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28.06.2019 - 19:03

, 400

: FINA 2019

									R.T.	FINA			
1.	1993				-				-1	<b>4:52.67</b>			
	50m:	31.23	31.23	150m:	1:46.10	38.23	250m:	3:04.24	41.46	350m:	4:19.96	34.36	
	100m:	1:07.87	36.64	200m:	2:22.78	36.68	300m:	3:45.60	41.36	400m:	4:52.67	32.71	
2.	1999									<b>4:56.76</b>			
	50m:	31.48	31.48	150m:	1:45.94	38.61	250m:	3:05.30	42.09	350m:	4:23.28	35.08	
	100m:	1:07.33	35.85	200m:	2:23.21	37.27	300m:	3:48.20	42.90	400m:	4:56.76	33.48	
3.	1995									<b>4:59.60</b>			
	50m:	32.77	32.77	150m:	1:48.83	37.98	250m:	3:08.15	42.58	350m:	4:25.42	34.33	
	100m:	1:10.85	38.08	200m:	2:25.57	36.74	300m:	3:51.09	42.94	400m:	4:59.60	34.18	
4.	2001									<b>5:04.71</b>			
	50m:	31.16	31.16	150m:	1:47.39	39.78	250m:	3:11.07	44.63	350m:	4:31.26	35.06	
	100m:	1:07.61	36.45	200m:	2:26.44	39.05	300m:	3:56.20	45.13	400m:	5:04.71	33.45	
5.	2005									<b>5:05.37</b>			
	50m:	33.96	33.96	150m:	1:51.73	39.40	250m:	3:12.59	43.70	350m:	4:31.95	35.89	
	100m:	1:12.33	38.37	200m:	2:28.89	37.16	300m:	3:56.06	43.47	400m:	5:05.37	33.42	
6.	2003				-				-1	<b>5:06.28</b>			
	50m:	31.71	31.71	150m:	1:47.89	39.14	250m:	3:11.50	45.40	350m:	4:32.36	34.80	
	100m:	1:08.75	37.04	200m:	2:26.10	38.21	300m:	3:57.56	46.06	400m:	5:06.28	33.92	
7.	2004									<b>5:10.12</b>			
	50m:	31.69	31.69	150m:	1:48.26	39.12	250m:	3:13.23	46.65	350m:	4:35.00	36.85	
	100m:	1:09.14	37.45	200m:	2:26.58	38.32	300m:	3:58.15	44.92	400m:	5:10.12	35.12	
8.	2005									<b>5:11.21</b>			
	50m:	32.84	32.84	150m:	1:48.41	38.11	250m:	3:13.63	47.71	350m:	4:37.43	36.31	
	100m:	1:10.30	37.46	200m:	2:25.92	37.51	300m:	4:01.12	47.49	400m:	5:11.21	33.78	