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9 , 400m 2011 - 2012

06.12.2023 - 13:22

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2012

1.			2012 2					5:30.68	342	2		
	50m:	38.68	38.68	150m:	2:03.32	42.09	250m:	3:27.23	41.72	350m:	4:51.35	41.88
	100m:	1:21.23	42.55	200m:	2:45.51	42.19	300m:	4:09.47	42.24	400m:	5:30.68	39.33
2.			2012 3					6:04.93	254	3		
	50m:	39.90	39.90	150m:	2:13.32	46.92	250m:	3:47.65	47.56	350m:	5:22.31	47.36
	100m:	1:26.40	46.50	200m:	3:00.09	46.77	300m:	4:34.95	47.30	400m:	6:04.93	42.62

2011

1.			2011 2					5:20.22	376	2		
	50m:	36.01	36.01	150m:	1:56.01	40.03	250m:	3:17.33	40.85	350m:	4:39.88	41.26
	100m:	1:15.98	39.97	200m:	2:36.48	40.47	300m:	3:58.62	41.29	400m:	5:20.22	40.34
2.			2011 2					5:24.05	363	2		
	50m:	35.83	35.83	150m:	1:56.05	40.58	250m:	3:19.05	41.97	350m:	4:43.23	42.14
	100m:	1:15.47	39.64	200m:	2:37.08	41.03	300m:	4:01.09	42.04	400m:	5:24.05	40.82
3.			2011 2					5:26.36	355	2		
	50m:	36.03	36.03	150m:	1:58.32	41.38	250m:	3:21.86	42.16	350m:	4:45.72	41.73
	100m:	1:16.94	40.91	200m:	2:39.70	41.38	300m:	4:03.99	42.13	400m:	5:26.36	40.64
4.			2011 1					6:32.73	204	1		
	50m:	42.52	42.52	150m:	2:18.57	49.08	250m:	4:01.63	51.89	350m:	5:43.73	50.18
	100m:	1:29.49	46.97	200m:	3:09.74	51.17	300m:	4:53.55	51.92	400m:	6:32.73	49.00