

26 , 400m
16.03.2024 - 16:06

: 4:37.00 / : 4:55.00 / 1 : 5:12.50

: FINA 2024

1.			08				4:40.00		649			
	50m:	28.42	28.42	150m:	1:38.46	36.84	250m:	2:54.25	39.38	350m:	4:07.30	33.26
	100m:	1:01.62	33.20	200m:	2:14.87	36.41	300m:	3:34.04	39.79	400m:	4:40.00	32.70
2.			08				4:43.90		623			
	50m:	28.51	28.51	150m:	1:37.55	36.28	250m:	2:55.33	41.21	350m:	4:12.12	34.03
	100m:	1:01.27	32.76	200m:	2:14.12	36.57	300m:	3:38.09	42.76	400m:	4:43.90	31.78
3.			08				4:44.85		617			
	50m:	29.05	29.05	150m:	1:41.01	37.78	250m:	2:59.74	41.12	350m:	4:13.66	32.65
	100m:	1:03.23	34.18	200m:	2:18.62	37.61	300m:	3:41.01	41.27	400m:	4:44.85	31.19
4.			08				4:52.23		571			
	50m:	30.58	30.58	150m:	1:43.39	36.93	250m:	3:02.16	41.21	350m:	4:17.88	33.64
	100m:	1:06.46	35.88	200m:	2:20.95	37.56	300m:	3:44.24	42.08	400m:	4:52.23	34.35
5.			09				4:52.65		568			
	50m:	31.22	31.22	150m:	1:44.61	38.10	250m:	3:03.60	41.53	350m:	4:20.44	34.70
	100m:	1:06.51	35.29	200m:	2:22.07	37.46	300m:	3:45.74	42.14	400m:	4:52.65	32.21
6.			08				4:57.45	1	541			
	50m:	29.99	29.99	150m:	1:42.59	37.64	250m:	3:04.01	44.03	350m:	4:24.22	35.74
	100m:	1:04.95	34.96	200m:	2:19.98	37.39	300m:	3:48.48	44.47	400m:	4:57.45	33.23
7.			08				4:57.51	1	541			
	50m:	29.91	29.91	150m:	1:43.32	38.25	250m:	3:05.32	44.27	350m:	4:24.45	34.15
	100m:	1:05.07	35.16	200m:	2:21.05	37.73	300m:	3:50.30	44.98	400m:	4:57.51	33.06
8.			09				4:58.05	1	538			
	50m:	30.99	30.99	150m:	1:48.23	40.54	250m:	3:07.67	41.20	350m:	4:24.51	34.59
	100m:	1:07.69	36.70	200m:	2:26.47	38.24	300m:	3:49.92	42.25	400m:	4:58.05	33.54