

22
04.04.2025 - 11:03

, 400m

14

: AQUA 2025

								R.T.					
1.	,	2008						+0,72	4:54.03	I	560		
	50m:	30.33	30.33	150m:	1:45.30	38.51	250m:	3:03.75	41.07	350m:	4:21.53	35.72	
	100m:	1:06.79	36.46	200m:	2:22.68	37.38	300m:	3:45.81	42.06	400m:	4:54.03	32.50	
2.	,	2011						2	+0,66	5:03.96	I	507	
	50m:	31.45	31.45	150m:	1:50.22	41.78	250m:	3:12.48	39.68	350m:	4:29.07	36.31	
	100m:	1:08.44	36.99	200m:	2:32.80	42.58	300m:	3:52.76	40.28	400m:	5:03.96	34.89	
3.	,	2009								+0,81	5:17.77	II	444
	50m:	33.39	33.39	150m:	1:55.62	41.12	250m:	3:21.56	46.80	350m:	4:43.76	36.41	
	100m:	1:14.50	41.11	200m:	2:34.76	39.14	300m:	4:07.35	45.79	400m:	5:17.77	34.01	
4.	,	2009								+0,73	5:19.57	II	436
	50m:	34.07	34.07	150m:	2:01.42	44.53	250m:	3:22.67	39.12	350m:	4:42.90	39.50	
	100m:	1:16.89	42.82	200m:	2:43.55	42.13	300m:	4:03.40	40.73	400m:	5:19.57	36.67	
EXH	,	2009				5				+0,74	5:07.32	II	491
	50m:	30.68	30.68	150m:	1:47.73	40.72	250m:	3:12.57	44.92	350m:	4:33.73	34.94	
	100m:	1:07.01	36.33	200m:	2:27.65	39.92	300m:	3:58.79	46.22	400m:	5:07.32	33.59	