

, 15-16 2025 .

14 , 400m 2011
15.12.2025 - 13:44

: AQUA 2024

1.				19.09.2011	1				4:20.77	539	1	
	50m:	29.38	29.38	150m:	1:34.79	33.04	250m:	2:40.90	33.16	350m:	3:47.67	33.15
	100m:	1:01.75	32.37	200m:	2:07.74	32.95	300m:	3:14.52	33.62	400m:	4:20.77	33.10
2.				01.09.2009			1		4:24.15	518	1	
	50m:	29.22	29.22	150m:	1:34.75	33.57	250m:	2:42.52	33.99	350m:	3:50.52	33.79
	100m:	1:01.18	31.96	200m:	2:08.53	33.78	300m:	3:16.73	34.21	400m:	4:24.15	33.63
3.				02.07.2010	1				4:27.05	502	2	
	50m:	28.69	28.69	150m:	1:34.41	33.74	250m:	2:43.71	35.17	350m:	3:53.35	35.23
	100m:	1:00.67	31.98	200m:	2:08.54	34.13	300m:	3:18.12	34.41	400m:	4:27.05	33.70
4.				27.06.2009	1				4:29.40	489	2	
	50m:	27.96	27.96	150m:	1:33.93	33.88	250m:	2:43.56	34.66	350m:	3:55.57	36.23
	100m:	1:00.05	32.09	200m:	2:08.90	34.97	300m:	3:19.34	35.78	400m:	4:29.40	33.83
5.				27.08.2011	1				4:35.03	459	2	
	50m:	29.97	29.97	150m:	1:38.37	34.86	250m:	2:48.69	35.00	350m:	4:00.26	35.88
	100m:	1:03.51	33.54	200m:	2:13.69	35.32	300m:	3:24.38	35.69	400m:	4:35.03	34.77
6.				21.05.2010	2				4:37.75	446	2	
	100m:	1:02.04	1:02.04	200m:	2:12.24	35.20	300m:	3:25.53	37.02	400m:	4:37.75	34.87
	150m:	1:37.04	35.00	250m:	2:48.51	36.27	350m:	4:02.88	37.35			
7.				05.05.2010	2				4:43.62	419	2	
	50m:	30.09	30.09	150m:	1:39.52	35.30	250m:	2:52.35	36.72	350m:	4:06.73	37.48
	100m:	1:04.22	34.13	200m:	2:15.63	36.11	300m:	3:29.25	36.90	400m:	4:43.62	36.89
8.				08.07.2005	1				4:43.83	418	2	
	50m:	30.02	30.02	150m:	1:39.74	35.49	250m:	2:50.91	36.23	350m:	4:06.75	38.37
	100m:	1:04.25	34.23	200m:	2:14.68	34.94	300m:	3:28.38	37.47	400m:	4:43.83	37.08
9.				22.07.2010	2				4:43.90	417	2	
	50m:	30.23	30.23	150m:	1:38.01	34.36	250m:	2:51.33	37.34	350m:	4:07.23	38.44
	100m:	1:03.65	33.42	200m:	2:13.99	35.98	300m:	3:28.79	37.46	400m:	4:43.90	36.67
10.				26.03.2011	1				4:48.02	400	2	
	50m:	31.94	31.94	150m:	1:43.19	36.42	250m:	2:57.80	37.47	350m:	4:12.16	37.18
	100m:	1:06.77	34.83	200m:	2:20.33	37.14	300m:	3:34.98	37.18	400m:	4:48.02	35.86
11.				14.04.2011	2				4:51.35	386	2	
	50m:	32.88	32.88	150m:	1:46.36	37.36	250m:	3:01.50	37.57	350m:	4:16.23	37.16
	100m:	1:09.00	36.12	200m:	2:23.93	37.57	300m:	3:39.07	37.57	400m:	4:51.35	35.12
12.				30.12.2009	2				4:57.35	363	2	
	50m:	30.45	30.45	150m:	1:46.81	39.66	250m:	3:04.68	38.12	350m:	4:21.08	38.07
	100m:	1:07.15	36.70	200m:	2:26.56	39.75	300m:	3:43.01	38.33	400m:	4:57.35	36.27
13.				14.10.2011	2		1		5:00.07	353	3	
	50m:	31.81	31.81	150m:	1:46.23	38.31	250m:	3:04.62	39.34	350m:	4:22.78	39.04
	100m:	1:07.92	36.11	200m:	2:25.28	39.05	300m:	3:43.74	39.12	400m:	5:00.07	37.29
14.				19.08.2010	2				5:06.06	333	3	
	50m:	32.48	32.48	150m:	1:48.46	39.68	250m:	3:07.66	39.50	350m:	4:27.68	40.61
	100m:	1:08.78	36.30	200m:	2:28.16	39.70	300m:	3:47.07	39.41	400m:	5:06.06	38.38
DNS				17.05.2010	2							
DNS				19.08.2010	2							