1	, 400m	2011

29.05.2024 - 9:55

: 4:23.00 /   : 4:39.50 / 1   : 5:00.50 / 2   : 5:40.00 / 3   : 6:28.50

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11   **4:36.01**   588

| 50m: | 29.41 | 29.41 | 150m: | 1:38.70 | 35.04 | 250m: | 2:48.72 | 35.00 | 350m: | 4:00.59 | 36.05 |
| 100m: | 1:03.66 | 34.25 | 200m: | 2:13.72 | 35.02 | 300m: | 3:24.54 | 35.82 | 400m: | 4:36.01 | 35.42 |

11   **4:38.68**   571

| 50m: | 30.70 | 30.70 | 150m: | 1:40.16 | 35.21 | 250m: | 2:51.82 | 36.00 | 350m: | 4:03.71 | 35.86 |
| 100m: | 1:04.95 | 34.25 | 200m: | 2:15.82 | 35.66 | 300m: | 3:27.85 | 36.03 | 400m: | 4:38.68 | 34.97 |

11   **4:40.55**   560   1

| 50m: | 30.93 | 30.93 | 150m: | 1:40.97 | 35.71 | 250m: | 2:53.38 | 36.17 | 350m: | 4:05.54 | 36.09 |
| 100m: | 1:05.26 | 34.33 | 200m: | 2:17.21 | 36.24 | 300m: | 3:29.45 | 36.07 | 400m: | 4:40.55 | 35.01 |

11   **4:40.74**   559   1

| 50m: | 31.37 | 31.37 | 150m: | 1:43.08 | 36.22 | 250m: | 2:54.82 | 36.23 | 350m: | 4:06.10 | 35.15 |
| 100m: | 1:06.86 | 35.49 | 200m: | 2:18.59 | 35.51 | 300m: | 3:30.95 | 36.13 | 400m: | 4:40.74 | 34.64 |

11   **4:44.57**   536   1

| 50m: | 30.94 | 30.94 | 150m: | 1:41.15 | 35.72 | 250m: | 2:54.04 | 36.56 | 350m: | 4:08.13 | 37.02 |
| 100m: | 1:05.43 | 34.49 | 200m: | 2:17.48 | 36.33 | 300m: | 3:31.11 | 37.07 | 400m: | 4:44.57 | 36.44 |

12   **4:48.04**   517   1

| 50m: | 32.21 | 32.21 | 150m: | 1:44.84 | 36.53 | 250m: | 2:58.91 | 36.97 | 350m: | 4:12.44 | 36.64 |
| 100m: | 1:08.31 | 36.10 | 200m: | 2:21.94 | 37.10 | 300m: | 3:35.80 | 36.89 | 400m: | 4:48.04 | 35.60 |

11   **4:48.49**   515   1

| 50m: | 32.00 | 32.00 | 150m: | 1:45.10 | 37.18 | 250m: | 2:58.95 | 36.79 | 350m: | 4:13.09 | 36.71 |
| 100m: | 1:07.92 | 35.92 | 200m: | 2:22.16 | 37.06 | 300m: | 3:36.38 | 37.43 | 400m: | 4:48.49 | 35.40 |

11   **4:52.02**   496   1

| 50m: | 31.96 | 31.96 | 150m: | 1:43.89 | 36.90 | 250m: | 2:59.71 | 38.02 | 350m: | 4:15.65 | 37.85 |
| 100m: | 1:06.99 | 35.03 | 200m: | 2:21.69 | 37.80 | 300m: | 3:37.80 | 38.09 | 400m: | 4:52.02 | 36.37 |

11   **4:52.11**   496   1

| 50m: | 32.49 | 32.49 | 150m: | 1:44.64 | 36.70 | 250m: | 2:59.38 | 37.39 | 350m: | 4:15.17 | 38.26 |
| 100m: | 1:07.94 | 35.45 | 200m: | 2:21.99 | 37.35 | 300m: | 3:36.91 | 37.53 | 400m: | 4:52.11 | 36.94 |

11   **4:52.72**   493   1

| 50m: | 33.75 | 33.75 | 150m: | 1:47.27 | 36.96 | 250m: | 3:02.58 | 37.55 | 350m: | 4:16.37 | 37.24 |
| 100m: | 1:10.31 | 36.56 | 200m: | 2:25.03 | 37.76 | 300m: | 3:39.13 | 36.55 | 400m: | 4:52.72 | 36.35 |

11   **4:53.33**   490   1

| 50m: | 32.77 | 32.77 | 150m: | 1:46.17 | 37.35 | 250m: | 3:00.61 | 37.14 | 350m: | 4:15.33 | 37.66 |
| 100m: | 1:08.82 | 36.05 | 200m: | 2:23.47 | 37.30 | 300m: | 3:37.67 | 37.06 | 400m: | 4:53.33 | 38.00 |

11   **4:54.60**   483   1

| 50m: | 32.65 | 32.65 | 150m: | 1:45.78 | 37.15 | 250m: | 3:00.97 | 37.72 | 350m: | 4:17.27 | 38.05 |
| 100m: | 1:08.63 | 35.98 | 200m: | 2:23.25 | 37.47 | 300m: | 3:39.22 | 38.25 | 400m: | 4:54.60 | 37.33 |

11   **4:54.85**   482   1

| 50m: | 33.35 | 33.35 | 150m: | 1:46.94 | 37.40 | 250m: | 3:03.12 | 38.15 | 350m: | 4:18.64 | 37.32 |
| 100m: | 1:09.54 | 36.19 | 200m: | 2:24.97 | 38.03 | 300m: | 3:41.32 | 38.20 | 400m: | 4:54.85 | 36.21 |

11   **4:55.45**   479   1

| 50m: | 32.15 | 32.15 | 150m: | 1:45.38 | 37.24 | 250m: | 3:01.90 | 38.49 | 350m: | 4:18.65 | 38.34 |
| 100m: | 1:08.14 | 35.99 | 200m: | 2:23.41 | 38.03 | 300m: | 3:40.31 | 38.41 | 400m: | 4:55.45 | 36.80 |

11   **4:55.46**   479   1

| 50m: | 32.83 | 32.83 | 150m: | 1:46.34 | 37.21 | 250m: | 3:02.48 | 38.04 | 350m: | 4:18.67 | 37.97 |
| 100m: | 1:09.13 | 36.30 | 200m: | 2:24.44 | 38.10 | 300m: | 3:40.70 | 38.22 | 400m: | 4:55.46 | 36.79 |

11   **4:57.81**   468   1

| 50m: | 33.90 | 33.90 | 150m: | 1:49.64 | 38.29 | 250m: | 3:06.35 | 38.18 | 350m: | 4:22.59 | 38.17 |
| 100m: | 1:11.35 | 37.45 | 200m: | 2:28.17 | 38.53 | 300m: | 3:44.42 | 38.07 | 400m: | 4:57.81 | 35.22 |

11   **4:58.03**   467   1

| 50m: | 33.37 | 33.37 | 150m: | 1:48.25 | 38.26 | 250m: | 3:04.83 | 38.55 | 350m: | 4:21.46 | 38.15 |
| 100m: | 1:09.99 | 36.62 | 200m: | 2:26.28 | 38.03 | 300m: | 3:43.31 | 38.48 | 400m: | 4:58.03 | 36.57 |

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12   **4:58.44**   465   1

50m:	33.49	33.49	150m:	1:48.78	38.26	250m:	3:06.02	38.66	350m:	4:22.99	38.10
100m:	1:10.52	37.03	200m:	2:27.36	38.58	300m:	3:44.89	38.87	400m:	4:58.44	35.45

11   **4:58.75**   464   1

50m:	32.61	32.61	150m:	1:46.58	37.39	250m:	3:03.22	38.44	350m:	4:22.40	39.73
100m:	1:09.19	36.58	200m:	2:24.78	38.20	300m:	3:42.67	39.45	400m:	4:58.75	36.35

11   **4:58.98**   463   1

50m:	32.80	32.80	150m:	1:47.27	37.11	250m:	3:03.71	38.43	350m:	4:22.14	39.23
100m:	1:10.16	37.36	200m:	2:25.28	38.01	300m:	3:42.91	39.20	400m:	4:58.98	36.84

11   **4:59.81**   459   1

50m:	33.19	33.19	150m:	1:47.68	37.52	250m:	3:03.63	37.97	350m:	4:20.25	39.10
100m:	1:10.16	36.97	200m:	2:25.66	37.98	300m:	3:41.15	37.52	400m:	4:59.81	39.56

11   **5:00.79**   454   2

50m:	32.69	32.69	150m:	1:46.26	37.68	250m:	3:03.11	38.94	350m:	4:22.06	39.24
100m:	1:08.58	35.89	200m:	2:24.17	37.91	300m:	3:42.82	39.71	400m:	5:00.79	38.73

12   **5:00.84**   454   2

50m:	32.27	32.27	150m:	1:45.46	37.39	250m:	3:02.70	38.94	350m:	4:20.99	39.50
100m:	1:08.07	35.80	200m:	2:23.76	38.30	300m:	3:41.49	38.79	400m:	5:00.84	39.85

11   **5:01.70**   450   2

50m:	34.15	34.15	150m:	1:49.32	37.90	250m:	3:05.91	38.06	350m:	4:22.42	38.44
100m:	1:11.42	37.27	200m:	2:27.85	38.53	300m:	3:43.98	38.07	400m:	5:01.70	39.28

11   **5:02.37**   447   2

50m:	33.60	33.60	150m:	1:49.97	38.59	250m:	3:07.31	38.71	350m:	4:24.67	38.67
100m:	1:11.38	37.78	200m:	2:28.60	38.63	300m:	3:46.00	38.69	400m:	5:02.37	37.70

12   **5:03.12**   444   2

50m:	33.82	33.82	150m:	1:50.84	39.08	250m:	3:09.87	39.71	350m:	4:26.70	38.06
100m:	1:11.76	37.94	200m:	2:30.16	39.32	300m:	3:48.64	38.77	400m:	5:03.12	36.42

-    **12**   **5:03.89**   440   2

50m:	34.64	34.64	150m:	1:52.47	38.87	250m:	3:09.14	38.14	350m:	4:25.36	38.29
100m:	1:13.60	38.96	200m:	2:31.00	38.53	300m:	3:47.07	37.93	400m:	5:03.89	38.53

11   **5:04.54**   438   2

50m:	33.57	33.57	150m:	1:48.94	38.66	250m:	3:08.58	39.96	350m:	4:27.32	39.28
100m:	1:10.28	36.71	200m:	2:28.62	39.68	300m:	3:48.04	39.46	400m:	5:04.54	37.22

11   **5:04.59**   437   2

50m:	33.41	33.41	150m:	1:51.71	39.66	250m:	3:10.94	39.61	350m:	4:29.00	38.54
100m:	1:12.05	38.64	200m:	2:31.33	39.62	300m:	3:50.46	39.52	400m:	5:04.59	35.59

11   **5:04.87**   436   2

50m:	35.13	35.13	150m:	1:52.61	39.85	250m:	3:10.15	38.45	350m:	4:27.23	37.94
100m:	1:12.76	37.63	200m:	2:31.70	39.09	300m:	3:49.29	39.14	400m:	5:04.87	37.64

11   **5:04.98**   436   2

50m:	34.86	34.86	150m:	1:52.94	39.26	250m:	3:12.26	39.38	350m:	4:29.07	37.78
100m:	1:13.68	38.82	200m:	2:32.88	39.94	300m:	3:51.29	39.03	400m:	5:04.98	35.91

11   **5:05.09**   435   2

50m:	33.34	33.34	150m:	1:50.09	39.42	250m:	3:08.81	39.32	350m:	4:26.72	38.91
100m:	1:10.67	37.33	200m:	2:29.49	39.40	300m:	3:47.81	39.00	400m:	5:05.09	38.37

11   **5:05.10**   435   2

50m:	34.54	34.54	150m:	1:50.78	38.35	250m:	3:08.15	38.84	350m:	4:26.49	39.40
100m:	1:12.43	37.89	200m:	2:29.31	38.53	300m:	3:47.09	38.94	400m:	5:05.10	38.61

11   **5:05.26**   435   2

50m:	35.02	35.02	150m:	1:51.42	38.37	250m:	3:10.35	39.79	350m:	4:28.46	39.03
100m:	1:13.05	38.03	200m:	2:30.56	39.14	300m:	3:49.43	39.08	400m:	5:05.26	36.80

11   **5:05.59**   433   2

50m:	32.57	32.57	150m:	1:48.79	39.23	250m:	3:09.08	40.24	350m:	4:28.62	39.19
100m:	1:09.56	36.99	200m:	2:28.84	40.05	300m:	3:49.43	40.35	400m:	5:05.59	36.97

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12   **5:05.99**   431   2

| 50m: | 33.27 | 33.27 | 150m: | 1:50.64 | 39.29 | 250m: | 3:09.10 | 39.12 | 350m: | 4:27.82 | 39.21 |
| 100m: | 1:11.35 | 38.08 | 200m: | 2:29.98 | 39.34 | 300m: | 3:48.61 | 39.51 | 400m: | 5:05.99 | 38.17 |

11   **5:06.09**   431   2

| 50m: | 33.11 | 33.11 | 150m: | 1:49.76 | 38.70 | 250m: | 3:08.86 | 39.56 | 350m: | 4:28.56 | 39.85 |
| 100m: | 1:11.06 | 37.95 | 200m: | 2:29.30 | 39.54 | 300m: | 3:48.71 | 39.85 | 400m: | 5:06.09 | 37.53 |

11   **5:06.89**   428   2

| 50m: | 32.83 | 32.83 | 150m: | 1:48.49 | 38.64 | 250m: | 3:08.39 | 40.40 | 350m: | 4:28.26 | 39.68 |
| 100m: | 1:09.85 | 37.02 | 200m: | 2:27.99 | 39.50 | 300m: | 3:48.58 | 40.19 | 400m: | 5:06.89 | 38.63 |

11   **5:08.38**   421   2

| 50m: | 35.57 | 35.57 | 150m: | 1:52.38 | 38.61 | 250m: | 3:11.34 | 39.18 | 350m: | 4:30.78 | 39.74 |
| 100m: | 1:13.77 | 38.20 | 200m: | 2:32.16 | 39.78 | 300m: | 3:51.04 | 39.70 | 400m: | 5:08.38 | 37.60 |

11   **5:08.76**   420   2

| 50m: | 33.25 | 33.25 | 150m: | 1:50.42 | 39.10 | 250m: | 3:10.61 | 39.95 | 350m: | 4:31.53 | 40.64 |
| 100m: | 1:11.32 | 38.07 | 200m: | 2:30.66 | 40.24 | 300m: | 3:50.89 | 40.28 | 400m: | 5:08.76 | 37.23 |

11   **5:09.47**   417   2

| 50m: | 35.84 | 35.84 | 150m: | 1:54.28 | 39.22 | 250m: | 3:12.62 | 39.20 | 350m: | 4:31.29 | 39.36 |
| 100m: | 1:15.06 | 39.22 | 200m: | 2:33.42 | 39.14 | 300m: | 3:51.93 | 39.31 | 400m: | 5:09.47 | 38.18 |

11   **5:10.11**   414   2

| 50m: | 34.71 | 34.71 | 150m: | 1:53.37 | 40.18 | 250m: | 3:13.71 | 39.97 | 350m: | 4:32.74 | 39.02 |
| 100m: | 1:13.19 | 38.48 | 200m: | 2:33.74 | 40.37 | 300m: | 3:53.72 | 40.01 | 400m: | 5:10.11 | 37.37 |

11   **5:11.10**   410   2

| 50m: | 32.89 | 32.89 | 150m: | 1:50.33 | 39.26 | 250m: | 3:09.69 | 39.50 | 350m: | 4:31.26 | 41.16 |
| 100m: | 1:11.07 | 38.18 | 200m: | 2:30.19 | 39.86 | 300m: | 3:50.10 | 40.41 | 400m: | 5:11.10 | 39.84 |

12   **5:11.42**   409   2

| 50m: | 35.40 | 35.40 | 150m: | 1:53.19 | 39.02 | 250m: | 3:12.15 | 39.15 | 350m: | 4:31.31 | 39.30 |
| 100m: | 1:14.17 | 38.77 | 200m: | 2:33.00 | 39.81 | 300m: | 3:52.01 | 39.86 | 400m: | 5:11.42 | 40.11 |

11   **5:11.71**   408   2

| 50m: | 34.60 | 34.60 | 150m: | 1:52.26 | 39.52 | 250m: | 3:11.84 | 39.77 | 350m: | 4:32.63 | 40.38 |
| 100m: | 1:12.74 | 38.14 | 200m: | 2:32.07 | 39.81 | 300m: | 3:52.25 | 40.41 | 400m: | 5:11.71 | 39.08 |

11   **5:13.06**   403   2

| 50m: | 34.61 | 34.61 | 150m: | 1:53.34 | 39.66 | 250m: | 3:14.00 | 40.11 | 350m: | 4:34.77 | 39.66 |
| 100m: | 1:13.68 | 39.07 | 200m: | 2:33.89 | 40.55 | 300m: | 3:55.11 | 41.11 | 400m: | 5:13.06 | 38.29 |

11   **5:13.27**   402   2

| 50m: | 34.85 | 34.85 | 150m: | 1:54.37 | 39.87 | 250m: | 3:15.18 | 40.12 | 350m: | 4:35.35 | 39.89 |
| 100m: | 1:14.50 | 39.65 | 200m: | 2:35.06 | 40.69 | 300m: | 3:55.46 | 40.28 | 400m: | 5:13.27 | 37.92 |

12   **5:13.29**   402   2

| 50m: | 35.15 | 35.15 | 150m: | 1:56.25 | 41.37 | 250m: | 3:17.24 | 40.19 | 350m: | 4:37.46 | 39.57 |
| 100m: | 1:14.88 | 39.73 | 200m: | 2:37.05 | 40.80 | 300m: | 3:57.89 | 40.65 | 400m: | 5:13.29 | 35.83 |

12   **5:13.52**   401   2

| 50m: | 36.21 | 36.21 | 150m: | 1:55.71 | 40.32 | 250m: | 3:15.55 | 39.89 | 350m: | 4:34.58 | 38.22 |
| 100m: | 1:15.39 | 39.18 | 200m: | 2:35.66 | 39.95 | 300m: | 3:56.36 | 40.81 | 400m: | 5:13.52 | 38.94 |

11   **5:13.71**   400   2

| 50m: | 33.18 | 33.18 | 150m: | 1:52.40 | 41.06 | 250m: | 3:13.67 | 40.52 | 350m: | 4:34.56 | 40.23 |
| 100m: | 1:11.34 | 38.16 | 200m: | 2:33.15 | 40.75 | 300m: | 3:54.33 | 40.66 | 400m: | 5:13.71 | 39.15 |

12   **5:17.11**   388   2

| 50m: | 33.69 | 33.69 | 150m: | 1:54.15 | 41.03 | 250m: | 3:16.52 | 41.16 | 350m: | 4:38.17 | 40.88 |
| 100m: | 1:13.12 | 39.43 | 200m: | 2:35.36 | 41.21 | 300m: | 3:57.29 | 40.77 | 400m: | 5:17.11 | 38.94 |

12   **5:17.24**   387   2

| 50m: | 33.93 | 33.93 | 150m: | 1:50.66 | 39.34 | 250m: | 3:11.70 | 41.24 | 350m: | 4:35.16 | 42.15 |
| 100m: | 1:11.32 | 37.39 | 200m: | 2:30.46 | 39.80 | 300m: | 3:53.01 | 41.31 | 400m: | 5:17.24 | 42.08 |

11   **5:17.33**   387   2

| 50m: | 34.56 | 34.56 | 150m: | 1:55.44 | 41.37 | 250m: | 3:19.08 | 42.39 | 350m: | 4:40.78 | 40.80 |
| 100m: | 1:14.07 | 39.51 | 200m: | 2:36.69 | 41.25 | 300m: | 3:59.98 | 40.90 | 400m: | 5:17.33 | 36.55 |

1,   , 400m   , 2011

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11   **5:18.21**   384   2

50m:	35.66	35.66	150m:	1:55.67	40.00	250m:	3:17.17	40.61	350m:	4:39.19	40.95
100m:	1:15.67	40.01	200m:	2:36.56	40.89	300m:	3:58.24	41.07	400m:	5:18.21	39.02

11   **5:21.20**   373   2

50m:	33.49	33.49	150m:	1:52.94	40.90	250m:	3:17.83	42.07	350m:	4:42.36	41.13
100m:	1:12.04	38.55	200m:	2:35.76	42.82	300m:	4:01.23	43.40	400m:	5:21.20	38.84

11   **5:21.23**   373   2

50m:	36.41	36.41	150m:	1:55.12	40.47	250m:	3:17.42	40.75	350m:	4:40.81	41.51
100m:	1:14.65	38.24	200m:	2:36.67	41.55	300m:	3:59.30	41.88	400m:	5:21.23	40.42

1,   , 400m   , 2011