

, 29.6. - 2.7.2022

20  
30.06.2022 - 17:49

, 400m

4:09.70 , BLR 01.01.1984  
KMC : 4:44.50 / MC : 4:29.00 / MCMK : 4:06.64

: FINA 2021

							R.T.					
1.			2005				+0,81	<b>4:19.19</b>	<b>759</b>			
	50m:	30.66	30.66	150m:	1:36.42	32.71	250m:	2:42.05	32.80	350m:	3:48.31	32.90
	100m:	1:03.71	33.05	200m:	2:09.25	32.83	300m:	3:15.41	33.36	400m:	4:19.19	30.88
2.			2004				+0,71	<b>4:20.54</b>	<b>747</b>			
	50m:	30.22	30.22	150m:	1:35.27	32.34	250m:	2:40.14	32.39	350m:	3:46.82	33.55
	100m:	1:02.93	32.71	200m:	2:07.75	32.48	300m:	3:13.27	33.13	400m:	4:20.54	33.72
3.			2005				+0,76	<b>4:27.73</b>	<b>688</b>			
	50m:	31.04	31.04	150m:	1:38.22	33.96	250m:	2:45.67	33.79	350m:	3:54.71	34.75
	100m:	1:04.26	33.22	200m:	2:11.88	33.66	300m:	3:19.96	34.29	400m:	4:27.73	33.02
4.			2004				+0,78	<b>4:38.08</b>	<b>614</b>			
	50m:	31.25	31.25	150m:	1:40.99	35.31	250m:	2:52.25	35.76	350m:	4:03.58	35.25
	100m:	1:05.68	34.43	200m:	2:16.49	35.50	300m:	3:28.33	36.08	400m:	4:38.08	34.50
5.			2007				+0,74	<b>4:39.10</b>	<b>608</b>			
	50m:	30.88	30.88	150m:	1:38.07	33.85	250m:	2:48.83	35.69	350m:	4:04.15	37.75
	100m:	1:04.22	33.34	200m:	2:13.14	35.07	300m:	3:26.40	37.57	400m:	4:39.10	34.95
6.			2007				+0,71	<b>4:40.57</b>	<b>598</b>			
	50m:	31.58	31.58	150m:	1:42.49	35.79	250m:	2:54.11	36.05	350m:	4:06.32	36.02
	100m:	1:06.70	35.12	200m:	2:18.06	35.57	300m:	3:30.30	36.19	400m:	4:40.57	34.25
7.			2006				+0,78	<b>4:41.01</b>	<b>595</b>			
	50m:	31.92	31.92	150m:	1:41.85	34.99	250m:	2:53.86	35.86	350m:	4:06.13	35.91
	100m:	1:06.86	34.94	200m:	2:18.00	36.15	300m:	3:30.22	36.36	400m:	4:41.01	34.88
8.			2003				+0,80	<b>4:41.39</b>	<b>593</b>			
	50m:	31.73	31.73	150m:	1:42.11	35.86	250m:	2:54.57	36.21	350m:	4:06.65	36.01
	100m:	1:06.25	34.52	200m:	2:18.36	36.25	300m:	3:30.64	36.07	400m:	4:41.39	34.74
EXH			2005									
EXH			2002									