, 29. - 31.5.2024

4		, 400m		2010

30.05.2024 - 9:55

: 3:59.00 /   : 4:15.50 / 1   : 4:35.50 / 2   : 5:11.50 / 3   : 6:01.00

/   FINA

10   **4:08.68**   621

| 50m: | 27.34 | 27.34 | 150m: | 1:28.97 | 31.09 | 250m: | 2:32.84 | 31.98 | 350m: | 3:36.94 | 31.87 |
| 100m: | 57.88 | 30.54 | 200m: | 2:00.86 | 31.89 | 300m: | 3:05.07 | 32.23 | 400m: | 4:08.68 | 31.74 |

10   **4:15.42**   573

| 50m: | 28.03 | 28.03 | 150m: | 1:31.28 | 32.42 | 250m: | 2:37.35 | 33.18 | 350m: | 3:43.66 | 33.05 |
| 100m: | 58.86 | 30.83 | 200m: | 2:04.17 | 32.89 | 300m: | 3:10.61 | 33.26 | 400m: | 4:15.42 | 31.76 |

10   **4:17.49**   560   1

| 50m: | 28.30 | 28.30 | 150m: | 1:32.39 | 32.51 | 250m: | 2:38.72 | 33.45 | 350m: | 3:45.13 | 33.00 |
| 100m: | 59.88 | 31.58 | 200m: | 2:05.27 | 32.88 | 300m: | 3:12.13 | 33.41 | 400m: | 4:17.49 | 32.36 |

10   **4:18.37**   554   1

| 50m: | 28.37 | 28.37 | 150m: | 1:33.61 | 33.11 | 250m: | 2:39.52 | 32.97 | 350m: | 3:45.66 | 32.69 |
| 100m: | 1:00.50 | 32.13 | 200m: | 2:06.55 | 32.94 | 300m: | 3:12.97 | 33.45 | 400m: | 4:18.37 | 32.71 |

10   **4:24.28**   518   1

| 50m: | 28.68 | 28.68 | 150m: | 1:34.63 | 33.40 | 250m: | 2:42.93 | 34.31 | 350m: | 3:51.70 | 34.51 |
| 100m: | 1:01.23 | 32.55 | 200m: | 2:08.62 | 33.99 | 300m: | 3:17.19 | 34.26 | 400m: | 4:24.28 | 32.58 |

10   **4:26.99**   502   1

| 50m: | 29.69 | 29.69 | 150m: | 1:37.82 | 34.33 | 250m: | 2:47.39 | 35.04 | 350m: | 3:56.29 | 33.68 |
| 100m: | 1:03.49 | 33.80 | 200m: | 2:12.35 | 34.53 | 300m: | 3:22.61 | 35.22 | 400m: | 4:26.99 | 30.70 |

10   **4:27.93**   497   1

| 50m: | 29.02 | 29.02 | 150m: | 1:36.39 | 34.34 | 250m: | 2:46.85 | 35.56 | 350m: | 3:57.28 | 35.35 |
| 100m: | 1:02.05 | 33.03 | 200m: | 2:11.29 | 34.90 | 300m: | 3:21.93 | 35.08 | 400m: | 4:27.93 | 30.65 |

10   **4:28.25**   495   1

| 50m: | 28.72 | 28.72 | 150m: | 1:34.58 | 33.72 | 250m: | 2:44.71 | 35.37 | 350m: | 3:54.48 | 34.72 |
| 100m: | 1:00.86 | 32.14 | 200m: | 2:09.34 | 34.76 | 300m: | 3:19.76 | 35.05 | 400m: | 4:28.25 | 33.77 |

10   **4:28.37**   494   1

| 50m: | 28.65 | 28.65 | 150m: | 1:34.62 | 33.51 | 250m: | 2:43.12 | 34.54 | 350m: | 3:53.75 | 35.50 |
| 100m: | 1:01.11 | 32.46 | 200m: | 2:08.58 | 33.96 | 300m: | 3:18.25 | 35.13 | 400m: | 4:28.37 | 34.62 |

10   **4:28.47**   494   1

| 50m: | 29.59 | 29.59 | 150m: | 1:38.57 | 34.77 | 250m: | 2:48.58 | 34.80 | 350m: | 3:56.14 | 33.12 |
| 100m: | 1:03.80 | 34.21 | 200m: | 2:13.78 | 35.21 | 300m: | 3:23.02 | 34.44 | 400m: | 4:28.47 | 32.33 |

11   **4:30.41**   483   1

| 50m: | 29.45 | 29.45 | 150m: | 1:37.22 | 34.16 | 250m: | 2:46.89 | 34.84 | 350m: | 3:56.96 | 34.67 |
| 100m: | 1:03.06 | 33.61 | 200m: | 2:12.05 | 34.83 | 300m: | 3:22.29 | 35.40 | 400m: | 4:30.41 | 33.45 |

10   **4:30.49**   483   1

| 50m: | 29.87 | 29.87 | 150m: | 1:37.74 | 34.56 | 250m: | 2:47.20 | 34.98 | 350m: | 3:56.53 | 33.88 |
| 100m: | 1:03.18 | 33.31 | 200m: | 2:12.22 | 34.48 | 300m: | 3:22.65 | 35.45 | 400m: | 4:30.49 | 33.96 |

10   **4:32.52**   472   1

| 50m: | 30.55 | 30.55 | 150m: | 1:39.20 | 34.44 | 250m: | 2:48.52 | 34.92 | 350m: | 3:57.99 | 34.75 |
| 100m: | 1:04.76 | 34.21 | 200m: | 2:13.60 | 34.40 | 300m: | 3:23.24 | 34.72 | 400m: | 4:32.52 | 34.53 |

10   **4:32.87**   470   1

| 50m: | 30.07 | 30.07 | 150m: | 1:38.97 | 34.84 | 250m: | 2:49.45 | 34.84 | 350m: | 3:59.32 | 34.91 |
| 100m: | 1:04.13 | 34.06 | 200m: | 2:14.61 | 35.64 | 300m: | 3:24.41 | 34.96 | 400m: | 4:32.87 | 33.55 |

10   **4:34.10**   464   1

| 50m: | 30.19 | 30.19 | 150m: | 1:39.29 | 34.98 | 250m: | 2:49.33 | 35.06 | 350m: | 4:00.38 | 35.80 |
| 100m: | 1:04.31 | 34.12 | 200m: | 2:14.27 | 34.98 | 300m: | 3:24.58 | 35.25 | 400m: | 4:34.10 | 33.72 |

10   **4:35.12**   459   1

| 50m: | 30.16 | 30.16 | 150m: | 1:38.55 | 34.94 | 250m: | 2:49.62 | 35.31 | 350m: | 4:00.87 | 35.60 |
| 100m: | 1:03.61 | 33.45 | 200m: | 2:14.31 | 35.76 | 300m: | 3:25.27 | 35.65 | 400m: | 4:35.12 | 34.25 |

10   **4:35.80**   455   2

| 50m: | 30.10 | 30.10 | 150m: | 1:38.41 | 34.71 | 250m: | 2:49.37 | 35.64 | 350m: | 4:01.36 | 35.91 |
| 100m: | 1:03.70 | 33.60 | 200m: | 2:13.73 | 35.32 | 300m: | 3:25.45 | 36.08 | 400m: | 4:35.80 | 34.44 |

4, , 400m , 2010

					/							FINA		
					10						**4:35.84**	455		2
50m:	30.65	30.65	150m:	1:41.63	36.40	250m:	2:52.43	35.22	350m:	4:02.50	34.13			
100m:	1:05.23	34.58	200m:	2:17.21	35.58	300m:	3:28.37	35.94	400m:	4:35.84	33.34			
					10						**4:37.84**	445		2
50m:			150m:			250m:			350m:					
100m:			200m:			300m:			400m:	4:37.84				
					10						**4:38.83**	441		2
50m:	30.29	30.29	150m:	1:40.61	35.71	250m:	2:52.30	35.83	350m:	4:03.81	35.61			
100m:	1:04.90	34.61	200m:	2:16.47	35.86	300m:	3:28.20	35.90	400m:	4:38.83	35.02			
					10						**4:39.22**	439		2
50m:	29.53	29.53	150m:	1:38.67	35.36	250m:	2:51.14	36.54	350m:	4:04.99	36.68			
100m:	1:03.31	33.78	200m:	2:14.60	35.93	300m:	3:28.31	37.17	400m:	4:39.22	34.23			
					10						**4:39.54**	437		2
50m:	30.98	30.98	150m:	1:40.84	35.67	250m:	2:52.72	36.02	350m:	4:05.25	36.09			
100m:	1:05.17	34.19	200m:	2:16.70	35.86	300m:	3:29.16	36.44	400m:	4:39.54	34.29			
					11						**4:41.18**	430		2
50m:	30.08	30.08	150m:	1:40.71	35.65	250m:	2:52.52	36.15	350m:	4:05.08	36.32			
100m:	1:05.06	34.98	200m:	2:16.37	35.66	300m:	3:28.76	36.24	400m:	4:41.18	36.10			
					10						**4:41.45**	428		2
50m:	30.57	30.57	150m:	1:42.07	36.45	250m:	2:54.49	35.84	350m:	4:05.47	35.79			
100m:	1:05.62	35.05	200m:	2:18.65	36.58	300m:	3:29.68	35.19	400m:	4:41.45	35.98			
					10						**4:41.74**	427		2
50m:	31.30	31.30	150m:	1:42.27	35.89	250m:	2:54.67	36.09	350m:	4:07.29	36.18			
100m:	1:06.38	35.08	200m:	2:18.58	36.31	300m:	3:31.11	36.44	400m:	4:41.74	34.45			
					10						**4:41.88**	426		2
50m:	30.07	30.07	150m:	1:40.54	35.91	250m:	2:53.09	36.65	350m:	4:06.15	36.15			
100m:	1:04.63	34.56	200m:	2:16.44	35.90	300m:	3:30.00	36.91	400m:	4:41.88	35.73			
					11						**4:43.10**	421		2
50m:	32.83	32.83	150m:	1:45.70	36.69	250m:	2:58.21	36.22	350m:	4:09.49	35.14			
100m:	1:09.01	36.18	200m:	2:21.99	36.29	300m:	3:34.35	36.14	400m:	4:43.10	33.61			
					10						**4:44.83**	413		2
50m:			150m:			250m:			350m:					
100m:			200m:			300m:			400m:	4:44.83				
					10						**4:44.83**	413		2
50m:	31.13	31.13	150m:	1:42.11	36.26	250m:	2:55.68	36.77	350m:	4:08.99	36.43			
100m:	1:05.85	34.72	200m:	2:18.91	36.80	300m:	3:32.56	36.88	400m:	4:44.83	35.84			
					10						**4:46.80**	405		2
50m:	30.91	30.91	150m:	1:41.48	35.88	250m:	2:53.72	36.30	350m:	4:08.84	37.34			
100m:	1:05.60	34.69	200m:	2:17.42	35.94	300m:	3:31.50	37.78	400m:	4:46.80	37.96			
					10						**4:50.91**	388		2
50m:	31.07	31.07	150m:	1:43.56	37.05	250m:	2:58.32	37.80	350m:	4:15.42	38.46			
100m:	1:06.51	35.44	200m:	2:20.52	36.96	300m:	3:36.96	38.64	400m:	4:50.91	35.49			
					10						**4:51.06**	387		2
50m:	30.97	30.97	150m:	1:41.90	36.33	250m:	2:56.61	37.64	350m:	4:13.49	38.15			
100m:	1:05.57	34.60	200m:	2:18.97	37.07	300m:	3:35.34	38.73	400m:	4:51.06	37.57			