

135  
09.11.2019 - 18:57

, 400m

3:55.50	LOCHTE Ryan	USA	Dubai (UAE)	16.12.2010
3:57.27	CSEH Laszlo	HUN	Istanbul (TUR)	11.12.2009
4:03.91				09.11.2014
3:59.15				
4:04.10				
4:04.23				19.11.2017

: FINA 2019

								R.T.			FINA	
1.			2003					+0,70	<b>4:04.90</b>			
	25m:	12.15	12.15	125m:	1:12.53	15.86	225m:	2:16.30	16.95	325m:	3:22.70	15.06
	50m:	26.57	14.42	150m:	1:28.09	15.56	250m:	2:33.16	16.86	350m:	3:37.11	14.41
	75m:	41.47	14.90	175m:	1:43.83	15.74	275m:	2:50.20	17.04	375m:	3:51.50	14.39
	100m:	56.67	15.20	200m:	1:59.35	15.52	300m:	3:07.64	17.44	400m:	4:04.90	13.40
2.			1994					+0,70	<b>4:05.90</b>			
	25m:	11.87	11.87	125m:	1:12.76	16.73	225m:	2:16.42	17.28	325m:	3:23.06	15.02
	50m:	26.35	14.48	150m:	1:28.40	15.64	250m:	2:33.38	16.96	350m:	3:37.30	14.24
	75m:	41.19	14.84	175m:	1:44.10	15.70	275m:	2:50.74	17.36	375m:	3:51.85	14.55
	100m:	56.03	14.84	200m:	1:59.14	15.04	300m:	3:08.04	17.30	400m:	4:05.90	14.05
3.			1999					-1	+0,72	<b>4:06.70</b>		
	25m:	11.94	11.94	125m:	1:13.34	16.60	225m:	2:18.23	17.36	325m:	3:24.43	15.05
	50m:	26.49	14.55	150m:	1:29.22	15.88	250m:	2:35.10	16.87	350m:	3:38.74	14.31
	75m:	41.34	14.85	175m:	1:45.28	16.06	275m:	2:52.20	17.10	375m:	3:53.05	14.31
	100m:	56.74	15.40	200m:	2:00.87	15.59	300m:	3:09.38	17.18	400m:	4:06.70	13.65
4.			1995						+0,68	<b>4:08.66</b>		
	25m:	11.47	11.47	125m:	1:10.94	16.54	225m:	2:16.54	17.61	325m:	3:25.28	15.28
	50m:	25.41	13.94	150m:	1:26.90	15.96	250m:	2:34.38	17.84	350m:	3:39.90	14.62
	75m:	39.73	14.32	175m:	1:43.04	16.14	275m:	2:52.18	17.80	375m:	3:54.55	14.65
	100m:	54.40	14.67	200m:	1:58.93	15.89	300m:	3:10.00	17.82	400m:	4:08.66	14.11
5.			1997						+0,68	<b>4:09.36</b>		
	25m:	12.27	12.27	125m:	1:14.30	16.27	225m:	2:18.82	17.63	325m:	3:26.52	15.01
	50m:	26.95	14.68	150m:	1:29.93	15.63	250m:	2:36.00	17.18	350m:	3:41.00	14.48
	75m:	42.12	15.17	175m:	1:45.72	15.79	275m:	2:53.68	17.68	375m:	3:55.58	14.58
	100m:	58.03	15.91	200m:	2:01.19	15.47	300m:	3:11.51	17.83	400m:	4:09.36	13.78
6.			2000						+0,68	<b>4:10.21</b>		
	25m:	11.59	11.59	125m:	1:12.49	16.14	225m:	2:16.96	17.32	325m:	3:25.98	15.72
	50m:	25.92	14.33	150m:	1:28.31	15.82	250m:	2:34.48	17.52	350m:	3:40.97	14.99
	75m:	41.10	15.18	175m:	1:44.10	15.79	275m:	2:52.10	17.62	375m:	3:55.97	15.00
	100m:	56.35	15.25	200m:	1:59.64	15.54	300m:	3:10.26	18.16	400m:	4:10.21	14.24
7.			1995						+0,65	<b>4:11.09</b>		
	25m:	11.38	11.38	125m:	1:11.40	15.21	225m:	2:16.05	17.12	325m:	3:25.73	15.03
	50m:	25.59	14.21	150m:	1:26.96	15.56	250m:	2:33.81	17.76	350m:	3:41.06	15.33
	75m:	40.05	14.46	175m:	1:42.97	16.01	275m:	2:51.49	17.68	375m:	3:56.28	15.22
	100m:	56.19	16.14	200m:	1:58.93	15.96	300m:	3:10.70	19.21	400m:	4:11.09	14.81
8.			2001						+0,71	<b>4:11.65</b>		
	25m:	12.20	12.20	125m:	1:14.02	16.34	225m:	2:18.05	17.02	325m:	3:27.31	15.40
	50m:	26.78	14.58	150m:	1:29.58	15.56	250m:	2:35.76	17.71	350m:	3:41.80	14.49
	75m:	41.94	15.16	175m:	1:45.47	15.89	275m:	2:53.82	18.06	375m:	3:56.91	15.11
	100m:	57.68	15.74	200m:	2:01.03	15.56	300m:	3:11.91	18.09	400m:	4:11.65	14.74