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26
25.08.2022 - 10:46

, 400m

				4:08.05				Kazan /				25.07.2022	
				4:10.02				(HUN)				23.05.2021	
: FINA 2022								R.T.				FINA	
1.				2003							4:20.41		820 Q
	50m:	27.05	27.05	150m:	1:32.27	34.13	250m:	2:43.51	37.47	350m:	3:50.95	30.44	
	100m:	58.14	31.09	200m:	2:06.04	33.77	300m:	3:20.51	37.00	400m:	4:20.41	29.46	
2.				2000					+0,68	4:24.19			786 Q
	50m:	27.29	27.29	150m:	1:33.66	34.17	250m:	2:44.72	37.78	350m:	3:54.40	32.11	
	100m:	59.49	32.20	200m:	2:06.94	33.28	300m:	3:22.29	37.57	400m:	4:24.19	29.79	
3.				2004					+0,67	4:25.02			778 Q
	50m:	26.62	26.62	150m:	1:32.69	34.00	250m:	2:44.16	38.04	350m:	3:53.58	32.06	
	100m:	58.69	32.07	200m:	2:06.12	33.43	300m:	3:21.52	37.36	400m:	4:25.02	31.44	
4.				2002		-			+0,61	4:28.49			749 Q
	50m:	28.22	28.22	150m:	1:36.51	35.36	250m:	2:48.39	37.66	350m:	3:58.45	31.56	
	100m:	1:01.15	32.93	200m:	2:10.73	34.22	300m:	3:26.89	38.50	400m:	4:28.49	30.04	
5.				2003		-			+0,65	4:29.59			739 Q
	50m:	28.03	28.03	150m:	1:35.65	35.13	250m:	2:47.92	37.51	350m:	3:58.46	32.34	
	100m:	1:00.52	32.49	200m:	2:10.41	34.76	300m:	3:26.12	38.20	400m:	4:29.59	31.13	
6.				2003		-			+0,75	4:30.66			731 Q
	50m:	28.30	28.30	150m:	1:37.95	37.07	250m:	2:51.98	38.27	350m:	4:01.05	30.84	
	100m:	1:00.88	32.58	200m:	2:13.71	35.76	300m:	3:30.21	38.23	400m:	4:30.66	29.61	
7.				2006					+0,54	4:31.80			722 Q
	50m:	28.26	28.26	150m:	1:35.62	35.04	250m:	2:48.97	38.82	350m:	4:00.30	32.17	
	100m:	1:00.58	32.32	200m:	2:10.15	34.53	300m:	3:28.13	39.16	400m:	4:31.80	31.50	
8.				2003		-			+0,67	4:32.25			718 Q
	50m:	28.86	28.86	150m:	1:39.79	36.48	250m:	2:52.04	36.04	350m:	4:00.60	31.28	
	100m:	1:03.31	34.45	200m:	2:16.00	36.21	300m:	3:29.32	37.28	400m:	4:32.25	31.65	
9.				1999		-			+0,69	4:33.00			712 R
	50m:	28.54	28.54	150m:	1:38.07	35.56	250m:	2:51.51	37.76	350m:	4:02.89	32.52	
	100m:	1:02.51	33.97	200m:	2:13.75	35.68	300m:	3:30.37	38.86	400m:	4:33.00	30.11	
10.				1998					+0,68	4:33.12			711 R
	50m:	28.72	28.72	150m:	1:37.70	34.35	250m:	2:50.47	38.21	350m:	4:02.24	32.51	
	100m:	1:03.35	34.63	200m:	2:12.26	34.56	300m:	3:29.73	39.26	400m:	4:33.12	30.88	
11.				1998		-			+0,69	4:33.16			711
	50m:	28.11	28.11	150m:	1:36.33	35.92	250m:	2:50.72	40.09	350m:	4:03.26	33.41	
	100m:	1:00.41	32.30	200m:	2:10.63	34.30	300m:	3:29.85	39.13	400m:	4:33.16	29.90	
12.				2007					+0,51	4:33.81			706
	50m:	29.31	29.31	150m:	1:36.90	33.72	250m:	2:50.07	40.64	350m:	4:02.76	31.25	
	100m:	1:03.18	33.87	200m:	2:09.43	32.53	300m:	3:31.51	41.44	400m:	4:33.81	31.05	
13.				2006						4:33.87			705
	50m:	28.27	28.27	150m:	1:37.84	35.00	250m:	2:52.66	40.13	350m:	4:04.02	31.66	
	100m:	1:02.84	34.57	200m:	2:12.53	34.69	300m:	3:32.36	39.70	400m:	4:33.87	29.85	
14.				2004					+0,75	4:35.68			691
	50m:	29.27	29.27	150m:	1:40.15	37.55	250m:	2:54.99	38.51	350m:	4:05.22	31.03	
	100m:	1:02.60	33.33	200m:	2:16.48	36.33	300m:	3:34.19	39.20	400m:	4:35.68	30.46	
15.				2004					+0,55	4:35.89			690
	50m:	29.49	29.49	150m:	1:38.68	35.43	250m:	2:52.98	39.70	350m:	4:04.98	32.07	
	100m:	1:03.25	33.76	200m:	2:13.28	34.60	300m:	3:32.91	39.93	400m:	4:35.89	30.91	
16.				2004					+0,65	4:36.82			683
	50m:	28.88	28.88	150m:	1:38.03	35.71	250m:	2:51.59	39.61	350m:	4:05.27	33.04	
	100m:	1:02.32	33.44	200m:	2:11.98	33.95	300m:	3:32.23	40.64	400m:	4:36.82	31.55	



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26, , 400m		/		R.T.		FINA		
17.			2003		+0,68	4:38.47	671	
	50m: 28.61	28.61	150m: 1:37.34	36.12	250m: 2:53.16	40.60	350m: 4:07.46	32.95
	100m: 1:01.22	32.61	200m: 2:12.56	35.22	300m: 3:34.51	41.35	400m: 4:38.47	31.01
18.			1996		+0,69	4:38.68	669	
	50m: 30.46	30.46	150m: 1:40.58	36.39	250m: 2:55.08	39.48	350m: 4:08.56	33.69
	100m: 1:04.19	33.73	200m: 2:15.60	35.02	300m: 3:34.87	39.79	400m: 4:38.68	30.12
19.			2003	-	+0,73	4:38.95	667	
	50m: 28.52	28.52	150m: 1:39.93	37.84	250m: 2:55.07	37.87	350m: 4:07.58	33.06
	100m: 1:02.09	33.57	200m: 2:17.20	37.27	300m: 3:34.52	39.45	400m: 4:38.95	31.37
20.			2003		+0,70	4:40.29	658	
	50m: 28.63	28.63	150m: 1:38.89	36.04	250m: 2:52.98	39.51	350m: 4:06.68	31.71
	100m: 1:02.85	34.22	200m: 2:13.47	34.58	300m: 3:34.97	41.99	400m: 4:40.29	33.61
21.			2003		+0,65	4:40.91	654	
	50m: 27.75	27.75	150m: 1:37.39	36.56	250m: 2:54.14	40.12	350m: 4:08.07	33.76
	100m: 1:00.83	33.08	200m: 2:14.02	36.63	300m: 3:34.31	40.17	400m: 4:40.91	32.84
22.			2005		+0,65	4:46.30	617	
	50m: 29.31	29.31	150m: 1:41.26	37.50	250m: 3:00.04	42.44	350m: 4:14.73	31.89
	100m: 1:03.76	34.45	200m: 2:17.60	36.34	300m: 3:42.84	42.80	400m: 4:46.30	31.57
23.			2004		+0,73	4:50.53	591	
	50m: 30.46	30.46	150m: 1:44.07	38.19	250m: 3:02.07	40.94	350m: 4:18.14	34.06
	100m: 1:05.88	35.42	200m: 2:21.13	37.06	300m: 3:44.08	42.01	400m: 4:50.53	32.39
24.			2000		+0,82	4:54.63	566	
	50m: 29.75	29.75	150m: 1:44.46	39.33	250m: 3:03.81	41.02	350m: 4:20.30	34.66
	100m: 1:05.13	35.38	200m: 2:22.79	38.33	300m: 3:45.64	41.83	400m: 4:54.63	34.33
25.			2005		+0,78	4:56.46	556	
	50m: 32.26	32.26	150m: 1:47.11	38.42	250m: 3:07.19	42.07	350m: 4:25.22	34.34
	100m: 1:08.69	36.43	200m: 2:25.12	38.01	300m: 3:50.88	43.69	400m: 4:56.46	31.24
26.			2005		+0,68	5:04.10	515	
	50m: 31.20	31.20	150m: 1:46.51	38.43	250m: 3:08.64	45.15	350m: 4:30.89	35.54
	100m: 1:08.08	36.88	200m: 2:23.49	36.98	300m: 3:55.35	46.71	400m: 5:04.10	33.21
DSQ			2006					