38	, 400m	2010

20.06.2025 - 11:09

: 3:59.00 /   : 4:15.50 / 1   : 4:35.50 / 2   : 5:11.50

: AQUA 2024

/   R.T.

11		"	"					**4:32.76**	471	+0,91 1
50m:	29.96	29.96	150m:	1:38.78	35.11	250m:	2:48.82	35.08	350m:	3:59.08	34.94
100m:	1:03.67	33.71	200m:	2:13.74	34.96	300m:	3:24.14	35.32	400m:	4:32.76	33.68
11		"		"				**4:40.59**	432	+0,88 2
50m:	30.37	30.37	150m:	1:41.27	36.09	250m:	2:54.04	36.13	350m:	4:06.06	35.91
100m:	1:05.18	34.81	200m:	2:17.91	36.64	300m:	3:30.15	36.11	400m:	4:40.59	34.53
10		"	"					**4:43.00**	421	+0,88 2
50m:	32.36	32.36	150m:	1:43.15	35.53	250m:	2:55.81	36.40	350m:	4:08.47	36.30
100m:	1:07.62	35.26	200m:	2:19.41	36.26	300m:	3:32.17	36.36	400m:	4:43.00	34.53
10		"	"					**4:43.65**	418	+0,84 2
50m:	31.76	31.76	150m:	1:42.89	36.04	250m:	2:56.06	36.83	350m:	4:09.22	36.32
100m:	1:06.85	35.09	200m:	2:19.23	36.34	300m:	3:32.90	36.84	400m:	4:43.65	34.43
10								**4:44.15**	416	+0,79 2
50m:	29.99	29.99	150m:	1:42.30	37.08	250m:	2:56.77	37.11	350m:	4:09.74	36.45
100m:	1:05.22	35.23	200m:	2:19.66	37.36	300m:	3:33.29	36.52	400m:	4:44.15	34.41
11		"	"					**4:44.49**	415	+0,76 2
50m:	31.79	31.79	150m:	1:43.99	36.25	250m:	2:57.59	36.81	350m:	4:10.57	36.55
100m:	1:07.74	35.95	200m:	2:20.78	36.79	300m:	3:34.02	36.43	400m:	4:44.49	33.92
10								**4:45.10**	412	+0,75 2
50m:	32.21	32.21	150m:	1:43.62	35.95	250m:	2:57.07	36.76	350m:	4:09.90	36.35
100m:	1:07.67	35.46	200m:	2:20.31	36.69	300m:	3:33.55	36.48	400m:	4:45.10	35.20
10		"	"					**4:45.16**	412	+0,93 2
50m:	29.57	29.57	150m:	1:41.96	37.08	250m:	2:56.01	37.42	350m:	4:10.63	37.10
100m:	1:04.88	35.31	200m:	2:18.59	36.63	300m:	3:33.53	37.52	400m:	4:45.16	34.53
10		5						**4:47.01**	404	+1,07 2
50m:	31.16	31.16	150m:	1:42.05	36.41	250m:	2:56.39	36.81	350m:	4:10.39	37.28
100m:	1:05.64	34.48	200m:	2:19.58	37.53	300m:	3:33.11	36.72	400m:	4:47.01	36.62
12		6						**4:49.02**	396	+0,82 2
50m:	32.22	32.22	150m:	1:45.25	37.05	250m:	2:59.33	37.22	350m:	4:13.40	36.83
100m:	1:08.20	35.98	200m:	2:22.11	36.86	300m:	3:36.57	37.24	400m:	4:49.02	35.62
11		6						**4:50.12**	391	2
50m:	30.46	30.46	150m:	1:44.66	38.01	250m:	3:00.17	38.10	350m:	4:14.52	36.61
100m:	1:06.65	36.19	200m:	2:22.07	37.41	300m:	3:37.91	37.74	400m:	4:50.12	35.60
10								**4:50.28**	390	+0,91 2
50m:	32.74	32.74	150m:	1:44.50	35.92	250m:			350m:	3:37.54	
100m:	1:08.58	35.84	200m:	2:22.14	37.64	300m:			400m:	4:50.28	1:12.74
11								**4:54.97**	372	+0,79 2
50m:	31.98	31.98	150m:	1:45.42	37.28	250m:	3:01.30	38.10	350m:	4:18.01	38.42
100m:	1:08.14	36.16	200m:	2:23.20	37.78	300m:	3:39.59	38.29	400m:	4:54.97	36.96
10		6						**4:58.28**	360	+1,01 2
50m:	36.09	36.09	150m:	1:51.38	37.57	250m:	3:08.02	38.46	350m:	4:23.10	36.97
100m:	1:13.81	37.72	200m:	2:29.56	38.18	300m:	3:46.13	38.11	400m:	4:58.28	35.18
10			"	-2011"				**4:58.66**	358	+0,92 2
50m:	32.49	32.49	150m:	1:48.24	38.32	250m:	3:05.38	38.66	350m:	4:22.37	38.42
100m:	1:09.92	37.43	200m:	2:26.72	38.48	300m:	3:43.95	38.57	400m:	4:58.66	36.29
11								**4:59.64**	355	+0,93 2
50m:	32.73	32.73	150m:	1:49.98	39.06	250m:	3:07.36	38.33	350m:	4:24.23	37.72
100m:	1:10.92	38.19	200m:	2:29.03	39.05	300m:	3:46.51	39.15	400m:	4:59.64	35.41
13								**4:59.91**	354	2
50m:	33.66	33.66	150m:	1:49.18	38.11	250m:	3:06.89	39.00	350m:	4:24.09	37.97
100m:	1:11.07	37.41	200m:	2:27.89	38.71	300m:	3:46.12	39.23	400m:	4:59.91	35.82

38, , 400m , , 2010

												R.T.
			13		7				**5:01.42**	349	+0,92	2
	50m:	35.41	35.41	150m:	1:51.82	38.21	250m:	3:09.21	38.42	350m:	4:25.22	37.37
	100m:	1:13.61	38.20	200m:	2:30.79	38.97	300m:	3:47.85	38.64	400m:	5:01.42	36.20
			11		"	"			**5:02.95**	343	+0,88	2
	50m:	34.11	34.11	150m:	1:50.11	38.48	250m:	3:08.25	39.30	350m:	4:25.25	38.09
	100m:	1:11.63	37.52	200m:	2:28.95	38.84	300m:	3:47.16	38.91	400m:	5:02.95	37.70
			10						**5:04.81**	337	+0,91	2
	50m:	34.28	34.28	150m:	1:51.98	39.66	250m:	3:09.66	38.71	350m:	4:27.09	38.01
	100m:	1:12.32	38.04	200m:	2:30.95	38.97	300m:	3:49.08	39.42	400m:	5:04.81	37.72
			10		"	"			**5:05.08**	336	+0,88	2
	50m:	33.17	33.17	150m:	1:49.20	38.25	250m:	3:07.84	39.50	350m:	4:25.99	39.06
	100m:	1:10.95	37.78	200m:	2:28.34	39.14	300m:	3:46.93	39.09	400m:	5:05.08	39.09
			11		"	"			**5:06.07**	333	+0,95	2
	50m:	33.25	33.25	150m:	1:49.47	38.11	250m:	3:06.50	38.20	350m:	4:25.92	39.29
	100m:	1:11.36	38.11	200m:	2:28.30	38.83	300m:	3:46.63	40.13	400m:	5:06.07	40.15
			10		"	"			**5:07.81**	327	+0,80	2
	50m:	33.89	33.89	150m:			250m:			350m:	3:08.44	
	100m:			200m:	1:50.53		300m:			400m:	5:07.81	1:59.37
			11		"	"			**5:09.20**	323	+0,90	2
	50m:	33.48	33.48	150m:	1:51.80	40.10	250m:	3:11.76	40.10	350m:	4:31.10	39.62
	100m:	1:11.70	38.22	200m:	2:31.66	39.86	300m:	3:51.48	39.72	400m:	5:09.20	38.10
			11						**5:15.06**	305	+0,86	
	50m:	34.30	34.30	150m:	1:53.04	40.41	250m:	3:14.44	40.78	350m:	4:35.70	40.65
	100m:	1:12.63	38.33	200m:	2:33.66	40.62	300m:	3:55.05	40.61	400m:	5:15.06	39.36
DSQ			11		"	-2011"			**5:19.70**		+1,13	
	50m:	36.05	36.05	150m:	1:56.76	41.11	250m:	3:17.86	40.49	350m:	4:39.71	41.18
	100m:	1:15.65	39.60	200m:	2:37.37	40.61	300m:	3:58.53	40.67	400m:	5:19.70	39.99
DNS			10		"	"						