

IV

, 24 - 27 2018

11 , 400m (17-18 )  
25.07.2018 - 10:45

				4:13.14								26.04.2009	
				4:14.65				(POL)				14.07.2013	
: FINA 2018													
				/				R.T.				FINA	
1.				2001				+0,74		<b>4:33.05</b>			712 Q
	50m:	29.63	29.63	150m:	1:40.67	36.81	250m:	2:50.52	35.11	350m:	3:59.91	33.57	
	100m:	1:03.86	34.23	200m:	2:15.41	34.74	300m:	3:26.34	35.82	400m:	4:33.05	33.14	
2.				2000				+0,69		<b>4:33.83</b>			706 Q
	50m:	28.63	28.63	150m:	1:38.29	36.43	250m:	2:51.17	36.86	350m:	4:02.73	33.75	
	100m:	1:01.86	33.23	200m:	2:14.31	36.02	300m:	3:28.98	37.81	400m:	4:33.83	31.10	
3.				2001				+0,68		<b>4:34.70</b>			699 Q
	50m:	29.40	29.40	150m:	1:38.32	34.88	250m:	2:52.77	40.15	350m:	4:05.02	32.07	
	100m:	1:03.44	34.04	200m:	2:12.62	34.30	300m:	3:32.95	40.18	400m:	4:34.70	29.68	
4.				2001				+0,72		<b>4:34.80</b>			698 Q
	50m:	28.88	28.88	150m:	1:37.41	35.49	250m:	2:52.41	40.26	350m:	4:04.36	32.74	
	100m:	1:01.92	33.04	200m:	2:12.15	34.74	300m:	3:31.62	39.21	400m:	4:34.80	30.44	
5.				2001				+0,72		<b>4:35.12</b>			696 Q
	50m:	27.89	27.89	150m:	1:35.30	34.67	250m:	2:47.95	38.42	350m:	4:02.44	33.73	
	100m:	1:00.63	32.74	200m:	2:09.53	34.23	300m:	3:28.71	40.76	400m:	4:35.12	32.68	
6.				2001				+0,79		<b>4:37.20</b>			680 Q
	50m:	29.24	29.24	150m:	1:40.22	36.16	250m:	2:55.13	37.51	350m:	4:05.93	31.37	
	100m:	1:04.06	34.82	200m:	2:17.62	37.40	300m:	3:34.56	39.43	400m:	4:37.20	31.27	
7.				2001				+0,70		<b>4:37.28</b>			680 Q
	50m:	29.75	29.75	150m:	1:41.15	36.27	250m:	2:54.21	38.10	350m:	4:05.39	32.69	
	100m:	1:04.88	35.13	200m:	2:16.11	34.96	300m:	3:32.70	38.49	400m:	4:37.28	31.89	
8.				2001				+0,79		<b>4:37.97</b>			675 Q
	50m:	29.07	29.07	150m:	1:38.48	36.23	250m:	2:54.20	40.04	350m:	4:07.38	34.01	
	100m:	1:02.25	33.18	200m:	2:14.16	35.68	300m:	3:33.37	39.17	400m:	4:37.97	30.59	
9.				2001				+0,68		<b>4:38.68</b>			669 R
	50m:	29.02	29.02	150m:	1:37.14	33.71	250m:	2:52.38	40.43	350m:	4:06.81	32.95	
	100m:	1:03.43	34.41	200m:	2:11.95	34.81	300m:	3:33.86	41.48	400m:	4:38.68	31.87	
10.				2000				+0,70		<b>4:39.81</b>			661 R
	50m:	27.93	27.93	150m:	1:36.56	35.59	250m:	2:52.59	40.22	350m:	4:07.72	33.12	
	100m:	1:00.97	33.04	200m:	2:12.37	35.81	300m:	3:34.60	42.01	400m:	4:39.81	32.09	
11.				2001				+0,71		<b>4:40.24</b>			658
	50m:	29.05	29.05	150m:	1:39.12	35.24	250m:	2:54.06	39.33	350m:	4:08.25	33.03	
	100m:	1:03.88	34.83	200m:	2:14.73	35.61	300m:	3:35.22	41.16	400m:	4:40.24	31.99	
12.				2001				+0,87		<b>4:43.72</b>			634
	50m:	29.88	29.88	150m:	1:40.82	36.54	250m:	2:57.28	40.13	350m:	4:11.70	33.25	
	100m:	1:04.28	34.40	200m:	2:17.15	36.33	300m:	3:38.45	41.17	400m:	4:43.72	32.02	
13.				2001				+0,65		<b>4:47.45</b>			610
	50m:	29.29	29.29	150m:	1:41.79	38.30	250m:	2:57.87	38.72	350m:	4:12.38	35.35	
	100m:	1:03.49	34.20	200m:	2:19.15	37.36	300m:	3:37.03	39.16	400m:	4:47.45	35.07	
14.				2001				+0,66		<b>4:49.87</b>			595
	50m:	29.81	29.81	150m:	1:42.89	38.48	250m:	3:01.30	41.54	350m:	4:17.83	34.88	
	100m:	1:04.41	34.60	200m:	2:19.76	36.87	300m:	3:42.95	41.65	400m:	4:49.87	32.04	
15.				2001				+0,74		<b>4:49.97</b>			594
	50m:	29.39	29.39	150m:	1:42.14	37.37	250m:	3:00.77	40.90	350m:	4:16.03	33.74	
	100m:	1:04.77	35.38	200m:	2:19.87	37.73	300m:	3:42.29	41.52	400m:	4:49.97	33.94	
16.				2001				+0,70		<b>4:52.19</b>			581
	50m:	30.08	30.08	150m:	1:44.01	37.80	250m:	3:00.87	38.12	350m:	4:16.79	34.44	
	100m:	1:06.21	36.13	200m:	2:22.75	38.74	300m:	3:42.35	41.48	400m:	4:52.19	35.40	

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11, , 400m , (17-18 )								R.T.		FINA	
17.			2001					+0,79	<b>4:54.03</b>	I	570
	50m: 30.76	30.76	150m: 1:42.31	36.48	250m: 3:01.89	42.07	350m: 4:20.22	33.73			
	100m: 1:05.83	35.07	200m: 2:19.82	37.51	300m: 3:46.49	44.60	400m: 4:54.03	33.81			
18.			2001					+0,68	<b>4:54.98</b>	I	564
	50m: 31.46	31.46	150m: 1:43.53	37.53	250m: 3:02.61	42.81	350m: 4:21.27	35.31			
	100m: 1:06.00	34.54	200m: 2:19.80	36.27	300m: 3:45.96	43.35	400m: 4:54.98	33.71			
19.			2001					+0,84	<b>4:55.85</b>	I	559
	50m: 31.24	31.24	150m: 1:46.78	38.92	250m: 3:07.57	42.15	350m: 4:23.34	34.12			
	100m: 1:07.86	36.62	200m: 2:25.42	38.64	300m: 3:49.22	41.65	400m: 4:55.85	32.51			
20.			2001					+0,78	<b>4:57.85</b>	I	548
	50m: 30.58	30.58	150m: 1:44.00	38.76	250m: 3:05.22	43.45	350m: 4:23.28	34.39			
	100m: 1:05.24	34.66	200m: 2:21.77	37.77	300m: 3:48.89	43.67	400m: 4:57.85	34.57			
21.			2001					+0,80	<b>5:00.08</b>	I	536
	50m: 30.80	30.80	150m: 1:47.16	39.64	250m: 3:05.59	40.74	350m: 4:24.33	37.30			
	100m: 1:07.52	36.72	200m: 2:24.85	37.69	300m: 3:47.03	41.44	400m: 5:00.08	35.75			
22.			2001					+0,79	<b>5:00.87</b>	I	532
	50m: 31.27	31.27	150m: 1:47.45	38.22	250m: 3:07.72	41.12	350m: 4:25.87	35.25			
	100m: 1:09.23	37.96	200m: 2:26.60	39.15	300m: 3:50.62	42.90	400m: 5:00.87	35.00			
23.			2001					+0,76	<b>5:05.87</b>	I	506
	50m: 30.80	30.80	150m: 1:47.06	40.47	250m: 3:10.55	46.23	350m: 4:31.68	37.00			
	100m: 1:06.59	35.79	200m: 2:24.32	37.26	300m: 3:54.68	44.13	400m: 5:05.87	34.19			
24.			2000					+0,65	<b>5:06.14</b>	I	505
	50m: 30.98	30.98	150m: 1:50.82	40.92	250m: 3:12.37	40.27	350m: 4:31.17	36.83			
	100m: 1:09.90	38.92	200m: 2:32.10	41.28	300m: 3:54.34	41.97	400m: 5:06.14	34.97			
25.			2000					+0,75	<b>5:06.90</b>	I	501
	50m: 29.62	29.62	150m: 1:48.51	40.17	250m: 3:10.42	42.48	350m: 4:31.21	36.02			
	100m: 1:08.34	38.72	200m: 2:27.94	39.43	300m: 3:55.19	44.77	400m: 5:06.90	35.69			
26.			2001					+0,86	<b>5:08.72</b>	I	492
	50m: 32.09	32.09	150m: 1:52.82	43.10	250m: 3:15.35	40.42	350m: 4:33.35	38.78			
	100m: 1:09.72	37.63	200m: 2:34.93	42.11	300m: 3:54.57	39.22	400m: 5:08.72	35.37			
27.			2001					+0,67	<b>5:10.75</b>	I	483
	50m: 32.57	32.57	150m: 1:52.21	41.72	250m: 3:13.60	39.46	350m: 4:33.97	38.72			
	100m: 1:10.49	37.92	200m: 2:34.14	41.93	300m: 3:55.25	41.65	400m: 5:10.75	36.78			
28.			2001 I					+0,84	<b>5:22.24</b>		433
	50m: 35.16	35.16	150m: 1:55.26	42.10	250m: 3:23.41	47.81	350m: 4:46.18	36.58			
	100m: 1:13.16	38.00	200m: 2:35.60	40.34	300m: 4:09.60	46.19	400m: 5:22.24	36.06			
DSQ			2000								