, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

29.05.2025 - 10:00 : 3:59.00 /			: 4:15.50) / 1	: 4:35	.50 / 2	: 5	:11.50 / 3	3	: 6:01.00		
: AQUA 2024				. , ,	. 1.00				-			
				,								
,				44						4 40 00	500	
				11						4:12.08	596	
50m:	28.02 59.06	28.02 31.04	150m:	1:30.31 2:00.54	31.25	250m:	2:35.44 3:08.46	34.90 33.02	350m:	3:41.29 4:12.08	32.83 30.79	
100m:	39.00	31.04	200111.	2.00.54	30.23	300m:	3.00.40	33.02	400m:	4.12.00	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	ı
100m:	1:01.88	32.44		2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43	
100111.	1.01.00	JZ.77	200111.	2.00.10	55.55	300111.	5.15.04	55.50	400111.			
				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	ı
100m:	1:00.62	32.19		2:08.59	34.05	300m:	3:16.42	33.71	400m:	4:22.23	32.20	
100111.	1.00.02	32.13	200111.		34.03	300111.	5.10.42	55.7 1	400111.			
				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	•
	1:01.50	32.53		2:10.07	34.67	300m:		35.45	400m:	4:28.94	33.45	
		02.00			0	000	0.20.20	000				
				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		2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44	
100111.	1.0 1.2 1	00.70	2001111	2.10.01	01.00	000111.	0.20.00	00.22	100111.			
				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		2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61	
											4=0	
				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		2:12.86	35.49	300m:		36.05	400m:	4:33.74	33.57	
											400	
	66 : :	00 : :	,	11	0= ==	0=-	0.40 ::	0= 5=	0=0	4:34.19	463	1
50m:	28.11	28.11	150m:	1:37.11	35.05	250m:	2:48.14	35.63	350m:	3:59.72	35.90	
100m:	1:02.06	33.95	200m:	2:12.51	35.40	300m:	3:23.82	35.68	400m:	4:34.19	34.47	
				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	
				4.4						4.04.00	404	4
=0	00.00	00.00	450	11	04.45	050	0.47.44	05.00	050	4:34.69	461	1
50m:	29.00	29.00		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	
	1:04.42	34.26		2:16.54	36.18	300m:	3:28.10	35.80	400m:	4:34.84	32.50	

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50m: 100m:	29.93 1:05.09	29.93 35.16	150m: 200m:	11 1:40.92 2:16.63	35.83 35.71	250m: 300m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:35.34 4:02.78 4:35.34	458 35.41 32.56	1
50m: 100m:	29.78 1:04.20	29.78 34.42	150m: 200m:	11 1:40.04 2:16.06	35.84 36.02	250m: 300m:	2:52.52 3:28.51	36.46 35.99	350m: 400m:	4:35.55 4:04.45 4:35.55	457 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43	150m: 200m:	11 1:38.96 2:14.15	34.60 35.19	250m: 300m:	2:49.62 3:25.24	35.47 35.62	350m: 400m:	4:36.08 4:01.30 4:36.08	454 36.06 34.78	2
50m: 100m:	28.42 1:01.26	28.42 32.84		11 1:36.36 2:12.15	35.10 35.79		2:48.37 3:24.89	36.22 36.52	350m: 400m:	4:36.46 4:01.15 4:36.46	452 36.26 35.31	2
50m:	30.00 1:03.84	30.00 33.84	150m:	11 1:39.29 2:15.33	35.45 36.04	250m:	2:51.64 3:27.39	36.31 35.75	350m: 400m:	4:36.78 4:03.59 4:36.78	450 36.20 33.19	2
50m:	30.76	30.76	150m:	12 1:39.79	35.02	250m:	2:50.77	35.60	350m:	4:36.84 4:02.25	450 35.81	2
100m: 50m:	1:04.77	34.01 29.20		2:15.17 11 1:39.51	35.38 35.25	300m: 250m:	3:26.44 2:51.86	35.67 36.42	400m: 350m:	4:36.84 4:38.44 4:04.02	34.59 442 35.85	2
100m: 50m:	1:04.26 32.15	35.06 32.15		2:15.44 11 1:44.00	35.93 35.98	300m: 250m:	3:28.17 2:55.56	36.31 35.83	400m: 350m:	4:38.44 4:38.48 4:06.10	34.42 442 34.66	2
100m:	1:08.02	35.87	200m:	2:19.73	35.73	300m:	3:31.44	35.88	400m:	4:38.48 4:38.51	32.38 442	2
50m: 100m:	29.48 1:03.33	29.48 33.85	150m: 200m:	1:38.95 2:14.49	35.62 35.54	250m: 300m:	2:50.48 3:26.65	35.99 36.17	350m: 400m:	4:03.13 4:38.51 4:38.62	36.48 35.38 442	2
50m: 100m:	30.94 1:06.23	30.94 35.29	150m: 200m:	1:42.67 2:18.75	36.44 36.08	250m: 300m:	2:55.15 3:31.18	36.40 36.03	350m: 400m:	4:06.71 4:38.62 4:38.80	35.53 31.91 441	2
50m: 100m:	30.96 1:06.52	30.96 35.56		1:42.76 2:18.70	36.24 35.94		2:55.25 3:31.64	36.55 36.39	350m: 400m:	4:06.18 4:38.80	34.54 32.62	
50m: 100m:	30.64 1:05.43	30.64 34.79	150m: 200m:	12 1:41.14 2:17.35	35.71 36.21		2:53.87 3:29.81	36.52 35.94	350m: 400m:	4:38.89 4:05.49 4:38.89	440 35.68 33.40	2
50m: 100m:	30.51 1:05.31	30.51 34.80	150m: 200m:	11 1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:39.15 4:04.60 4:39.15	439 35.89 34.55	2
50m: 100m:	30.58 1:05.43	30.58 34.85	150m: 200m:	12 1:40.58 2:16.74	35.15 36.16		2:51.89 3:28.50	35.15 36.61	350m: 400m:	4:39.16 4:04.63 4:39.16	439 36.13 34.53	2
50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	12 1:40.91 2:16.66	34.94 35.75	250m: 300m:	2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:40.03 4:05.10 4:40.03	435 36.71 34.93	2
50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:	11 1:43.52 2:19.97	36.66 36.45		2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:40.98 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m: 200m:	12 1:40.86 2:16.84	36.09 35.98	250m: 300m:	2:53.30 3:29.90	36.46 36.60	350m: 400m:	4:41.02 4:06.28 4:41.02	430 36.38 34.74	2
50m: 100m:	31.58 1:05.55	31.58 33.97	150m: 200m:	12 1:40.97 2:17.05	35.42 36.08	250m: 300m:	2:53.47 3:29.73	36.42 36.26	350m: 400m:	4:41.27 4:06.76 4:41.27	429 37.03 34.51	2

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50m: 100m:	30.90 1:05.82	30.90 34.92		11 1:42.53 2:19.24	36.71 36.71		2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:41.52 4:07.40 4:41.52	428 35.41 34.12	2
50m: 100m:	30.77 1:05.57	30.77 34.80		12 1:41.40 2:17.30	35.83 35.90		2:54.06 3:31.70	36.76 37.64	350m: 400m:	4:42.52 4:08.61 4:42.52	424 36.91 33.91	2
50m: 100m:	31.98 1:06.99	31.98 35.01		11 1:42.66 2:19.27	35.67 36.61		2:55.53 3:32.58	36.26 37.05	350m: 400m:	4:42.66 4:08.49 4:42.66	423 35.91 34.17	2
50m: 100m:	31.92 1:07.61	31.92 35.69		11 1:43.93 2:20.25	36.32 36.32		2:55.96 3:32.27	35.71 36.31	350m: 400m:	4:42.72 4:08.44 4:42.72	423 36.17 34.28	2
50m:	30.61	30.61	150m:	11 1:42.30	36.60	250m:	2:55.66	36.86	350m:	4:43.27 4:08.49	420 36.43	2
50m:	1:05.70 30.72	35.09 30.72	150m:	2:18.80 11 1:42.48	36.50 36.22	250m:	3:32.06 2:55.16	36.40 36.15	350m:	4:43.27 4:43.66 4:08.50	34.78 418 36.07	2
100m: 50m:	1:06.26	35.54 30.06		2:19.01 11 1:40.87	36.53 36.45		3:32.43 2:54.48	37.27 36.92	400m: 350m:	4:43.66 4:43.98 4:08.70	35.16 417 36.79	2
100m:	1:04.42	34.36	200m:	2:17.56 11	36.69	300m:	3:31.91	37.43	400m:	4:43.98 4:44.68	35.28 414	2
50m: 100m:	30.79 1:05.69	30.79 34.90		1:41.78 2:17.74 12	36.09 35.96		2:54.63 3:31.59	36.89 36.96	350m: 400m:	4:09.05 4:44.68 4:44.79	37.46 35.63 413	2
50m: 100m:	32.41 1:08.78	32.41 36.37		1:44.76 2:21.31	35.98 36.55	250m: 300m:	2:57.18 3:33.97	35.87 36.79	350m: 400m:	4:10.20 4:44.79 4:45.04	36.23 34.59 412	2
50m: 100m:	30.84 1:06.44	30.84 35.60		1:42.35 2:18.90	35.91 36.55		2:55.81 3:33.11	36.91 37.30	350m: 400m:	4:09.63 4:45.04	36.52 35.41	
50m: 100m:	30.96 1:06.40	30.96 35.44		12 1:42.33 2:18.99	35.93 36.66		2:55.85 3:32.15	36.86 36.30		4:45.43 4:26.98 4:45.43	411 54.83 18.45	2
50m: 100m:	31.94 1:08.43	31.94 36.49		11 1:44.86 2:21.26	36.43 36.40		2:57.71 3:34.41	36.45 36.70	350m: 400m:	4:45.56 4:10.68 4:45.56	410 36.27 34.88	2
50m: 100m:	29.66 1:04.08	29.66 34.42		11 1:40.76 2:18.44	36.68 37.68		2:56.03 3:33.32	37.59 37.29	350m: 400m:	4:45.80 4:10.62 4:45.80	409 37.30 35.18	2
50m: 100m:	31.70 1:07.44	31.70 35.74		12 1:43.84 2:19.79	36.40 35.95		2:55.69 3:33.87	35.90 38.18	350m: 400m:	4:45.84 4:10.69 4:45.84	409 36.82 35.15	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	11 1:45.36 2:22.92	37.19 37.56		2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:46.28 4:10.64 4:46.28	407 35.53 35.64	2
50m: 100m:	30.71 1:05.79	30.71 35.08		11 1:42.71 2:19.68	36.92 36.97		2:56.69 3:33.99	37.01 37.30	350m: 400m:	4:46.36 4:10.68 4:46.36	407 36.69 35.68	2
50m: 100m:	30.99 1:06.01	30.99 35.02		11 1:41.14 2:17.33	35.13 36.19		2:54.49 3:32.59	37.16 38.10	350m: 400m:	4:46.86 4:09.90 4:46.86	405 37.31 36.96	2
50m: 100m:	31.71 1:06.89	31.71 35.18		11 1:43.58 2:20.84	36.69 37.26		2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:46.96 4:12.27 4:46.96	404 37.19 34.69	2

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,				1								
				11						4:47.11	404	2
50m: 100m:	31.14 1:05.57	31.14 34.43		1:42.35 2:19.68	36.78 37.33	250m: 300m:	2:57.07 3:34.50	37.39 37.43	350m: 400m:	4:11.78 4:47.11	37.28 35.33	
				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	_
50m:	31.97	31.97	150m:	11 1:43.38	35.85	250m:	2:57.61	37.46	350m:	4:47.41 4:13.02	402 37.27	2
100m:	1:07.53	35.56		2:20.15	36.77	300m:	3:35.75	38.14	400m:	4:47.41	34.39	
				12						4:47.68		2
50m: 100m:	31.44 1:07.24	31.44 35.80		1:43.85 2:20.87	36.61 37.02	250m: 300m:	2:58.47 3:36.16	37.60 37.69	350m: 400m:	4:13.49 4:47.68	37.33 34.19	
				12						4:47.73	401	2
50m:	30.72	30.72	150m:	1:42.14	36.52	250m:	2:58.13	38.23	350m:	4:13.36	37.67 34.37	
100m:	1:05.62	34.90	200111.	2:19.90	37.76	300m:	3:35.69	37.56	400m:	4:47.73		0
50m:	31.19	31.19	150m:	11 1:43.15	36.85	250m:	2:57.95	37.61	350m:	4:47.74 4:12.79	401 37.14	2
100m:	1:06.30	35.11	200m:	2:20.34	37.19	300m:	3:35.65	37.70	400m:	4:47.74	34.95	
50	00.04	00.04	450	11	00.70	050	0.50.00	07.07	050	4:48.05		2
50m: 100m:	32.01 1:07.77	32.01 35.76	150m: 200m:	1:44.49 2:21.52	36.72 37.03	250m: 300m:	2:58.89 3:36.27	37.37 37.38	350m: 400m:	4:13.61 4:48.05	37.34 34.44	
				12						4:48.28	399	2
50m:	30.74 1:06.13	30.74 35.39		1:42.77 2:20.01	36.64 37.24	250m:	2:56.79 3:33.47	36.78 36.68	350m:	4:08.18 4:48.28	34.71 40.10	
100m:	1.00.13	35.39	200111.		37.24	300m:	3.33.47	30.00	400m:			0
50m:	31.37	31.37	150m:	12 1:43.53	36.56	250m:	2:57.67	36.73	350m:	4:48.53 4:10.94	398 36.99	2
100m:	1:06.97	35.60	200m:	2:20.94	37.41	300m:	3:33.95	36.28	400m:	4:48.53	37.59	
50m:	30.99	30.99	150m:	11 1:43.13	36.65	250m:	2:58.74	38.14	350m:	4:48.72 4:13.61	397 36.68	2
100m:	1:06.48	35.49	200m:	2:20.60	37.47	300m:	3:36.93	38.19	400m:	4:48.72	35.11	
				11						4:48.78	397	2
50m:	32.89 1:08.57	32.89 35.68		1:45.08 2:21.59	36.51 36.51		2:58.88 3:36.29	37.29 37.41	350m: 400m:		36.46 36.03	
		00.00	200	12	00.0.	000	0.00.20	0		4:48.81	396	2
50m:	32.25	32.25	150m:	1:44.08	36.55	250m:	2:55.82	36.13	350m:	4:06.86	35.85	_
100m:	1:07.53	35.28	200m:	2:19.69	35.61	300m:	3:31.01	35.19	400m:	4:48.81	41.95	
50m:	30.56	30.56	150m:	11 1:43.45	36.83	250m:	2:58.54	37.81	350m:	4:48.90 4:13.79	396 37.38	2
100m:	1:06.62	36.06	200m:	2:20.73	37.28	300m:	3:36.41	37.87	400m:	4:48.90	35.11	
				11						4:48.95	396	2
50m: 100m:	30.67 1:05.85	30.67 35.18	150m: 200m:	1:42.84 2:20.77	36.99 37.93	250m: 300m:	2:58.91 3:37.23	38.14 38.32	350m: 400m:	4:14.72 4:48.95	37.49 34.23	
				11						4:49.03	396	2
50m:	31.62	31.62	150m:	1:44.48	36.62	250m:	2:58.58	37.37	350m:	4:12.83	37.04	
100m:	1:07.86	36.24	200m:	2:21.21	36.73	300m:	3:35.79	37.21	400m:	4:49.03	36.20	0
50m:	31.20	31.20	150m:	11 1:42.58	36.41	250m:	2:57.63	38.05	350m:	4:49.17 4:13.13	395 37.39	2
100m:	1:06.17	34.97	200m:	2:19.58	37.00	300m:	3:35.74	38.11	400m:	4:49.17	36.04	
50m·	22 42	30 A0	150~	11 1:45.47	27 10	250m·	3.00 14	27 24	350m·	4:49.42 4:14.02	394 36.71	2
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50m: 100m:	32.69 1:08.61	32.69 35.92	150m: 200m:	1:45.68 2:22.31	37.07 36.63	250m: 300m:	2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:12.63 4:49.48	37.09 36.85	
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50m: 100m:	30.58 1:05.89	30.58 35.31	150m: 200m:	11 1:42.86 2:20.89	36.97 38.03	250m: 300m:	2:58.91 3:36.73	38.02 37.82	350m: 400m:	4:50.50 4:14.10 4:50.50	390 37.37 36.40	2
50m: 100m:	32.45 1:08.88	32.45 36.43	150m: 200m:	11 1:45.90 2:23.77	37.02 37.87	250m: 300m:	3:01.26 3:39.30	37.49 38.04	350m: 400m:	4:50.93 4:15.82 4:50.93	388 36.52 35.11	2
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