23 , 400m 2011

19.	.06.	2025	- 1 ⁻	1:16			

: AQUA		.00 /		: 5:24.00) / 1	: 5:44.	00 / 2	: 6	5:34.00			
	-			/								R.T.
1.				11						4:58.35	653	+0,87
٠.	50m:	30.49	30.49		1:45.48	39.07	250m·	3:05.21	41.43		4:23.77	35.81
		1:06.41	35.92		2:23.78	38.30		3:47.96	42.75		4:58.35	34.58
2.				12		"	"	_		5:18.59	536	+0,87
	50m:	33.72	33.72	150m:	1:53.03	42.11	250m:	3:18.12	44.84	350m:	4:41.79	37.34
	100m:	1:10.92	37.20		2:33.28	40.25		4:04.45	46.33		5:18.59	36.80
3.				11		5				5:20.75		+0,85
	50m:	33.30	33.30		1:56.39	43.46		3:21.41	44.25		4:45.29	36.81
	100m:	1:12.93	39.63	200m:	2:37.16	40.77	300m:	4:08.48	47.07	400m:	5:20.75	35.46
4.				11						5:25.04	505	+0,77 1
	50m:	34.39	34.39			41.39	250m:	3:23.14	46.43		4:48.71	37.84
	100m:	1:14.74	40.35	200m:	2:36.71	40.58	300m:	4:10.87	47.73	400m:	5:25.04	36.33
5.				12		"	"			5:26.81	497	
	50m:	33.70	33.70		1:55.74	41.85	250m:	3:21.91	44.95		4:48.07	41.26
	100m:	1:13.89	40.19	200m:	2:36.96	41.22	300m:	4:06.81	44.90	400m:	5:26.81	38.74
6.			-	12						5:31.63	476	+0,94 1
	50m:	34.43	34.43		1:58.00	43.00		3:27.38	47.81		4:54.39	39.55
	100m:	1:15.00	40.57	200m:	2:39.57	41.57	300m:	4:14.84	47.46	400m:	5:31.63	37.24
7.				12						5:33.08		+0,88 1
	50m:	35.12	35.12		2:00.09	44.38		3:29.68	46.39		4:55.70	39.23
	100m:	1:15.71	40.59	200m:	2:43.29	43.20	300m:	4:16.47	46.79	400m:	5:33.08	37.38
8.				11						5:33.89		+0,92 1
	50m:	33.69	33.69		1:57.47	42.80		3:27.47	48.04		4:55.10	39.82
	100m:	1:14.67	40.98	200m:	2:39.43	41.96	300m:	4:15.28	47.81	400m:	5:33.89	38.79
9.				13						5:36.47	455	+0,86 1
	50m:	34.67	34.67		1:59.80	43.42		3:32.58	51.31		4:59.98	37.25
	100m:	1:16.38	41.71	200m:	2:41.27	41.47	300m:	4:22.73	50.15	400m:	5:36.47	36.49
10.				11		5				5:40.62	439	+0,93 1
	50m:	36.66	36.66		2:03.17	42.13		3:32.66		350m:	5:01.98	39.57
	100m:	1:21.04	44.38	200m:	2:44.61	41.44		4:22.41	49.75		5:40.62	38.64
11.				11		II.	"			5:40.99		+1,00 1
	50m:		37.69		2:08.05	44.30		3:37.02		350m:		
	100m:	1:23.75	46.06	200m:	2:51.35	43.30	300m:	4:24.02	47.00	400m:	5:40.99	37.11
12.				12								+0,96 1
	50m:	36.00	36.00		2:04.45	43.93		3:35.69	49.11		5:05.54	39.18
	100m:	1:20.52	44.52	200m:	2:46.58	42.13		4:26.36	50.67	400m:	5:42.01	36.47
13.				12			"			5:43.37		+1,02 1
	50m:	34.00	34.00		2:01.16	44.91	250m:	3:34.86	50.00		5:04.79	39.20
	100m:	1:16.25	42.25	200m:	2:44.86	43.70	300m:	4:25.59	50.73	400m:	5:43.37	38.58
14.		.		13		"	"			5:43.52	428	+1,01 1
	50m:	36.95	36.95		2:05.74	44.63	250m:	3:37.73	49.09		5:05.25	38.29
	100m:	1:21.11	44.16	200m:	2:48.64	42.90	300m:	4:26.96	49.23		5:43.52	38.27
15.		c= :=	0= :=	12	0.65 ==	6	0=0	0.07		5:48.34	410	,
	50m:	37.13	37.13		2:03.58	42.79		3:35.62	49.57		5:07.56	40.80
	100m:	1:20.79	43.66		2:46.05	42.47	300m:	4:26.76	51.14		5:48.34	40.78
16.		.		13					<u>.</u> .	5:56.91	381	+0,89 2
	50m:	38.33	38.33		2:09.38	46.06		3:45.04	51.25		5:17.37	40.76
	100m:	1:23.32	44.99	200m:	2:53.79	44.41	300m:	4:36.61	51.57	400m:	5:56.91	39.54
17.				13						6:00.47	370	+0,58 2
		36.36	36.36	150m	2:06.45	47.72	250m:	3:44.15	51.65	350m:	5:19.46	42.82
	50m:	1:18.73	42.37		2:52.50	46.05		4:36.64	52.49		6:00.47	

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	23,		, 400m			,			, 201	1		
				/								R.T.
18.				13						6:00.63	370	+0,88 2
	50m:	38.51	38.51	150m:	2:14.35	45.02	250m:	3:50.10	51.76	350m:	5:23.85	41.40
	100m:	1:29.33	50.82	200m:	2:58.34	43.99	300m:	4:42.45	52.35	400m:	6:00.63	36.78
19.				11		4	1			6:02.88	363	+0,98 2
	50m:	37.90	37.90	150m:	2:13.65	48.59	250m:	3:48.12	46.86	350m:	5:22.29	43.53
	100m:	1:25.06	47.16	200m:	3:01.26	47.61	300m:	4:38.76	50.64	400m:	6:02.88	40.59
20.				13						6:06.76	351	+0,81 2
	50m:	37.86	37.86	150m:	2:11.12	47.85	250m:	3:50.98	51.81	350m:	5:26.45	42.77
	100m:	1:23.27	45.41	200m:	2:59.17	48.05	300m:	4:43.68	52.70	400m:	6:06.76	40.31
21.				12						6:07.15	350	+1,09 2
	50m:	37.97	37.97	150m:	2:15.93	48.52	250m:	3:51.64	47.56	350m:	5:26.01	44.24
	100m:	1:27.41	49.44	200m:	3:04.08	48.15	300m:	4:41.77	50.13	400m:	6:07.15	41.14
22.				12						6:09.93	342	+0,91 2
	50m:	37.85	37.85	150m:	2:14.99	48.25	250m:	3:52.78	48.76	350m:	5:28.54	45.67
	100m:	1:26.74	48.89	200m:	3:04.02	49.03	300m:	4:42.87	50.09	400m:	6:09.93	41.39
23.				12		7	7			6:17.92	321	+0,99 2
	50m:	40.86	40.86	150m:	2:18.86	49.46	250m:	4:00.68	53.00	350m:	5:36.49	42.69
	100m:	1:29.40	48.54	200m:	3:07.68	48.82	300m:	4:53.80	53.12	400m:	6:17.92	41.43
			_			_	_				_	_