

20 , 400m
15.02.2024 - 14:47

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

: FINA 2023

							100m	200m	300m	400m
1.		08				4:54.66 566	1:06.09	1:17.57	1:25.15	1:05.85
	50m:	29.96	29.96	150m:		250m: 3:05.86	42.20	350m:		
	100m:	1:06.09	36.13	200m:	2:23.66	300m: 3:48.81	42.95	400m:	4:54.66	
2.		08		"	"	4:56.80 554 1	1:05.60	1:16.57	1:26.16	1:08.47
	50m:	30.66	30.66	150m:	1:43.52	250m: 3:04.15	41.98	350m:	4:22.14	33.81
	100m:	1:05.60	34.94	200m:	2:22.17	300m: 3:48.33	44.18	400m:	4:56.80	34.66
3.		08				4:59.95 537 1	1:06.39	1:20.65	1:22.93	1:09.98
	50m:	30.68	30.68	150m:	1:46.59	250m: 3:08.45	41.41	350m:	4:25.22	35.25
	100m:	1:06.39	35.71	200m:	2:27.04	300m: 3:49.97	41.52	400m:	4:59.95	34.73
4.		09				5:09.13 490 1	1:09.94	1:16.54	1:30.51	1:12.14
	50m:	31.64	31.64	150m:		250m: 3:11.33	44.85	350m:		
	100m:	1:09.94	38.30	200m:	2:26.48	300m: 3:56.99	45.66	400m:	5:09.13	
5.		09				5:12.38 475 1	1:09.40	1:22.55	1:31.38	1:09.05
	50m:	31.48	31.48	150m:	1:52.33	250m: 3:18.07	46.12	350m:	4:38.51	35.18
	100m:	1:09.40	37.92	200m:	2:31.95	300m: 4:03.33	45.26	400m:	5:12.38	33.87
6.		10		"	"	5:14.07 467	1:08.36	1:22.90	1:30.40	1:12.41
	50m:	30.86	30.86	150m:	1:50.45	250m: 3:15.93	44.67	350m:	4:39.01	37.35
	100m:	1:08.36	37.50	200m:	2:31.26	300m: 4:01.66	45.73	400m:	5:14.07	35.06
7.		08				5:15.82 460	1:09.58	1:21.12	1:29.61	1:15.51
	50m:	31.52	31.52	150m:	3:14.23	250m:		350m:		
	100m:	1:09.58	38.06	200m:	2:30.70	300m:	4:00.31	400m:	5:15.82	
8.		08				5:16.30 458	1:14.34	1:21.20	1:30.75	1:10.01
	50m:	34.03	34.03	150m:	1:54.71	250m: 3:20.08	44.54	350m:		
	100m:	1:14.34	40.31	200m:	2:35.54	300m: 4:06.29	46.21	400m:	5:16.30	
9.		08		"	"	5:17.06 454	1:09.57	1:26.16	1:29.29	1:12.04
	50m:	33.09	33.09	150m:	1:53.23	250m: 3:19.07	43.34	350m:	4:41.73	36.71
	100m:	1:09.57	36.48	200m:	2:35.73	300m: 4:05.02	45.95	400m:	5:17.06	35.33
10.		10				5:18.24 449	1:14.91	1:23.24	1:33.21	1:06.88
	50m:			150m:	1:56.77	250m:		350m:		
	100m:	1:14.91		200m:	2:38.15	300m:	4:11.36	400m:	5:18.24	
11.		09		"	"	5:18.30 449	1:14.72	1:24.10	1:28.97	1:10.51
	50m:			150m:		250m:		350m:		
	100m:	1:14.72		200m:	2:38.82	300m:	4:07.79	400m:	5:18.30	
12.		11				5:22.52 432	1:17.86	1:22.98	1:26.72	1:14.96
	50m:	35.65	35.65	150m:		250m:		350m:		
	100m:	1:17.86	42.21	200m:	2:40.84	300m:	4:07.56	400m:	5:22.52	
13.		09		"	"	5:38.65 373	1:16.91			1:19.68
	50m:	34.30	34.30	150m:	1:59.91	250m: 3:29.10		350m:	4:59.61	40.64
	100m:	1:16.91	42.61	200m:		300m: 4:18.97	49.87	400m:	5:38.65	39.04
14.		10		"	"	5:54.16 326				
	50m:	38.33	38.33	150m:	2:08.88	250m: 3:43.10	49.53	350m:	5:15.03	
	100m:			200m:	2:53.57	300m:		400m:	5:54.16	39.13
DSQ		10				6:03.29	1:31.90			1:18.79
	50m:			150m:	3:55.49	250m: 5:24.45		350m:		
	100m:	1:31.90		200m:	2:23.59	300m: 4:44.50		400m:	6:03.29	