

33 , 400m 2010 - 2011
05.03.2022 - 11:22

: FINA 2022

			/			R.T.			FINA			
1.			2010 I						5:08.42 II		450	
	50m:	34.54	34.54	150m:	1:53.66	39.67	250m:	3:12.81	39.38	350m:	4:31.71	38.65
	100m:	1:13.99	39.45	200m:	2:33.43	39.77	300m:	3:53.06	40.25	400m:	5:08.42	36.71

33 , 400m 2008 - 2009
05.03.2022 - 11:22

: FINA 2022

			/			R.T.			FINA			
1.			2008						4:46.92 I		559	
	50m:	32.43	32.43	150m:	1:44.57	36.35	250m:	2:58.80	36.88	350m:	4:12.13	36.35
	100m:	1:08.22	35.79	200m:	2:21.92	37.35	300m:	3:35.78	36.98	400m:	4:46.92	34.79
2.			2008 II						5:06.54 II		458	
	50m:	33.48	33.48	150m:	1:50.79	39.48	250m:	3:11.12	40.09	350m:	4:30.33	38.99
	100m:	1:11.31	37.83	200m:	2:31.03	40.24	300m:	3:51.34	40.22	400m:	5:06.54	36.21
3.			2008 II						5:24.07 II		388	
	50m:	34.01	34.01	150m:	1:55.57	41.58	250m:	3:21.59	42.49	350m:	4:43.68	40.40
	100m:	1:13.99	39.98	200m:	2:39.10	43.53	300m:	4:03.28	41.69	400m:	5:24.07	40.39
4.			2009 II				1		5:28.83 II		371	
	50m:	36.94	36.94	150m:	1:59.56	41.80	250m:	3:25.27	42.68	350m:	4:51.14	42.92
	100m:	1:17.76	40.82	200m:	2:42.59	43.03	300m:	4:08.22	42.95	400m:	5:28.83	37.69
5.			2009 I						5:55.26 III		294	
	50m:	37.90	37.90	150m:	2:09.52	46.64	250m:	3:42.20	45.57	350m:	5:12.95	44.64
	100m:	1:22.88	44.98	200m:	2:56.63	47.11	300m:	4:28.31	46.11	400m:	5:55.26	42.31