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, 400m

29.06.2023

3:46.17

03.04.2021

: FINA 2023

											WA		
1.	2004										3	3:59.39	776
	50m:	28.04	28.04	150m:	1:28.80	30.42	250m:	2:28.27	29.91	350m:	3:29.11	30.23	
	100m:	58.38	30.34	200m:	1:58.36	29.56	300m:	2:58.88	30.61	400m:	3:59.39	30.28	
2.	2004										"	4:00.48	766
	50m:	28.07	28.07	150m:	1:28.79	30.31	250m:	2:29.62	29.99	350m:	3:30.81	30.65	
	100m:	58.48	30.41	200m:	1:59.63	30.84	300m:	3:00.16	30.54	400m:	4:00.48	29.67	
3.	2004										3	4:04.81	726
	50m:	28.14	28.14	150m:	1:29.24	30.91	250m:	2:32.33	31.58	350m:	3:36.18	31.56	
	100m:	58.33	30.19	200m:	2:00.75	31.51	300m:	3:04.62	32.29	400m:	4:04.81	28.63	
4.	2004										3	4:05.07	724
	50m:	28.59	28.59	150m:	1:30.50	30.79	250m:	2:32.33	31.21	350m:	3:34.42	30.98	
	100m:	59.71	31.12	200m:	2:01.12	30.62	300m:	3:03.44	31.11	400m:	4:05.07	30.65	
5.	2004										"	4:07.40	703
	50m:	28.41	28.41	150m:	1:30.44	30.98	250m:	2:32.43	30.45	350m:	3:35.28	31.28	
	100m:	59.46	31.05	200m:	2:01.98	31.54	300m:	3:04.00	31.57	400m:	4:07.40	32.12	
6.	2004										3	4:10.59	677
	50m:	28.61	28.61	400m:	4:10.59	3:41.98							
7.	2004										"	4:10.61	677
	50m:	28.42	28.42	150m:	1:30.09	30.83	250m:	2:32.30	31.64	350m:	3:38.41	32.87	
	100m:	59.26	30.84	200m:	2:00.66	30.57	300m:	3:05.54	33.24	400m:	4:10.61	32.20	
8.	2007										"	4:10.77	675
	50m:	28.41	28.41	150m:	1:31.14	31.36	250m:	2:35.17	32.12	350m:	3:39.55	31.95	
	100m:	59.78	31.37	200m:	2:03.05	31.91	300m:	3:07.60	32.43	400m:	4:10.77	31.22	
9.	2006										3	4:11.53	669
	50m:	29.53	29.53	150m:	1:32.58	31.48	250m:	2:36.23	31.87	350m:	3:40.65	32.28	
	100m:	1:01.10	31.57	200m:	2:04.36	31.78	300m:	3:08.37	32.14	400m:	4:11.53	30.88	
10.	2007										"	4:12.33	663
	50m:	28.78	28.78	150m:	1:31.91	31.59	250m:	2:36.61	31.78	350m:	3:41.09	32.14	
	100m:	1:00.32	31.54	200m:	2:04.83	32.92	300m:	3:08.95	32.34	400m:	4:12.33	31.24	
11.	2008										"	4:12.72	660
	50m:	29.27	29.27	150m:	1:33.25	32.19	250m:	2:37.82	32.27	350m:	3:41.98	31.75	
	100m:	1:01.06	31.79	200m:	2:05.55	32.30	300m:	3:10.23	32.41	400m:	4:12.72	30.74	
12.	2006										"	4:13.63	653
	50m:	29.40	29.40	150m:	1:34.67	32.72	250m:	2:39.49	31.94	350m:	3:43.19	31.29	
	100m:	1:01.95	32.55	200m:	2:07.55	32.88	300m:	3:11.90	32.41	400m:	4:13.63	30.44	
13.	2003										"	4:14.14	649
	50m:	27.32	27.32	150m:	1:30.59	32.37	250m:	2:36.21	33.01	350m:	3:42.43	33.58	
	100m:	58.22	30.90	200m:	2:03.20	32.61	300m:	3:08.85	32.64	400m:	4:14.14	31.71	
14.	2006										-70 "	4:14.50	646
	50m:	28.36	28.36	150m:	1:32.03	32.15	250m:	2:37.21	32.67	350m:	3:42.68	32.60	
	100m:	59.88	31.52	200m:	2:04.54	32.51	300m:	3:10.08	32.87	400m:	4:14.50	31.82	
15.	2005										"	4:14.54	646
	50m:	27.96	27.96	150m:	1:32.24	32.74	250m:	2:37.66	32.57	350m:	3:42.97	32.51	
	100m:	59.50	31.54	200m:	2:05.09	32.85	300m:	3:10.46	32.80	400m:	4:14.54	31.57	
16.	2007										"	4:16.75	629
	50m:	28.50	28.50	150m:	1:33.39	32.63	250m:	2:37.94	32.14	350m:	3:45.11	33.62	
	100m:	1:00.76	32.26	200m:	2:05.80	32.41	300m:	3:11.49	33.55	400m:	4:16.75	31.64	
17.	2002										4	4:19.22	611
	50m:	27.01	27.01	150m:	1:29.77	31.75	250m:	2:36.53	33.52				
	100m:	58.02	31.01	200m:	2:03.01	33.24	400m:	4:19.22	1:42.69				

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