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
		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 35	50m: 4:53.14	40.07	
100m:	1:07.78	37.80	200m:	2:33.14	42.64	300m:	4:13.07	50.47 40	00m: 5:31.04	37.90	
		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 35	50m: 5:08.58	3 40.32	
100m:	1:16.12	42.23	200m:	2:49.04	45.53	300m:	4:28.26	49.76 40	00m: 5:47.62	39.04	
		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		50m: 5:07.66		
100m:	1:13.94	40.21	200m:	2:42.69	44.27	300m:	4:26.30	53.86 40	00m: 5:48.94	41.28	
		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 35	50m: 5:12.18	3 41.66	
100m:	1:15.07	41.77	200m:	2:42.88	44.29	300m:	4:30.52	54.13 40	00m: 5:54.24	42.06	
		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 35	50m: 5:35.58	3 44.64	
100m:	1:22.13	45.35	200m:	2:58.21	47.55	300m:	4:50.94	57.85 40	00m: 6:19.80) 44.22	
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		50m: 5:47.74		
100m:	1:27.11	48.62	200m:	2:59.35	45.55	300m:	5:04.93	1:01.67 40	00m: 6:34.19	9 46.45	