24	, 400m	2010

19.06.2025 - 17:47

: 4:31.00 /   : 4:49.50 / 1   : 5:08.00 / 2   : 5:49.50

: AQUA 2024

			/								R.T.
1.			10						**4:42.13**	576	+0,65
	50m:	27.84	27.84	150m:	1:37.59	36.72	250m:	2:53.80	40.21	350m:	4:08.79	33.55
	100m:	1:00.87	33.03	200m:	2:13.59	36.00	300m:	3:35.24	41.44	400m:	4:42.13	33.34
2.			10				.		**4:44.22**	563	+0,91
	50m:	30.27	30.27	150m:	1:42.13	36.64	250m:	2:59.65	41.56	350m:	4:13.40	32.03
	100m:	1:05.49	35.22	200m:	2:18.09	35.96	300m:	3:41.37	41.72	400m:	4:44.22	30.82
3.			10				.		**4:47.09**	547	+0,79
	50m:	29.54	29.54	150m:	1:41.14	37.47	250m:	2:58.44	40.81	350m:	4:14.05	33.74
	100m:	1:03.67	34.13	200m:	2:17.63	36.49	300m:	3:40.31	41.87	400m:	4:47.09	33.04
4.			10						**4:51.16**	524	+0,90 1
	50m:	30.61	30.61	150m:	1:45.41	39.55	250m:	3:01.72	38.89	350m:	4:18.13	35.53
	100m:	1:05.86	35.25	200m:	2:22.83	37.42	300m:	3:42.60	40.88	400m:	4:51.16	33.03
5.			10						**5:03.60**	462	+0,70 1
	50m:	30.73	30.73	150m:	1:46.73	41.73	250m:	3:04.61	39.19	350m:	4:31.20	44.29
	100m:	1:05.00	34.27	200m:	2:25.42	38.69	300m:	3:46.91	42.30	400m:	5:03.60	32.40
6.			10		"	"			**5:04.61**	458	+0,89 1
	50m:	30.26	30.26	150m:	1:47.82	40.18	250m:	3:09.84	44.04	350m:	4:30.23	36.14
	100m:	1:07.64	37.38	200m:	2:25.80	37.98	300m:	3:54.09	44.25	400m:	5:04.61	34.38
7.			11		5				**5:05.99**	451	+1,00 1
	50m:	31.90	31.90	150m:	1:49.79	39.57	250m:	3:13.65	45.74	350m:	4:33.63	34.40
	100m:	1:10.22	38.32	200m:	2:27.91	38.12	300m:	3:59.23	45.58	400m:	5:05.99	32.36
8.			10		"	"			**5:08.82**	439	+0,89 2
	50m:	31.41	31.41	150m:	1:48.06	39.48	250m:	3:11.50	45.64	350m:	4:32.36	35.33
	100m:	1:08.58	37.17	200m:	2:25.86	37.80	300m:	3:57.03	45.53	400m:	5:08.82	36.46