

38
05.04.2025 - 11:10

, 400m

14

: AQUA 2025

								R.T.				
1.			2010					+0,67	4:13.48		654	
	50m:	28.10	28.10	150m:	1:31.93	32.02	250m:	2:37.27	32.80	350m:	3:42.49	32.53
	100m:	59.91	31.81	200m:	2:04.47	32.54	300m:	3:09.96	32.69	400m:	4:13.48	30.99
2.			2008				2	+0,71	4:17.48 I		624	
	50m:	28.48	28.48	150m:	1:32.29	32.44	250m:	2:38.31	32.92	350m:	3:45.17	33.13
	100m:	59.85	31.37	200m:	2:05.39	33.10	300m:	3:12.04	33.73	400m:	4:17.48	32.31
3.			2009				4	+0,66	4:19.42 I		610	
	50m:	30.41	30.41	150m:	1:35.71	32.89	250m:	2:41.90	33.31	350m:	3:47.84	32.91
	100m:	1:02.82	32.41	200m:	2:08.59	32.88	300m:	3:14.93	33.03	400m:	4:19.42	31.58
4.			2006				5	+0,64	4:20.42 I		603	
	50m:	29.47	29.47	150m:	1:34.41	32.91	250m:	2:40.18	32.65	350m:	3:47.33	33.75
	100m:	1:01.50	32.03	200m:	2:07.53	33.12	300m:	3:13.58	33.40	400m:	4:20.42	33.09
5.			2009				4	+0,67	4:21.06 I		599	
	50m:	28.35	28.35	150m:	1:33.90	33.37	250m:	2:40.90	33.08	350m:	3:48.26	33.56
	100m:	1:00.53	32.18	200m:	2:07.82	33.92	300m:	3:14.70	33.80	400m:	4:21.06	32.80
6.			2008					+0,85	4:27.08 I		559	
	50m:	30.74	30.74	150m:	1:38.89	34.65	250m:	2:47.77	34.34	350m:	3:56.32	34.21
	100m:	1:04.24	33.50	200m:	2:13.43	34.54	300m:	3:22.11	34.34	400m:	4:27.08	30.76
7.			2008					+0,80	4:27.48 I		556	
	50m:	30.78	30.78	150m:	1:38.75	34.69	250m:	2:47.55	34.18	350m:	3:56.39	34.36
	100m:	1:04.06	33.28	200m:	2:13.37	34.62	300m:	3:22.03	34.48	400m:	4:27.48	31.09
8.			2011				2	+0,84	4:32.00 II		529	
	50m:	30.41	30.41	150m:	1:38.29	34.48	250m:	2:48.34	34.98	350m:	3:58.77	35.06
	100m:	1:03.81	33.40	200m:	2:13.36	35.07	300m:	3:23.71	35.37	400m:	4:32.00	33.23
9.			2009				2	+0,72	4:32.39 II		527	
	50m:	30.50	30.50	150m:	1:38.55	34.58	250m:	2:49.01	35.80	350m:	3:59.28	35.66
	100m:	1:03.97	33.47	200m:	2:13.21	34.66	300m:	3:23.62	34.61	400m:	4:32.39	33.11
10.			2008					+0,71	4:34.33 II		516	
	50m:	31.53	31.53	150m:	1:41.52	35.50	250m:	2:52.47	34.90	350m:	4:01.71	34.31
	100m:	1:06.02	34.49	200m:	2:17.57	36.05	300m:	3:27.40	34.93	400m:	4:34.33	32.62
11.			2009 I				1	+0,71	4:35.06 II		512	
	50m:	31.23	31.23	150m:	1:39.86	34.79	250m:	2:50.03	35.20	350m:	4:01.49	35.76
	100m:	1:05.07	33.84	200m:	2:14.83	34.97	300m:	3:25.73	35.70	400m:	4:35.06	33.57
12.			2010 I				1	+0,66	4:36.27 II		505	
	50m:	31.18	31.18	150m:	1:40.29	34.88	250m:	2:51.61	35.75	350m:	4:02.95	35.68
	100m:	1:05.41	34.23	200m:	2:15.86	35.57	300m:	3:27.27	35.66	400m:	4:36.27	33.32
13.			2010 I					+0,72	4:41.87 II		475	
	50m:	29.72	29.72	150m:	1:40.87	36.54	250m:	2:53.25	36.27	350m:	4:06.82	36.86
	100m:	1:04.33	34.61	200m:	2:16.98	36.11	300m:	3:29.96	36.71	400m:	4:41.87	35.05
14.			2008				3	+0,70	4:41.94 II		475	
	50m:	31.60	31.60	150m:	1:39.45	34.01	250m:	2:49.84	35.52	350m:	4:04.91	38.29
	100m:	1:05.44	33.84	200m:	2:14.32	34.87	300m:	3:26.62	36.78	400m:	4:41.94	37.03
15.			2010 I					+0,62	4:50.51 II		434	
	50m:	31.42	31.42	150m:	1:43.20	37.12	250m:	2:58.58	37.76	350m:	4:14.05	37.63
	100m:	1:06.08	34.66	200m:	2:20.82	37.62	300m:	3:36.42	37.84	400m:	4:50.51	36.46

3 5 2025

38, , 400m , 14

/

R.T.

16. , 2007 I +0,78 **4:54.38** II 417
50m: 32.46 32.46 150m: 1:46.12 37.87 250m: 3:02.54 38.49 350m: 4:18.87 37.85
100m: 1:08.25 35.79 200m: 2:24.05 37.93 300m: 3:41.02 38.48 400m: 4:54.38 35.51

DNS , 2008 6