



- , 21 - 26 2022

126
25.08.2022 - 18:49

, 400m

		4:08.05				Kazan /				25.07.2022		
		4:10.02				(HUN)				23.05.2021		
: FINA 2022				/		R.T.				FINA		
1.				2003			+0,73	4:11.81			908	
	50m:	26.60	26.60	150m:	1:29.39	32.10	250m:	2:37.27	35.40	350m:	3:43.21	30.42
	100m:	57.29	30.69	200m:	2:01.87	32.48	300m:	3:12.79	35.52	400m:	4:11.81	28.60
2.				2000			+0,65	4:13.60			888	
	50m:	26.67	26.67	150m:	1:30.34	32.56	250m:	2:38.53	35.60	350m:	3:44.34	29.85
	100m:	57.78	31.11	200m:	2:02.93	32.59	300m:	3:14.49	35.96	400m:	4:13.60	29.26
3.				2004			+0,69	4:24.16			786	
	50m:	26.98	26.98	150m:	1:33.65	34.00	250m:	2:44.47	37.59	350m:	3:54.31	31.29
	100m:	59.65	32.67	200m:	2:06.88	33.23	300m:	3:23.02	38.55	400m:	4:24.16	29.85
4.				2003		-	+0,68	4:26.18			768	
	50m:	28.24	28.24	150m:	1:36.01	35.22	250m:	2:47.76	37.25	350m:	3:56.46	31.52
	100m:	1:00.79	32.55	200m:	2:10.51	34.50	300m:	3:24.94	37.18	400m:	4:26.18	29.72
5.				2003		-	+0,67	4:29.09			744	
	50m:	29.10	29.10	150m:	1:37.53	34.85	250m:	2:48.89	36.82	350m:	3:57.73	31.28
	100m:	1:02.68	33.58	200m:	2:12.07	34.54	300m:	3:26.45	37.56	400m:	4:29.09	31.36
6.				2002		-	+0,52	4:29.20			743	
	50m:	28.18	28.18	150m:	1:35.02	34.92	250m:	2:47.41	37.79	350m:	3:58.48	31.88
	100m:	1:00.10	31.92	200m:	2:09.62	34.60	300m:	3:26.60	39.19	400m:	4:29.20	30.72
7.				2003		-	+0,77	4:31.13			727	
	50m:	28.16	28.16	150m:	1:37.69	36.82	250m:	2:51.97	38.62	350m:	4:01.22	30.51
	100m:	1:00.87	32.71	200m:	2:13.35	35.66	300m:	3:30.71	38.74	400m:	4:31.13	29.91
8.				2006			+0,72	4:31.90			721	
	50m:	27.98	27.98	150m:	1:36.03	35.78	250m:	2:50.35	38.99	350m:	4:01.31	31.80
	100m:	1:00.25	32.27	200m:	2:11.36	35.33	300m:	3:29.51	39.16	400m:	4:31.90	30.59