



8 , 400m 2007 - 2011
25.03.2023 - 11:53

III .	9 +: 9:27.00 /	10 +: 4:52.00 /	II .	9 +: 8:31.00 /
I .	9 +: 7:35.00 /	III	II	9 +: 5:52.00 /
I	9 +: 5:11.00			

: FINA 2023

100m 200m 300m 400m

2011

1.		11	.	-	"	5:36.46 380 2	1:18.71	1:26.76	1:38.00	1:12.99
	50m:		150m:			250m:		350m:		
	100m:	1:18.71	200m:	2:45.47		300m:	4:23.47	400m:	5:36.46	
2.		11	"	"		5:57.14 318 3	1:20.90	1:28.97	1:51.04	1:16.23
	50m:		150m:			250m:		350m:		
	100m:	1:20.90	200m:	2:49.87		300m:	4:40.91	400m:	5:57.14	

2010

1.		10	"	"		5:30.73 400 2	1:13.95	1:27.16	1:35.64	1:13.98
	50m:		150m:			250m:		350m:		
	100m:	1:13.95	200m:	2:41.11		300m:	4:16.75	400m:	5:30.73	

2009

1.		09	"	"		4:54.50 567 1	1:04.99	1:17.38	1:25.56	1:06.57
	50m:		150m:			250m:		350m:		
	100m:	1:04.99	200m:	2:22.37		300m:	3:47.93	400m:	4:54.50	
2.		09	()		6:08.09 290 3	1:22.93	1:34.01	1:50.49	1:20.66
	50m:		150m:			250m:		350m:		
	100m:	1:22.93	200m:	2:56.94		300m:	4:47.43	400m:	6:08.09	

2007 - 2008

1.		08	()		4:51.46 585	1:05.63	1:17.61	1:22.38	1:05.84
	50m:		150m:			250m:		350m:		
	100m:	1:05.63	200m:	2:23.24		300m:	3:45.62	400m:	4:51.46	