

14.02.2026

3

, 400m

2008 - 2014

III	8 +: 9:57.00 /	I	9 +: 4:59.00 /	I	8 +: 7:35.00 /
	12 +: 4:26.00 /	II	9 +: 5:40.00 /	II	8 +: 8:46.00 /
	10 +: 4:41.00 /	III	9 +: 6:24.00		

: AQUA 2025

## 2008 - 2010

1.			10						<b>4:51.85</b>	524	I		
	100m:	1:07.56	1:07.56	200m:	2:22.08	1:14.52	300m:	3:38.16	1:16.08	400m:	4:51.85	1:13.69	
2.			09								<b>5:04.71</b>	460	II
	100m:	1:10.66	1:10.66	200m:	2:27.60	1:16.94	300m:	3:46.35	1:18.75	400m:	5:04.71	1:18.36	
3.			10			1(	)				<b>5:07.94</b>	446	II
	100m:	1:08.71	1:08.71	200m:	2:26.98	1:18.27	300m:	3:47.97	1:20.99	400m:	5:07.94	1:19.97	
4.			10			.					<b>5:17.14</b>	408	II
	100m:	1:12.90	1:12.90	200m:	2:34.84	1:21.94	300m:	3:57.23	1:22.39	400m:	5:17.14	1:19.91	
5.			09			.					<b>5:48.73</b>	307	III

## 2011 - 2012

1.			12			(	)				<b>4:46.51</b>	554	I
	100m:	1:06.29	1:06.29	200m:	2:19.13	1:12.84	300m:	3:33.45	1:14.32	400m:	4:46.51	1:13.06	
2.			12			(	)				<b>4:51.83</b>	524	I
	100m:	1:07.28	1:07.28	200m:	2:21.45	1:14.17	300m:	3:37.32	1:15.87	400m:	4:51.83	1:14.51	
3.			11			.					<b>5:06.66</b>	452	II
4.			12			(	)				<b>5:12.71</b>	426	II
	100m:	1:13.96	1:13.96	200m:	2:34.98	1:21.02	300m:	3:56.33	1:21.35	400m:	5:12.71	1:16.38	
5.			12			1					<b>5:13.31</b>	424	II
	100m:	1:14.62	1:14.62	200m:	2:35.00	1:20.38	300m:	3:54.76	1:19.76	400m:	5:13.31	1:18.55	
6.			12			(	)				<b>5:13.63</b>	422	II
	100m:	1:11.20	1:11.20	200m:	2:32.49	1:21.29	300m:	3:54.40	1:21.91	400m:	5:13.63	1:19.23	
7.			11			.					<b>5:14.20</b>	420	II
	100m:	1:14.00	1:14.00	200m:	2:34.72	1:20.72	300m:	3:55.55	1:20.83	400m:	5:14.20	1:18.65	
8.			12			(	)				<b>5:14.61</b>	418	II
9.			12			(	)				<b>5:22.39</b>	389	II
10.			12			(	)				<b>5:34.31</b>	349	II
11.			11		"	"	..				<b>5:52.23</b>	298	III
12.			12		"	"	..				<b>5:52.24</b>	298	III
13.			12		"	"	..				<b>6:13.30</b>	250	III
14.			12		"	"	..				<b>6:52.26</b>	186	I
15.			11		"	"	..				<b>7:26.53</b>	146	I
16.			12		"	"	..				<b>7:29.51</b>	143	I

## 2013 - 2014

1.			14			(	)				<b>5:55.97</b>	289	III
2.			14			.					<b>6:08.40</b>	260	III
3.			13		"	"	..				<b>6:15.03</b>	247	III
4.			14		"	"	.				<b>6:15.10</b>	247	III
5.			13		"	"	.				<b>6:32.21</b>	216	I
6.			14			(	)				<b>6:36.83</b>	208	I
7.			13		"	"	..				<b>7:11.04</b>	162	I
8.			14		"	"	..				<b>7:13.82</b>	159	I