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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

,	/								
	12						**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						

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											4:58.98	463	1
					12									
50m:	33.93	33.93	150m:	1:50.56	38.70	250m:	3:07.22	37.85	350m:	4:22.91	37.19
100m:	1:11.86	37.93	200m:	2:29.37	38.81	300m:	3:45.72	38.50	400m:	4:58.98	36.07

		-			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							**5:03.67**	441	2
50m:	33.51	33.51	150m:	1:50.59	38.63	250m:	3:07.31	38.58	350m:	4:25.49	39.05
100m:	1:11.96	38.45	200m:	2:28.73	38.14	300m:	3:46.44	39.13	400m:	5:03.67	38.18

					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							**5:04.85**	436	2
50m:	33.25	33.25	150m:	1:49.90	39.09	250m:	3:09.58	39.89	350m:	4:29.50	39.51
100m:	1:10.81	37.56	200m:	2:29.69	39.79	300m:	3:49.99	40.41	400m:	5:04.85	35.35

					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							**5:05.36**	434	2
50m:	33.90	33.90	150m:	1:50.43	38.65	250m:	3:09.18	40.00	350m:	4:28.40	39.40
100m:	1:11.78	37.88	200m:	2:29.18	38.75	300m:	3:49.00	39.82	400m:	5:05.36	36.96

					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							**5:06.76**	428	2
50m:	34.20	34.20	150m:	1:51.43	38.98	250m:	3:10.84	39.89	350m:	4:29.02	38.58
100m:	1:12.45	38.25	200m:	2:30.95	39.52	300m:	3:50.44	39.60	400m:	5:06.76	37.74

					12							**5:06.99**	427	2
50m:	34.06	34.06	150m:	1:51.20	38.90	250m:	3:09.39	39.35	350m:	4:28.09	39.29
100m:	1:12.30	38.24	200m:	2:30.04	38.84	300m:	3:48.80	39.41	400m:	5:06.99	38.90

					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

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											12		**5:07.36**	426	2
50m:	33.54	33.54	150m:	1:49.88	38.90	250m:	3:07.95	39.52	350m:	4:27.87	40.32
100m:	1:10.98	37.44	200m:	2:28.43	38.55	300m:	3:47.55	39.60	400m:	5:07.36	39.49

										13		**5:08.11**	423	2
50m:	34.92	34.92	150m:	1:51.30	38.29	250m:	3:10.46	39.45	350m:	4:29.71	39.31
100m:	1:13.01	38.09	200m:	2:31.01	39.71	300m:	3:50.40	39.94	400m:	5:08.11	38.40

										12		**5:08.29**	422	2
50m:	34.24	34.24	150m:	1:52.46	39.82	250m:	3:12.42	39.77	350m:	4:30.66	38.61
100m:	1:12.64	38.40	200m:	2:32.65	40.19	300m:	3:52.05	39.63	400m:	5:08.29	37.63

										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		**5:10.05**	415	2
50m:	33.78	33.78	150m:	1:50.45	39.02	250m:	3:10.56	40.31	350m:	4:30.81	39.82
100m:	1:11.43	37.65	200m:	2:30.25	39.80	300m:	3:50.99	40.43	400m:	5:10.05	39.24

										12		**5:10.67**	412	2
50m:	34.05	34.05	150m:	1:51.10	39.09	250m:	3:10.83	40.39	350m:	4:31.30	40.50
100m:	1:12.01	37.96	200m:	2:30.44	39.34	300m:	3:50.80	39.97	400m:	5:10.67	39.37

										12		**5:11.05**	411	2
50m:	35.11	35.11	150m:	1:54.07	39.75	250m:	3:13.00	39.31	350m:	4:32.12	39.51
100m:	1:14.32	39.21	200m:	2:33.69	39.62	300m:	3:52.61	39.61	400m:	5:11.05	38.93

										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

										13		**5:11.90**	407	2
50m:	33.91	33.91	150m:	1:53.74	40.39	250m:	3:13.61	39.99	350m:	4:33.78	40.20
100m:	1:13.35	39.44	200m:	2:33.62	39.88	300m:	3:53.58	39.97	400m:	5:11.90	38.12

										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

										13		**5:12.00**	407	2
50m:	34.49	34.49	150m:	1:51.90	39.51	250m:	3:12.91	40.54	350m:	4:33.64	40.30
100m:	1:12.39	37.90	200m:	2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36

										12		**5:12.79**	404	2
50m:	34.42	34.42	150m:	1:53.50	39.86	250m:	3:13.61	39.93	350m:	4:33.86	40.27
100m:	1:13.64	39.22	200m:	2:33.68	40.18	300m:	3:53.59	39.98	400m:	5:12.79	38.93

										12		**5:12.95**	403	2
50m:	33.71	33.71	150m:	1:52.93	39.92	250m:	3:13.81	40.14	350m:	4:33.52	39.59
100m:	1:13.01	39.30	200m:	2:33.67	40.74	300m:	3:53.93	40.12	400m:	5:12.95	39.43

										13		**5:12.99**	403	2
50m:	33.84	33.84	150m:	1:51.66	39.56	250m:	3:12.49	40.42	350m:	4:34.44	41.08
100m:	1:12.10	38.26	200m:	2:32.07	40.41	300m:	3:53.36	40.87	400m:	5:12.99	38.55

										12		**5:13.56**	401	2
50m:	34.01	34.01	150m:	1:52.39	40.05	250m:	3:13.24	40.78	350m:	4:36.97	42.28
100m:	1:12.34	38.33	200m:	2:32.46	40.07	300m:	3:54.69	41.45	400m:	5:13.56	36.59

										12		**5:14.28**	398	2
50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07
100m:	1:16.07	40.07	200m:	2:37.38	40.50	300m:	3:58.35	40.14	400m:	5:14.28	36.86

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												5:14.45	397	2
12														
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			

												5:14.60	397	2
12														
50m:	34.98	34.98	150m:	1:55.48	40.93	250m:	3:16.26	40.27	350m:	4:36.82	39.77			
100m:	1:14.55	39.57	200m:	2:35.99	40.51	300m:	3:57.05	40.79	400m:	5:14.60	37.78			

												5:15.20	395	2
12														
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			

												5:15.95	392	2
12														
50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11			
100m:	1:12.65	38.78	200m:	2:34.12	41.11	300m:	3:57.00	41.04	400m:	5:15.95	38.84			

												5:15.99	392	2
12														
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			

												5:16.25	391	2
12														
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			

												5:17.04	388	2
12														
50m:	35.48	35.48	150m:	1:56.10	40.30	250m:	3:17.39	40.55	350m:	4:38.24	40.16			
100m:	1:15.80	40.32	200m:	2:36.84	40.74	300m:	3:58.08	40.69	400m:	5:17.04	38.80			

												5:17.99	384	2
12														
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			

												5:17.99	384	2
12														
50m:	35.24	35.24	150m:	1:56.94	41.19	250m:	3:18.44	40.88	350m:	4:39.72	40.51			
100m:	1:15.75	40.51	200m:	2:37.56	40.62	300m:	3:59.21	40.77	400m:	5:17.99	38.27			

												5:18.73	382	2
12														
50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12			
100m:	1:16.52	40.92	200m:	2:37.81	40.17	300m:	3:58.91	40.60	400m:	5:18.73	39.70			

												5:19.05	381	2
12														
50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:	4:39.59	41.67			
100m:	1:14.57	39.39	200m:	2:36.01	41.38	300m:	3:57.92	41.20	400m:	5:19.05	39.46			

												5:19.24	380	2
12														
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			

												5:20.59	375	2
13														
50m:	35.89	35.89	150m:	1:58.93	42.43	250m:	3:21.08	40.71	350m:	4:42.64	40.50			
100m:	1:16.50	40.61	200m:	2:40.37	41.44	300m:	4:02.14	41.06	400m:	5:20.59	37.95			

												5:20.91	374	2
12														
50m:	33.21	33.21	150m:	1:52.08	40.40	250m:	3:15.92	42.22	350m:	4:40.43	42.07			
100m:	1:11.68	38.47	200m:	2:33.70	41.62	300m:	3:58.36	42.44	400m:	5:20.91	40.48			

												5:21.28	373	2
12														
50m:	35.80	35.80	150m:	1:56.68	40.89	250m:	3:19.77	41.61	350m:	4:42.65	40.84			
100m:	1:15.79	39.99	200m:	2:38.16	41.48	300m:	4:01.81	42.04	400m:	5:21.28	38.63			

												5:21.43	372	2
13														
50m:	35.56	35.56	150m:	1:57.11	41.04	250m:	3:19.85	41.08	350m:	4:42.61	41.47			
100m:	1:16.07	40.51	200m:	2:38.77	41.66	300m:	4:01.14	41.29	400m:	5:21.43	38.82			

												5:22.09	370	2
12														
50m:	35.23	35.23	150m:	1:56.51	41.26	250m:	3:19.96	41.81	350m:	4:42.56	41.28			
100m:	1:15.25	40.02	200m:	2:38.15	41.64	300m:	4:01.28	41.32	400m:	5:22.09	39.53			

												5:25.33	359	2
12														
50m:	34.58	34.58	150m:	1:56.67	42.08	250m:	3:20.27	41.83	350m:	4:44.88	41.88			
100m:	1:14.59	40.01	200m:	2:38.44	41.77	300m:	4:03.00	42.73	400m:	5:25.33	40.45			

1,   , 400m   , 2012

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			12							**5:30.65**	342	2
50m:	33.13	33.13	150m:	1:54.25	42.03	250m:	3:20.56	43.31	350m:	4:49.78	44.58	
100m:	1:12.22	39.09	200m:	2:37.25	43.00	300m:	4:05.20	44.64	400m:	5:30.65	40.87	