

21  
04.04.2025 - 10:55

, 400m

14

: AQUA 2025

								R.T.				
1.	,		2009	I	4		+0,79	<b>5:21.75</b>	I	554		
	50m:	34.93	34.93	150m:	1:55.21	40.54	250m:	3:22.05	47.84	350m:	4:46.52	37.13
	100m:	1:14.67	39.74	200m:	2:34.21	39.00	300m:	4:09.39	47.34	400m:	5:21.75	35.23
2.	,		2009				+0,68	<b>5:27.46</b>	I	526		
	50m:	37.05	37.05	150m:	2:03.09	43.99	250m:	3:29.98	45.37	350m:	4:52.43	37.29
	100m:	1:19.10	42.05	200m:	2:44.61	41.52	300m:	4:15.14	45.16	400m:	5:27.46	35.03
3.	,		2009		4		+0,59	<b>5:33.72</b>	I	497		
	50m:	34.75	34.75	150m:	1:59.51	44.65	250m:	3:30.65	49.07	350m:	4:57.38	37.64
	100m:	1:14.86	40.11	200m:	2:41.58	42.07	300m:	4:19.74	49.09	400m:	5:33.72	36.34
4.	,		2008	I			+0,74	<b>5:39.82</b>	I	470		
	50m:	39.50	39.50	150m:	2:04.74	41.43	250m:	3:35.47	49.21	350m:	5:03.59	38.58
	100m:	1:23.31	43.81	200m:	2:46.26	41.52	300m:	4:25.01	49.54	400m:	5:39.82	36.23
5.	,		2008	I			+0,89	<b>6:15.02</b>	II	350		
	50m:	37.96	37.96	150m:	2:11.41	48.46	250m:	3:55.59	56.66	350m:	5:35.63	42.34
	100m:	1:22.95	44.99	200m:	2:58.93	47.52	300m:	4:53.29	57.70	400m:	6:15.02	39.39