

35
6/5/2026 - 12:40

, 400m

2008 - 2014

		: 6:40.00 / III	: 5:57.00 / II	: 5:16.00 / I	: 4:44.00 /	: 4:24.00 /	: 4:10.00				
: AQUA 2026								100m	200m	300m	400m
1.			08		4:18.82	613		1:00.66	1:07.73	1:08.38	1:02.05
	50m:			150m:	250m:				350m:		
	100m:	1:00.66		200m:	300m:	3:16.77			400m:	4:18.82	
2.			09		4:31.22	533		1:01.82	1:08.68	1:10.64	1:10.08
	50m:			150m:	250m:				350m:		
	100m:	1:01.82		200m:	300m:	3:21.14			400m:	4:31.22	
1.			10		4:21.22	597		1:01.44	1:07.32	1:08.21	1:04.25
	50m:			150m:	250m:				350m:		
	100m:	1:01.44		200m:	300m:	3:16.97			400m:	4:21.22	
2.			10		4:35.03	511		1:03.19	1:11.43	1:11.79	1:08.62
	50m:			150m:	250m:				350m:		
	100m:	1:03.19		200m:	300m:	3:26.41			400m:	4:35.03	
3.			11		4:37.36	498		1:04.97	1:12.04	1:11.81	1:08.54
	50m:			150m:	250m:				350m:		
	100m:	1:04.97		200m:	300m:	3:28.82			400m:	4:37.36	
4.			10		4:53.27	421		1:06.45	1:15.68	1:17.49	1:13.65
	50m:			150m:	250m:				350m:		
	100m:	1:06.45		200m:	300m:	3:39.62			400m:	4:53.27	
5.			11		4:53.82	419		1:09.28	1:17.12	1:16.30	1:11.12
	50m:			150m:	250m:				350m:		
	100m:	1:09.28		200m:	300m:	3:42.70			400m:	4:53.82	
6.			11		5:22.92	316		1:16.95	1:23.86	1:23.11	1:19.00
	50m:			150m:	250m:				350m:		
	100m:	1:16.95		200m:	300m:	4:03.92			400m:	5:22.92	
1.			12		4:58.95	398		1:06.70	1:17.09	1:18.65	1:16.51
	50m:			150m:	250m:				350m:		
	100m:	1:06.70		200m:	300m:	3:42.44			400m:	4:58.95	
2.			13	1	5:16.06	337		1:15.59	1:23.22	1:22.17	1:15.08
	50m:			150m:	250m:				350m:		
	100m:	1:15.59		200m:	300m:	4:00.98			400m:	5:16.06	
3.			12		5:16.93	334		1:13.43	1:22.36	1:22.27	1:18.87
	50m:			150m:	250m:				350m:		
	100m:	1:13.43		200m:	300m:	3:58.06			400m:	5:16.93	
4.			12	1	5:19.66	325		1:15.43	1:23.49	1:22.78	1:17.96
	50m:			150m:	250m:				350m:		
	100m:	1:15.43		200m:	300m:	4:01.70			400m:	5:19.66	
5.			12		5:31.62	291		1:16.86	1:24.33	1:25.28	1:25.15
	50m:			150m:	250m:				350m:		
	100m:	1:16.86		200m:	300m:	4:06.47			400m:	5:31.62	
6.			14	1	5:48.93	250		1:20.21	1:31.93	1:32.98	1:23.81
	50m:			150m:	250m:				350m:		
	100m:	1:20.21		200m:	300m:	4:25.12			400m:	5:48.93	
7.			12		5:59.38	229		1:21.83	1:32.48	1:34.27	1:30.80
	50m:			150m:	250m:				350m:		
	100m:	1:21.83		200m:	300m:	4:28.58			400m:	5:59.38	

35, , 400m ,

						100m	200m	300m	400m
8.		12		7:26.95	119	1:39.67	1:54.05	1:56.66	1:56.57
	50m:		150m:	250m:			350m:		
	100m: 1:39.67		200m: 3:33.72	300m: 5:30.38			400m: 7:26.95		