34   , 400m

18.05.2024 - 12:27

: 4:37.00 /   : 4:54.00 /   1 : 5:11.50 /   2 : 5:53.50 /   3 : 6:38.00

: FINA 2024

		/				FINA			100m	200m	300m	400m
1.		05			**4:33.68**	695	-		1:03.54	1:13.12	1:15.49	1:01.53
	50m: 29.26 29.26	150m: 1:40.57	37.03	250m: 2:54.19	37.53	350m: 4:04.26	32.11
	100m: 1:03.54 34.28	200m: 2:16.66	36.09	300m: 3:32.15	37.96	400m: 4:33.68	29.42
2.		06			**4:48.67**	592	-		1:03.84	1:13.76	1:25.92	1:05.15
	50m: 29.31 29.31	150m: 1:41.63	37.79	250m: 3:00.09	42.49	350m: 4:17.24	33.72
	100m: 1:03.84 34.53	200m: 2:17.60	35.97	300m: 3:43.52	43.43	400m: 4:48.67	31.43
3.		06			**4:49.64**	586	-		1:05.64	1:16.66	1:20.72	1:06.62
	50m: 30.15 30.15	150m: 1:44.94	39.30	250m: 3:02.46	40.16	350m: 4:17.20	34.18
	100m: 1:05.64 35.49	200m: 2:22.30	37.36	300m: 3:43.02	40.56	400m: 4:49.64	32.44
4.		05			**4:59.88**	528	- 1		1:07.13	1:18.04	1:23.74	1:10.97
	50m: 30.31 30.31	150m: 1:46.87	39.74	250m: 3:06.26	41.09	350m: 4:24.66	35.75
	100m: 1:07.13 36.82	200m: 2:25.17	38.30	300m: 3:48.91	42.65	400m: 4:59.88	35.22
5.		02			**5:12.51**	467	- 2		1:10.71	1:25.81	1:28.55	1:07.44
	50m: 31.74 31.74	150m: 1:54.65	43.94	250m: 3:20.44	43.92	350m: 4:40.17	35.10
	100m: 1:10.71 38.97	200m: 2:36.52	41.87	300m: 4:05.07	44.63	400m: 5:12.51	32.34
6.		05			**5:13.08**	464	- 2		1:09.64	1:25.13	1:30.07	1:08.24
	50m: 32.10 32.10	150m: 1:53.17	43.53	250m: 3:19.12	44.35	350m: 4:40.42	35.58
	100m: 1:09.64 37.54	200m: 2:34.77	41.60	300m: 4:04.84	45.72	400m: 5:13.08	32.66
7.		06			**5:31.04**	393	- 2		1:07.78	1:25.36	1:39.93	1:17.97
	50m: 29.98 29.98	150m: 1:50.50	42.72	250m: 3:22.60	49.46	350m: 4:53.14	40.07
	100m: 1:07.78 37.80	200m: 2:33.14	42.64	300m: 4:13.07	50.47	400m: 5:31.04	37.90
8.		05			**5:33.77**	383	- 2		1:14.89	1:29.46	1:30.70	1:18.72
	50m: 33.84 33.84	150m: 2:00.42	45.53	250m: 3:29.80	45.45	350m: 4:54.25	39.20
	100m: 1:14.89 41.05	200m: 2:44.35	43.93	300m: 4:15.05	45.25	400m: 5:33.77	39.52
9.		05			**5:47.62**	339	- 2		1:16.12	1:32.92	1:39.22	1:19.36
	50m: 33.89 33.89	150m: 2:03.51	47.39	250m: 3:38.50	49.46	350m: 5:08.58	40.32
	100m: 1:16.12 42.23	200m: 2:49.04	45.53	300m: 4:28.26	49.76	400m: 5:47.62	39.04
10.	.	03			**5:48.94**	335	- 2		1:13.94	1:28.75	1:43.61	1:22.64
	50m: 33.73 33.73	150m: 1:58.42	44.48	250m: 3:32.44	49.75	350m: 5:07.66	41.36
	100m: 1:13.94 40.21	200m: 2:42.69	44.27	300m: 4:26.30	53.86	400m: 5:48.94	41.28
11.	.	06			**5:54.24**	320	- 3		1:15.07	1:27.81	1:47.64	1:23.72
	50m: 33.30 33.30	150m: 1:58.59	43.52	250m: 3:36.39	53.51	350m: 5:12.18	41.66
	100m: 1:15.07 41.77	200m: 2:42.88	44.29	300m: 4:30.52	54.13	400m: 5:54.24	42.06
12.		05			**6:19.80**	260	- 3		1:22.13	1:36.08	1:52.73	1:28.86
	50m: 36.78 36.78	150m: 2:10.66	48.53	250m: 3:53.09	54.88	350m: 5:35.58	44.64
	100m: 1:22.13 45.35	200m: 2:58.21	47.55	300m: 4:50.94	57.85	400m: 6:19.80	44.22
13.		05			**6:34.19**	232	- 3		1:27.11	1:32.24	2:05.58	1:29.26
	50m: 38.49 38.49	150m: 2:13.80	46.69	250m: 4:03.26	1:03.91	350m: 5:47.74	42.81
	100m: 1:27.11 48.62	200m: 2:59.35	45.55	300m: 5:04.93	1:01.67	400m: 6:34.19	46.45