



53

, 400m

(13-14)

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: FINA 2023

				/			R.T.			FINA		
1.				2010			-			4:47.09	I	558
	50m:	1:43.44	1:43.44	150m:	2:57.03	1:49.81	250m:	4:11.42	1:51.35	400m:	4:47.09	1:12.88
	100m:	1:07.22		200m:	2:20.07		300m:	3:34.21				
2.				2009	I	,				4:56.42	I	507
	50m:	34.42	34.42	150m:	1:50.21	38.54	250m:	3:06.45	37.83	350m:	4:21.63	37.03
	100m:	1:11.67	37.25	200m:	2:28.62	38.41	300m:	3:44.60	38.15	400m:	4:56.42	34.79
3.				2009	I	,				4:56.52	I	506
	50m:	33.24	33.24	150m:	1:48.74	38.34	250m:	3:05.27	37.94	350m:	4:21.00	37.47
	100m:	1:10.40	37.16	200m:	2:27.33	38.59	300m:	3:43.53	38.26	400m:	4:56.52	35.52
4.				2010	I	"	"	,		5:06.61	II	458
	50m:	33.47	33.47	150m:	3:06.79	1:56.42	250m:	4:26.30	1:58.50	400m:	5:06.61	1:20.64
	100m:	1:10.37	36.90	200m:	2:27.80		300m:	3:45.97				
5.				2009	II	()	,		5:13.38	II	429
	50m:	34.25	34.25	150m:	1:52.92	39.94	250m:	3:14.04	40.56	350m:	4:35.42	40.60
	100m:	1:12.98	38.73	200m:	2:33.48	40.56	300m:	3:54.82	40.78	400m:	5:13.38	37.96
6.				2009		,				5:16.24	II	417
	50m:	34.97	34.97	150m:	1:54.71	40.99	250m:	3:16.99	41.47	350m:	4:38.34	40.91
	100m:	1:13.72	38.75	200m:	2:35.52	40.81	300m:	3:57.43	40.44	400m:	5:16.24	37.90
7.				2010	II	,	-			5:20.13	II	402
	50m:	35.20	35.20	150m:	1:56.19	41.68	250m:	3:19.54	41.76	350m:	4:42.15	41.04
	100m:	1:14.51	39.31	200m:	2:37.78	41.59	300m:	4:01.11	41.57	400m:	5:20.13	37.98
8.				2010	II	,	-			5:27.77	II	375
	50m:	36.48	36.48	150m:	1:58.22	42.35	250m:	3:22.46	42.41	350m:	4:47.91	43.18
	100m:	1:15.87	39.39	200m:	2:40.05	41.83	300m:	4:04.73	42.27	400m:	5:27.77	39.86
9.				2009	II	,	-			5:28.63	II	372
	50m:	36.48	36.48	150m:	1:59.08	41.98	250m:	3:23.93	43.00	350m:	4:48.66	42.71
	100m:	1:17.10	40.62	200m:	2:40.93	41.85	300m:	4:05.95	42.02	400m:	5:28.63	39.97
10.				2009	II	,	-			5:33.30	II	356
	50m:	38.81	38.81	150m:	2:02.71	42.38	250m:	3:27.39	42.72	350m:	4:52.54	42.54
	100m:	1:20.33	41.52	200m:	2:44.67	41.96	300m:	4:10.00	42.61	400m:	5:33.30	40.76
11.				2010	I	,				7:39.93	II	135
	50m:	46.60	46.60	150m:	2:41.23	58.63	250m:	4:41.42	1:00.05	350m:	6:43.22	2:14.28
	100m:	1:42.60	56.00	200m:	3:41.37	1:00.14	300m:	4:28.94		400m:	7:39.93	56.71
DNS				2009	II	"	"	,				



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				/			R.T.			FINA		
1.				2007	"	"			4:48.24	I	551	
	50m:	32.19	32.19	150m:	1:45.89	37.73	250m:	3:00.54	37.60	350m:	4:15.39	37.70
	100m:	1:08.16	35.97	200m:	2:22.94	37.05	300m:	3:37.69	37.15	400m:	4:48.24	32.85
2.				2007	"	"			4:52.52	I	527	
	50m:	33.04	33.04	150m:	1:47.02	37.47	250m:	3:01.89	37.72	350m:	4:16.55	37.42
	100m:	1:09.55	36.51	200m:	2:24.17	37.15	300m:	3:39.13	37.24	400m:	4:52.52	35.97
3.				2007	I	,	-		5:02.40	II	477	
	50m:	33.08	33.08	150m:	1:48.45	38.44	250m:	3:05.72	39.03	350m:	4:23.88	39.17
	100m:	1:10.01	36.93	200m:	2:26.69	38.24	300m:	3:44.71	38.99	400m:	5:02.40	38.52
4.				2008	I		5,		5:03.38	II	473	
	50m:	33.53	33.53	150m:	1:48.94	38.72	250m:	3:07.25	39.02	350m:	4:26.27	39.36
	100m:	1:10.22	36.69	200m:	2:28.23	39.29	300m:	3:46.91	39.66	400m:	5:03.38	37.11
5.				2008	I	,			5:08.49	II	450	
	50m:	35.98	35.98	150m:	1:54.77	39.99	250m:	3:13.24	39.60	350m:	4:31.57	39.28
	100m:	1:14.78	38.80	200m:	2:33.64	38.87	300m:	3:52.29	39.05	400m:	5:08.49	36.92
6.				2008	I	"	"		5:13.24	II	429	
	50m:	34.67	34.67	150m:	1:54.06	40.74	250m:	3:14.38	40.51	350m:	4:35.19	41.25
	100m:	1:13.32	38.65	200m:	2:33.87	39.81	300m:	3:53.94	39.56	400m:	5:13.24	38.05
7.				2008	II	"	"		5:42.24	II	329	
	50m:	36.39	36.39	150m:	2:05.27	44.75	250m:	3:32.18	44.73	350m:	5:00.95	44.50
	100m:	1:20.52	44.13	200m:	2:47.45	42.18	300m:	4:16.45	44.27	400m:	5:42.24	41.29