10 , 400m 16.05.2024 - 11:56

: 4:05.00 /	0 / : 4:21.50 / 1 : 4:41.50 / 2 : 5:17.00 / 3 : 6:08.00										
: FINA 2024											
		/						100m	200m	300m	400m
		04			5:41	.07 2	68 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	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	5:41.07	38.14
	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	1:59.60	48.70
100m:	1:11.35	37.12	200m:	2:37.04	44.62	300m:	4:10.90	47.15	400m: 5	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	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	6:00.25	45.62