

12	, 400m								14		
19.06.2024											
: FINA 2022											
14 - 15											
1.			10						<b>5:30.69</b>	480	
50m:	34.65	34.65	150m:	1:57.41	42.06	250m:	3:26.95	47.45	350m:	4:53.82	38.30
100m:	1:15.35	40.70	200m:	2:39.50	42.09	300m:	4:15.52	48.57	400m:	5:30.69	36.87
16 - 18											
1.			06						<b>5:05.13</b>	611	
50m:	32.25	32.25	150m:	1:48.04	38.03	250m:	3:11.55	44.75	350m:	4:31.20	35.64
100m:	1:10.01	37.76	200m:	2:26.80	38.76	300m:	3:55.56	44.01	400m:	5:05.13	33.93
2.			08		6				<b>5:06.34</b>	603	
50m:	31.01	31.01	150m:	1:47.92	40.00	250m:	3:10.90	44.22	350m:	4:32.11	36.38
100m:	1:07.92	36.91	200m:	2:26.68	38.76	300m:	3:55.73	44.83	400m:	5:06.34	34.23
3.			08						<b>5:12.50</b>	568	
50m:	32.59	32.59	150m:	1:49.79	39.42	250m:	3:13.43	43.90	350m:	4:36.48	37.71
100m:	1:10.37	37.78	200m:	2:29.53	39.74	300m:	3:58.77	45.34	400m:	5:12.50	36.02
14											
1.			04						<b>4:49.69</b>	714	
50m:	31.43	31.43	150m:	1:43.94	36.72	250m:	3:00.90	41.06	350m:	4:16.95	34.42
100m:	1:07.22	35.79	200m:	2:19.84	35.90	300m:	3:42.53	41.63	400m:	4:49.69	32.74
2.			06						<b>5:05.13</b>	611	
50m:	32.25	32.25	150m:	1:48.04	38.03	250m:	3:11.55	44.75	350m:	4:31.20	35.64
100m:	1:10.01	37.76	200m:	2:26.80	38.76	300m:	3:55.56	44.01	400m:	5:05.13	33.93
3.			08		6				<b>5:06.34</b>	603	
50m:	31.01	31.01	150m:	1:47.92	40.00	250m:	3:10.90	44.22	350m:	4:32.11	36.38
100m:	1:07.92	36.91	200m:	2:26.68	38.76	300m:	3:55.73	44.83	400m:	5:06.34	34.23
4.			08						<b>5:12.50</b>	568	
50m:	32.59	32.59	150m:	1:49.79	39.42	250m:	3:13.43	43.90	350m:	4:36.48	37.71
100m:	1:10.37	37.78	200m:	2:29.53	39.74	300m:	3:58.77	45.34	400m:	5:12.50	36.02
5.			10						<b>5:30.69</b>	480	
50m:	34.65	34.65	150m:	1:57.41	42.06	250m:	3:26.95	47.45	350m:	4:53.82	38.30
100m:	1:15.35	40.70	200m:	2:39.50	42.09	300m:	4:15.52	48.57	400m:	5:30.69	36.87