



38

, 400m

29.06.2023 - 13:25

4:06.30

(MEX)

11.07.2008

: FINA 2023

		4:06.30				(MEX)				11.07.2008		
		/				"				WA		
1.		2002				"				<b>4:25.59</b>	705	
	50m:	31.12	31.12	150m:	1:39.28	34.00	250m:	2:46.90	33.62	350m:	3:53.67	32.59
	100m:	1:05.28	34.16	200m:	2:13.28	34.00	300m:	3:21.08	34.18	400m:	4:25.59	31.92
2.		2005				"				<b>4:27.80</b>	687	
	50m:	32.10	32.10	150m:	1:40.92	34.36	250m:	2:48.42	33.44	350m:	3:55.80	33.72
	100m:	1:06.56	34.46	200m:	2:14.98	34.06	300m:	3:22.08	33.66	400m:	4:27.80	32.00
3.		2005				"				<b>4:33.68</b>	644	
	50m:	31.37	31.37	150m:	1:40.79	34.57	250m:	2:49.96	34.40	350m:	3:59.69	34.89
	100m:	1:06.22	34.85	200m:	2:15.56	34.77	300m:	3:24.80	34.84	400m:	4:33.68	33.99
4.		2006				"				<b>4:34.01</b>	642	
	50m:	31.36	31.36	150m:	1:40.91	35.07	250m:	2:50.21	34.33	350m:	4:00.20	34.86
	100m:	1:05.84	34.48	200m:	2:15.88	34.97	300m:	3:25.34	35.13	400m:	4:34.01	33.81
5.		2008				"				<b>4:34.28</b>	640	
	50m:	32.27	32.27	150m:	1:41.57	34.30	250m:	2:51.23	34.29	350m:	4:00.91	34.66
	100m:	1:07.27	35.00	200m:	2:16.94	35.37	300m:	3:26.25	35.02	400m:	4:34.28	33.37
6.		2005				"				<b>4:36.17</b>	627	
	50m:	31.91	31.91	150m:	1:41.34	34.80	250m:	2:51.95	35.15	350m:	4:02.19	34.73
	100m:	1:06.54	34.63	200m:	2:16.80	35.46	300m:	3:27.46	35.51	400m:	4:36.17	33.98
7.		2007				"				<b>4:37.33</b>	619	
	50m:	31.63	31.63	150m:	1:41.70	35.26	250m:	2:52.68	35.66	350m:	4:03.58	35.28
	100m:	1:06.44	34.81	200m:	2:17.02	35.32	300m:	3:28.30	35.62	400m:	4:37.33	33.75
8.		2004				3-				<b>4:37.38</b>	619	
	50m:	31.96	31.96	150m:	1:41.60	35.03	250m:	2:52.53	35.83	350m:	4:03.12	34.84
	100m:	1:06.57	34.61	200m:	2:16.70	35.10	300m:	3:28.28	35.75	400m:	4:37.38	34.26
9.		2009				"				<b>4:39.19</b>	607	
	50m:	31.60	31.60	150m:	1:42.44	35.69	250m:	2:53.81	35.56	350m:	4:04.78	35.22
	100m:	1:06.75	35.15	200m:	2:18.25	35.81	300m:	3:29.56	35.75	400m:	4:39.19	34.41
10.		2006				"				<b>4:39.48</b>	605	
	50m:	31.47	31.47	150m:	1:41.58	35.27	250m:	2:53.21	35.91	350m:	4:05.07	35.72
	100m:	1:06.31	34.84	200m:	2:17.30	35.72	300m:	3:29.35	36.14	400m:	4:39.48	34.41
11.		2008				"				<b>4:40.74</b>	597	
	50m:	31.60	31.60	150m:	1:42.43	35.34	250m:	2:54.58	35.73	350m:	4:06.42	35.44
	100m:	1:07.09	35.49	200m:	2:18.85	36.42	300m:	3:30.98	36.40	400m:	4:40.74	34.32
12.		2006				"				<b>4:42.52</b>	585	
	50m:	32.79	32.79	150m:	1:43.45	35.78	250m:	2:55.33	35.89	350m:	4:07.39	35.84
	100m:	1:07.67	34.88	200m:	2:19.44	35.99	300m:	3:31.55	36.22	400m:	4:42.52	35.13
13.		2008				"				<b>4:42.64</b>	585	
	50m:	32.38	32.38	150m:	1:44.57	35.97	250m:	2:56.31	35.71	350m:	4:07.71	35.48
	100m:	1:08.60	36.22	200m:	2:20.60	36.03	300m:	3:32.23	35.92	400m:	4:42.64	34.93
14.		2009				"				<b>4:44.00</b>	576	
	50m:	31.35	31.35	150m:	1:43.31	36.20	250m:	2:56.04	36.15	350m:	4:08.51	35.48
	100m:	1:07.11	35.76	200m:	2:19.89	36.58	300m:	3:33.03	36.99	400m:	4:44.00	35.49
15.		2008				"				<b>4:44.10</b>	576	
	50m:	32.63	32.63	150m:	1:45.70	36.61	250m:	2:57.17	35.26	350m:	4:09.25	36.00
	100m:	1:09.09	36.46	200m:	2:21.91	36.21	300m:	3:33.25	36.08	400m:	4:44.10	34.85
16.		2008				"				<b>4:44.39</b>	574	
	50m:	31.77	31.77	150m:	1:44.36	36.46	250m:	2:56.93	35.91	350m:	4:09.75	36.33
	100m:	1:07.90	36.13	200m:	2:21.02	36.66	300m:	3:33.42	36.49	400m:	4:44.39	34.64
17.		2008				"				<b>4:44.57</b>	573	
	50m:	31.95	31.95	150m:	1:44.13	36.53	250m:	2:56.62	35.89	350m:	4:08.98	36.07
	100m:	1:07.60	35.65	200m:	2:20.73	36.60	300m:	3:32.91	36.29	400m:	4:44.57	35.59

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38,		, 400m										WA
18.					2006	"	"		<b>4:47.91</b>			553
	50m:	32.22	32.22	150m:	1:43.67	36.07	250m:	2:57.66	37.04	350m:	4:12.38	36.42
	100m:	1:07.60	35.38	200m:	2:20.62	36.95	300m:	3:35.96	38.30	400m:	4:47.91	35.53
19.					2009	,	"	"		<b>4:48.18</b>		552
	50m:	32.67	32.67	150m:	1:44.88	36.76	250m:	2:59.18	36.47	350m:	4:13.84	37.17
	100m:	1:08.12	35.45	200m:	2:22.71	37.83	300m:	3:36.67	37.49	400m:	4:48.18	34.34
20.					2007	"	"		<b>4:48.98</b>			547
	50m:	32.23	32.23	150m:	1:44.21	36.06	250m:	2:58.39	37.19	350m:	4:12.79	37.00
	100m:	1:08.15	35.92	200m:	2:21.20	36.99	300m:	3:35.79	37.40	400m:	4:48.98	36.19
21.					2008	"	"		<b>4:49.08</b>			546
	50m:	32.25	32.25	150m:	1:46.06	37.32	250m:	3:00.66	37.08	350m:	4:14.26	36.19
	100m:	1:08.74	36.49	200m:	2:23.58	37.52	300m:	3:38.07	37.41	400m:	4:49.08	34.82
22.					2008		4		<b>4:49.54</b>			544
	50m:	32.66	32.66	150m:	1:47.10	37.96	250m:	3:01.36	37.21	350m:	4:15.02	37.11
	100m:	1:09.14	36.48	200m:	2:24.15	37.05	300m:	3:37.91	36.55	400m:	4:49.54	34.52
23.					2009	"	"		<b>4:50.11</b>			541
	50m:	32.73	32.73	250m:	1:46.17	22.12	350m:	4:14.97	36.98			
	200m:	1:24.05	51.32	300m:	3:37.99	1:51.82	400m:	4:50.11	35.14			
24.					2008		"	"		<b>4:50.65</b>		538
	50m:	32.06	32.06	150m:	1:44.01	36.46	250m:	2:57.38	36.41	350m:	4:14.05	38.74
	100m:	1:07.55	35.49	200m:	2:20.97	36.96	300m:	3:35.31	37.93	400m:	4:50.65	36.60
25.					2006	"	"		<b>4:53.72</b>			521
	50m:	32.06	32.06	150m:	1:44.68	36.57	250m:	3:00.07	37.92	350m:	4:16.68	37.93
	100m:	1:08.11	36.05	200m:	2:22.15	37.47	300m:	3:38.75	38.68	400m:	4:53.72	37.04
26.					2010		"	"		<b>4:54.62</b>		516
	50m:	33.16	33.16	150m:	1:47.52	37.44	250m:	3:03.59	38.33	350m:	4:18.91	36.83
	100m:	1:10.08	36.92	200m:	2:25.26	37.74	300m:	3:42.08	38.49	400m:	4:54.62	35.71
27.					2008	"	"		<b>4:54.76</b>			515
	50m:	33.08	33.08	150m:	1:45.87	36.80	250m:	3:01.20	37.83	350m:	4:17.09	37.54
	100m:	1:09.07	35.99	200m:	2:23.37	37.50	300m:	3:39.55	38.35	400m:	4:54.76	37.67
28.					2009	"	"		<b>4:55.26</b>			513
	50m:	32.07	32.07	150m:	1:44.30	36.85	250m:	3:00.14	38.40	350m:	4:17.66	38.91
	100m:	1:07.45	35.38	200m:	2:21.74	37.44	300m:	3:38.75	38.61	400m:	4:55.26	37.60
29.					2009	"	"		<b>4:56.50</b>			506
	50m:	33.30	33.30	150m:	1:48.53	37.38	250m:	3:04.70	37.98	350m:	4:19.89	36.97
	100m:	1:11.15	37.85	200m:	2:26.72	38.19	300m:	3:42.92	38.22	400m:	4:56.50	36.61
30.					2010		"	"		<b>4:56.78</b>		505
	50m:	33.20	33.20	150m:	1:48.36	38.11	250m:	3:05.59	38.73	350m:	4:21.42	37.60
	100m:	1:10.25	37.05	200m:	2:26.86	38.50	300m:	3:43.82	38.23	400m:	4:56.78	35.36
31.					2009		"	"		<b>5:00.55</b>		486
	50m:	33.46	33.46	150m:	1:48.57	38.22	250m:	3:05.73	38.56	350m:	4:23.39	38.95
	100m:	1:10.35	36.89	200m:	2:27.17	38.60	300m:	3:44.44	38.71	400m:	5:00.55	37.16
32.					2008		"	"		<b>5:02.55</b>		477
	50m:	33.50	33.50	150m:	1:51.30	39.41	250m:	3:08.41	38.31	350m:	4:26.15	38.41
	100m:	1:11.89	38.39	200m:	2:30.10	38.80	300m:	3:47.74	39.33	400m:	5:02.55	36.40
DNS					2008	,	"	"				
DNS					2009	,	"	"				