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35 , 400m (15-17)
23.07.2021 - 12:36

				4:04.10				-				04.04.2021				
				4:08.81				(AZE)				24.06.2015				
: FINA 2020																
				/				R.T.				FINA				
1.				2004				-				+0,80	4:16.12	786		
	50m:	29.52	29.52	150m:	1:34.69	32.78	250m:	2:40.21	32.63	350m:	3:45.29	32.42				
	100m:	1:01.91	32.39	200m:	2:07.58	32.89	300m:	3:12.87	32.66	400m:	4:16.12	30.83				
2.				2004				-				+0,79	4:17.77	771		
	50m:	29.60	29.60	150m:	1:33.89	32.34	250m:	2:38.83	32.34	350m:	3:45.20	33.11				
	100m:	1:01.55	31.95	200m:	2:06.49	32.60	300m:	3:12.09	33.26	400m:	4:17.77	32.57				
3.				2004								+0,83	4:24.33	715		
	50m:	30.03	30.03	150m:	1:35.10	32.82	250m:	2:42.09	33.67	350m:	3:50.76	34.36				
	100m:	1:02.28	32.25	200m:	2:08.42	33.32	300m:	3:16.40	34.31	400m:	4:24.33	33.57				
4.				2004								+0,69	4:25.66	705		
	50m:	29.96	29.96	150m:	1:37.11	34.00	250m:	2:45.19	34.15	350m:	3:53.11	33.76				
	100m:	1:03.11	33.15	200m:	2:11.04	33.93	300m:	3:19.35	34.16	400m:	4:25.66	32.55				
5.				2006								+0,77	4:26.73	696		
	50m:	30.81	30.81	150m:	1:38.61	34.28	250m:	2:47.09	34.36	350m:	3:55.46	33.96				
	100m:	1:04.33	33.52	200m:	2:12.73	34.12	300m:	3:21.50	34.41	400m:	4:26.73	31.27				
6.				2004								+0,75	4:27.18	693		
	50m:	30.51	30.51	150m:	1:36.96	33.70	250m:	2:45.39	34.31	350m:	3:53.59	34.00				
	100m:	1:03.26	32.75	200m:	2:11.08	34.12	300m:	3:19.59	34.20	400m:	4:27.18	33.59				
7.				2006								+0,70	4:27.54	690		
	50m:	29.88	29.88	150m:	1:37.65	34.02	250m:	2:46.77	34.59	350m:	3:55.63	34.32				
	100m:	1:03.63	33.75	200m:	2:12.18	34.53	300m:	3:21.31	34.54	400m:	4:27.54	31.91				
8.				2005								+0,74	4:28.17	685		
	50m:	30.91	30.91	150m:	1:38.59	34.08	250m:	2:47.66	34.54	350m:	3:55.60	33.50				
	100m:	1:04.51	33.60	200m:	2:13.12	34.53	300m:	3:22.10	34.44	400m:	4:28.17	32.57				
9.				2004								+0,68	4:28.21	685		
	50m:	30.44	30.44	150m:	1:38.18	33.76	250m:	2:46.16	33.69	350m:	3:55.27	34.61				
	100m:	1:04.42	33.98	200m:	2:12.47	34.29	300m:	3:20.66	34.50	400m:	4:28.21	32.94				
10.				2006								+0,88	4:28.53	682		
	50m:	30.47	30.47	150m:	1:38.01	34.03	250m:	2:47.22	34.85	350m:	3:55.96	34.15				
	100m:	1:03.98	33.51	200m:	2:12.37	34.36	300m:	3:21.81	34.59	400m:	4:28.53	32.57				
11.				2005								+0,82	4:28.83	680		
	50m:	30.93	30.93	150m:	1:38.39	34.12	250m:	2:47.28	34.64	350m:	3:56.09	34.43				
	100m:	1:04.27	33.34	200m:	2:12.64	34.25	300m:	3:21.66	34.38	400m:	4:28.83	32.74				
12.				2005								+0,70	4:29.17	677		
	50m:	30.51	30.51	150m:	1:36.51	33.61	250m:	2:45.64	34.72	350m:	3:55.21	34.66				
	100m:	1:02.90	32.39	200m:	2:10.92	34.41	300m:	3:20.55	34.91	400m:	4:29.17	33.96				
13.				2006								+0,82	4:29.74	673		
	50m:	30.41	30.41	150m:	1:38.71	34.60	250m:	2:47.53	34.31	350m:	3:56.65	34.65				
	100m:	1:04.11	33.70	200m:	2:13.22	34.51	300m:	3:22.00	34.47	400m:	4:29.74	33.09				
14.				2006				-				+0,72	4:29.90	672		
	50m:	30.84	30.84	150m:	1:38.58	34.51	250m:	2:47.36	34.49	350m:	3:55.80	33.68				
	100m:	1:04.07	33.23	200m:	2:12.87	34.29	300m:	3:22.12	34.76	400m:	4:29.90	34.10				
15.				2004								+0,76	4:30.03	671		
	50m:	30.51	30.51	150m:	1:37.16	33.68	250m:	2:46.02	34.49	350m:	3:55.92	34.84				
	100m:	1:03.48	32.97	200m:	2:11.53	34.37	300m:	3:21.08	35.06	400m:	4:30.03	34.11				
16.				2005								+0,78	4:30.47	668		
	50m:	29.97	29.97	150m:	1:37.61	34.23	250m:	2:47.43	34.76	350m:	3:57.26	34.59				
	100m:	1:03.38	33.41	200m:	2:12.67	35.06	300m:	3:22.67	35.24	400m:	4:30.47	33.21				
17.				2005								+0,89	4:31.57	660		
	50m:	30.44	30.44	150m:	1:38.23	34.33	250m:	2:48.04	34.93	350m:	3:58.35	35.21				
	100m:	1:03.90	33.46	200m:	2:13.11	34.88	300m:	3:23.14	35.10	400m:	4:31.57	33.22				

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35, , 400m , (15-17)								R.T.		FINA	
18.			2005					+0,71	4:33.15		648
	50m: 30.45	30.45	150m: 1:38.54	34.42	250m: 2:48.32	35.23	350m: 3:59.69	35.23	35.23	35.23	35.59
	100m: 1:04.12	33.67	200m: 2:13.09	34.55	300m: 3:24.10	35.78	400m: 4:33.15	35.78	35.78	35.78	33.46
19.			2006					+0,78	4:35.08		635
	50m: 31.79	31.79	150m: 1:41.55	35.30	250m: 2:50.98	34.33	350m: 4:00.54	34.33	34.33	34.33	34.76
	100m: 1:06.25	34.46	200m: 2:16.65	35.10	300m: 3:25.78	34.80	400m: 4:35.08	34.80	34.80	34.80	34.54
20.			2005					+0,72	4:35.79		630
	50m: 31.83	31.83	150m: 1:41.76	35.41	250m: 2:52.01	35.12	350m: 4:02.13	35.12	35.12	35.12	35.09
	100m: 1:06.35	34.52	200m: 2:16.89	35.13	300m: 3:27.04	35.03	400m: 4:35.79	35.03	35.03	35.03	33.66
21.			2005					+0,93	4:38.16		614
	50m: 31.94	31.94	150m: 1:41.82	35.12	250m: 2:53.52	35.67	350m: 4:04.79	35.67	35.67	35.67	35.30
	100m: 1:06.70	34.76	200m: 2:17.85	36.03	300m: 3:29.49	35.97	400m: 4:38.16	35.97	35.97	35.97	33.37
22.			2006					+0,78	4:39.08		608
	50m: 30.72	30.72	150m: 1:38.95	34.66	250m: 2:51.63	36.64	350m: 4:04.97	36.64	36.64	36.64	36.53
	100m: 1:04.29	33.57	200m: 2:14.99	36.04	300m: 3:28.44	36.81	400m: 4:39.08	36.81	36.81	36.81	34.11
23.			2006					+0,83	4:40.41		599
	50m: 31.55	31.55	150m: 1:41.71	35.39	250m: 2:54.08	35.71	350m: 4:07.04	35.71	35.71	35.71	36.11
	100m: 1:06.32	34.77	200m: 2:18.37	36.66	300m: 3:30.93	36.85	400m: 4:40.41	36.85	36.85	36.85	33.37
24.			2004					+0,78	4:40.65		598
	50m: 31.18	31.18	150m: 1:41.16	35.30	250m: 2:52.45	35.72	350m: 4:05.86	35.72	35.72	35.72	37.13
	100m: 1:05.86	34.68	200m: 2:16.73	35.57	300m: 3:28.73	36.28	400m: 4:40.65	36.28	36.28	36.28	34.79
25.			2005					+0,77	4:40.88		596
	50m: 32.13	32.13	150m: 1:41.89	35.05	250m: 2:53.52	35.49	350m: 4:05.78	35.49	35.49	35.49	35.98
	100m: 1:06.84	34.71	200m: 2:18.03	36.14	300m: 3:29.80	36.28	400m: 4:40.88	36.28	36.28	36.28	35.10
26.			2006					+0,82	4:45.82		566
	50m: 31.12	31.12	150m: 1:41.91	36.13	250m: 2:55.67	36.82	350m: 4:09.48	36.82	36.82	36.82	36.84
	100m: 1:05.78	34.66	200m: 2:18.85	36.94	300m: 3:32.64	36.97	400m: 4:45.82	36.97	36.97	36.97	36.34
27.			2005					+0,74	4:45.85		566
	50m: 30.99	30.99	150m: 1:41.06	35.66	250m: 2:54.35	36.95	350m: 4:09.38	36.95	36.95	36.95	37.40
	100m: 1:05.40	34.41	200m: 2:17.40	36.34	300m: 3:31.98	37.63	400m: 4:45.85	37.63	37.63	37.63	36.47
28.			2006					+0,90	4:46.70		561
	50m: 31.67	31.67	150m: 1:43.04	36.18	250m: 2:57.29	37.15	350m: 4:11.17	37.15	37.15	37.15	36.79
	100m: 1:06.86	35.19	200m: 2:20.14	37.10	300m: 3:34.38	37.09	400m: 4:46.70	37.09	37.09	37.09	35.53
29.			2006					+0,81	4:47.01		559
	50m: 32.74	32.74	150m: 1:45.55	36.53	250m: 2:58.66	36.51	350m: 4:12.12	36.51	36.51	36.51	36.82
	100m: 1:09.02	36.28	200m: 2:22.15	36.60	300m: 3:35.30	36.64	400m: 4:47.01	36.64	36.64	36.64	34.89
30.			2005					+0,90	4:48.15		552
	50m: 32.06	32.06	150m: 1:43.63	36.09	250m: 2:57.40	37.45	350m: 4:12.09	37.45	37.45	37.45	36.16
	100m: 1:07.54	35.48	200m: 2:19.95	36.32	300m: 3:35.93	38.53	400m: 4:48.15	38.53	38.53	38.53	36.06
31.			2006					+0,65	4:49.63		544
	50m: 31.10	31.10	150m: 1:42.38	36.48	250m: 2:57.50	37.74	350m: 4:13.32	37.74	37.74	37.74	37.80
	100m: 1:05.90	34.80	200m: 2:19.76	37.38	300m: 3:35.52	38.02	400m: 4:49.63	38.02	38.02	38.02	36.31
32.			2006					+0,75	4:49.82		543
	50m: 31.92	31.92	150m: 1:43.79	36.70	250m: 2:58.98	37.60	350m: 4:13.97	37.60	37.60	37.60	37.44
	100m: 1:07.09	35.17	200m: 2:21.38	37.59	300m: 3:36.53	37.55	400m: 4:49.82	37.55	37.55	37.55	35.85
33.			2005					+0,66	4:50.35		540
	50m: 32.83	32.83	150m: 1:44.38	36.39	250m: 2:59.04	37.50	350m: 4:14.53	37.50	37.50	37.50	37.50
	100m: 1:07.99	35.16	200m: 2:21.54	37.16	300m: 3:37.03	37.99	400m: 4:50.35	37.99	37.99	37.99	35.82
34.			2004					+0,71	4:52.03		530
	50m: 32.78	32.78	150m: 1:45.78	36.88	250m: 3:01.33	37.77	350m: 4:17.11	37.77	37.77	37.77	37.87
	100m: 1:08.90	36.12	200m: 2:23.56	37.78	300m: 3:39.24	37.91	400m: 4:52.03	37.91	37.91	37.91	34.92
35.			2006					+0,80	4:52.38		528
	50m: 30.96	30.96	150m: 1:41.95	36.40	250m: 2:57.63	38.19	350m: 4:15.43	38.19	38.19	38.19	38.90
	100m: 1:05.55	34.59	200m: 2:19.44	37.49	300m: 3:36.53	38.90	400m: 4:52.38	38.90	38.90	38.90	36.95

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35,		, 400m				(15-17)						
		/						R.T.		FINA		
36.			2006					+0,58	4:55.22	I	513	
	50m:	32.82	32.82	150m:	1:46.06	36.73	250m:	3:01.65	37.65	350m:	4:18.08	38.02
	100m:	1:09.33	36.51	200m:	2:24.00	37.94	300m:	3:40.06	38.41	400m:	4:55.22	37.14
37.			2006	I				+0,84	4:58.17	I	498	
	50m:	32.67	32.67	150m:	1:47.66	37.91	250m:	3:04.34	38.31	350m:	4:21.13	38.13
	100m:	1:09.75	37.08	200m:	2:26.03	38.37	300m:	3:43.00	38.66	400m:	4:58.17	37.04
38.			2006	I				+0,72	4:58.26	I	498	
	50m:	33.52	33.52	150m:	1:48.19	38.12	250m:	3:05.61	38.54	350m:	4:23.08	38.31
	100m:	1:10.07	36.55	200m:	2:27.07	38.88	300m:	3:44.77	39.16	400m:	4:58.26	35.18
39.			2004					+0,71	4:58.40	I	497	
	50m:	32.11	32.11	150m:	1:45.79	37.53	250m:	3:02.55	38.35	350m:	4:20.70	38.83
	100m:	1:08.26	36.15	200m:	2:24.20	38.41	300m:	3:41.87	39.32	400m:	4:58.40	37.70