1 , 400m 2012

1		, 400111		2012	
28.05.2025 - 10:00					
: 4:23.00 /	: 4:39.50 / 1	: 5:00.50 / 2	: 5:40.00 / 3	: 6:28.50	
: AQUA 2024					
	,				

. 4.20	5.00 /		. 4.39.50	, , 1	. 5.00	.50 / 2	. 0	0.40.00 / 3	,	. 0.20.30		
: AQUA 2024					·							
,				/								
				12						4:34.58	597	
50m:	29.21	29.21	150m:	1:35.95	33.93	250m:	2:45.70	35.15	350m:	3:58.92	36.83	
100m:	1:02.02	32.81	200m:	2:10.55	34.60	300m:	3:22.09	36.39	400m:	4:34.58	35.66	
				12						4:40.91	558	1
50m:	30.68	30.68	150m:	1:41.80	36.13	250m:	2:54.29	36.25	350m:	4:07.00	36.49	
100m:	1:05.67	34.99		2:18.04	36.24	300m:	3:30.51	36.22	400m:	4:40.91	33.91	
				12						4:43.29	544	1
50m:	32.26	32.26	150m·	1:43.00	35.90	250m:	2:55.35	36.31	350m:	4:07.93	36.38	
100m:	1:07.10	34.84	200m:	2:19.04	36.04	300m:	3:31.55	36.20	400m:	4:43.29		
100111.	1.07.10	34.04	200111.	2.19.04	30.04	300111.	3.31.00	30.20	400111.	4.43.29	35.36	
				12						4:44.88	535	1
50	00.50	00.50	450		00.00	050	0 == = 4	07.44	050			ı
50m:	30.50	30.50		1:41.68	36.60	250m:	2:55.54	37.11	350m:	4:10.12	37.17	
100m:	1:05.08	34.58	200m:	2:18.43	36.75	300m:	3:32.95	37.41	400m:	4:44.88	34.76	
				4.0								
				12						4:45.72	530	1
50m:	32.11	32.11	150m:	1:43.48	36.17	250m:	2:56.11	36.35	350m:	4:09.51	36.61	
100m:	1:07.31	35.20	200m:	2:19.76	36.28	300m:	3:32.90	36.79	400m:	4:45.72	36.21	
	, .							•				
				12						4:47.18	522	1
50m:	32.36	32.36	150m:	1:44.48	36.20	250m:	2:57.42	36.61	350m:	4:11.23	36.49	
100m:	1:08.28	35.92		2:20.81	36.33	300m:	3:34.74	37.32	400m:	4:47.18	35.95	
100111.	1.00.20	33.32	200111.	2.20.01	30.33	300111.	3.34.74	37.32	400111.	4.47.10	33.33	
				13						4:47.92	518	1
50	00.07	00.07	450		07.07	050	0.00.74	00.74	050			ı
50m:	33.37	33.37	150m:	1:46.74	37.07	250m:	3:00.74	36.74	350m:	4:13.26	35.68	
100m:	1:09.67	36.30	200m:	2:24.00	37.26	300m:	3:37.58	36.84	400m:	4:47.92	34.66	
				4.0								
				12						4:49.20	511	1
50m:	31.97	31.97	150m:	1:43.33	36.29	250m:	2:57.36	37.34	350m:	4:12.22	37.60	
100m:	1:07.04	35.07	200m:	2:20.02	36.69	300m:	3:34.62	37.26	400m:	4:49.20	36.98	
				12						4:51.81	497	1
50m:	32.86	32.86	150m:	1:45.38	37.01	250m:	3:00.09	37.24	350m:	4:15.04	37.14	•
100m:	1:08.37	35.51	200m:	2:22.85	37.47	300m:	3:37.90	37.81	400m:	4:51.81	36.77	
				12						4:52.68	493	1
												ı
50m:	31.56	31.56	150m:	1:43.53	36.87	250m:	2:58.43	37.39	350m:	4:15.46	37.95	
100m:	1:06.66	35.10	200m:	2:21.04	37.51	300m:	3:37.51	39.08	400m:	4:52.68	37.22	
				40						4 50 40	400	
				12						4:53.49	489	1
50m:	33.66	33.66	150m:	1:47.11	36.75	250m:	3:01.78	37.69	350m:	4:16.85	37.40	
100m:	1:10.36	36.70	200m:	2:24.09	36.98	300m:	3:39.45	37.67	400m:	4:53.49	36.64	
				, ,				~ .				
				12						4:53.88	487	1
50m:	32.26	32.26	150m:	1:45.76	37.60	250m:	3:01.42	37.48	350m:	4:17.00	37.69	-
								37.40		4:53.88		
100m:	1:08.16	35.90	ZUUM:	2:23.94	38.18	300m:	3:39.31	37.89	400m:	4.03.68	36.88	
				12						1.54.21	485	1
	00.00	00.55	4.50		00.55	050	0.00.00		050	4:54.21		I
50m:	33.89	33.89		1:47.40	36.92	250m:	3:02.85	37.07	350m:	4:17.32	36.88	
100m:	1:10.48	36.59	200m:	2:25.78	38.38	300m:	3:40.44	37.59	400m:	4:54.21	36.89	
										4 == ==		
				12						4:56.73	473	1
50m:	32.37	32.37	150m:	1:47.71	38.13	250m:	3:03.51	37.60	350m:	4:20.24	38.48	
	1:09.58	37.21		2:25.91	38.20	300m:	3:41.76	38.25	400m:	4:56.73	36.49	
100111.	1.00.00	07.21	200111.	2.20.01	00.20	0001111	0.11.70	00.20	100111.	1.00.70	00.10	
				12						4:57.43	470	1
50m:	33.62	33.62	150m:	1:48.37	37.56	250m:	3:03.93	38.18	350m:	4:19.37	37.97	•
TOOM:	1:10.81	37.19	200m:	2:25.75	37.38	300m:	3:41.40	37.47	400m:	4:57.43	38.06	
				12						1.57 02	468	1
										4:57.83		I
50m:	32.21	32.21	150m:	1:47.66	38.33	250m:	3:05.22	38.90	350m:	4:21.92	38.14	
100m:	1:09.33	37.12	200m:	2:26.32	38.66	300m:	3:43.78	38.56	400m:	4:57.83	35.91	
				12						4:58.30	466	1
50m:	32.48	32.48	150m:	1:47.54	38.20	250m:	3:04.28	38.53	350m:	4:21.51	38.85	
100m:	1:09.34	36.86		2:25.75	38.21	300m:	3:42.66	38.38	400m:	4:58.30	36.79	
		20.00					- · · <u>-</u> · · · ·	20.00				

1, ,400m						,							
100m: 1:11.86 37.93 35.94 35.0m: 2.23.77 38.81 30.0m: 3.45.72 37.85 35.0m: 4.22.91 37.19 3	1,	, 4	100m		, 20	12							
50m:	,				/								
Som. 33.58 33.58 150m: 149.88 37.96 250m: 30.603 38.07 350m: 500.13 37.15					1:50.56						4:22.91	37.19	1
Som. 33.41 33.41 150m: 1.50.28 39.20 250m: 30.9.69 40.47 350m: 5.00.32 456 1					1:49.88						4:22.97	38.50	1
13					1:50.28						4:24.41	38.37	1
13					1:47.15	38.48					4:23.18	39.95	1
100m: 1.09.65 37.78 200m: 2.27.26 38.98 300m: 3.44.55 39.27 400m: 5.01.58 36.96	100111.	1.00.01	00.10	200111.		00.00	000111.	0.10.20	00.10	100111.			2
Som:					2:27.26						5:01.58	36.96	
Som:					1:47.19						4:44.45	39.51	2
Som:					1:50.59						4:25.49	39.05	2
Som:					1:48.28						4:26.06	40.01	2
50m: 33.03 33.03 150m: 1:49.49 39.06 250m: 3:08.57 39.52 350m: 4:27.07 39.30 100m: 1:10.43 37.40 200m: 2:29.05 39.56 300m: 3:47.77 39.20 400m: 5:04.91 37.84 50m: 32.59 32.59 150m: 1:49.16 38.74 250m: 3:08.89 39.97 350m: 4:27.39 39.12 100m: 1:10.42 37.83 200m: 2:28.92 39.76 300m: 3:48.27 39.38 400m: 5:05.75 38.36 100m: 1:10.35 37.45 200m: 2:28.96 39.54 300m: 3:08.38 39.42 350m: 4:27.20 39.52 100m: 1:10.35 37.45 200m: 2:28.96 39.54 300m: 3:09.69 39.50 350m: 4:28.29 39.17 100m: 1:12.05 38.24 200m: 2:30.19 39.21 300m: 3:49.12 39.43 <t< td=""><td></td><td></td><td></td><td></td><td>1:49.94</td><td></td><td></td><td></td><td>39.49 39.29</td><td></td><td>4:27.27</td><td>39.15</td><td>2</td></t<>					1:49.94				39.49 39.29		4:27.27	39.15	2
50m: 32.59 32.59 150m: 1:49.16 38.74 250m: 3:08.89 39.97 350m: 4:27.39 39.12 100m: 1:10.42 37.83 200m: 2:28.92 39.76 300m: 3:48.27 39.38 400m: 5:05.75 38.36 12 5:05.99 431 2 50m: 32.90 32.90 150m: 1:49.42 39.07 250m: 3:08.38 39.42 350m: 4:27.20 39.52 100m: 1:10.35 37.45 200m: 2:28.96 39.54 300m: 3:08.98 39.92 350m: 4:28.29 39.17 100m: 1:12.05 38.24 200m: 2:30.19 39.21 300m: 3:09.69 39.50 350m: 4:28.29 39.17 100m: 1:12.05 38.24 200m: 2:30.19 39.21 300m: 3:09.69 39.50 350m: 4:28.29 39.17 100m: 1:12.05 34.06 150m:					1:49.49						4:27.07	39.30	2
50m: 32.90 32.90 150m: 1:49.42 39.07 250m: 3:08.38 39.42 350m: 4:27.20 39.52 100m: 1:10.35 37.45 200m: 2:28.96 39.54 300m: 3:47.68 39.30 400m: 5:05.99 38.79 5:06.42 430 2 50m: 33.81 33.81 150m: 1:50.98 38.93 250m: 3:09.69 39.50 350m: 4:28.29 39.17 100m: 1:12.05 38.24 200m: 2:30.19 39.21 300m: 3:49.12 39.43 400m: 5:06.42 38.13 12 5:06.99 427 2 50m: 34.06 34.06 150m: 1:51.20 38.90 250m: 3:09.39 39.35 350m: 4:28.09 39.29 100m: 1:12.30 38.24 200m: 2:30.04 38.84 300m: 3:12.20 39.42 350m: 4:28.09 39.29					1:49.16						4:27.39	39.12	2
50m: 33.81 33.81 150m: 1:50.98 38.93 250m: 3:09.69 39.50 350m: 4:28.29 39.17 100m: 1:12.05 38.24 200m: 2:30.19 39.21 300m: 3:49.12 39.43 400m: 5:06.42 38.13 5:06.99 427 2 50m: 34.06 34.06 150m: 1:51.20 38.90 250m: 3:09.39 39.35 350m: 4:28.09 39.29 100m: 1:12.30 38.24 200m: 2:30.04 38.84 300m: 3:48.80 39.41 400m: 5:06.99 38.90 12 5:07.05 427 2 50m: 34.74 34.74 150m: 1:53.03 39.38 250m: 3:12.20 39.42 350m: 4:30.22 38.56 100m: 1:13.65 38.91 200m: 2:32.78 39.75 300m: 3:07.95 39.52 350m: 4:27.87 40.32					1:49.42						4:27.20	39.52	2
50m: 34.06 34.06 150m: 1:51.20 38.90 250m: 3:09.39 39.35 350m: 4:28.09 39.29 100m: 1:12.30 38.24 200m: 2:30.04 38.84 300m: 3:48.80 39.41 400m: 5:06.99 38.90 50m: 34.74 34.74 150m: 1:53.03 39.38 250m: 3:12.20 39.42 350m: 4:30.22 38.56 100m: 1:13.65 38.91 200m: 2:32.78 39.75 300m: 3:51.66 39.46 400m: 5:07.05 36.83 12 5:07.36 426 2 50m: 33.54 33.54 150m: 1:49.88 38.90 250m: 3:07.95 39.52 350m: 4:27.87 40.32 100m: 1:10.98 37.44 200m: 2:28.43 38.55 300m: 3:47.55 39.60 400m: 5:08.47 421 2 50m: 33.72					1:50.98						4:28.29	39.17	2
50m: 34.74 34.74 150m: 1:53.03 39.38 250m: 3:12.20 39.42 350m: 4:30.22 38.56 100m: 1:13.65 38.91 200m: 2:32.78 39.75 300m: 3:51.66 39.46 400m: 5:07.05 36.83 12 5:07.36 426 2 50m: 33.54 33.54 150m: 1:49.88 38.90 250m: 3:07.95 39.52 350m: 4:27.87 40.32 100m: 1:10.98 37.44 200m: 2:28.43 38.55 300m: 3:47.55 39.60 400m: 5:07.36 39.49 50m: 33.72 33.72 150m: 1:51.22 39.39 250m: 3:10.78 39.81 350m: 4:31.09 39.71 100m: 1:11.83 38.11 200m: 2:30.97 39.75 300m: 3:51.38 40.60 400m: 5:08.47 37.38 5:08.59 421 2 5:08.59 421 2					1:51.20						4:28.09	39.29	2
50m: 33.54 33.54 150m: 1:49.88 38.90 250m: 3:07.95 39.52 350m: 4:27.87 40.32 100m: 1:10.98 37.44 200m: 2:28.43 38.55 300m: 3:47.55 39.60 400m: 5:07.36 39.49 50m: 33.72 33.72 150m: 1:51.22 39.39 250m: 3:10.78 39.81 350m: 4:31.09 39.71 100m: 1:11.83 38.11 200m: 2:30.97 39.75 300m: 3:51.38 40.60 400m: 5:08.47 37.38 5:08.59 421 2 5:08.59 421 2 5:08.59 421 2 5:08.59 421 2					1:53.03						4:30.22	38.56	2
50m: 33.72 33.72 150m: 1:51.22 39.39 250m: 3:10.78 39.81 350m: 4:31.09 39.71 100m: 1:11.83 38.11 200m: 2:30.97 39.75 300m: 3:51.38 40.60 400m: 5:08.47 37.38 13 50m: 34.75 34.75 150m: 1:53.93 39.89 250m: 3:13.18 39.66 350m: 4:32.40 39.31					1:49.88						4:27.87	40.32	2
50m: 34.75 34.75 150m: 1:53.93 39.89 250m: 3:13.18 39.66 350m: 4:32.40 39.31					1:51.22						4:31.09	39.71	2
					1:53.93						4:32.40	39.31	2

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, 50m:	34.92	34.92	150m:	/ 12 1:53.37	39.75	250m:	3:12.70	40.03	350m:	5:09.97 4:32.81	415 39.91	2
100m:	1:13.62	38.70	200m:	2:32.67	39.30	300m:	3:52.90	40.20	400m:	5:09.97	37.16	
50m: 100m:	33.78 1:11.43	33.78 37.65	150m: 200m:	12 1:50.45 2:30.25	39.02 39.80	250m: 300m:	3:10.56 3:50.99	40.31 40.43	350m: 400m:	5:10.05 4:30.81 5:10.05	415 39.82 39.24	2
50m: 100m:	34.24 1:13.16	34.24 38.92	150m: 200m:	12 1:52.26 2:33.22	39.10 40.96	250m: 300m:	3:12.88 3:53.62	39.66 40.74	350m: 400m:	5:11.44 4:32.60 5:11.44	409 38.98 38.84	2
				12						5:11.92	407	2
50m: 100m:	31.62 1:10.25	31.62 38.63	150m: 200m:	1:50.64 2:32.30	40.39 41.66	250m: 300m:	3:13.34 3:54.30	41.04 40.96	350m: 400m:	4:35.52 5:11.92	41.22 36.40	
50m: 100m:	34.42 1:13.64	34.42 39.22	150m: 200m:	12 1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	5:12.79 4:33.86 5:12.79	404 40.27 38.93	2
				12						5:14.45	397	2
50m: 100m:	34.90 1:14.54	34.90 39.64	150m: 200m:	1:55.53 2:35.96	40.99 40.43	250m: 300m:	3:16.01 3:56.48	40.05 40.47	350m: 400m:	4:37.09 5:14.45	40.61 37.36	
50m: 100m:	34.09 1:12.54	34.09 38.45	150m: 200m:	12 1:52.87 2:34.28	40.33 41.41	250m: 300m:	3:14.97 3:55.58	40.69 40.61	350m: 400m:	5:15.20 4:35.83 5:15.20	395 40.25 39.37	2
				12						5:15.99	392	2
50m: 100m:	34.30 1:12.42	34.30 38.12		1:52.49 2:33.15	40.07 40.66	250m: 300m:	3:13.30 3:54.24	40.15 40.94	350m: 400m:	4:35.44 5:15.99	41.20 40.55	
50m: 100m:	34.89 1:13.72	34.89 38.83	150m: 200m:	12 1:54.53 2:35.12	40.81 40.59	250m: 300m:	3:15.58 3:56.17	40.46 40.59	350m: 400m:	5:16.25 4:36.92 5:16.25	391 40.75 39.33	2
50m: 100m:	34.52 1:13.96	34.52 39.44	150m: 200m:	12 1:54.73 2:36.55	40.77 41.82	250m: 300m:	3:17.39 3:58.66	40.84 41.27	350m: 400m:	5:17.99 4:39.50 5:17.99	384 40.84 38.49	2
50m: 100m:	34.72 1:13.01	34.72 38.29	150m: 200m:	12 1:53.50 2:34.50	40.49 41.00	250m: 300m:	3:15.31 3:56.92	40.81 41.61	350m: 400m:	5:19.24 4:38.12 5:19.24	380 41.20 41.12	2
50m: 100m:	35.80 1:15.79	35.80 39.99	150m: 200m:	12 1:56.68 2:38.16	40.89 41.48	250m: 300m:	3:19.77 4:01.81	41.61 42.04	350m: 400m:	5:21.28 4:42.65 5:21.28	373 40.84 38.63	2
50m: 100m:	33.13 1:12.22	33.13 39.09	150m: 200m:	12 1:54.25 2:37.25	42.03 43.00	250m: 300m:	3:20.56 4:05.20	43.31 44.64	350m: 400m:	5:30.65 4:49.78 5:30.65	342 44.58 40.87	2