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		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		ıı .	"	-		5:18.59	536	+0,87
	50m:	33.72	33.72		1:53.03	42.11	250m:	3:18.12	44.84		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		1:56.39	43.46	250m:	3:21.41	44.25	350m:	4:45.29	36.81
	100m:	1:12.93	39.63		2:37.16	40.77	300m:		47.07		5:20.75	35.46
4.				11						5:25.04	505	+0,77 1
4.	50m:	34.39	34.39		1:56.13	41.39	250m:	3:23.14	46.43	350m:	4:48.71	37.84
		1:14.74	40.35		2:36.71	40.58	300m:		47.73	400m:	5:25.04	36.33
_							"					
5.	<b>5</b> 0	00.70	00.70	12	4 55 74	"		0.04.04	44.05	5:26.81	497	+0,81 1
	50m:	33.70 1:13.89	33.70		1:55.74	41.85	250m:	3:21.91	44.95 44.90	350m:	4:48.07 5:26.81	41.26
	ioom:	1.13.89	40.19		2:36.96	41.22	300m:	4:06.81	44.90	400m:		38.74
6.			-	12						5:31.63	476	+0,94 1
	50m:	34.43	34.43		1:58.00	43.00	250m:		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		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
0.	50m:	33.69	33.69		1:57.47	42.80	250m:	3:27.47	48.04	350m:	4:55.10	39.82
		1:14.67	40.98		2:39.43	41.96	300m:		47.81		5:33.89	38.79
^												
9.	F0	24.07	24.67	13	1.50.00	40.40	250	2.20 50	E4 04	5:36.47	455	+0,86 1
	50m:	34.67 1:16.38	34.67 41.71		1:59.80 2:41.27	43.42 41.47	250m: 300m:		51.31 50.15	350m: 400m:	4:59.98 5:36.47	37.25 36.49
	100111.	1.10.00	71.71		۲۲۱.∠۱			7.22.10	50.15			
0.		_	_	11		5				5:40.62	439	+0,93 1
	50m:	36.66 1:21.04	36.66		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
1.				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
2.				12						5:42.01	433	+0,96 1
	50m:	36.00	36.00		2:04.45	43.93	250m:	3:35.69	49.11		5:05.54	39.18
		1:20.52	44.52		2:46.58	42.13	300m:		50.67		5:42.01	36.47
3				10			"	204	1"	5.42 27	420	±1 00 4
13.	50m·	34.00	34.00	12	2.01.16	44.91		-201 3:34.86	50.00	5:43.37	428 5:04.79	+1,02 1 39.20
	50m: 100m:	1:16.25	34.00 42.25		2:01.16 2:44.86	43.70	250m: 300m:	4:25.59	50.00		5:43.37	39.20 38.58
								5.00	555			
4.		<b>.</b>		13		"	"	• ==		5:43.52	428	+1,01 1
	50m:	36.95	36.95		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
				12		6				5:48.34	410	+0,98 2
5.			37.13	150m:	2:03.58	42.79		3:35.62	49.57		5:07.56	40.80
	50m:	37.13			2.46.05	42.47	300m:	4:26.76	51.14	400m:	5:48.34	40.78
		37.13 1:20.79	43.66	200m:	2.46.05							
5.				200m:	2.46.05	12.17				5:56.91	381	+0.89 2
				200m: 13	2:09.38	46.06	250m:	3:45.04	51.25	<b>5:56.91</b> 350m:	<b>381</b> 5:17.37	+0,89 2 40.76
5.	100m: 50m:	1:20.79	43.66	200m: 13 150m:			250m: 300m:		51.25 51.57	350m:		
5. 6.	100m: 50m:	1:20.79	43.66 38.33	200m: 13 150m: 200m:	2:09.38	46.06				350m: 400m:	5:17.37 5:56.91	40.76 39.54
5.	100m: 50m:	1:20.79	43.66 38.33	200m: 13 150m: 200m:	2:09.38	46.06		4:36.61		350m:	5:17.37	40.76

, 18. - 20.6.2025

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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		2	1		<b>6:02.88</b> 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