

13.03.2024 - 17:00 , 400m

: 4:29.00 / : 4:44.50 / 1 : 5:07.00

: FINA 2024

1.			09				4:34.59		629			
	50m:	30.00	30.00	150m:	1:39.39	34.88	250m:	2:50.05	35.19	350m:	4:00.71	35.05
	100m:	1:04.51	34.51	200m:	2:14.86	35.47	300m:	3:25.66	35.61	400m:	4:34.59	33.88
2.			09				4:37.64		609			
	50m:	31.30	31.30	150m:	1:41.95	35.45	250m:	2:53.12	35.15	350m:	4:03.91	34.86
	100m:	1:06.50	35.20	200m:	2:17.97	36.02	300m:	3:29.05	35.93	400m:	4:37.64	33.73
3.			09				4:38.94		600			
	50m:	31.19	31.19	150m:	1:42.29	35.88	250m:	2:53.65	35.57	350m:	4:04.15	35.12
	100m:	1:06.41	35.22	200m:	2:18.08	35.79	300m:	3:29.03	35.38	400m:	4:38.94	34.79
4.			10				4:42.77		576			
	50m:	32.22	32.22	150m:	1:43.77	35.95	250m:	2:56.97	36.87	350m:	4:08.79	35.48
	100m:	1:07.82	35.60	200m:	2:20.10	36.33	300m:	3:33.31	36.34	400m:	4:42.77	33.98
5.			09				4:43.67		571			
	50m:	32.06	32.06	150m:	1:43.49	35.88	250m:	2:56.26	36.20	350m:	4:09.30	36.27
	100m:	1:07.61	35.55	200m:	2:20.06	36.57	300m:	3:33.03	36.77	400m:	4:43.67	34.37
6.			10				4:48.72	1	541			
	50m:	32.11	32.11	150m:	1:43.43	36.57	250m:	2:57.73	37.46	350m:	4:12.47	37.56
	100m:	1:06.86	34.75	200m:	2:20.27	36.84	300m:	3:34.91	37.18	400m:	4:48.72	36.25
7.			11 1				4:49.10	1	539			
	50m:	31.66	31.66	150m:	1:44.38	36.72	250m:	2:58.68	37.26	350m:	4:13.07	37.16
	100m:	1:07.66	36.00	200m:	2:21.42	37.04	300m:	3:35.91	37.23	400m:	4:49.10	36.03
8.			09				4:49.83	1	535			
	50m:	31.76	31.76	150m:	1:43.07	36.18	250m:	2:57.01	37.28	350m:	4:12.73	37.75
	100m:	1:06.89	35.13	200m:	2:19.73	36.66	300m:	3:34.98	37.97	400m:	4:49.83	37.10