1 28.05.2025 - 10:00				, 400m							2012				
: 4:23.00 /) / 1	: 5:00	.50 / 2	: 5:40.00 / 3			: 6:28.50						
			,												
00.04	00.04	450	12	00.00	050	0.45.70	05.45	050	4:34.58	597					
29.21 1:02.02	29.21 32.81		2:10.55	33.93 34.60	250m: 300m:	2:45.70 3:22.09	35.15 36.39	350m: 400m:	4:34.58	35.66					
30.68 1:05.67	30.68 34.99	150m: 200m:	1:41.80	36.13 36.24	250m: 300m:	2:54.29 3:30.51	36.25 36.22	350m: 400m:	4:40.91 4:07.00 4:40.91	36.49 33.91	1				
32.26 1:07.10	32.26 34.84	150m: 200m:	12 1:43.00 2:19.04	35.90 36.04	250m: 300m:	2:55.35 3:31.55	36.31 36.20	350m: 400m:	4:43.29 4:07.93 4:43.29	36.38	1				
30.50	30.50	150m:	12 1:41.68	36.60	250m:	2:55.54	37.11	350m:	4:44.88 4:10.12	37.17	1				
1:05.08	34.58	200m:		36.75	300m:	3:32.95	37.41	400m:	4:44.88 4:45.72	34.76 530	1				
32.11 1:07.31	32.11 35.20		1:43.48	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					
32.36 1:08.28	32.36 35.92		-	36.20 36.33	250m: 300m:	2:57.42 3:34.74	36.61 37.32	350m: 400m:	4:47.18 4:11.23 4:47.18	522 36.49 35.95	1				
33.37 1:09.67	33.37 36.30			37.07 37.26	250m: 300m:	3:00.74 3:37.58	36.74 36.84	350m: 400m:	4:47.92 4:13.26 4:47.92	35.68	1				
31.97	31.97	150m:	12 1:43.33	36.29	250m:	2:57.36	37.34	350m:	4:49.20 4:12.22	511 37.60	1				
1:07.04	35.07	200m:		36.69	300m:	3:34.62	37.26	400m:			1				
32.86 1:08.37	32.86 35.51	150m: 200m:	1:45.38	37.01 37.47	250m: 300m:	3:00.09 3:37.90	37.24 37.81	350m: 400m:	4:15.04 4:51.81	37.14 36.77					
31.56 1:06.66	31.56 35.10			36.87 37.51	250m: 300m:	2:58.43 3:37.51	37.39 39.08	350m: 400m:	4:52.68 4:15.46 4:52.68	493 37.95 37.22	1				
33.66	33.66	150m:	12	36 75	250m:	3:01 78	37.60	350m:	4:53.49		1				
	36.70		2:24.09	36.98	300m:	3:39.45	37.67	400m:	4:53.49	36.64	1				
32.26 1:08.16	32.26 35.90	150m: 200m:	1:45.76	37.60 38.18	250m: 300m:	3:01.42 3:39.31	37.48 37.89	350m: 400m:	4:17.00 4:53.88	37.69 36.88	1				
33.89 1:10.48	33.89 36.59	150m: 200m:	12 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	485 36.88 36.89	1				
32.37	32.37	150m:	12 1:47.71	38.13	250m:	3:03.51	37.60	350m:	4:56.73 4:20.24	38.48	1				
		200m:	12					350m:	4:57.43 4:19.37		1				
1:10.81	37.19	200m:		37.38	300m:	3:41.40	37.47	400m:	4:57.43 4:57.83	38.06	1				
32.21 1:09.33	32.21 37.12	150m: 200m:		38.33 38.66	250m: 300m:	3:05.22 3:43.78	38.90 38.56	350m: 400m:		38.14 35.91					
32.48 1:09.34	32.48 36.86			38.20 38.21	250m: 300m:	3:04.28 3:42.66	38.53 38.38	350m: 400m:	4:58.30 4:21.51 4:58.30	466 38.85 36.79	1				
	3.00 / 29.21 1:02.02 30.68 1:05.67 32.26 1:07.10 30.50 1:05.08 32.11 1:07.31 32.36 1:08.28 33.37 1:09.67 31.97 1:07.04 32.86 1:08.37 31.56 1:08.36 1:08.37 31.56 1:08.36 1:08.37 31.56 1:08.36 1:08.37 31.56 1:08.36 1:08.37	29.21 29.21 1:02.02 32.81 30.68 30.68 1:05.67 34.99 32.26 32.26 1:07.10 34.84 30.50 30.50 1:05.08 34.58 32.11 32.11 1:07.31 35.20 32.36 32.36 1:08.28 35.92 33.37 33.37 1:09.67 36.30 31.97 31.97 1:07.04 35.07 32.86 32.86 1:08.37 35.51 31.56 31.56 1:06.66 35.10 33.66 33.66 1:10.36 36.70 32.26 32.26 1:08.16 35.90 33.89 33.89 1:10.48 36.59 32.37 32.37 1:09.58 37.21 33.62 33.62 1:10.81 37.19	29.21 29.21 150m: 1:02.02 32.81 200m: 30.68 30.68 150m: 1:05.67 34.99 200m: 32.26 32.26 150m: 1:07.10 34.84 200m: 30.50 30.50 150m: 1:05.08 34.58 200m: 32.11 32.11 150m: 1:07.31 35.20 200m: 32.36 32.36 150m: 1:08.28 35.92 200m: 31.97 31.97 150m: 1:09.67 36.30 200m: 32.86 32.86 150m: 1:07.04 35.07 200m: 32.86 32.86 150m: 1:08.37 35.51 200m: 33.66 33.66 150m: 1:06.66 35.10 200m: 33.89 33.89 150m: 1:10.48 36.59 200m: 33.62 32.26 150m: 1:09.58 37.21 200m: 33.62 33.62 150m: 1:09.58 37.21 200m: 33.62 33.62 150m: 1:09.58 37.21 200m: 32.21 32.21 150m: 32.23 33.62 150m: 1:09.58 37.21 200m:	3.00 / : 4:39.50 / 1 / 12 29.21	100	12	12	100	000 100	000 12					

					, 28.	30.5.2	2025					
1,	, 4	400m		, 20	12							
,	00.00	00.00	450	/ 12	00.70	050	0.07.00	07.05	050	4:58.98	463	1
50m: 100m:	33.93 1:11.86	33.93 37.93	150m: 200m:	1:50.56 2:29.37	38.70 38.81	250m: 300m:	3:07.22 3:45.72	37.85 38.50	350m: 400m:	4:22.91 4:58.98	37.19 36.07	
50m: 100m:	33.58 1:11.92	- 33.58 38.34	150m: 200m:	12 1:49.88 2:27.96	37.96 38.08	250m: 300m:	3:06.03 3:44.47	38.07 38.44	350m: 400m:	5:00.12 4:22.97 5:00.12	457 38.50 37.15	
50m: 100m:	33.41 1:11.08	33.41 37.67	150m: 200m:	12 1:50.28 2:29.22	39.20 38.94	250m: 300m:	3:09.69 3:46.04	40.47 36.35	350m: 400m:	5:00.13 4:24.41 5:00.13	457 38.37 35.72	1
50m: 100m:	32.21 1:08.67	32.21 36.46	150m: 200m:	13 1:47.15 2:26.08	38.48 38.93	250m: 300m:	3:04.45 3:43.23	38.37 38.78	350m: 400m:	5:00.32 4:23.18 5:00.32	456 39.95 37.14	1
50m: 100m:	31.87 1:09.65	31.87 37.78	150m: 200m:	13 1:48.28 2:27.26	38.63 38.98	250m: 300m:	3:05.28 3:44.55	38.02 39.27	350m: 400m:	5:01.58 4:24.62 5:01.58	451 40.07 36.96	2
50m: 100m:	33.08 1:09.46	33.08 36.38	150m: 200m:	12 1:47.19 2:26.19	37.73 39.00	250m: 300m:	3:25.41 4:04.94	59.22 39.53	350m: 400m:	5:03.63 4:44.45 5:03.63	442 39.51 19.18	2
50m: 100m:	33.51 1:11.96	33.51 38.45	150m: 200m:	12 1:50.59 2:28.73	38.63 38.14	250m: 300m:	3:07.31 3:46.44	38.58 39.13	350m: 400m:	5:03.67 4:25.49 5:03.67	441 39.05 38.18	2
50m: 100m:	33.25 1:10.00	33.25 36.75	150m: 200m:	12 1:48.28 2:27.03	38.28 38.75		3:06.11 3:46.05	39.08 39.94	350m: 400m:	5:04.35 4:26.06 5:04.35	438 40.01 38.29	2
50m: 100m:	32.79 1:10.22	32.79 37.43	150m: 200m:	12 1:49.94 2:29.34	39.72 39.40	250m: 300m:	3:08.83 3:48.12	39.49 39.29	350m: 400m:	5:04.65 4:27.27 5:04.65	437 39.15 37.38	2
50m: 100m:	33.25 1:10.81	33.25 37.56	150m: 200m:	12 1:49.90 2:29.69	39.09 39.79	250m: 300m:	3:09.58 3:49.99	39.89 40.41	350m: 400m:	5:04.85 4:29.50 5:04.85	436 39.51 35.35	2
50m: 100m:	33.03 1:10.43	33.03 37.40		12 1:49.49 2:29.05	39.06 39.56		3:08.57 3:47.77	39.52 39.20		5:04.91 4:27.07 5:04.91	436 39.30 37.84	2
50m: 100m:	33.90 1:11.78	33.90 37.88		12 1:50.43 2:29.18	38.65 38.75		3:09.18 3:49.00	40.00 39.82	350m: 400m:	5:05.36 4:28.40 5:05.36	434 39.40 36.96	2
50m: 100m:	32.59 1:10.42	32.59 37.83	150m: 200m:	12 1:49.16 2:28.92	38.74 39.76		3:08.89 3:48.27	39.97 39.38	350m: 400m:	5:05.75 4:27.39 5:05.75	432 39.12 38.36	2
50m: 100m:	32.90 1:10.35	32.90 37.45		12 1:49.42 2:28.96	39.07 39.54		3:08.38 3:47.68	39.42 39.30	350m: 400m:	5:05.99 4:27.20 5:05.99	431 39.52 38.79	2
50m: 100m:	33.81 1:12.05	33.81 38.24		12 1:50.98 2:30.19	38.93 39.21		3:09.69 3:49.12	39.50 39.43	350m: 400m:	5:06.42 4:28.29 5:06.42	430 39.17 38.13	2
50m: 100m:	34.20 1:12.45	34.20 38.25		12 1:51.43 2:30.95	38.98 39.52		3:10.84 3:50.44	39.89 39.60	350m: 400m:	5:06.76 4:29.02 5:06.76	428 38.58 37.74	2
50m: 100m:	34.06 1:12.30	34.06 38.24		12 1:51.20 2:30.04	38.90 38.84		3:09.39 3:48.80	39.35 39.41	350m: 400m:	5:06.99 4:28.09 5:06.99	427 39.29 38.90	2
50m: 100m:	34.74 1:13.65	34.74 38.91		12 1:53.03 2:32.78	39.38 39.75		3:12.20 3:51.66	39.42 39.46		5:07.05 4:30.22 5:07.05	427 38.56 36.83	2

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1,	, 4	100m		, 20	12							
50m: 100m:	33.54 1:10.98	33.54 37.44		/ 12 1:49.88 2:28.43	38.90 38.55	250m: 300m:	3:07.95 3:47.55	39.52 39.60	350m: 400m:	5:07.36 4:27.87 5:07.36	426 40.32 39.49	2
50m: 100m:	34.92 1:13.01	34.92 38.09	150m:	13 1:51.30 2:31.01	38.29 39.71	250m: 300m:	3:10.46	39.45 39.94	350m: 400m:	5:08.11 4:29.71 5:08.11	423 39.31 38.40	2
50m: 100m:	33.72 1:11.83	33.72 38.11		12 1:51.22 2:30.97	39.39 39.75	250m: 300m:	3:10.78 3:51.38	39.81 40.60	350m: 400m:	5:08.47 4:31.09 5:08.47	421 39.71 37.38	2
50m: 100m:	34.75 1:14.04	34.75 39.29		13 1:53.93 2:33.52	39.89 39.59	250m: 300m:	3:13.18 3:53.09	39.66 39.91	350m: 400m:	5:08.59 4:32.40 5:08.59	421 39.31 36.19	2
50m: 100m:	34.92 1:13.62	34.92 38.70	150m: 200m:	12 1:53.37 2:32.67	39.75 39.30	250m: 300m:	3:12.70 3:52.90	40.03 40.20	350m: 400m:	5:09.97 4:32.81 5:09.97	415 39.91 37.16	2
50m: 100m:	33.78 1:11.43	33.78 37.65		12 1:50.45 2:30.25	39.02 39.80	250m: 300m:	3:10.56 3:50.99	40.31 40.43	350m: 400m:	5:10.05 4:30.81 5:10.05	415 39.82 39.24	2
50m: 100m:	34.05 1:12.01	34.05 37.96		12 1:51.10 2:30.44	39.09 39.34	250m: 300m:	3:10.83 3:50.80	40.39 39.97	350m: 400m:	5:10.67 4:31.30 5:10.67	412 40.50 39.37	2
50m: 100m:	35.11 1:14.32	35.11 39.21		12 1:54.07 2:33.69	39.75 39.62	250m: 300m:	3:13.00 3:52.61	39.31 39.61	350m: 400m:	5:11.05 4:32.12 5:11.05	411 39.51 38.93	2
50m: 100m:	34.24 1:13.16	34.24 38.92	150m: 200m:	12 1:52.26 2:33.22	39.10 40.96	250m: 300m:	3:12.88 3:53.62	39.66 40.74	350m: 400m:	5:11.44 4:32.60 5:11.44	409 38.98 38.84	2
50m: 100m:	33.91 1:13.35	33.91 39.44		13 1:53.74 2:33.62	40.39 39.88	250m: 300m:	3:13.61 3:53.58	39.99 39.97	350m: 400m:	5:11.90 4:33.78 5:11.90	40.7 40.20 38.12	2
50m: 100m:	31.62 1:10.25	31.62 38.63		12 1:50.64 2:32.30	40.39 41.66		3:13.34 3:54.30	41.04 40.96	350m: 400m:	5:11.92 4:35.52 5:11.92	407 41.22 36.40	2
50m: 100m:	34.42 1:13.64	34.42 39.22	150m: 200m:	12 1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	5:12.79 4:33.86 5:12.79	404 40.27 38.93	2
50m: 100m:	33.71 1:13.01	33.71 39.30	150m: 200m:	12 1:52.93 2:33.67	39.92 40.74	250m: 300m:	3:13.81 3:53.93	40.14 40.12	350m: 400m:	5:12.95 4:33.52 5:12.95	403 39.59 39.43	2
50m: 100m:	34.01 1:12.34	34.01 38.33		12 1:52.39 2:32.46	40.05 40.07	250m: 300m:	3:13.24 3:54.69	40.78 41.45	350m: 400m:	5:13.56 4:36.97 5:13.56	401 42.28 36.59	2
50m: 100m:	34.90 1:14.54	34.90 39.64	150m: 200m:	12 1:55.53 2:35.96	40.99 40.43	250m: 300m:	3:16.01 3:56.48	40.05 40.47	350m: 400m:	5:14.45 4:37.09 5:14.45	397 40.61 37.36	2
50m: 100m:	34.98 1:14.55	34.98 39.57	150m: 200m:	12 1:55.48 2:35.99	40.93 40.51	250m: 300m:	3:16.26 3:57.05	40.27 40.79	350m: 400m:	5:14.60 4:36.82 5:14.60	397 39.77 37.78	2
50m: 100m:	34.09 1:12.54	34.09 38.45	150m: 200m:	12 1:52.87 2:34.28	40.33 41.41	250m: 300m:	3:14.97 3:55.58	40.69 40.61	350m: 400m:	5:15.20 4:35.83 5:15.20	395 40.25 39.37	
50m: 100m:	34.30 1:12.42	34.30 38.12	150m: 200m:	12 1:52.49 2:33.15	40.07 40.66	250m: 300m:	3:13.30 3:54.24	40.15 40.94	350m: 400m:	5:15.99 4:35.44 5:15.99	392 41.20 40.55	2

, 28. - 30.5.2025

, 20 30.3.2023												
1,	, 4	400m		, 20	12							
,				/								
50m: 100m:	34.89 1:13.72	34.89 38.83	150m: 200m:	12 1:54.53 2:35.12	40.81 40.59	250m: 300m:	3:15.58 3:56.17	40.46 40.59	350m: 400m:	5:16.25 4:36.92 5:16.25	391 40.75 39.33	2
50m: 100m:	35.48 1:15.80	35.48 40.32	150m: 200m:	12 1:56.10 2:36.84	40.30 40.74	250m: 300m:	3:17.39 3:58.08	40.55 40.69	350m: 400m:	5:17.04 4:38.24 5:17.04	388 40.16 38.80	2
50m: 100m:	34.52 1:13.96	34.52 39.44	150m: 200m:	12 1:54.73 2:36.55	40.77 41.82	250m: 300m:	3:17.39 3:58.66	40.84 41.27	350m: 400m:	5:17.99 4:39.50 5:17.99	384 40.84 38.49	2
50m: 100m:	35.24 1:15.75	35.24 40.51	150m: 200m:	12 1:56.94 2:37.56	41.19 40.62	250m: 300m:	3:18.44 3:59.21	40.88 40.77	350m: 400m:	5:17.99 4:39.72 5:17.99	384 40.51 38.27	2
50m: 100m:	35.60 1:16.52	35.60 40.92	150m: 200m:	12 1:57.64 2:37.81	41.12 40.17	250m: 300m:	3:18.31 3:58.91	40.50 40.60	350m: 400m:	5:18.73 4:39.03 5:18.73	382 40.12 39.70	2
50m: 100m:	35.18 1:14.57	35.18 39.39	150m: 200m:	12 1:54.63 2:36.01	40.06 41.38	250m: 300m:	3:16.72 3:57.92	40.71 41.20	350m: 400m:	5:19.05 4:39.59 5:19.05	381 41.67 39.46	2
50m: 100m:	34.72 1:13.01	34.72 38.29	150m: 200m:	12 1:53.50 2:34.50	40.49 41.00	250m: 300m:	3:15.31 3:56.92	40.81 41.61	350m: 400m:	5:19.24 4:38.12 5:19.24	380 41.20 41.12	2
50m: 100m:	33.21 1:11.68	33.21 38.47	150m: 200m:	12 1:52.08 2:33.70	40.40 41.62	250m: 300m:	3:15.92 3:58.36	42.22 42.44	350m: 400m:	5:20.91 4:40.43 5:20.91	374 42.07 40.48	2
50m: 100m:	35.80 1:15.79	35.80 39.99	150m: 200m:	12 1:56.68 2:38.16	40.89 41.48	250m: 300m:	3:19.77 4:01.81	41.61 42.04	350m: 400m:	5:21.28 4:42.65 5:21.28	373 40.84 38.63	2
50m: 100m:	35.56 1:16.07	35.56 40.51	150m: 200m:	13 1:57.11 2:38.77	41.04 41.66	250m: 300m:	3:19.85 4:01.14	41.08 41.29	350m: 400m:	5:21.43 4:42.61 5:21.43	372 41.47 38.82	2
50m: 100m:	33.13 1:12.22	33.13 39.09	150m: 200m:	12 1:54.25 2:37.25	42.03 43.00	250m: 300m:	3:20.56 4:05.20	43.31 44.64	350m: 400m:	5:30.65 4:49.78 5:30.65	342 44.58 40.87	2