



- , 21 - 26 2022

20  
24.08.2022 - 10:15

, 400m

		4:04.10								04.04.2021		
		4:08.81								24.06.2015		
								(AZE)				
: FINA 2022												
		/				R.T.				FINA		
1.			1998					<b>4:15.78</b>			790 Q	
	50m:	30.07	30.07	150m:	1:33.99	31.95	250m:	2:38.42	32.15	350m:	3:43.34	32.79
	100m:	1:02.04	31.97	200m:	2:06.27	32.28	300m:	3:10.55	32.13	400m:	4:15.78	32.44
2.			2002					+0,69	<b>4:18.90</b>		761 Q	
	50m:	29.83	29.83	150m:	1:34.96	32.54	250m:	2:40.28	32.75	350m:	3:46.59	33.22
	100m:	1:02.42	32.59	200m:	2:07.53	32.57	300m:	3:13.37	33.09	400m:	4:18.90	32.31
3.			1997					+0,63	<b>4:19.23</b>		758 Q	
	50m:	29.79	29.79	150m:	1:35.20	32.88	250m:	2:40.52	32.71	350m:	3:46.66	33.17
	100m:	1:02.32	32.53	200m:	2:07.81	32.61	300m:	3:13.49	32.97	400m:	4:19.23	32.57
4.			2005					+0,74	<b>4:20.94</b>		744 Q	
	50m:	30.43	30.43	150m:	1:36.52	32.98	250m:	2:42.20	32.63	350m:	3:48.67	33.43
	100m:	1:03.54	33.11	200m:	2:09.57	33.05	300m:	3:15.24	33.04	400m:	4:20.94	32.27
5.			2006					+0,91	<b>4:22.17</b>		733 Q	
	50m:	30.40	30.40	150m:	1:36.31	33.02	250m:	2:42.60	33.06	350m:	3:49.43	32.95
	100m:	1:03.29	32.89	200m:	2:09.54	33.23	300m:	3:16.48	33.88	400m:	4:22.17	32.74
6.			2005					+0,65	<b>4:23.46</b>		722 Q	
	50m:	30.90	30.90	150m:	1:37.10	33.15	250m:	2:44.24	33.78	350m:	3:51.28	33.25
	100m:	1:03.95	33.05	200m:	2:10.46	33.36	300m:	3:18.03	33.79	400m:	4:23.46	32.18
7.			2001					+0,41	<b>4:24.09</b>		717 Q	
	50m:	29.97	29.97	150m:	1:36.10	33.20	250m:	2:43.37	33.61	350m:	3:51.10	34.01
	100m:	1:02.90	32.93	200m:	2:09.76	33.66	300m:	3:17.09	33.72	400m:	4:24.09	32.99
8.			2005					+0,59	<b>4:24.37</b>		715 Q	
	50m:	30.45	30.45	150m:	1:37.30	33.77	250m:	2:44.39	33.50	350m:	3:52.72	34.58
	100m:	1:03.53	33.08	200m:	2:10.89	33.59	300m:	3:18.14	33.75	400m:	4:24.37	31.65
9.			2007					+0,79	<b>4:24.65</b>		713 R	
	50m:	30.93	30.93	150m:	1:37.92	33.53	250m:	2:44.97	33.38	350m:	3:52.15	33.42
	100m:	1:04.39	33.46	200m:	2:11.59	33.67	300m:	3:18.73	33.76	400m:	4:24.65	32.50
10.			2006					+0,73	<b>4:25.93</b>		703 R	
	50m:	30.49	30.49	150m:	1:36.53	33.04	250m:	2:43.19	33.15	350m:	3:51.59	34.31
	100m:	1:03.49	33.00	200m:	2:10.04	33.51	300m:	3:17.28	34.09	400m:	4:25.93	34.34
11.			2007					+0,81	<b>4:26.91</b>		695	
	50m:	30.24	30.24	150m:	1:36.79	33.55	250m:	2:45.64	34.46	350m:	3:53.94	33.65
	100m:	1:03.24	33.00	200m:	2:11.18	34.39	300m:	3:20.29	34.65	400m:	4:26.91	32.97
12.			2002					+0,71	<b>4:27.80</b>		688	
	50m:	29.68	29.68	150m:	1:36.67	34.00	250m:	2:45.79	34.62	350m:	3:55.28	34.56
	100m:	1:02.67	32.99	200m:	2:11.17	34.50	300m:	3:20.72	34.93	400m:	4:27.80	32.52
13.			1998					+0,75	<b>4:27.84</b>		688	
	50m:	29.84	29.84	150m:	1:35.77	33.01	250m:	2:43.19	33.86	350m:	3:52.76	35.05
	100m:	1:02.76	32.92	200m:	2:09.33	33.56	300m:	3:17.71	34.52	400m:	4:27.84	35.08
14.			2007					+0,74	<b>4:27.88</b>		687	
	50m:	31.91	31.91	150m:	1:39.09	33.77	250m:	2:47.30	34.05	350m:	3:54.94	33.56
	100m:	1:05.32	33.41	200m:	2:13.25	34.16	300m:	3:21.38	34.08	400m:	4:27.88	32.94
15.			2006					+0,69	<b>4:29.87</b>		672	
	50m:	30.94	30.94	150m:	1:39.16	34.16	250m:	2:48.06	34.52	350m:	3:57.16	34.22
	100m:	1:05.00	34.06	200m:	2:13.54	34.38	300m:	3:22.94	34.88	400m:	4:29.87	32.71
16.			1998					+0,93	<b>4:30.01</b>		671	
	50m:	31.66	31.66	150m:	1:39.26	34.07	250m:	2:47.97	34.07	350m:	3:56.52	34.00
	100m:	1:05.19	33.53	200m:	2:13.90	34.64	300m:	3:22.52	34.55	400m:	4:30.01	33.49



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20, , 400m								R.T.		FINA	
17.				2006	-			+0,79	<b>4:30.56</b>		667
	50m: 31.26	31.26	150m: 1:39.41	34.32	250m: 2:48.74	34.45	350m: 3:58.50	34.99			
	100m: 1:05.09	33.83	200m: 2:14.29	34.88	300m: 3:23.51	34.77	400m: 4:30.56	32.06			
18.				2008				+0,69	<b>4:32.31</b>		654
	50m: 31.24	31.24	150m: 1:38.56	33.43	250m: 2:46.82	34.12	350m: 3:58.16	35.79			
	100m: 1:05.13	33.89	200m: 2:12.70	34.14	300m: 3:22.37	35.55	400m: 4:32.31	34.15			
19.				2008				+0,69	<b>4:33.65</b>		645
	50m: 31.61	31.61	150m: 1:40.12	34.59	250m: 2:49.78	35.08	350m: 3:59.65	34.92			
	100m: 1:05.53	33.92	200m: 2:14.70	34.58	300m: 3:24.73	34.95	400m: 4:33.65	34.00			
20.				2002				+0,64	<b>4:34.66</b>		638
	50m: 30.83	30.83	150m: 1:41.63	35.43	250m: 2:52.66	35.11	350m: 4:01.66	34.03			
	100m: 1:06.20	35.37	200m: 2:17.55	35.92	300m: 3:27.63	34.97	400m: 4:34.66	33.00			
21.				2007				+0,58	<b>4:35.14</b>		634
	50m: 31.75	31.75	150m: 1:42.13	35.17	250m: 2:53.05	35.23	350m: 4:02.54	34.35			
	100m: 1:06.96	35.21	200m: 2:17.82	35.69	300m: 3:28.19	35.14	400m: 4:35.14	32.60			
22.				2005				+0,78	<b>4:36.75</b>		623
	50m: 32.25	32.25	150m: 1:42.34	35.08	250m: 2:52.84	35.19	350m: 4:02.82	34.84			
	100m: 1:07.26	35.01	200m: 2:17.65	35.31	300m: 3:27.98	35.14	400m: 4:36.75	33.93			
23.				2005				+0,74	<b>4:37.83</b>		616
	50m: 31.44	31.44	150m: 1:41.43	35.56	250m: 2:52.42	35.39	350m: 4:03.37	35.49			
	100m: 1:05.87	34.43	200m: 2:17.03	35.60	300m: 3:27.88	35.46	400m: 4:37.83	34.46			
24.				2005				+0,73	<b>4:38.23</b>		613
	50m: 31.90	31.90	150m: 1:41.63	35.22	250m: 2:52.68	35.57	350m: 4:04.27	35.97			
	100m: 1:06.41	34.51	200m: 2:17.11	35.48	300m: 3:28.30	35.62	400m: 4:38.23	33.96			
25.				2007				+0,68	<b>4:39.29</b>		606
	50m: 31.27	31.27	150m: 1:41.46	35.39	250m: 2:52.84	35.62	350m: 4:04.25	35.62			
	100m: 1:06.07	34.80	200m: 2:17.22	35.76	300m: 3:28.63	35.79	400m: 4:39.29	35.04			
26.				2008				+0,86	<b>4:40.30</b>		600
	50m: 31.14	31.14	150m: 1:41.27	35.34	250m: 2:53.35	35.72	350m: 4:05.61	36.34			
	100m: 1:05.93	34.79	200m: 2:17.63	36.36	300m: 3:29.27	35.92	400m: 4:40.30	34.69			
27.				2003					<b>4:40.49</b>		599
	50m: 30.96	30.96	150m: 1:39.13	34.44	250m: 2:50.05	35.80	350m: 4:03.24	36.71			
	100m: 1:04.69	33.73	200m: 2:14.25	35.12	300m: 3:26.53	36.48	400m: 4:40.49	37.25			
28.				2002				+0,77	<b>4:40.84</b>		596
	50m: 32.28	32.28	150m: 1:43.08	35.77	250m: 2:54.73	36.17	350m: 4:06.46	35.64			
	100m: 1:07.31	35.03	200m: 2:18.56	35.48	300m: 3:30.82	36.09	400m: 4:40.84	34.38			
29.				2000				+0,70	<b>4:41.43</b>		593
	50m: 32.34	32.34	150m: 1:44.51	36.13	250m: 2:55.39	35.17	350m: 4:06.69	35.56			
	100m: 1:08.38	36.04	200m: 2:20.22	35.71	300m: 3:31.13	35.74	400m: 4:41.43	34.74			
30.				2008					<b>4:43.33</b>		581
	50m: 32.77	32.77	150m: 1:45.14	36.49	250m: 2:56.28	35.65	350m: 4:08.33	35.77			
	100m: 1:08.65	35.88	200m: 2:20.63	35.49	300m: 3:32.56	36.28	400m: 4:43.33	35.00			
31.				2006					<b>4:49.96</b>		542
	50m: 31.97	31.97	150m: 1:44.17	36.73	250m: 2:59.27	37.40	350m: 4:14.11	37.05			
	100m: 1:07.44	35.47	200m: 2:21.87	37.70	300m: 3:37.06	37.79	400m: 4:49.96	35.85			
32.				2009				+0,82	<b>4:55.61</b>		511
	50m: 33.17	33.17	150m: 1:47.63	37.52	250m: 3:03.27	37.79	350m: 4:18.96	37.80			
	100m: 1:10.11	36.94	200m: 2:25.48	37.85	300m: 3:41.16	37.89	400m: 4:55.61	36.65			
33.				2005				+0,75	<b>5:15.06</b>		422
	50m: 33.46	33.46	150m: 1:51.15	39.28	250m: 3:12.38	40.83	350m: 4:35.59	41.22			
	100m: 1:11.87	38.41	200m: 2:31.55	40.40	300m: 3:54.37	41.99	400m: 5:15.06	39.47			
DSQ				2006							