

19.12.2025

5		, 400m						11						
19.12.2025		10 +: 4:43.00 /	I	9 +: 5:02.00 /	II	9 +: 5:43.00 /	III	9 +: 6:31.00 /	I	8 +: 7:26.00 /	II	8 +: 8:22.00 /	III	8 +: 9:18.00
: AQUA 2025														
FINA														
11		- 13												
1.		2012						()	5:49.63 III		302			
	50m:	37.44	37.44	150m:	2:04.54	43.32	250m:	3:38.25	51.71	350m:	5:08.67	39.45		
	100m:	1:21.22	43.78	200m:	2:46.54	42.00	300m:	4:29.22	50.97	400m:	5:49.63	40.96		
2.		2013						()	5:55.41 III		288			
	50m:	38.17	38.17	150m:	2:08.73	45.57	250m:	3:48.68	55.55	350m:	5:19.19	36.96		
	100m:	1:23.16	44.99	200m:	2:53.13	44.40	300m:	4:42.23	53.55	400m:	5:55.41	36.22		
3.		2014						()	5:58.91 III		280			
	50m:	40.15	40.15	150m:	2:09.86	43.95	250m:	3:45.66	51.04	350m:	5:19.48	40.36		
	100m:	1:25.91	45.76	200m:	2:54.62	44.76	300m:	4:39.12	53.46	400m:	5:58.91	39.43		
4.		2013						()	6:00.72 III		275			
	50m:	37.49	37.49	150m:	2:12.77	47.17	250m:	3:48.45	51.36	350m:	5:20.89	40.82		
	100m:	1:25.60	48.11	200m:	2:57.09	44.32	300m:	4:40.07	51.62	400m:	6:00.72	39.83		
5.		2014						()	6:06.85 III		262			
	50m:	41.37	41.37	150m:	2:16.01	46.76	250m:	3:55.55	52.98	350m:	5:27.62	37.86		
	100m:	1:29.25	47.88	200m:	3:02.57	46.56	300m:	4:49.76	54.21	400m:	6:06.85	39.23		
6.		2014						()	6:33.76 I		212			
	50m:	41.89	41.89	150m:	2:14.53	45.29	250m:	3:57.18	58.08	350m:	5:27.62	37.86		
	100m:	1:29.24	47.35	200m:	2:59.10	44.57	300m:	5:00.50	1:03.32	400m:	6:33.76	39.23		
14														
1.		2010						()	4:43.40 I		568			
	50m:	28.25	28.25	150m:	1:36.06	35.60	250m:	2:53.98	43.84	350m:	4:11.12	33.48		
	100m:	1:00.46	32.21	200m:	2:10.14	34.08	300m:	3:37.64	43.66	400m:	4:43.40	32.28		
2.		2008						()	5:06.22 II		450			
	50m:	34.78	34.78	150m:	1:51.07	38.88	250m:	3:12.27	43.05	350m:	4:31.76	34.57		
	100m:	1:12.19	37.41	200m:	2:29.22	38.15	300m:	3:57.19	44.92	400m:	5:06.22	34.46		
3.		2010						()	5:08.18 II		442			
	50m:	31.31	31.31	150m:	1:50.98	40.10	250m:	3:13.89	44.14	350m:	4:35.55	36.70		
	100m:	1:10.88	39.57	200m:	2:29.75	38.77	300m:	3:58.85	44.96	400m:	5:08.18	32.63		
4.		2006						()	5:26.88 II		370			
	50m:	34.42	34.42	150m:	1:57.96	44.05	250m:	3:27.15	46.08	350m:	4:51.27	35.63		
	100m:	1:13.91	39.49	200m:	2:41.07	43.11	300m:	4:15.64	48.49	400m:	5:26.88	35.61		
5.		2010						()	5:31.63 II		354			
	50m:	34.27	34.27	150m:	1:57.10	42.69	250m:	3:28.93	49.49	350m:	4:55.38	37.16		
	100m:	1:14.41	40.14	200m:	2:39.44	42.34	300m:	4:18.22	49.29	400m:	5:31.63	36.25		
6.		2010						()	5:53.90 III		292			
	50m:	33.20	33.20	150m:	2:00.89	46.44	250m:	3:40.23	51.36	350m:	5:16.95	43.69		
	100m:	1:14.45	41.25	200m:	2:48.87	47.98	300m:	4:33.26	53.03	400m:	5:53.90	36.95		