

, 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									
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				11						4:36.08		454	2
50m:	30.93	30.93	150m:	1:38.96	34.60	250m:	2:49.62	35.47	350m:	4:01.30	36.06		
100m:	1:04.36	33.43	200m:	2:14.15	35.19	300m:	3:25.24	35.62	400m:	4:36.08	34.78		
				11						4:36.46		452	2
50m:	28.42	28.42	150m:	1:36.36	35.10	250m:	2:48.37	36.22	350m:	4:01.15	36.26		
100m:	1:01.26	32.84	200m:	2:12.15	35.79	300m:	3:24.89	36.52	400m:	4:36.46	35.31		
				11						4:36.78		450	2
50m:	30.00	30.00	150m:	1:39.29	35.45	250m:	2:51.64	36.31	350m:	4:03.59	36.20		
100m:	1:03.84	33.84	200m:	2:15.33	36.04	300m:	3:27.39	35.75	400m:	4:36.78	33.19		
				12						4:36.84		450	2
50m:	30.76	30.76	150m:	1:39.79	35.02	250m:	2:50.77	35.60	350m:	4:02.25	35.81		
100m:	1:04.77	34.01	200m:	2:15.17	35.38	300m:	3:26.44	35.67	400m:	4:36.84	34.59		
				11						4:38.44		442	2
50m:	29.20	29.20	150m:	1:39.51	35.25	250m:	2:51.86	36.42	350m:	4:04.02	35.85		
100m:	1:04.26	35.06	200m:	2:15.44	35.93	300m:	3:28.17	36.31	400m:	4:38.44	34.42		
				11						4:38.48		442	2
50m:	32.15	32.15	150m:	1:44.00	35.98	250m:	2:55.56	35.83	350m:	4:06.10	34.66		
100m:	1:08.02	35.87	200m:	2:19.73	35.73	300m:	3:31.44	35.88	400m:	4:38.48	32.38		
				11						4:38.51		442	2
50m:	29.48	29.48	150m:	1:38.95	35.62	250m:	2:50.48	35.99	350m:	4:03.13	36.48		
100m:	1:03.33	33.85	200m:	2:14.49	35.54	300m:	3:26.65	36.17	400m:	4:38.51	35.38		
				11						4:38.62		442	2
50m:	30.94	30.94	150m:	1:42.67	36.44	250m:	2:55.15	36.40	350m:	4:06.71	35.53		
100m:	1:06.23	35.29	200m:	2:18.75	36.08	300m:	3:31.18	36.03	400m:	4:38.62	31.91		
				12						4:38.80		441	2
50m:	30.96	30.96	150m:	1:42.76	36.24	250m:	2:55.25	36.55	350m:	4:06.18	34.54		
100m:	1:06.52	35.56	200m:	2:18.70	35.94	300m:	3:31.64	36.39	400m:	4:38.80	32.62		
				12						4:39.16		439	2
50m:	30.58	30.58	150m:	1:40.58	35.15	250m:	2:51.89	35.15	350m:	4:04.63	36.13		
100m:	1:05.43	34.85	200m:	2:16.74	36.16	300m:	3:28.50	36.61	400m:	4:39.16	34.53		
				12						4:41.02		430	2
50m:	30.64	30.64	150m:	1:40.86	36.09	250m:	2:53.30	36.46	350m:	4:06.28	36.38		
100m:	1:04.77	34.13	200m:	2:16.84	35.98	300m:	3:29.90	36.60	400m:	4:41.02	34.74		
				11						4:43.98		417	2
50m:	30.06	30.06	150m:	1:40.87	36.45	250m:	2:54.48	36.92	350m:	4:08.70	36.79		
100m:	1:04.42	34.36	200m:	2:17.56	36.69	300m:	3:31.91	37.43	400m:	4:43.98	35.28		
				11						4:45.80		409	2
50m:	29.66	29.66	150m:	1:40.76	36.68	250m:	2:56.03	37.59	350m:	4:10.62	37.30		
100m:	1:04.08	34.42	200m:	2:18.44	37.68	300m:	3:33.32	37.29	400m:	4:45.80	35.18		
				11						4:47.17		403	2
50m:	29.74	29.74	150m:	1:41.43	36.69	250m:	2:56.23	37.20	350m:	4:11.39	37.67		
100m:	1:04.74	35.00	200m:	2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17	35.78		
				11						4:49.48		394	2
50m:	32.69	32.69	150m:	1:45.68	37.07	250m:	2:58.97	36.66	350m:	4:12.63	37.09		
100m:	1:08.61	35.92	200m:	2:22.31	36.63	300m:	3:35.54	36.57	400m:	4:49.48	36.85		