

19
10.02.2024

, 400m

2006 - 2010

: FINA 2023

										R.T.	
(14-15)											
1.			2009	"	"	-		+0,76	4:33.42	646	
	50m: 31.00	31.00	150m: 1:39.03	34.53	250m: 2:48.94	35.12	350m: 3:59.20	34.82			
	100m: 1:04.50	33.50	200m: 2:13.82	34.79	300m: 3:24.38	35.44	400m: 4:33.42	34.22			
2.			2010			-		+0,69	4:43.46	580	
	50m: 31.38	31.38	150m: 1:43.39	36.62	250m: 2:55.95	36.23	350m: 4:08.68	36.11			
	100m: 1:06.77	35.39	200m: 2:19.72	36.33	300m: 3:32.57	36.62	400m: 4:43.46	34.78			
3.			2009	"	"			+0,77	4:46.41	562	
	50m: 32.05	32.05	150m: 1:43.48	36.45	250m: 2:57.25	37.13	350m: 4:10.83	36.88			
	100m: 1:07.03	34.98	200m: 2:20.12	36.64	300m: 3:33.95	36.70	400m: 4:46.41	35.58			
4.			2010 I	10 "	"			+0,81	4:51.61	532	
	50m: 33.58	33.58	150m: 1:46.69	37.16	250m: 3:01.94	37.66	350m: 4:16.97	37.10			
	100m: 1:09.53	35.95	200m: 2:24.28	37.59	300m: 3:39.87	37.93	400m: 4:51.61	34.64			
5.			2010 I	10 "	"			+0,93	4:53.91	520	
	50m: 33.23	33.23	150m: 1:46.07	37.20	250m: 3:01.18	37.66	350m: 4:16.93	37.61			
	100m: 1:08.87	35.64	200m: 2:23.52	37.45	300m: 3:39.32	38.14	400m: 4:53.91	36.98			
6.			2010 I	"	"	-		+0,67	4:56.44	507	
	50m: 31.54	31.54	150m: 1:44.12	36.92	250m: 2:59.71	38.30	350m: 4:17.59	39.20			
	100m: 1:07.20	35.66	200m: 2:21.41	37.29	300m: 3:38.39	38.68	400m: 4:56.44	38.85			
7.			2010 I	"	"			+0,84	4:56.83	505	
	50m: 33.75	33.75	150m: 1:46.26	36.75	250m: 3:01.06	37.24	350m: 4:19.14	38.36			
	100m: 1:09.51	35.76	200m: 2:23.82	37.56	300m: 3:40.78	39.72	400m: 4:56.83	37.69			
8.			2010 II	10 "	"			+0,86	5:00.14	488	
	50m: 33.32	33.32	150m: 1:48.51	38.66	250m: 3:06.83	39.65	350m: 4:24.71	38.72			
	100m: 1:09.85	36.53	200m: 2:27.18	38.67	300m: 3:45.99	39.16	400m: 5:00.14	35.43			
9.			2010 II					+0,75	5:00.43	487	
	50m: 32.71	32.71	150m: 1:48.12	38.70	250m: 3:06.71	39.30	350m: 4:24.49	38.39			
	100m: 1:09.42	36.71	200m: 2:27.41	39.29	300m: 3:46.10	39.39	400m: 5:00.43	35.94			
10.			2009 I	"	"	-		+0,97	5:03.49	472	
	50m: 33.21	33.21	150m: 1:49.17	38.75	250m: 3:07.14	38.87	350m: 4:25.34	38.66			
	100m: 1:10.42	37.21	200m: 2:28.27	39.10	300m: 3:46.68	39.54	400m: 5:03.49	38.15			
11.			2009					+0,78	5:09.15	447	
	50m: 32.03	32.03	150m: 1:47.81	39.57	250m: 3:08.55	40.87	350m: 4:30.53	41.13			
	100m: 1:08.24	36.21	200m: 2:27.68	39.87	300m: 3:49.40	40.85	400m: 5:09.15	38.62			
12.			2010 II	"	"	-		+0,71	5:27.06	377	
	50m: 37.09	37.09	150m: 1:59.00	41.39	250m: 3:20.55	40.37	350m: 4:46.97	47.14			
	100m: 1:17.61	40.52	200m: 2:40.18	41.18	300m: 3:59.83	39.28	400m: 5:27.06	40.09			
13.			2010 II	()				+0,86	5:29.61	368	
	50m: 36.77	36.77	150m: 2:00.03	41.81	250m: 3:24.66	42.16	350m: 4:48.40	41.19			
	100m: 1:18.22	41.45	200m: 2:42.50	42.47	300m: 4:07.21	42.55	400m: 5:29.61	41.21			
14.			2009 II			-		+0,76	5:38.18	341	
	50m: 36.08	36.08	150m: 1:59.77	42.65	250m: 3:26.04	43.11	350m: 4:55.78	44.73			
	100m: 1:17.12	41.04	200m: 2:42.93	43.16	300m: 4:11.05	45.01	400m: 5:38.18	42.40			
15.			2009 II			-		+0,80	5:38.69	340	
	50m: 37.50	37.50	150m: 2:02.16	43.20	250m: 3:29.00	43.60	350m: 4:56.56	43.64			
	100m: 1:18.96	41.46	200m: 2:45.40	43.24	300m: 4:12.92	43.92	400m: 5:38.69	42.13			
16.			2010 III	SC "Koenigsberg"				+0,74	6:04.06	273	
	50m: 39.90	39.90	150m: 2:12.64	47.36	250m: 3:48.29	47.59	350m: 5:22.24	46.47			
	100m: 1:25.28	45.38	200m: 3:00.70	48.06	300m: 4:35.77	47.48	400m: 6:04.06	41.82			

