, 29. - 31.5.2024

1 , 400m 2011

1	_				, 400m						2011
29.05.2024 - 9:5	5										
: 4:23.00 /			: 4:39.50) / 1	: 5:00	.50 / 2	: 5	5:40.00 / 3	3	: 6:28.50	
: FINA 2023											
				/						FINA	
									4 00 04		
				11					4:36.01		
50m:	29.41	29.41		1:38.70	35.04		2:48.72	35.00		4:00.59	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
				11					4:38.68	571	
50m:	30.70	30.70	150m:	1:40.16	35.21	250m:	2:51.82	36.00	350m:	4:03.71	35.86
100m:	1:04.95	34.25	200m:	2:15.82	35.66	300m:	3:27.85	36.03	400m:	4:38.68	34.97
				11					4:40.55	560	1
50m:	30.93	30.93	150m·	1:40.97	35.71	250m:	2:53.38	36.17		4:05.54	36.09
	1:05.26	34.33		2:17.21	36.24	300m:		36.07		4:40.55	35.01
				11					4:40.74		1
50m:	31.37	31.37		1:43.08	36.22	250m:		36.23		4:06.10	35.15
100m:	1:06.86	35.49	200m:	2:18.59	35.51	300m:	3:30.95	36.13	400m:	4:40.74	34.64
				11					4:44.57	536	1
50m:	30.94	30.94	150m:	1:41.15	35.72	250m:	2:54.04	36.56		4:08.13	37.02
100m:	1:05.43	34.49	200m:	2:17.48	36.33	300m:	3:31.11	37.07	400m:	4:44.57	36.44
				12					4:48.04	517	1
50m:	32.21	32.21	150m·	12 1:44.84	36.53	250m:	2:58.91	36.97		4:12.44	36.64
	1:08.31	36.10		2:21.94	37.10	300m:	3:35.80	36.89		4:12:44	35.60
				11					4:48.49		. 1
50m:	32.00	32.00		1:45.10	37.18	250m:		36.79		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
50m:	31.96	31.96	150m:	1:43.89	36.90	250m:	2:59.71	38.02		4:15.65	37.85
100m:	1:06.99	35.03	200m:	2:21.69	37.80	300m:	3:37.80	38.09	400m:	4:52.02	36.37
				11					4:52.11	496	1
50m:	32.49	32.49	150m·	1:44.64	36.70	250m:	2:59.38	37.39	350m:		38.26
	1:07.94	35.45		2:21.99	37.35	300m:		37.53	400m:		36.94
		001.10			000	000	0.00.0	000			
				11					4:52.72		1
50m:	33.75	33.75		1:47.27	36.96	250m:		37.55		4:16.37 4:52.72	37.24
TOOM.	1:10.31	36.56	200111.	2:25.03	37.76	300m:	3:39.13	36.55	400m.	4.52.72	36.35
				11					4:53.33	490	1
50m:	32.77	32.77	150m:	1:46.17	37.35	250m:	3:00.61	37.14	350m:	4:15.33	37.66
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
50m:	32.65	32.65	150m:	1:45.78	37.15	250m:	3:00.97	37.72		4:17.27	38.05
	1:08.63	35.98		2:23.25	37.47	300m:		38.25		4:54.60	37.33
									4.54.55	400	
=-	00.07	00.0=	450	11	07.40	050	0.00.15	00.45	4:54.85		1
50m:	33.35	33.35		1:46.94	37.40	250m:	3:03.12	38.15		4:18.64	37.32
ioom:	1:09.54	36.19	ZUUIII:	2:24.97	38.03	300m:	3:41.32	38.20	400111.	4:54.85	36.21
				11					4:55.45	479	1
50m:	32.15	32.15		1:45.38	37.24	250m:	3:01.90	38.49	350m:	4:18.65	38.34
100m:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41	400m:	4:55.45	36.80
				11					4:55.46	479	1
50m:	32.83	32.83	150m ⁻	1:46.34	37.21	250m:	3:02.48	38.04		4:18.67	37.97
	1:09.13	36.30		2:24.44	38.10		3:40.70	38.22		4:55.46	36.79
=-	00.00	00.00	450	11	00.00	050	0.00.00	00.15	4:57.81		1
50m:	33.90	33.90		1:49.64	38.29	250m:		38.18		4:22.59 4:57.81	38.17
TOUM:	1:11.35	37.45	∠uum:	2:28.17	38.53	300m:	3:44.42	38.07	400M:	4.57.81	35.22
				11					4:58.03	467	1
50m:	33.37	33.37		1:48.25	38.26	250m:		38.55		4:21.46	38.15
100m:	1:09.99	36.62	200m:	2:26.28	38.03	300m:	3:43.31	38.48	400m:	4:58.03	36.57

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1,	, 4	400m	,)11					
				/					FINA	
50m: 100m:	33.49 1:10.52	33.49 37.03	150m: 200m:	12 1:48.78 2:27.36	38.26 38.58	250m: 300m:	3:06.02 3:44.89	38.66 38.87	4:58.44 465 350m: 4:22.99 400m: 4:58.44	1 38.10 35.45
50m: 100m:	32.61 1:09.19	32.61 36.58	150m: 200m:	11 1:46.58 2:24.78	37.39 38.20	250m: 300m:	3:03.22 3:42.67	38.44 39.45	4:58.75 464 350m: 4:22.40 400m: 4:58.75	1 39.73 36.35
50m: 100m:	32.80 1:10.16	32.80 37.36	150m: 200m:	11 1:47.27 2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	4:58.98 463 350m: 4:22.14 400m: 4:58.98	1 39.23 36.84
50m: 100m:	33.19 1:10.16	33.19 36.97	150m: 200m:	11 1:47.68 2:25.66	37.52 37.98	250m: 300m:	3:03.63 3:41.15	37.97 37.52	4:59.81 459 350m: 4:20.25 400m: 4:59.81	39.10 39.56
50m: 100m:	32.69 1:08.58	32.69 35.89	150m: 200m:	11 1:46.26 2:24.17	37.68 37.91	250m: 300m:	3:03.11 3:42.82	38.94 39.71	5:00.79 454 350m: 4:22.06 400m: 5:00.79	2 39.24 38.73
50m: 100m:	32.27 1:08.07	32.27 35.80	150m: 200m:	12 1:45.46 2:23.76	37.39 38.30	250m: 300m:	3:02.70 3:41.49	38.94 38.79	5:00.84 454 350m: 4:20.99 400m: 5:00.84	2 39.50 39.85
50m: 100m:	34.15 1:11.42	34.15 37.27	150m: 200m:	11 1:49.32 2:27.85	37.90 38.53	250m: 300m:	3:05.91 3:43.98	38.06 38.07	5:01.70 450 350m: 4:22.42 400m: 5:01.70	2 38.44 39.28
50m: 100m:	33.60 1:11.38	33.60 37.78	150m: 200m:	11 1:49.97 2:28.60	38.59 38.63	250m: 300m:	3:07.31 3:46.00	38.71 38.69	5:02.37 447 350m: 4:24.67 400m: 5:02.37	2 38.67 37.70
50m: 100m:	33.82 1:11.76	33.82 37.94		12 1:50.84 2:30.16	39.08 39.32	250m: 300m:	3:09.87 3:48.64	39.71 38.77	5:03.12 444 350m: 4:26.70 400m: 5:03.12	2 38.06 36.42
50m: 100m:	33.57 1:10.28	33.57 36.71		11 1:48.94 2:28.62	38.66 39.68	250m: 300m:	3:08.58 3:48.04	39.96 39.46	5:04.54 438 350m: 4:27.32 400m: 5:04.54	2 39.28 37.22
50m: 100m:	33.41 1:12.05	33.41 38.64		11 1:51.71 2:31.33	39.66 39.62	250m: 300m:	3:10.94 3:50.46	39.61 39.52	5:04.59 437 350m: 4:29.00 400m: 5:04.59	2 38.54 35.59
50m: 100m:	34.86 1:13.68	34.86 38.82		11 1:52.94 2:32.88	39.26 39.94	250m: 300m:	3:12.26 3:51.29	39.38 39.03	5:04.98 436 350m: 4:29.07 400m: 5:04.98	2 37.78 35.91
50m: 100m:	33.34 1:10.67	33.34 37.33		11 1:50.09 2:29.49	39.42 39.40	250m: 300m:	3:08.81 3:47.81	39.32 39.00	5:05.09 435 350m: 4:26.72 400m: 5:05.09	2 38.91 38.37
50m: 100m:	34.54 1:12.43	34.54 37.89		11 1:50.78 2:29.31	38.35 38.53	250m: 300m:	3:08.15 3:47.09	38.84 38.94	5:05.10 435 350m: 4:26.49 400m: 5:05.10	2 39.40 38.61
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	5:05.26 435 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	5:05.59 433 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	5:05.99 431 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	5:06.09 431 350m: 4:28.56 400m: 5:06.09	2 39.85 37.53

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1,	, 400m		, 400m , 2011								
				/						FINA	
				11					5:08.38	421	2
50m:	35.57	35.57	150m:	1:52.38	38.61	250m:	3:11.34	39.18	350m:	4:30.78	39.74
100m:	1:13.77	38.20	200m:	2:32.16	39.78	300m:	3:51.04	39.70	400m:	5:08.38	37.60
				11					5:09.47	417	2
50m:	35.84	35.84	150m:	1:54.28	39.22	250m:	3:12.62	39.20	350m:	4:31.29	39.36
100m:	1:15.06	39.22	200m:	2:33.42	39.14	300m:	3:51.93	39.31	400m:	5:09.47	38.18
				11					5:11.10	410	2
50m:	32.89	32.89	150m:	1:50.33	39.26	250m:	3:09.69	39.50	350m:	4:31.26	41.16
100m:	1:11.07	38.18	200m:	2:30.19	39.86	300m:	3:50.10	40.41	400m:	5:11.10	39.84
				12					5:17.11	388	2
50m:	33.69	33.69	150m:	1:54.15	41.03	250m:	3:16.52	41.16	350m:	4:38.17	40.88
100m:	1:13.12	39.43	200m:	2:35.36	41.21	300m:	3:57.29	40.77	400m:	5:17.11	38.94
				11					5:18.21	384	2
50m:	35.66	35.66	150m:	1:55.67	40.00	250m:	3:17.17	40.61	350m:	4:39.19	40.95
100m:	1:15.67	40.01	200m:	2:36.56	40.89	300m:	3:58.24	41.07	400m:	5:18.21	39.02