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(50 ) 2021  
 , 4. - 6.11.2021

10 , 400m 2006  
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: FINA 2021

							100m	200m	300m	400m		
1.		04			<b>4:31.42</b> 533 I		1:03.41	1:08.52	1:10.79	1:08.70		
	50m:	30.38	30.38	150m:	1:37.55	34.14	250m:	2:47.31	35.38	350m:	3:58.80	36.08
	100m:	1:03.41	33.03	200m:	2:11.93	34.38	300m:	3:22.72	35.41	400m:	4:31.42	32.62
2.		05	"	"	<b>4:32.47</b> 526 I		1:04.75	1:09.56	1:11.13	1:07.03		
	50m:	31.08	31.08	150m:	1:39.22	34.47	250m:	2:49.46	35.15	350m:	3:59.96	34.52
	100m:	1:04.75	33.67	200m:	2:14.31	35.09	300m:	3:25.44	35.98	400m:	4:32.47	32.51
3.		05	"	"	<b>4:46.77</b> 451 II		1:05.39	1:12.95	1:14.28	1:14.15		
	50m:	30.82	30.82	150m:	1:41.43	36.04	250m:	2:55.27	36.93	350m:	4:10.37	37.75
	100m:	1:05.39	34.57	200m:	2:18.34	36.91	300m:	3:32.62	37.35	400m:	4:46.77	36.40
4.		04	"	"	<b>5:08.16</b> 364 II		1:10.70	1:18.86	1:20.73	1:17.87		
	50m:	33.04	33.04	150m:	1:49.85	39.15	250m:	3:09.15	39.59	350m:	4:30.81	40.52
	100m:	1:10.70	37.66	200m:	2:29.56	39.71	300m:	3:50.29	41.14	400m:	5:08.16	37.35
5.		05			<b>5:12.28</b> 349		1:11.10	1:19.18	1:21.71	1:20.29		
	50m:	33.32	33.32	150m:	1:50.57	39.47	250m:	3:11.30	41.02	350m:	4:32.88	40.89
	100m:	1:11.10	37.78	200m:	2:30.28	39.71	300m:	3:51.99	40.69	400m:	5:12.28	39.40
6.		06			<b>5:14.45</b> 342		1:08.28	1:21.02	1:23.08	1:22.07		
	50m:	31.55	31.55	150m:	1:48.04	39.76	250m:	3:10.93	41.63	350m:	4:34.74	42.36
	100m:	1:08.28	36.73	200m:	2:29.30	41.26	300m:	3:52.38	41.45	400m:	5:14.45	39.71
7.		06			<b>5:19.50</b> 326		1:13.85	1:22.77	1:24.81	1:18.07		
	50m:	34.22	34.22	150m:	1:55.23	41.38	250m:	3:18.85	42.23	350m:	4:42.84	41.41
	100m:	1:13.85	39.63	200m:	2:36.62	41.39	300m:	4:01.43	42.58	400m:	5:19.50	36.66
8.		06			<b>5:20.41</b> 324		1:14.15	1:20.45	1:22.65	1:23.16		
	50m:	35.00	35.00	150m:	1:54.33	40.18	250m:	3:15.75	41.15	350m:	4:39.52	42.27
	100m:	1:14.15	39.15	200m:	2:34.60	40.27	300m:	3:57.25	41.50	400m:	5:20.41	40.89
9.		05			<b>5:29.03</b> 299		1:15.31			1:24.53		
	50m:	35.24	35.24	150m:	1:57.82	42.51	250m:	3:22.20		350m:	4:48.77	44.27
	100m:	1:15.31	40.07	200m:			300m:	4:04.50	42.30	400m:	5:29.03	40.26
EXH		09			<b>4:56.03</b> 410 II		1:10.48	1:16.61	1:16.07	1:12.87		
	50m:	32.93	32.93	150m:	1:49.25	38.77	250m:	3:04.97	37.88	350m:	4:20.44	37.28
	100m:	1:10.48	37.55	200m:	2:27.09	37.84	300m:	3:43.16	38.19	400m:	4:56.03	35.59
EXH		08			<b>5:07.89</b> 365 II		1:14.55	1:19.30	1:18.25	1:15.79		
	50m:	35.09	35.09	150m:	1:54.16	39.61	250m:	3:13.13	39.28	350m:	4:30.97	38.87
	100m:	1:14.55	39.46	200m:	2:33.85	39.69	300m:	3:52.10	38.97	400m:	5:07.89	36.92