

64
31.03.2023

, 400m

World Records	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26.07.2009
National Records	3:53.25	IVANOV, Alexandr	KAZ	Tokyo (JPN)	10.08.2009

: FINA 2023

1.	,		99					+0,71	4:11.10	673Q		
	50m:	29.35	29.35	150m:	1:32.93	31.82	250m:	2:37.44	32.36	350m:	3:41.75	32.51
	100m:	1:01.11	31.76	200m:	2:05.08	32.15	300m:	3:09.24	31.80	400m:	4:11.10	29.35
2.	,		07	1				+0,71	4:11.59	669Q		
	50m:	28.61	28.61	150m:	1:33.39	32.90	250m:	2:37.71	32.15	350m:	3:42.27	32.75
	100m:	1:00.49	31.88	200m:	2:05.56	32.17	300m:	3:09.52	31.81	400m:	4:11.59	29.32
3.	,		01	1				+0,70	4:12.86	659Q		
	50m:	29.17	29.17	150m:	1:34.42	32.99	250m:	2:39.36	31.67	350m:	3:42.58	30.91
	100m:	1:01.43	32.26	200m:	2:07.69	33.27	300m:	3:11.67	32.31	400m:	4:12.86	30.28
4.	,		03					+0,71	4:12.93	658Q		
	50m:	28.66	28.66	150m:	1:32.87	32.52	250m:	2:37.61	32.23	350m:	3:42.82	32.55
	100m:	1:00.35	31.69	200m:	2:05.38	32.51	300m:	3:10.27	32.66	400m:	4:12.93	30.11
5.	,		07	2				+0,73	4:15.76	637Q		
	50m:	28.43	28.43	150m:	1:34.24	33.23	250m:	2:39.37	32.39	350m:	3:44.51	32.60
	100m:	1:01.01	32.58	200m:	2:06.98	32.74	300m:	3:11.91	32.54	400m:	4:15.76	31.25
6.	,		06	1				+0,56	4:18.29	618Q		
	50m:	29.27	29.27	150m:	1:35.25	33.10	250m:	2:40.47	32.20	350m:	3:45.22	31.96
	100m:	1:02.15	32.88	200m:	2:08.27	33.02	300m:	3:13.26	32.79	400m:	4:18.29	33.07
7.	,		05	1						4:18.36	618Q	
	50m:	28.77	28.77	150m:	1:34.44	33.10	250m:	2:39.88	32.13	350m:	3:45.86	33.12
	100m:	1:01.34	32.57	200m:	2:07.75	33.31	300m:	3:12.74	32.86	400m:	4:18.36	32.50
8.	,		04	1						4:19.78	607Q	
	50m:	28.80	28.80	150m:	1:33.86	33.03	250m:	2:41.40	33.88	350m:	3:48.70	33.56
	100m:	1:00.83	32.03	200m:	2:07.52	33.66	300m:	3:15.14	33.74	400m:	4:19.78	31.08
9.	,		05	1				+0,74	4:20.60	602R		
	50m:	29.32	29.32	150m:	1:34.30	32.72	250m:	2:40.73	33.10	350m:	3:48.47	33.61
	100m:	1:01.58	32.26	200m:	2:07.63	33.33	300m:	3:14.86	34.13	400m:	4:20.60	32.13
10.	,		06	1				+0,80	4:20.87	600R		
	50m:	28.99	28.99	150m:	1:35.89	33.39	250m:	2:41.57	32.65	350m:	3:48.52	33.36
	100m:	1:02.50	33.51	200m:	2:08.92	33.03	300m:	3:15.16	33.59	400m:	4:20.87	32.35
11.	,		05	2				+0,65	4:24.02	579		
	50m:	29.52	29.52	150m:	1:35.99	33.73	250m:	2:44.18	34.14	350m:	3:52.17	33.40
	100m:	1:02.26	32.74	200m:	2:10.04	34.05	300m:	3:18.77	34.59	400m:	4:24.02	31.85
12.	,		07	2				+0,44	4:25.05	572		
	50m:	30.11	30.11	150m:	1:36.53	33.61	250m:	2:44.48	33.90	350m:	3:52.95	34.01
	100m:	1:02.92	32.81	200m:	2:10.58	34.05	300m:	3:18.94	34.46	400m:	4:25.05	32.10
13.	,		07	1				+0,45	4:27.13	559		
	50m:	28.42	28.42	150m:	1:34.19	33.53	250m:	2:43.35	34.24	350m:	3:54.24	35.87
	100m:	1:00.66	32.24	200m:	2:09.11	34.92	300m:	3:18.37	35.02	400m:	4:27.13	32.89
14.	,		05					+0,64	4:30.14	540		
	50m:	29.82	29.82	150m:	1:37.54	34.02	250m:	2:46.81	35.08	350m:	3:56.55	34.91
	100m:	1:03.52	33.70	200m:	2:11.73	34.19	300m:	3:21.64	34.83	400m:	4:30.14	33.59
15.	,		09	3				+0,45	4:31.78	530		
	50m:	31.53	31.53	150m:	1:40.90	35.41	250m:	2:51.15	35.60	350m:	3:59.96	34.36
	100m:	1:05.49	33.96	200m:	2:15.55	34.65	300m:	3:25.60	34.45	400m:	4:31.78	31.82

	64,		, 400m												
16.	,				06							+0,75	4:34.12	517	
	50m:	28.64	28.64	150m:	1:32.74	32.54	250m:	2:40.12	34.23	350m:	3:55.22	38.69			
	100m:	1:00.20	31.56	200m:	2:05.89	33.15	300m:	3:16.53	36.41	400m:	4:34.12	38.90			
17.	,				08								4:34.33	516	
	50m:	31.32	31.32	150m:	1:39.63	34.50	250m:	2:50.32	35.67	350m:	4:01.11	35.15			
	100m:	1:05.13	33.81	200m:	2:14.65	35.02	300m:	3:25.96	35.64	400m:	4:34.33	33.22			
18.	,				08								+0,46	4:35.41	510
	50m:	30.18	30.18	150m:	1:41.36	36.35	250m:	2:52.48	35.43	350m:	4:02.48	34.81			
	100m:	1:05.01	34.83	200m:	2:17.05	35.69	300m:	3:27.67	35.19	400m:	4:35.41	32.93			
19.	,				04								+0,74	4:37.05	501
	50m:	31.57	31.57	150m:	1:41.29	35.05	250m:	2:51.90	35.37	350m:	4:02.80	35.30			
	100m:	1:06.24	34.67	200m:	2:16.53	35.24	300m:	3:27.50	35.60	400m:	4:37.05	34.25			
20.	,				09								+0,76	4:40.61	482
	50m:	30.53	30.53	150m:	1:40.46	35.74	250m:	2:52.68	36.22	350m:	4:04.94	36.76			
	100m:	1:04.72	34.19	200m:	2:16.46	36.00	300m:	3:28.18	35.50	400m:	4:40.61	35.67			
21.	,				07									4:41.16	479
	50m:	30.38	30.38	150m:	1:41.65	35.94	250m:	2:54.48	36.59	350m:	4:06.62	35.82			
	100m:	1:05.71	35.33	200m:	2:17.89	36.24	300m:	3:30.80	36.32	400m:	4:41.16	34.54			
22.	,				03								+0,43	4:41.52	477
	50m:	29.78	29.78	150m:	1:39.20	35.49	250m:	2:51.84	36.52	350m:	4:05.92	36.62			
	100m:	1:03.71	33.93	200m:	2:15.32	36.12	300m:	3:29.30	37.46	400m:	4:41.52	35.60			
23.	,				05								+0,68	4:41.90	475
	50m:	31.06	31.06	150m:	1:40.87	35.54	250m:	2:52.71	36.44	350m:	4:06.74	37.34			
	100m:	1:05.33	34.27	200m:	2:16.27	35.40	300m:	3:29.40	36.69	400m:	4:41.90	35.16			
24.	,				07									4:43.79	466
	50m:	30.98	30.98	150m:	1:44.03	36.83	250m:	2:57.96	36.55	350m:	4:10.08	35.51			
	100m:	1:07.20	36.22	200m:	2:21.41	37.38	300m:	3:34.57	36.61	400m:	4:43.79	33.71			
25.	,				08								+0,71	4:43.87	465
	50m:	31.16	31.16	150m:	1:41.42	35.68	250m:	2:55.29	37.42	350m:	4:09.25	37.80			
	100m:	1:05.74	34.58	200m:	2:17.87	36.45	300m:	3:31.45	36.16	400m:	4:43.87	34.62			
26.	,				07								+0,74	4:46.34	453
	50m:	31.17	31.17	150m:	1:41.56	35.02	250m:	2:54.93	35.92	350m:	4:09.49	37.03			
	100m:	1:06.54	35.37	200m:	2:19.01	37.45	300m:	3:32.46	37.53	400m:	4:46.34	36.85			
27.	,				08								+0,58	4:47.11	450
	50m:	31.22	31.22	150m:	1:42.93	36.02	250m:	2:57.33	37.56	350m:	4:12.15	36.43			
	100m:	1:06.91	35.69	200m:	2:19.77	36.84	300m:	3:35.72	38.39	400m:	4:47.11	34.96			
28.	,				09								+0,52	4:47.58	448
	50m:	31.66	31.66	150m:	1:42.89	35.59	250m:	2:56.46	37.25	350m:	4:11.43	37.61			
	100m:	1:07.30	35.64	200m:	2:19.21	36.32	300m:	3:33.82	37.36	400m:	4:47.58	36.15			
29.	,				09								+0,75	4:47.98	446
	50m:	32.34	32.34	150m:	1:44.58	36.29	250m:	2:59.08	37.38	350m:	4:13.89	36.96			
	100m:	1:08.29	35.95	200m:	2:21.70	37.12	300m:	3:36.93	37.85	400m:	4:47.98	34.09			
30.	,				04								+0,77	4:48.11	445
	50m:	30.49	30.49	150m:	1:42.13	36.83	250m:	2:56.78	37.52	350m:	4:11.49	37.13			
	100m:	1:05.30	34.81	200m:	2:19.26	37.13	300m:	3:34.36	37.58	400m:	4:48.11	36.62			
31.	,				07								+0,67	4:51.42	430
	50m:	31.82	31.82	150m:	1:43.84	36.52	250m:	2:58.89	37.82	350m:	4:15.34	38.04			
	100m:	1:07.32	35.50	200m:	2:21.07	37.23	300m:	3:37.30	38.41	400m:	4:51.42	36.08			



64,		, 400m										
32.	,			06				+0,76	4:52.88	424		
	50m:	30.89	30.89	150m:	1:43.27	37.08	250m:	2:59.97	38.51	350m:	4:16.67	38.36
	100m:	1:06.19	35.30	200m:	2:21.46	38.19	300m:	3:38.31	38.34	400m:	4:52.88	36.21
33.	,			07		2		+0,65	5:02.62	384		
	50m:	31.64	31.64	150m:	1:45.04	38.16	250m:	3:02.79	39.31	350m:	4:24.66	41.18
	100m:	1:06.88	35.24	200m:	2:23.48	38.44	300m:	3:43.48	40.69	400m:	5:02.62	37.96
34.	,			08				+0,71	5:10.94	354		
	50m:	34.97	34.97	150m:	1:52.10	38.79	250m:	3:11.47	39.73	350m:	4:31.65	40.54
	100m:	1:13.31	38.34	200m:	2:31.74	39.64	300m:	3:51.11	39.64	400m:	5:10.94	39.29
35.	,			09		1				5:13.79	344	
	50m:	35.45	35.45	150m:	1:54.16	39.89	250m:	3:15.45	40.48	350m:	4:35.39	39.45
	100m:	1:14.27	38.82	200m:	2:34.97	40.81	300m:	3:55.94	40.49	400m:	5:13.79	38.40
36.	,			10		4		+0,62	5:14.54	342		
	50m:	36.12	36.12	150m:	1:54.67	39.83	250m:	3:15.88	40.60	350m:	4:37.99	41.28
	100m:	1:14.84	38.72	200m:	2:35.28	40.61	300m:	3:56.71	40.83	400m:	5:14.54	36.55
37.	,			08				+0,76	5:24.79	311		
	50m:	35.09	35.09	150m:	1:55.85	40.60	250m:	3:21.06	43.51	350m:	4:48.73	43.70
	100m:	1:15.25	40.16	200m:	2:37.55	41.70	300m:	4:05.03	43.97	400m:	5:24.79	36.06