2011

, 400m

29.05.2024 - 9:55 : 4:23.00 / : 4:39.50 / 1 : 5:00.50 / 2 : 5:40.00 / 3 : 6:28.50 : FINA 2023 / **FINA** 4:36.01 588 11 350m: 4:00.59 1:38.70 50m: 29.41 29.41 150m: 35.04 250m: 2:48.72 35.00 36.05 100m: 1:03.66 34.25 200m: 2:13.72 35.02 300m: 3:24.54 35.82 400m: 4:36.01 35.42 4:38.68 11 571 50m: 30.70 30.70 150m: 1:40.16 35.21 250m: 2:51.82 36.00 350m: 4:03.71 35.86 1:04.95 34.25 200m: 2:15.82 35.66 300m: 3:27.85 36.03 400m: 4:38.68 100m: 34.97 560 11 4:40.55 1 1:40.97 36.09 50m: 30.93 30.93 150m: 35.71 250m: 2:53.38 36.17 350m: 4:05.54 100m: 1:05.26 34.33 200m: 2:17.21 36.24 300m: 3:29.45 36.07 400m: 4:40.55 35.01 4:40.74 11 559 1 35.15 50m: 31.37 31.37 150m: 1:43.08 36.22 250m: 2:54.82 350m: 4:06.10 36.23 200m: 2:18.59 300m: 3:30.95 400m: 100m: 1:06.86 35.49 35.51 36.13 4:40.74 34.64 11 4:44.57 536 1 350m: 4:08.13 50m: 30.94 30.94 150m: 1:41.15 35.72 250m: 2:54.04 36.56 37.02 300m: 400m: 100m: 1:05.43 34.49 200m: 2:17.48 36.33 3:31.11 37.07 4:44.57 36.44 12 4:48.04 517 1 50m: 32.21 32.21 150m: 1:44.84 36.53 250m: 2:58.91 36.97 350m: 4:12.44 36.64 1:08.31 36.10 2:21.94 37.10 300m: 3:35.80 36.89 400m: 4:48.04 35.60 100m: 200m: 11 4:48.49 515 1 50m: 32.00 32.00 150m: 1:45.10 37.18 250m: 2:58.95 36.79 350m: 4:13.09 36.71 100m: 1:07.92 35.92 200m: 2:22.16 37.06 300m: 3:36.38 37.43 400m: 4:48.49 35.40 11 4:52.02 496 1 350m: 50m: 31.96 31.96 150m: 1:43.89 36.90 250m: 2:59.71 38.02 4:15.65 37.85 36.37 100m: 1:06.99 35.03 200m: 2:21.69 37.80 300m: 3:37.80 38.09 400m: 4:52.02 4:52.11 496 11 1 150m: 1:44.64 2:59.38 38.26 50m: 32.49 32.49 36.70 250m: 37.39 350m: 4:15.17 100m: 1:07.94 35.45 200m: 2:21.99 37.35 300m: 3:36.91 37.53 400m: 4:52.11 36.94 11 4:52.72 493 1 50m: 33.75 33.75 150m: 1:47.27 36.96 250m: 3:02.58 37.55 350m: 4:16.37 37.24 100m: 1:10.31 36.56 200m: 2:25.03 37.76 300m: 3:39.13 36.55 400m: 4:52.72 36.35 11 4:53.33 490 1 1:46.17 37.35 250m: 37.14 4:15.33 37.66 50m: 32.77 32.77 150m: 3:00.61 350m: 100m: 1:08.82 36.05 200m: 2:23.47 37.30 300m: 3:37.67 37.06 400m: 4:53.33 38.00 11 4:54.60 483 1 350m: 50m: 32.65 150m: 1:45.78 250m: 3:00.97 4:17.27 38.05 32.65 37.15 37.72 100m: 1:08.63 35.98 200m: 2:23.25 37.47 300m: 3:39.22 38.25 400m: 4:54.60 37.33 4:54.85 482 11 1 50m: 33.35 33.35 150m: 1:46.94 37.40 250m: 3:03.12 38.15 350m: 4:18.64 37.32 100m: 1:09.54 36.19 200m: 2:24.97 38.03 300m: 3:41.32 38.20 400m: 4:54.85 36.21 11 4:55.45 479 1 32.15 1:45.38 3:01.90 50m: 32.15 150m: 37.24 250m: 38.49 350m: 4:18.65 38.34 1:08.14 35.99 2:23.41 38.03 300m: 3:40.31 38.41 400m: 36.80 100m: 200m: 4:55.45 4:55.46 479 11 1 1:46.34 4:18.67 37.97 50m: 32.83 32.83 150m: 37.21 250m: 3:02.48 38.04 350m: 100m 1:09.13 2:24.44 300m: 3:40.70 400m: 4:55.46 36.30 200m: 38.10 38.22 36.79 11 4:57.81 468 1 3:06.35 50m: 33.90 33.90 150m: 1:49.64 38.29 250m: 38.18 350m: 4:22.59 38.17 3:44.42 200m: 2:28.17 300m: 400m: 100m: 1:11.35 37.45 38.53 38.07 4:57.81 35.22 4:58.03 11 467 1 350m: 50m: 33.37 33.37 150m: 1:48.25 250m: 3:04.83 38.55 38.15 38.26 4:21.46 100m: 1:09.99 36.62 200m: 2:26.28 38.03 300m: 3:43.31 38.48 400m: 4:58.03 36.57

1,	, 400m			, 20	11					
				/					FINA	
				12					<b>4:58.44</b> 465	
50m: 100m:	33.49 1:10.52	33.49 37.03	150m: 200m:		38.26 38.58	250m: 300m:		38.66 38.87	350m: 4:22.99 400m: 4:58.44	38.10
				11					<b>4:58.75</b> 464	1
50m: 100m:	32.61 1:09.19	32.61 36.58	150m: 200m:	1:46.58 2:24.78	37.39 38.20	250m: 300m:	3:03.22 3:42.67	38.44 39.45	350m: 4:22.40 400m: 4:58.75	
				11					<b>4:58.98</b> 463	
50m: 100m:	32.80 1:10.16	32.80 37.36	150m: 200m:	2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	350m: 4:22.14 400m: 4:58.98	36.84
50	00.40	00.40	450	11	07.50	050	0.00.00	07.07	<b>4:59.81</b> 459	
50m: 100m:	33.19 1:10.16	33.19 36.97		1:47.68 2:25.66	37.52 37.98	250m: 300m:		37.97 37.52	350m: 4:20.25 400m: 4:59.81	39.56
<b>50</b>	20.00	22.00	450	11	27.00	250	0.00.44	20.04	<b>5:00.79</b> 454	
50m: 100m:	32.69 1:08.58	32.69 35.89	150m: 200m:	2:24.17	37.68 37.91	250m: 300m:		38.94 39.71	350m: 4:22.06 400m: 5:00.79	38.73
50m:	32.27	32.27	150m:	12 1:45.46	37.39	250m:	3:02.70	38.94	<b>5:00.84</b> 454 350m: 4:20.99	
	1:08.07	35.80		2:23.76	38.30	300m:	3:41.49	38.79	400m: 5:00.84	39.85
E0m:	34.15	34.15	150m:	11 1:49.32	37.90	250m:	3:05.91	38.06	<b>5:01.70</b> 450 350m: 4:22.42	
50m: 100m:	1:11.42	37.27		2:27.85	38.53	300m:		38.07	400m: 5:01.70	39.28
50m:	33.60	33.60	150m:	<b>11</b> 1:49.97	38.59	250m:	3:07.31	38.71	<b>5:02.37</b> 447 350m: 4:24.67	
	1:11.38	37.78		2:28.60	38.63	300m:		38.69	400m: 5:02.37	7 37.70
50m:	33.82	33.82	150m:	12 1:50.84	39.08	250m:	3:09.87	20.71	<b>5:03.12</b> 444 350m: 4:26.70	
	1:11.76	37.94		2:30.16	39.32	300m:		38.77	400m: 5:03.12	36.42
50m:	34.64	<b>-</b> 34.64	150m:	12 1:52.47	38.87	250m:	3:09.14	38.14	<b>5:03.89</b> 440 350m: 4:25.36	
100m:	1:13.60	38.96		2:31.00	38.53	300m:	3:47.07	37.93	400m: 5:03.89	38.53
50m:	33.53	33.53	150m:	12 1:50.01	38.58	250m:	3:09.19	39.43	<b>5:04.52</b> 438 350m: 4:27.44	
	1:11.43			2:29.76			3:48.42	39.23	400m: 5:04.52	2 37.08
50m:	33.57	33.57	150m:	<b>11</b> 1:48.94	38.66	250m:	3:08.58	39.96	<b>5:04.54</b> 438 350m: 4:27.32	
	1:10.28	36.71		2:28.62	39.68	300m:		39.46	400m: 5:04.54	37.22
50m:	32.36	32.36	150m:	1:46.82	38.13	250m:	3:06.48	39.89	<b>5:04.55</b> 438	
100m:	1:08.69	36.33	200m:	2:26.59 11	39.77	300m:	3:46.69	40.21	400m: 5:04.55 <b>5:04.59</b> 437	
50m:	33.41	33.41	150m:	1:51.71	39.66	250m:	3:10.94	39.61	350m: 4:29.00	
100m:	1:12.05	38.64	200m:	2:31.33 11	39.62	300m:	3:50.46	39.52	400m: 5:04.59 <b>5:04.87</b> 436	
50m:	35.13	35.13	150m:	1:52.61	39.85	250m:	3:10.15	38.45	350m: 4:27.23	
100m:	1:12.76	37.63	200m:	2:31.70 <b>11</b>	39.09	300m:		39.14	400m: 5:04.87 <b>5:04.98</b> 436	
50m:	34.86	34.86	150m:	1:52.94	39.26	250m:	3:12.26	39.38	350m: 4:29.07	
100m:	1:13.68	38.82	200m:	2:32.88	39.94	300m:	3:51.29	39.03	400m: 5:04.98 <b>5:05.09</b> 435	35.91
50m:	33.34	33.34	150m:	11 1:50.09	39.42	250m:	3:08.81	39.32	350m: 4:26.72	
	1:10.67	37.33		2:29.49	39.40	300m:	3:47.81	39.00	400m: 5:05.09	38.37
50m:	34.54	34.54	150m:	11 1:50.78	38.35	250m:	3:08.15	38.84	<b>5:05.10</b> 435 350m: 4:26.49	
	1:12.43	37.89		2:29.31	38.53	300m:		38.94	400m: 5:05.10	

1,	, 4	400m		, 2011						
				/					FINA	
50m: 100m:	35.02 1:13.05	35.02 38.03	150m: 200m:	11 1:51.42 2:30.56	38.37 39.14	250m: 300m:	3:10.35 3:49.43	39.79 39.08	<b>5:05.26</b> 435 350m: 4:28.46 400m: 5:05.26	2 39.03 36.80
50m: 100m:	32.57 1:09.56	32.57 36.99	150m: 200m:	11 1:48.79 2:28.84	39.23 40.05	250m: 300m:	3:09.08 3:49.43	40.24 40.35	<b>5:05.59</b> 433 350m: 4:28.62 400m: 5:05.59	2 39.19 36.97
50m: 100m:	33.27 1:11.35	33.27 38.08		12 1:50.64 2:29.98	39.29 39.34	250m: 300m:	3:09.10 3:48.61	39.12 39.51	<b>5:05.99</b> 431 350m: 4:27.82 400m: 5:05.99	2 39.21 38.17
50m: 100m:	33.11 1:11.06	33.11 37.95	150m: 200m:	11 1:49.76 2:29.30	38.70 39.54	250m: 300m:	3:08.86 3:48.71	39.56 39.85	<b>5:06.09</b> 431 350m: 4:28.56 400m: 5:06.09	2 39.85 37.53
50m: 100m:	32.83 1:09.85	32.83 37.02	150m: 200m:	11 1:48.49 2:27.99	38.64 39.50	250m: 300m:	3:08.39 3:48.58	40.40 40.19	5:06.89 428 350m: 4:28.26 400m: 5:06.89	2 39.68 38.63
50m: 100m:	34.82 1:14.78	34.82 39.96	150m: 200m:	11 1:54.35 2:34.08	39.57 39.73	250m: 300m:	3:12.86 3:51.65	38.78 38.79	<b>5:07.47</b> 425 350m: 4:30.48 400m: 5:07.47	2 38.83 36.99
50m: 100m:	33.30 1:11.45	33.30 38.15	150m: 200m:	11 1:50.56 2:30.35	39.11 39.79	250m: 300m:	3:10.80 3:51.03	40.45 40.23	<b>5:08.18</b> 422 350m: 4:31.23 400m: 5:08.18	2 40.20 36.95
50m: 100m:	35.57 1:13.77	35.57 38.20	150m: 200m:	11 1:52.38 2:32.16	38.61 39.78	250m: 300m:	3:11.34 3:51.04	39.18 39.70	<b>5:08.38</b> 421 350m: 4:30.78 400m: 5:08.38	2 39.74 37.60
50m: 100m:	34.42 1:12.84	34.42 38.42		12 1:52.73 2:32.23	39.89 39.50	250m: 300m:	3:13.33 3:53.18	41.10 39.85	<b>5:08.56</b> 421 350m: 4:32.85 400m: 5:08.56	2 39.67 35.71
50m: 100m:	33.25 1:11.32	33.25 38.07		11 1:50.42 2:30.66	39.10 40.24	250m: 300m:	3:10.61 3:50.89	39.95 40.28	<b>5:08.76</b> 420 350m: 4:31.53 400m: 5:08.76	2 40.64 37.23
50m: 100m:	35.84 1:15.06	35.84 39.22		11 1:54.28 2:33.42	39.22 39.14	250m: 300m:	3:12.62 3:51.93	39.20 39.31	<b>5:09.47</b> 417 350m: 4:31.29 400m: 5:09.47	2 39.36 38.18
50m: 100m:	34.99 1:13.68	34.99 38.69		12 1:53.26 2:33.16	39.58 39.90	250m: 300m:	3:13.12 3:52.72	39.96 39.60	<b>5:09.90</b> 415 350m: 4:32.02 400m: 5:09.90	2 39.30 37.88
50m: 100m:	34.71 1:13.19	34.71 38.48		11 1:53.37 2:33.74	40.18 40.37	250m: 300m:	3:13.71 3:53.72	39.97 40.01	<b>5:10.11</b> 414 350m: 4:32.74 400m: 5:10.11	2 39.02 37.37
50m: 100m:	35.51 1:14.71	35.51 39.20		11 1:54.15 2:34.14	39.44 39.99	250m: 300m:		40.11 39.86	5:10.15 414 350m: 4:33.20 400m: 5:10.15	39.09 36.95
50m: 100m:	35.52 1:14.58	35.52 39.06		12 1:54.29 2:34.08	39.71 39.79	250m: 300m:	3:13.86 3:53.77	39.78 39.91	<b>5:10.60</b> 412 350m: 4:33.25 400m: 5:10.60	2 39.48 37.35
50m: 100m:	32.89 1:11.07	32.89 38.18	150m: 200m:	11 1:50.33 2:30.19	39.26 39.86	250m: 300m:	3:09.69 3:50.10	39.50 40.41	<b>5:11.10</b> 410 350m: 4:31.26 400m: 5:11.10	2 41.16 39.84
50m: 100m:	35.40 1:14.17	35.40 38.77		12 1:53.19 2:33.00	39.02 39.81	250m: 300m:	3:12.15 3:52.01	39.15 39.86	<b>5:11.42</b> 409 350m: 4:31.31 400m: 5:11.42	2 39.30 40.11
50m: 100m:	35.55 1:14.92	35.55 39.37	150m: 200m:	11 1:54.58 2:34.78	39.66 40.20	250m: 300m:	3:14.63 3:54.64	39.85 40.01	<b>5:11.69</b> 408 350m: 4:34.32 400m: 5:11.69	2 39.68 37.37

, 29. - 31.5.2024 1, , 400m , 2011 FINA **⊿**∩Զ

50m: 100m:	34.60 1:12.74	34.60 38.14	150m: 200m:	11 1:52.26 2:32.07	39.52 39.81	250m: 300m:	3:11.84 3:52.25	39.77 40.41	<b>5:11.71</b> 408 350m: 4:32.63 400m: 5:11.71	2 40.38 39.08
50m: 100m:	34.91 1:14.07	34.91 39.16	150m: 200m:	11 1:54.37 2:34.59	40.30 40.22	250m: 300m:	3:14.81 3:54.79	40.22 39.98	<b>5:11.97</b> 407 350m: 4:34.68 400m: 5:11.97	2 39.89 37.29
50m: 100m:	34.61 1:13.68	34.61 39.07	150m: 200m:	11 1:53.34 2:33.89	39.66 40.55	250m: 300m:	3:14.00 3:55.11	40.11 41.11	<b>5:13.06</b> 403 350m: 4:34.77 400m: 5:13.06	2 39.66 38.29
	34.85 1:14.50	34.85 39.65	150m: 200m:	11 1:54.37 2:35.06	39.87 40.69	250m: 300m:	3:15.18 3:55.46	40.12 40.28	<b>5:13.27</b> 402 350m: 4:35.35 400m: 5:13.27	2 39.89 37.92
50m: 100m:	35.15 1:14.88	35.15 39.73		12 1:56.25 2:37.05	41.37 40.80	250m: 300m:	3:17.24 3:57.89	40.19 40.65	<b>5:13.29</b> 402 350m: 4:37.46 400m: 5:13.29	2 39.57 35.83
50m: 100m:	36.21 1:15.39	36.21 39.18		12 1:55.71 2:35.66	40.32 39.95	250m: 300m:	3:15.55 3:56.36	39.89 40.81	<b>5:13.52</b> 401 350m: 4:34.58 400m: 5:13.52	2 38.22 38.94
50m: 100m:	33.18 1:11.34	33.18 38.16		11 1:52.40 2:33.15	41.06 40.75	250m: 300m:	3:13.67 3:54.33	40.52 40.66	<b>5:13.71</b> 400 350m: 4:34.56 400m: 5:13.71	2 40.23 39.15
50m: 100m:	34.02 1:11.92	34.02 37.90		12 1:52.22 2:32.55	40.30 40.33	250m: 300m:		40.45 40.30	<b>5:14.16</b> 399 350m: 4:34.19 400m: 5:14.16	2 40.89 39.97
50m: 100m:	34.64 1:14.69	34.64 40.05		12 1:55.23 2:35.72	40.54 40.49	250m: 300m:	3:15.60 3:56.23	39.88 40.63	<b>5:14.32</b> 398 350m: 4:36.09 400m: 5:14.32	2 39.86 38.23
50m: 100m:	33.93 1:13.00	33.93 39.07	150m: 200m:	11 1:53.46 2:34.63	40.46 41.17	250m: 300m:	3:15.74 3:57.05	41.11 41.31	<b>5:16.47</b> 390 350m: 4:38.13 400m: 5:16.47	2 41.08 38.34
	35.09 1:14.64	35.09 39.55	150m: 200m:	11 1:55.65 2:36.67	41.01 41.02	250m: 300m:	3:17.09 3:57.50	40.42 40.41	<b>5:17.06</b> 388 350m: 4:37.74 400m: 5:17.06	2 40.24 39.32
50m: 100m:	33.69 1:13.12	33.69 39.43		12 1:54.15 2:35.36	41.03 41.21	250m: 300m:	3:16.52 3:57.29	41.16 40.77	<b>5:17.11</b> 388 350m: 4:38.17 400m: 5:17.11	2 40.88 38.94
50m: 100m:	33.93 1:11.32	33.93 37.39		12 1:50.66 2:30.46	39.34 39.80	250m: 300m:	3:11.70 3:53.01	41.24 41.31	<b>5:17.24</b> 387 350m: 4:35.16 400m: 5:17.24	2 42.15 42.08
50m: 100m:	34.56 1:14.07	34.56 39.51	150m: 200m:	11 1:55.44 2:36.69	41.37 41.25	250m: 300m:	3:19.08 3:59.98	42.39 40.90	<b>5:17.33</b> 387 350m: 4:40.78 400m: 5:17.33	2 40.80 36.55
50m: 100m:	33.17 1:11.14	33.17 37.97	150m: 200m:	11 1:51.76 2:32.39	40.62 40.63	250m: 300m:	3:14.07 3:55.64	41.68 41.57	<b>5:17.34</b> 387 350m: 4:37.14 400m: 5:17.34	2 41.50 40.20
50m: 100m:	34.43 1:13.84	34.43 39.41		11 1:54.57 2:35.44	40.73 40.87	250m: 300m:	3:16.84 3:58.10	41.40 41.26	<b>5:17.47</b> 386 350m: 4:39.16 400m: 5:17.47	2 41.06 38.31
50m: 100m:	34.10 1:11.53	34.10 37.43	150m: 200m:	11 1:51.15 2:31.76	39.62 40.61	250m: 300m:	3:13.10 3:54.13	41.34 41.03	<b>5:18.02</b> 384 350m: 4:36.45 400m: 5:18.02	2 42.32 41.57
50m: 100m:	34.05 1:12.28	34.05 38.23		11 1:52.87 2:33.40	40.59 40.53	250m: 300m:	3:14.57 3:56.37	41.17 41.80	<b>5:18.19</b> 384 350m: 4:37.27 400m: 5:18.19	2 40.90 40.92

1,	, 4	400m		, 2011						
				/					FINA	
50m: 100m:	35.66 1:15.67	35.66 40.01	150m: 200m:	11 1:55.67 2:36.56	40.00 40.89	250m: 300m:	3:17.17 3:58.24	40.61 41.07	<b>5:18.21</b> 384 350m: 4:39.19 400m: 5:18.21	2 40.95 39.02
50m: 100m:	34.46 1:14.18	34.46 39.72	150m: 200m:	12 1:54.85 2:36.20	40.67 41.35	250m: 300m:	3:17.80 3:58.20	41.60 40.40	<b>5:18.55</b> 382 350m: 4:38.87 400m: 5:18.55	2 40.67 39.68
50m: 100m:	36.55 1:17.34	36.55 40.79		11 1:58.71 2:39.83	41.37 41.12	250m: 300m:	3:20.59 4:01.32	40.76 40.73	<b>5:19.44</b> 379 350m: 4:41.57 400m: 5:19.44	2 40.25 37.87
50m: 100m:	34.04 1:12.64	34.04 38.60	150m: 200m:	11 1:53.36 2:34.77	40.72 41.41	250m: 300m:	3:16.70 3:58.13	41.93 41.43	<b>5:19.74</b> 378 350m: 4:39.56 400m: 5:19.74	2 41.43 40.18
50m: 100m:	34.90 1:15.30	34.90 40.40	150m: 200m:	11 1:57.61 2:38.84	42.31 41.23	250m: 300m:	3:19.76 4:00.78	40.92 41.02	<b>5:20.16</b> 377 350m: 4:41.38 400m: 5:20.16	2 40.60 38.78
50m: 100m:	34.91 1:14.94	34.91 40.03	150m: 200m:	11 1:56.17 2:37.94	41.23 41.77	250m: 300m:	3:19.65 4:01.02	41.71 41.37	<b>5:20.22</b> 376 350m: 4:41.58 400m: 5:20.22	2 40.56 38.64
50m: 100m:	34.65 1:14.12	34.65 39.47		11 1:54.65 2:35.60	40.53 40.95	250m: 300m:	3:17.08 3:58.45	41.48 41.37	<b>5:20.52</b> 375 350m: 4:40.23 400m: 5:20.52	2 41.78 40.29
50m: 100m:	36.84 1:16.81	36.84 39.97	150m: 200m:	11 1:57.11 2:38.63	40.30 41.52	250m: 300m:	3:19.12 4:00.33	40.49 41.21	<b>5:20.72</b> 375 350m: 4:42.22 400m: 5:20.72	2 41.89 38.50
50m: 100m:	34.60 1:13.91	34.60 39.31		11 1:55.20 2:36.96	41.29 41.76	250m: 300m:	3:17.54 3:59.14	40.58 41.60	<b>5:20.92</b> 374 350m: 4:41.13 400m: 5:20.92	2 41.99 39.79
50m: 100m:	36.69 1:16.29	36.69 39.60		11 1:57.43 2:38.73	41.14 41.30	250m: 300m:	3:20.32 4:02.24	41.59 41.92	<b>5:21.18</b> 373 350m: 4:42.69 400m: 5:21.18	2 40.45 38.49
50m: 100m:	33.49 1:12.04	33.49 38.55		11 1:52.94 2:35.76	40.90 42.82	250m: 300m:	3:17.83 4:01.23	42.07 43.40	<b>5:21.20</b> 373 350m: 4:42.36 400m: 5:21.20	2 41.13 38.84
50m: 100m:	36.41 1:14.65	36.41 38.24	150m: 200m:	11 1:55.12 2:36.67	40.47 41.55	250m: 300m:	3:17.42 3:59.30	40.75 41.88	<b>5:21.23</b> 373 350m: 4:40.81 400m: 5:21.23	2 41.51 40.42
50m: 100m:	35.68 1:16.70	35.68 41.02		12 1:58.16 2:39.81	41.46 41.65	250m: 300m:	-	41.34 41.60	<b>5:21.41</b> 372 350m: 4:43.86 400m: 5:21.41	2 41.11 37.55
50m: 100m:	36.05 1:16.50	36.05 40.45		11 1:58.48 2:39.96	41.98 41.48	250m: 300m:		42.30 41.14	<b>5:21.42</b> 372 350m: 4:44.64 400m: 5:21.42	2 41.24 36.78
50m: 100m:	36.35 1:16.42	36.35 40.07	150m: 200m:	11 1:57.47 2:38.87	41.05 41.40	250m: 300m:	3:19.43 4:00.85	40.56 41.42	<b>5:21.67</b> 371 350m: 4:41.74 400m: 5:21.67	2 40.89 39.93
50m: 100m:	35.96 1:16.13	35.96 40.17	150m: 200m:	11 1:57.42 2:39.35	41.29 41.93	250m: 300m:	3:21.41 4:03.57	42.06 42.16	<b>5:22.95</b> 367 350m: 4:44.41 400m: 5:22.95	2 40.84 38.54
50m: 100m:	34.90 1:14.96	34.90 40.06	150m: 200m:	11 1:56.21 2:37.78	41.25 41.57	250m: 300m:	3:18.90 4:01.40	41.12 42.50	<b>5:23.67</b> 364 350m: 4:42.11 400m: 5:23.67	2 40.71 41.56
50m: 100m:	35.25 1:16.27	35.25 41.02		12 2:00.33 2:42.53	44.06 42.20	250m: 300m:	3:23.91 4:05.47	41.38 41.56	<b>5:24.46</b> 362 350m: 4:46.38 400m: 5:24.46	2 40.91 38.08

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1,	, 400m		, 2011							
				/					FINA	
				11					<b>5:24.93</b> 360	2
50m: 100m:	36.29 1:16.66	36.29 40.37	150m: 200m:	1:58.00 2:40.63	41.34 42.63	250m: 300m:	3:22.91 4:04.51	42.28 41.60	350m: 4:46.37 400m: 5:24.93	41.86 38.56
TOOM.	1.10.00	40.37	200m.		42.03	300m.	4.04.51	41.60		
50m:	36.01	36.01	150m:	12 1:58.61	42.21	250m:	3:23.33	42.49	<b>5:25.53</b> 358 350m: 4:46.49	2 41.61
100m:	1:16.40	40.39	200m:		42.23	300m:	4:04.88	41.55	400m: 5:25.53	39.04
				11					<b>5:26.72</b> 354	2
50m:	34.27	34.27	150m:	1:54.71	41.62	250m:	3:19.77	42.72	350m: 4:45.88	42.83
100m:	1:13.09	38.82	200m:	2:37.05	42.34	300m:	4:03.05	43.28	400m: 5:26.72	40.84
50m:	34.23	34.23	150m:	13 1:56.05	42.30	250m:	3:19.55	42.16	<b>5:26.73</b> 354 350m: 4:48.00	2 45.87
100m:	1:13.75	39.52	200m:	2:37.39	41.34	300m:	4:02.13	42.16	400m: 5:26.73	38.73
				12					<b>5:27.11</b> 353	2
50m:	36.21	36.21	150m:	1:57.73	41.69	250m:	3:21.18	42.08	350m: 4:47.16	43.56
100m:	1:16.04	39.83	200m:	2:39.10	41.37	300m:	4:03.60	42.42	400m: 5:27.11	39.95
50m:	36.11	36.11	150m:	13 1:58.65	42.06	250m:	2:22 69	42.37	<b>5:27.19</b> 353 350m: 4:46.97	2 42.43
50m: 100m:	1:16.59	40.48	200m:	2:40.31	41.66	300m:	3:22.68 4:04.54	41.86	400m: 5:27.19	40.22
				12					<b>5:27.25</b> 353	2
50m:	34.77	34.77	150m:	1:56.58	41.77	250m:	3:21.93	42.60	350m: 4:45.18	40.72
100m:	1:14.81	40.04	200m:	2:39.33	42.75	300m:	4:04.46	42.53	400m: 5:27.25	42.07
50	07.00	07.00	450	12	40.70	050	0.00.40	40.04	<b>5:28.19</b> 350	2
50m: 100m:	37.63 1:19.74	37.63 42.11	150m: 200m:	2:02.50 2:44.88	42.76 42.38	250m: 300m:	3:28.12 4:10.21	43.24 42.09	350m: 4:50.82 400m: 5:28.19	40.61 37.37
				11					<b>5:28.41</b> 349	2
50m:	36.36	36.36	150m:	1:57.85	41.59	250m:	3:22.38	42.21	350m: 4:48.20	42.54
100m:	1:16.26	39.90	200m:	2:40.17	42.32	300m:	4:05.66	43.28	400m: 5:28.41	40.21
50	00.07	00.07	450	11	44.00	050	0.00.57	40.04	<b>5:28.91</b> 347	2
50m: 100m:	36.37 1:17.02	36.37 40.65	150m: 200m:	1:58.84 2:40.73	41.82 41.89	250m: 300m:	3:23.57 4:06.06	42.84 42.49	350m: 4:48.47 400m: 5:28.91	42.41 40.44
				13					<b>5:29.00</b> 347	2
50m:	37.49	37.49	150m:	1:59.66	41.31	250m:	3:23.77	42.14	350m: 4:49.00	42.30
100m:	1:18.35	40.86	200m:	2:41.63	41.97	300m:	4:06.70	42.93	400m: 5:29.00	40.00
			. = -	12					<b>5:30.10</b> 344	2
	35.98 1:17.74	35.98 41.76		2:00.62 2:43.63	42.88 43.01	250m: 300m:		43.03 42.64	350m: 4:50.48 400m: 5:30.10	41.18 39.62
				12					<b>5:30.30</b> 343	2
50m:	37.46	37.46		1:59.81	41.52	250m:	3:24.21	42.12	350m: 4:48.49	42.40
100m:	1:18.29	40.83	200m:	2:42.09	42.28	300m:	4:06.09	41.88	400m: 5:30.30	41.81
				12					<b>5:31.09</b> 340	2
	36.82 1:17.41	36.82 40.59		1:59.70 2:42.36	42.29 42.66	250m: 300m:		42.40 43.21	350m: 4:50.02 400m: 5:31.09	42.05 41.07
				11					<b>5:31.45</b> 339	2
50m:	32.56	32.56	150m:	1:53.52	41.97	250m:	3:21.14	44.28	350m: 4:49.87	43.68
100m:	1:11.55	38.99	200m:	2:36.86	43.34	300m:	4:06.19	45.05	400m: 5:31.45	41.58
				11					<b>5:31.72</b> 339	2
50m: 100m:	33.97 1:14.73	33.97 40.76	150m: 200m:	1:57.14 2:39.35	42.41 42.21	250m: 300m:	3:22.20 4:05.84	42.85 43.64	350m: 4:49.63 400m: 5:31.72	43.79 42.09
100111.		.5.70	200111.	12	12.21	500111.		.0.04		
50m:	34.70	34.70	150m:	1∠ 1:57.74	41.97	250m:	3:24.52	43.59	<b>5:34.37</b> 331 350m: 4:50.82	2 43.20
100m:	1:15.77	41.07		2:40.93	43.19	300m:	4:07.62	43.10	400m: 5:34.37	43.55
				12					<b>5:35.22</b> 328	2
50m: 100m:	37.15 1:18.08	37.15 40.93		2:00.18 2:43.24	42.10 43.06	250m: 300m:	3:26.32 4:09.91	43.08 43.59	350m: 4:53.38 400m: 5:35.22	43.47 41.84
TOOM.	1.10.00	40.93	∠UUIII.	2.43.24	43.00	SUUIII.	4.09.91	43.39	400111. 5.35.22	41.04

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1,	, 400m		, 400m		, 2011							
				/						FINA		
				11					5:35.23	328	2	
50m:	38.44	38.44	150m:	2:02.12	42.11	250m:	3:29.16	43.74	350m:	4:55.47	42.72	
100m:	1:20.01	41.57	200m:	2:45.42	43.30	300m:	4:12.75	43.59	400m:	5:35.23	39.76	
				12					5:36.39	325	2	
50m:	39.58	39.58	150m:	2:04.70	42.54	250m:	3:29.97	42.06	350m:	4:55.85	42.69	
100m:	1:22.16	42.58	200m:	2:47.91	43.21	300m:	4:13.16	43.19	400m:	5:36.39	40.54	
				11					5:46.63	297	3	
50m:	39.27	39.27	150m:	2:04.15	43.03	250m:	3:33.99	44.72	350m:	5:04.28	45.21	
100m:	1:21.12	41.85	200m:	2:49.27	45.12	300m:	4:19.07	45.08	400m:	5:46.63	42.35	
				11					5:52.65	282	3	
50m:	37.67	37.67	150m:	2:05.27	44.57	250m:	3:35.77	45.42	350m:	5:08.33	45.70	
100m:	1:20.70	43.03	200m:	2:50.35	45.08	300m:	4:22.63	46.86	400m:	5:52.65	44.32	