10 , 400m 16.05.2024 - 11:56

: 4:05.00 /		: 4:21.50 / 1 : 4:41.50 / 2 : 5:17.00 / 3 : 6:08.00										
: FINA	2024											
			/						100m	200m	300m	400m
1.			00			4:06.0	9 71	15	1:00.58	1:03.66	1:02.70	59.15
١.	50m:	28.93	28.93	150m:	1:32.48	31.90	250m:	2:35.76	31.52		:37.12	30.18
	100m:	1:00.58	31.65	200m:	2:04.24	31.76	300m:	3:06.94	31.18		:06.09	28.97
2.			04			4:06.1	7 71	1.4	1:00.61	1:02.92	1:02.65	59.99
۷.	50m:	28.97	28.97	150m:	1:32.26	31.65	250m:	2:35.04	31.51		1.02.03 :37.48	31.30
	100m:	1:00.61	31.64	200m:	2:03.53	31.27	300m:	3:06.18	31.14		:06.17	28.69
2												
3.	50m:	28.49	05 28.49	150m:	1:32.28	4:17.8 32.18	0 62 250m:	22 2:37.99	1:00.10 32.90	1:04.99 350m: 3	1:06.29 :44.88	1:06.42 33.50
	100m:	1:00.10	31.61	200m:	2:05.09	32.10	300m:	3:11.38	33.39		:17.80	32.92
4			03									
4.	50m:	29.22	29.22	150m:	1:35.12	4:18.1 33.35	4 61 250m:	2:41.09	1:01.77 32.29	1:07.03 350m: 3	1:05.26 :47.06	1:04.08 33.00
	100m:	1:01.77	32.55	200m:	2:08.80	33.68	300m:	3:14.06	32.29		:18.14	31.08
_				200	2.00.00							
5.	50m:	28.47	06 28.47	150	1:32.77	4:21.0 32.62	6 59 250m:	2:40.14	1:00.15 34.41	1:05.58 350m: 3	1:08.98 :48.74	1:06.35 34.03
	100m:	1:00.15	31.68	150m: 200m:	2:05.73	32.96	300m:	3:14.71	34.41		:21.06	32.32
				200	2.000							
6.	50m:	30.15	05 30.15	150	1.05.00	4:21.5 32.74	0 59 250m:	96 2:42.07	1:02.59 33.50	1:05.98 350m: 3	1:07.47 :49.73	1:05.46 33.69
	100m:	1:02.59	30.15	150m: 200m:	1:35.33 2:08.57	33.24	300m:	3:16.04	33.50		:49.73 :21.50	31.77
_	100111.	1.02.00		200111.	2.00.07							
7.	50	00.40	02	450	4.00.50	4:29.6			1:02.26	1:08.69	1:10.25	
	50m: 100m:	29.49 1:02.26	29.49 32.77	150m: 200m:	1:36.56 2:10.95	34.30 34.39	250m: 300m:	2:46.23 3:21.20	35.28 34.97		:56.53 :29.61	35.33 33.08
				200	2							
8.			06	4=0		4:30.8		36 1	1:03.82	1:07.74	1:09.50	
	50m: 100m:	30.52 1:03.82	30.52 33.30	150m: 200m:	1:36.94 2:11.56	33.12 34.62	250m: 300m:	2:45.84 3:21.06	34.28 35.22		:56.19 :30.81	35.13 34.62
•				200	2							
9.	50	00.50	05	450	4 00 00	4:43.8		66 2	1:04.58	1:11.10	1:14.26	
	50m: 100m:	30.56 1:04.58	30.56 34.02	150m: 200m:	1:39.99 2:15.68	35.41 35.69	250m: 300m:	2:52.67 3:29.94	36.99 37.27		:07.49 :43.80	37.55 36.31
	100111.	1.04.00		200111.	2.10.00							
10.			05	450		4:46.9		51 2	1:02.03	1:12.20	1:16.67	
	50m: 100m:	28.58 1:02.03	28.58 33.45	150m: 200m:	1:37.36 2:14.23	35.33 36.87	250m: 300m:	2:52.08 3:30.90	37.85 38.82		:09.36 :46.90	38.46 37.54
	100111.	1.02.00		200111.	2.14.20							
11.		20.42	02	450		4:52.4		26 2	1:07.28	1:13.96	1:15.98	
	50m: 100m:	32.13 1:07.28	32.13 35.15	150m: 200m:	1:43.62 2:21.24	36.34 37.62	250m: 300m:	2:58.87 3:37.22	37.63 38.35		:15.14 :52.45	37.92 37.31
40				200								
12.	E0m:	30.41	04 30.41	150m:	1:20 64	4:53.9 34.84	4 41 250m:	19 2 2:54.22	1:03.80 38.89	1:11.53 350m: 4	1:18.20 :13.66	1:20.41 40.13
	50m: 100m:	1:03.80	33.39	150m: 200m:	1:38.64 2:15.33	36.69	300m:	3:33.53	39.31		:53.94	40.13
13.	50m:	32.06	03 32.06	150m:	1:44.91	4:56.0 37.08	4 41 250m:	10 2 3:01.45	1:07.83 38.84	1:14.78 350m: 4	1:17.79 :18.67	1:15.64 38.27
	100m:	1:07.83	35.77	200m:	2:22.61	37.00	300m:	3:40.40	38.95		:56.04	37.37
14.	E0m:	24.40	04	150m:	1:42.00	5:01.9		37 2 3:01.74	1:07.17	1:15.39	1:19.00 :21.69	
	50m: 100m:	31.49 1:07.17	31.49 35.68	200m:	1:43.98 2:22.56	36.81 38.58	250m: 300m:	3:41.56	39.18 39.82		:01.97	40.13 40.28
4-5	100111.	1.07.17		200111.	2.22.00							
15.	F0	22.40	06	150	1.40.05	5:15.5		39 2	1:09.69			1:22.60
	50m: 100m:	33.10 1:09.69	33.10 36.59	150m: 200m:	1:48.85 2:30.00	39.16 41.15	250m: 300m:	3:11.21 3:52.93	41.21 41.72		:34.62 :15.53	41.69 40.91
	100111.	1.03.03		200111.	2.30.00							
16.			04			5:41.0		88 3	1:13.54			1:23.05
	50m: 100m:	33.44 1:13.54	33.44 40.10	150m: 200m:	1:57.37 2:43.42	43.83 46.05	250m: 300m:	3:31.14 4:18.02	47.72 46.88		:02.93 :41.07	44.91 38.14
	100111.	1.13.54		200III.	2.43.42							
17.		05 ==	02		. =====	5:47.0		54 3	1:11.69			1:32.81
	50m:	32.78	32.78	150m:	1:53.83	42.14	250m:	3:25.19	46.39		:02.66	48.39
	100m:	1:11.69	38.91	200m:	2:38.80	44.97	300m:	4:14.27	49.08		:47.08	44.42
18.			01			5:47.5		53 3	1:11.35	1:25.69	1:33.86	
	50m:	34.23	34.23	150m:	1:52.42	41.07	250m:	3:23.75	46.71		:59.60	48.70
	100m:	1:11.35	37.12	200m:	2:37.04	44.62	300m:	4:10.90	47.15	400m: 5	:47.56	47.96
19.			03			6:00.2	5 22	27 3	1:17.98			1:33.35
	50m:	36.15	36.15	150m:	2:03.30	45.32	250m:	3:39.52	48.10		14.63	47.73
	100m:	1:17.98	41.83	200m:	2:51.42	48.12	300m:	4:26.90	47.38	400m: 6	:00.25	45.62