

18  
15.02.2024 - 13:29

, 400m

1 : 4:42.50 / : 4:22.50 / : 4:05.00

: FINA 2023

							100m	200m	300m	400m			
1.		08			<b>4:22.63</b>	588	1	1:02.61	1:06.24	1:06.96	1:06.82		
	50m:	30.16	30.16	150m:	1:35.58	32.97		250m:	2:42.02	33.17	350m:	3:49.35	33.54
	100m:	1:02.61	32.45	200m:	2:08.85	33.27		300m:	3:15.81	33.79	400m:	4:22.63	33.28
2.		09			<b>4:25.10</b>	572	1	1:03.52	1:07.37	1:07.20	1:07.01		
	50m:	30.39	30.39	150m:	1:37.17	33.65		250m:	2:44.63	33.74	350m:	3:51.71	33.62
	100m:	1:03.52	33.13	200m:	2:10.89	33.72		300m:	3:18.09	33.46	400m:	4:25.10	33.39
3.		08			<b>4:27.58</b>	556	1	1:03.19	1:08.61	1:09.13	1:06.65		
	50m:	29.80	29.80	150m:	1:37.54	34.35		250m:	2:45.94	34.14	350m:	3:55.30	34.37
	100m:	1:03.19	33.39	200m:	2:11.80	34.26		300m:	3:20.93	34.99	400m:	4:27.58	32.28
4.		08			<b>4:27.80</b>	554	1	1:03.80	1:08.30	1:09.59	1:06.11		
	50m:	30.99	30.99	150m:	1:38.07	34.27		250m:	2:46.61	34.51	350m:	3:55.94	34.25
	100m:	1:03.80	32.81	200m:	2:12.10	34.03		300m:	3:21.69	35.08	400m:	4:27.80	31.86
5.		09			<b>4:30.86</b>	536	1	1:03.85					
	50m:			150m:				250m:		350m:	3:58.63		
	100m:	1:03.85		200m:				300m:		400m:	4:30.86	32.23	
6.		09			<b>4:31.96</b>	529	1	1:04.25	1:10.69	1:10.91	1:06.11		
	50m:	30.52	30.52	150m:	1:39.37	35.12		250m:		350m:	4:00.69	34.84	
	100m:	1:04.25	33.73	200m:	2:14.94	35.57		300m:	3:25.85	35.08	400m:	4:31.96	31.27
7.		09			<b>4:32.72</b>	525	1	1:05.15	1:10.65	1:10.41	1:06.51		
	50m:			150m:	1:40.17	35.02		250m:	2:51.25	35.45	350m:	4:01.56	35.35
	100m:	1:05.15		200m:	2:15.80	35.63		300m:	3:26.21	34.96	400m:	4:32.72	31.16
8.		09		"	<b>4:37.67</b>	497	1	1:03.89	1:10.78				
	50m:	30.43	30.43	150m:				250m:	2:50.65	35.98	350m:		
	100m:	1:03.89	33.46	200m:	2:14.67			300m:		400m:	4:37.67		
9.		09			<b>4:41.05</b>	480	1	1:06.78	1:12.97	1:11.80	1:09.50		
	50m:	31.14	31.14	150m:	1:43.17	36.39		250m:	2:56.03	36.28	350m:	4:06.74	35.19
	100m:	1:06.78	35.64	200m:	2:19.75	36.58		300m:	3:31.55	35.52	400m:	4:41.05	34.31
10.		08		"	<b>4:41.46</b>	478	1	1:06.16	1:12.14	1:12.11	1:11.05		
	50m:			150m:				250m:	2:54.68	36.38	350m:		
	100m:	1:06.16		200m:	2:18.30			300m:	3:30.41	35.73	400m:	4:41.46	
11.		09		"	<b>4:41.68</b>	476	1	1:07.54	1:11.52	1:12.71	1:09.91		
	50m:	31.84	31.84	150m:	1:43.09	35.55		250m:	2:55.00	35.94	350m:	4:07.94	36.17
	100m:	1:07.54	35.70	200m:	2:19.06	35.97		300m:	3:31.77	36.77	400m:	4:41.68	33.74
12.		09			<b>4:41.90</b>	475	1						
	50m:	30.87	30.87	150m:				250m:	2:53.86		350m:	4:06.83	
	100m:			200m:				300m:		400m:	4:41.90	35.07	
13.		09		"	<b>4:44.16</b>	464		1:07.79	1:14.78	1:12.37	1:09.22		
	50m:	31.49	31.49	150m:	1:45.12	37.33		250m:	2:58.53	35.96	350m:		
	100m:	1:07.79	36.30	200m:	2:22.57	37.45		300m:	3:34.94	36.41	400m:	4:44.16	
14.		09			<b>4:45.69</b>	457		1:09.60	2:27.17	1:09.02			
	50m:	32.85	32.85	150m:	1:47.05	37.45		250m:	3:00.67		350m:	4:12.78	
	100m:	1:09.60	36.75	200m:	3:36.77	1:49.72		300m:	4:45.79	1:45.12	400m:	4:45.69	32.91
15.		09			<b>4:45.84</b>	456		1:07.14	1:13.43	1:13.60	1:11.67		
	50m:	31.43	31.43	150m:	1:43.84	36.70		250m:	2:57.54	36.97	350m:		
	100m:	1:07.14	35.71	200m:	2:20.57	36.73		300m:	3:34.17	36.63	400m:	4:45.84	
16.		09			<b>4:46.04</b>	455		1:08.41	1:12.84	1:13.42	1:11.37		
	50m:	32.25	32.25	150m:	1:44.75	36.34		250m:	2:58.01	36.76	350m:	4:11.41	36.74
	100m:	1:08.41	36.16	200m:	2:21.25	36.50		300m:	3:34.67	36.66	400m:	4:46.04	34.63
17.		09		"	<b>4:46.53</b>	453		1:07.17					
	50m:	31.43	31.43	150m:	1:43.82	36.65		250m:			350m:		
	100m:	1:07.17	35.74	200m:				300m:		400m:	4:46.53		
18.		09		"	<b>4:47.93</b>	446		1:08.32	1:14.52	1:13.35	1:11.74		
	50m:	32.39	32.39	150m:	1:45.51	37.19		250m:	2:59.39	36.55	350m:	4:12.71	36.52
	100m:	1:08.32	35.93	200m:	2:22.84	37.33		300m:	3:36.19	36.80	400m:	4:47.93	35.22
19.		08			<b>4:48.51</b>	443		1:07.33	1:13.53	1:14.24	1:13.41		
	50m:	31.63	31.63	150m:	1:44.19	36.86		250m:	2:58.22	37.36	350m:	4:12.24	37.14
	100m:	1:07.33	35.70	200m:	2:20.86	36.67		300m:	3:35.10	36.88	400m:	4:48.51	36.27

18,		, 400m						100m	200m	300m	400m
20.			08			<b>4:49.41</b>	439			1:15.06	1:12.82
	50m:	32.40	32.40	150m:	1:44.38	250m:	2:58.59	37.06	350m:	4:12.82	36.23
	100m:			200m:	2:21.53	300m:	3:36.59	38.00	400m:	4:49.41	36.59
21.			09		" "	<b>4:49.74</b>	438	1:08.74	1:13.95	1:14.61	1:12.44
	50m:	32.33	32.33	150m:	1:45.17	250m:	2:59.44	36.75	350m:	4:14.35	37.05
	100m:	1:08.74	36.41	200m:	2:22.69	300m:	3:37.30	37.86	400m:	4:49.74	35.39
22.			10			<b>4:51.90</b>	428				1:12.65
	50m:	31.50	31.50	150m:		250m:	3:01.04		350m:		
	100m:			200m:		300m:	3:39.25	38.21	400m:	4:51.90	
23.			10		" "	<b>4:53.93</b>	419	1:10.19	1:15.64		
	50m:			150m:	1:47.90	250m:			350m:		
	100m:	1:10.19		200m:	2:25.83	300m:			400m:	4:53.93	
24.			10		" "	<b>4:54.39</b>	417	1:08.14	1:15.77	1:16.64	1:13.84
	50m:			150m:		250m:			350m:	4:18.68	38.13
	100m:	1:08.14		200m:	2:23.91	300m:	3:40.55		400m:	4:54.39	35.71
25.			08		" "	<b>4:54.75</b>	416	1:08.85	1:16.34	1:17.21	1:12.35
	50m:	32.05	32.05	150m:	1:47.16	250m:	3:03.50	38.31	350m:	4:19.99	37.59
	100m:	1:08.85	36.80	200m:	2:25.19	300m:	3:42.40	38.90	400m:	4:54.75	34.76
26.			11		" "	<b>4:54.86</b>	415	1:10.47	1:16.29		
	50m:	32.86	32.86	150m:	1:48.15	250m:	3:05.81	39.05	350m:	4:21.44	
	100m:	1:10.47	37.61	200m:	2:26.76	300m:			400m:	4:54.86	33.42
27.			08		" "	<b>4:57.42</b>	405	1:05.93	1:15.82	1:18.29	1:17.38
	50m:	31.54	31.54	150m:	1:42.88	250m:	3:00.85	39.10	350m:	4:19.92	39.88
	100m:	1:05.93	34.39	200m:	2:21.75	300m:	3:40.04	39.19	400m:	4:57.42	37.50
28.			09		" "	<b>4:57.86</b>	403	1:07.42	1:17.55	1:17.71	1:15.18
	50m:	31.12	31.12	150m:	1:45.49	250m:	3:03.82	38.85	350m:	4:20.94	38.26
	100m:	1:07.42	36.30	200m:	2:24.97	300m:	3:42.68	38.86	400m:	4:57.86	36.92
29.			09		" "	<b>4:58.18</b>	402	1:10.13	1:17.60	1:16.65	1:13.80
	50m:	33.22	33.22	150m:	1:48.90	250m:	3:05.76	38.03	350m:	4:23.20	38.82
	100m:	1:10.13	36.91	200m:	2:27.73	300m:	3:44.38	38.62	400m:	4:58.18	34.98
30.			09			<b>4:58.60</b>	400	1:09.64	1:15.96		
	50m:	33.04	33.04	150m:	1:47.54	250m:	3:04.21	38.61	350m:	4:21.11	
	100m:	1:09.64	36.60	200m:	2:25.60	300m:			400m:	4:58.60	37.49
31.			09		" "	<b>4:59.65</b>	396	1:11.09	1:17.87	1:16.89	1:13.80
	50m:	33.07	33.07	150m:	1:49.88	250m:	3:07.22	38.26	350m:	4:23.89	38.04
	100m:	1:11.09	38.02	200m:	2:28.96	300m:	3:45.85	38.63	400m:	4:59.65	35.76
32.			09			<b>5:01.18</b>	390	1:11.66	1:16.51	1:17.66	1:15.35
	50m:	33.28	33.28	150m:	1:50.45	250m:	3:07.54	39.37	350m:	4:24.37	38.54
	100m:	1:11.66	38.38	200m:	2:28.17	300m:	3:45.83	38.29	400m:	5:01.18	36.81
33.			10			<b>5:01.25</b>	389	1:10.64	1:17.23	1:18.27	1:15.11
	50m:	33.54	33.54	150m:	1:49.38	250m:	3:07.31	39.44	350m:	4:25.31	39.17
	100m:	1:10.64	37.10	200m:	2:27.87	300m:	3:46.14	38.83	400m:	5:01.25	35.94
34.			09		" "	<b>5:01.39</b>	389	1:10.23	1:17.14	1:18.82	1:15.20
	50m:	32.82	32.82	150m:	1:48.46	250m:	3:06.05	38.68	350m:	4:24.62	38.43
	100m:	1:10.23	37.41	200m:	2:27.37	300m:	3:46.19	40.14	400m:	5:01.39	36.77
35.			10		" "	<b>5:01.50</b>	388	1:10.36	1:17.66	1:17.52	1:15.96
	50m:	33.36	33.36	150m:	1:49.47	250m:	3:06.38	38.36	350m:	4:23.87	38.33
	100m:	1:10.36	37.00	200m:	2:28.02	300m:	3:45.54	39.16	400m:	5:01.50	37.63
36.			08		" "	<b>5:02.99</b>	383	1:10.15	1:18.24	1:18.26	1:16.34
	50m:	32.71	32.71	150m:	1:49.26	250m:	3:07.49	39.10	350m:	4:25.13	38.48
	100m:	1:10.15	37.44	200m:	2:28.39	300m:	3:46.65	39.16	400m:	5:02.99	37.86
37.			09			<b>5:03.20</b>	382	1:11.78	1:19.65		
	50m:			150m:		250m:			350m:		
	100m:	1:11.78		200m:	2:31.43	300m:			400m:	5:03.20	
38.			09			<b>5:03.51</b>	381	1:12.57	1:19.56	1:17.62	1:13.76
	50m:			150m:	1:51.90	250m:	3:10.84	38.71	350m:		
	100m:	1:12.57		200m:	2:32.13	300m:	3:49.75	38.91	400m:	5:03.51	
39.			10			<b>5:04.90</b>	376	1:11.74	1:18.51	1:18.64	1:16.01
	50m:			150m:	1:50.90	250m:	3:08.74	38.49	350m:		
	100m:	1:11.74		200m:	2:30.25	300m:	3:48.89	40.15	400m:	5:04.90	

18,		, 400m						100m	200m	300m	400m	
40.			10			<b>5:05.05</b>	375	1:11.15	1:17.88	1:20.00	1:16.02	
	50m:	33.07	33.07	150m:	1:50.08	38.93	250m:	3:08.89	39.86	350m:	4:27.58	38.55
	100m:	1:11.15	38.08	200m:	2:29.03	38.95	300m:	3:49.03	40.14	400m:	5:05.05	37.47
41.			10		"	"	<b>5:05.74</b>	372	1:11.55	1:18.22	1:18.93	1:17.04
	50m:	33.54	33.54	150m:	1:50.73	39.18	250m:	3:09.23	39.46	350m:	4:28.68	39.98
	100m:	1:11.55	38.01	200m:	2:29.77	39.04	300m:	3:48.70	39.47	400m:	5:05.74	37.06
42.			10				<b>5:07.47</b>	366	1:11.20	1:19.07	1:19.37	1:17.83
	50m:	33.47	33.47	150m:			250m:			350m:	4:29.57	39.93
	100m:	1:11.20	37.73	200m:	2:30.27		300m:	3:49.64		400m:	5:07.47	37.90
43.			09		"	"	<b>5:10.82</b>	354	1:10.67	1:19.67	1:20.49	1:19.99
	50m:	32.83	32.83	150m:	1:50.42	39.75	250m:	3:10.65	40.31	350m:	4:32.26	41.43
	100m:	1:10.67	37.84	200m:	2:30.34	39.92	300m:	3:50.83	40.18	400m:	5:10.82	38.56
44.			09		"	"	<b>5:12.94</b>	347	1:09.76	1:19.77	1:22.65	1:20.76
	50m:	32.03	32.03	150m:	1:49.01	39.25	250m:	3:10.34	40.81	350m:	4:33.10	40.92
	100m:	1:09.76	37.73	200m:	2:29.53	40.52	300m:	3:52.18	41.84	400m:	5:12.94	39.84
45.			09				<b>5:14.12</b>	343	1:15.79	1:20.53	1:19.23	1:18.57
	50m:	36.03	36.03	150m:	1:56.26	40.47	250m:	3:15.75	39.43	350m:	4:35.35	39.80
	100m:	1:15.79	39.76	200m:	2:36.32	40.06	300m:	3:55.55	39.80	400m:	5:14.12	38.77
46.			11		"	"	<b>5:14.56</b>	342	1:12.90	1:20.97	1:20.60	1:20.09
	50m:	34.35	34.35	150m:	1:53.21	40.31	250m:	3:13.30	39.43	350m:	4:35.01	40.54
	100m:	1:12.90	38.55	200m:	2:33.87	40.66	300m:	3:54.47	41.17	400m:	5:14.56	39.55
47.			11				<b>5:14.62</b>	342	1:13.01	1:20.33	1:22.06	1:19.22
	50m:	34.01	34.01	150m:	1:52.47	39.46	250m:			350m:	4:36.55	41.15
	100m:	1:13.01	39.00	200m:	2:33.34	40.87	300m:	3:55.40		400m:	5:14.62	38.07
48.			10				<b>5:14.63</b>	342	1:13.79	1:21.28	1:21.09	1:18.47
	50m:	34.16	34.16	150m:	1:54.14	40.35	250m:	3:15.49	40.42	350m:	4:36.01	39.85
	100m:	1:13.79	39.63	200m:	2:35.07	40.93	300m:	3:56.16	40.67	400m:	5:14.63	38.62
49.			10				<b>5:14.68</b>	342				
	50m:			150m:	1:53.30		250m:			350m:		
	100m:			200m:			300m:			400m:	5:14.68	
50.			09		"	"	<b>5:15.73</b>	338	1:13.90	1:22.67	1:22.25	1:16.91
	50m:	34.77	34.77	150m:	1:55.38	41.48	250m:			350m:		
	100m:	1:13.90	39.13	200m:	2:36.57	41.19	300m:	3:58.82		400m:	5:15.73	
51.			10		"	"	<b>5:16.19</b>	337	1:14.16	1:23.56	1:20.98	1:17.49
	50m:			150m:	1:56.00	41.84	250m:	3:18.02	40.30	350m:	4:39.89	41.19
	100m:	1:14.16		200m:	2:37.72	41.72	300m:	3:58.70	40.68	400m:	5:16.19	36.30
52.			10				<b>5:18.41</b>	330	1:12.67			
	50m:	34.30	34.30	150m:	1:52.62	39.95	250m:			350m:		
	100m:	1:12.67	38.37	200m:			300m:			400m:	5:18.41	
53.			09		"	"	<b>5:29.48</b>	297	1:18.86			1:18.49
	50m:	36.25	36.25	150m:	2:02.45	43.59	250m:	3:28.47		350m:	4:52.57	41.58
	100m:	1:18.86	42.61	200m:			300m:	4:10.99	42.52	400m:	5:29.48	36.91
54.			09		"	"	<b>5:30.90</b>	294	1:14.35	1:26.64	1:27.89	1:22.02
	50m:	34.08	34.08	150m:	1:57.38	43.03	250m:	3:25.23	44.24	350m:	4:52.06	43.18
	100m:	1:14.35	40.27	200m:	2:40.99	43.61	300m:	4:08.88	43.65	400m:	5:30.90	38.84
55.			09		"	"	<b>5:31.52</b>	292	1:15.41	1:26.88	1:26.09	1:23.14
	50m:	33.55	33.55	150m:	1:58.76	43.35	250m:	3:26.19	43.90	350m:	4:51.87	43.49
	100m:	1:15.41	41.86	200m:	2:42.29	43.53	300m:	4:08.38	42.19	400m:	5:31.52	39.65
56.			10		"	"	<b>5:33.58</b>	287	1:17.65	1:27.09	1:26.59	1:22.25
	50m:	36.22	36.22	150m:	2:01.17	43.52	250m:	3:27.66	42.92	350m:	4:53.13	41.80
	100m:	1:17.65	41.43	200m:	2:44.74	43.57	300m:	4:11.33	43.67	400m:	5:33.58	40.45
57.			09		"	"	<b>5:36.08</b>	280			1:27.97	1:24.87
	50m:	36.13	36.13	150m:	1:59.39		250m:	3:27.16	43.92	350m:	4:55.10	43.89
	100m:			200m:	2:43.24	43.85	300m:	4:11.21	44.05	400m:	5:36.08	40.98
58.			11		"	"	<b>5:41.80</b>	266	1:20.30	1:28.85	1:28.96	1:23.69
	50m:			150m:			250m:	3:33.71	44.56	350m:	5:02.11	44.00
	100m:	1:20.30		200m:	2:49.15		300m:	4:18.11	44.40	400m:	5:41.80	39.69
59.			10		"	"	<b>5:56.68</b>	234	1:20.35	1:33.27	1:34.21	1:28.85
	50m:	36.66	36.66	150m:			250m:	3:40.75	47.13	350m:		
	100m:	1:20.35	43.69	200m:	2:53.62		300m:	4:27.83	47.08	400m:	5:56.68	

18, , 400m ,

									100m	200m	300m	400m
DSQ	,	09	"	"					1:12.88	1:27.47	1:39.11	
	50m:	33.30	33.30	150m:	1:54.80	41.92	250m:		350m:			
	100m:	1:12.88	39.58	200m:	2:40.35	45.55	300m:	4:19.46	400m:			