

" " " "

, 15-16 2025 .

13 , 400m 2011
15.12.2025 - 13:37

: AQUA 2024

1.	/											
	23.06.2011									4:43.56	542	1
	50m:	32.39	32.39	150m:	1:43.10	35.64	250m:	2:56.92	36.98	350m:	4:09.30	35.77
	100m:	1:07.46	35.07	200m:	2:19.94	36.84	300m:	3:33.53	36.61	400m:	4:43.56	34.26
2.	24.07.2010 1									4:44.90	535	1
	50m:	31.85	31.85	150m:	1:42.70	36.30	250m:	2:56.36	36.45	350m:	4:09.92	37.26
	100m:	1:06.40	34.55	200m:	2:19.91	37.21	300m:	3:32.66	36.30	400m:	4:44.90	34.98
3.	16.02.2011 1									4:58.04	467	2
	50m:	32.59	32.59	150m:	1:46.91	38.00	250m:	3:03.82	38.08	350m:	4:20.70	38.74
	100m:	1:08.91	36.32	200m:	2:25.74	38.83	300m:	3:41.96	38.14	400m:	4:58.04	37.34
4.	02.03.2011 2									4:59.00	462	2
	50m:	32.62	32.62	150m:	1:46.94	37.86	250m:	3:04.67	39.13	350m:	4:20.82	37.51
	100m:	1:09.08	36.46	200m:	2:25.54	38.60	300m:	3:43.31	38.64	400m:	4:59.00	38.18
5.	01.11.2010 2									5:10.11	414	2
	50m:	35.15	35.15	150m:	1:53.68	39.59	250m:	3:12.96	39.93	350m:	4:32.03	39.50
	100m:	1:14.09	38.94	200m:	2:33.03	39.35	300m:	3:52.53	39.57	400m:	5:10.11	38.08
6.	06.04.2010 1									5:11.72	408	2
	50m:	34.33	34.33	150m:	1:51.95	39.31	250m:	3:12.29	40.25	350m:	4:33.09	40.66
	100m:	1:12.64	38.31	200m:	2:32.04	40.09	300m:	3:52.43	40.14	400m:	5:11.72	38.63
7.	20.04.2009 2									5:21.87	371	2
	50m:	35.71	35.71	150m:	1:56.44	41.33	250m:	3:18.74	41.69	350m:	4:41.29	41.26
	100m:	1:15.11	39.40	200m:	2:37.05	40.61	300m:	4:00.03	41.29	400m:	5:21.87	40.58
8.	11.06.2011 2									5:30.67	342	2
	50m:	36.16	36.16	150m:	1:58.11	41.57	250m:	3:22.85	42.50	350m:	4:49.00	43.35
	100m:	1:16.54	40.38	200m:	2:40.35	42.24	300m:	4:05.65	42.80	400m:	5:30.67	41.67