24 , 400m 2010 19.06.2025 - 11:38

: 4:31.00 /			: 4:49.50 / 1		: 5:08.00 / 2		: 5:49.50					
AQUA	2024											
				/								R.T.
1.				10						4:51.94	520	+0,86 1
	50m: 100m:	29.41 1:05.00	29.41 35.59		1:42.94 2:20.27	37.94 37.33	250m: 300m:	3:01.50 3:44.59	41.23 43.09	350m: 400m:	4:18.81 4:51.94	34.22 33.13
2.				10						4:52.14	519	+0,73 1
	50m: 100m:	29.20 1:04.10	29.20 34.90		1:41.68 2:18.46	37.58 36.78		3:00.34 3:42.93	41.88 42.59	350m: 400m:	4:17.98 4:52.14	35.05 34.16
3.				10						4:54.51	506	+0,86 1
	50m:	30.48	30.48	150m:	1:44.22	37.71	250m:	3:04.76	42.79	350m:	4:22.17	33.77
	100m:	1:06.51	36.03	200m:	2:21.97	37.75	300m:	3:48.40	43.64	400m:	4:54.51	32.34
4.				10						4:57.11	493	+0,90 1
	50m:	30.83	30.83		1:45.89	39.48		3:05.07	40.48	350m:	4:23.79	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
5.				10		"	"			5:03.97	460	+0,87 1
	50m:	29.93	29.93		1:46.12	39.97	250m:	3:08.26	43.73	350m:	4:28.84	36.39
	100m:	1:06.15	36.22		2:24.53	38.41	300m:	3:52.45	44.19	400m:	5:03.97	35.13
6.				10						5:07.17	446	+0,79 1
	50m:	31.77	31.77		1:52.37	41.59		3:13.80	41.65	350m:	4:31.83	36.52
	iuum:	1:10.78	39.01		2:32.15	39.78		3:55.31	41.51	400m:	5:07.17	35.34
7.			_	10		"	"			5:11.58	427	+2,15 2
	50m:	32.12	32.12		1:50.03	39.65		3:13.36	44.97		4:35.72	37.55
	iuum:	1:10.38	38.26		2:28.39	38.36		3:58.17	44.81	400m:		35.86
8.			_	11		5				5:11.61	427	+1,07 2
	50m:	33.09	33.09		1:53.36	40.06		3:18.00	46.10	350m:	4:38.94	34.38
	iuum:	1:13.30	40.21		2:31.90	38.54		4:04.56	46.56		5:11.61	32.67
9.			_	10		5				5:11.73	427	+0,91 2
	50m:	30.09	30.09		1:46.90	39.03		3:13.27	48.96	350m:	4:38.45	35.80
	room:	1:07.87	37.78		2:24.31	37.41		4:02.65	49.38	400m:	5:11.73	33.28
0.		A	0	12	4 80	"	"	-		5:18.07	402	+0,85 2
	50m: 100m:	34.29 1:14.90	34.29 40.61	150m:	1:53.92 2:32.07	39.02 38.15		3:20.18 4:08.42	48.11 48.24	350m: 400m:	4:43.70 5:18.07	35.28 34.37
	100111.	1.17.50	70.01		2.02.01		Journ.	7.00.42	+0.24			
1.		66 = :	00.5	12		6	0==	0.00 ==	, ,	5:23.50	382	47.54
		33.24 1.09.75	33.24 36.51		1:57.38	47.63 41.76		3:23.27 3:59.75	44.13 36.48		4:47.26 5:23.50	47.51 36.24
	100111:	1:09.75	36.51		2:39.14	41./0	SUUIII:	3:59.75	JU.48			36.24
12.		6=	0= 5=	12		4 :	0==	0.07 :-	,	5:25.11		+0,91 2
	50m:	35.28 1:15.85	35.28 40.57		1:57.89 2:39.77	42.04 41.88	250m: 300m:	3:27.19 4:15.94	47.42 48.75	350m: 400m:	4:51.11 5:25.11	35.17 34.00
	TOOM.	1.10.60	40.37		۷.۵۶.۲۱	41.88		4:15.94	40./3			
13.		66 E :	00 = :	10	4 ==	"	"	0.40.11		5:25.42	375	+0,90 2
	50m:	33.74 1:14.68	33.74 40.94		1:55.49 2:37.97	40.81 42.48	250m: 300m:	3:19.41 4:07.51	41.44 48.10		4:41.16 5:25.42	33.65 44.26
	TOOM.	1.14.00	40.94		2.31.91			4:07.51	40.10			
4.			a	10	. =	8				5:28.20	366	+1,01 2
	50m:	34.67 1:13.37	34.67 38.70		1:59.65 2:40.90	46.28 41.25		3:25.03 4:12.71	44.13 47.68	350m: 400m:	4:52.04 5:28.20	39.33 36.16
	TOOM.	1.13.31	30.70		2.40.90	41.25	JUUIII.	4.12./1	47.00			
5.		66	00.5	13		4	0==	0.00	, <del>-</del>	5:30.28	359	+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	47.35 48.68	350m: 400m:	4:52.33 5:30.28	40.32 37.95
	100111.	1.12.13	55.70		2.00.30			7.12.01	+0.00			
16.		66.55	00.5	10	4 40	4		0.0=	, ,	5:31.95	353	+0,88 2
	50m:	32.06 1:10.04	32.06		1:43.35	33.31 40.35	250m: 300m:		44.15 44.09	350m: 400m:	4:52.88 5:31.95	1:00.94 39.07
	TOOM.	1.10.04	37.98		2:23.70	40.33	JUUIII.	3:51.94	44.09			
7.				11						5:33.82	348	+0,95 2
	50m:	36.07	36.07		2:04.35	42.68		3:33.60	47.33	350m:		37.57
	TOOM:	1:21.67	45.60	∠uum:	2:46.27	41.92	300m:	4:21.94	48.34	400m:	5:33.82	34.31

, 18. - 20.6.2025

	24,	, 400m			, , 2010							
				/								R.T.
18.				10	"	"				5:34.52	345	+0,95 2
	50m:	35.96	35.96	150m:	2:07.45	45.11	250m:	3:33.63	43.63	350m:	4:58.70	38.43
	100m:	1:22.34	46.38	200m:	2:50.00	42.55	300m:	4:20.27	46.64	400m:	5:34.52	35.82
DSQ				11						5:37.75		+0,82 2
	50m:	37.08	37.08	150m:	2:03.95	41.76	250m:	3:30.04	44.98	350m:	4:58.74	41.00
	100m:	1:22.19	45.11	200m:	2:45.06	41.11	300m:	4:17.74	47.70	400m:	5:37.75	39.01