

36  
09.10.2024 - 14:33

, 400m

11 - 13

: FINA 2023

								R.T				
11 - 13												
1.			2011	1		2		+0,90	<b>4:23.23</b>	1	524	
	25m:	13.68	13.68	125m:	1:18.30	16.76	225m:	2:25.66	16.77	325m:	3:33.53	16.55
	50m:	29.09	15.41	150m:	1:35.12	16.82	250m:	2:42.81	17.15	350m:	3:50.26	16.73
	75m:	45.09	16.00	175m:	1:51.96	16.84	275m:	2:59.61	16.80	375m:	4:06.99	16.73
	100m:	1:01.54	16.45	200m:	2:08.89	16.93	300m:	3:16.98	17.37	400m:	4:23.23	16.24
2.			2011			3-1		+0,87	<b>4:28.15</b>	2	495	
	25m:	14.41	14.41	125m:	1:19.66	16.63	225m:	2:28.82	17.66	325m:	3:37.82	17.37
	50m:	30.27	15.86	150m:	1:36.68	17.02	250m:	2:45.94	17.12	350m:	3:54.89	17.07
	75m:	46.28	16.01	175m:	1:53.85	17.17	275m:	3:03.44	17.50	375m:	4:11.98	17.09
	100m:	1:03.03	16.75	200m:	2:11.16	17.31	300m:	3:20.45	17.01	400m:	4:28.15	16.17
3.			2011			1		+0,64	<b>4:30.84</b>	2	481	
	25m:	14.88	14.88	125m:	1:22.88	17.18	225m:	2:32.60	17.29	325m:	3:40.98	16.87
	50m:	31.51	16.63	150m:	1:40.59	17.71	250m:	2:49.96	17.36	350m:	3:58.29	17.31
	75m:	48.25	16.74	175m:	1:57.78	17.19	275m:	3:06.96	17.00	375m:	4:14.93	16.64
	100m:	1:05.70	17.45	200m:	2:15.31	17.53	300m:	3:24.11	17.15	400m:	4:30.84	15.91
4.			2011			4		+0,75	<b>4:31.44</b>	2	478	
	25m:	14.70	14.70	125m:	1:22.45	17.53	225m:	2:32.26	17.35	325m:	3:41.79	17.07
	50m:	30.90	16.20	150m:	1:39.95	17.50	250m:	2:49.80	17.54	350m:	3:59.13	17.34
	75m:	47.86	16.96	175m:	1:57.37	17.42	275m:	3:07.42	17.62	375m:	4:15.69	16.56
	100m:	1:04.92	17.06	200m:	2:14.91	17.54	300m:	3:24.72	17.30	400m:	4:31.44	15.75
5.			2012			1		+0,77	<b>4:36.88</b>	2	450	
	25m:	15.47	15.47	125m:	1:24.12	17.72	225m:	2:34.66	17.75	325m:	3:45.75	17.93
	50m:	31.81	16.34	150m:	1:41.51	17.39	250m:	2:52.30	17.64	350m:	4:03.55	17.80
	75m:	49.08	17.27	175m:	1:59.31	17.80	275m:	3:10.21	17.91	375m:	4:20.64	17.09
	100m:	1:06.40	17.32	200m:	2:16.91	17.60	300m:	3:27.82	17.61	400m:	4:36.88	16.24
6.			2011			1-1		+0,81	<b>4:37.11</b>	2	449	
	25m:	14.31	14.31	175m:	1:57.87	35.88	325m:	3:44.38	35.29	400m:	4:37.11	16.76
	75m:	47.03	32.72	225m:	2:33.11	35.24	350m:	4:37.15	52.77			
	125m:	1:21.99	34.96	275m:	3:09.09	35.98	375m:	4:20.35				
7.			2011			3-1		+0,77	<b>4:37.51</b>	2	447	
	25m:	14.00	14.00	125m:	1:21.12	17.73	225m:	2:32.47	18.07	325m:	3:44.65	18.20
	50m:	29.69	15.69	150m:	1:38.51	17.39	250m:	2:50.60	18.13	375m:	4:20.57	35.92
	75m:	46.13	16.44	175m:	1:56.15	17.64	275m:	3:08.45	17.85	400m:	4:37.51	16.94
	100m:	1:03.39	17.26	200m:	2:14.40	18.25	300m:	3:26.45	18.00			
8.			2011			4		+0,73	<b>4:39.99</b>	2	435	
	25m:	14.53	14.53	125m:	1:23.66	18.00	225m:	2:36.06	17.96	325m:	3:47.92	17.80
	50m:	30.82	16.29	150m:	1:41.69	18.03	250m:	2:54.07	18.01	350m:	4:06.31	18.39
	75m:	47.89	17.07	175m:	1:59.86	18.17	275m:	3:11.95	17.88	375m:	4:23.67	17.36
	100m:	1:05.66	17.77	200m:	2:18.10	18.24	300m:	3:30.12	18.17	400m:	4:39.99	16.32
9.			2011			3-1		+0,79	<b>4:47.06</b>	2	404	
	25m:	14.97	14.97	125m:	1:25.93	17.96	225m:	2:39.28	17.91	325m:	3:52.73	18.22
	50m:	32.36	17.39	150m:	1:44.52	18.59	250m:	2:57.69	18.41	350m:	4:11.16	18.43
	75m:	49.96	17.60	175m:	2:02.99	18.47	275m:	3:15.89	18.20	375m:	4:29.25	18.09
	100m:	1:07.97	18.01	200m:	2:21.37	18.38	300m:	3:34.51	18.62	400m:	4:47.06	17.81
10.			2011	2		2-1		+0,66	<b>4:48.10</b>	2	399	
	25m:	14.84	14.84	125m:	1:25.66	18.80	225m:	2:40.53	18.20	325m:	3:54.27	18.48
	50m:	31.16	16.32	150m:	1:44.92	19.26	250m:	2:59.31	18.78	350m:	4:12.54	18.27
	75m:	48.58	17.42	175m:	2:03.51	18.59	275m:	3:17.13	17.82	375m:	4:30.37	17.83
	100m:	1:06.86	18.28	200m:	2:22.33	18.82	300m:	3:35.79	18.66	400m:	4:48.10	17.73

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36, , 400m , 11 - 13

								R.T				
11.			2011		3-1		+0,75	<b>4:48.73</b>	2	397		
	25m:	14.47	14.47	125m:	1:25.12	18.53	225m:	2:39.25	18.56	325m:	3:54.08	18.82
	50m:	31.20	16.73	150m:	1:43.06	17.94	250m:	2:57.87	18.62	350m:	4:12.65	18.57
	75m:	48.55	17.35	175m:	2:01.88	18.82	275m:	3:16.57	18.70	375m:	4:31.09	18.44
	100m:	1:06.59	18.04	200m:	2:20.69	18.81	300m:	3:35.26	18.69	400m:	4:48.73	17.64
12.			2012		1		+0,84	<b>4:49.13</b>	2	395		
	25m:	15.74	15.74	125m:	1:26.86	18.14	225m:	2:40.41	18.65	325m:	3:55.49	18.79
	50m:	33.19	17.45	150m:	1:45.10	18.24	250m:	2:59.19	18.78	350m:	4:13.90	18.41
	75m:	50.92	17.73	175m:	2:03.27	18.17	275m:	3:17.78	18.59	375m:	4:31.93	18.03
	100m:	1:08.72	17.80	200m:	2:21.76	18.49	300m:	3:36.70	18.92	400m:	4:49.13	17.20
13.			2012		3-2		+0,78	<b>4:49.45</b>	2	394		
	25m:	15.12	15.12	125m:	1:26.86	18.62	225m:	2:41.43	18.58	325m:	3:56.39	18.67
	50m:	32.11	16.99	150m:	1:45.31	18.45	250m:	3:00.07	18.64	350m:	4:15.13	18.74
	75m:	49.90	17.79	175m:	2:04.19	18.88	275m:	3:18.99	18.92	375m:	4:33.05	17.92
	100m:	1:08.24	18.34	200m:	2:22.85	18.66	300m:	3:37.72	18.73	400m:	4:49.45	16.40
14.			2012		1		+0,84	<b>4:50.06</b>	2	391		
	25m:	15.67	15.67	125m:	1:28.80	18.18	225m:	2:43.16	18.04	325m:	3:56.51	18.08
	50m:	33.46	17.79	150m:	1:47.62	18.82	250m:	3:01.37	18.21	350m:	4:15.03	18.52
	75m:	51.63	18.17	175m:	2:06.27	18.65	275m:	3:19.46	18.09	375m:	4:32.85	17.82
	100m:	1:10.62	18.99	200m:	2:25.12	18.85	300m:	3:38.43	18.97	400m:	4:50.06	17.21
15.			2011		2-2		+0,67	<b>4:50.36</b>	2	390		
	25m:	15.10	15.10	125m:	1:27.51	18.50	225m:	2:41.52	18.78	325m:	3:56.30	18.74
	50m:	32.52	17.42	150m:	1:45.82	18.31	250m:	3:00.27	18.75	350m:	4:15.00	18.70
	75m:	50.77	18.25	175m:	2:04.15	18.33	275m:	3:19.14	18.87	375m:	4:33.24	18.24
	100m:	1:09.01	18.24	200m:	2:22.74	18.59	300m:	3:37.56	18.42	400m:	4:50.36	17.12
16.			2011		1		+0,58	<b>4:51.62</b>	2	385		
	25m:	15.02	15.02	125m:	1:25.90	18.44	225m:	2:40.89	18.86	325m:	3:56.43	19.11
	50m:	31.75	16.73	150m:	1:44.44	18.54	250m:	2:59.61	18.72	350m:	4:15.18	18.75
	75m:	49.28	17.53	175m:	2:03.34	18.90	275m:	3:18.41	18.80	375m:	4:34.04	18.86
	100m:	1:07.46	18.18	200m:	2:22.03	18.69	300m:	3:37.32	18.91	400m:	4:51.62	17.58
17.			2011		1		+0,68	<b>4:52.20</b>	2	383		
	25m:	14.89	14.89	125m:	1:26.53	18.34	225m:	2:41.10	18.80	325m:	3:56.58	18.85
	50m:	31.90	17.01	150m:	1:45.03	18.50	250m:	2:59.95	18.85	350m:	4:15.59	19.01
	75m:	49.76	17.86	175m:	2:03.70	18.67	275m:	3:18.76	18.81	375m:	4:34.20	18.61
	100m:	1:08.19	18.43	200m:	2:22.30	18.60	300m:	3:37.73	18.97	400m:	4:52.20	18.00
18.			2012		1		+0,61	<b>4:52.31</b>	2	382		
	25m:	15.58	15.58	125m:	1:27.33	18.56	225m:	2:42.08	18.76	325m:	3:57.16	18.69
	50m:	32.63	17.05	150m:	1:46.03	18.70	250m:	3:00.89	18.81	350m:	4:15.91	18.75
	75m:	50.49	17.86	175m:	2:04.53	18.50	275m:	3:19.47	18.58	375m:	4:34.43	18.52
	100m:	1:08.77	18.28	200m:	2:23.32	18.79	300m:	3:38.47	19.00	400m:	4:52.31	17.88
19.			2011		1-1		+0,66	<b>4:55.38</b>	2	371		
	25m:	15.02	15.02	125m:	1:27.22	37.45	275m:	3:21.81	37.48	400m:	4:55.38	17.99
	50m:	31.88	16.86	175m:	2:05.56	38.34	325m:	3:59.45	37.64			
	75m:	49.77	17.89	225m:	2:44.33	38.77	375m:	4:37.39	37.94			
20.			2011				+0,84	<b>4:55.72</b>	2	369		
	25m:	15.57	15.57	150m:	1:47.74	18.83	250m:	3:04.01	18.79	350m:	4:20.66	19.21
	50m:	32.96	17.39	175m:	2:06.57	18.83	275m:	3:22.69	18.68	375m:	4:39.31	18.65
	75m:	51.24	18.28	200m:	2:25.86	19.29	300m:	3:42.05	19.36	400m:	4:55.72	16.41
	125m:	1:28.91	37.67	225m:	2:45.22	19.36	325m:	4:01.45	19.40			
21.			2012		3-1		+0,84	<b>4:57.04</b>	2	364		
	25m:	15.76	15.76	125m:	1:30.63	18.93	225m:	2:47.20	18.81	325m:	4:04.19	18.90
	50m:	33.90	18.14	150m:	1:49.71	19.08	250m:	3:06.57	19.37	350m:	4:23.25	19.06
	75m:	52.64	18.74	175m:	2:08.62	18.91	275m:	3:25.24	18.67	375m:	4:40.95	17.70
	100m:	1:11.70	19.06	200m:	2:28.39	19.77	300m:	3:45.29	20.05	400m:	4:57.04	16.09

36,		, 400m		, 11 - 13								
						R.T						
22.	,	2013				+0,77 4:57.38 2		363				
	25m:	15.30	15.30	125m:	1:28.99	18.80	225m:	2:46.01	18.94	325m:	4:02.74	19.09
	50m:	32.80	17.50	150m:	1:48.59	19.60	250m:	3:05.37	19.36	350m:	4:21.99	19.25
	75m:	51.37	18.57	175m:	2:07.96	19.37	275m:	3:24.28	18.91	375m:	4:40.29	18.30
	100m:	1:10.19	18.82	200m:	2:27.07	19.11	300m:	3:43.65	19.37	400m:	4:57.38	17.09
23.	,	2012				3-2		+0,77 5:02.21 3		346		
	25m:	15.80	15.80	175m:	2:10.26	39.20	275m:	3:28.00	38.61	375m:	4:44.69	37.94
	75m:	52.51	36.71	200m:	3:08.48	58.22	300m:	4:26.10	58.10	400m:	5:02.21	17.52
	125m:	1:31.06	38.55	225m:	2:49.39		325m:	4:06.75				
24.	,	2011				1		+0,69 5:03.98 3		340		
	25m:	15.79	15.79	125m:	1:29.90	19.07	225m:	2:47.47	19.46	325m:	4:05.53	19.64
	50m:	33.56	17.77	150m:	1:49.14	19.24	250m:	3:06.88	19.41	350m:	4:25.36	19.83
	75m:	52.28	18.72	175m:	2:08.60	19.46	275m:	3:26.46	19.58	375m:	4:45.03	19.67
	100m:	1:10.83	18.55	200m:	2:28.01	19.41	300m:	3:45.89	19.43	400m:	5:03.98	18.95
25.	,	2012				3-2		+0,64 5:04.04 3		340		
	25m:	15.90	15.90	125m:	1:31.06	19.27	225m:	2:49.39	19.65	325m:	4:07.36	19.45
	50m:	34.04	18.14	150m:	1:50.51	19.45	250m:	3:08.56	19.17	350m:	4:26.93	19.57
	75m:	52.73	18.69	175m:	2:10.30	19.79	275m:	3:27.99	19.43	375m:	4:46.05	19.12
	100m:	1:11.79	19.06	200m:	2:29.74	19.44	300m:	3:47.91	19.92	400m:	5:04.04	17.99
26.	,	2013				3-3		+0,85 5:04.15 3		339		
	25m:	15.90	15.90	125m:	1:31.97	19.46	225m:	2:50.53	19.16	325m:	4:07.97	19.04
	50m:	34.08	18.18	150m:	1:51.73	19.76	250m:	3:10.06	19.53	350m:	4:27.46	19.49
	75m:	53.14	19.06	175m:	2:11.23	19.50	275m:	3:29.43	19.37	375m:	4:46.42	18.96
	100m:	1:12.51	19.37	200m:	2:31.37	20.14	300m:	3:48.93	19.50	400m:	5:04.15	17.73
27.	,	2012				4		+0,83 5:04.28 3		339		
	25m:	15.39	15.39	125m:	1:31.51	19.79	225m:	2:50.01	19.71	325m:	4:09.31	19.73
	50m:	33.49	18.10	150m:	1:50.64	19.13	250m:	3:10.01	20.00	350m:	4:28.43	19.12
	75m:	52.39	18.90	175m:	2:10.81	20.17	275m:	3:30.05	20.04	375m:	4:47.40	18.97
	100m:	1:11.72	19.33	200m:	2:30.30	19.49	300m:	3:49.58	19.53	400m:	5:04.28	16.88
28.	,	2011				1-1		+0,75 5:04.29 3		339		
	25m:	15.72	15.72	125m:	1:31.03	19.32	225m:	2:48.78	19.49	325m:	4:07.26	19.81
	50m:	34.01	18.29	150m:	1:50.40	19.37	250m:	3:08.22	19.44	350m:	4:26.93	19.67
	75m:	52.67	18.66	175m:	2:09.60	19.20	275m:	3:27.91	19.69	375m:	4:46.34	19.41
	100m:	1:11.71	19.04	200m:	2:29.29	19.69	300m:	3:47.45	19.54	400m:	5:04.29	17.95
29.	,	2012				1		+0,67 5:04.40 3		339		
	25m:	15.84	15.84	125m:	1:31.80	19.40	225m:	2:50.23	19.62	325m:	4:07.87	18.29
	50m:	33.49	17.65	150m:	1:51.56	19.76	250m:	3:10.19	19.96	350m:	4:27.77	19.90
	75m:	52.58	19.09	175m:	2:11.15	19.59	275m:	3:29.73	19.54	375m:	4:46.54	18.77
	100m:	1:12.40	19.82	200m:	2:30.61	19.46	300m:	3:49.58	19.85	400m:	5:04.40	17.86
30.	,	2012				1		+0,72 5:06.19 3		333		
	25m:	16.09	16.09	125m:	1:31.94	19.56	225m:	2:51.39	19.83	325m:	4:09.42	20.63
	50m:	33.88	17.79	150m:	1:51.26	19.32	250m:	3:10.58	19.19	350m:	4:28.47	19.05
	75m:	53.14	19.26	175m:	2:10.75	19.49	275m:	3:29.64	19.06	375m:	4:48.21	19.74
	100m:	1:12.38	19.24	200m:	2:31.56	20.81	300m:	3:48.79	19.15	400m:	5:06.19	17.98
31.	,	2012				2-2		+0,70 5:06.74 3		331		
	25m:	16.07	16.07	125m:	1:32.22	19.41	225m:	2:50.69	19.81	325m:	4:09.46	19.72
	50m:	34.31	18.24	150m:	1:51.59	19.37	250m:	3:10.11	19.42	350m:	4:28.63	19.17
	75m:	53.52	19.21	175m:	2:11.30	19.71	275m:	3:30.00	19.89	375m:	4:48.05	19.42
	100m:	1:12.81	19.29	200m:	2:30.88	19.58	300m:	3:49.74	19.74	400m:	5:06.74	18.69
32.	,	2013				2-2		+0,61 5:07.40 3		329		
	25m:	15.64	15.64	125m:	1:31.62	19.93	225m:	2:50.63	19.89	325m:	4:10.22	19.90
	50m:	33.46	17.82	150m:	1:51.36	19.74	250m:	3:10.40	19.77	350m:	4:30.10	19.88
	75m:	52.22	18.76	175m:	2:10.88	19.52	275m:	3:30.54	20.14	375m:	4:49.47	19.37
	100m:	1:11.69	19.47	200m:	2:30.74	19.86	300m:	3:50.32	19.78	400m:	5:07.40	17.93

36,		, 400m		, 11 - 13								
		/				R.T						
33.			2012		3-2		+0,69	<b>5:07.79</b>	3	327		
	25m:	16.42	16.42	125m:	1:32.88	19.74	225m:	2:51.36	19.72	325m:	4:10.87	20.10
	50m:	34.57	18.15	150m:	1:52.34	19.46	250m:	3:10.79	19.43	350m:	4:30.09	19.22
	75m:	53.89	19.32	175m:	2:12.34	20.00	275m:	3:31.18	20.39	375m:	4:49.76	19.67
	100m:	1:13.14	19.25	200m:	2:31.64	19.30	300m:	3:50.77	19.59	400m:	5:07.79	18.03
34.			2012					+0,75	<b>5:10.56</b>	3	319	
	25m:	15.87	15.87	125m:	1:32.96	19.70	225m:	2:51.79	20.08	325m:	4:11.27	19.65
	50m:	34.35	18.48	150m:	1:52.37	19.41	250m:	3:11.73	19.94	350m:	4:31.27	20.00
	75m:	54.08	19.73	175m:	2:12.00	19.63	275m:	3:31.74	20.01	375m:	4:50.70	19.43
	100m:	1:13.26	19.18	200m:	2:31.71	19.71	300m:	3:51.62	19.88	400m:	5:10.56	19.86
35.			2011	2	2-1			+0,75	<b>5:11.52</b>	3	316	
	25m:	16.60	16.60	125m:	1:34.94	20.10	225m:	2:54.29	19.16	350m:	4:32.83	20.10
	50m:	35.36	18.76	150m:	1:55.22	20.28	250m:	3:53.36	59.07	375m:	4:52.15	19.32
	75m:	54.82	19.46	175m:	2:15.13	19.91	275m:	3:33.99		400m:	5:11.52	19.37
	100m:	1:14.84	20.02	200m:	2:35.13	20.00	325m:	4:12.73	38.74			
36.			2012					+0,84	<b>5:13.33</b>	3	310	
	25m:	15.97	15.97	175m:	2:10.35	38.92	275m:	3:31.67		400m:	5:13.33	19.87
	75m:	53.49	37.52	225m:	2:50.85	40.50	325m:	4:12.69	41.02			
	125m:	1:31.43	37.94	250m:	3:52.17	1:01.32	375m:	4:53.46	40.77			
37.			2012		1			+0,80	<b>5:17.43</b>	3	298	
	25m:	16.40	16.40	125m:	1:34.76	20.24	225m:	2:54.45	19.83	325m:	4:16.52	20.53
	50m:	35.50	19.10	150m:	1:55.35	20.59	250m:	3:14.89	20.44	350m:	4:36.87	20.35
	75m:	55.14	19.64	175m:	2:15.26	19.91	275m:	3:36.15	21.26	375m:	4:57.87	21.00
	100m:	1:14.52	19.38	200m:	2:34.62	19.36	300m:	3:55.99	19.84	400m:	5:17.43	19.56
38.			2012		2-2			+0,59	<b>5:19.66</b>	3	292	
	25m:	15.88	15.88	125m:	1:34.62	20.71	225m:	2:56.37	20.64	325m:	4:18.65	21.17
	50m:	34.21	18.33	150m:	1:55.04	20.42	250m:	3:16.46	20.09	350m:	4:38.04	19.39
	75m:	53.52	19.31	175m:	2:16.01	20.97	275m:	3:37.51	21.05	375m:	4:59.33	21.29
	100m:	1:13.91	20.39	200m:	2:35.73	19.72	300m:	3:57.48	19.97	400m:	5:19.66	20.33
39.			2013	2	2			+0,68	<b>5:33.11</b>	3	258	
	25m:	17.99	17.99	125m:	1:38.84	20.63	225m:	3:04.12	21.47	325m:	4:29.84	21.34
	50m:	36.99	19.00	150m:	1:59.98	21.14	250m:	3:25.36	21.24	350m:	4:51.20	21.36
	75m:	57.19	20.20	175m:	2:21.33	21.35	275m:	3:46.89	21.53	375m:	5:12.71	21.51
	100m:	1:18.21	21.02	200m:	2:42.65	21.32	300m:	4:08.50	21.61	400m:	5:33.11	20.40
DNS			2011		1							
DNS			2012									
11												
1.			2013					+0,77	<b>4:57.38</b>	2	363	
	25m:	15.30	15.30	125m:	1:28.99	18.80	225m:	2:46.01	18.94	325m:	4:02.74	19.09
	50m:	32.80	17.50	150m:	1:48.59	19.60	250m:	3:05.37	19.36	350m:	4:21.99	19.25
	75m:	51.37	18.57	175m:	2:07.96	19.37	275m:	3:24.28	18.91	375m:	4:40.29	18.30
	100m:	1:10.19	18.82	200m:	2:27.07	19.11	300m:	3:43.65	19.37	400m:	4:57.38	17.09
2.			2013		3-3			+0,85	<b>5:04.15</b>	3	339	
	25m:	15.90	15.90	125m:	1:31.97	19.46	225m:	2:50.53	19.16	325m:	4:07.97	19.04
	50m:	34.08	18.18	150m:	1:51.73	19.76	250m:	3:10.06	19.53	350m:	4:27.46	19.49
	75m:	53.14	19.06	175m:	2:11.23	19.50	275m:	3:29.43	19.37	375m:	4:46.42	18.96
	100m:	1:12.51	19.37	200m:	2:31.37	20.14	300m:	3:48.93	19.50	400m:	5:04.15	17.73
3.			2013		2-2			+0,61	<b>5:07.40</b>	3	329	
	25m:	15.64	15.64	125m:	1:31.62	19.93	225m:	2:50.63	19.89	325m:	4:10.22	19.90
	50m:	33.46	17.82	150m:	1:51.36	19.74	250m:	3:10.40	19.77	350m:	4:30.10	19.88
	75m:	52.22	18.76	175m:	2:10.88	19.52	275m:	3:30.54	20.14	375m:	4:49.47	19.37
	100m:	1:11.69	19.47	200m:	2:30.74	19.86	300m:	3:50.32	19.78	400m:	5:07.40	17.93

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36, , 400m

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4.			2013		2		+0,68	<b>5:33.11</b>	3	258		
	25m:	17.99	17.99	125m:	1:38.84	20.63	225m:	3:04.12	21.47	325m:	4:29.84	21.34
	50m:	36.99	19.00	150m:	1:59.98	21.14	250m:	3:25.36	21.24	350m:	4:51.20	21.36
	75m:	57.19	20.20	175m:	2:21.33	21.35	275m:	3:46.89	21.53	375m:	5:12.71	21.51
	100m:	1:18.21	21.02	200m:	2:42.65	21.32	300m:	4:08.50	21.61	400m:	5:33.11	20.40
12												
1.			2012		1		+0,77	<b>4:36.88</b>	2	450		
	25m:	15.47	15.47	125m:	1:24.12	17.72	225m:	2:34.66	17.75	325m:	3:45.75	17.93
	50m:	31.81	16.34	150m:	1:41.51	17.39	250m:	2:52.30	17.64	350m:	4:03.55	17.80
	75m:	49.08	17.27	175m:	1:59.31	17.80	275m:	3:10.21	17.91	375m:	4:20.64	17.09
	100m:	1:06.40	17.32	200m:	2:16.91	17.60	300m:	3:27.82	17.61	400m:	4:36.88	16.24
2.			2012		1		+0,84	<b>4:49.13</b>	2	395		
	25m:	15.74	15.74	125m:	1:26.86	18.14	225m:	2:40.41	18.65	325m:	3:55.49	18.79
	50m:	33.19	17.45	150m:	1:45.10	18.24	250m:	2:59.19	18.78	350m:	4:13.90	18.41
	75m:	50.92	17.73	175m:	2:03.27	18.17	275m:	3:17.78	18.59	375m:	4:31.93	18.03
	100m:	1:08.72	17.80	200m:	2:21.76	18.49	300m:	3:36.70	18.92	400m:	4:49.13	17.20
3.			2012		3-2		+0,78	<b>4:49.45</b>	2	394		
	25m:	15.12	15.12	125m:	1:26.86	18.62	225m:	2:41.43	18.58	325m:	3:56.39	18.67
	50m:	32.11	16.99	150m:	1:45.31	18.45	250m:	3:00.07	18.64	350m:	4:15.13	18.74
	75m:	49.90	17.79	175m:	2:04.19	18.88	275m:	3:18.99	18.92	375m:	4:33.05	17.92
	100m:	1:08.24	18.34	200m:	2:22.85	18.66	300m:	3:37.72	18.73	400m:	4:49.45	16.40
4.			2012		1		+0,84	<b>4:50.06</b>	2	391		
	25m:	15.67	15.67	125m:	1:28.80	18.18	225m:	2:43.16	18.04	325m:	3:56.51	18.08
	50m:	33.46	17.79	150m:	1:47.62	18.82	250m:	3:01.37	18.21	350m:	4:15.03	18.52
	75m:	51.63	18.17	175m:	2:06.27	18.65	275m:	3:19.46	18.09	375m:	4:32.85	17.82
	100m:	1:10.62	18.99	200m:	2:25.12	18.85	300m:	3:38.43	18.97	400m:	4:50.06	17.21
5.			2012		1		+0,61	<b>4:52.31</b>	2	382		
	25m:	15.58	15.58	125m:	1:27.33	18.56	225m:	2:42.08	18.76	325m:	3:57.16	18.69
	50m:	32.63	17.05	150m:	1:46.03	18.70	250m:	3:00.89	18.81	350m:	4:15.91	18.75
	75m:	50.49	17.86	175m:	2:04.53	18.50	275m:	3:19.47	18.58	375m:	4:34.43	18.52
	100m:	1:08.77	18.28	200m:	2:23.32	18.79	300m:	3:38.47	19.00	400m:	4:52.31	17.88
6.			2012		3-1		+0,84	<b>4:57.04</b>	2	364		
	25m:	15.76	15.76	125m:	1:30.63	18.93	225m:	2:47.20	18.81	325m:	4:04.19	18.90
	50m:	33.90	18.14	150m:	1:49.71	19.08	250m:	3:06.57	19.37	350m:	4:23.25	19.06
	75m:	52.64	18.74	175m:	2:08.62	18.91	275m:	3:25.24	18.67	375m:	4:40.95	17.70
	100m:	1:11.70	19.06	200m:	2:28.39	19.77	300m:	3:45.29	20.05	400m:	4:57.04	16.09
7.			2012		3-2		+0,77	<b>5:02.21</b>	3	346		
	25m:	15.80	15.80	175m:	2:10.26	39.20	275m:	3:28.00	38.61	375m:	4:44.69	37.94
	75m:	52.51	36.71	200m:	3:08.48	58.22	300m:	4:26.10	58.10	400m:	5:02.21	17.52
	125m:	1:31.06	38.55	225m:	2:49.39		325m:	4:06.75				
8.			2012		3-2		+0,64	<b>5:04.04</b>	3	340		
	25m:	15.90	15.90	125m:	1:31.06	19.27	225m:	2:49.39	19.65	325m:	4:07.36	19.45
	50m:	34.04	18.14	150m:	1:50.51	19.45	250m:	3:08.56	19.17	350m:	4:26.93	19.57
	75m:	52.73	18.69	175m:	2:10.30	19.79	275m:	3:27.99	19.43	375m:	4:46.05	19.12
	100m:	1:11.79	19.06	200m:	2:29.74	19.44	300m:	3:47.91	19.92	400m:	5:04.04	17.99
9.			2012		4		+0,83	<b>5:04.28</b>	3	339		
	25m:	15.39	15.39	125m:	1:31.51	19.79	225m:	2:50.01	19.71	325m:	4:09.31	19.73
	50m:	33.49	18.10	150m:	1:50.64	19.13	250m:	3:10.01	20.00	350m:	4:28.43	19.12
	75m:	52.39	18.90	175m:	2:10.81	20.17	275m:	3:30.05	20.04	375m:	4:47.40	18.97
	100m:	1:11.72	19.33	200m:	2:30.30	19.49	300m:	3:49.58	19.53	400m:	5:04.28	16.88

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36,		, 400m		, 12				R.T				
10.			2012		1		+0,67	<b>5:04.40</b>	3	339		
	25m:	15.84	15.84	125m:	1:31.80	19.40	225m:	2:50.23	19.62	325m:	4:07.87	18.29
	50m:	33.49	17.65	150m:	1:51.56	19.76	250m:	3:10.19	19.96	350m:	4:27.77	19.90
	75m:	52.58	19.09	175m:	2:11.15	19.59	275m:	3:29.73	19.54	375m:	4:46.54	18.77
	100m:	1:12.40	19.82	200m:	2:30.61	19.46	300m:	3:49.58	19.85	400m:	5:04.40	17.86
11.			2012		1		+0,72	<b>5:06.19</b>	3	333		
	25m:	16.09	16.09	125m:	1:31.94	19.56	225m:	2:51.39	19.83	325m:	4:09.42	20.63
	50m:	33.88	17.79	150m:	1:51.26	19.32	250m:	3:10.58	19.19	350m:	4:28.47	19.05
	75m:	53.14	19.26	175m:	2:10.75	19.49	275m:	3:29.64	19.06	375m:	4:48.21	19.74
	100m:	1:12.38	19.24	200m:	2:31.56	20.81	300m:	3:48.79	19.15	400m:	5:06.19	17.98
12.			2012		2-2		+0,70	<b>5:06.74</b>	3	331		
	25m:	16.07	16.07	125m:	1:32.22	19.41	225m:	2:50.69	19.81	325m:	4:09.46	19.72
	50m:	34.31	18.24	150m:	1:51.59	19.37	250m:	3:10.11	19.42	350m:	4:28.63	19.17
	75m:	53.52	19.21	175m:	2:11.30	19.71	275m:	3:30.00	19.89	375m:	4:48.05	19.42
	100m:	1:12.81	19.29	200m:	2:30.88	19.58	300m:	3:49.74	19.74	400m:	5:06.74	18.69
13.			2012		3-2		+0,69	<b>5:07.79</b>	3	327		
	25m:	16.42	16.42	125m:	1:32.88	19.74	225m:	2:51.36	19.72	325m:	4:10.87	20.10
	50m:	34.57	18.15	150m:	1:52.34	19.46	250m:	3:10.79	19.43	350m:	4:30.09	19.22
	75m:	53.89	19.32	175m:	2:12.34	20.00	275m:	3:31.18	20.39	375m:	4:49.76	19.67
	100m:	1:13.14	19.25	200m:	2:31.64	19.30	300m:	3:50.77	19.59	400m:	5:07.79	18.03
14.			2012				+0,75	<b>5:10.56</b>	3	319		
	25m:	15.87	15.87	125m:	1:32.96	19.70	225m:	2:51.79	20.08	325m:	4:11.27	19.65
	50m:	34.35	18.48	150m:	1:52.37	19.41	250m:	3:11.73	19.94	350m:	4:31.27	20.00
	75m:	54.08	19.73	175m:	2:12.00	19.63	275m:	3:31.74	20.01	375m:	4:50.70	19.43
	100m:	1:13.26	19.18	200m:	2:31.71	19.71	300m:	3:51.62	19.88	400m:	5:10.56	19.86
15.			2012				+0,84	<b>5:13.33</b>	3	310		
	25m:	15.97	15.97	175m:	2:10.35	38.92	275m:	3:31.67		400m:	5:13.33	19.87
	75m:	53.49	37.52	225m:	2:50.85	40.50	325m:	4:12.69	41.02			
	125m:	1:31.43	37.94	250m:	3:52.17	1:01.32	375m:	4:53.46	40.77			
16.			2012		1		+0,80	<b>5:17.43</b>	3	298		
	25m:	16.40	16.40	125m:	1:34.76	20.24	225m:	2:54.45	19.83	325m:	4:16.52	20.53
	50m:	35.50	19.10	150m:	1:55.35	20.59	250m:	3:14.89	20.44	350m:	4:36.87	20.35
	75m:	55.14	19.64	175m:	2:15.26	19.91	275m:	3:36.15	21.26	375m:	4:57.87	21.00
	100m:	1:14.52	19.38	200m:	2:34.62	19.36	300m:	3:55.99	19.84	400m:	5:17.43	19.56
17.			2012		2-2		+0,59	<b>5:19.66</b>	3	292		
	25m:	15.88	15.88	125m:	1:34.62	20.71	225m:	2:56.37	20.64	325m:	4:18.65	21.17
	50m:	34.21	18.33	150m:	1:55.04	20.42	250m:	3:16.46	20.09	350m:	4:38.04	19.39
	75m:	53.52	19.31	175m:	2:16.01	20.97	275m:	3:37.51	21.05	375m:	4:59.33	21.29
	100m:	1:13.91	20.39	200m:	2:35.73	19.72	300m:	3:57.48	19.97	400m:	5:19.66	20.33
DNS			2012									
13												
1.			2011	I	2		+0,90	<b>4:23.23</b>	1	524		
	25m:	13.68	13.68	125m:	1:18.30	16.76	225m:	2:25.66	16.77	325m:	3:33.53	16.55
	50m:	29.09	15.41	150m:	1:35.12	16.82	250m:	2:42.81	17.15	350m:	3:50.26	16.73
	75m:	45.09	16.00	175m:	1:51.96	16.84	275m:	2:59.61	16.80	375m:	4:06.99	16.73
	100m:	1:01.54	16.45	200m:	2:08.89	16.93	300m:	3:16.98	17.37	400m:	4:23.23	16.24
2.			2011		3-1		+0,87	<b>4:28.15</b>	2	495		
	25m:	14.41	14.41	125m:	1:19.66	16.63	225m:	2:28.82	17.66	325m:	3:37.82	17.37
	50m:	30.27	15.86	150m:	1:36.68	17.02	250m:	2:45.94	17.12	350m:	3:54.89	17.07
	75m:	46.28	16.01	175m:	1:53.85	17.17	275m:	3:03.44	17.50	375m:	4:11.98	17.09
	100m:	1:03.03	16.75	200m:	2:11.16	17.31	300m:	3:20.45	17.01	400m:	4:28.15	16.17

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36,	, 400m	, 13	/						R.T	
3.			2011		1		+0,64	<b>4:30.84</b>	2	481
	25m: 14.88	14.88	125m: 1:22.88	17.18	225m: 2:32.60	17.29	325m: 3:40.98	16.87		
	50m: 31.51	16.63	150m: 1:40.59	17.71	250m: 2:49.96	17.36	350m: 3:58.29	17.31		
	75m: 48.25	16.74	175m: 1:57.78	17.19	275m: 3:06.96	17.00	375m: 4:14.93	16.64		
	100m: 1:05.70	17.45	200m: 2:15.31	17.53	300m: 3:24.11	17.15	400m: 4:30.84	15.91		
4.			2011		4		+0,75	<b>4:31.44</b>	2	478
	25m: 14.70	14.70	125m: 1:22.45	17.53	225m: 2:32.26	17.35	325m: 3:41.79	17.07		
	50m: 30.90	16.20	150m: 1:39.95	17.50	250m: 2:49.80	17.54	350m: 3:59.13	17.34		
	75m: 47.86	16.96	175m: 1:57.37	17.42	275m: 3:07.42	17.62	375m: 4:15.69	16.56		
	100m: 1:04.92	17.06	200m: 2:14.91	17.54	300m: 3:24.72	17.30	400m: 4:31.44	15.75		
5.			2011		1-1		+0,81	<b>4:37.11</b>	2	449
	25m: 14.31	14.31	175m: 1:57.87	35.88	325m: 3:44.38	35.29	400m: 4:37.11	16.76		
	75m: 47.03	32.72	225m: 2:33.11	35.24	350m: 4:37.15	52.77				
	125m: 1:21.99	34.96	275m: 3:09.09	35.98	375m: 4:20.35					
6.			2011		3-1		+0,77	<b>4:37.51</b>	2	447
	25m: 14.00	14.00	125m: 1:21.12	17.73	225m: 2:32.47	18.07	325m: 3:44.65	18.20		
	50m: 29.69	15.69	150m: 1:38.51	17.39	250m: 2:50.60	18.13	375m: 4:20.57	35.92		
	75m: 46.13	16.44	175m: 1:56.15	17.64	275m: 3:08.45	17.85	400m: 4:37.51	16.94		
	100m: 1:03.39	17.26	200m: 2:14.40	18.25	300m: 3:26.45	18.00				
7.			2011		4		+0,73	<b>4:39.99</b>	2	435
	25m: 14.53	14.53	125m: 1:23.66	18.00	225m: 2:36.06	17.96	325m: 3:47.92	17.80		
	50m: 30.82	16.29	150m: 1:41.69	18.03	250m: 2:54.07	18.01	350m: 4:06.31	18.39		
	75m: 47.89	17.07	175m: 1:59.86	18.17	275m: 3:11.95	17.88	375m: 4:23.67	17.36		
	100m: 1:05.66	17.77	200m: 2:18.10	18.24	300m: 3:30.12	18.17	400m: 4:39.99	16.32		
8.			2011		3-1		+0,79	<b>4:47.06</b>	2	404
	25m: 14.97	14.97	125m: 1:25.93	17.96	225m: 2:39.28	17.91	325m: 3:52.73	18.22		
	50m: 32.36	17.39	150m: 1:44.52	18.59	250m: 2:57.69	18.41	350m: 4:11.16	18.43		
	75m: 49.96	17.60	175m: 2:02.99	18.47	275m: 3:15.89	18.20	375m: 4:29.25	18.09		
	100m: 1:07.97	18.01	200m: 2:21.37	18.38	300m: 3:34.51	18.62	400m: 4:47.06	17.81		
9.			2011	2	2-1		+0,66	<b>4:48.10</b>	2	399
	25m: 14.84	14.84	125m: 1:25.66	18.80	225m: 2:40.53	18.20	325m: 3:54.27	18.48		
	50m: 31.16	16.32	150m: 1:44.92	19.26	250m: 2:59.31	18.78	350m: 4:12.54	18.27		
	75m: 48.58	17.42	175m: 2:03.51	18.59	275m: 3:17.13	17.82	375m: 4:30.37	17.83		
	100m: 1:06.86	18.28	200m: 2:22.33	18.82	300m: 3:35.79	18.66	400m: 4:48.10	17.73		
10.			2011		3-1		+0,75	<b>4:48.73</b>	2	397
	25m: 14.47	14.47	125m: 1:25.12	18.53	225m: 2:39.25	18.56	325m: 3:54.08	18.82		
	50m: 31.20	16.73	150m: 1:43.06	17.94	250m: 2:57.87	18.62	350m: 4:12.65	18.57		
	75m: 48.55	17.35	175m: 2:01.88	18.82	275m: 3:16.57	18.70	375m: 4:31.09	18.44		
	100m: 1:06.59	18.04	200m: 2:20.69	18.81	300m: 3:35.26	18.69	400m: 4:48.73	17.64		
11.			2011		2-2		+0,67	<b>4:50.36</b>	2	390
	25m: 15.10	15.10	125m: 1:27.51	18.50	225m: 2:41.52	18.78	325m: 3:56.30	18.74		
	50m: 32.52	17.42	150m: 1:45.82	18.31	250m: 3:00.27	18.75	350m: 4:15.00	18.70		
	75m: 50.77	18.25	175m: 2:04.15	18.33	275m: 3:19.14	18.87	375m: 4:33.24	18.24		
	100m: 1:09.01	18.24	200m: 2:22.74	18.59	300m: 3:37.56	18.42	400m: 4:50.36	17.12		
12.			2011		1		+0,58	<b>4:51.62</b>	2	385
	25m: 15.02	15.02	125m: 1:25.90	18.44	225m: 2:40.89	18.86	325m: 3:56.43	19.11		
	50m: 31.75	16.73	150m: 1:44.44	18.54	250m: 2:59.61	18.72	350m: 4:15.18	18.75		
	75m: 49.28	17.53	175m: 2:03.34	18.90	275m: 3:18.41	18.80	375m: 4:34.04	18.86		
	100m: 1:07.46	18.18	200m: 2:22.03	18.69	300m: 3:37.32	18.91	400m: 4:51.62	17.58		
13.			2011		1		+0,68	<b>4:52.20</b>	2	383
	25m: 14.89	14.89	125m: 1:26.53	18.34	225m: 2:41.10	18.80	325m: 3:56.58	18.85		
	50m: 31.90	17.01	150m: 1:45.03	18.50	250m: 2:59.95	18.85	350m: 4:15.59	19.01		
	75m: 49.76	17.86	175m: 2:03.70	18.67	275m: 3:18.76	18.81	375m: 4:34.20	18.61		
	100m: 1:08.19	18.43	200m: 2:22.30	18.60	300m: 3:37.73	18.97	400m: 4:52.20	18.00		

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	36,	, 400m	, 13									
			/					R.T				
14.			2011		1-1		+0,66	<b>4:55.38</b>	2		371	
	25m:	15.02	15.02	125m:	1:27.22	37.45	275m:	3:21.81	37.48	400m:	4:55.38	17.99
	50m:	31.88	16.86	175m:	2:05.56	38.34	325m:	3:59.45	37.64			
	75m:	49.77	17.89	225m:	2:44.33	38.77	375m:	4:37.39	37.94			
15.			2011				+0,84	<b>4:55.72</b>	2		369	
	25m:	15.57	15.57	150m:	1:47.74	18.83	250m:	3:04.01	18.79	350m:	4:20.66	19.21
	50m:	32.96	17.39	175m:	2:06.57	18.83	275m:	3:22.69	18.68	375m:	4:39.31	18.65
	75m:	51.24	18.28	200m:	2:25.86	19.29	300m:	3:42.05	19.36	400m:	4:55.72	16.41
	125m:	1:28.91	37.67	225m:	2:45.22	19.36	325m:	4:01.45	19.40			
16.			2011		1		+0,69	<b>5:03.98</b>	3		340	
	25m:	15.79	15.79	125m:	1:29.90	19.07	225m:	2:47.47	19.46	325m:	4:05.53	19.64
	50m:	33.56	17.77	150m:	1:49.14	19.24	250m:	3:06.88	19.41	350m:	4:25.36	19.83
	75m:	52.28	18.72	175m:	2:08.60	19.46	275m:	3:26.46	19.58	375m:	4:45.03	19.67
	100m:	1:10.83	18.55	200m:	2:28.01	19.41	300m:	3:45.89	19.43	400m:	5:03.98	18.95
17.			2011		1-1		+0,75	<b>5:04.29</b>	3		339	
	25m:	15.72	15.72	125m:	1:31.03	19.32	225m:	2:48.78	19.49	325m:	4:07.26	19.81
	50m:	34.01	18.29	150m:	1:50.40	19.37	250m:	3:08.22	19.44	350m:	4:26.93	19.67
	75m:	52.67	18.66	175m:	2:09.60	19.20	275m:	3:27.91	19.69	375m:	4:46.34	19.41
	100m:	1:11.71	19.04	200m:	2:29.29	19.69	300m:	3:47.45	19.54	400m:	5:04.29	17.95
18.			2011	2	2-1		+0,75	<b>5:11.52</b>	3		316	
	25m:	16.60	16.60	125m:	1:34.94	20.10	225m:	2:54.29	19.16	350m:	4:32.83	20.10
	50m:	35.36	18.76	150m:	1:55.22	20.28	250m:	3:53.36	59.07	375m:	4:52.15	19.32
	75m:	54.82	19.46	175m:	2:15.13	19.91	275m:	3:33.99		400m:	5:11.52	19.37
	100m:	1:14.84	20.02	200m:	2:35.13	20.00	325m:	4:12.73	38.74			
DNS			2011		1							