

, 18. - 20.6.2025

37  
20.06.2025 - 17:54

, 400m

2011

: 4:23.00 /

: 4:39.50 / 1

: 5:00.50 / 2

: 5:40.00

: AQUA 2024

											R.T.				
1.				11	"	"				4:34.06	601	+0,76			
	50m:	31.08	31.08	150m:	1:39.53	34.60	250m:	2:49.48	34.96	350m:	3:59.74	35.25			
	100m:	1:04.93	33.85	200m:	2:14.52	34.99	300m:	3:24.49	35.01	400m:	4:34.06	34.32			
2.				11							4:37.51	579	+0,84		
	50m:	31.86	31.86	150m:	1:41.20	34.93	250m:	2:52.52	35.62	350m:	4:04.05	35.80			
	100m:	1:06.27	34.41	200m:	2:16.90	35.70	300m:	3:28.25	35.73	400m:	4:37.51	33.46			
3.				11	"	"	-				4:38.37	573	+0,99		
	50m:	31.55	31.55	150m:	1:40.82	35.10	250m:	2:52.27	35.66	350m:	4:04.00	35.68			
	100m:	1:05.72	34.17	200m:	2:16.61	35.79	300m:	3:28.32	36.05	400m:	4:38.37	34.37			
4.				11	5						4:40.94	558	+0,88 1		
	50m:	31.77	31.77	150m:	1:43.10	36.85	250m:	2:53.52	35.06	350m:	4:05.90	36.06			
	100m:	1:06.25	34.48	200m:	2:18.46	35.36	300m:	3:29.84	36.32	400m:	4:40.94	35.04			
5.				11				"	-2011"				4:42.92	546	+0,94 1
	50m:	31.59	31.59	150m:	1:42.21	35.77	250m:	2:54.60	36.10	350m:	4:07.28	36.56			
	100m:	1:06.44	34.85	200m:	2:18.50	36.29	300m:	3:30.72	36.12	400m:	4:42.92	35.64			
6.				11							4:45.51	531	+1,03 1		
	50m:	32.00	32.00	150m:	1:42.03	35.30	250m:	2:55.72	36.83	350m:	4:09.28	36.97			
	100m:	1:06.73	34.73	200m:	2:18.89	36.86	300m:	3:32.31	36.59	400m:	4:45.51	36.23			
7.				11							4:51.95	497	+0,92 1		
	50m:	32.06	32.06	150m:	1:45.06	36.80	250m:	3:00.29	37.40	350m:	4:16.14	37.05			
	100m:	1:08.26	36.20	200m:	2:22.89	37.83	300m:	3:39.09	38.80	400m:	4:51.95	35.81			
8.				11				"	-2011"				4:52.21	495	+1,10 1
	50m:	32.76	32.76	150m:	1:45.61	37.13	250m:	3:00.39	37.58	350m:	4:15.08	37.30			
	100m:	1:08.48	35.72	200m:	2:22.81	37.20	300m:	3:37.78	37.39	400m:	4:52.21	37.13			