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| 1 | | , 400m | | | | 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

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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	200m:	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 35.36

12 **4:44.88** 535 1

50m:	30.50	30.50	150m:	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

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	200m:	2:20.81	36.33	300m:	3:34.74	37.32	400m: 4:47.18 35.95

13 **4:47.92** 518 1

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

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

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

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
100m:	1:08.16	35.90	200m:	2:23.94	38.18	300m:	3:39.31	37.89	400m: 4:53.88 36.88

12 **4:54.21** 485 1

50m:	33.89	33.89	150m:	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

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
100m:	1:09.58	37.21	200m:	2:25.91	38.20	300m:	3:41.76	38.25	400m: 4:56.73 36.49

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
100m:	1:10.81	37.19	200m:	2:25.75	37.38	300m:	3:41.40	37.47	400m: 4:57.43 38.06

12 **4:57.83** 468 1

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	200m:	2:25.75	38.21	300m:	3:42.66	38.38	400m: 4:58.30 36.79

1,   , 400m   , 2012

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			12							**5:00.12**	457	1
50m:	33.58	33.58	150m:	1:49.88	37.96	250m:	3:06.03	38.07	350m:	4:22.97	38.50	
100m:	1:11.92	38.34	200m:	2:27.96	38.08	300m:	3:44.47	38.44	400m:	5:00.12	37.15	

			12							**5:00.13**	457	1
50m:	33.41	33.41	150m:	1:50.28	39.20	250m:	3:09.69	40.47	350m:	4:24.41	38.37	
100m:	1:11.08	37.67	200m:	2:29.22	38.94	300m:	3:46.04	36.35	400m:	5:00.13	35.72	

			13							**5:00.32**	456	1
50m:	32.21	32.21	150m:	1:47.15	38.48	250m:	3:04.45	38.37	350m:	4:23.18	39.95	
100m:	1:08.67	36.46	200m:	2:26.08	38.93	300m:	3:43.23	38.78	400m:	5:00.32	37.14	

			13							**5:01.58**	451	2
50m:	31.87	31.87	150m:	1:48.28	38.63	250m:	3:05.28	38.02	350m:	4:24.62	40.07	
100m:	1:09.65	37.78	200m:	2:27.26	38.98	300m:	3:44.55	39.27	400m:	5:01.58	36.96	

			12							**5:03.63**	442	2
50m:	33.08	33.08	150m:	1:47.19	37.73	250m:	3:25.41	59.22	350m:	4:44.45	39.51	
100m:	1:09.46	36.38	200m:	2:26.19	39.00	300m:	4:04.94	39.53	400m:	5:03.63	19.18	

			12							**5:04.35**	438	2
50m:	33.25	33.25	150m:	1:48.28	38.28	250m:	3:06.11	39.08	350m:	4:26.06	40.01	
100m:	1:10.00	36.75	200m:	2:27.03	38.75	300m:	3:46.05	39.94	400m:	5:04.35	38.29	

			12							**5:04.65**	437	2
50m:	32.79	32.79	150m:	1:49.94	39.72	250m:	3:08.83	39.49	350m:	4:27.27	39.15	
100m:	1:10.22	37.43	200m:	2:29.34	39.40	300m:	3:48.12	39.29	400m:	5:04.65	37.38	

			12							**5:04.91**	436	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	

			12							**5:05.75**	432	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:	3:47.68	39.30	400m:	5:05.99	38.79	

			12							**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							**5:07.05**	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:	3:51.66	39.46	400m:	5:07.05	36.83	

			12							**5:08.47**	421	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							**5:08.59**	421	2
50m:	34.75	34.75	150m:	1:53.93	39.89	250m:	3:13.18	39.66	350m:	4:32.40	39.31	
100m:	1:14.04	39.29	200m:	2:33.52	39.59	300m:	3:53.09	39.91	400m:	5:08.59	36.19	

			12							**5:09.97**	415	2
50m:	34.92	34.92	150m:	1:53.37	39.75	250m:	3:12.70	40.03	350m:	4:32.81	39.91	
100m:	1:13.62	38.70	200m:	2:32.67	39.30	300m:	3:52.90	40.20	400m:	5:09.97	37.16	

			12							**5:11.44**	409	2
50m:	34.24	34.24	150m:	1:52.26	39.10	250m:	3:12.88	39.66	350m:	4:32.60	38.98	
100m:	1:13.16	38.92	200m:	2:33.22	40.96	300m:	3:53.62	40.74	400m:	5:11.44	38.84	

			12							**5:11.92**	407	2
50m:	31.62	31.62	150m:	1:50.64	40.39	250m:	3:13.34	41.04	350m:	4:35.52	41.22	
100m:	1:10.25	38.63	200m:	2:32.30	41.66	300m:	3:54.30	40.96	400m:	5:11.92	36.40	

			12							**5:14.45**	397	2
50m:	34.90	34.90	150m:	1:55.53	40.99	250m:	3:16.01	40.05	350m:	4:37.09	40.61	
100m:	1:14.54	39.64	200m:	2:35.96	40.43	300m:	3:56.48	40.47	400m:	5:14.45	37.36	

1,   , 400m   , 2012

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	12								**5:15.20**	395	2
50m:	34.09	34.09	150m:	1:52.87	40.33	250m:	3:14.97	40.69	350m:	4:35.83	40.25
100m:	1:12.54	38.45	200m:	2:34.28	41.41	300m:	3:55.58	40.61	400m:	5:15.20	39.37

	12								**5:15.99**	392	2
50m:	34.30	34.30	150m:	1:52.49	40.07	250m:	3:13.30	40.15	350m:	4:35.44	41.20
100m:	1:12.42	38.12	200m:	2:33.15	40.66	300m:	3:54.24	40.94	400m:	5:15.99	40.55

	12								**5:16.25**	391	2
50m:	34.89	34.89	150m:	1:54.53	40.81	250m:	3:15.58	40.46	350m:	4:36.92	40.75
100m:	1:13.72	38.83	200m:	2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33

	12								**5:17.99**	384	2
50m:	34.52	34.52	150m:	1:54.73	40.77	250m:	3:17.39	40.84	350m:	4:39.50	40.84
100m:	1:13.96	39.44	200m:	2:36.55	41.82	300m:	3:58.66	41.27	400m:	5:17.99	38.49

	12								**5:19.24**	380	2
50m:	34.72	34.72	150m:	1:53.50	40.49	250m:	3:15.31	40.81	350m:	4:38.12	41.20
100m:	1:13.01	38.29	200m:	2:34.50	41.00	300m:	3:56.92	41.61	400m:	5:19.24	41.12