| 38 | | | | , 400m | | | | | 2010 | |
20.06.2025 - 18:01

: 3:59.00 /   : 4:15.50 / 1   : 4:35.50 / 2   : 5:11.50

: AQUA 2024

| | | | / | | | | | | | R.T. |

1.			10						**4:05.04**	649	+0,86
	50m:	26.38	26.38	150m:	1:27.36	30.72	250m:	2:30.43	31.64	350m: 3:33.81	31.65
	100m:	56.64	30.26	200m:	1:58.79	31.43	300m:	3:02.16	31.73	400m: 4:05.04	31.23

2.			10		"	"			**4:17.66**	558	+0,73 1
	50m:	27.90	27.90	150m:	1:31.40	32.39	250m:	2:38.38	33.68	350m: 3:45.23	33.87
	100m:	59.01	31.11	200m:	2:04.70	33.30	300m:	3:11.36	32.98	400m: 4:17.66	32.43

3.			10		8				**4:18.68**	552	+0,79 1
	50m:	29.99	29.99	150m:	1:35.25	32.90	250m:	2:41.45	33.23	350m: 3:47.96	33.19
	100m:	1:02.35	32.36	200m:	2:08.22	32.97	300m:	3:14.77	33.32	400m: 4:18.68	30.72

4.			11		4				**4:19.76**	545	+0,78 1
	50m:	27.59	27.59	150m:	1:31.11	32.49	250m:	2:37.93	33.80	350m: 3:48.13	34.54
	100m:	58.62	31.03	200m:	2:04.13	33.02	300m:	3:13.59	35.66	400m: 4:19.76	31.63

5.			11		"	"			**4:24.49**	516	+0,79 1
	50m:	28.35	28.35	150m:	1:34.68	33.56	250m:	2:42.50	33.98	350m: 3:51.14	34.14
	100m:	1:01.12	32.77	200m:	2:08.52	33.84	300m:	3:17.00	34.50	400m: 4:24.49	33.35

6.			11		5				**4:25.80**	509	+0,96 1
	50m:	29.05	29.05	150m:	1:36.76	33.88	250m:	2:45.47	34.20	350m: 3:53.80	34.05
	100m:	1:02.88	33.83	200m:	2:11.27	34.51	300m:	3:19.75	34.28	400m: 4:25.80	32.00

7.			11		"	"			**4:28.94**	491	+0,88 1
	50m:	29.66	29.66	150m:	1:36.69	34.32	250m:	2:46.01	34.70	350m: 3:55.69	34.78
	100m:	1:02.37	32.71	200m:	2:11.31	34.62	300m:	3:20.91	34.90	400m: 4:28.94	33.25

8.			10						**4:30.05**	485	+0,82 1
	50m:	29.40	29.40	150m:	1:36.03	33.82	250m:	2:45.78	35.01	350m: 3:57.08	35.71
	100m:	1:02.21	32.81	200m:	2:10.77	34.74	300m:	3:21.37	35.59	400m: 4:30.05	32.97