37					, 400m					2011
20.06.2025 - 10:43										

: 4:23.00 /   : 4:39.50 / 1   : 5:00.50 / 2   : 5:40.00

: AQUA 2024

			/						R.T.

1.   11   "   "   **4:42.53**   548   +0,75 1

| 50m: | 32.29 | 32.29 | 150m: | 1:43.57 | 36.03 | 250m: | 2:54.92 | 35.51 | 350m: | 4:07.53 | 36.63 |
| 100m: | 1:07.54 | 35.25 | 200m: | 2:19.41 | 35.84 | 300m: | 3:30.90 | 35.98 | 400m: | 4:42.53 | 35.00 |

2.   11   "   "   -   **4:43.05**   545   +1,03 1

| 50m: | 32.58 | 32.58 | 150m: | 1:43.75 | 35.89 | 250m: | 2:55.88 | 35.75 | 350m: | 4:08.97 | 36.17 |
| 100m: | 1:07.86 | 35.28 | 200m: | 2:20.13 | 36.38 | 300m: | 3:32.80 | 36.92 | 400m: | 4:43.05 | 34.08 |

3.   11   **4:44.47**   537   +0,84 1

| 50m: | 32.50 | 32.50 | 150m: | 1:44.33 | 36.20 | 250m: | 2:57.56 | 36.60 | 350m: | 4:10.91 | 36.73 |
| 100m: | 1:08.13 | 35.63 | 200m: | 2:20.96 | 36.63 | 300m: | 3:34.18 | 36.62 | 400m: | 4:44.47 | 33.56 |

4.   11   "   -2011"   **4:45.91**   529   +0,88 1

| 50m: | 32.03 | 32.03 | 150m: | 1:43.61 | 36.31 | 250m: | 2:56.37 | 36.49 | 350m: | 4:09.75 | 36.81 |
| 100m: | 1:07.30 | 35.27 | 200m: | 2:19.88 | 36.27 | 300m: | 3:32.94 | 36.57 | 400m: | 4:45.91 | 36.16 |

5.   11   **4:48.99**   512   +0,85 1

| 50m: | 32.28 | 32.28 | 150m: | 1:44.02 | 36.65 | 250m: | 2:57.71 | 36.61 | 350m: | 4:12.50 | 37.57 |
| 100m: | 1:07.37 | 35.09 | 200m: | 2:21.10 | 37.08 | 300m: | 3:34.93 | 37.22 | 400m: | 4:48.99 | 36.49 |

6.   11   5   **4:50.89**   502   +0,83 1

| 50m: | 32.51 | 32.51 | 150m: | 1:44.80 | 37.07 | 250m: | 2:58.67 | 37.11 | 350m: | 4:13.75 | 37.79 |
| 100m: | 1:07.73 | 35.22 | 200m: | 2:21.56 | 36.76 | 300m: | 3:35.96 | 37.29 | 400m: | 4:50.89 | 37.14 |

7.   11   **4:52.12**   496   +0,96 1

| 50m: | 32.53 | 32.53 | 150m: | 1:45.63 | 37.48 | 250m: | 3:01.33 | 37.95 | 350m: | 4:17.76 | 38.77 |
| 100m: | 1:08.15 | 35.62 | 200m: | 2:23.38 | 37.75 | 300m: | 3:38.99 | 37.66 | 400m: | 4:52.12 | 34.36 |

8.   11   "   -2011"   **4:52.83**   492   +1,02 1

| 50m: | 33.38 | 33.38 | 150m: | | | 250m: | | | 350m: | 3:00.70 | |
| 100m: | | | 200m: | 1:46.57 | | 300m: | | | 400m: | 4:52.83 | 1:52.13 |

9.   12   **4:53.62**   488   +1,03 1

| 50m: | 33.43 | 33.43 | 150m: | 1:47.36 | 37.40 | 250m: | 3:02.50 | 37.69 | 350m: | 4:18.12 | 38.11 |
| 100m: | 1:09.96 | 36.53 | 200m: | 2:24.81 | 37.45 | 300m: | 3:40.01 | 37.51 | 400m: | 4:53.62 | 35.50 |

10.   11   1   **4:59.13**   462   +0,94 1

| 50m: | | | 150m: | 1:09.84 | | 250m: | | | 350m: | 3:05.16 | |
| 100m: | | | 200m: | 1:48.01 | 38.17 | 300m: | | | 400m: | 4:59.13 | 1:53.97 |

11.   11   5   **5:00.04**   458   +0,74 1

| 50m: | 33.70 | 33.70 | 150m: | 1:48.24 | 37.84 | 250m: | 3:05.24 | 38.65 | 350m: | 4:22.79 | 38.84 |
| 100m: | 1:10.40 | 36.70 | 200m: | 2:26.59 | 38.35 | 300m: | 3:43.95 | 38.71 | 400m: | 5:00.04 | 37.25 |

12.   11   "   "   **5:01.10**   453   +0,94 2

| 50m: | 33.36 | 33.36 | 150m: | 1:49.07 | 38.16 | 250m: | 3:05.83 | 38.81 | 350m: | 4:23.80 | 38.69 |
| 100m: | 1:10.91 | 37.55 | 200m: | 2:27.02 | 37.95 | 300m: | 3:45.11 | 39.28 | 400m: | 5:01.10 | 37.30 |

13.   11   "   "   **5:03.00**   444   +0,88 2

| 50m: | 33.40 | 33.40 | 150m: | 1:48.96 | 38.39 | 250m: | 3:06.40 | 39.00 | 350m: | 4:24.88 | 47.93 |
| 100m: | 1:10.57 | 37.17 | 200m: | 2:27.40 | 38.44 | 300m: | 3:36.95 | 30.55 | 400m: | 5:03.00 | 38.12 |

14.   11   6   **5:03.88**   440   +0,87 2

| 50m: | 33.68 | 33.68 | 150m: | 1:51.22 | 39.09 | 250m: | 3:10.46 | 39.68 | 350m: | 4:27.99 | 38.72 |
| 100m: | 1:12.13 | 38.45 | 200m: | 2:30.78 | 39.56 | 300m: | 3:49.27 | 38.81 | 400m: | 5:03.88 | 35.89 |

15.   - 12   **5:04.67**   437   +0,91 2

| 50m: | 34.51 | 34.51 | 150m: | 1:51.97 | 39.00 | 250m: | 3:09.38 | 38.62 | 350m: | 4:27.04 | 38.74 |
| 100m: | 1:12.97 | 38.46 | 200m: | 2:30.76 | 38.79 | 300m: | 3:48.30 | 38.92 | 400m: | 5:04.67 | 37.63 |

16.   13   **5:05.72**   433   +0,89 2

| 50m: | 33.72 | 33.72 | 150m: | 1:50.44 | 38.76 | 250m: | 3:09.00 | 39.03 | 350m: | 4:27.86 | 39.63 |
| 100m: | 1:11.68 | 37.96 | 200m: | 2:29.97 | 39.53 | 300m: | 3:48.23 | 39.23 | 400m: | 5:05.72 | 37.86 |

17.   11   "   "   **5:06.75**   428   +0,99 2

| 50m: | 34.49 | 34.49 | 150m: | 1:51.89 | 39.28 | 250m: | 3:11.33 | 39.74 | 350m: | 4:29.25 | 38.82 |
| 100m: | 1:12.61 | 38.12 | 200m: | 2:31.59 | 39.70 | 300m: | 3:50.43 | 39.10 | 400m: | 5:06.75 | 37.50 |

37,   , 400m   ,   , 2011

							/						R.T.

#		50m/100m			150m/200m		250m/300m			350m/400m		Final	Pts	R.T.

18. 11 **5:06.76** 428 +0,78 2
- 50m: 33.27 33.27 150m: 1:48.04 38.02 250m: 3:06.67 39.73 350m: 4:27.38 40.78
- 100m: 1:10.02 36.75 200m: 2:26.94 38.90 300m: 3:46.60 39.93 400m: 5:06.76 39.38

19. 11 **5:07.18** 426 +1,09 2
- 50m: 34.82 34.82 150m: 1:52.81 39.55 250m: 3:11.20 39.48 350m: 4:29.86 39.22
- 100m: 1:13.26 38.44 200m: 2:31.72 38.91 300m: 3:50.64 39.44 400m: 5:07.18 37.32

20. 12 " " **5:10.05** 415 +0,84 2
- 50m: 33.61 33.61 150m: 1:51.53 39.31 250m: 3:10.70 39.99 350m: 4:31.04 39.16
- 100m: 1:12.22 38.61 200m: 2:30.71 39.18 300m: 3:51.88 41.18 400m: 5:10.05 39.01

21. 12 **5:10.65** 412 +0,84 2
- 50m: 34.81 34.81 150m: 1:52.97 39.03 250m: 3:12.79 39.82 350m: 4:32.33 39.86
- 100m: 1:13.94 39.13 200m: 2:32.97 40.00 300m: 3:52.47 39.68 400m: 5:10.65 38.32

22. 12 **5:11.36** 409 +0,93 2
- 50m: 34.91 34.91 150m: 1:52.38 39.08 250m: 3:11.60 39.73 350m: 4:32.02 40.01
- 100m: 1:13.30 38.39 200m: 2:31.87 39.49 300m: 3:52.01 40.41 400m: 5:11.36 39.34

23. 13 **5:11.90** 407 +0,93 2
- 50m: 35.86 35.86 150m: 1:54.31 39.48 250m: 3:12.82 39.03 350m: 4:32.12 39.64
- 100m: 1:14.83 38.97 200m: 2:33.79 39.48 300m: 3:52.48 39.66 400m: 5:11.90 39.78

24. 11 **5:13.23** 402 +0,97 2
- 50m: 35.12 35.12 150m: 1:54.39 39.72 250m: 3:13.17 40.20 350m: 4:34.62 41.85
- 100m: 1:14.67 39.55 200m: 2:32.97 38.58 300m: 3:52.77 39.60 400m: 5:13.23 38.61

25. 13 **5:15.22** 395 +0,93 2
- 50m: 33.89 33.89 150m: 1:53.83 40.65 250m: 3:16.36 41.38 350m: 4:37.89 40.62
- 100m: 1:13.18 39.29 200m: 2:34.98 41.15 300m: 3:57.27 40.91 400m: 5:15.22 37.33

26. 12 **5:16.54** 390 +0,87 2
- 50m: 34.62 34.62 150m: 250m: 2:35.58 40.96 350m:
- 100m: 200m: 1:54.62   300m: 400m: 5:16.54

27. 12 **5:21.81** 371 +0,78 2
- 50m: 32.07 32.07 150m: 1:50.69 40.73 250m: 3:15.34 42.66 350m: 4:40.63 42.77
- 100m: 1:09.96 37.89 200m: 2:32.68 41.99 300m: 3:57.86 42.52 400m: 5:21.81 41.18

28. 11 8 **5:21.98** 370 +0,94 2
- 50m: 35.20 35.20 150m: 1:55.24 40.81 250m: 3:18.88 41.64 350m: 4:41.34 40.91
- 100m: 1:14.43 39.23 200m: 2:37.24 42.00 300m: 4:00.43 41.55 400m: 5:21.98 40.64

29. 11 " " **5:24.93** 360 +0,92 2
- 50m: 35.11 35.11 150m: 1:53.69 39.87 250m: 3:15.56 41.08 350m: 4:43.60 44.42
- 100m: 1:13.82 38.71 200m: 2:34.48 40.79 300m: 3:59.18 43.62 400m: 5:24.93 41.33

30. 12 6 **5:25.21** 359 +0,83 2
- 50m: 36.47 36.47 150m: 1:58.76 41.74 250m: 3:22.58 41.78 350m: 4:45.51 41.18
- 100m: 1:17.02 40.55 200m: 2:40.80 42.04 300m: 4:04.33 41.75 400m: 5:25.21 39.70

31. 13 " " **5:26.35** 356 +0,85 2
- 50m: 35.57 35.57 150m: 1:56.89 41.56 250m: 3:19.85 41.48 350m: 4:42.18 40.94
- 100m: 1:15.33 39.76 200m: 2:38.37 41.48 300m: 4:01.24 41.39 400m: 5:26.35 44.17

32. 14 " " **5:30.46** 342 +0,94 2
- 50m: 37.21 37.21 150m: 2:02.37 42.60 250m: 3:27.73 42.59 350m: 4:52.92 42.29
- 100m: 1:19.77 42.56 200m: 2:45.14 42.77 300m: 4:10.63 42.90 400m: 5:30.46 37.54

33. 12 **6:03.66** 257 +0,77
- 50m: 36.69 36.69 150m: 2:08.89 47.66 250m: 3:44.34 47.37 350m: 5:17.99 46.39
- 100m: 1:21.23 44.54 200m: 2:56.97 48.08 300m: 4:31.60 47.26 400m: 6:03.66 45.67

34. 14 " " **6:12.08** 240 +0,92
- 50m: 39.15 39.15 150m: 2:10.83 47.06 250m: 3:47.24 48.21 350m: 5:26.00 49.18
- 100m: 1:23.77 44.62 200m: 2:59.03 48.20 300m: 4:36.82 49.58 400m: 6:12.08 46.08