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
02				**4:29.61**	543	1		1:02.26	1:08.69	1:10.25	1:08.41
50m:	29.49	29.49	150m:	1:36.56	34.30	250m:	2:46.23	35.28	350m:	3:56.53	35.33
100m:	1:02.26	32.77	200m:	2:10.95	34.39	300m:	3:21.20	34.97	400m:	4:29.61	33.08
05				**4:43.80**	466	2		1:04.58	1:11.10	1:14.26	1:13.86
50m:	30.56	30.56	150m:	1:39.99	35.41	250m:	2:52.67	36.99	350m:	4:07.49	37.55
100m:	1:04.58	34.02	200m:	2:15.68	35.69	300m:	3:29.94	37.27	400m:	4:43.80	36.31
05				**4:46.90**	451	2		1:02.03	1:12.20	1:16.67	1:16.00
50m:	28.58	28.58	150m:	1:37.36	35.33	250m:	2:52.08	37.85	350m:	4:09.36	38.46
100m:	1:02.03	33.45	200m:	2:14.23	36.87	300m:	3:30.90	38.82	400m:	4:46.90	37.54
02				**4:52.45**	426	2		1:07.28	1:13.96	1:15.98	1:15.23
50m:	32.13	32.13	150m:	1:43.62	36.34	250m:	2:58.87	37.63	350m:	4:15.14	37.92
100m:	1:07.28	35.15	200m:	2:21.24	37.62	300m:	3:37.22	38.35	400m:	4:52.45	37.31
03				**4:56.04**	410	2		1:07.83	1:14.78	1:17.79	1:15.64
50m:	32.06	32.06	150m:	1:44.91	37.08	250m:	3:01.45	38.84	350m:	4:18.67	38.27
100m:	1:07.83	35.77	200m:	2:22.61	37.70	300m:	3:40.40	38.95	400m:	4:56.04	37.37
04				**5:01.97**	387	2		1:07.17	1:15.39	1:19.00	1:20.41
50m:	31.49	31.49	150m:	1:43.98	36.81	250m:	3:01.74	39.18	350m:	4:21.69	40.13
100m:	1:07.17	35.68	200m:	2:22.56	38.58	300m:	3:41.56	39.82	400m:	5:01.97	40.28
06				**5:15.53**	339	2		1:09.69	1:20.31	1:22.93	1:22.60
50m:	33.10	33.10	150m:	1:48.85	39.16	250m:	3:11.21	41.21	350m:	4:34.62	41.69
100m:	1:09.69	36.59	200m:	2:30.00	41.15	300m:	3:52.93	41.72	400m:	5:15.53	40.91
04				**5:41.07**	268	3		1:13.54	1:29.88	1:34.60	1:23.05
50m:	33.44	33.44	150m:	1:57.37	43.83	250m:	3:31.14	47.72	350m:	5:02.93	44.91
100m:	1:13.54	40.10	200m:	2:43.42	46.05	300m:	4:18.02	46.88	400m:	5:41.07	38.14
02				**5:47.08**	254	3		1:11.69	1:27.11	1:35.47	1:32.81
50m:	32.78	32.78	150m:	1:53.83	42.14	250m:	3:25.19	46.39	350m:	5:02.66	48.39
100m:	1:11.69	38.91	200m:	2:38.80	44.97	300m:	4:14.27	49.08	400m:	5:47.08	44.42
01				**5:47.56**	253	3		1:11.35	1:25.69	1:33.86	1:36.66
50m:	34.23	34.23	150m:	1:52.42	41.07	250m:	3:23.75	46.71	350m:	4:59.60	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
03				**6:00.25**	227	3		1:17.98	1:33.44	1:35.48	1:33.35
50m:	36.15	36.15	150m:	2:03.30	45.32	250m:	3:39.52	48.10	350m:	5:14.63	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