23	, 400m	2011

19.06.2025 - 11:16

: 5:01.00 /	: 5:24.00 / 1	: 5:44.00 / 2	: 6:34.00

: AQUA 2024

	/			R.T.
	11	5	**5:20.75**	526	+0,85

50m:	33.30	33.30	150m:	1:56.39	43.46	250m:	3:21.41	44.25	350m:	4:45.29	36.81
100m:	1:12.93	39.63	200m:	2:37.16	40.77	300m:	4:08.48	47.07	400m:	5:20.75	35.46

	11		**5:25.04**	505	+0,77 1

| 50m: | 34.39 | 34.39 | 150m: | 1:56.13 | 41.39 | 250m: | 3:23.14 | 46.43 | 350m: | 4:48.71 | 37.84 |
| 100m: | 1:14.74 | 40.35 | 200m: | 2:36.71 | 40.58 | 300m: | 4:10.87 | 47.73 | 400m: | 5:25.04 | 36.33 |

	12		**5:33.08**	469	+0,88 1

| 50m: | 35.12 | 35.12 | 150m: | 2:00.09 | 44.38 | 250m: | 3:29.68 | 46.39 | 350m: | 4:55.70 | 39.23 |
| 100m: | 1:15.71 | 40.59 | 200m: | 2:43.29 | 43.20 | 300m: | 4:16.47 | 46.79 | 400m: | 5:33.08 | 37.38 |

	13		**5:36.47**	455	+0,86 1

| 50m: | 34.67 | 34.67 | 150m: | 1:59.80 | 43.42 | 250m: | 3:32.58 | 51.31 | 350m: | 4:59.98 | 37.25 |
| 100m: | 1:16.38 | 41.71 | 200m: | 2:41.27 | 41.47 | 300m: | 4:22.73 | 50.15 | 400m: | 5:36.47 | 36.49 |

	11	5	**5:40.62**	439	+0,93 1

| 50m: | 36.66 | 36.66 | 150m: | 2:03.17 | 42.13 | 250m: | 3:32.66 | 48.05 | 350m: | 5:01.98 | 39.57 |
| 100m: | 1:21.04 | 44.38 | 200m: | 2:44.61 | 41.44 | 300m: | 4:22.41 | 49.75 | 400m: | 5:40.62 | 38.64 |

	12		**5:42.01**	433	+0,96 1

| 50m: | 36.00 | 36.00 | 150m: | 2:04.45 | 43.93 | 250m: | 3:35.69 | 49.11 | 350m: | 5:05.54 | 39.18 |
| 100m: | 1:20.52 | 44.52 | 200m: | 2:46.58 | 42.13 | 300m: | 4:26.36 | 50.67 | 400m: | 5:42.01 | 36.47 |

	12	" -2011"	**5:43.37**	428	+1,02 1

| 50m: | 34.00 | 34.00 | 150m: | 2:01.16 | 44.91 | 250m: | 3:34.86 | 50.00 | 350m: | 5:04.79 | 39.20 |
| 100m: | 1:16.25 | 42.25 | 200m: | 2:44.86 | 43.70 | 300m: | 4:25.59 | 50.73 | 400m: | 5:43.37 | 38.58 |

	12	6	**5:48.34**	410	+0,98 2

| 50m: | 37.13 | 37.13 | 150m: | 2:03.58 | 42.79 | 250m: | 3:35.62 | 49.57 | 350m: | 5:07.56 | 40.80 |
| 100m: | 1:20.79 | 43.66 | 200m: | 2:46.05 | 42.47 | 300m: | 4:26.76 | 51.14 | 400m: | 5:48.34 | 40.78 |

	13		**5:56.91**	381	+0,89 2

| 50m: | 38.33 | 38.33 | 150m: | 2:09.38 | 46.06 | 250m: | 3:45.04 | 51.25 | 350m: | 5:17.37 | 40.76 |
| 100m: | 1:23.32 | 44.99 | 200m: | 2:53.79 | 44.41 | 300m: | 4:36.61 | 51.57 | 400m: | 5:56.91 | 39.54 |

	13		**6:00.47**	370	+0,58 2

| 50m: | 36.36 | 36.36 | 150m: | 2:06.45 | 47.72 | 250m: | 3:44.15 | 51.65 | 350m: | 5:19.46 | 42.82 |
| 100m: | 1:18.73 | 42.37 | 200m: | 2:52.50 | 46.05 | 300m: | 4:36.64 | 52.49 | 400m: | 6:00.47 | 41.01 |

	13		**6:00.63**	370	+0,88 2

| 50m: | 38.51 | 38.51 | 150m: | 2:14.35 | 45.02 | 250m: | 3:50.10 | 51.76 | 350m: | 5:23.85 | 41.40 |
| 100m: | 1:29.33 | 50.82 | 200m: | 2:58.34 | 43.99 | 300m: | 4:42.45 | 52.35 | 400m: | 6:00.63 | 36.78 |

	13		**6:06.76**	351	+0,81 2

| 50m: | 37.86 | 37.86 | 150m: | 2:11.12 | 47.85 | 250m: | 3:50.98 | 51.81 | 350m: | 5:26.45 | 42.77 |
| 100m: | 1:23.27 | 45.41 | 200m: | 2:59.17 | 48.05 | 300m: | 4:43.68 | 52.70 | 400m: | 6:06.76 | 40.31 |

	12	7	**6:17.92**	321	+0,99 2

| 50m: | 40.86 | 40.86 | 150m: | 2:18.86 | 49.46 | 250m: | 4:00.68 | 53.00 | 350m: | 5:36.49 | 42.69 |
| 100m: | 1:29.40 | 48.54 | 200m: | 3:07.68 | 48.82 | 300m: | 4:53.80 | 53.12 | 400m: | 6:17.92 | 41.43 |