

- , 18. - 20.6.2025

23			, 400m								2011			
19.06.2025 - 17:38														
: 5:01.00 /			: 5:24.00 / 1			: 5:44.00 / 2			: 6:34.00					
: AQUA 2024														
			/						R.T.					
1.	11			4:56.80						664	+0,85			
	50m:	30.26	30.26	150m:	1:45.42	39.34	250m:	3:05.01	41.21	350m:	4:22.82	35.43		
	100m:	1:06.08	35.82	200m:	2:23.80	38.38	300m:	3:47.39	42.38	400m:	4:56.80	33.98		
2.	12			"						"	-	5:15.39	553	+0,94
	50m:	33.39	33.39	150m:	1:53.15	42.32	250m:	3:18.20	44.99	350m:	4:39.79	36.07		
	100m:	1:10.83	37.44	200m:	2:33.21	40.06	300m:	4:03.72	45.52	400m:	5:15.39	35.60		
3.	11			5						5:19.36		533	+0,85	
	50m:	32.81	32.81	150m:	1:55.54	42.06	250m:	3:22.45	45.38	350m:	4:44.43	35.32		
	100m:	1:13.48	40.67	200m:	2:37.07	41.53	300m:	4:09.11	46.66	400m:	5:19.36	34.93		
4.	-			12						5:23.71		511	+0,85	
	50m:	33.93	33.93	150m:	1:55.59	41.34	250m:	3:22.87	46.32	350m:	4:47.11	37.81		
	100m:	1:14.25	40.32	200m:	2:36.55	40.96	300m:	4:09.30	46.43	400m:	5:23.71	36.60		
5.	11			5:24.47						508	+0,88	1		
	50m:	34.99	34.99	150m:	1:56.64	41.44	250m:	3:23.53	45.36	350m:	4:49.24	37.93		
	100m:	1:15.20	40.21	200m:	2:38.17	41.53	300m:	4:11.31	47.78	400m:	5:24.47	35.23		
6.	12			5:29.55						485	+0,83	1		
	50m:	34.08	34.08	150m:	1:58.67	44.51	250m:	3:26.66	45.26	350m:	4:51.05	38.42		
	100m:	1:14.16	40.08	200m:	2:41.40	42.73	300m:	4:12.63	45.97	400m:	5:29.55	38.50		
7.	11			5:32.07						474	+0,86	1		
	50m:	33.96	33.96	150m:	1:56.26	41.55	250m:	3:25.16	47.78	350m:	4:52.84	39.94		
	100m:	1:14.71	40.75	200m:	2:37.38	41.12	300m:	4:12.90	47.74	400m:	5:32.07	39.23		
8.	12			"						"	5:32.13	473	+0,85	1
	50m:	32.73	32.73	150m:	1:57.79	42.67	250m:	3:24.52	45.61	350m:	4:51.84	40.96		
	100m:	1:15.12	42.39	200m:	2:38.91	41.12	300m:	4:10.88	46.36	400m:	5:32.13	40.29		