23				, 400m						2011

19.06.2025 - 11:16

: 5:01.00 /   : 5:24.00 / 1   : 5:44.00 / 2   : 6:34.00

: AQUA 2024

			/							R.T.
1.			11						**4:58.35**	653 +0,87
	50m:	30.49	30.49	150m:	1:45.48	39.07	250m:	3:05.21	41.43	350m: 4:23.77 35.81
	100m:	1:06.41	35.92	200m:	2:23.78	38.30	300m:	3:47.96	42.75	400m: 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	200m:	2:33.28	40.25	300m:	4:04.45	46.33	400m: 5:18.59 36.80
3.			11		5				**5:20.75**	526 +0,85
	50m:	33.30	33.30	150m:	1:56.39	43.46	250m:	3:21.41	44.25	350m: 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	150m:	1:56.13	41.39	250m:	3:23.14	46.43	350m: 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 +0,81 1
	50m:	33.70	33.70	150m:	1:55.74	41.85	250m:	3:21.91	44.95	350m: 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	150m:	1:58.00	43.00	250m:	3:27.38	47.81	350m: 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**	469 +0,88 1
	50m:	35.12	35.12	150m:	2:00.09	44.38	250m:	3:29.68	46.39	350m: 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**	466 +0,92 1
	50m:	33.69	33.69	150m:	1:57.47	42.80	250m:	3:27.47	48.04	350m: 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	150m:	1:59.80	43.42	250m:	3:32.58	51.31	350m: 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	150m:	2:03.17	42.13	250m:	3:32.66	48.05	350m: 5:01.98 39.57
	100m:	1:21.04	44.38	200m:	2:44.61	41.44	300m:	4:22.41	49.75	400m: 5:40.62 38.64
11.			11		"	"			**5:40.99**	437 +1,00 1
	50m:	37.69	37.69	150m:	2:08.05	44.30	250m:	3:37.02	45.67	350m: 5:03.88 39.86
	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						**5:42.01**	433 +0,96 1
	50m:	36.00	36.00	150m:	2:04.45	43.93	250m:	3:35.69	49.11	350m: 5:05.54 39.18
	100m:	1:20.52	44.52	200m:	2:46.58	42.13	300m:	4:26.36	50.67	400m: 5:42.01 36.47
13.			12		"	-2011"			**5:43.37**	428 +1,02 1
	50m:	34.00	34.00	150m:	2:01.16	44.91	250m:	3:34.86	50.00	350m: 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	150m:	2:05.74	44.63	250m:	3:37.73	49.09	350m: 5:05.25 38.29
	100m:	1:21.11	44.16	200m:	2:48.64	42.90	300m:	4:26.96	49.23	400m: 5:43.52 38.27
15.			12		6				**5:48.34**	410 +0,98 2
	50m:	37.13	37.13	150m:	2:03.58	42.79	250m:	3:35.62	49.57	350m: 5:07.56 40.80
	100m:	1:20.79	43.66	200m:	2:46.05	42.47	300m:	4:26.76	51.14	400m: 5:48.34 40.78
16.			13						**5:56.91**	381 +0,89 2
	50m:	38.33	38.33	150m:	2:09.38	46.06	250m:	3:45.04	51.25	350m: 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
	50m:	36.36	36.36	150m:	2:06.45	47.72	250m:	3:44.15	51.65	350m: 5:19.46 42.82
	100m:	1:18.73	42.37	200m:	2:52.50	46.05	300m:	4:36.64	52.49	400m: 6:00.47 41.01

23, , 400m , , 2011

					/						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				**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				**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