, 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: 100m:	30.26 1:06.08	30.26 35.82		1:45.42 2:23.80	39.34 38.38	250m: 300m:	3:05.01 3:47.39	41.21 42.38	350m: 400m:	4:22.82 4:56.80	35.43 33.98
2.				12		"	"	-		5:15.39	553	+0,94
	50m: 100m:	33.39 1:10.83	33.39 37.44		1:53.15 2:33.21	42.32 40.06	250m: 300m:	3:18.20 4:03.72	44.99 45.52	350m: 400m:	4:39.79 5:15.39	36.07 35.60
3.				11		5	;			5:19.36	533	+0,85
	50m: 100m:	32.81 1:13.48	32.81 40.67		1:55.54 2:37.07	42.06 41.53		3:22.45 4:09.11	45.38 46.66		4:44.43 5:19.36	35.32 34.93
4.			-	12						5:23.71	511	+0,85
	50m:	33.93	33.93		1:55.59	41.34	250m:	3:22.87	46.32		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		1:58.67	44.51		3:26.66	45.26		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