4		, 400m					2010

30.05.2024 - 9:55

: 3:59.00 /	: 4:15.50 / 1	: 4:35.50 / 2	: 5:11.50 / 3	: 6:01.00

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					10						**4:08.68**	621	
50m:	27.34	27.34	150m:	1:28.97	31.09	250m:	2:32.84	31.98	350m:	3:36.94	31.87
100m:	57.88	30.54	200m:	2:00.86	31.89	300m:	3:05.07	32.23	400m:	4:08.68	31.74

					10						**4:15.42**	573	
50m:	28.03	28.03	150m:	1:31.28	32.42	250m:	2:37.35	33.18	350m:	3:43.66	33.05
100m:	58.86	30.83	200m:	2:04.17	32.89	300m:	3:10.61	33.26	400m:	4:15.42	31.76

					10						**4:17.49**	560	1
50m:	28.30	28.30	150m:	1:32.39	32.51	250m:	2:38.72	33.45	350m:	3:45.13	33.00
100m:	59.88	31.58	200m:	2:05.27	32.88	300m:	3:12.13	33.41	400m:	4:17.49	32.36

					10						**4:18.37**	554	1
50m:	28.37	28.37	150m:	1:33.61	33.11	250m:	2:39.52	32.97	350m:	3:45.66	32.69
100m:	1:00.50	32.13	200m:	2:06.55	32.94	300m:	3:12.97	33.45	400m:	4:18.37	32.71

					10						**4:24.28**	518	1
50m:	28.68	28.68	150m:	1:34.63	33.40	250m:	2:42.93	34.31	350m:	3:51.70	34.51
100m:	1:01.23	32.55	200m:	2:08.62	33.99	300m:	3:17.19	34.26	400m:	4:24.28	32.58

					10						**4:26.99**	502	1
50m:	29.69	29.69	150m:	1:37.82	34.33	250m:	2:47.39	35.04	350m:	3:56.29	33.68
100m:	1:03.49	33.80	200m:	2:12.35	34.53	300m:	3:22.61	35.22	400m:	4:26.99	30.70

					10						**4:27.93**	497	1
50m:	29.02	29.02	150m:	1:36.39	34.34	250m:	2:46.85	35.56	350m:	3:57.28	35.35
100m:	1:02.05	33.03	200m:	2:11.29	34.90	300m:	3:21.93	35.08	400m:	4:27.93	30.65

					10						**4:28.25**	495	1
50m:	28.72	28.72	150m:	1:34.58	33.72	250m:	2:44.71	35.37	350m:	3:54.48	34.72
100m:	1:00.86	32.14	200m:	2:09.34	34.76	300m:	3:19.76	35.05	400m:	4:28.25	33.77

					10						**4:28.37**	494	1
50m:	28.65	28.65	150m:	1:34.62	33.51	250m:	2:43.12	34.54	350m:	3:53.75	35.50
100m:	1:01.11	32.46	200m:	2:08.58	33.96	300m:	3:18.25	35.13	400m:	4:28.37	34.62

					10						**4:28.47**	494	1
50m:	29.59	29.59	150m:	1:38.57	34.77	250m:	2:48.58	34.80	350m:	3:56.14	33.12
100m:	1:03.80	34.21	200m:	2:13.78	35.21	300m:	3:23.02	34.44	400m:	4:28.47	32.33

					11						**4:30.41**	483	1
50m:	29.45	29.45	150m:	1:37.22	34.16	250m:	2:46.89	34.84	350m:	3:56.96	34.67
100m:	1:03.06	33.61	200m:	2:12.05	34.83	300m:	3:22.29	35.40	400m:	4:30.41	33.45

					10						**4:30.49**	483	1
50m:	29.87	29.87	150m:	1:37.74	34.56	250m:	2:47.20	34.98	350m:	3:56.53	33.88
100m:	1:03.18	33.31	200m:	2:12.22	34.48	300m:	3:22.65	35.45	400m:	4:30.49	33.96

					10						**4:31.82**	476	1
50m:	30.17	30.17	150m:	1:38.62	35.00	250m:	2:49.11	35.74	350m:	3:58.28	32.99
100m:	1:03.62	33.45	200m:	2:13.37	34.75	300m:	3:25.29	36.18	400m:	4:31.82	33.54

					10						**4:32.52**	472	1
50m:	30.55	30.55	150m:	1:39.20	34.44	250m:	2:48.52	34.92	350m:	3:57.99	34.75
100m:	1:04.76	34.21	200m:	2:13.60	34.40	300m:	3:23.24	34.72	400m:	4:32.52	34.53

					10						**4:32.87**	470	1
50m:	30.07	30.07	150m:	1:38.97	34.84	250m:	2:49.45	34.84	350m:	3:59.32	34.91
100m:	1:04.13	34.06	200m:	2:14.61	35.64	300m:	3:24.41	34.96	400m:	4:32.87	33.55

					10						**4:34.10**	464	1
50m:	30.19	30.19	150m:	1:39.29	34.98	250m:	2:49.33	35.06	350m:	4:00.38	35.80
100m:	1:04.31	34.12	200m:	2:14.27	34.98	300m:	3:24.58	35.25	400m:	4:34.10	33.72

					10						**4:35.12**	459	1
50m:	30.16	30.16	150m:	1:38.55	34.94	250m:	2:49.62	35.31	350m:	4:00.87	35.60
100m:	1:03.61	33.45	200m:	2:14.31	35.76	300m:	3:25.27	35.65	400m:	4:35.12	34.25

4, , 400m , 2010

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4:35.80 455 2

50m:	30.10	30.10	150m:	1:38.41	34.71	250m:	2:49.37	35.64	350m:	4:01.36	35.91
100m:	1:03.70	33.60	200m:	2:13.73	35.32	300m:	3:25.45	36.08	400m:	4:35.80	34.44

10 **4:35.84** 455 2

50m:	30.65	30.65	150m:	1:41.63	36.40	250m:	2:52.43	35.22	350m:	4:02.50	34.13
100m:	1:05.23	34.58	200m:	2:17.21	35.58	300m:	3:28.37	35.94	400m:	4:35.84	33.34

10 **4:37.84** 445 2

50m:			150m:			250m:			350m:	
100m:			200m:			300m:			400m:	4:37.84

10 **4:38.39** 443 2

50m:	31.85	31.85	150m:	1:41.83	35.48	250m:	2:53.98	36.45	350m:	4:05.23	35.60
100m:	1:06.35	34.50	200m:	2:17.53	35.70	300m:	3:29.63	35.65	400m:	4:38.39	33.16

10 **4:38.72** 441 2

50m:	31.08	31.08	150m:	1:41.06	35.47	250m:	2:52.41	35.65	350m:	4:03.28	35.24
100m:	1:05.59	34.51	200m:	2:16.76	35.70	300m:	3:28.04	35.63	400m:	4:38.72	35.44

10 **4:38.83** 441 2

50m:	30.29	30.29	150m:	1:40.61	35.71	250m:	2:52.30	35.83	350m:	4:03.81	35.61
100m:	1:04.90	34.61	200m:	2:16.47	35.86	300m:	3:28.20	35.90	400m:	4:38.83	35.02

10 **4:39.22** 439 2

50m:	29.53	29.53	150m:	1:38.67	35.36	250m:	2:51.14	36.54	350m:	4:04.99	36.68
100m:	1:03.31	33.78	200m:	2:14.60	35.93	300m:	3:28.31	37.17	400m:	4:39.22	34.23

11 **4:39.41** 438 2

50m:	31.63	31.63	150m:	1:42.47	35.63	250m:	2:54.05	35.90	350m:	4:05.29	35.60
100m:	1:06.84	35.21	200m:	2:18.15	35.68	300m:	3:29.69	35.64	400m:	4:39.41	34.12

10 **4:39.54** 437 2

50m:	30.98	30.98	150m:	1:40.84	35.67	250m:	2:52.72	36.02	350m:	4:05.25	36.09
100m:	1:05.17	34.19	200m:	2:16.70	35.86	300m:	3:29.16	36.44	400m:	4:39.54	34.29

10 **4:40.00** 435 2

50m:	29.02	29.02	150m:	1:38.20	35.64	250m:	2:51.10	36.56	350m:	4:04.47	36.32
100m:	1:02.56	33.54	200m:	2:14.54	36.34	300m:	3:28.15	37.05	400m:	4:40.00	35.53

10 **4:40.52** 433 2

50m:	29.60	29.60	150m:	1:38.39	34.79	250m:	2:49.66	36.27	350m:	4:02.79	36.65
100m:	1:03.60	34.00	200m:	2:13.39	35.00	300m:	3:26.14	36.48	400m:	4:40.52	37.73

11 **4:41.18** 430 2

50m:	30.08	30.08	150m:	1:40.71	35.65	250m:	2:52.52	36.15	350m:	4:05.08	36.32
100m:	1:05.06	34.98	200m:	2:16.37	35.66	300m:	3:28.76	36.24	400m:	4:41.18	36.10

10 **4:41.45** 428 2

50m:	30.57	30.57	150m:	1:42.07	36.45	250m:	2:54.49	35.84	350m:	4:05.47	35.79
100m:	1:05.62	35.05	200m:	2:18.65	36.58	300m:	3:29.68	35.19	400m:	4:41.45	35.98

10 **4:41.74** 427 2

50m:	31.30	31.30	150m:	1:42.27	35.89	250m:	2:54.67	36.09	350m:	4:07.29	36.18
100m:	1:06.38	35.08	200m:	2:18.58	36.31	300m:	3:31.11	36.44	400m:	4:41.74	34.45

11 **4:41.84** 427 2

50m:	30.08	30.08	150m:	1:40.95	36.14	250m:	2:54.20	36.52	350m:	4:06.43	35.07
100m:	1:04.81	34.73	200m:	2:17.68	36.73	300m:	3:31.36	37.16	400m:	4:41.84	35.41

10 **4:41.84** 427 2

50m:	32.00	32.00	150m:	1:43.60	36.25	250m:	2:56.72	36.25	350m:	4:08.46	35.56
100m:	1:07.35	35.35	200m:	2:20.47	36.87	300m:	3:32.90	36.18	400m:	4:41.84	33.38

10 **4:41.88** 426 2

50m:	30.07	30.07	150m:	1:40.54	35.91	250m:	2:53.09	36.65	350m:	4:06.15	36.15
100m:	1:04.63	34.56	200m:	2:16.44	35.90	300m:	3:30.00	36.91	400m:	4:41.88	35.73

10 **4:42.02** 426 2

50m:	30.31	30.31	150m:	1:41.53	36.47	250m:	2:54.67	36.60	350m:	4:06.94	35.99
100m:	1:05.06	34.75	200m:	2:18.07	36.54	300m:	3:30.95	36.28	400m:	4:42.02	35.08

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10 **4:42.97** 422 2

| 50m: | 31.62 | 31.62 | 150m: | 1:42.24 | 36.14 | 250m: | 2:54.44 | 36.27 | 350m: | 4:07.60 | 36.45 |
| 100m: | 1:06.10 | 34.48 | 200m: | 2:18.17 | 35.93 | 300m: | 3:31.15 | 36.71 | 400m: | 4:42.97 | 35.37 |

10 **4:43.04** 421 2

| 50m: | 30.88 | 30.88 | 150m: | 1:41.26 | 35.73 | 250m: | 2:53.12 | 36.22 | 350m: | 4:06.37 | 36.52 |
| 100m: | 1:05.53 | 34.65 | 200m: | 2:16.90 | 35.64 | 300m: | 3:29.85 | 36.73 | 400m: | 4:43.04 | 36.67 |

11 **4:43.10** 421 2

| 50m: | 32.83 | 32.83 | 150m: | 1:45.70 | 36.69 | 250m: | 2:58.21 | 36.22 | 350m: | 4:09.49 | 35.14 |
| 100m: | 1:09.01 | 36.18 | 200m: | 2:21.99 | 36.29 | 300m: | 3:34.35 | 36.14 | 400m: | 4:43.10 | 33.61 |

10 **4:43.35** 420 2

| 50m: | 31.20 | 31.20 | 150m: | 1:43.72 | 36.86 | 250m: | 2:58.38 | 37.21 | 350m: | 4:10.95 | 35.80 |
| 100m: | 1:06.86 | 35.66 | 200m: | 2:21.17 | 37.45 | 300m: | 3:35.15 | 36.77 | 400m: | 4:43.35 | 32.40 |

10 **4:43.61** 419 2

| 50m: | 32.05 | 32.05 | 150m: | 1:44.34 | 36.38 | 250m: | 2:57.40 | 36.63 | 350m: | 4:10.34 | 36.50 |
| 100m: | 1:07.96 | 35.91 | 200m: | 2:20.77 | 36.43 | 300m: | 3:33.84 | 36.44 | 400m: | 4:43.61 | 33.27 |

10 **4:44.83** 413 2

| 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| 100m: | | | 200m: | | | 300m: | | | 400m: | 4:44.83 | |

10 **4:44.83** 413 2

| 50m: | 31.13 | 31.13 | 150m: | 1:42.11 | 36.26 | 250m: | 2:55.68 | 36.77 | 350m: | 4:08.99 | 36.43 |
| 100m: | 1:05.85 | 34.72 | 200m: | 2:18.91 | 36.80 | 300m: | 3:32.56 | 36.88 | 400m: | 4:44.83 | 35.84 |

10 **4:45.43** 411 2

| 50m: | 31.57 | 31.57 | 150m: | 1:43.68 | 36.62 | 250m: | 2:55.14 | 35.36 | 350m: | 4:09.12 | 37.30 |
| 100m: | 1:07.06 | 35.49 | 200m: | 2:19.78 | 36.10 | 300m: | 3:31.82 | 36.68 | 400m: | 4:45.43 | 36.31 |

11 **4:45.51** 410 2

| 50m: | 31.69 | 31.69 | 150m: | 1:42.98 | 36.04 | 250m: | 2:56.74 | 36.11 | 350m: | 4:10.69 | 36.67 |
| 100m: | 1:06.94 | 35.25 | 200m: | 2:20.63 | 37.65 | 300m: | 3:34.02 | 37.28 | 400m: | 4:45.51 | 34.82 |

10 **4:46.08** 408 2

| 50m: | 31.92 | 31.92 | 150m: | 1:44.28 | 36.81 | 250m: | 2:58.15 | 36.43 | 350m: | 4:11.38 | 36.42 |
| 100m: | 1:07.47 | 35.55 | 200m: | 2:21.72 | 37.44 | 300m: | 3:34.96 | 36.81 | 400m: | 4:46.08 | 34.70 |

11 **4:46.42** 406 2

| 50m: | 30.48 | 30.48 | 150m: | 1:43.28 | 37.07 | 250m: | 2:57.75 | 37.21 | 350m: | 4:11.21 | 36.33 |
| 100m: | 1:06.21 | 35.73 | 200m: | 2:20.54 | 37.26 | 300m: | 3:34.88 | 37.13 | 400m: | 4:46.42 | 35.21 |

10 **4:46.80** 405 2

| 50m: | 30.91 | 30.91 | 150m: | 1:41.48 | 35.88 | 250m: | 2:53.72 | 36.30 | 350m: | 4:08.84 | 37.34 |
| 100m: | 1:05.60 | 34.69 | 200m: | 2:17.42 | 35.94 | 300m: | 3:31.50 | 37.78 | 400m: | 4:46.80 | 37.96 |

10 **4:47.03** 404 2

| 50m: | 30.69 | 30.69 | 150m: | 1:41.42 | 36.04 | 250m: | 2:54.97 | 37.11 | 350m: | 4:11.10 | 38.32 |
| 100m: | 1:05.38 | 34.69 | 200m: | 2:17.86 | 36.44 | 300m: | 3:32.78 | 37.81 | 400m: | 4:47.03 | 35.93 |

10 **4:47.24** 403 2

| 50m: | 31.06 | 31.06 | 150m: | 1:42.94 | 36.86 | 250m: | 2:57.62 | 37.32 | 350m: | 4:12.68 | 37.50 |
| 100m: | 1:06.08 | 35.02 | 200m: | 2:20.30 | 37.36 | 300m: | 3:35.18 | 37.56 | 400m: | 4:47.24 | 34.56 |

10 **4:47.42** 402 2

| 50m: | 32.98 | 32.98 | 150m: | 1:46.95 | 37.17 | 250m: | 3:02.14 | 37.55 | 350m: | 4:14.86 | 35.92 |
| 100m: | 1:09.78 | 36.80 | 200m: | 2:24.59 | 37.64 | 300m: | 3:38.94 | 36.80 | 400m: | 4:47.42 | 32.56 |

10 **4:47.64** 401 2

| 50m: | 31.92 | 31.92 | 150m: | 1:45.20 | 37.36 | 250m: | 2:59.66 | 36.64 | 350m: | 4:13.87 | 36.71 |
| 100m: | 1:07.84 | 35.92 | 200m: | 2:23.02 | 37.82 | 300m: | 3:37.16 | 37.50 | 400m: | 4:47.64 | 33.77 |

10 **4:47.74** 401 2

| 50m: | 31.21 | 31.21 | 150m: | 1:44.02 | 37.29 | 250m: | 2:58.86 | 37.55 | 350m: | 4:12.99 | 36.96 |
| 100m: | 1:06.73 | 35.52 | 200m: | 2:21.31 | 37.29 | 300m: | 3:36.03 | 37.17 | 400m: | 4:47.74 | 34.75 |

10 **4:50.91** 388 2

| 50m: | 31.07 | 31.07 | 150m: | 1:43.56 | 37.05 | 250m: | 2:58.32 | 37.80 | 350m: | 4:15.42 | 38.46 |
| 100m: | 1:06.51 | 35.44 | 200m: | 2:20.52 | 36.96 | 300m: | 3:36.96 | 38.64 | 400m: | 4:50.91 | 35.49 |

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10 **4:51.06** 387 2

50m:	30.97	30.97	150m:	1:41.90	36.33	250m:	2:56.61	37.64	350m:	4:13.49	38.15
100m:	1:05.57	34.60	200m:	2:18.97	37.07	300m:	3:35.34	38.73	400m:	4:51.06	37.57

10 **4:51.10** 387 2

50m:	32.70	32.70	150m:	1:46.21	37.28	250m:	3:01.49	37.75	350m:	4:15.98	36.80
100m:	1:08.93	36.23	200m:	2:23.74	37.53	300m:	3:39.18	37.69	400m:	4:51.10	35.12

10 **4:51.27** 386 2

50m:	31.81	31.81	150m:	1:45.67	37.74	250m:	3:01.56	37.87	350m:	4:17.28	37.61
100m:	1:07.93	36.12	200m:	2:23.69	38.02	300m:	3:39.67	38.11	400m:	4:51.27	33.99

10 **4:52.04** 383 2

50m:	31.51	31.51	150m:	1:43.99	36.83	250m:	2:58.09	37.59	350m:	4:14.35	37.80
100m:	1:07.16	35.65	200m:	2:20.50	36.51	300m:	3:36.55	38.46	400m:	4:52.04	37.69

10 **4:52.10** 383 2

50m:	30.62	30.62	150m:	1:42.32	36.87	250m:	2:57.58	37.81	350m:	4:14.50	38.61
100m:	1:05.45	34.83	200m:	2:19.77	37.45	300m:	3:35.89	38.31	400m:	4:52.10	37.60

10 **4:54.88** 372 2

50m:	31.16	31.16	150m:	1:45.07	37.89	250m:	3:02.20	38.49	350m:	4:16.79	36.62
100m:	1:07.18	36.02	200m:	2:23.71	38.64	300m:	3:40.17	37.97	400m:	4:54.88	38.09

10 **4:56.39** 367 2

50m:	32.56	32.56	150m:	1:48.20	38.84	250m:	3:04.31	36.82	350m:	4:20.01	38.58
100m:	1:09.36	36.80	200m:	2:27.49	39.29	300m:	3:41.43	37.12	400m:	4:56.39	36.38

10 **4:58.39** 359 2

50m:	33.54	33.54	150m:	1:47.72	37.67	250m:	3:04.40	38.47	350m:	4:22.06	38.37
100m:	1:10.05	36.51	200m:	2:25.93	38.21	300m:	3:43.69	39.29	400m:	4:58.39	36.33

10 **5:00.14** 353 2

50m:	34.72	34.72	150m:	1:51.63	38.87	250m:	3:08.91	38.24	350m:	4:23.77	37.62
100m:	1:12.76	38.04	200m:	2:30.67	39.04	300m:	3:46.15	37.24	400m:	5:00.14	36.37

11 **5:01.05** 350 2

50m:	32.55	32.55	150m:	1:45.63	37.32	250m:	3:02.97	39.29	350m:	4:21.47	39.28
100m:	1:08.31	35.76	200m:	2:23.68	38.05	300m:	3:42.19	39.22	400m:	5:01.05	39.58