, 400m 2010 24 19

10.06	2025 11	2025 11:20										_0.0
19.06	5.2025 - 11:			: 4:49.50 / 1 : 5:08.00 / 2			5.40.50					
· AC	: 4:3° QUA 2024	: 4:31.00 /		: 4:49.50 / 1		1 : 5:08.00		0 / 2 : 5:49.50				
	207.202.			,								R.T.
				,								
				10				•		4:51.94		+0,86 1
	50m:	29.41	29.41		1:42.94	37.94	250m:		41.23 43.09	350m: 400m:	4:18.81	34.22
	TOOM.	1:05.00	35.59	200m.	2:20.27	37.33	300m:	3:44.59	43.09	400m.	4:51.94	33.13
				10						4:57.11	493	+0,90 1
	50m:	30.83	30.83		1:45.89			3:05.07	40.48			37.23
	100m:	1:06.41	35.58	200m:	2:24.59	38.70	300m:	3:46.56	41.49	400m:	4:57.11	33.32
				10		II.	"			5:03.97	460	+0,87 1
	50m:	29.93	29.93		1:46.12	39.97	250m:	3:08.26		350m:		
	100m:	1:06.15	36.22		2:24.53	38.41	300m:	3:52.45		400m:		35.13
				10		"	"			5:11.58	427	+2,15 2
	50m:	32.12	32.12		1:50.03	39.65	250m:	3:13.36	44.97			37.55
		1:10.38	38.26		2:28.39	38.36		3:58.17		400m:		35.86
			00.20					0.00111				
				12		"	"	-		5:18.07		+0,85 2
		34.29	34.29		1:53.92	39.02		3:20.18	48.11		4:43.70	
	100m:	1:14.90	40.61	200m:	2:32.07	38.15	300m:	4:08.42	48.24	400m:	5:18.07	34.37
				12		6				5:23.50	382	+0,77 2
	50m:	33.24	33.24		1:57.38	47.63		3:23.27	44.13		4:47.26	47.51
	100m:	1:09.75	36.51	200m:	2:39.14	41.76	300m:	3:59.75	36.48	400m:	5:23.50	36.24
				12						5:25.11	376	+0,91 2
	50m:	35.28	35.28	150m:	1:57.89	42.04	250m:	3:27.19	47.42		4:51.11	,
	100m:	1:15.85	40.57	200m:	2:39.77	41.88	300m:	4:15.94	48.75	400m:	5:25.11	34.00
				10		8	2			5:28.20	366	+1,01 2
	50m:	34.67	34.67		1:59.65	46.28		3:25.03	44.13			39.33
		1:13.37	38.70		2:40.90	41.25		4:12.71		400m:		36.16
	E0	22.02	22.02	13	1.54.60	44.00	0E0m:	2.02.22		5:30.28		+0,75 2
	50m:	33.03 1:12.79	33.03 39.76		1:54.68 2:35.98	41.89 41.30		3:23.33 4:12.01		350m: 400m:		40.32 37.95
	100111.	1.12.13	33.10	200111.	2.00.00	41.50	300111.	7.12.01	40.00	400111.	3.30.20	31.33