

. 18. - 20.6.2025

37
20.06.2025 - 10:43

, 400m

2011

: 4:23.00 /

: 4:39.50 / 1

: 5:00.50 / 2

: 5:40.00

: AQUA 2024

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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				

37, , 400m , , 2011											
										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