38 , 400m 2010

20.06.2025	- 11	:09
20.00.2020		.00

Note   100		: 3:59	0.00 /		: 4:15.50	) / 1	: 4:35.	50 / 2	: 5	:11.50			
Note	: AQUA		<u> </u>										
Note					/								R.T.
50m   31.16   31.6   31.6   1.42.05   36.4   250m   2.56.39   36.81   350m   41.03.9   37.28							5				4:47.01	404	
100m: 1.05.64   34.48   200m: 2.19.58   37.53   300m: 3.33.11   36.72   400m: 4.47.01   36.62   50m: 32.22   150m: 1.46.25   37.06   250m: 2.56.33   37.22   350m: 4.13.04   36.83   36.81		50m:	31.16	31.16		1:42.05			2:56.39	36.81			
Som.   1.08   2.22   32.22   150m.   1.45   2.52   37.05   2.50m.   2.59   37.24   3.68   3.00m.   4.49   3.68   3.65   3.62		100m:	1:05.64					300m:	3:33.11	36.72			36.62
Som   100m   108.20   35.98   20mm   2.22.11   36.86   300m   2.59.31   37.24   35.0m   4.13.40   36.83   36.83   36.81   37.24   32.74   150m   1.44.50   36.92   250m   3.65.75   37.24   35.0m   33.7.54   35.75   35.0m   37.24   35.0m   37.24   35.0m   37.24   35.0m   37.24   35.0m   36.09   36.09   150m   151.38   37.57   250m   30.80.2   38.46   350m   42.31   36.97   36.97   36.97   36.97   37.34   200m   2.28.56   38.48   300m   3.46.13   38.11   36.0m   42.37   38.42   36.97   36.09   37.43   200m   2.28.72   38.48   300m   3.48.51   38.51   36.00   42.237   38.42   36.24   3					12		6				4:49.02	396	+0,82 2
100m;   1.08.58   35.84   20m;   2.21.44   37.64   30m;   3.64.54					150m:	1:45.25	37.05	250m:	2:59.33				36.83
Som		100m:	1:08.20	35.98	200m:	2:22.11	36.86	300m:	3:36.57	37.24	400m:	4:49.02	35.62
100m					10								+0,91 2
Some													4.40.74
Solition		TOOM:	1:08.58	35.84		2:22.14		300m:					
100m													
Some													
50m:   32.49   32.49   150m:   148.24   38.22   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		100111.	1.10.01	37.72		2.23.30	30.10						
100m   1:09.92   37.43   200m   2:26.72   38.48   300m   3:43.95   38.57   400m   4:58.66   36.29		E0	22.40	22.40		1.40.04	20.22						
Some   32.73   32.73   32.73   150m;   1:49.98   39.06   250m;   3:07.36   38.33   350m;   4:24.23   37.72													
Som:													
100m:   1:10.92   38.19   200m:   2:29.03   39.05   300m:   3:46.51   39.15   400m:   4:59.64   35.41   250m:   3:06.89   39.00   350m:   4:24.09   37.97		50m·	32 73	32 73		1.49 98	39.06	250m·	3:07.36	38 33			
Som:													
Som:					13						4-59 91	354	2
13		50m:	33.66	33.66		1:49.18	38.11	250m:	3:06.89	39.00			
Som:		100m:	1:11.07	37.41	200m:	2:27.89	38.71	300m:	3:46.12	39.23	400m:	4:59.91	35.82
Som:					13		7				5:01.42	349	+0,92 2
11		50m:	35.41		150m:		38.21	250m:		38.42	350m:	4:25.22	37.37
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     100m: 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     100m: 1:10.95   37.78   200m: 2:28.34   39.14   300m: 3:49.08   39.42   400m: 5:05.08   33.60     100m: 1:10.95   37.78   200m: 2:28.34   39.14   300m: 3:46.93   39.09   400m: 5:05.08   39.09     100m: 1:11.36   38.11   200m: 2:28.30   38.83   300m: 3:46.93   39.09   400m: 5:05.08   39.09     100m: 1:11.36   38.11   200m: 2:28.30   38.83   300m: 3:46.63   40.13   400m: 5:06.07   40.15     100m: 33.89   33.89   150m:		100m:	1:13.61	38.20	200m:	2:30.79	38.97	300m:	3:47.85	38.64	400m:	5:01.42	36.20
100m; 1:11.63					11		"	"			5:02.95	343	+0,88 2
100m;   1:12.32   38.04   200m;   2:30.95   38.97   300m;   3:49.08   39.42   400m;   5:04.81   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   38.01   38.01   38.01   38.97   300m;   3:49.08   39.42   400m;   5:04.81   37.72   39.06   38.01   300m;   3:46.93   39.99   400m;   5:05.08   39.09   39.06   39.09   39.06   38.01   39.09   39.06   39.09   39.09   39.06   39.09   30.09   30.00   30.0													
50m: 34.28   34.28   150m: 1:51.98   39.66   250m: 3:09.66   38.71   350m: 4:27.09   38.01   37.72   38.01   300m: 1:12.32   38.04   200m: 2:30.95   38.97   300m: 3:49.08   39.42   400m: 5:04.81   37.72   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   37.72   38.01   33.17   33.17   150m: 1:49.20   38.25   250m: 3:07.84   39.50   350m: 4:25.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.06   425.99   39.09   400m: 5:05.08   40.15		100m:	1:11.63	37.52	200m:	2:28.95	38.84	300m:	3:47.16	38.91	400m:	5:02.95	37.70
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  100m: 33.89 33.89 150m: 250m: 250m: 300m: 400m: 5:07.81 327 +0,80 2  50m: 33.48 33.48 150m: 1:50.53 300m: 3:01.76 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  DSQ  DSQ  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													
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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           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           50m:         33.89         150m:         2:28.30         38.83         300m:         3:46.63         40.13         400m:         5:06.07         40.15           100m:         33.89         150m:         2:28.30         38.83         300m:         3:46.63         40.13         400m:         5:07.81         1:59.37           11         "         "         "         5:07.81         1:59.37         3:08.44         400m:         5:07.81         1:59.37           100m:		100111.	1.12.02	30.04		2.00.00			3.43.00	33.42			
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		E0	22.47	22.47		1.40.20			2.07.04	20 F0			
11													
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 100m: 1:11.36 38.11 200m: 2:28.30 38.83 300m: 3:46.63 40.13 400m: 5:06.07 40.15 100m: 1:11.36 38.11 200m: 1:50.53 300m: 3:46.63 40.13 400m: 5:07.81 327 +0,80 2 2 50m: 350m: 3:08.44 100m: 5:07.81 1:59.37 11 " " 5:09.20 323 +0,90 2 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 11.70 38.22 200m: 2:31.66 39.86 300m: 3:51.48 39.72 400m: 5:09.20 38.10 100m: 1:12.63 38.33 200m: 2:33.66 40.62 300m: 3:55.05 40.61 400m: 5:15.06 39.36 100m: 1:15.65 39.60 200m: 2:37.37 40.61 300m: 3:58.53 40.67 400m: 5:19.70 39.99													
100m: 1:11.36		50m·	33.25	33.25		1:49.47			3:06.50	38.20			
10													
50m: 100m:         33.89   150m: 200m: 1:50.53         250m: 300m: 400m: 5:07.81   1:59.37           11 " " " 5:09.20 323 +0,90 2           50m: 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           5:15.06 305 +0,86 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 100m: 1:15.65 39.60 200m: 2:37.37 40.61 300m: 3:58.53 40.67 40.67 400m: 5:19.70 39.99					10		"	"			5-07 81	327	±0.80.2
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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         5:15.06       30.5       +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         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					11		"	"			5:09.20	323	+0.90 2
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DSQ  11		100m:	1:11.70	38.22	200m:	2:31.66	39.86	300m:	3:51.48	39.72	400m:	5:09.20	38.10
DSQ  11					11						5:15.06	305	+0,86
DSQ 11 " -2011" <b>5:19.70</b> +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													40.65
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