

, 18. - 20.6.2025

24												, 400m		2010		
: 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:	29.41	29.41	150m:	1:42.94	37.94	250m:	3:01.50	41.23	350m:	4:18.81	34.22				
	100m:	1:05.00	35.59	200m:	2:20.27	37.33	300m:	3:44.59	43.09	400m:	4:51.94	33.13				
2.				10						4:52.14			519		+0,73 1	
	50m:	29.20	29.20	150m:	1:41.68	37.58	250m:	3:00.34	41.88	350m:	4:17.98	35.05				
	100m:	1:04.10	34.90	200m:	2:18.46	36.78	300m:	3:42.93	42.59	400m:	4:52.14	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	150m:	1:45.89	39.48	250m:	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	150m:	1:46.12	39.97	250m:	3:08.26	43.73	350m:	4:28.84	36.39				
	100m:	1:06.15	36.22	200m:	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	150m:	1:52.37	41.59	250m:	3:13.80	41.65	350m:	4:31.83	36.52				
	100m:	1:10.78	39.01	200m:	2:32.15	39.78	300m:	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	150m:	1:50.03	39.65	250m:	3:13.36	44.97	350m:	4:35.72	37.55				
	100m:	1:10.38	38.26	200m:	2:28.39	38.36	300m:	3:58.17	44.81	400m:	5:11.58	35.86				
8.				11			5			5:11.61			427		+1,07 2	
	50m:	33.09	33.09	150m:	1:53.36	40.06	250m:	3:18.00	46.10	350m:	4:38.94	34.38				
	100m:	1:13.30	40.21	200m:	2:31.90	38.54	300m:	4:04.56	46.56	400m:	5:11.61	32.67				
9.				10			5			5:11.73			427		+0,91 2	
	50m:	30.09	30.09	150m:	1:46.90	39.03	250m:	3:13.27	48.96	350m:	4:38.45	35.80				
	100m:	1:07.87	37.78	200m:	2:24.31	37.41	300m:	4:02.65	49.38	400m:	5:11.73	33.28				
10.				12			"			5:18.07			402		+0,85 2	
	50m:	34.29	34.29	150m:	1:53.92	39.02	250m:	3:20.18	48.11	350m:	4:43.70	35.28				
	100m:	1:14.90	40.61	200m:	2:32.07	38.15	300m:	4:08.42	48.24	400m:	5:18.07	34.37				
11.				12			6			5:23.50			382		+0,77 2	
	50m:	33.24	33.24	150m:	1:57.38	47.63	250m:	3:23.27	44.13	350m:	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.				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	350m:	4:51.11	35.17				
	100m:	1:15.85	40.57	200m:	2:39.77	41.88	300m:	4:15.94	48.75	400m:	5:25.11	34.00				
13.				10			"			5:25.42			375		+0,90 2	
	50m:	33.74	33.74	150m:	1:55.49	40.81	250m:	3:19.41	41.44	350m:	4:41.16	33.65				
	100m:	1:14.68	40.94	200m:	2:37.97	42.48	300m:	4:07.51	48.10	400m:	5:25.42	44.26				
14.				10			8			5:28.20			366		+1,01 2	
	50m:	34.67	34.67	150m:	1:59.65	46.28	250m:	3:25.03	44.13	350m:	4:52.04	39.33				
	100m:	1:13.37	38.70	200m:	2:40.90	41.25	300m:	4:12.71	47.68	400m:	5:28.20	36.16				
15.				13						5:30.28			359		+0,75 2	
	50m:	33.03	33.03	150m:	1:54.68	41.89	250m:	3:23.33	47.35	350m:	4:52.33	40.32				
	100m:	1:12.79	39.76	200m:	2:35.98	41.30	300m:	4:12.01	48.68	400m:	5:30.28	37.95				
16.				10			4			5:31.95			353		+0,88 2	
	50m:	32.06	32.06	150m:	1:43.35	33.31	250m:	3:07.85	44.15	350m:	4:52.88	1:00.94				
	100m:	1:10.04	37.98	200m:	2:23.70	40.35	300m:	3:51.94	44.09	400m:	5:31.95	39.07				
17.				11						5:33.82			348		+0,95 2	
	50m:	36.07	36.07	150m:	2:04.35	42.68	250m:	3:33.60	47.33	350m:	4:59.51	37.57				
	100m:	1:21.67	45.60	200m:	2:46.27	41.92	300m:	4:21.94	48.34	400m:	5:33.82	34.31				

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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