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14-15

2025 .

13 , 400m (16-18)
14.04.2025 - 13:41

: AQUA 2025

								R.T.				
1.			/	2007					4:42.84	I	576	
	50m:	32.73	32.73	150m:	1:44.92	35.92	250m:	2:57.68	35.49	350m:	4:08.74	34.88
	100m:	1:09.00	36.27	200m:	2:22.19	37.27	300m:	3:33.86	36.18	400m:	4:42.84	34.10
2.				2009		" "			+0,68	4:50.16	I	533
	50m:	33.40	33.40	150m:	1:46.31	36.54	250m:	3:00.51	37.03	350m:	4:14.11	36.20
	100m:	1:09.77	36.37	200m:	2:23.48	37.17	300m:	3:37.91	37.40	400m:	4:50.16	36.05
3.				2009 I					+0,83	4:54.39	I	511
	50m:	33.21	33.21	150m:	1:46.44	36.99	250m:	3:01.57	37.40	350m:	4:17.15	37.57
	100m:	1:09.45	36.24	200m:	2:24.17	37.73	300m:	3:39.58	38.01	400m:	4:54.39	37.24
4.				2009					+0,77	4:58.35	I	491
	50m:	33.58	33.58	150m:	1:48.13	37.62	250m:	3:04.78	37.91	350m:	4:21.28	37.76
	100m:	1:10.51	36.93	200m:	2:26.87	38.74	300m:	3:43.52	38.74	400m:	4:58.35	37.07
5.				2008 I		1,			+0,66	5:02.90	II	469
	50m:	34.09	34.09	150m:	1:49.17	37.77	250m:	3:06.54	38.45	350m:	4:25.06	38.63
	100m:	1:11.40	37.31	200m:	2:28.09	38.92	300m:	3:46.43	39.89	400m:	5:02.90	37.84
6.				2009 II		" "			+0,71	5:26.42	II	374
	50m:	35.87	35.87	150m:	1:57.02	41.45	250m:	3:21.01	42.06	350m:	4:45.85	42.26
	100m:	1:15.57	39.70	200m:	2:38.95	41.93	300m:	4:03.59	42.58	400m:	5:26.42	40.57
EXH				2010						4:41.67	I	583
	50m:	31.71	31.71	150m:	1:43.13	35.51	250m:	2:55.05	35.63	350m:	4:06.70	35.23
	100m:	1:07.62	35.91	200m:	2:19.42	36.29	300m:	3:31.47	36.42	400m:	4:41.67	34.97
EXH				2011 II					+0,65	5:09.80	II	438
	50m:	33.30	33.30	150m:	1:48.56	38.82	250m:	3:08.22	40.57	350m:	4:29.60	41.40
	100m:	1:09.74	36.44	200m:	2:27.65	39.09	300m:	3:48.20	39.98	400m:	5:09.80	40.20
EXH				2010 I						5:10.88	II	434
	50m:	33.89	33.89	150m:	1:52.56	39.60	250m:	3:12.61	39.85	350m:	4:32.42	39.10
	100m:	1:12.96	39.07	200m:	2:32.76	40.20	300m:	3:53.32	40.71	400m:	5:10.88	38.46
EXH				2010 II		" "			+0,67	5:21.52	II	392
	50m:	36.13	36.13	150m:	1:58.29	41.32	250m:	3:20.17	40.60	350m:	4:41.03	40.22
	100m:	1:16.97	40.84	200m:	2:39.57	41.28	300m:	4:00.81	40.64	400m:	5:21.52	40.49
EXH				2011 II		" "				5:26.25	II	375
	50m:	35.40	35.40	150m:	1:56.89	41.62	250m:	3:20.56	41.90	350m:	4:45.12	42.29
	100m:	1:15.27	39.87	200m:	2:38.66	41.77	300m:	4:02.83	42.27	400m:	5:26.25	41.13
EXH				2010 II					+0,99	5:42.62	III	324
	50m:	36.20	36.20	150m:	2:00.56	43.02	250m:	3:28.97	44.32	350m:	4:58.51	44.90
	100m:	1:17.54	41.34	200m:	2:44.65	44.09	300m:	4:13.61	44.64	400m:	5:42.62	44.11