, 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	٠
100m:	1:01.65	32.03		2:07.06	32.49	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
		02.00			02.02	000	0	00.00				
				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	
				44						4.00.00	F20	4
F0	28.43	28.43	15000	11 1:34.54	33.92	250m:	2:42.71	24.42	250	4:22.23 3:50.03	530 33.61	ı
50m: 100m:	1:00.62	32.19		2:08.59	34.05	300m:	3:16.42	34.12 33.71	350m: 400m:	4:22.23	32.20	
100111.	1.00.02	32.19	200111.		34.03	300111.	3.10.42	33.71	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:	3:20.29	35.45	400m:	4:28.94	33.45	
				11						4:30.05	485	1
50m:	29.44	29.44		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						4.24.04	175	4
50m:	20.21	20.21	150m:	11	24.40	250m:	2:46.43	24.67	250m:	4:31.94	475	1
50m: 100m:	29.21 1:02.27	29.21 33.06	150m:	1:36.75 2:11.76	34.48 35.01	300m:	3:20.78	34.67 34.35	350m: 400m:	3:56.70 4:31.94	35.92 35.24	
1001111	1.02.21	00.00	2001111		00.01	000111.	0.20.70	01.00	100111.		00.21	
				11						4:32.04	474	1
50m:	30.73	30.73		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		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		1:37.37	34.65	250m:	2:48.30	35.44	350m:	4:00.17	35.82	
100m:	1:02.72	32.92	∠uum:	2:12.86	35.49	300m:	3:24.35	36.05	400m:	4:33.74	33.57	
				11						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	
				44						4.24 E2	460	4
E0m:	29.72	29.72	1E0m:	11 1:40.46	36.33	250m:	2:52.93	36.31	250m·	4:34.53 4:03.83	462 35.06	1
50m: 100m:	29.72 1:04.13	29.72 34.41		2:16.62	36.33 36.16	250m: 300m:	2:52.93 3:28.77	35.84	350m: 400m:	4:03.83 4:34.53	30.70	
100111.		J 1. F1	_00111.		55.76	200111.	5.25.77	55.5∓	.00111.			
				11						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	4 60	1
50m:	30.16	30.16	150m:	11 1:40.36	35.94	250m:	2:52.30	35.76	350m:	4:34.84 4:02.34	460 34.24	1

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4,		, 400m		, 2	:011							
,				1								
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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4,		, 400m		, 2	2011							
,				1								
				11						4:41.52	428	2
50m: 100m:	30.90 1:05.82	30.90 34.92		1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:07.40 4:41.52	35.41 34.12	
				11						4:42.66	423	2
50m:	31.98	31.98	150m:	1:42.66	35.67	250m:	2:55.53	36.26	350m:	4:08.49	35.91	
100m:	1:06.99	35.01	200m:	2:19.27	36.61	300m:	3:32.58	37.05	400m:	4:42.66	34.17	_
50m:	31.92	31.92	150m:	11 1:43.93	36.32	250m:	2:55.96	35.71	350m:	4:42.72 4:08.44	423 36.17	2
100m:	1:07.61	35.69	200m:	2:20.25	36.32	300m:	3:32.27	36.31	400m:	4:42.72	34.28	
				11						4:43.27		2
50m: 100m:	30.61 1:05.70	30.61 35.09		1:42.30 2:18.80	36.60 36.50	250m: 300m:	2:55.66 3:32.06	36.86 36.40	350m: 400m:	4:08.49 4:43.27	36.43 34.78	
				11						4:43.98	417	2
50m:	30.06	30.06	150m:	1:40.87	36.45	250m:		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	•
50m:	30.79	30.79	150m:	11 1:41.78	36.09	250m:	2:54.63	36.89	350m:	4:44.68 4:09.05	414 37.46	2
	1:05.69	34.90		2:17.74	35.96	300m:	3:31.59	36.96	400m:	4:44.68	35.63	
				12						4:44.79	413	2
50m: 100m:	32.41 1:08.78	32.41 36.37	150m: 200m:	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	36.23 34.59	
				11						4:45.80	409	2
50m:	29.66	29.66		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	•
50m:	31.70	31.70	150m:	12 1:43.84	36.40	250m:	2:55.69	35.90	350m:	4:45.84 4:10.69	409 36.82	2
100m:	1:07.44	35.74	200m:	2:19.79	35.95	300m:		38.18	400m:	4:45.84	35.15	
E0m.	24.00	24.02	150m;	11	27.40	250~	2.50.52	25.64	250~	4:46.28	407 35.53	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	1:45.36 2:22.92	37.19 37.56	250m: 300m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:10.64 4:46.28	35.64	
				11						4:46.36	407	2
50m:	30.71 1:05.79	30.71 35.08		1:42.71 2:19.68	36.92 36.97		2:56.69 3:33.99	37.01 37.30	350m: 400m:	4:10.68 4:46.36	36.69 35.68	
100111.	1.00.75	33.00	200111.	11	30.37	300111.	0.00.00	37.50	400111.	4:46.96	404	2
50m:	31.71	31.71	150m:	1:43.58	36.69	250m:	2:58.03	37.19	350m:	4:12.27	37.19	2
100m:	1:06.89	35.18	200m:	2:20.84	37.26	300m:	3:35.08	37.05	400m:	4:46.96	34.69	
50m:	31.14	31.14	150m:	11 1:42.35	36.78	250m:	2:57.07	37.39	350m:	4:47.11 4:11.78	404 37.28	2
	1:05.57	34.43	200m:	2:19.68	37.33	300m:	3:34.50	37.43	400m:	4:47.11	35.33	
				11						4:47.17	403	2
50m: 100m:	29.74 1:04.74	29.74 35.00	150m: 200m:	1:41.43 2:19.03	36.69 37.60	250m: 300m:	2:56.23 3:33.72	37.20 37.49	350m: 400m:	4:11.39 4:47.17	37.67 35.78	
				11						4:47.41	402	2
50m:	31.97	31.97	150m:	1:43.38	35.85	250m:	2:57.61	37.46	350m:	4:13.02	37.27	_
100m:	1:07.53	35.56	200m:	2:20.15	36.77	300m:	3:35.75	38.14	400m:	4:47.41	34.39	
50m:	30.72	30.72	150m:	12 1:42.14	36.52	250m:	2:58.13	38.23	350m:	4:47.73 4:13.36	401 37.67	2
	1:05.62	34.90	200m:	2:19.90	37.76	300m:	3:35.69	37.56	400m:	4:47.73	34.37	
				11						4:47.74	401	2
50m: 100m:	31.19 1:06.30	31.19 35.11	150m: 200m:	1:43.15 2:20.34	36.85 37.19	250m: 300m:	2:57.95 3:35.65	37.61 37.70	350m: 400m:	4:12.79 4:47.74	37.14 34.95	
				12	-			-		4:48.28	399	2
50m:	30.74	30.74	150m:	1:42.77	36.64	250m:	2:56.79	36.78	350m:	4:08.18	34.71	_
100m:	1:06.13	35.39	200m:	2:20.01	37.24	300m:	3:33.47	36.68	400m:	4:48.28	40.10	

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, 20 30.3.2023												
4,		, 400m		, 2	:011							
,				1								
50m: 100m:	31.37 1:06.97	31.37 35.60	150m: 200m:	12 1:43.53 2:20.94	36.56 37.41	250m: 300m:	2:57.67 3:33.95	36.73 36.28	350m: 400m:	4:48.53 4:10.94 4:48.53	398 36.99 37.59	2
50m: 100m:	30.99 1:06.48	30.99 35.49	150m: 200m:	11 1:43.13 2:20.60	36.65 37.47	250m: 300m:	2:58.74 3:36.93	38.14 38.19	350m: 400m:	4:48.72 4:13.61 4:48.72	397 36.68 35.11	2
50m: 100m:	32.89 1:08.57	32.89 35.68	150m: 200m:	11 1:45.08 2:21.59	36.51 36.51	250m: 300m:	2:58.88 3:36.29	37.29 37.41	350m: 400m:	4:48.78 4:12.75 4:48.78	397 36.46 36.03	2
50m: 100m:	32.25 1:07.53	32.25 35.28	150m: 200m:	12 1:44.08 2:19.69	36.55 35.61	250m: 300m:	2:55.82 3:31.01	36.13 35.19	350m: 400m:	4:48.81 4:06.86 4:48.81	396 35.85 41.95	2
50m: 100m:	31.62 1:07.86	31.62 36.24	150m: 200m:	11 1:44.48 2:21.21	36.62 36.73	250m: 300m:	2:58.58 3:35.79	37.37 37.21	350m: 400m:	4:49.03 4:12.83 4:49.03	396 37.04 36.20	2
50m: 100m:	32.69 1:08.61	32.69 35.92	150m: 200m:	11 1:45.68 2:22.31	37.07 36.63	250m: 300m:	2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:49.48 4:12.63 4:49.48	394 37.09 36.85	2
50m: 100m:	30.69 1:06.86	30.69 36.17	150m: 200m:	11 1:44.71 2:22.20	37.85 37.49	250m: 300m:	2:59.09 3:35.85	36.89 36.76	350m: 400m:	4:49.64 4:13.74 4:49.64	393 37.89 35.90	2
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:	32.82 1:08.70	32.82 35.88	150m: 200m:	12 1:45.59 2:22.55	36.89 36.96	250m: 300m:	3:00.22 3:37.95	37.67 37.73	350m: 400m:	4:51.58 4:15.47 4:51.58	385 37.52 36.11	2
50m: 100m:	32.53 1:08.30	32.53 35.77	150m: 200m:	11 1:45.24 2:22.76	36.94 37.52	250m: 300m:	3:00.92 3:38.45	38.16 37.53	350m: 400m:	4:53.65 4:16.22 4:53.65	377 37.77 37.43	2
50m: 100m:	32.96 1:09.73	32.96 36.77	150m: 200m:	11 1:47.51 2:25.26	37.78 37.75	250m: 300m:	3:04.22 3:42.95	38.96 38.73	350m: 400m:	4:56.60 4:20.39 4:56.60	366 37.44 36.21	2