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

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										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					**4:38.39**	443	2
50m:	31.85	31.85	150m:	1:41.83	35.48	250m:	2:53.98	36.45	350m:	4:05.23	35.60
100m:	1:06.35	34.50	200m:	2:17.53	35.70	300m:	3:29.63	35.65	400m:	4:38.39	33.16
				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
				11					**4:39.41**	438	2
50m:	31.63	31.63	150m:	1:42.47	35.63	250m:	2:54.05	35.90	350m:	4:05.29	35.60
100m:	1:06.84	35.21	200m:	2:18.15	35.68	300m:	3:29.69	35.64	400m:	4:39.41	34.12
				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
				10					**4:40.52**	433	2
50m:	29.60	29.60	150m:	1:38.39	34.79	250m:	2:49.66	36.27	350m:	4:02.79	36.65
100m:	1:03.60	34.00	200m:	2:13.39	35.00	300m:	3:26.14	36.48	400m:	4:40.52	37.73
				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
				11					**4:41.84**	427	2
50m:	30.08	30.08	150m:	1:40.95	36.14	250m:	2:54.20	36.52	350m:	4:06.43	35.07
100m:	1:04.81	34.73	200m:	2:17.68	36.73	300m:	3:31.36	37.16	400m:	4:41.84	35.41
				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
				10					**4:42.02**	426	2
50m:	30.31	30.31	150m:	1:41.53	36.47	250m:	2:54.67	36.60	350m:	4:06.94	35.99
100m:	1:05.06	34.75	200m:	2:18.07	36.54	300m:	3:30.95	36.28	400m:	4:42.02	35.08
				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
				11					**4:46.42**	406	2
50m:	30.48	30.48	150m:	1:43.28	37.07	250m:	2:57.75	37.21	350m:	4:11.21	36.33
100m:	1:06.21	35.73	200m:	2:20.54	37.26	300m:	3:34.88	37.13	400m:	4:46.42	35.21

4, , 400m , 2010

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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 **4:47.03** 404 2

| 50m: | 30.69 | 30.69 | 150m: | 1:41.42 | 36.04 | 250m: | 2:54.97 | 37.11 | 350m: | 4:11.10 | 38.32 |
| 100m: | 1:05.38 | 34.69 | 200m: | 2:17.86 | 36.44 | 300m: | 3:32.78 | 37.81 | 400m: | 4:47.03 | 35.93 |

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 |

10 **4:51.10** 387 2

| 50m: | 32.70 | 32.70 | 150m: | 1:46.21 | 37.28 | 250m: | 3:01.49 | 37.75 | 350m: | 4:15.98 | 36.80 |
| 100m: | 1:08.93 | 36.23 | 200m: | 2:23.74 | 37.53 | 300m: | 3:39.18 | 37.69 | 400m: | 4:51.10 | 35.12 |