

63
31.03.2023

, 400m

World Records	3:56.40	TITMUS, Ariarne	AUS	Adelaide (AUS)	22.05.2022
National Records	4:17.72	ZLOBINA, Diana	KAZ	Aktobe	04.04.2019

: FINA 2023

1.	,	04	1	+0,80	4:32.91	649Q					
50m:	32.00	32.00	150m:	1:42.05	34.91	250m:	2:51.10	34.10	350m:	4:00.73	34.66
100m:	1:07.14	35.14	200m:	2:17.00	34.95	300m:	3:26.07	34.97	400m:	4:32.91	32.18
2.	,	08	1	+0,61	4:41.60	591Q					
50m:	31.81	31.81	150m:	1:42.63	35.68	250m:	2:54.63	36.46	350m:	4:06.72	35.94
100m:	1:06.95	35.14	200m:	2:18.17	35.54	300m:	3:30.78	36.15	400m:	4:41.60	34.88
3.	,	03	1	+0,60	4:43.23	581Q					
50m:	31.08	31.08	150m:	1:41.66	35.88	250m:	2:54.21	36.01	350m:	4:07.57	36.91
100m:	1:05.78	34.70	200m:	2:18.20	36.54	300m:	3:30.66	36.45	400m:	4:43.23	35.66
4.	,	99	1	+0,79	4:44.24	575Q					
50m:	31.35	31.35	150m:	1:42.69	36.44	250m:	2:55.50	36.70	350m:	4:08.81	36.58
100m:	1:06.25	34.90	200m:	2:18.80	36.11	300m:	3:32.23	36.73	400m:	4:44.24	35.43
5.	,	06		+0,77	4:47.72	554Q					
50m:	32.97	32.97	150m:	1:45.24	36.55	250m:	2:58.37	36.63	350m:	4:11.61	36.70
100m:	1:08.69	35.72	200m:	2:21.74	36.50	300m:	3:34.91	36.54	400m:	4:47.72	36.11
6.	,	00	1	+0,76	4:48.50	550Q					
50m:	32.58	32.58	150m:	1:44.31	36.23	250m:	2:57.38	36.65	350m:	4:11.57	37.66
100m:	1:08.08	35.50	200m:	2:20.73	36.42	300m:	3:33.91	36.53	400m:	4:48.50	36.93
7.	,	07	1	+0,60	4:49.39	545Q					
50m:	31.93	31.93	150m:	1:44.24	37.01	250m:	2:58.99	37.37	350m:	4:13.74	36.99
100m:	1:07.23	35.30	200m:	2:21.62	37.38	300m:	3:36.75	37.76	400m:	4:49.39	35.65
8.	,	06		+0,70	4:49.82	542Q					
50m:	32.63	32.63	150m:	1:44.70	36.62	250m:	2:59.30	37.63	350m:	4:13.79	37.00
100m:	1:08.08	35.45	200m:	2:21.67	36.97	300m:	3:36.79	37.49	400m:	4:49.82	36.03
9.	,	06			4:51.67	532R					
50m:	32.46	32.46	150m:	1:44.83	36.58	250m:	2:59.82	37.99	350m:	4:15.81	38.05
100m:	1:08.25	35.79	200m:	2:21.83	37.00	300m:	3:37.76	37.94	400m:	4:51.67	35.86
10.	,	04		+0,68	4:52.58	527R					
50m:	32.45	32.45	150m:	1:44.56	36.02	250m:	2:57.91	36.93	350m:	4:15.48	38.60
100m:	1:08.54	36.09	200m:	2:20.98	36.42	300m:	3:36.88	38.97	400m:	4:52.58	37.10
11.	,	09	1	+0,50	4:54.13	519					
50m:	32.74	32.74	150m:	1:46.80	37.62	250m:	3:03.00	38.05	350m:	4:19.13	38.08
100m:	1:09.18	36.44	200m:	2:24.95	38.15	300m:	3:41.05	38.05	400m:	4:54.13	35.00
12.	,	07		+0,81	4:55.40	512					
50m:	32.81	32.81	150m:	1:45.54	37.05	250m:	3:01.70	38.41	350m:	4:18.94	38.56
100m:	1:08.49	35.68	200m:	2:23.29	37.75	300m:	3:40.38	38.68	400m:	4:55.40	36.46
13.	,	09		+0,76	4:55.74	510					
50m:	32.22	32.22	150m:	1:45.18	37.31	250m:	3:01.76	38.28	350m:	4:19.07	38.40
100m:	1:07.87	35.65	200m:	2:23.48	38.30	300m:	3:40.67	38.91	400m:	4:55.74	36.67
14.	,	07	2		4:58.08	498					
50m:	32.16	32.16	150m:	1:45.80	37.76	250m:	3:03.70	38.95	350m:	4:20.50	37.40
100m:	1:08.04	35.88	200m:	2:24.75	38.95	300m:	3:43.10	39.40	400m:	4:58.08	37.58
15.	,	06	1	+0,64	4:59.22	493					
50m:	32.24	32.24	150m:	1:47.64	38.27	250m:	3:05.64	39.25	350m:	4:22.96	37.55
100m:	1:09.37	37.13	200m:	2:26.39	38.75	300m:	3:45.41	39.77	400m:	4:59.22	36.26



	63,	, 400m												
16.				05					+0,65	4:59.57	491			
	50m:	32.90	32.90	150m:	1:48.54	39.08	250m:	3:06.55	39.32	350m:	4:22.58	38.17		
	100m:	1:09.46	36.56	200m:	2:27.23	38.69	300m:	3:44.41	37.86	400m:	4:59.57	36.99		
17.				07		1			+0,72	4:59.61	491			
	50m:	33.50	33.50	150m:	1:49.51	38.16	250m:	3:06.75	38.27	350m:	4:22.98	37.32		
	100m:	1:11.35	37.85	200m:	2:28.48	38.97	300m:	3:45.66	38.91	400m:	4:59.61	36.63		
18.				08					+0,65	5:00.87	485			
	50m:	32.87	32.87	150m:	1:50.67	40.04	250m:	3:08.22	39.05	350m:	4:24.36	38.14		
	100m:	1:10.63	37.76	200m:	2:29.17	38.50	300m:	3:46.22	38.00	400m:	5:00.87	36.51		
19.				07		2			+0,67	5:01.82	480			
	50m:	33.54	33.54	150m:	1:48.19	37.77	250m:	3:04.29	38.36	350m:	4:23.79	39.64		
	100m:	1:10.42	36.88	200m:	2:25.93	37.74	300m:	3:44.15	39.86	400m:	5:01.82	38.03		
20.				09					+0,77	5:02.70	476			
	50m:	32.45	32.45	150m:	1:51.31	40.17	250m:	3:09.31	39.21	350m:	4:26.80	37.70		
	100m:	1:11.14	38.69	200m:	2:30.10	38.79	300m:	3:49.10	39.79	400m:	5:02.70	35.90		
21.				08					+0,80	5:04.48	468			
	50m:	33.58	33.58	150m:	1:51.27	39.95	250m:	3:10.19	39.62	350m:	4:27.98	38.69		
	100m:	1:11.32	37.74	200m:	2:30.57	39.30	300m:	3:49.29	39.10	400m:	5:04.48	36.50		
22.				09		2				5:04.73	466			
	50m:	32.72	32.72	150m:	1:47.81	38.39	250m:	3:06.44	39.62	350m:	4:26.79	40.19		
	100m:	1:09.42	36.70	200m:	2:26.82	39.01	300m:	3:46.60	40.16	400m:	5:04.73	37.94		
23.				08		3			+0,67	5:07.48	454			
	50m:	33.13	33.13	150m:	1:49.14	38.64	250m:	3:07.80	39.81	350m:	4:29.18	40.07		
	100m:	1:10.50	37.37	200m:	2:27.99	38.85	300m:	3:49.11	41.31	400m:	5:07.48	38.30		
24.				06		2			+0,62	5:12.00	434			
	50m:	34.05	34.05	150m:	1:51.54	39.64	250m:	3:10.96	39.95	350m:	4:33.12	41.31		
	100m:	1:11.90	37.85	200m:	2:31.01	39.47	300m:	3:51.81	40.85	400m:	5:12.00	38.88		
25.				08		1			+0,66	5:14.68	423			
	50m:	33.24	33.24	150m:	1:52.09	40.40	250m:	3:14.33	41.32	350m:	4:36.28	40.26		
	100m:	1:11.69	38.45	200m:	2:33.01	40.92	300m:	3:56.02	41.69	400m:	5:14.68	38.40		
26.				08					+0,67	5:15.78	419			
	50m:	33.76	33.76	150m:	1:50.68	39.01	250m:	3:11.37	40.47	350m:	4:35.30	42.37		
	100m:	1:11.67	37.91	200m:	2:30.90	40.22	300m:	3:52.93	41.56	400m:	5:15.78	40.48		
27.				08		2			+0,79	5:16.39	417			
	50m:	33.13	33.13	150m:	1:50.69	39.91	250m:	3:13.52	41.66	350m:	4:37.29	41.85		
	100m:	1:10.78	37.65	200m:	2:31.86	41.17	300m:	3:55.44	41.92	400m:	5:16.39	39.10		
28.				09		3			+0,58	5:18.27	409			
	50m:	35.19	35.19	150m:	1:53.75	40.66	250m:	3:16.28	41.94	350m:	4:38.66	41.31		
	100m:	1:13.09	37.90	200m:	2:34.34	40.59	300m:	3:57.35	41.07	400m:	5:18.27	39.61		
29.				09		3			+0,72	5:18.37	409			
	50m:	35.82	35.82	150m:	1:56.03	40.08	250m:	3:18.01	40.49	350m:	4:40.86	41.02		
	100m:	1:15.95	40.13	200m:	2:37.52	41.49	300m:	3:59.84	41.83	400m:	5:18.37	37.51		
30.				08		2				5:18.61	408			
	50m:	33.04	33.04	150m:	1:49.72	38.94	250m:	3:12.86	41.89	350m:	4:37.52	41.18		
	100m:	1:10.78	37.74	200m:	2:30.97	41.25	300m:	3:56.34	43.48	400m:	5:18.61	41.09		
31.				07					+0,72	5:23.91	388			
	50m:	32.81	32.81	150m:	1:53.85	42.00	250m:	3:18.78	42.51	350m:	4:44.97	43.08		
	100m:	1:11.85	39.04	200m:	2:36.27	42.42	300m:	4:01.89	43.11	400m:	5:23.91	38.94		



63, , 400m , ,

32.	,			08					+0,55	5:31.44	362
50m:	35.69	35.69	150m:	1:57.75	41.98	250m:	3:23.40	43.28	350m:	4:50.22	43.34
100m:	1:15.77	40.08	200m:	2:40.12	42.37	300m:	4:06.88	43.48	400m:	5:31.44	41.22