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28.06.2019 - 11:01

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4:03.84	PHELPS Michael	USA	Beijing (CHN)	10.08.2008
4:06.16	CSEH Laszlo	HUN	Beijing (CHN)	10.08.2008
4:13.14		RUS		26.04.2009
4:14.00	GRIESHOP Sean T	USA	Omaha (USA)	26.06.2016
4:10.79				
4:14.65		RUS	(POL)	14.07.2013

: FINA 2019

								R.T.			FINA	
1.		2000		-1				<b>4:25.23</b>			Q	
	50m:	26.71	26.71	150m:	1:31.68	33.46	250m:	2:42.16	37.39	350m:	3:53.21	32.75
	100m:	58.22	31.51	200m:	2:04.77	33.09	300m:	3:20.46	38.30	400m:	4:25.23	32.02
2.		1995		-1				<b>4:25.70</b>			Q	
	50m:	27.91	27.91	150m:	1:34.20	34.32	250m:	2:46.12	38.13	350m:	3:54.65	30.62
	100m:	59.88	31.97	200m:	2:07.99	33.79	300m:	3:24.03	37.91	400m:	4:25.70	31.05
3.		1997					-1	<b>4:25.88</b>			Q	
	50m:	28.01	28.01	150m:	1:33.72	33.22	250m:	2:44.06	37.84	350m:	3:54.66	32.62
	100m:	1:00.50	32.49	200m:	2:06.22	32.50	300m:	3:22.04	37.98	400m:	4:25.88	31.22
4.		1998		-			-1	<b>4:26.39</b>			Q	
	50m:	27.06	27.06	150m:	1:32.19	33.99	250m:	2:43.93	38.66	350m:	3:55.73	32.88
	100m:	58.20	31.14	200m:	2:05.27	33.08	300m:	3:22.85	38.92	400m:	4:26.39	30.66
5.		1999		-			-2	<b>4:26.57</b>			Q	
	50m:	28.04	28.04	150m:	1:35.39	34.73	250m:	2:46.81	36.89	350m:	3:55.64	31.00
	100m:	1:00.66	32.62	200m:	2:09.92	34.53	300m:	3:24.64	37.83	400m:	4:26.57	30.93
6.		1996		-1				<b>4:26.84</b>			Q	
	50m:	27.22	27.22	150m:	1:33.58	34.23	250m:	2:44.90	36.93	350m:	3:55.61	33.19
	100m:	59.35	32.13	200m:	2:07.97	34.39	300m:	3:22.42	37.52	400m:	4:26.84	31.23
7.		1997						<b>4:29.61</b>			Q	
	50m:	27.51	27.51	150m:	1:33.88	34.42	250m:	2:44.59	36.38	350m:	3:57.28	34.03
	100m:	59.46	31.95	200m:	2:08.21	34.33	300m:	3:23.25	38.66	400m:	4:29.61	32.33
8.		1999					-1	<b>4:32.39</b>			Q	
	50m:	28.95	28.95	150m:	1:36.27	34.59	250m:	2:48.38	37.98	350m:	4:00.85	33.81
	100m:	1:01.68	32.73	200m:	2:10.40	34.13	300m:	3:27.04	38.66	400m:	4:32.39	31.54
9.		2001					-1	<b>4:33.55</b>			R	
	50m:	29.46	29.46	150m:	1:38.50	35.79	250m:	2:50.18	37.32	350m:	4:02.80	33.89
	100m:	1:02.71	33.25	200m:	2:12.86	34.36	300m:	3:28.91	38.73	400m:	4:33.55	30.75
10.		1997		-2				<b>4:34.88</b>			R	
	50m:	28.34	28.34	150m:	1:35.71	33.89	250m:	2:49.21	39.52	350m:	4:03.06	33.10
	100m:	1:01.82	33.48	200m:	2:09.69	33.98	300m:	3:29.96	40.75	400m:	4:34.88	31.82
11.		1999					-1	<b>4:36.88</b>				
	50m:	29.15	29.15	150m:	1:39.06	36.32	250m:	2:53.95	39.31	350m:	4:05.62	31.91
	100m:	1:02.74	33.59	200m:	2:14.64	35.58	300m:	3:33.71	39.76	400m:	4:36.88	31.26
12.		2004					-1	<b>4:37.02</b>				
	50m:	28.30	28.30	150m:	1:37.91	36.85	250m:	2:53.22	39.17	350m:	4:05.68	32.17
	100m:	1:01.06	32.76	200m:	2:14.05	36.14	300m:	3:33.51	40.29	400m:	4:37.02	31.34
13.		2002						<b>4:37.95</b>				
	50m:	29.09	29.09	150m:	1:39.08	36.33	250m:	2:55.05	40.37	350m:	4:07.25	32.25
	100m:	1:02.75	33.66	200m:	2:14.68	35.60	300m:	3:35.00	39.95	400m:	4:37.95	30.70
14.		2002					-1	<b>4:38.76</b>				
	50m:	28.74	28.74	150m:	1:36.72	35.06	250m:	2:52.62	41.02	350m:	4:07.05	32.87
	100m:	1:01.66	32.92	200m:	2:11.60	34.88	300m:	3:34.18	41.56	400m:	4:38.76	31.71

17,	, 400	,	,						R.T.		FINA
15.			2001	-	-1				<b>4:38.93</b>		
	50m: 28.97	28.97	150m: 1:39.59	37.12	250m: 2:55.30	40.21	350m: 4:08.21	32.28			
	100m: 1:02.47	33.50	200m: 2:15.09	35.50	300m: 3:35.93	40.63	400m: 4:38.93	30.72			
16.			2000						<b>4:40.11</b>		
	50m: 28.69	28.69	150m: 1:38.86	37.23	250m: 2:55.57	39.95	350m: 4:08.97	32.43			
	100m: 1:01.63	32.94	200m: 2:15.62	36.76	300m: 3:36.54	40.97	400m: 4:40.11	31.14			
17.			1997	-	-2				<b>4:41.97</b>		
	50m: 29.59	29.59	150m: 1:40.73	37.19	250m: 2:57.30	40.75	350m: 4:09.80	32.60			
	100m: 1:03.54	33.95	200m: 2:16.55	35.82	300m: 3:37.20	39.90	400m: 4:41.97	32.17			
18.			2001						<b>4:42.27</b>		
	50m: 28.99	28.99	150m: 1:37.14	35.16	250m: 2:52.65	40.41	350m: 4:08.87	33.49			
	100m: 1:01.98	32.99	200m: 2:12.24	35.10	300m: 3:35.38	42.73	400m: 4:42.27	33.40			
19.			1999	-2					<b>4:42.68</b>		
	50m: 29.13	29.13	150m: 1:39.84	36.53	250m: 2:57.09	40.89	350m: 4:10.70	32.75			
	100m: 1:03.31	34.18	200m: 2:16.20	36.36	300m: 3:37.95	40.86	400m: 4:42.68	31.98			
20.			2001	-	-1				<b>4:44.41</b>		
	50m: 30.24	30.24	150m: 1:43.20	37.45	250m: 2:59.17	39.29	350m: 4:13.00	33.38			
	100m: 1:05.75	35.51	200m: 2:19.88	36.68	300m: 3:39.62	40.45	400m: 4:44.41	31.41			
21.			2004		-1				<b>4:46.20</b>		
	50m: 30.79	30.79	150m: 1:45.15	38.95	250m: 3:02.33	39.68	350m: 4:15.06	33.43			
	100m: 1:06.20	35.41	200m: 2:22.65	37.50	300m: 3:41.63	39.30	400m: 4:46.20	31.14			
22.			2003		-2				<b>4:47.56</b>		
	50m: 28.92	28.92	150m: 1:42.20	37.83	250m: 3:00.89	42.00	350m: 4:17.18	33.84			
	100m: 1:04.37	35.45	200m: 2:18.89	36.69	300m: 3:43.34	42.45	400m: 4:47.56	30.38			
23.			1999						<b>4:47.74</b>		
	50m: 28.68	28.68	150m: 1:41.40	37.71	250m: 2:59.33	40.92	350m: 4:15.33	34.00			
	100m: 1:03.69	35.01	200m: 2:18.41	37.01	300m: 3:41.33	42.00	400m: 4:47.74	32.41			
24.			2004		-2				<b>4:47.88</b>		
	50m: 29.75	29.75	150m: 1:41.79	36.98	250m: 3:02.24	44.67	350m: 4:16.67	33.41			
	100m: 1:04.81	35.06	200m: 2:17.57	35.78	300m: 3:43.26	41.02	400m: 4:47.88	31.21			
25.			2001		-2				<b>4:48.95</b>		
	50m: 29.55	29.55	150m: 1:43.51	39.82	250m: 3:02.04	40.82	350m: 4:16.73	34.03			
	100m: 1:03.69	34.14	200m: 2:21.22	37.71	300m: 3:42.70	40.66	400m: 4:48.95	32.22			
26.			2001						<b>4:51.83</b>		
	50m: 29.95	29.95	150m: 1:43.08	37.60	250m: 3:01.02	41.06	350m: 4:17.87	34.02			
	100m: 1:05.48	35.53	200m: 2:19.96	36.88	300m: 3:43.85	42.83	400m: 4:51.83	33.96			
27.			2002						<b>4:53.53</b>		
	50m: 29.71	29.71	150m: 1:44.23	39.68	250m: 3:04.44	41.23	350m: 4:21.19	34.96			
	100m: 1:04.55	34.84	200m: 2:23.21	38.98	300m: 3:46.23	41.79	400m: 4:53.53	32.34			
28.			1998						<b>4:54.92</b>		
	50m: 30.33	30.33	150m: 1:43.33	39.03	250m: 3:04.47	43.71	350m: 4:22.53	34.29			
	100m: 1:04.30	33.97	200m: 2:20.76	37.43	300m: 3:48.24	43.77	400m: 4:54.92	32.39			
29.			2002						<b>4:55.19</b>		
	50m: 29.85	29.85	150m: 1:42.95	36.91	250m: 3:02.29	43.08	350m: 4:21.13	35.42			
	100m: 1:06.04	36.19	200m: 2:19.21	36.26	300m: 3:45.71	43.42	400m: 4:55.19	34.06			
30.			2003		-2				<b>4:56.73</b>		
	50m: 30.18	30.18	150m: 1:43.29	38.23	250m: 3:04.12	43.19	350m: 4:22.37	35.22			
	100m: 1:05.06	34.88	200m: 2:20.93	37.64	300m: 3:47.15	43.03	400m: 4:56.73	34.36			
31.			2000		-2				<b>5:14.34</b>		
	50m: 31.02	31.02	150m: 1:50.51	40.91	250m: 3:16.43	46.45	350m: 4:39.49	37.52			
	100m: 1:09.60	38.58	200m: 2:29.98	39.47	300m: 4:01.97	45.54	400m: 5:14.34	34.85			