

, 18. - 20.6.2025

38			, 400m			2010		
20.06.2025 - 11:09								
: 3:59.00 /			: 4:15.50 / 1			: 4:35.50 / 2		
						: 5:11.50		
: AQUA 2024								
			/			R.T.		
1.	10			4:22.86			526	+0,91 1
	50m: 27.76	27.76	150m: 1:33.13	33.11	250m: 2:40.33	33.73	350m: 3:49.22	34.52
	100m: 1:00.02	32.26	200m: 2:06.60	33.47	300m: 3:14.70	34.37	400m: 4:22.86	33.64
2.	10			" "			4:23.75	521 +0,86 1
	50m: 28.75	28.75	150m: 1:34.74	33.45	250m: 2:42.75	33.99	350m: 3:51.15	34.11
	100m: 1:01.29	32.54	200m: 2:08.76	34.02	300m: 3:17.04	34.29	400m: 4:23.75	32.60
3.	10			8			4:24.29	517 +0,82 1
	50m: 28.82	28.82	150m: 1:34.99	33.78	250m: 2:43.03	34.02	350m: 3:51.13	33.95
	100m: 1:01.21	32.39	200m: 2:09.01	34.02	300m: 3:17.18	34.15	400m: 4:24.29	33.16
4.	11			4			4:25.09	513 +0,88 1
	50m: 28.80	28.80	150m: 1:34.77	33.62	250m: 2:43.40	34.58	350m: 3:51.98	34.20
	100m: 1:01.15	32.35	200m: 2:08.82	34.05	300m: 3:17.78	34.38	400m: 4:25.09	33.11
5.	10						4:31.34	478 +0,82 1
	50m: 29.80	29.80	150m: 1:38.19	35.05	250m: 2:49.15	35.48	350m: 4:00.06	35.25
	100m: 1:03.14	33.34	200m: 2:13.67	35.48	300m: 3:24.81	35.66	400m: 4:31.34	31.28
6.	11			5			4:31.51	477 +1,08 1
	50m: 30.79	30.79	150m:		250m: 2:15.78		350m:	
	100m: 1:05.26	34.47	200m:		300m: 2:51.23	35.45	400m: 4:31.51	
7.	11			" "			4:32.04	474 +0,81 1
	50m: 28.57	28.57	150m: 1:36.46	34.92	250m: 2:47.82	35.82	350m: 3:59.10	35.89
	100m: 1:01.54	32.97	200m: 2:12.00	35.54	300m: 3:23.21	35.39	400m: 4:32.04	32.94
8.	11			" "			4:32.35	473 +0,91 1
	50m: 29.25	29.25	150m: 1:35.49	34.05	250m: 2:45.83	35.63	350m: 3:57.72	35.82
	100m: 1:01.44	32.19	200m: 2:10.20	34.71	300m: 3:21.90	36.07	400m: 4:32.35	34.63
9.	11			" "			4:32.76	471 +0,91 1
	50m: 29.96	29.96	150m: 1:38.78	35.11	250m: 2:48.82	35.08	350m: 3:59.08	34.94
	100m: 1:03.67	33.71	200m: 2:13.74	34.96	300m: 3:24.14	35.32	400m: 4:32.76	33.68
10.	10						4:32.99	470 +0,77 1
	50m: 30.10	30.10	150m: 1:38.73	34.69	250m: 2:49.83	36.16	350m: 4:00.19	34.53
	100m: 1:04.04	33.94	200m: 2:13.67	34.94	300m: 3:25.66	35.83	400m: 4:32.99	32.80
11.	12			" "			4:34.45	462 +0,84 1
	50m: 30.87	30.87	150m: 1:39.90	34.81	250m: 2:50.33	34.99	350m: 4:01.22	35.71
	100m: 1:05.09	34.22	200m: 2:15.34	35.44	300m: 3:25.51	35.18	400m: 4:34.45	33.23
12.	10						4:35.95	455 +0,87 2
	50m: 30.12	30.12	150m: 1:38.53	34.94	250m: 2:49.63	35.79	350m: 4:01.18	35.88
	100m: 1:03.59	33.47	200m: 2:13.84	35.31	300m: 3:25.30	35.67	400m: 4:35.95	34.77
13.	10						4:37.69	446 +0,86 2
	50m: 30.88	30.88	150m: 1:40.81	35.52	250m: 2:52.31	35.84	350m: 4:03.23	35.56
	100m: 1:05.29	34.41	200m: 2:16.47	35.66	300m: 3:27.67	35.36	400m: 4:37.69	34.46
14.	10			" "			4:38.57	442 +0,83 2
	50m: 30.84	30.84	150m: 1:40.31	35.04	250m: 2:50.88	34.54	350m: 4:03.49	35.59
	100m: 1:05.27	34.43	200m: 2:16.34	36.03	300m: 3:27.90	37.02	400m: 4:38.57	35.08
15.	10						4:40.10	435 +0,87 2
	50m: 30.62	30.62	150m: 1:41.46	36.07	250m: 2:53.49	36.00	350m: 4:05.81	36.05
	100m: 1:05.39	34.77	200m: 2:17.49	36.03	300m: 3:29.76	36.27	400m: 4:40.10	34.29
16.	11			" "			4:40.59	432 +0,88 2
	50m: 30.37	30.37	150m: 1:41.27	36.09	250m: 2:54.04	36.13	350m: 4:06.06	35.91
	100m: 1:05.18	34.81	200m: 2:17.91	36.64	300m: 3:30.15	36.11	400m: 4:40.59	34.53
17.	10			" "			4:41.01	430 +0,77 2
	50m: 31.01	31.01	150m: 1:40.34	35.21	250m: 2:52.84	36.72	350m: 4:05.95	36.45
	100m: 1:05.13	34.12	200m: 2:16.12	35.78	300m: 3:29.50	36.66	400m: 4:41.01	35.06

	38, , 400m						, 2010					
				/						R.T.		
18.			10							4:41.76	427	+0,94 2
	50m:	29.78	29.78	150m:	1:39.09	35.49	250m:		350m:	3:29.26	36.99	
	100m:	1:03.60	33.82	200m:			300m:	2:52.27	400m:	4:41.76	1:12.50	
19.			11							4:41.92	426	+0,79 2
	50m:	31.27	31.27	150m:	1:43.02	37.47	250m:	2:55.66	36.50	350m:	4:09.21	36.11
	100m:	1:05.55	34.28	200m:	2:19.16	36.14	300m:	3:33.10	37.44	400m:	4:41.92	32.71
20.			10			8				4:42.95	422	+0,80 2
	50m:	29.94	29.94	150m:	1:39.65	35.40	250m:	2:52.20	36.36	350m:	4:06.28	37.05
	100m:	1:04.25	34.31	200m:	2:15.84	36.19	300m:	3:29.23	37.03	400m:	4:42.95	36.67
21.			10			"		"		4:43.00	421	+0,88 2
	50m:	32.36	32.36	150m:	1:43.15	35.53	250m:	2:55.81	36.40	350m:	4:08.47	36.30
	100m:	1:07.62	35.26	200m:	2:19.41	36.26	300m:	3:32.17	36.36	400m:	4:43.00	34.53
22.			10			"		"		4:43.65	418	+0,84 2
	50m:	31.76	31.76	150m:	1:42.89	36.04	250m:	2:56.06	36.83	350m:	4:09.22	36.32
	100m:	1:06.85	35.09	200m:	2:19.23	36.34	300m:	3:32.90	36.84	400m:	4:43.65	34.43
23.			10							4:44.15	416	+0,79 2
	50m:	29.99	29.99	150m:	1:42.30	37.08	250m:	2:56.77	37.11	350m:	4:09.74	36.45
	100m:	1:05.22	35.23	200m:	2:19.66	37.36	300m:	3:33.29	36.52	400m:	4:44.15	34.41
24.			11			"		"		4:44.49	415	+0,76 2
	50m:	31.79	31.79	150m:	1:43.99	36.25	250m:	2:57.59	36.81	350m:	4:10.57	36.55
	100m:	1:07.74	35.95	200m:	2:20.78	36.79	300m:	3:34.02	36.43	400m:	4:44.49	33.92
25.			10							4:45.10	412	+0,75 2
	50m:	32.21	32.21	150m:	1:43.62	35.95	250m:	2:57.07	36.76	350m:	4:09.90	36.35
	100m:	1:07.67	35.46	200m:	2:20.31	36.69	300m:	3:33.55	36.48	400m:	4:45.10	35.20
26.			10		"	"				4:45.16	412	+0,93 2
	50m:	29.57	29.57	150m:	1:41.96	37.08	250m:	2:56.01	37.42	350m:	4:10.63	37.10
	100m:	1:04.88	35.31	200m:	2:18.59	36.63	300m:	3:33.53	37.52	400m:	4:45.16	34.53
27.			10			5				4:47.01	404	+1,07 2
	50m:	31.16	31.16	150m:	1:42.05	36.41	250m:	2:56.39	36.81	350m:	4:10.39	37.28
	100m:	1:05.64	34.48	200m:	2:19.58	37.53	300m:	3:33.11	36.72	400m:	4:47.01	36.62
28.			11							4:47.62	401	+0,88 2
	50m:	30.81	30.81	150m:	1:43.08	36.61	250m:	2:57.67	37.36	350m:	4:12.27	36.99
	100m:	1:06.47	35.66	200m:	2:20.31	37.23	300m:	3:35.28	37.61	400m:	4:47.62	35.35
29.			12			6				4:49.02	396	+0,82 2
	50m:	32.22	32.22	150m:	1:45.25	37.05	250m:	2:59.33	37.22	350m:	4:13.40	36.83
	100m:	1:08.20	35.98	200m:	2:22.11	36.86	300m:	3:36.57	37.24	400m:	4:49.02	35.62
30.			11			6				4:50.12	391	2
	50m:	30.46	30.46	150m:	1:44.66	38.01	250m:	3:00.17	38.10	350m:	4:14.52	36.61
	100m:	1:06.65	36.19	200m:	2:22.07	37.41	300m:	3:37.91	37.74	400m:	4:50.12	35.60
31.			10							4:50.28	390	+0,91 2
	50m:	32.74	32.74	150m:	1:44.50	35.92	250m:			350m:	3:37.54	
	100m:	1:08.58	35.84	200m:	2:22.14	37.64	300m:			400m:	4:50.28	1:12.74
32.			10							4:50.38	390	+0,76 2
	50m:	33.16	33.16	150m:	1:46.97	37.82	250m:	3:04.42	38.56	350m:	4:15.77	35.22
	100m:	1:09.15	35.99	200m:	2:25.86	38.89	300m:	3:40.55	36.13	400m:	4:50.38	34.61
33.			11							4:54.97	372	+0,79 2
	50m:	31.98	31.98	150m:	1:45.42	37.28	250m:	3:01.30	38.10	350m:	4:18.01	38.42
	100m:	1:08.14	36.16	200m:	2:23.20	37.78	300m:	3:39.59	38.29	400m:	4:54.97	36.96
34.			10			6				4:58.28	360	+1,01 2
	50m:	36.09	36.09	150m:	1:51.38	37.57	250m:	3:08.02	38.46	350m:	4:23.10	36.97
	100m:	1:13.81	37.72	200m:	2:29.56	38.18	300m:	3:46.13	38.11	400m:	4:58.28	35.18
35.			10			"		-2011"		4:58.66	358	+0,92 2
	50m:	32.49	32.49	150m:	1:48.24	38.32	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

38, , 400m , , 2010														
										R.T.				
										/				
36.	11										4:59.64	355	+0,93	2
	50m:	32.73	32.73	150m:	1:49.98	39.06	250m:	3:07.36	38.33	350m:	4:24.23	37.72		
	100m:	1:10.92	38.19	200m:	2:29.03	39.05	300m:	3:46.51	39.15	400m:	4:59.64	35.41		
37.	13										4:59.91	354		2
	50m:	33.66	33.66	150m:	1:49.18	38.11	250m:	3:06.89	39.00	350m:	4:24.09	37.97		
	100m:	1:11.07	37.41	200m:	2:27.89	38.71	300m:	3:46.12	39.23	400m:	4:59.91	35.82		
38.	13 7										5:01.42	349	+0,92	2
	50m:	35.41	35.41	150m:	1:51.82	38.21	250m:	3:09.21	38.42	350m:	4:25.22	37.37		
	100m:	1:13.61	38.20	200m:	2:30.79	38.97	300m:	3:47.85	38.64	400m:	5:01.42	36.20		
39.	11 " "										5:02.95	343	+0,88	2
	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		
40.	10										5:04.81	337	+0,91	2
	50m:	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		
41.	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		
42.	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		
43.	10 " "										5:07.81	327	+0,80	2
	50m:	33.89	33.89	150m:			250m:			350m:	3:08.44			
	100m:			200m:	1:50.53		300m:			400m:	5:07.81	1:59.37		
44.	11 " "										5:09.20	323	+0,90	2
	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		
45.	11										5:15.06	305	+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	11 " -2011"										5:19.70		+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		
DNS				10		" "								