37 , 400m 2011 20.06.2025 - 10:43

: 4:23	3.00 /	: 4:39.50 / 1			: 5:00.50 / 2		: 5:40.00				
AQUA 2024											
			/								R.T.
			11		"	"			5:01.10	453	+0,94 2
50m:	33.36	33.36		1:49.07	38.16	250m:	3:05.83	38.81		4:23.80	38.69
100m:	1:10.91	37.55		2:27.02	37.95		3:45.11	39.28		5:01.10	37.30
			11						5:07.18	426	+1,09 2
50m:	34.82	34.82		1:52.81	39.55		3:11.20	39.48		4:29.86	39.22
100m:	1:13.26	38.44	200m:	2:31.72	38.91	300m:	3:50.64	39.44	400m:	5:07.18	37.32
			12		"	"			5:10.05		
50m:	33.61	33.61		1:51.53	39.31	250m:	3:10.70	39.99			
100m:	1:12.22	38.61	200m:	2:30.71	39.18	300m:	3:51.88	41.18	400m:	5:10.05	39.01
			12							409	
50m:	34.91	34.91		1:52.38	39.08		3:11.60	39.73		4:32.02	40.01
100m:	1:13.30	38.39	200m:	2:31.87	39.49	300m:	3:52.01	40.41	400m:	5:11.36	39.34
			13						5:15.22	395	
50m:	33.89	33.89			40.65		3:16.36	41.38		4:37.89	40.62
100m:	1:13.18	39.29		2:34.98	41.15	300m:	3:57.27	40.91		5:15.22	37.33
			12						5:16.54	390	+0,87 2
50m: 100m:	34.62	34.62	150m: 200m:	1:54.62		250m: 300m:	2:35.58	40.96	350m: 400m:	5:16.54	
			12						5:21.81	371	+0,78 2
50m:	32.07	32.07	150m:	1:50.69	40.73	250m:	3:15.34	42.66	350m:	4:40.63	42.77
100m:	1:09.96	37.89	200m:	2:32.68	41.99		3:57.86	42.52		5:21.81	41.18
			11		8	}			5:21.98	370	+0,94 2
50m:	35.20	35.20	150m:	1:55.24	40.81	250m:	3:18.88	41.64	350m:	4:41.34	40.91
100m:	1:14.43	39.23	200m:	2:37.24	42.00	300m:	4:00.43	41.55	400m:	5:21.98	40.64
			11		"	"			5:24.93	360	+0,92 2
50m:	35.11	35.11	150m:	1:53.69	39.87	250m:	3:15.56	41.08	350m:	4:43.60	44.42
100m:	1:13.82	38.71	200m:	2:34.48	40.79	300m:	3:59.18	43.62	400m:	5:24.93	41.33
			12		6				5:25.21	359	+0,83 2
50m:	36.47	36.47		1:58.76	41.74		3:22.58	41.78			
100m:	1:17.02	40.55	200m:	2:40.80	42.04	300m:	4:04.33	41.75	400m:	5:25.21	39.70
			13		"	II			5:26.35	356	+0,85 2
50m:	35.57	35.57	150m:	1:56.89	41.56			41.48	350m:	4:42.18	40.94
100m:	1:15.33	39.76	200m:	2:38.37	41.48	300m:	4:01.24	41.39	400m:	5:26.35	44.17
			14	"	"					342	,
50m:	37.21	37.21		2:02.37	42.60		3:27.73	42.59		4:52.92	42.29
100m:	1:19.77	42.56	200m:	2:45.14	42.77	300m:	4:10.63	42.90	400m:	5:30.46	37.54
			12						6:03.66	257	+0,77
50m:	36.69	36.69		2:08.89	47.66	250m:	3:44.34	47.37		5:17.99	46.39
100m:	1:21.23	44.54	200m:	2:56.97	48.08	300m:	4:31.60	47.26	400m:	6:03.66	45.67
			14	"	"				6:12.08	240	+0,92
50m:	39.15	39.15		2:10.83	47.06		3:47.24	48.21		5:26.00	49.18
100m:	1:23.77	44.62	200m:	2:59.03	48.20	300m:	4:36.82	49.58	400m:	6:12.08	46.08