

, 28. - 30.5.2025

4, 400m											2011	
29.05.2025 - 10:00												
: 3:59.00 /			: 4:15.50 / 1			: 4:35.50 / 2			: 5:11.50 / 3		: 6:01.00	
: AQUA 2024												
/												
11											4:12.08 596	
50m:	28.02	28.02	150m:	1:30.31	31.25	250m:	2:35.44	34.90	350m:	3:41.29	32.83	
100m:	59.06	31.04	200m:	2:00.54	30.23	300m:	3:08.46	33.02	400m:	4:12.08	30.79	
11											4:19.34 548 1	
50m:	29.62	29.62	150m:	1:34.14	32.49	250m:	2:40.31	33.25	350m:	3:46.89	32.98	
100m:	1:01.65	32.03	200m:	2:07.06	32.92	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
11											4:19.80 545 1	
50m:	29.44	29.44	150m:	1:34.79	32.91	250m:	2:41.66	33.48	350m:	3:48.37	33.33	
100m:	1:01.88	32.44	200m:	2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43	
11											4:21.63 533 1	
50m:	27.84	27.84	150m:	1:31.26	32.67	250m:	2:38.86	34.35	350m:	3:48.49	34.87	
100m:	58.59	30.75	200m:	2:04.51	33.25	300m:	3:13.62	34.76	400m:	4:21.63	33.14	
11											4:22.23 530 1	
50m:	28.43	28.43	150m:	1:34.54	33.92	250m:	2:42.71	34.12	350m:	3:50.03	33.61	
100m:	1:00.62	32.19	200m:	2:08.59	34.05	300m:	3:16.42	33.71	400m:	4:22.23	32.20	
11											4:27.90 497 1	
50m:	29.17	29.17	150m:	1:35.31	33.74	250m:	2:45.08	35.16	350m:	3:55.66	35.10	
100m:	1:01.57	32.40	200m:	2:09.92	34.61	300m:	3:20.56	35.48	400m:	4:27.90	32.24	
11											4:28.94 491 1	
50m:	28.97	28.97	150m:	1:35.40	33.90	250m:	2:44.84	34.77	350m:	3:55.49	35.20	
100m:	1:01.50	32.53	200m:	2:10.07	34.67	300m:	3:20.29	35.45	400m:	4:28.94	33.45	
11											4:30.05 485 1	
50m:	29.44	29.44	150m:	1:37.38	34.35	250m:	2:46.61	34.83	350m:	3:56.28	34.45	
100m:	1:03.03	33.59	200m:	2:11.78	34.40	300m:	3:21.83	35.22	400m:	4:30.05	33.77	
11											4:31.87 475 1	
50m:	30.46	30.46	150m:	1:38.95	34.71	250m:	2:48.41	34.77	350m:	3:58.43	34.80	
100m:	1:04.24	33.78	200m:	2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44	
11											4:31.94 475 1	
50m:	29.21	29.21	150m:	1:36.75	34.48	250m:	2:46.43	34.67	350m:	3:56.70	35.92	
100m:	1:02.27	33.06	200m:	2:11.76	35.01	300m:	3:20.78	34.35	400m:	4:31.94	35.24	
11											4:32.04 474 1	
50m:	30.73	30.73	150m:	1:39.97	34.80	250m:	2:49.62	34.85	350m:	3:58.43	34.29	
100m:	1:05.17	34.44	200m:	2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61	
11											4:32.80 470 1	
50m:	28.16	28.16	150m:	1:36.18	35.19	250m:	2:46.91	35.03	350m:	3:58.38	35.69	
100m:	1:00.99	32.83	200m:	2:11.88	35.70	300m:	3:22.69	35.78	400m:	4:32.80	34.42	
11											4:33.74 466 1	
50m:	29.80	29.80	150m:	1:37.37	34.65	250m:	2:48.30	35.44	350m:	4:00.17	35.82	
100m:	1:02.72	32.92	200m:	2:12.86	35.49	300m:	3:24.35	36.05	400m:	4:33.74	33.57	
11											4:34.53 462 1	
50m:	29.72	29.72	150m:	1:40.46	36.33	250m:	2:52.93	36.31	350m:	4:03.83	35.06	
100m:	1:04.13	34.41	200m:	2:16.62	36.16	300m:	3:28.77	35.84	400m:	4:34.53	30.70	
11											4:34.69 461 1	
50m:	29.00	29.00	150m:	1:36.41	34.45	250m:	2:47.11	35.38	350m:	3:59.81	36.12	
100m:	1:01.96	32.96	200m:	2:11.73	35.32	300m:	3:23.69	36.58	400m:	4:34.69	34.88	
11											4:34.84 460 1	
50m:	30.16	30.16	150m:	1:40.36	35.94	250m:	2:52.30	35.76	350m:	4:02.34	34.24	
100m:	1:04.42	34.26	200m:	2:16.54	36.18	300m:	3:28.10	35.80	400m:	4:34.84	32.50	
11											4:35.55 457 2	
50m:	29.78	29.78	150m:	1:40.04	35.84	250m:	2:52.52	36.46	350m:	4:04.45	35.94	
100m:	1:04.20	34.42	200m:	2:16.06	36.02	300m:	3:28.51	35.99	400m:	4:35.55	31.10	

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4,		, 400m		, 2011									