



109 , 400m
16.12.2022 - 18:26

WR	3:54.81	SETO Daiya	JPN	Las Vegas (USA)	20.12.2019
WJ	3:56.47	BORODIN Ilya	RUS	Abu Dhabi (UAE)	20.12.2021
CR	4:05.28		RUS	-	16.12.2022

: FINA 2022

						R.T.				FINA		
1.			2003			RUS	+0,72	3:57.88	CR	961		
	25m:	11.50	11.50	125m:	1:09.48	15.05	225m:	2:10.88	16.70	325m:	3:16.10	14.50
	50m:	25.70	14.20	150m:	1:24.34	14.86	250m:	2:27.75	16.87	350m:	3:30.23	14.13
	75m:	39.86	14.16	175m:	1:39.30	14.96	275m:	2:44.57	16.82	375m:	3:44.26	14.03
	100m:	54.43	14.57	200m:	1:54.18	14.88	300m:	3:01.60	17.03	400m:	3:57.88	13.62
2.			2000					RUS	+0,66	4:06.01	869	
	25m:	11.74	11.74	125m:	1:12.89	16.33	225m:	2:16.98	17.20	325m:	3:22.99	14.67
	50m:	26.40	14.66	150m:	1:28.51	15.62	250m:	2:34.11	17.13	350m:	3:37.17	14.18
	75m:	41.38	14.98	175m:	1:44.15	15.64	275m:	2:51.19	17.08	375m:	3:51.68	14.51
	100m:	56.56	15.18	200m:	1:59.78	15.63	300m:	3:08.32	17.13	400m:	4:06.01	14.33
3.			1999					RUS	+0,71	4:08.07	848	
	25m:	11.79	11.79	125m:	1:13.20	16.53	225m:	2:18.49	17.17	325m:	3:25.54	14.98
	50m:	26.57	14.78	150m:	1:29.22	16.02	250m:	2:35.97	17.48	350m:	3:40.38	14.84
	75m:	41.50	14.93	175m:	1:45.38	16.16	275m:	2:53.08	17.11	375m:	3:54.63	14.25
	100m:	56.67	15.17	200m:	2:01.32	15.94	300m:	3:10.56	17.48	400m:	4:08.07	13.44
4.			2003					RUS	+0,75	4:08.13	847	
	25m:	11.95	11.95	125m:	1:13.40	16.71	225m:	2:18.14	16.91	325m:	3:25.26	15.22
	50m:	26.24	14.29	150m:	1:29.47	16.07	250m:	2:35.47	17.33	350m:	3:39.82	14.56
	75m:	41.26	15.02	175m:	1:45.56	16.09	275m:	2:52.57	17.10	375m:	3:54.32	14.50
	100m:	56.69	15.43	200m:	2:01.23	15.67	300m:	3:10.04	17.47	400m:	4:08.13	13.81
5.			2000					RUS	+0,71	4:09.65	832	
	25m:	11.85	11.85	125m:	1:15.17	16.72	225m:	2:20.31	16.99	325m:	3:26.83	14.85
	50m:	26.91	15.06	150m:	1:31.07	15.90	250m:	2:37.39	17.08	350m:	3:41.16	14.33
	75m:	42.66	15.75	175m:	1:47.27	16.20	275m:	2:54.77	17.38	375m:	3:55.59	14.43
	100m:	58.45	15.79	200m:	2:03.32	16.05	300m:	3:11.98	17.21	400m:	4:09.65	14.06
6.			1998	-				RUS	+0,70	4:16.85	764	
	25m:	11.85	11.85	125m:	1:14.23	16.74	225m:	2:21.09	18.35	325m:	3:31.56	15.99
	50m:	26.61	14.76	150m:	1:30.48	16.25	250m:	2:39.19	18.10	350m:	3:46.87	15.31
	75m:	42.00	15.39	175m:	1:46.76	16.28	275m:	2:57.19	18.00	375m:	4:02.10	15.23
	100m:	57.49	15.49	200m:	2:02.74	15.98	300m:	3:15.57	18.38	400m:	4:16.85	14.75
7.			2003	-				RUS	+0,62	4:17.95	754	
	25m:	12.16	12.16	125m:	1:16.48	16.72	225m:	2:22.34	17.58	325m:	3:32.27	15.92
	50m:	27.47	15.31	150m:	1:32.53	16.05	250m:	2:40.40	18.06	350m:	3:47.81	15.54
	75m:	43.38	15.91	175m:	1:48.66	16.13	275m:	2:58.29	17.89	375m:	4:03.33	15.52
	100m:	59.76	16.38	200m:	2:04.76	16.10	300m:	3:16.35	18.06	400m:	4:17.95	14.62
8.			2003	-				RUS	+0,74	4:20.51	732	
	25m:	12.22	12.22	125m:	1:16.51	17.73	225m:	2:25.69	18.49	325m:	3:35.93	15.29
	50m:	27.02	14.80	150m:	1:33.40	16.89	250m:	2:44.09	18.40	350m:	3:50.94	15.01
	75m:	42.72	15.70	175m:	1:50.40	17.00	275m:	3:02.34	18.25	375m:	4:06.05	15.11
	100m:	58.78	16.06	200m:	2:07.20	16.80	300m:	3:20.64	18.30	400m:	4:20.51	14.46