

" " " "

, 15-16 2025 .

16 , 400m 2011  
 15.12.2025 - 14:02

: AQUA 2024

	/												
1.	05.07.2009										<b>4:55.25</b>	503	1
	50m:	31.33	31.33	150m:	1:44.54	37.59	250m:	3:02.38	40.32	350m:	4:20.27	36.41	
	100m:	1:06.95	35.62	200m:	2:22.06	37.52	300m:	3:43.86	41.48	400m:	4:55.25	34.98	
2.	15.06.2011 2										<b>5:08.94</b>	439	2
	50m:	32.06	32.06	150m:	1:47.84	39.09	250m:	3:11.70	44.96	350m:	4:32.22	34.80	
	100m:	1:08.75	36.69	200m:	2:26.74	38.90	300m:	3:57.42	45.72	400m:	5:08.94	36.72	
3.	24.03.2011 2										<b>5:10.25</b>	433	2
	50m:	31.82	31.82	150m:	1:47.55	39.22	250m:	3:10.44	43.41	350m:	4:32.39	37.43	
	100m:	1:08.33	36.51	200m:	2:27.03	39.48	300m:	3:54.96	44.52	400m:	5:10.25	37.86	
4.	14.07.2009 1										<b>5:14.89</b>	414	2
	50m:	31.98	31.98	150m:	1:52.18	41.49	250m:	3:17.28	44.56	350m:	4:39.31	37.01	
	100m:	1:10.69	38.71	200m:	2:32.72	40.54	300m:	4:02.30	45.02	400m:	5:14.89	35.58	
5.	25.01.2010 2										<b>5:15.39</b>	412	2
	50m:	32.29	32.29	150m:	1:50.56	40.68	250m:	3:15.86	45.36	350m:	4:39.79	36.47	
	100m:	1:09.88	37.59	200m:	2:30.50	39.94	300m:	4:03.32	47.46	400m:	5:15.39	35.60	
6.	26.07.2010 2										<b>5:38.77</b>	332	2
	50m:	33.13	33.13	150m:	1:57.39	43.73	250m:	3:31.48	51.62	350m:	5:00.98	38.40	
	100m:	1:13.66	40.53	200m:	2:39.86	42.47	300m:	4:22.58	51.10	400m:	5:38.77	37.79	
7.	28.02.2011 2										<b>5:50.10</b>	301	3
	50m:	34.09	34.09	150m:	2:00.80	45.68	250m:	3:37.69	51.69	350m:	5:11.85	40.70	
	100m:	1:15.12	41.03	200m:	2:46.00	45.20	300m:	4:31.15	53.46	400m:	5:50.10	38.25	