37		, 400m		2011

20.06.2025 - 10:43

: 4:23.00 /	: 4:39.50 / 1	: 5:00.50 / 2	: 5:40.00

: AQUA 2024

	/				R.T.

1. 11 " " **4:42.53** 548 +0,75 1

| 50m: | 32.29 | 32.29 | 150m: | 1:43.57 | 36.03 | 250m: | 2:54.92 | 35.51 | 350m: | 4:07.53 | 36.63 |
| 100m: | 1:07.54 | 35.25 | 200m: | 2:19.41 | 35.84 | 300m: | 3:30.90 | 35.98 | 400m: | 4:42.53 | 35.00 |

2. 11 " " - **4:43.05** 545 +1,03 1

| 50m: | 32.58 | 32.58 | 150m: | 1:43.75 | 35.89 | 250m: | 2:55.88 | 35.75 | 350m: | 4:08.97 | 36.17 |
| 100m: | 1:07.86 | 35.28 | 200m: | 2:20.13 | 36.38 | 300m: | 3:32.80 | 36.92 | 400m: | 4:43.05 | 34.08 |

3. 11 **4:44.47** 537 +0,84 1

| 50m: | 32.50 | 32.50 | 150m: | 1:44.33 | 36.20 | 250m: | 2:57.56 | 36.60 | 350m: | 4:10.91 | 36.73 |
| 100m: | 1:08.13 | 35.63 | 200m: | 2:20.96 | 36.63 | 300m: | 3:34.18 | 36.62 | 400m: | 4:44.47 | 33.56 |

4. 11 " -2011" **4:45.91** 529 +0,88 1

| 50m: | 32.03 | 32.03 | 150m: | 1:43.61 | 36.31 | 250m: | 2:56.37 | 36.49 | 350m: | 4:09.75 | 36.81 |
| 100m: | 1:07.30 | 35.27 | 200m: | 2:19.88 | 36.27 | 300m: | 3:32.94 | 36.57 | 400m: | 4:45.91 | 36.16 |

5. 11 **4:48.99** 512 +0,85 1

| 50m: | 32.28 | 32.28 | 150m: | 1:44.02 | 36.65 | 250m: | 2:57.71 | 36.61 | 350m: | 4:12.50 | 37.57 |
| 100m: | 1:07.37 | 35.09 | 200m: | 2:21.10 | 37.08 | 300m: | 3:34.93 | 37.22 | 400m: | 4:48.99 | 36.49 |

6. 11 5 **4:50.89** 502 +0,83 1

| 50m: | 32.51 | 32.51 | 150m: | 1:44.80 | 37.07 | 250m: | 2:58.67 | 37.11 | 350m: | 4:13.75 | 37.79 |
| 100m: | 1:07.73 | 35.22 | 200m: | 2:21.56 | 36.76 | 300m: | 3:35.96 | 37.29 | 400m: | 4:50.89 | 37.14 |

7. 11 **4:52.12** 496 +0,96 1

| 50m: | 32.53 | 32.53 | 150m: | 1:45.63 | 37.48 | 250m: | 3:01.33 | 37.95 | 350m: | 4:17.76 | 38.77 |
| 100m: | 1:08.15 | 35.62 | 200m: | 2:23.38 | 37.75 | 300m: | 3:38.99 | 37.66 | 400m: | 4:52.12 | 34.36 |

8. 11 " -2011" **4:52.83** 492 +1,02 1

| 50m: | 33.38 | 33.38 | 150m: | | | 250m: | | | 350m: | 3:00.70 | |
| 100m: | | | 200m: | 1:46.57 | | 300m: | | | 400m: | 4:52.83 | 1:52.13 |

9. 12 **4:53.62** 488 +1,03 1

| 50m: | 33.43 | 33.43 | 150m: | 1:47.36 | 37.40 | 250m: | 3:02.50 | 37.69 | 350m: | 4:18.12 | 38.11 |
| 100m: | 1:09.96 | 36.53 | 200m: | 2:24.81 | 37.45 | 300m: | 3:40.01 | 37.51 | 400m: | 4:53.62 | 35.50 |

10. 11 5 **5:00.04** 458 +0,74 1

| 50m: | 33.70 | 33.70 | 150m: | 1:48.24 | 37.84 | 250m: | 3:05.24 | 38.65 | 350m: | 4:22.79 | 38.84 |
| 100m: | 1:10.40 | 36.70 | 200m: | 2:26.59 | 38.35 | 300m: | 3:43.95 | 38.71 | 400m: | 5:00.04 | 37.25 |

11. 11 " " **5:01.10** 453 +0,94 2

| 50m: | 33.36 | 33.36 | 150m: | 1:49.07 | 38.16 | 250m: | 3:05.83 | 38.81 | 350m: | 4:23.80 | 38.69 |
| 100m: | 1:10.91 | 37.55 | 200m: | 2:27.02 | 37.95 | 300m: | 3:45.11 | 39.28 | 400m: | 5:01.10 | 37.30 |

12. 11 " " **5:03.00** 444 +0,88 2

| 50m: | 33.40 | 33.40 | 150m: | 1:48.96 | 38.39 | 250m: | 3:06.40 | 39.00 | 350m: | 4:24.88 | 47.93 |
| 100m: | 1:10.57 | 37.17 | 200m: | 2:27.40 | 38.44 | 300m: | 3:36.95 | 30.55 | 400m: | 5:03.00 | 38.12 |

13. 11 6 **5:03.88** 440 +0,87 2

| 50m: | 33.68 | 33.68 | 150m: | 1:51.22 | 39.09 | 250m: | 3:10.46 | 39.68 | 350m: | 4:27.99 | 38.72 |
| 100m: | 1:12.13 | 38.45 | 200m: | 2:30.78 | 39.56 | 300m: | 3:49.27 | 38.81 | 400m: | 5:03.88 | 35.89 |

14. - 12 **5:04.67** 437 +0,91 2

| 50m: | 34.51 | 34.51 | 150m: | 1:51.97 | 39.00 | 250m: | 3:09.38 | 38.62 | 350m: | 4:27.04 | 38.74 |
| 100m: | 1:12.97 | 38.46 | 200m: | 2:30.76 | 38.79 | 300m: | 3:48.30 | 38.92 | 400m: | 5:04.67 | 37.63 |

15. 13 **5:05.72** 433 +0,89 2

| 50m: | 33.72 | 33.72 | 150m: | 1:50.44 | 38.76 | 250m: | 3:09.00 | 39.03 | 350m: | 4:27.86 | 39.63 |
| 100m: | 1:11.68 | 37.96 | 200m: | 2:29.97 | 39.53 | 300m: | 3:48.23 | 39.23 | 400m: | 5:05.72 | 37.86 |

16. 11 " " **5:06.75** 428 +0,99 2

| 50m: | 34.49 | 34.49 | 150m: | 1:51.89 | 39.28 | 250m: | 3:11.33 | 39.74 | 350m: | 4:29.25 | 38.82 |
| 100m: | 1:12.61 | 38.12 | 200m: | 2:31.59 | 39.70 | 300m: | 3:50.43 | 39.10 | 400m: | 5:06.75 | 37.50 |

17. 11 **5:06.76** 428 +0,78 2

| 50m: | 33.27 | 33.27 | 150m: | 1:48.04 | 38.02 | 250m: | 3:06.67 | 39.73 | 350m: | 4:27.38 | 40.78 |
| 100m: | 1:10.02 | 36.75 | 200m: | 2:26.94 | 38.90 | 300m: | 3:46.60 | 39.93 | 400m: | 5:06.76 | 39.38 |

37,   , 400m   ,   , 2011

												R.T.

					/								R.T.
18.				11						**5:07.18**	426	+1,09	2
	50m:	34.82	34.82	150m:	1:52.81	39.55	250m:	3:11.20	39.48	350m:	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
19.				11		1				**5:09.61**	416	+0,94	2
	50m:			150m:	1:09.84		250m:			350m:	3:05.16	
	100m:			200m:	1:48.01	38.17	300m:			400m:	5:09.61	2:04.45
20.				12		"	"			**5:10.05**	415	+0,84	2
	50m:	33.61	33.61	150m:	1:51.53	39.31	250m:	3:10.70	39.99	350m:	4:31.04	39.16
	100m:	1:12.22	38.61	200m:	2:30.71	39.18	300m:	3:51.88	41.18	400m:	5:10.05	39.01
21.				12						**5:10.65**	412	+0,84	2
	50m:	34.81	34.81	150m:	1:52.97	39.03	250m:	3:12.79	39.82	350m:	4:32.33	39.86
	100m:	1:13.94	39.13	200m:	2:32.97	40.00	300m:	3:52.47	39.68	400m:	5:10.65	38.32
22.				12						**5:11.36**	409	+0,93	2
	50m:	34.91	34.91	150m:	1:52.38	39.08	250m:	3:11.60	39.73	350m:	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
23.				13						**5:11.90**	407	+0,93	2
	50m:	35.86	35.86	150m:	1:54.31	39.48	250m:	3:12.82	39.03	350m:	4:32.12	39.64
	100m:	1:14.83	38.97	200m:	2:33.79	39.48	300m:	3:52.48	39.66	400m:	5:11.90	39.78
24.				11						**5:13.23**	402	+0,97	2
	50m:	35.12	35.12	150m:	1:54.39	39.72	250m:	3:13.17	40.20	350m:	4:34.62	41.85
	100m:	1:14.67	39.55	200m:	2:32.97	38.58	300m:	3:52.77	39.60	400m:	5:13.23	38.61
25.				13						**5:15.22**	395	+0,93	2
	50m:	33.89	33.89	150m:	1:53.83	40.65	250m:	3:16.36	41.38	350m:	4:37.89	40.62
	100m:	1:13.18	39.29	200m:	2:34.98	41.15	300m:	3:57.27	40.91	400m:	5:15.22	37.33
26.				12						**5:16.54**	390	+0,87	2
	50m:	34.62	34.62	150m:			250m:	2:35.58	40.96	350m:		
	100m:			200m:	1:54.62		300m:			400m:	5:16.54	
27.				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	300m:	3:57.86	42.52	400m:	5:21.81	41.18
28.				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
29.				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
30.				12		6				**5:25.21**	359	+0,83	2
	50m:	36.47	36.47	150m:	1:58.76	41.74	250m:	3:22.58	41.78	350m:	4:45.51	41.18
	100m:	1:17.02	40.55	200m:	2:40.80	42.04	300m:	4:04.33	41.75	400m:	5:25.21	39.70
31.				13		"	"			**5:26.35**	356	+0,85	2
	50m:	35.57	35.57	150m:	1:56.89	41.56	250m:	3:19.85	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
32.				14	"		"			**5:30.46**	342	+0,94	2
	50m:	37.21	37.21	150m:	2:02.37	42.60	250m:	3:27.73	42.59	350m:	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
33.				12						**6:03.66**	257	+0,77	
	50m:	36.69	36.69	150m:	2:08.89	47.66	250m:	3:44.34	47.37	350m:	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
34.				14	"		"			**6:12.08**	240	+0,92	
	50m:	39.15	39.15	150m:	2:10.83	47.06	250m:	3:47.24	48.21	350m:	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