

, 18. - 20.6.2025

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	150m:	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			"	"	-	5:18.59	536	+0,87	
	50m:	33.72	33.72	150m:	1:53.03	42.11	250m:	3:18.12	44.84	350m:	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	150m:	1:56.39	43.46	250m:	3:21.41	44.25	350m:	4:45.29	36.81
	100m:	1:12.93	39.63	200m:	2:37.16	40.77	300m:	4:08.48	47.07	400m:	5:20.75	35.46
4.			11					5:25.04	505	+0,77	1	
	50m:	34.39	34.39	150m:	1:56.13	41.39	250m:	3:23.14	46.43	350m:	4:48.71	37.84
	100m:	1:14.74	40.35	200m:	2:36.71	40.58	300m:	4:10.87	47.73	400m:	5:25.04	36.33
5.			12			"	"		5:26.81	497	+0,81	1
	50m:	33.70	33.70	150m:	1:55.74	41.85	250m:	3:21.91	44.95	350m:	4:48.07	41.26
	100m:	1:13.89	40.19	200m:	2:36.96	41.22	300m:	4:06.81	44.90	400m:	5:26.81	38.74
6.			-			12			5:31.63	476	+0,94	1
	50m:	34.43	34.43	150m:	1:58.00	43.00	250m:	3:27.38	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	150m:	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	
	50m:	33.69	33.69	150m:	1:57.47	42.80	250m:	3:27.47	48.04	350m:	4:55.10	39.82
	100m:	1:14.67	40.98	200m:	2:39.43	41.96	300m:	4:15.28	47.81	400m:	5:33.89	38.79
9.			13					5:36.47	455	+0,86	1	
	50m:	34.67	34.67	150m:	1:59.80	43.42	250m:	3:32.58	51.31	350m:	4:59.98	37.25
	100m:	1:16.38	41.71	200m:	2:41.27	41.47	300m:	4:22.73	50.15	400m:	5:36.47	36.49
10.			11			5			5:40.62	439	+0,93	1
	50m:	36.66	36.66	150m:	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
11.			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
12.			12					5:42.01	433	+0,96	1	
	50m:	36.00	36.00	150m:	2:04.45	43.93	250m:	3:35.69	49.11	350m:	5:05.54	39.18
	100m:	1:20.52	44.52	200m:	2:46.58	42.13	300m:	4:26.36	50.67	400m:	5:42.01	36.47
13.			12			"	-2011"		5:43.37	428	+1,02	1
	50m:	34.00	34.00	150m:	2:01.16	44.91	250m:	3:34.86	50.00	350m:	5:04.79	39.20
	100m:	1:16.25	42.25	200m:	2:44.86	43.70	300m:	4:25.59	50.73	400m:	5:43.37	38.58
14.			13			"	"		5:43.52	428	+1,01	1
	50m:	36.95	36.95	150m:	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
15.			12			6			5:48.34	410	+0,98	2
	50m:	37.13	37.13	150m:	2:03.58	42.79	250m:	3:35.62	49.57	350m:	5:07.56	40.80
	100m:	1:20.79	43.66	200m:	2:46.05	42.47	300m:	4:26.76	51.14	400m:	5:48.34	40.78
16.			13					5:56.91	381	+0,89	2	
	50m:	38.33	38.33	150m:	2:09.38	46.06	250m:	3:45.04	51.25	350m:	5:17.37	40.76
	100m:	1:23.32	44.99	200m:	2:53.79	44.41	300m:	4:36.61	51.57	400m:	5:56.91	39.54
17.			13					6:00.47	370	+0,58	2	
	50m:	36.36	36.36	150m:	2:06.45	47.72	250m:	3:44.15	51.65	350m:	5:19.46	42.82
	100m:	1:18.73	42.37	200m:	2:52.50	46.05	300m:	4:36.64	52.49	400m:	6:00.47	41.01

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23, , 400m , , 2011											
										R.T.	
18.				/							
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19.				11		4					
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