, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

29.05.2025 - 1 0:00 : 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		
E0m.	20.02	20.02	1 <i>E</i> 0m.		24.05	250	0.05.44	24.00	250				
50m: 100m:	28.02 59.06	28.02 31.04	150m:	1:30.31 2:00.54	31.25 30.23	250m: 300m:	2:35.44 3:08.46	34.90 33.02	350m: 400m:	3:41.29 4:12.08	32.83 30.79		
100111.	00.00	01.04	200111.		00.20	000111.	0.00.40	00.02	400111.	4.12.00			
				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		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	200111.	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	•	
	1:01.50	32.53		2:10.07	34.67	300m:	3:20.29	35.45	400m:	4:28.94	33.45		
				11						4.20 OF	40E	4	
50m:	29.44	20.44	150m:	11 1:37.38	24.25	250m:	2:46 64	24.02	350m:	4:30.05 3:56.28	485 34.45	1	
100m:	1:03.03	29.44 33.59	150m:	2:11.78	34.35 34.40	300m:	2:46.61 3:21.83	34.83 35.22	400m:	4:30.05	33.77		
100111.	1.00.00	00.00	200111.		04.40	000111.	0.21.00	00.22	400111.				
				11						4:31.87	475	1	
50m:	30.46	30.46		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		2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61		
								•				,	
50	00.40	00.40	450	11	05.40	050	0.40.04	05.00	250	4:32.80	470	1	
50m: 100m:	28.16 1:00.99	28.16 32.83	150m:	1:36.18 2:11.88	35.19 35.70	250m: 300m:	2:46.91 3:22.69	35.03 35.78	350m: 400m:	3:58.38 4:32.80	35.69 34.42		
100111.	1.00.99	JZ.03	200111.	2.11.00	33.70	300111.	3.22.09	35.78	400111.	4.32.00	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		2:16.62	36.16	300m:	3:28.77	35.84	400m:	4:34.53	30.70		
				44						4,24.00	464	4	
E0	20.00	20.00	1 <i>E</i> 0m:	11	21 15	250~	2.47 44	25 20	250m·	4:34.69	461	I	
50m: 100m:	29.00 1:01.96	29.00 32.96	150m: 200m:	1:36.41 2:11.73	34.45 35.32	250m: 300m:	2:47.11 3:23.69	35.38 36.58	350m: 400m:	3:59.81 4:34.69	36.12 34.88		
100.11.		02.00			33.02		3.23.00	33.00					
				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	-	
	1:04.20	34.42		2:16.06	36.02	300m:	3:28.51	35.99	400m:	4:35.55	31.10		

, 28. - 30.5.2025

					,							
4,		, 400m		, 2011								
,				/								
				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						4:38.51	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	
				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	
				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	