

, 08-09.02.2024 .

7 , 400m 2013  
08.02.2024 - 9:39

: FINA 2024

	/			R.T.				FINA		
2010										
1.	2010			<b>5:10.53</b>				627		
	50m: 33.48	33.48	150m: 1:52.85	41.09	250m: 3:16.08	43.69	350m: 4:35.89	36.85		
	100m: 1:11.76	38.28	200m: 2:32.39	39.54	300m: 3:59.04	42.96	400m: 5:10.53	34.64		
2.	2006			<b>5:22.12</b>				562		
	50m: 33.68	33.68	150m: 1:56.21	41.56	250m: 3:25.17	49.28	350m: 4:48.00	34.53		
	100m: 1:14.65	40.97	200m: 2:35.89	39.68	300m: 4:13.47	48.30	400m: 5:22.12	34.12		
3.	2009 I			<b>5:24.32</b>				550		
	50m: 34.79	34.79	150m: 1:56.70	41.61	250m: 3:23.13	46.73	350m: 4:48.31	38.17		
	100m: 1:15.09	40.30	200m: 2:36.40	39.70	300m: 4:10.14	47.01	400m: 5:24.32	36.01		
4.	2010 I			<b>5:32.36 I</b>				511		
	50m: 34.16	34.16	150m: 1:57.37	43.63	250m: 3:29.62	49.46	350m: 4:56.45	38.44		
	100m: 1:13.74	39.58	200m: 2:40.16	42.79	300m: 4:18.01	48.39	400m: 5:32.36	35.91		
5.	2010 I			<b>5:43.00 I</b>				465		
	50m: 37.49	37.49	150m: 2:04.02	45.86	250m: 3:38.67	49.61	350m: 5:07.44	40.40		
	100m: 1:18.16	40.67	200m: 2:49.06	45.04	300m: 4:27.04	48.37	400m: 5:43.00	35.56		
6.	2008 I			<b>5:44.18 I</b>				460		
	50m: 34.01	34.01	150m: 1:58.81	44.25	250m: 3:33.08	49.68	350m: 5:04.65	39.88		
	100m: 1:14.56	40.55	200m: 2:43.40	44.59	300m: 4:24.77	51.69	400m: 5:44.18	39.53		
7.	2008 II			"	"	<b>5:58.84 II</b>				406
	50m: 38.96	38.96	150m: 2:12.39	49.46	250m: 3:49.81	49.08	350m: 5:19.61	40.81		
	100m: 1:22.93	43.97	200m: 3:00.73	48.34	300m: 4:38.80	48.99	400m: 5:58.84	39.23		
8.	2009 I			"	"	<b>6:16.04 II</b>				353
	50m: 39.40	39.40	150m: 2:19.73	51.12	250m: 3:59.04	50.66	350m: 5:34.54	44.45		
	100m: 1:28.61	49.21	200m: 3:08.38	48.65	300m: 4:50.09	51.05	400m: 6:16.04	41.50		
9.	2008 I			"	"	<b>6:19.66 II</b>				343
	50m: 37.08	37.08	150m: 2:09.93	46.66	250m: 3:53.02	55.26	350m: 5:36.12	45.20		
	100m: 1:23.27	46.19	200m: 2:57.76	47.83	300m: 4:50.92	57.90	400m: 6:19.66	43.54		

2009 - 2010

1.	2010			<b>5:10.53</b>				627		
	50m: 33.48	33.48	150m: 1:52.85	41.09	250m: 3:16.08	43.69	350m: 4:35.89	36.85		
	100m: 1:11.76	38.28	200m: 2:32.39	39.54	300m: 3:59.04	42.96	400m: 5:10.53	34.64		
2.	2009 I			<b>5:24.32</b>				550		
	50m: 34.79	34.79	150m: 1:56.70	41.61	250m: 3:23.13	46.73	350m: 4:48.31	38.17		
	100m: 1:15.09	40.30	200m: 2:36.40	39.70	300m: 4:10.14	47.01	400m: 5:24.32	36.01		
3.	2010 I			<b>5:32.36 I</b>				511		
	50m: 34.16	34.16	150m: 1:57.37	43.63	250m: 3:29.62	49.46	350m: 4:56.45	38.44		
	100m: 1:13.74	39.58	200m: 2:40.16	42.79	300m: 4:18.01	48.39	400m: 5:32.36	35.91		
4.	2010 I			<b>5:43.00 I</b>				465		
	50m: 37.49	37.49	150m: 2:04.02	45.86	250m: 3:38.67	49.61	350m: 5:07.44	40.40		
	100m: 1:18.16	40.67	200m: 2:49.06	45.04	300m: 4:27.04	48.37	400m: 5:43.00	35.56		
5.	2009 I			"	"	<b>6:16.04 II</b>				353
	50m: 39.40	39.40	150m: 2:19.73	51.12	250m: 3:59.04	50.66	350m: 5:34.54	44.45		
	100m: 1:28.61	49.21	200m: 3:08.38	48.65	300m: 4:50.09	51.05	400m: 6:16.04	41.50		

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