24 , 400m 2010 19 06 2025 - 11:38

7.00.20	)25 - 11:	1.00 /		: 4:49.50	/ 1	· E·00	00 / 2		:49.50			
: AQUA		1.00 /		. 4.49.50	/ 1	. 5.06.	00 / 2	. 3	.49.50			
				/								R.T.
1.	50m: 100m:	29.41 1:05.00	29.41 35.59		1:42.94 2:20.27	37.94 37.33	250m: 300m:	3:01.50 3:44.59	41.23 43.09	<b>4:51.94</b> 350m: 400m:	520 4:18.81 4:51.94	+0,86 1 34.22 33.13
2.				10						4:52.14	519	+0,73 1
	50m: 100m:	29.20 1:04.10	29.20 34.90	200m:	1:41.68 2:18.46	37.58 36.78	250m: 300m:	3:00.34 3:42.93	41.88 42.59	350m: 400m:	4:17.98 4:52.14	35.05 34.16
3.	50m: 100m:	30.48 1:06.51	30.48 36.03		1:44.22 2:21.97	37.71 37.75	250m: 300m:	3:04.76 3:48.40	42.79 43.64	<b>4:54.51</b> 350m: 400m:	506 4:22.17 4:54.51	+0,86 1 33.77 32.34
4.	50m: 100m:	30.83 1:06.41	30.83 35.58		1:45.89 2:24.59	39.48 38.70	250m: 300m:	3:05.07 3:46.56	40.48 41.49	<b>4:57.11</b> 350m: 400m:	493 4:23.79 4:57.11	+0,90 1 37.23 33.32
5.	50m:	29.93 1:06.15	29.93 36.22		1:46.12 2:24.53	" 39.97 38.41	250m:	3:08.26 3:52.45	43.73 44.19	<b>5:03.97</b> 350m: 400m:	460 4:28.84 5:03.97	+0,87 1 36.39 35.13
6.	50m:	31.77 1:10.78	31.77	10 150m:	1:52.37	41.59	250m:		41.65 41.51	<b>5:07.17</b> 350m: 400m:	446 4:31.83 5:07.17	+0,79 1 36.52 35.34
7.	50m:	32.12	39.01	10 150m:	2:32.15	39.78	" 250m:	3:13.36	44.97	<b>5:11.58</b> 350m:	427 4:35.72	+2,15 2 37.55
8.	100m: 50m:	1:10.38	38.26	11	2:28.39 1:53.36	38.36 5 40.06		3:58.17 3:18.00	44.81 46.10	400m: <b>5:11.61</b> 350m:	5:11.58 427 4:38.94	35.86 +1,07 2 34.38
9.		1:13.30	40.21		2:31.90	38.54 5	300m:		46.56	400m: <b>5:11.73</b>	5:11.61 427	32.67 +0,91 2
9.	50m: 100m:	30.09 1:07.87	30.09 37.78	150m:	1:46.90 2:24.31	39.03 37.41	250m:	3:13.27 4:02.65	48.96 49.38	350m: 400m:	4:38.45 5:11.73	35.80 33.28
10.	50m: 100m:	34.29 1:14.90	34.29 40.61	12 150m: 200m:	1:53.92 2:32.07	39.02 38.15	250m: 300m:	- 3:20.18 4:08.42	48.11 48.24	<b>5:18.07</b> 350m: 400m:	402 4:43.70 5:18.07	+0,85 2 35.28 34.37
11.	50m: 100m:	33.24 1:09.75	33.24 36.51		1:57.38 2:39.14	6 47.63 41.76	250m: 300m:	3:23.27 3:59.75	44.13 36.48	<b>5:23.50</b> 350m: 400m:	382 4:47.26 5:23.50	+0,77 2 47.51 36.24
12.	50m: 100m:	35.28 1:15.85	35.28 40.57		1:57.89 2:39.77	42.04 41.88	250m: 300m:	3:27.19 4:15.94	47.42 48.75	<b>5:25.11</b> 350m: 400m:	376 4:51.11 5:25.11	+0,91 2 35.17 34.00
13.	50m: 100m:	33.74 1:14.68	33.74 40.94		1:55.49 2:37.97	" 40.81 42.48	" 250m: 300m:	3:19.41 4:07.51	41.44 48.10	<b>5:25.42</b> 350m: 400m:	375 4:41.16 5:25.42	+0,90 2 33.65 44.26
14.	50m: 100m:	34.67 1:13.37	34.67 38.70		1:59.65 2:40.90	8 46.28 41.25		3:25.03 4:12.71	44.13 47.68	<b>5:28.20</b> 350m: 400m:	366 4:52.04 5:28.20	+1,01 2 39.33 36.16
15.	50m: 100m:	33.03 1:12.79	33.03 39.76		1:54.68 2:35.98	41.89 41.30	250m: 300m:	3:23.33 4:12.01	47.35 48.68	<b>5:30.28</b> 350m: 400m:	359 4:52.33 5:30.28	+0,75 2 40.32 37.95
16.	50m: 100m:	32.06 1:10.04	32.06 37.98		1:43.35 2:23.70	33.31 40.35	250m:	3:07.85 3:51.94	44.15 44.09	<b>5:31.95</b> 350m: 400m:	353 4:52.88 5:31.95	+0,88 2 1:00.94 39.07
17.	50m: 100m:	36.07 1:21.67	36.07 45.60		2:04.35 2:46.27	42.68 41.92		3:33.60 4:21.94	47.33 48.34	<b>5:33.82</b> 350m: 400m:	348 4:59.51 5:33.82	+0,95 2 37.57 34.31

, 18. - 20.6.2025

	24,	, 400m			, , 2010								
				/								R.T.	
18.				10	"	"			5:34.52		345	+0,95 2	
	50m:	35.96	35.96	150m:	2:07.45	45.11	250m:	3:33.63	43.63	350m:	4:58.70	38.43	
	100m:	1:22.34	46.38	200m:	2:50.00	42.55	300m:	4:20.27	46.64	400m:	5:34.52	35.82	
DSQ				11					5:37.75			+0,82 2	
	50m:	37.08	37.08	150m:	2:03.95	41.76	250m:	3:30.04	44.98	350m:	4:58.74	41.00	
	100m:	1:22.19	45.11	200m:	2:45.06	41.11	300m:	4:17.74	47.70	400m:	5:37.75	39.01	