, 18. - 20.6.2025

23 , 400m 2011

19.06.2025 - 17:38	1	9.	06.	202	25 -	17	7:38
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: 5:01.00 /			: 5:24.00 / 1		: 5:44.00 / 2		: 6:34.00					
: AQUA	2024											
				/								R.T.
1.				11						4:56.80	664	+0,85
	50m: 100m:	30.26 1:06.08	30.26 35.82		1:45.42 2:23.80	39.34 38.38	250m: 300m:	3:05.01 3:47.39	41.21 42.38	350m: 400m:	4:22.82 4:56.80	35.43 33.98
2.				12		ıı	"	-		5:15.39	553	+0,94
	50m: 100m:	33.39 1:10.83	33.39 37.44		1:53.15 2:33.21	42.32 40.06	250m: 300m:	3:18.20 4:03.72	44.99 45.52	350m:	4:39.79 5:15.39	36.07 35.60
3.				11		5	<u>.</u>			5:19.36	533	+0,85
	50m: 100m:	32.81 1:13.48	32.81 40.67		1:55.54 2:37.07	42.06 41.53	250m: 300m:	3:22.45 4:09.11	45.38 46.66	350m:	4:44.43 5:19.36	35.32 34.93
4.			-	12						5:23.71	511	+0,85
	50m:	33.93	33.93	150m:	1:55.59	41.34	250m:	3:22.87	46.32	350m:	4:47.11	37.81
	100m:	1:14.25	40.32	200m:	2:36.55	40.96	300m:	4:09.30	46.43	400m:	5:23.71	36.60
5.				11						5:24.47	508	+0,88 1
	50m:	34.99 1:15.20	34.99 40.21		1:56.64 2:38.17	41.44 41.53	250m: 300m:	3:23.53 4:11.31	45.36 47.78		4:49.24 5:24.47	37.93 35.23
_	100111.	1.13.20	40.21		2.30.17	41.55	300111.	4.11.31	47.70		-	
6.				12						5:29.55	485	+0,83 1
	50m: 100m:	34.08 1:14.16	34.08 40.08		1:58.67 2:41.40	44.51 42.73	250m: 300m:	3:26.66 4:12.63	45.26 45.97		4:51.05 5:29.55	38.42 38.50
7.				11						5:32.07	474	+0,86 1
	50m:	33.96	33.96		1:56.26	41.55	250m:	3:25.16	47.78		4:52.84	39.94
	100m:	1:14.71	40.75	200m:	2:37.38	41.12	300m:	4:12.90	47.74	400m:	5:32.07	39.23
8.				12		ıı .	"			5:32.13	473	+0,85 1
	50m:	32.73	32.73		1:57.79	42.67		3:24.52	45.61		4:51.84	40.96
	100m:	1:15.12	42.39	200m:	2:38.91	41.12	300m:	4:10.88	46.36	400m:	5:32.13	40.29