, 28. - 30.5.2025

1 , 400m 2012

28.05.2	025 - 10:	00				,							
	: 4:23	3.00 /		: 4:39.50) / 1	: 5:00	.50 / 2	: 5	5:40.00 / 3	3	: 6:28.50		
: AQUA	2024												
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1.					12						4:34.58	597	
	50m: 100m:	29.21 1:02.02	29.21 32.81	150m: 200m:	1:35.95 2:10.55	33.93 34.60	250m: 300m:	2:45.70 3:22.09	35.15 36.39	350m: 400m:	3:58.92 4:34.58	36.83 35.66	
2.	50m:	30.68	30.68	150m:	12 1:41.80	36.13	250m:	2:54.29	36.25	350m:	4:40.91 4:07.00	558 36.49	1
	100m:	1:05.67	34.99		2:18.04	36.24	300m:	3:30.51	36.22	400m:	4:40.91	33.91	
3.	50	20.00	20.00	450	12	25.00	050	0.55.05	20.24	250	4:43.29	544	1
	50m: 100m:	32.26 1:07.10	32.26 34.84	150m: 200m:	1:43.00 2:19.04	35.90 36.04	250m: 300m:	2:55.35 3:31.55	36.31 36.20	350m: 400m:	4:07.93 4:43.29	36.38 35.36	
4.					12						4:44.88	535	1
	50m: 100m:	30.50 1:05.08	30.50 34.58	150m: 200m:	1:41.68 2:18.43	36.60 36.75	250m: 300m:	2:55.54 3:32.95	37.11 37.41	350m: 400m:	4:10.12 4:44.88	37.17 34.76	
5.					12						4:45.72	530	1
	50m: 100m:	32.11 1:07.31	32.11 35.20	150m: 200m:	1:43.48 2:19.76	36.17 36.28	250m: 300m:	2:56.11 3:32.90	36.35 36.79	350m: 400m:	4:09.51 4:45.72	36.61 36.21	
6.					12						4:47.18	522	1
	50m: 100m:	32.36 1:08.28	32.36 35.92	150m: 200m:	1:44.48 2:20.81	36.20 36.33	250m: 300m:	2:57.42 3:34.74	36.61 37.32	350m: 400m:	4:11.23 4:47.18	36.49 35.95	
7.					13						4:47.92	518	1
	50m: 100m:	33.37 1:09.67	33.37 36.30	150m: 200m:	1:46.74 2:24.00	37.07 37.26	250m: 300m:	3:00.74 3:37.58	36.74 36.84	350m: 400m:	4:13.26 4:47.92	35.68 34.66	
8.					12						4:49.20	511	1
0.	50m: 100m:	31.97 1:07.04	31.97 35.07		1:43.33 2:20.02	36.29 36.69	250m: 300m:	2:57.36 3:34.62	37.34 37.26	350m: 400m:	4:12.22 4:49.20	37.60 36.98	'
0					12						A.E4 04	497	1
9.	50m: 100m:	32.86 1:08.37	32.86 35.51	150m: 200m:	1:45.38 2:22.85	37.01 37.47	250m: 300m:	3:00.09 3:37.90	37.24 37.81	350m: 400m:	4:51.81 4:15.04 4:51.81	37.14 36.77	ı
10.					12						4:52.68	493	1
10.	50m: 100m:	31.56 1:06.66	31.56 35.10	150m: 200m:	1:43.53 2:21.04	36.87 37.51	250m: 300m:	2:58.43 3:37.51	37.39 39.08	350m: 400m:	4:15.46 4:52.68	37.95 37.22	'
11.					12						4:53.49	489	1
11.	50m: 100m:	33.66 1:10.36	33.66 36.70		1:47.11 2:24.09	36.75 36.98	250m: 300m:	3:01.78 3:39.45	37.69 37.67	350m: 400m:	4:16.85 4:53.49	37.40 36.64	ı
40			00.70			00.00	000	0.001.10	0				4
12.	50m: 100m:	32.26 1:08.16	32.26 35.90		12 1:45.76 2:23.94	37.60 38.18	250m: 300m:	3:01.42 3:39.31	37.48 37.89	350m: 400m:	4:53.88 4:17.00 4:53.88	487 37.69 36.88	1
13.					12						4.E4 24	485	1
13.	50m: 100m:	33.89 1:10.48	33.89 36.59		1:47.40 2:25.78	36.92 38.38	250m: 300m:	3:02.85 3:40.44	37.07 37.59	350m: 400m:	4:54.21 4:17.32 4:54.21	36.88 36.89	1
14.					12						4:56.73	473	1
14.	50m: 100m:	32.37 1:09.58	32.37 37.21		1:47.71 2:25.91	38.13 38.20	250m: 300m:	3:03.51 3:41.76	37.60 38.25	350m: 400m:	4:20.24 4:56.73	38.48 36.49	'
15					10						4.57.42	470	1
15.	50m: 100m:	33.62 1:10.81	33.62 37.19	150m: 200m:	12 1:48.37 2:25.75	37.56 37.38	250m: 300m:	3:03.93 3:41.40	38.18 37.47	350m: 400m:	4:57.43 4:19.37 4:57.43	470 37.97 38.06	1
16.					12						4:57.83	468	1
10.	50m: 100m:	32.21 1:09.33	32.21 37.12	150m: 200m:	1:47.66 2:26.32	38.33 38.66	250m: 300m:		38.90 38.56	350m: 400m:	4:21.92 4:57.83	38.14 35.91	1
17.					12						4:58.30	466	1
	50m: 100m:	32.48 1:09.34	32.48 36.86	150m: 200m:	1:47.54 2:25.75	38.20 38.21	250m: 300m:	3:04.28 3:42.66	38.53 38.38	350m: 400m:	4:21.51 4:58.30	38.85 36.79	•

						, 20.	. 00.0.	2020					
	1,	, 4	400m		, 20	12							
	,				/								
18.					12						4:58.98	463	1
10.	50m:	33.93	33.93	150m:	1:50.56	38.70	250m:	3:07.22	37.85	350m:	4:22.91	37.19	'
		1:11.86	37.93		2:29.37	38.81	300m:	3:45.72	38.50	400m:	4:58.98	36.07	
40					40						E 00 40	457	
19.	50	00.50	-	450	12	07.00	050	0.00.00	00.07	050	5:00.12	457	1
	50m:	33.58 1:11.92	33.58 38.34		1:49.88 2:27.96	37.96 38.08	250m: 300m:	3:06.03 3:44.47	38.07 38.44	350m: 400m:	4:22.97 5:00.12	38.50 37.15	
	100111.	1.11.92	30.34	200111.	2.27.90	30.00	300111.	3.44.47	30.44	400111.	5.00.12	37.13	
20.					12						5:00.13	457	1
	50m:	33.41	33.41		1:50.28	39.20	250m:	3:09.69	40.47	350m:		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	
21.					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	
22.					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	_
		1:09.65	37.78		2:27.26	38.98	300m:	3:44.55	39.27	400m:	5:01.58	36.96	
22					12						5:03.63	442	2
23.	50m:	33.08	33.08	150m:	1:47.19	37.73	250m:	3:25.41	59.22	350m:		39.51	2
		1:09.46	36.38		2:26.19	39.00	300m:	4:04.94	39.53	400m:	5:03.63	19.18	
													_
24.		00.54	00.54	450	12	00.00	050	0.07.04	00.50	050	5:03.67	441	2
	50m:	33.51	33.51		1:50.59	38.63	250m:	3:07.31	38.58	350m:	4:25.49	39.05	
	100111.	1:11.96	38.45	200111.	2:28.73	38.14	300m:	3:46.44	39.13	400m:	5:03.67	38.18	
25.					12						5:04.35	438	2
	50m:	33.25	33.25		1:48.28	38.28	250m:	3:06.11	39.08		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	
26.					12						5:04.65	437	2
	50m:	32.79	32.79		1:49.94	39.72	250m:	3:08.83	39.49	350m:		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	
27.					12						5:04.85	436	2
	50m:	33.25	33.25	150m:	1:49.90	39.09	250m:	3:09.58	39.89	350m:		39.51	_
	100m:	1:10.81	37.56		2:29.69	39.79	300m:	3:49.99	40.41	400m:	5:04.85	35.35	
28.					12						5:04.91	436	2
20.	50m:	33.03	33.03	150m	1:49.49	39.06	250m·	3:08.57	39.52	350m	4:27.07	39.30	2
		1:10.43	37.40		2:29.05	39.56	300m:	3:47.77	39.20		5:04.91	37.84	
00											F-0F 00	40.4	0
29.	F0m.	22.00	22.00	15000	12	20.65	250~	2.00.40	40.00	250	5:05.36	434	2
	50m: 100m:	33.90 1:11.78	33.90 37.88	200m:	1:50.43 2:29.18	38.65 38.75	250m: 300m:	3:09.18 3:49.00	40.00 39.82	350m: 400m:	4:28.40 5:05.36	39.40 36.96	
	100111.	1.11.70	07.00	200111.		00.70	000111.	0.40.00	00.02	400111.			
30.					12						5:05.75	432	2
	50m:	32.59 1:10.42	32.59 37.83	150m:	1:49.16 2:28.92	38.74 39.76	250m:	3:08.89 3:48.27	39.97	350m: 400m:	4:27.39 5:05.75	39.12	
	100m:	1.10.42	37.03	200m:	2.26.92	39.76	300m:	3.46.27	39.38	400m:	5.05.75	38.36	
31.					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	
32.					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	
33.					12						5:06.76	428	2
00.	50m:	34.20	34.20	150m:	1:51.43	38.98	250m:	3:10.84	39.89	350m:	4:29.02	38.58	_
		1:12.45	38.25	200m:		39.52	300m:	3:50.44	39.60	400m:	5:06.76	37.74	
24					40						E.06.00	407	2
34.	50m:	34.06	34.06	150m·	12 1:51.20	38.90	250m:	3:09.39	39.35	350m:	5:06.99 4:28.09	427 39.29	2
		1:12.30	38.24		2:30.04	38.84	300m:	3:48.80	39.35 39.41	400m:	4.28.09 5:06.99	38.90	
						- 2.0 .		2	-0.11				_
35.		c . = :	047:	450	12	00.00	050	0.40.00	00.45	050	5:07.05	427	2
	50m:	34.74 1:13.65	34.74 38.91		1:53.03	39.38 39.75	250m:	3:12.20 3:51.66	39.42 39.46	350m: 400m:	4:30.22 5:07.05	38.56	
	100111.	1.13.03	30.91	200111.	2:32.78	35.13	300m:	3:51.66	39.46	400111.	5.07.05	36.83	

						,							
	1,	, '	400m		, 20	12							
	,				,								
36.					12						5:07.36	426	2
30.	50m:	33.54	33.54	150m:	1:49.88	38.90	250m:	3:07.95	39.52	350m:	4:27.87	40.32	2
	100m:	1:10.98	37.44		2:28.43	38.55	300m:	3:47.55	39.60	400m:	5:07.36	39.49	
													_
37.					12						5:07.90	423	2
	50m:	34.71	34.71		1:54.13	39.95	250m:	3:14.43	39.95	350m:	4:32.55	38.61	
	100m:	1:14.18	39.47	200m:	2:34.48	40.35	300m:	3:53.94	39.51	400m:	5:07.90	35.35	
38.					12						5:08.04	423	2
	50m:	35.05	35.05	150m:	1:53.23	39.56	250m:	3:12.04	39.20	350m:		39.05	
	100m:	1:13.67	38.62		2:32.84	39.61	300m:	3:51.25	39.21	400m:	5:08.04	37.74	
39.					13						5:08.11	423	2
39.	F0	04.00	24.00	450		20.00	050	0.40.40	20.45	250			2
	50m:	34.92 1:13.01	34.92 38.09		1:51.30 2:31.01	38.29 39.71	250m: 300m:	3:10.46 3:50.40	39.45 39.94	400m:	4:29.71 5:08.11	39.31 38.40	
	100111.	1.13.01	30.03	200111.		33.71	300111.	3.30.40	33.34	400111.			
40.					12						5:08.29	422	2
	50m:	34.24	34.24		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	
41.					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	
42.					13						5:08.59	421	2
42.	50m:	34.75	34.75	150m:	1:53.93	39.89	250m:	3:13.18	39.66	350m:		39.31	2
		1:14.04	39.29		2:33.52	39.59	300m:	3:53.09	39.91	400m:	5:08.59	36.19	
	100111.		00.20	200111.		00.00	000111.	0.00.00	00.01	100111.			
43.					12						5:09.97	415	2
	50m:	34.92	34.92		1:53.37	39.75		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	
44.					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		2:30.25	39.80	300m:	3:50.99	40.43	400m:	5:10.05	39.24	
45.					12						5:10.67	412	2
45.	50m:	34.05	34.05	150m·	1:51.10	39.09	250m:	3:10.83	40.39	350m:		40.50	2
		1:12.01	37.96		2:30.44	39.34	300m:	3:50.80	39.97	400m:	5:10.67	39.37	
													_
46.					12						5:11.05	411	2
	50m:	35.11	35.11		1:54.07			3:13.00	39.31		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	
47.					12						5:11.11	410	2
	50m:	35.59	35.59	150m:	1:54.92	40.22	250m:	3:14.11	39.14	350m:	4:32.89	38.81	
	100m:	1:14.70	39.11	200m:	2:34.97	40.05	300m:	3:54.08	39.97	400m:	5:11.11	38.22	
48.					12						5:11.44	409	2
40.	50m:	34.24	34.24	150m·	1:52.26	39.10	250m:	3:12.88	39.66	350m:	4:32.60	38.98	2
	100m:	1:13.16	38.92		2:33.22	40.96	300m:	3:53.62	40.74	400m:	5:11.44	38.84	
40					40						5 44 00	407	_
49.					13						5:11.90	407	2
	50m:	33.91 1:13.35	33.91		1:53.74 2:33.62	40.39 39.88	250m:	3:13.61	39.99	350m: 400m:	4:33.78	40.20	
	100111.	1.13.33	39.44	200111.	2.33.02	39.00	300m:	3:53.58	39.97	400111.	5:11.90	38.12	
50.					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	
51.					13						5:12.00	407	2
01.	50m:	34.49	34.49	150m:	1:51.90	39.51	250m:	3:12.91	40.54	350m:	4:33.64	40.30	_
		1:12.39	37.90		2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36	
													0
52.		04.15	04.45	450	12	00.00	050	0.40.51	00.55	050	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	
53.					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	

						,							
	1,	, ,	400m		, 20	12							
	,				/								
54.					13						5:12.99	403	2
	50m:	33.84	33.84		1:51.66	39.56	250m:		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	
55.					13						5:13.06	403	2
	50m:	33.70 1:12.03	33.70 38.33		1:52.07 2:31.82	40.04 39.75	250m: 300m:	3:11.38 3:51.67	39.56 40.29	350m: 400m:	4:32.24 5:13.06	40.57 40.82	
	100111.	1.12.03	30.33	200111.		39.73	300111.	3.31.07	40.29	400111.			
56.	50m:	34.01	34.01	150m:	12 1:52.39	40.05	250m:	2.12.24	40.78	250m:	5:13.56 4:36.97	401 42.28	2
		1:12.34	38.33		2:32.46	40.03	300m:	3:13.24 3:54.69	41.45	400m:	5:13.56	36.59	
57.					12						5:14.28	398	2
07.	50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07	_
		1:16.07	40.07		2:37.38	40.50		3:58.35	40.14		5:14.28	36.86	
58.					12						5:14.45	397	2
	50m:	34.90	34.90	150m:	1:55.53	40.99		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	
59.					12						5:14.60	397	2
	50m:	34.98	34.98		1:55.48	40.93	250m:	3:16.26	40.27		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	
60.					13						5:14.82	396	2
	50m:	34.74 1:14.35	34.74 39.61		1:54.64 2:35.68	40.29 41.04	250m:	3:16.49 3:57.58	40.81 41.09		4:38.73 5:14.82	41.15 36.09	
	100111.	1.14.00	00.01	200111.		71.04	000111.	0.07.00	41.00	400111.			
61.	50m:	34.09	34.09	150m:	12 1:52.87	40.33	250m:	3:14.97	40.69	350m:	5:15.20 4:35.83	395 40.25	2
		1:12.54	38.45		2:34.28	41.41		3:55.58	40.69	400m:		39.37	
62.					12						5:15.95	392	2
02.	50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11	2
		1:12.65	38.78		2:34.12	41.11		3:57.00	41.04	400m:	5:15.95	38.84	
63.					12						5:15.97	392	2
	50m:	36.41	36.41		1:57.91	40.66	250m:	3:20.03	41.27		4:39.35	39.21	
	100m:	1:17.25	40.84	200m:	2:38.76	40.85	300m:	4:00.14	40.11	400m:	5:15.97	36.62	
64.					12						5:15.99	392	2
	50m:	34.30	34.30		1:52.49	40.07		3:13.30	40.15		4:35.44	41.20	
	100111.	1:12.42	38.12	200111.	2:33.15	40.66	300111.	3:54.24	40.94	400111.	5:15.99	40.55	
65.	50	04.04	04.04	450	12	40.07	050	0.40.00	44.40	050	5:16.09	391	2
	50m: 100m:	34.34 1:13.73	34.34 39.39	150m: 200m:	1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	4:37.83 5:16.09	40.84 38.26	
66													2
66.	50m:	34.89	34.89	150m:	12 1:54.53	40.81	250m:	3:15.58	40.46	350m:	5:16.25 4:36.92	391 40.75	2
	100m:	1:13.72	38.83		2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33	
67.					12						5:17.04	388	2
	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	
68.					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						5:17.99	384	2
	50m:	35.24 1:15.75	35.24 40.51	150m:	1:56.94 2:37.56	41.19 40.62	250m: 300m:	3:18.44 3:59.21	40.88 40.77	350m: 400m:	4:39.72 5:17.99	40.51 38.27	
70			10.01	200111.		10.02	000111.	0.00.21	10.77				0
70.	50m:	32.15	32.15	150m:	13 1:49.29	40.09	250m:	3:13.38	42.00	350m:	5:18.04 4:37.47	384 41.96	2
	100m:	1:09.20	37.05		2:31.38	42.09	300m:	3:55.51	42.00	400m:	5:18.04	40.57	
71.					12						5:18.73	382	2
/ 1.	50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12	_
		1:16.52	40.92		2:37.81	40.17	300m:	3:58.91	40.60	400m:		39.70	

						,							
	1,	, '	400m		, 20	12							
	,				/								
72.					12						5:19.05	381	2
	50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:		41.67	_
		1:14.57	39.39		2:36.01	41.38		3:57.92	41.20	400m:	5:19.05	39.46	
70					40						F-40-04	200	0
73.	E0	24.72	24.72	1 <i>E</i> 0m.	12	40.40	250~	2.45.24	40.04	250	5:19.24	380	2
	50m:	34.72 1:13.01	34.72 38.29		1:53.50 2:34.50	40.49 41.00		3:15.31 3:56.92	40.81 41.61	400m:	4:38.12 5:19.24	41.20 41.12	
	100111.	1.13.01	30.23	200111.		41.00	300111.	3.30.32	41.01	400111.	5.15.24	41.12	
74.					12						5:19.38	379	2
	50m:	34.65	34.65		1:55.50	41.11		3:18.42	41.43		4:41.33	41.39	
	100m:	1:14.39	39.74	200m:	2:36.99	41.49	300m:	3:59.94	41.52	400m:	5:19.38	38.05	
75.					14						5:20.22	376	2
	50m:	35.26	35.26	150m:	1:55.99	40.90	250m:	3:17.50	40.73	350m:	4:40.06	41.32	
		1:15.09	39.83		2:36.77	40.78		3:58.74	41.24	400m:		40.16	
76.					12						5:20.37	376	2
70.	E0	25.60	25.60	1 <i>E</i> 0m.		40.42	250~	2.17.25	44.00	250			2
	50m: 100m:	35.68 1:14.54	35.68 38.86		1:54.97 2:35.96	40.43 40.99		3:17.25 3:58.53	41.29 41.28	350m: 400m:	4:39.83 5:20.37	41.30 40.54	
	100111.	1111101	00.00	200111.		10.00	000111.	0.00.00	11.20	100111.			
77.					13						5:20.59	375	2
	50m:	35.89	35.89		1:58.93	42.43		3:21.08	40.71		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	
78.					12						5:20.91	374	2
	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		2:33.70	41.62		3:58.36	42.44	400m:	5:20.91	40.48	
70					10						E.24.20	272	2
79.	50m:	25 00	25 90	150m:	12 1:56.68	40.89	250m:	3:19.77	41.61	250m:	5:21.28 4:42.65	373 40.84	2
		35.80 1:15.79	35.80 39.99		2:38.16	40.69		4:01.81	42.04	400m:		38.63	
	100111.	1.10.70	00.00	200111.		71.70	000111.	4.01.01	72.07	400111.			
80.					12						5:21.35	372	2
	50m:	32.70	32.70	150m:	1:51.56	40.14	250m:	3:17.26	43.89	350m:		41.76	
	100m:	1:11.42	38.72	200m:	2:33.37	41.81	300m:	4:01.19	43.93	400m:	5:21.35	38.40	
81.					12						5:21.43	372	2
	50m:	36.05	36.05	150m:	1:57.05	41.01	250m:	3:19.73	41.51	350m:	4:42.24	40.94	
	100m:	1:16.04	39.99	200m:	2:38.22	41.17	300m:	4:01.30	41.57	400m:	5:21.43	39.19	
					13						5:21.43	372	2
	50m:	35.56	35.56	150m:	1:57.11	41.04	250m:	3:19.85	41.08	350m:	4:42.61	41.47	2
		1:16.07	40.51		2:38.77	41.66		4:01.14	41.29	400m:		38.82	
00					40								•
83.					12						5:22.09	370	2
	50m:	35.23	35.23	150m:	1:56.51 2:38.15	41.26	250m:	3:19.96	41.81	350m: 400m:	4:42.56	41.28	
	100m:	1:15.25	40.02	200111.	2.36.15	41.64	300m:	4:01.28	41.32	400m.	5:22.09	39.53	
84.					12						5:22.18	370	2
	50m:	33.49	33.49		1:51.65	40.47	250m:	3:15.10	42.24	350m:	4:40.65	42.87	
	100m:	1:11.18	37.69	200m:	2:32.86	41.21	300m:	3:57.78	42.68	400m:	5:22.18	41.53	
85.					13						5:22.42	369	2
00.	50m:	36.01	36.01	150m:		41.37	250m:	3:19.87	41.92	350m:	4:42.92	41.45	_
		1:15.99	39.98	200m:		40.59	300m:	4:01.47	41.60	400m:	5:22.42	39.50	
00											E.00.00		0
86.		64	0	4	12	40.7:	0-0	0.45 ==	4	0	5:22.96	367	2
	50m:	34.88	34.88 40.31	150m:	1:55.70	40.51	250m:	3:19.08 4:00.56	41.40 41.48	350m:	4:42.75 5:22.96	42.19	
	TOOM.	1:15.19	40.31	ZUUIII.	2:37.68	41.98	300m:	4:00.56	41.48	400m:	5:22.96	40.21	
87.					12						5:23.03	367	2
	50m:	37.07	37.07	150m:	1:59.67	41.75	250m:	3:22.44	40.89	350m:	4:44.19	40.61	
	100m:	1:17.92	40.85	200m:	2:41.55	41.88	300m:	4:03.58	41.14	400m:	5:23.03	38.84	
88.					12						5:23.91	364	2
JJ.	50m:	35.30	35.30	150m:	1:56.89	41.36	250m:	3:20.25	42.01	350m:	4:44.09	41.06	_
		1:15.53	40.23		2:38.24	41.35	300m:	4:03.03	42.78	400m:	5:23.91	39.82	
00													0
89.	E0	25.00	25.60	150	12	44.07	250	2.40.40	11 11	250	5:24.06	363	2
	50m:	35.68 1:15.55	35.68 39.87	150m:	1:56.92 2:38.29	41.37 41.37	250m:	3:19.43 4:02.02	41.14 42.59	350m:	4:43.87 5:24.06	41.85 40.19	
	100m:	1.15.55	39.87	∠uum:	2.36.29	41.37	300m:	4:02.02	42.59	400m:	ე.∠4.00	40.19	

						, 20.	. 50.5.	2020					
	1,	, '	400m		, 20	12							
	,				/								
90.					12						5:24.75	361	2
	50m:	32.68	32.68	150m:	1:51.98	41.46	250m:	3:18.37	43.68	350m:	4:44.47	42.63	
	100m:	1:10.52	37.84	200m:	2:34.69	42.71	300m:	4:01.84	43.47	400m:	5:24.75	40.28	
91.					13						5:24.83	361	2
	50m:	36.88	36.88		1:59.19	41.49	250m:	3:22.95	41.78		4:45.84	40.94	
	100m:	1:17.70	40.82	200m:	2:41.17	41.98	300m:	4:04.90	41.95	400m:	5:24.83	38.99	
92.					12						5:25.33	359	2
	50m:	34.58	34.58		1:56.67	42.08	250m:		41.83	350m:		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	
93.					13						5:26.29	356	2
	50m:	35.22	35.22		1:56.84	41.86		3:21.75	42.46	350m:	4:45.82	42.18	
	100m:	1:14.98	39.76	200m:	2:39.29	42.45	300m:	4:03.64	41.89	400m:	5:26.29	40.47	
94.					12						5:27.26	353	2
	50m:	33.86	33.86		1:56.87	43.00		3:21.53	42.45	350m:	4:46.69	42.94	
	100m:	1:13.87	40.01	200m:	2:39.08	42.21	300m:	4:03.75	42.22	400m:	5:27.26	40.57	
95.					12						5:27.60	351	2
	50m:	35.78	35.78		1:58.89	42.05	250m:	3:23.32	41.97		4:47.56	42.44	
	100m:	1:16.84	41.06	200m:	2:41.35	42.46	300m:	4:05.12	41.80	400m:	5:27.60	40.04	
					13						5:27.60	351	2
	50m:	35.24	35.24		1:55.08	40.91		3:19.39	42.86		4:46.23	43.64	
	100m:	1:14.17	38.93	200m:	2:36.53	41.45	300m:	4:02.59	43.20	400m:	5:27.60	41.37	
97.					12						5:27.78	351	2
	50m:	35.55 1:16.26	35.55 40.71		1:58.93 2:41.98	42.67 43.05		3:25.12 4:07.74	43.14 42.62	350m: 400m:	4:50.18 5:27.78	42.44 37.60	
	100111.	1.10.20	40.71	200111.		43.05	300111.	4.07.74	42.02	400111.			
98.					12						5:27.85	351	2
	50m:	34.89 1:14.52	34.89 39.63		1:57.71 2:40.34	43.19 42.63	250m:	3:23.27 4:05.70	42.93 42.43	350m: 400m:	4:48.35 5:27.85	42.65 39.50	
	100111.	1.14.02	00.00	200111.		42.00	000111.	4.00.70	72.70	400111.			_
99.	F0	24.70	0.4.70	450	12	40.07	050	0.00 47	40.04	350m:	5:28.20 4:48.76	350	2
	50m: 100m:	34.79 1:15.20	34.79 40.41		1:57.87 2:40.63	42.67 42.76	250m: 300m:	3:23.47 4:06.09	42.84 42.62	400m:		42.67 39.44	
400													0
100.	50m:	35.46	35.46	150m:	12 1:57.94	42.23	250m:	3:22.08	42.14	250m:	5:28.23 4:47.23	349 42.38	2
		1:15.71	40.25		2:39.94	42.23		4:04.85	42.77		5:28.23	41.00	
													0
	50m:	36.29	36.29	150m·	14 1:59.18	42.56	250m:	3:24.85	42.64	350m·	5:28.23 4:49.18	349 42.35	2
		1:16.62	40.33		2:42.21	43.03	300m:	4:06.83	41.98	400m:	5:28.23	39.05	
100					10						E-20 90	344	2
102.	50m:	37.15	37.15	150m [⋅]	12 2:02.45	43.51	250m:	3:27.63	42.38	350m:	5:29.80 4:50.92	41.23	2
		1:18.94	41.79		2:45.25	42.80	300m:		42.06	400m:	5:29.80	38.88	
103.					13						5:30.56	342	2
100.	50m:	37.04	37.04	150m:	1:59.23	41.91	250m:	3:24.58	42.48	350m:	4:50.20	42.16	2
		1:17.32	40.28		2:42.10	42.87		4:08.04	43.46	400m:		40.36	
104.					12						5:30.65	342	2
104.	50m:	33.13	33.13	150m:	1:54.25	42.03	250m:	3:20.56	43.31	350m:	4:49.78	44.58	_
		1:12.22	39.09		2:37.25	43.00	300m:	4:05.20	44.64	400m:	5:30.65	40.87	
105.					12						5:30.97	341	2
	50m:	36.22	36.22	150m:	1:59.76	42.91	250m:	3:25.33	42.48	350m:	4:50.26	42.26	_
	100m:	1:16.85	40.63	200m:	2:42.85	43.09	300m:	4:08.00	42.67	400m:	5:30.97	40.71	
106.					12						5:31.77	338	2
	50m:	35.69	35.69	150m:	2:00.09	42.86	250m:	3:27.21	43.65	350m:	4:54.10	43.37	_
	100m:	1:17.23	41.54	200m:	2:43.56	43.47	300m:	4:10.73	43.52	400m:	5:31.77	37.67	
107.					12						5:32.76	335	2
	50m:	38.08	38.08	150m:	2:02.65	42.58	250m:	3:27.20	42.18	350m:	4:51.48	41.89	
	100m:	1:20.07	41.99	200m:	2:45.02	42.37	300m:	4:09.59	42.39	400m:	5:32.76	41.28	

						, 28	30.5.2	2025					
	1,	, '	400m		, 20	12							
	,				/								
108.	50m: 100m:	33.53 1:14.38	33.53 40.85	150m: 200m:	13 1:57.22 2:39.97	42.84 42.75	250m: 300m:	3:22.31 4:06.71	42.34 44.40	350m: 400m:	5:33.24 4:50.87 5:33.24	334 44.16 42.37	2
109.	50m:	34.52	34.52	150m:	12 1:58.21	43.04	250m:	3:26.34	44.30	350m:	5:33.63 4:53.60	333 43.51	2
110.	50m:	1:15.17 34.90	40.65 34.90	150m:	2:42.04 13 1:59.79	43.83	300m: 250m:	4:10.09 3:26.42	43.75 43.50	400m: 350m:	5:33.63 5:34.00 4:52.72	40.03 332 42.75	2
111.		1:16.75	41.85		2:42.92	43.13	300m:	4:09.97	43.55	400m:	5:34.00 5:34.23	41.28 331	2
112.	50m: 100m:	35.29 1:14.98	35.29 39.69	150m: 200m:	1:57.82 2:41.60	42.84 43.78	250m: 300m:	3:25.42 4:08.85	43.82 43.43	350m: 400m:	4:51.89 5:34.23 5:35.49	43.04 42.34 327	2
112.	50m: 100m:	36.16 1:18.33	36.16 42.17		2:01.94 2:45.63	43.61 43.69	250m: 300m:	3:28.16 4:12.23	42.53 44.07	350m: 400m:	4:55.45 5:35.49	43.22 40.04	2
113.	50m: 100m:	36.01 1:16.81	36.01 40.80	150m: 200m:	13 1:59.91 2:43.67	43.10 43.76	250m: 300m:	3:27.75 4:11.16	44.08 43.41	350m: 400m:	5:35.83 4:55.05 5:35.83	326 43.89 40.78	2
114.	50m: 100m:	36.00 1:18.55	36.00 42.55		13 2:02.22 2:45.57	43.67 43.35	250m: 300m:	3:29.73 4:13.86	44.16 44.13	350m: 400m:	5:36.24 4:57.30 5:36.24	325 43.44 38.94	2
115.	50m: 100m:	35.83 1:16.22	35.83 40.39		12 1:58.95 2:42.18	42.73 43.23	250m: 300m:	3:26.24 4:10.30	44.06 44.06	350m: 400m:	5:36.90 4:54.64 5:36.90	323 44.34 42.26	2
116.	50m: 100m:	37.59 1:19.38	37.59 41.79	150m: 200m:	13 2:03.14 2:47.64	43.76 44.50	250m: 300m:	3:32.12 4:14.48	44.48 42.36	350m: 400m:	5:38.20 4:57.26 5:38.20	319 42.78 40.94	2
117.	50m: 100m:	34.98 1:15.53	34.98 40.55		13 1:59.01 2:43.61	43.48 44.60	250m: 300m:	3:27.29 4:12.04	43.68 44.75	350m: 400m:	5:38.41 4:57.15 5:38.41	319 45.11 41.26	2
118.	50m:	37.91	37.91	150m:	12 2:04.92	44.69	250m:	3:31.75	43.14	350m:	5:39.63 4:58.79	315 43.28	2
119.	100m: 50m:	1:20.23 37.39	42.32 37.39		2:48.61 12 2:02.62	43.69 42.96		4:15.51 3:30.71	43.76 44.15		5:39.63 5:39.73 4:57.31	40.84 315 43.39	2
120.		1:19.66	42.27		2:46.56	43.94		4:13.92	43.21	400m:	5:39.83	42.42 315	2
121.	50m: 100m:	36.17 1:17.66	36.17 41.49		2:01.21 2:45.31	43.55 44.10		3:29.76 4:14.02	44.45 44.26		4:55.87 5:39.83 5:39.93	41.85 43.96 315	2
121.	50m: 100m:	36.39 1:18.06	36.39 41.67		2:01.57 2:45.96	43.51 44.39		3:29.93 4:14.09	43.97 44.16		4:57.89 5:39.93	43.80 42.04	۷
122.	50m: 100m:	36.51 1:19.45	36.51 42.94		13 2:03.69 2:47.12	44.24 43.43		3:31.02 4:15.63	43.90 44.61	350m: 400m:	5:40.00 4:59.04 5:40.00	314 43.41 40.96	2
123.	50m: 100m:	35.36 1:17.95	35.36 42.59		13 2:02.40 2:45.76	44.45 43.36	250m: 300m:	3:30.05 4:13.86	44.29 43.81		5:40.80 4:57.17 5:40.80	312 43.31 43.63	3
124.	50m: 100m:	36.05 1:16.47	36.05 40.42		12 1:59.74 2:43.54	43.27 43.80	250m: 300m:	3:28.14 4:12.68	44.60 44.54	350m: 400m:	5:41.00 4:58.60 5:41.00	312 45.92 42.40	3
125.	50m: 100m:	35.98 1:17.16	35.98 41.18		14 2:01.20 2:45.85	44.04 44.65		3:30.47 4:14.50	44.62 44.03		5:41.23 4:58.68 5:41.23	311 44.18 42.55	3

						, 20	30.5.	2025					
	1,	, '	400m		, 20	12							
	,				/								
126.					12						5:42.03	309	3
	50m:	36.86	36.86	150m:	2:01.52	43.31	250m:	3:30.80	44.87	350m:	4:55.89	40.16	
	100m:	1:18.21	41.35	200m:	2:45.93	44.41	300m:	4:15.73	44.93	400m:	5:42.03	46.14	
127.					12						5:42.52	307	3
	50m:	36.10	36.10	150m:	2:02.13	44.06	250m:	3:33.32	46.12	350m:	5:00.91	44.43	Ü
	100m:	1:18.07	41.97		2:47.20	45.07	300m:	4:16.48	43.16	400m:	5:42.52	41.61	
128.					13						5:42.67	307	3
120.	50m:	35.82	35.82	150m:	2:02.58	45.21	250m:	3:30.05	43.49	350m:	4:58.44	44.53	3
		1:17.37	41.55		2:46.56	43.98	300m:		43.86	400m:	5:42.67	44.23	
129.					12						5:42.74	307	3
123.	50m:	35.73	35.73	150m·	2:01.61	43.99	250m:	3:31.45	44.94	350m:	5:00.56	44.58	3
		1:17.62	41.89		2:46.51	44.90	300m:	4:15.98	44.53	400m:	5:42.74	42.18	
120													2
130.	F0	25.27	25.27	15000	12	4E 44	250	2.22.20	44.00	350m:	5:42.96	306	3
	50m: 100m:	35.37 1:17.41	35.37 42.04		2:02.82 2:48.21	45.41 45.39	250m: 300m:	3:32.30 4:17.65	44.09 45.35	400m:	5:01.81 5:42.96	44.16 41.15	
404													
131.	F0	20.40	20.40	450	13	40.00	050	0.04.00	44.40	250	5:44.37	303	3
	50m:	36.10 1:18.47	36.10 42.37		2:02.46 2:47.35	43.99 44.89	250m: 300m:	3:31.83 4:15.25	44.48 43.42	350m: 400m:	5:01.71 5:44.37	46.46 42.66	
	100111.	1.10.47	42.57	200111.		44.00	300111.	4.10.20	70.72	400111.			
132.					12						5:45.25	300	3
	50m:	36.34	36.34		2:01.11	44.34	250m:	3:31.07	45.01	350m:	4:59.85	44.79	
	TOOM.	1:16.77	40.43	200111.	2:46.06	44.95	300m:	4:15.06	43.99	400m:	5:45.25	45.40	
133.					13						5:45.31	300	3
	50m:	38.30	38.30		2:05.45	44.63	250m:	3:33.86	44.24	350m:	5:03.31	45.03	
	100m:	1:20.82	42.52	200m:	2:49.62	44.17	300m:	4:18.28	44.42	400m:	5:45.31	42.00	
134.					13						5:46.09	298	3
	50m:	37.81	37.81		2:05.20	45.21	250m:	3:36.22	46.15	350m:	5:05.09	44.15	
	100m:	1:19.99	42.18	200m:	2:50.07	44.87	300m:	4:20.94	44.72	400m:	5:46.09	41.00	
135.					13						5:48.16	293	3
	50m:	36.69	36.69		2:05.91	45.55	250m:	3:35.70	45.27	350m:	5:07.22	45.46	
	100m:	1:20.36	43.67	200m:	2:50.43	44.52	300m:	4:21.76	46.06	400m:	5:48.16	40.94	
136.					13						5:50.83	286	3
	50m:	39.42	39.42		2:06.96	44.21	250m:	3:36.77	45.30	350m:	5:08.82	45.57	
	100m:	1:22.75	43.33	200m:	2:51.47	44.51	300m:	4:23.25	46.48	400m:	5:50.83	42.01	
137.					13						5:50.86	286	3
	50m:	37.28	37.28	150m:	2:02.48	43.87	250m:	3:31.79	45.05	350m:		43.66	
	100m:	1:18.61	41.33	200m:	2:46.74	44.26	300m:	4:17.96	46.17	400m:	5:50.86	49.24	
138.					12						5:52.40	282	3
100.	50m:	34.72	34.72	150m:	2:02.36	45.66	250m:	3:34.23	45.91	350m:	5:07.47	46.57	Ü
	100m:	1:16.70	41.98	200m:	2:48.32	45.96	300m:	4:20.90	46.67	400m:	5:52.40	44.93	
139.					12						5:55.22	276	3
.55.	50m:	34.91	34.91	150m ⁻	2:03.01	45.38	250m:	3:35.58	45.77	350m:	5:07.62	46.24	J
		1:17.63	42.72		2:49.81	46.80		4:21.38	45.80	400m:		47.60	
140.					13						5:59.56	266	3
140.	50m:	35.59	35.59	150m	2:08.99	48.61	250m:	3:42.52	46.95	350m:	5:14.44	46.33	5
		1:20.38	44.79		2:55.57	46.58	300m:		45.59	400m:	5:59.56	45.12	
1.11													2
141.	50m:	38.25	38.25	150m:	12 2:09.60	46.95	250m:	3:45.67	48.41	250m:	6:03.36 5:20.08	257 46.60	3
		1:22.65	44.40		2:57.26	47.66		4:33.48	47.81	400m:		43.28	
	700111.	00		_00111.			500111.	55.46					
142.		60 = :	00 =:	450	14	47	050	0.40.55	40.00	050	6:08.00	248	3
	50m: 100m:	39.71 1:25.57	39.71 45.86		2:12.98 3:00.86	47.41 47.88	250m:	3:48.86 4:36.43	48.00 47.57	350m: 400m:	5:23.95 6:08.00	47.52 44.05	
	100111.	1.23.31	45.00	200111.	3.00.00	41.00	300m:	4.30.43	41.31	400111.			
143.					14						6:10.43	243	3
	50m:	38.21	38.21		2:10.01	46.54	250m:	3:45.46	47.65	350m:		49.75	
	100m:	1:23.47	45.26	200m:	2:57.81	47.80	300m:	4:34.25	48.79	400m:	6:10.43	46.43	

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	1,	, 4	400m		, 20	12							
	,				/								
144.					14						6:10.90	242	3
	50m:	40.92	40.92	150m:	2:16.20	48.47	250m:	3:52.82	48.31	350m:	5:26.72	45.76	
	100m:	1:27.73	46.81	200m:	3:04.51	48.31	300m:	4:40.96	48.14	400m:	6:10.90	44.18	
145.					12						6:10.99	242	3
	50m:	39.59	39.59	150m:	2:13.97	47.49	250m:	3:48.90	47.46	350m:	5:26.70	49.32	
	100m:	1:26.48	46.89	200m:	3:01.44	47.47	300m:	4:37.38	48.48	400m:	6:10.99	44.29	
146.					13						6:15.99	232	3
	50m:	41.57	41.57	150m:	2:17.28	47.70	250m:	3:53.90	48.10	350m:	5:30.36	46.84	
	100m:	1:29.58	48.01	200m:	3:05.80	48.52	300m:	4:43.52	49.62	400m:	6:15.99	45.63	
DNS					12								