, 18. - 20.6.2025

37 , 400m 2011

: 4:23.00 /			: 4:39.50 / 1		: 5:00.50 / 2		: 5:40.00				
AQUA 2024											
			/								R.T.
			11		"	"			5:24.93	360	+0,92 2
50m:	35.11	35.11	150m:	1:53.69	39.87	250m:	3:15.56	41.08	350m:	4:43.60	44.42
100m:	1:13.82	38.71	200m:	2:34.48	40.79	300m:	3:59.18	43.62	400m:	5:24.93	41.33
			14	ıı.	"				5:30.46	342	+0,94 2
50m:	37.21	37.21	150m:	2:02.37	42.60	250m:	3:27.73	42.59	350m:	4:52.92	42.29
100m:	1:19.77	42.56	200m:	2:45.14	42.77	300m:	4:10.63	42.90	400m:	5:30.46	37.54
			12						6:03.66	257	+0,77
50m:	36.69	36.69	150m:	2:08.89	47.66	250m:	3:44.34	47.37	350m:	5:17.99	46.39
100m:	1:21.23	44.54	200m:	2:56.97	48.08	300m:	4:31.60	47.26	400m:	6:03.66	45.67
			14	"	"				6:12.08	240	+0,92
50m:	39.15	39.15	150m:	2:10.83	47.06	250m:	3:47.24	48.21	350m:	5:26.00	49.18
100m:	1:23.77	44.62	200m:	2:59.03	48.20	300m:	4:36.82	49.58	400m:	6:12.08	46.08