

16 , 400m
16.09.2020 - 15:45

: FINA 2019

1.				06		-1		4:39.58	585	I		
	50m:	32.39	32.39	150m:	1:44.49	36.28	250m:	2:55.75	35.48	350m:	4:06.53	35.02
	100m:	1:08.21	35.82	200m:	2:20.27	35.78	300m:	3:31.51	35.76	400m:	4:39.58	33.05
2.				03		-1		4:40.79	578	I		
	50m:	32.77	32.77	150m:	1:44.74	36.06	250m:	2:55.93	35.49	350m:	4:06.75	34.99
	100m:	1:08.68	35.91	200m:	2:20.44	35.70	300m:	3:31.76	35.83	400m:	4:40.79	34.04
3.				05				4:51.65	515	I		
	50m:	32.74	32.74	150m:	1:44.62	36.76	250m:	2:59.24	37.70	350m:	4:16.03	38.56
	100m:	1:07.86	35.12	200m:	2:21.54	36.92	300m:	3:37.47	38.23	400m:	4:51.65	35.62
4.				06		-1		4:51.97	514	I		
	50m:	33.79	33.79	150m:	1:48.85	37.28	250m:	3:02.73	36.85	350m:	4:16.98	37.44
	100m:	1:11.57	37.78	200m:	2:25.88	37.03	300m:	3:39.54	36.81	400m:	4:51.97	34.99
5.				06				4:56.24	492	II		
	50m:	32.50	32.50	150m:	1:46.82	37.53	250m:	3:02.32	37.79	350m:	4:19.40	38.91
	100m:	1:09.29	36.79	200m:	2:24.53	37.71	300m:	3:40.49	38.17	400m:	4:56.24	36.84
6.				06				5:05.91	447	II		
	50m:	33.38	33.38	150m:	1:49.97	38.52	250m:	3:08.82	39.72	350m:	4:28.67	39.91
	100m:	1:11.45	38.07	200m:	2:29.10	39.13	300m:	3:48.76	39.94	400m:	5:05.91	37.24
7.				05				5:08.24	437	II		
	50m:	33.59	33.59	150m:	1:49.27	38.46	250m:	3:08.70	40.00	350m:	4:29.15	40.34
	100m:	1:10.81	37.22	200m:	2:28.70	39.43	300m:	3:48.81	40.11	400m:	5:08.24	39.09
8.				06		-2		5:12.12	420	II		
	50m:	33.78	33.78	150m:	1:50.34	38.64	250m:	3:10.90	40.97	350m:	4:31.98	40.42
	100m:	1:11.70	37.92	200m:	2:29.93	39.59	300m:	3:51.56	40.66	400m:	5:12.12	40.14
9.				07				5:25.99	369	II		
	50m:	35.21	35.21	150m:	1:55.91	41.12	250m:	3:20.13	41.71	350m:	4:44.42	42.52
	100m:	1:14.79	39.58	200m:	2:38.42	42.51	300m:	4:01.90	41.77	400m:	5:25.99	41.57
10.				05		-1		5:34.74	341	II		
	50m:	36.61	36.61	150m:	2:01.77	42.79	250m:	3:27.08	43.07	350m:	4:53.48	43.04
	100m:	1:18.98	42.37	200m:	2:44.01	42.24	300m:	4:10.44	43.36	400m:	5:34.74	41.26
11.				07		-2		5:43.06	317			
	50m:	35.63	35.63	150m:	2:01.15	43.40	250m:	3:29.35	44.71	350m:	5:00.57	45.48
	100m:	1:17.75	42.12	200m:	2:44.64	43.49	300m:	4:15.09	45.74	400m:	5:43.06	42.49