, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

	9.00 /		: 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		2:00.54	30.23	300m:		33.02	400m:	4:12.08	30.79	
				44						4.40.24	E40	4
				11						4:19.34	548	1
50m:	29.62	29.62	150m:	1:34.14 2:07.06	32.49	250m:	2:40.31	33.25	350m:	3:46.89	32.98	
100m:	1:01.65	32.03	200111.	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
F0m:	27.04	27.04	15000		22.67	250	0.20.06	24.25	250~			1
50m: 100m:	27.84 58.59	27.84 30.75	150m:	1:31.26 2:04.51	32.67 33.25	250m: 300m:	2:38.86 3:13.62	34.35 34.76	350m: 400m:	3:48.49 4:21.63	34.87 33.14	
100111.	30.39	30.73	200111.	2.04.51	33.23	300111.	3.13.02	34.70	400111.	4.21.03	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	200m:	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:		34.61	300m:	3:20.56	35.48	400m:	4:27.90	32.24	
		020			0	000	0.20.00	00.10				
				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	
100m:	1:01.50	32.53	200m:	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	150m:	1:37.38	34.35	250m:	2:46.61	34.83	350m:	3:56.28	34.45	٠
100m:	1:03.03	33.59		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						4:31.94	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		2:11.76	35.01	300m:	3:20.78	34.35	400m:	4:31.94	35.24	
				44						4.22.04	474	4
F0	20.72	20.72	450	11	04.00	050	0.40.00	24.05	250	4:32.04	474	1
50m:	30.73	30.73		1:39.97	34.80		2:49.62	34.85	350m:		34.29	
TOOM.	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	200m:	2:11.88	35.70	300m:	3:22.69	35.78	400m:	4:32.80	34.42	
				11						4:33.74	166	1
50m:	29.80	29.80	1E0m:	1:37.37	34.65	250m·	2:48.30	25 44	250m-	4:33.74 4:00.17	466 35.82	ı
100m:	29.80 1:02.72	29.80 32.92		2:12.86	34.65 35.49	250m: 300m:		35.44 36.05	350m: 400m:	4:00.17	33.57	
100111.	1.04.14	52.32	ZUUIII.	2.12.00	JJ. 4 3	JUUIII.	0.24.00	50.05	1 00111.	7.00.74	55.57	
				11						4:34.19	463	1
50m:	28.11	28.11	150m:	1:37.11	35.05	250m:		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	1
100m:	1:04.13	34.41		2:16.62	36.33	300m:	3:28.77	35.84	400m:	4:03.63 4:34.53	30.70	
. 50	, .	•										
				11						4:34.69	461	1
50m:	29.00	29.00	150m:	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:		35.80	400m:	4:34.84	32.50	
		520	_00111.		55.10	500111.	5.25.10	55.50			J00	

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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	150m: 200m:	11 1:36.36 2:12.15	35.10 35.79	250m: 300m:	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: 100m:	30.00 1:03.84	30.00 33.84	150m: 200m:	11 1:39.29 2:15.33	35.45 36.04	250m: 300m:	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: 100m:	30.76 1:04.77	30.76 34.01	150m: 200m:	12 1:39.79 2:15.17	35.02 35.38	250m: 300m:	2:50.77 3:26.44	35.60 35.67	350m: 400m:	4:36.84 4:02.25 4:36.84	450 35.81 34.59	2
50m: 100m:	29.20 1:04.26	29.20 35.06	150m: 200m:	11 1:39.51 2:15.44	35.25 35.93	250m: 300m:	2:51.86 3:28.17	36.42 36.31	350m: 400m:	4:38.44 4:04.02 4:38.44	442 35.85 34.42	2
50m: 100m:	32.15 1:08.02	32.15 35.87	150m: 200m:	11 1:44.00 2:19.73	35.98 35.73	250m: 300m:	2:55.56 3:31.44	35.83 35.88	350m: 400m:	4:38.48 4:06.10 4:38.48	442 34.66 32.38	2
50m: 100m:	29.48 1:03.33	29.48 33.85	150m: 200m:	11 1:38.95 2:14.49	35.62 35.54	250m: 300m:	2:50.48 3:26.65	35.99 36.17	350m: 400m:	4:38.51 4:03.13 4:38.51	442 36.48 35.38	2
50m: 100m:	30.94 1:06.23	30.94 35.29	150m: 200m:	11 1:42.67 2:18.75	36.44 36.08	250m: 300m:	2:55.15 3:31.18	36.40 36.03	350m: 400m:	4:38.62 4:06.71 4:38.62	442 35.53 31.91	2
50m: 100m:	30.96 1:06.52	30.96 35.56		12 1:42.76 2:18.70	36.24 35.94	250m: 300m:	2:55.25 3:31.64	36.55 36.39	350m: 400m:	4:38.80 4:06.18 4:38.80	441 34.54 32.62	2
50m: 100m:	30.64 1:05.43	30.64 34.79		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	250m: 300m:	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:	29.80 1:04.52	29.80 34.72	150m: 200m:	11 1:40.20 2:16.66	35.68 36.46	250m: 300m:	2:53.16 3:29.80	36.50 36.64	350m: 400m:	4:40.72 4:05.99 4:40.72	432 36.19 34.73	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	250m: 300m:	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

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4,		, 400m		, 2	2011							
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50m: 100m:		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
50m: 100m:		30.90 34.92	150m: 200m:	11 1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:41.52 4:07.40 4:41.52	428 35.41 34.12	2
50m: 100m:	30.77	30.77 34.80	150m: 200m:	12 1:41.40 2:17.30	35.83 35.90	250m: 300m:	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:		31.98 35.01	150m:	11 1:42.66 2:19.27	35.67 36.61	250m:	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:		31.92	150m:	11 1:43.93	36.32		2:55.96	35.71	350m:	4:42.72 4:08.44	423 36.17	2
100m		35.69		2:20.25	36.32		3:32.27	36.31	400m:		34.28 420	2
50m:		30.61 35.09		1:42.30 2:18.80	36.60 36.50		2:55.66 3:32.06	36.86 36.40	350m: 400m:	4:08.49 4:43.27	36.43 34.78	2
50m: 100m:		30.72 35.54		11 1:42.48 2:19.01	36.22 36.53	250m: 300m:	2:55.16 3:32.43	36.15 37.27	350m: 400m:	4:43.66 4:08.50 4:43.66	418 36.07 35.16	2
50m: 100m:	30.06	30.06 34.36		11 1:40.87 2:17.56	36.45 36.69		2:54.48 3:31.91	36.92 37.43	350m: 400m:	4:43.98 4:08.70 4:43.98	417 36.79 35.28	2
50m: 100m:		30.79 34.90	150m: 200m:	11 1:41.78 2:17.74	36.09 35.96	250m: 300m:	2:54.63 3:31.59	36.89 36.96	350m: 400m:	4:44.68 4:09.05 4:44.68	414 37.46 35.63	2
50m: 100m:		32.41 36.37	150m: 200m:	12 1:44.76 2:21.31	35.98 36.55	250m: 300m:	2:57.18 3:33.97	35.87 36.79	350m: 400m:	4:44.79 4:10.20 4:44.79	413 36.23 34.59	2
50m:		30.84 35.60	150m:	11 1:42.35 2:18.90	35.91 36.55	250m:	2:55.81 3:33.11	36.91 37.30		4:45.04 4:09.63	412 36.52 35.41	2
50m: 100m:	30.96	30.96 35.44	150m:	12 1:42.33 2:18.99	35.93 36.66	250m: 300m:	2:55.85 3:32.15	36.86 36.30	350m: 400m:	4:45.43 4:26.98 4:45.43	411 54.83 18.45	2
50m: 100m:	31.94	31.94 36.49	150m: 200m:	11 1:44.86 2:21.26	36.43 36.40	250m: 300m:	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:	29.66	29.66	150m:	11 1:40.76 2:18.44	36.68	250m:	2:56.03	37.59	350m:	4:45.80 4:10.62 4:45.80	409 37.30	2
100m: 50m:	31.70	34.42 31.70	200m: 150m:	12 1:43.84	37.68 36.40	250m:	3:33.32 2:55.69	37.29 35.90	400m: 350m:	4:45.84 4:10.69	35.18 409 36.82	2
100m: 50m:		35.74 31.82	200m: 150m:	2:19.79 11 1:45.36	35.95 37.19	300m: 250m:	3:33.87 2:58.53	38.18 35.61	400m: 350m:	4:45.84 4:46.28 4:10.64	35.15 407 35.53	2
100m		36.35	200m:	2:22.92	37.56	300m:	3:35.11	36.58	400m:	4:46.28 4:46.36	35.64 407	2
50m: 100m:		30.71 35.08	150m: 200m:	1:42.71 2:19.68	36.92 36.97	250m: 300m:	2:56.69 3:33.99	37.01 37.30	350m: 400m:	4:10.68 4:46.36	36.69 35.68	0
50m:		30.99 35.02	150m: 200m:	11 1:41.14 2:17.33	35.13 36.19	250m: 300m:	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

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4,		, 400m		, 2	2011							
,				1								
	·			11						4:46.96	404	2
50m: 100m:	31.71 1:06.89	31.71 35.18		1:43.58 2:20.84	36.69 37.26	250m: 300m:	2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:12.27 4:46.96	37.19 34.69	
				11						4:47.06	404	2
50m:	31.01	31.01		2:00.82	54.78	250m:	3:15.12	37.09	350m:	4:30.11	37.50	
100m:	1:06.04	35.03	200m:		37.21	300m:	3:52.61	37.49	400m:	4:47.06	16.95	0
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
100m:	1:05.57	34.43	200m:	2:19.68	37.33	300m:	3:34.50	37.43	400m:	4:47.11	35.33	
50m:	29.74	29.74	150m:	11 1:41.43	36.69	250m:	2:56.23	37.20	350m:	4:47.17 4:11.39	403 37.67	2
	1:04.74	35.00		2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17	35.78	
				11						4:47.41	402	2
50m: 100m:	31.97 1:07.53	31.97 35.56	150m: 200m:	1:43.38 2:20.15	35.85 36.77	250m: 300m:	2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:13.02 4:47.41	37.27 34.39	
				12						4:47.68	401	2
50m:	31.44	31.44	150m:	1:43.85	36.61	250m:	2:58.47	37.60	350m:	4:13.49	37.33	_
100m:	1:07.24	35.80	200m:	2:20.87	37.02	300m:	3:36.16	37.69	400m:	4:47.68	34.19	•
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
100m:	1:05.62	34.90	200m:	2:19.90	37.76	300m:	3:35.69	37.56	400m:	4:47.73	34.37	
50	24.40	24.40	450	11	20.05	050	0.57.05	07.04	250	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	
				11						4:47.82	401	2
50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	1:40.64 2:18.57	36.40 37.93	250m: 300m:	2:56.33 3:34.17	37.76 37.84	350m: 400m:	4:13.02 4:47.82	38.85 34.80	
				11						4:48.05		2
50m:	32.01	32.01	150m:	1:44.49	36.72	250m:	2:58.89	37.37	350m:	4:13.61	37.34	_
100m:	1:07.77	35.76	200m:	2:21.52	37.03	300m:	3:36.27	37.38	400m:	4:48.05	34.44	0
50m:	31.21	31.21	150m:	11 2:01.96	55.57	250m:	3:17.03	37.61	350m:	4:48.19 4:31.26	399 36.90	2
100m:	1:06.39	35.18	200m:	2:39.42	37.46	300m:	3:54.36	37.33	400m:	4:48.19	16.93	
50m:	30.74	30.74	150m:	12 1:42.77	36.64	250m:	2:56.79	26.70	250m:	4:48.28	399 34.71	2
	1:06.13	35.39	150m: 200m:	2:20.01	37.24	250m: 300m:	3:33.47	36.78 36.68	350m: 400m:	4:08.18 4:48.28	40.10	
				12						4:48.46	398	2
50m: 100m:	31.55 1:07.72	31.55 36.17	150m: 200m:	2:03.93 2:41.27	56.21 37.34	250m: 300m:	3:18.87 3:55.79	37.60 36.92	350m: 400m:	4:31.72 4:48.46	35.93 16.74	
				11						4:48.47	398	2
50m:	32.62	32.62	150m:	1:44.74	36.36	250m:	2:58.58	37.25	350m:	4:13.17	37.50	_
100m:	1:08.38	35.76	200m:	2:21.33	36.59	300m:	3:35.67	37.09	400m:	4:48.47	35.30	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: 100m:	32.89 1:08.57	32.89 35.68	150m: 200m:	1:45.08 2:21.59	36.51 36.51	250m: 300m:	2:58.88 3:36.29	37.29 37.41	350m: 400m:	4:12.75 4:48.78	36.46 36.03	
		-		12						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	

4,		, 400m		, 2	2011							
50m: 100m:	30.56 1:06.62	30.56 36.06	150m: 200m:	/ 11 1:43.45 2:20.73	36.83 37.28	250m: 300m:	2:58.54 3:36.41	37.81 37.87	350m: 400m:	4:48.90 4:13.79 4:48.90	396 37.38 35.11	2
50m: 100m:	30.67 1:05.85	30.67 35.18	150m: 200m:	11 1:42.84 2:20.77	36.99 37.93	250m: 300m:	2:58.91 3:37.23	38.14 38.32	350m: 400m:	4:48.95 4:14.72 4:48.95	396 37.49 34.23	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:	31.20 1:06.17	31.20 34.97	150m: 200m:	11 1:42.58 2:19.58	36.41 37.00	250m: 300m:	2:57.63 3:35.74	38.05 38.11	350m: 400m:	4:49.17 4:13.13 4:49.17	395 37.39 36.04	2
50m: 100m:	32.42 1:08.37	32.42 35.95	150m: 200m:	11 1:45.47 2:22.83	37.10 37.36	250m: 300m:	3:00.14 3:37.31	37.31 37.17	350m: 400m:	4:49.42 4:14.02 4:49.42	394 36.71 35.40	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:	31.06 1:06.65	31.06 35.59	150m: 200m:	11 1:43.77 2:09.60	37.12 25.83	250m: 300m:	2:58.06 3:34.07	48.46 36.01	350m: 400m:	4:50.42 4:09.87 4:50.42	390 35.80 40.55	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:	31.97 1:08.73	31.97 36.76	150m: 200m:	11 1:45.96 2:22.93	37.23 36.97	250m: 300m:	3:01.20 3:38.44	38.27 37.24	350m: 400m:	4:50.79 4:15.67 4:50.79	388 37.23 35.12	2
50m: 100m:	32.45 1:08.88	32.45 36.43		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
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:	32.19 1:07.69	32.19 35.50	150m: 200m:	12 1:45.01 2:22.35	37.32 37.34	250m: 300m:	3:00.72 3:56.62	38.37 55.90	350m: 400m:	4:51.61 4:34.10 4:51.61	385 37.48 17.51	
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50m: 100m:	30.85 1:06.67	30.85 35.82	150m: 200m:	11 1:44.08 2:21.28	37.41 37.20	250m: 300m:	2:58.79 3:36.98	37.51 38.19	350m: 400m:	4:52.13 4:15.18 4:52.13	383 38.20 36.95	
50m: 100m:	31.68 1:08.61	31.68 36.93	150m: 200m:	11 1:45.69 2:23.34	37.08 37.65	250m: 300m:	3:00.77 3:37.83	37.43 37.06	350m: 400m:	4:52.15 4:13.44 4:52.15	383 35.61 38.71	
50m: 100m:	31.58 1:07.52	31.58 35.94	150m: 200m:	11 1:44.84 2:22.47	37.32 37.63	250m: 300m:	3:00.02 3:37.66	37.55 37.64	350m: 400m:	4:52.45 4:15.49 4:52.45	382 37.83 36.96	2
50m: 100m:	31.60 1:08.06	31.60 36.46	150m: 200m:	11 1:45.12 2:23.79	37.06 38.67	250m: 300m:	3:02.16 3:39.42	38.37 37.26	350m: 400m:	4:52.54 4:16.60 4:52.54	381 37.18 35.94	2

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,				/ 12						4:52.89	380	2
50m: 100m:	30.81 1:06.17	30.81 35.36	150m: 200m:	1:43.02 2:20.71	36.85 37.69	250m: 300m:	2:59.48 3:38.54	38.77 39.06	350m: 400m:	4:16.41 4:52.89	37.87 36.48	2
50m: 100m:	30.84 1:07.39	30.84 36.55	150m: 200m:	11 1:44.95 2:23.08	37.56 38.13	250m: 300m:	3:02.07 3:41.39	38.99 39.32	350m: 400m:	4:53.20 4:18.75 4:53.20	379 37.36 34.45	2
50m: 100m:	31.66 1:07.92	31.66 36.26	150m: 200m:	12 1:45.44 2:23.30	37.52 37.86	250m: 300m:	3:01.18 3:38.94	37.88 37.76	350m: 400m:	4:53.51 4:16.93 4:53.51	378 37.99 36.58	2
50m: 100m:	32.53 1:08.30	32.53 35.77		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:	30.83 1:06.44	30.83 35.61	150m: 200m:	11 1:43.86 2:22.08	37.42 38.22	250m: 300m:	2:59.96 3:38.65	37.88 38.69	350m: 400m:	4:53.72 4:16.72 4:53.72	377 38.07 37.00	2
50m: 100m:	31.70 1:08.83	31.70 37.13		12 1:46.70 2:24.80	37.87 38.10	250m: 300m:	3:03.29 3:40.24	38.49 36.95	350m: 400m:	4:54.03 4:17.35 4:54.03	376 37.11 36.68	2
50m: 100m:	32.56 1:09.07	32.56 36.51	150m: 200m:	11 1:45.76 2:22.87	36.69 37.11	250m: 300m:	2:59.83 3:37.60	36.96 37.77	350m: 400m:	4:54.27 4:16.07 4:54.27	375 38.47 38.20	2
50m: 100m:	33.41 1:10.21	33.41 36.80	150m: 200m:	11 1:47.93 2:25.86	37.72 37.93	250m: 300m:	3:03.87 3:42.02	38.01 38.15	350m: 400m:	4:54.59 4:18.65 4:54.59	374 36.63 35.94	2
50m: 100m:	31.41 1:07.90	31.41 36.49	150m: 200m:	12 1:45.50 2:23.94	37.60 38.44	250m: 300m:	3:02.62 3:41.91	38.68 39.29	350m: 400m:	4:55.09 4:18.60 4:55.09	372 36.69 36.49	2
50m: 100m:	30.99 1:07.27	30.99 36.28	150m: 200m:	11 2:03.64 2:41.95	56.37 38.31	250m: 300m:	3:20.72 3:58.88	38.77 38.16	350m: 400m:	4:55.29 4:37.58 4:55.29	371 38.70 17.71	2
50m: 100m:	31.60 1:07.67	31.60 36.07		11 1:44.83 2:22.07	37.16 37.24		3:00.96 3:40.22	38.89 39.26	350m: 400m:	4:55.54 4:18.29 4:55.54	370 38.07 37.25	2
50m: 100m:	32.00 1:08.22	32.00 36.22	150m: 200m:	13 1:45.88 2:24.37	37.66 38.49	250m: 300m:	3:02.70 3:41.06	38.33 38.36	350m: 400m:	4:55.68 4:18.52 4:55.68	369 37.46 37.16	2
50m: 100m:	32.51 1:10.00	32.51 37.49	150m: 200m:	11 1:48.59 2:27.33	38.59 38.74	250m: 300m:	3:05.64 3:43.37	38.31 37.73	350m: 400m:	4:55.85 4:19.65 4:55.85	369 36.28 36.20	2
50m: 100m:	32.96 1:09.73	32.96 36.77		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
50m: 100m:	32.37 1:09.69	32.37 37.32	150m: 200m:	11 1:48.15 2:26.77	38.46 38.62	250m: 300m:	3:05.32 3:43.96	38.55 38.64	350m: 400m:	4:56.64 4:21.90 4:56.64	366 37.94 34.74	2
50m: 100m:	34.11 1:12.77	34.11 38.66	150m: 200m:	11 1:50.85 2:29.12	38.08 38.27	250m: 300m:	3:07.16 3:45.90	38.04 38.74	350m: 400m:	4:56.65 4:23.34 4:56.65	366 37.44 33.31	2
50m: 100m:	32.51 1:10.17	32.51 37.66	150m: 200m:	12 1:47.80 2:26.55	37.63 38.75	250m: 300m:	3:05.16 3:43.97	38.61 38.81	350m: 400m:	4:56.88 4:21.86 4:56.88	365 37.89 35.02	2
50m: 100m:	31.70 1:09.10	31.70 37.40	150m: 200m:	11 1:47.28 2:26.37	38.18 39.09	250m: 300m:	3:05.06 3:43.85	38.69 38.79	350m: 400m:	4:56.88 4:22.26 4:56.88	365 38.41 34.62	2

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50m: 100m:	31.81 1:09.85	31.81 38.04	150m: 200m:	1:48.11 2:25.75	38.26 37.64	250m: 300m:	3:04.64 3:42.77	38.89 38.13	350m: 400m:	4:17.46 4:56.96	34.69 39.50	-
50m: 100m:	30.59 1:06.43	30.59 35.84	150m: 200m:	12 1:44.50 2:23.14	38.07 38.64	250m: 300m:	3:00.87 3:41.03	37.73 40.16	350m: 400m:	4:57.41 4:19.80 4:57.41	363 38.77 37.61	2
50m: 100m:	32.33 1:08.46	32.33 36.13	150m: 200m:	11 1:46.13 2:24.11	37.67 37.98	250m: 300m:	3:02.15 3:40.66	38.04 38.51	350m: 400m:	4:57.44 4:19.81 4:57.44	363 39.15 37.63	2
50m: 100m:	32.90 1:09.40	32.90 36.50		11 1:47.01 2:24.91	37.61 37.90	250m: 300m:	3:03.23 3:41.31	38.32 38.08	350m: 400m:	4:57.66 4:19.85 4:57.66	362 38.54 37.81	2
50m: 100m:	29.90 1:05.93	29.90 36.03	150m: 200m:	12 1:44.17 2:22.96	38.24 38.79	250m: 300m:	3:02.92 3:41.07	39.96 38.15	350m: 400m:	4:58.24 4:19.63 4:58.24	360 38.56 38.61	2
50m: 100m:	31.80 1:09.11	31.80 37.31		11 1:47.78 2:25.38	38.67 37.60	250m: 300m:	3:04.41 3:44.10	39.03 39.69	350m: 400m:	4:59.90 4:22.61 4:59.90	354 38.51 37.29	2
50m: 100m:	32.54 1:09.46	32.54 36.92	150m: 200m:	11 1:47.87 2:26.76	38.41 38.89	250m: 300m:	3:05.54 3:45.10	38.78 39.56	350m: 400m:	5:00.29 4:24.11 5:00.29	353 39.01 36.18	2
50m: 100m:	32.04 1:08.62	32.04 36.58		11 1:47.24 2:26.64	38.62 39.40	250m: 300m:	3:06.07 3:45.59	39.43 39.52	350m: 400m:	5:00.53 4:24.11 5:00.53	352 38.52 36.42	2
50m: 100m:	31.68 1:08.51	31.68 36.83	150m: 200m:	13 1:47.04 2:26.09	38.53 39.05	250m: 300m:	3:05.18 3:44.51	39.09 39.33	350m: 400m:	5:00.86 4:23.15 5:00.86	351 38.64 37.71	2
50m: 100m:	31.94 1:09.58	31.94 37.64	150m: 200m:	12 1:48.63 2:27.64	39.05 39.01	250m: 300m:	3:06.45 3:45.53	38.81 39.08	350m: 400m:	5:01.07 4:24.41 5:01.07	350 38.88 36.66	2
50m: 100m:	32.73 1:10.15	32.73 37.42		13 1:48.54 2:27.46	38.39 38.92		3:06.59 3:45.52	39.13 38.93	350m: 400m:	5:01.11 4:24.26 5:01.11	350 38.74 36.85	2
50m: 100m:	31.10 1:08.76	31.10 37.66	150m: 200m:	12 1:47.40 2:26.22	38.64 38.82	250m: 300m:	3:05.29 3:45.14	39.07 39.85	350m: 400m:	5:01.51 4:24.59 5:01.51	348 39.45 36.92	2
50m: 100m:	30.84 1:09.24	30.84 38.40	150m: 200m:	11 1:48.90 2:28.76	39.66 39.86	250m: 300m:	3:08.36 3:47.97	39.60 39.61	350m: 400m:	5:01.62 4:26.36 5:01.62	348 38.39 35.26	2
50m: 100m:	33.34 1:10.81	33.34 37.47		11 1:49.70 2:29.22	38.89 39.52	250m: 300m:	3:07.93 3:47.08	38.71 39.15	350m: 400m:	5:01.88 4:24.42 5:01.88	347 37.34 37.46	2
50m: 100m:	32.43 1:10.03	32.43 37.60	150m: 200m:	11 1:48.48 2:27.41	38.45 38.93	250m: 300m:	3:06.91 3:46.47	39.50 39.56	350m: 400m:	5:01.94 4:25.38 5:01.94	347 38.91 36.56	2
50m: 100m:	33.80 1:11.73	33.80 37.93	150m: 200m:	12 1:50.37 2:30.15	38.64 39.78	250m: 300m:	3:09.64 3:48.39	39.49 38.75	350m: 400m:	5:01.95 4:26.90 5:01.95	347 38.51 35.05	2
50m: 100m:	33.19 1:11.32	33.19 38.13	150m: 200m:	11 1:50.54 2:29.74	39.22 39.20	250m: 300m:	3:08.88 3:47.80	39.14 38.92	350m: 400m:	5:02.78 4:26.94 5:02.78	344 39.14 35.84	2
50m: 100m:	32.53 1:09.82	32.53 37.29	150m: 200m:	11 1:48.66 2:27.89	38.84 39.23	250m: 300m:	3:06.71 3:46.19	38.82 39.48	350m: 400m:	5:02.83 4:26.45 5:02.83	344 40.26 36.38	2

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	50m: 100m:	32.50 1:10.20	32.50 37.70	150m: 200m:	12 1:48.95 2:28.13	38.75 39.18	250m: 300m:	3:06.94 3:46.64	38.81 39.70	350m: 400m:	5:03.22 4:25.95 5:03.22	342 39.31 37.27	2
	50m: 100m:	33.04 1:10.52	33.04 37.48	150m: 200m:	12 1:49.11 2:28.15	38.59 39.04	250m: 300m:	3:07.73 3:47.08	39.58 39.35	350m: 400m:	5:03.47 4:26.53 5:03.47	342 39.45 36.94	2
	50m: 100m:	33.57 1:11.34	33.57 37.77	150m: 200m:	11 1:50.20 2:29.37	38.86 39.17	250m: 300m:	3:09.04 3:48.27	39.67 39.23	350m: 400m:	5:04.73 4:27.26 5:04.73	337 38.99 37.47	2
	50m: 100m:	30.64 1:07.75	30.64 37.11	150m: 200m:	11 1:47.57 2:26.41	39.82 38.84	250m: 300m:	3:07.10 3:45.86	40.69 38.76	350m: 400m:	5:05.98 4:26.56 5:05.98	333 40.70 39.42	2
	50m: 100m:	32.79 1:10.04	32.79 37.25	150m: 200m:	12 1:49.35 2:28.46	39.31 39.11	250m: 300m:	3:07.86 3:47.80	39.40 39.94	350m: 400m:	5:06.82 4:27.94 5:06.82	331 40.14 38.88	2
	50m: 100m:	33.15 1:11.01	33.15 37.86	150m: 200m:	11 1:50.55 2:30.44	39.54 39.89	250m: 300m:	3:09.71 3:49.80	39.27 40.09	350m: 400m:	5:07.77 4:30.14 5:07.77	327 40.34 37.63	2
	50m: 100m:	31.88 1:09.05	31.88 37.17	150m: 200m:	12 1:47.72 2:27.40	38.67 39.68	250m: 300m:	3:06.07 3:47.07	38.67 41.00	350m: 400m:	5:09.47 4:28.21 5:09.47	322 41.14 41.26	2
	50m: 100m:	34.37 1:12.77	34.37 38.40	150m: 200m:	12 1:52.59 2:32.56	39.82 39.97	250m: 300m:	3:12.29 3:52.05	39.73 39.76	350m: 400m:	5:10.42 4:31.84 5:10.42	319 39.79 38.58	2
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