

66  
31.03.2023

, 400m

World Records	4:03.84	PHELPS, Michael	USA	Beijing (CHN)	10.08.2008
National Records	4:20.52	GORDIYENKO, Dmitriy	KAZ	Tokyo (JPN)	12.08.2009

: FINA 2023

1.	,	07	1	+0,66	<b>4:41.15</b>	652
	50m: 27.56	27.56	150m: 1:35.20	34.97	250m: 2:52.62	43.45
	100m: 1:00.23	32.67	200m: 2:09.17	33.97	300m: 3:36.32	43.70
					350m: 4:08.92	32.60
					400m: 4:41.15	32.23
2.	,	05	1	+0,63	<b>4:48.44</b>	604
	50m: 29.57	29.57	150m: 1:41.37	36.94	250m: 2:58.60	42.36
	100m: 1:04.43	34.86	200m: 2:16.24	34.87	300m: 3:41.62	43.02
					350m: 4:15.78	34.16
					400m: 4:48.44	32.66
3.	,	08	2	+0,58	<b>4:48.69</b>	602
	50m: 29.22	29.22	150m: 1:42.36	37.77	250m: 3:02.16	42.94
	100m: 1:04.59	35.37	200m: 2:19.22	36.86	300m: 3:45.85	43.69
					350m: 4:17.99	32.14
					400m: 4:48.69	30.70
4.	,	07	2	+0,64	<b>4:50.95</b>	588
	50m: 29.18	29.18	150m: 1:40.92	37.26	250m: 3:00.55	43.25
	100m: 1:03.66	34.48	200m: 2:17.30	36.38	300m: 3:45.25	44.70
					350m: 4:18.39	33.14
					400m: 4:50.95	32.56
5.	,	07	1	+0,62	<b>4:59.33</b>	540
	50m: 29.67	29.67	150m: 1:45.64	39.70	250m: 3:06.29	42.01
	100m: 1:05.94	36.27	200m: 2:24.28	38.64	300m: 3:50.61	44.32
					350m: 4:24.35	33.74
					400m: 4:59.33	34.98
6.	,	07	2	+0,61	<b>5:06.70</b>	502
	50m: 30.50	30.50	150m: 1:45.92	39.81	250m: 3:10.30	45.91
	100m: 1:06.11	35.61	200m: 2:24.39	38.47	300m: 3:56.24	45.94
					350m: 4:32.61	36.37
					400m: 5:06.70	34.09
	,	06	3		<b>5:06.70</b>	502
	50m: 29.45	29.45	150m: 1:46.64	41.81	250m: 3:11.08	44.30
	100m: 1:04.83	35.38	200m: 2:26.78	40.14	300m: 3:56.98	45.90
					350m: 4:32.96	35.98
					400m: 5:06.70	33.74
8.	,	08		+0,54	<b>5:07.91</b>	496
	50m: 33.58	33.58	150m: 1:52.17	38.83	250m: 3:14.78	44.61
	100m: 1:13.34	39.76	200m: 2:30.17	38.00	300m: 3:58.26	43.48
					350m: 4:33.55	35.29
					400m: 5:07.91	34.36
9.	,	08		+0,79	<b>5:08.30</b>	494
	50m: 31.98	31.98	150m: 1:49.92	40.79	250m: 3:13.29	44.09
	100m: 1:09.13	37.15	200m: 2:29.20	39.28	300m: 3:56.33	43.04
					350m: 4:33.37	37.04
					400m: 5:08.30	34.93
10.	,	07	1	+0,65	<b>5:08.54</b>	493
	50m: 30.65	30.65	150m: 1:49.44	41.40	250m: 3:12.39	42.19
	100m: 1:08.04	37.39	200m: 2:30.20	40.76	300m: 3:55.90	43.51
					350m: 4:34.15	38.25
					400m: 5:08.54	34.39
11.	,	07		+0,72	<b>5:10.04</b>	486
	50m: 33.34	33.34	150m: 1:51.44	38.70	250m: 3:14.25	45.63
	100m: 1:12.74	39.40	200m: 2:28.62	37.18	300m: 3:58.83	44.58
					350m: 4:35.04	36.21
					400m: 5:10.04	35.00
12.	,	09	3	+0,57	<b>5:22.31</b>	433
	50m: 31.67	31.67	150m: 1:50.91	41.70	250m: 3:20.98	50.00
	100m: 1:09.21	37.54	200m: 2:30.98	40.07	300m: 4:09.30	48.32
					350m: 4:46.82	37.52
					400m: 5:22.31	35.49
13.	,	10	4	+0,68	<b>5:24.86</b>	422
	50m: 33.57	33.57	150m: 1:56.92	43.88	250m: 3:26.23	46.99
	100m: 1:13.04	39.47	200m: 2:39.24	42.32	300m: 4:12.69	46.46
					350m: 4:49.59	36.90
					400m: 5:24.86	35.27
14.	,	08	1	+0,71	<b>5:25.67</b>	419
	50m: 34.65	34.65	150m: 1:56.26	40.53	250m: 3:23.34	47.20
	100m: 1:15.73	41.08	200m: 2:36.14	39.88	300m: 4:11.66	48.32
					350m: 4:48.86	37.20
					400m: 5:25.67	36.81
15.	,	08		+0,66	<b>5:30.75</b>	400
	50m: 34.08	34.08	150m: 1:57.02	43.95	250m: 3:27.93	48.68
	100m: 1:13.07	38.99	200m: 2:39.25	42.23	300m: 4:15.27	47.34
					350m: 4:53.54	38.27
					400m: 5:30.75	37.21



66, , 400m

16.				09	4				+0,72	<b>5:32.88</b>	393	
	50m:	34.74	34.74	150m:	1:59.10	41.49	250m:	3:26.00	47.76	350m:	4:50.87	37.39
	100m:	1:17.61	42.87	200m:	2:38.24	39.14	300m:	4:13.48	47.48	400m:	5:32.88	42.01
17.				10	3					<b>5:33.74</b>	390	
	50m:	38.14	38.14	150m:	2:02.92	40.74	250m:	3:31.62	47.34	350m:	4:56.53	37.47
	100m:	1:22.18	44.04	200m:	2:44.28	41.36	300m:	4:19.06	47.44	400m:	5:33.74	37.21
18.				09	4				+0,74	<b>5:50.97</b>	335	
	50m:	33.00	33.00	150m:	2:00.34	46.44	250m:	3:35.78	51.90	350m:	5:09.55	42.76
	100m:	1:13.90	40.90	200m:	2:43.88	43.54	300m:	4:26.79	51.01	400m:	5:50.97	41.42