	362		1:18.32	1:24.88	1:25.73	1:22.68
	50m:	37.46	37.46		150m:	2:00.98	42.66	250m:	3:25.73	42.53	350m:	4:51.78	42.85	
	100m:	1:18.32	40.86		200m:	2:43.20	42.22	300m:	4:08.93	43.20	400m:	5:31.61	39.83	
18.				08				5:33.03	357		1:18.93	1:27.17	1:27.13	1:19.80
	50m:	36.80	36.80		150m:	2:02.10	43.17	250m:	3:29.56	43.46	350m:	4:53.59	40.36	
	100m:	1:18.93	42.13		200m:	2:46.10	44.00	300m:	4:13.23	43.67	400m:	5:33.03	39.44	
19.				08				5:33.71	355		1:18.71	1:27.84	1:27.19	1:19.97
	50m:				150m:			250m:			350m:			
	100m:	1:18.71			200m:	2:46.55		300m:	4:13.74		400m:	5:33.71		

33,		, 400m				2008-2009 . .		100m	200m	300m	400m
20.	,		09			5:37.08	345	1:21.48	1:27.08	1:26.06	1:22.46
	50m:			150m:		250m:			350m:		
	100m:	1:21.48		200m:	2:48.56	300m:	4:14.62		400m:	5:37.08	
21.	,		08			5:37.99	342	1:18.42	1:28.05	1:28.14	1:23.38
	50m:	36.50	36.50	150m:	2:01.95	250m:	3:30.06	43.59	350m:	4:58.53	43.92
	100m:	1:18.42	41.92	200m:	2:46.47	300m:	4:14.61	44.55	400m:	5:37.99	39.46
22.	,		08			5:44.49	323	1:23.70	1:27.96	1:27.71	1:25.12
	50m:	39.35	39.35	150m:	2:07.84	250m:	3:35.47	43.81	350m:	5:02.83	43.46
	100m:	1:23.70	44.35	200m:	2:51.66	300m:	4:19.37	43.90	400m:	5:44.49	41.66
23.	,		09			5:45.32	321	1:19.63	1:27.63	1:30.45	1:27.61
	50m:			150m:		250m:			350m:		
	100m:	1:19.63		200m:	2:47.26	300m:	4:17.71		400m:	5:45.32	
24.	,		08			5:48.21	313	1:19.08	1:31.19	1:31.12	1:26.82
	50m:	36.56	36.56	150m:	2:05.10	250m:	3:36.24	45.97	350m:	5:06.06	44.67
	100m:	1:19.08	42.52	200m:	2:50.27	300m:	4:21.39	45.15	400m:	5:48.21	42.15
25.	,		08			5:50.23	307	1:23.08	1:30.22	1:31.71	1:25.22
	50m:	38.43	38.43	150m:	2:08.60	250m:	3:39.60	46.30	350m:	5:08.93	43.92
	100m:	1:23.08	44.65	200m:	2:53.30	300m:	4:25.01	45.41	400m:	5:50.23	41.30
26.	,		09			5:53.53	299	1:23.04	1:30.21	1:32.31	1:27.97
	50m:	2:08.06	2:08.06	150m:	3:39.13	250m:	5:11.55	2:18.30	350m:		
	100m:	1:23.04		200m:	2:53.25	300m:	4:25.56		400m:	5:53.53	
27.	,		09			5:53.98	298	1:22.23	1:29.15	1:31.99	1:30.61
	50m:	38.64	38.64	150m:	2:06.08	250m:	3:37.91	46.53	350m:	5:09.09	45.72
	100m:	1:22.23	43.59	200m:	2:51.38	300m:	4:23.37	45.46	400m:	5:53.98	44.89
28.	,		09			5:56.21	292	1:24.08	1:31.87	1:33.55	1:26.71
	50m:	39.80	39.80	150m:	2:09.78	250m:	3:43.15	47.20	350m:	5:14.60	45.10
	100m:	1:24.08	44.28	200m:	2:55.95	300m:	4:29.50	46.35	400m:	5:56.21	41.61
29.	,		08			5:56.87	290	1:22.77	1:32.09	1:33.06	1:28.95
	50m:			150m:		250m:			350m:		
	100m:	1:22.77		200m:	2:54.86	300m:	4:27.92		400m:	5:56.87	
30.	,		09			6:03.14	276	1:23.09	1:32.19	1:35.35	1:32.51
	50m:			150m:		250m:			350m:		
	100m:	1:23.09		200m:	2:55.28	300m:	4:30.63		400m:	6:03.14	
31.	,		08			6:30.51	222	1:29.63	1:40.54	1:41.63	1:38.71
	50m:	42.32	42.32	150m:	2:19.21	250m:	4:01.01	50.84	350m:	5:43.06	51.26
	100m:	1:29.63	47.31	200m:	3:10.17	300m:	4:51.80	50.79	400m:	6:30.51	47.45
32.	,		09			6:45.91	197	1:34.67	1:43.27	1:45.55	1:42.42
	50m:	45.21	45.21	150m:	2:26.05	250m:	4:10.44	52.50	350m:	5:56.15	52.66
	100m:	1:34.67	49.46	200m:	3:17.94	300m:	5:03.49	53.05	400m:	6:45.91	49.76