, 18. - 20.6.2025

24 , 400m 2010 19.06.2025 - 17:47

: 4:31.00 /			: 4:49.50 / 1		: 5:08.00 / 2		: 5:49.50					
: AQUA	A 2024											
				/								R.T.
1.				10						4:42.13	576	+0,65
	50m: 100m:	27.84 1:00.87	27.84 33.03		1:37.59 2:13.59	36.72 36.00	250m: 300m:	2:53.80 3:35.24	40.21 41.44	350m: 400m:	4:08.79 4:42.13	33.55 33.34
2.				10						4:44.22	563	+0,91
	50m: 100m:	30.27 1:05.49	30.27 35.22		1:42.13 2:18.09	36.64 35.96	250m: 300m:	2:59.65 3:41.37	41.56 41.72	350m: 400m:	4:13.40 4:44.22	32.03 30.82
3.				10						4:47.09	547	+0,79
	50m: 100m:	29.54 1:03.67	29.54 34.13	150m:	1:41.14 2:17.63	37.47 36.49	250m: 300m:	2:58.44 3:40.31	40.81 41.87	350m:	4:14.05 4:47.09	33.74 33.04
4.				10						4:51.16	524	+0,90 1
	50m: 100m:	30.61 1:05.86	30.61 35.25		1:45.41 2:22.83	39.55 37.42	250m: 300m:	3:01.72 3:42.60	38.89 40.88	350m:	4:18.13 4:51.16	35.53 33.03
5.				10						5:03.60	462	+0,70 1
	50m: 100m:	30.73 1:05.00	30.73 34.27	150m:	1:46.73 2:25.42	41.73 38.69	250m: 300m:	3:04.61 3:46.91	39.19 42.30	350m:	4:31.20 5:03.60	44.29 32.40
6.				10		"	"			5:04.61	458	+0,89 1
	50m: 100m:	30.26 1:07.64	30.26 37.38		1:47.82 2:25.80	40.18 37.98	250m: 300m:	3:09.84 3:54.09	44.04 44.25		4:30.23 5:04.61	36.14 34.38
7.				11		5	5			5:05.99	451	+1,00 1
	50m: 100m:	31.90 1:10.22	31.90 38.32		1:49.79 2:27.91	39.57 38.12	250m: 300m:	3:13.65 3:59.23	45.74 45.58		4:33.63 5:05.99	34.40 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