

, 17 - 19

2025 .

13

, 400m

17.09.2025 - 13:53

: AQUA 2024

1.					12.02.2004						<b>4:25.94</b>	657	
	50m:	30.23	30.23	150m:	1:35.83	33.06	250m:	2:43.66	33.95	350m:	3:53.04	34.88	
	100m:	1:02.77	32.54	200m:	2:09.71	33.88	300m:	3:18.16	34.50	400m:	4:25.94	32.90	
2.					16.07.2010						<b>4:32.23</b>	613	1
	50m:	30.48	30.48	150m:	1:35.97	33.10	250m:	2:45.10	34.93	350m:	3:56.93	36.17	
	100m:	1:02.87	32.39	200m:	2:10.17	34.20	300m:	3:20.76	35.66	400m:	4:32.23	35.30	
3.					25.05.2011						<b>4:35.44</b>	592	1
	50m:	31.57	31.57	150m:	1:41.12	35.48	250m:	2:53.34	36.12	350m:	4:02.30	34.24	
	100m:	1:05.64	34.07	200m:	2:17.22	36.10	300m:	3:28.06	34.72	400m:	4:35.44	33.14	
4.					31.12.2009						<b>4:38.77</b>	571	1
	50m:	31.19	31.19	150m:	1:40.35	35.25	250m:	2:52.61	36.03	350m:	4:04.01	35.79	
	100m:	1:05.10	33.91	200m:	2:16.58	36.23	300m:	3:28.22	35.61	400m:	4:38.77	34.76	
5.					03.09.2010						<b>4:38.96</b>	570	1
	50m:	31.28	31.28	150m:	1:40.38	34.97	250m:	2:52.37	36.28	350m:	4:04.34	35.79	
	100m:	1:05.41	34.13	200m:	2:16.09	35.71	300m:	3:28.55	36.18	400m:	4:38.96	34.62	
6.					12.03.2010	1					<b>4:44.34</b>	538	1
	50m:	31.44	31.44	150m:	1:42.23	35.67	250m:	2:55.50	36.74	350m:	4:08.89	36.82	
	100m:	1:06.56	35.12	200m:	2:18.76	36.53	300m:	3:32.07	36.57	400m:	4:44.34	35.45	
7.					23.09.2009						<b>4:44.43</b>	537	1
	50m:	31.42	31.42	150m:	1:43.08	36.32	250m:	2:56.54	36.99	350m:	4:10.86	37.59	
	100m:	1:06.76	35.34	200m:	2:19.55	36.47	300m:	3:33.27	36.73	400m:	4:44.43	33.57	
8.					23.06.2011						<b>4:47.60</b>	520	1
	50m:	32.42	32.42	150m:	1:43.94	36.41	250m:	2:58.74	37.71	350m:	4:11.73	36.68	
	100m:	1:07.53	35.11	200m:	2:21.03	37.09	300m:	3:35.05	36.31	400m:	4:47.60	35.87	
9.					04.08.2011	1					<b>4:48.08</b>	517	1
	50m:	31.87	31.87	150m:	1:42.09	35.63	250m:	2:55.99	37.75	350m:	4:12.20	38.31	
	100m:	1:06.46	34.59	200m:	2:18.24	36.15	300m:	3:33.89	37.90	400m:	4:48.08	35.88	
10.					24.07.2010	1					<b>4:53.54</b>	489	2
	50m:	32.56	32.56	150m:	1:46.78	37.41	250m:	3:02.38	37.74	350m:	4:16.90	37.12	
	100m:	1:09.37	36.81	200m:	2:24.64	37.86	300m:	3:39.78	37.40	400m:	4:53.54	36.64	
11.					16.02.2011	1					<b>4:56.85</b>	473	2
	50m:	33.26	33.26	150m:	1:47.40	37.20	250m:	3:02.97	38.16	350m:	4:20.87	38.92	
	100m:	1:10.20	36.94	200m:	2:24.81	37.41	300m:	3:41.95	38.98	400m:	4:56.85	35.98	
12.					22.12.2009	1					<b>5:05.21</b>	435	2
	50m:	33.23	33.23	150m:	1:48.26	37.91	250m:	3:06.68	39.25	350m:	4:26.57	39.96	
	100m:	1:10.35	37.12	200m:	2:27.43	39.17	300m:	3:46.61	39.93	400m:	5:05.21	38.64	
13.					05.08.2011	1					<b>5:07.45</b>	425	2
	50m:	33.61	33.61	150m:	1:50.97	38.87	250m:	3:10.09	39.56	350m:	4:29.61	39.97	
	100m:	1:12.10	38.49	200m:	2:30.53	39.56	300m:	3:49.64	39.55	400m:	5:07.45	37.84	
14.					07.12.2010	2					<b>5:09.66</b>	416	2
	50m:	34.52	34.52	150m:	1:52.69	39.53	250m:	3:12.53	40.20	350m:	4:32.75	39.86	
	100m:	1:13.16	38.64	200m:	2:32.33	39.64	300m:	3:52.89	40.36	400m:	5:09.66	36.91	
15.					20.03.2011	1					<b>5:12.04</b>	407	2
	50m:	33.34	33.34	150m:	1:50.69	39.85	250m:	3:12.18	40.97	350m:	4:33.55	40.16	
	100m:	1:10.84	37.50	200m:	2:31.21	40.52	300m:	3:53.39	41.21	400m:	5:12.04	38.49	

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13, , 400m														
16.					30.08.2011	2						<b>5:34.62</b>	330	3
	50m:	35.87	35.87	150m:	1:57.80	41.85	250m:	3:24.39	43.82	350m:	4:52.08	43.46		
	100m:	1:15.95	40.08	200m:	2:40.57	42.77	300m:	4:08.62	44.23	400m:	5:34.62	42.54		
17.					11.06.2011	2						<b>5:42.36</b>	308	3
	50m:	37.06	37.06	150m:	2:03.36	44.38	250m:	3:31.06	44.04	350m:	4:59.85	44.28		
	100m:	1:18.98	41.92	200m:	2:47.02	43.66	300m:	4:15.57	44.51	400m:	5:42.36	42.51		
16-18														
1.					31.12.2009							<b>4:38.77</b>	571	1
	50m:	31.19	31.19	150m:	1:40.35	35.25	250m:	2:52.61	36.03	350m:	4:04.01	35.79		
	100m:	1:05.10	33.91	200m:	2:16.58	36.23	300m:	3:28.22	35.61	400m:	4:38.77	34.76		
2.					23.09.2009							<b>4:44.43</b>	537	1
	50m:	31.42	31.42	150m:	1:43.08	36.32	250m:	2:56.54	36.99	350m:	4:10.86	37.59		
	100m:	1:06.76	35.34	200m:	2:19.55	36.47	300m:	3:33.27	36.73	400m:	4:44.43	33.57		
3.					22.12.2009	1						<b>5:05.21</b>	435	2
	50m:	33.23	33.23	150m:	1:48.26	37.91	250m:	3:06.68	39.25	350m:	4:26.57	39.96		
	100m:	1:10.35	37.12	200m:	2:27.43	39.17	300m:	3:46.61	39.93	400m:	5:05.21	38.64		
14-15														
1.					16.07.2010							<b>4:32.23</b>	613	1
	50m:	30.48	30.48	150m:	1:35.97	33.10	250m:	2:45.10	34.93	350m:	3:56.93	36.17		
	100m:	1:02.87	32.39	200m:	2:10.17	34.20	300m:	3:20.76	35.66	400m:	4:32.23	35.30		
2.					25.05.2011							<b>4:35.44</b>	592	1
	50m:	31.57	31.57	150m:	1:41.12	35.48	250m:	2:53.34	36.12	350m:	4:02.30	34.24		
	100m:	1:05.64	34.07	200m:	2:17.22	36.10	300m:	3:28.06	34.72	400m:	4:35.44	33.14		
3.					03.09.2010							<b>4:38.96</b>	570	1
	50m:	31.28	31.28	150m:	1:40.38	34.97	250m:	2:52.37	36.28	350m:	4:04.34	35.79		
	100m:	1:05.41	34.13	200m:	2:16.09	35.71	300m:	3:28.55	36.18	400m:	4:38.96	34.62		
4.					12.03.2010	1						<b>4:44.34</b>	538	1
	50m:	31.44	31.44	150m:	1:42.23	35.67	250m:	2:55.50	36.74	350m:	4:08.89	36.82		
	100m:	1:06.56	35.12	200m:	2:18.76	36.53	300m:	3:32.07	36.57	400m:	4:44.34	35.45		
5.					23.06.2011							<b>4:47.60</b>	520	1
	50m:	32.42	32.42	150m:	1:43.94	36.41	250m:	2:58.74	37.71	350m:	4:11.73	36.68		
	100m:	1:07.53	35.11	200m:	2:21.03	37.09	300m:	3:35.05	36.31	400m:	4:47.60	35.87		
6.					04.08.2011	1						<b>4:48.08</b>	517	1
	50m:	31.87	31.87	150m:	1:42.09	35.63	250m:	2:55.99	37.75	350m:	4:12.20	38.31		
	100m:	1:06.46	34.59	200m:	2:18.24	36.15	300m:	3:33.89	37.90	400m:	4:48.08	35.88		
7.					24.07.2010	1						<b>4:53.54</b>	489	2
	50m:	32.56	32.56	150m:	1:46.78	37.41	250m:	3:02.38	37.74	350m:	4:16.90	37.12		
	100m:	1:09.37	36.81	200m:	2:24.64	37.86	300m:	3:39.78	37.40	400m:	4:53.54	36.64		
8.					16.02.2011	1						<b>4:56.85</b>	473	2
	50m:	33.26	33.26	150m:	1:47.40	37.20	250m:	3:02.97	38.16	350m:	4:20.87	38.92		
	100m:	1:10.20	36.94	200m:	2:24.81	37.41	300m:	3:41.95	38.98	400m:	4:56.85	35.98		
9.					05.08.2011	1						<b>5:07.45</b>	425	2
	50m:	33.61	33.61	150m:	1:50.97	38.87	250m:	3:10.09	39.56	350m:	4:29.61	39.97		
	100m:	1:12.10	38.49	200m:	2:30.53	39.56	300m:	3:49.64	39.55	400m:	5:07.45	37.84		
10.					07.12.2010	2						<b>5:09.66</b>	416	2
	50m:	34.52	34.52	150m:	1:52.69	39.53	250m:	3:12.53	40.20	350m:	4:32.75	39.86		
	100m:	1:13.16	38.64	200m:	2:32.33	39.64	300m:	3:52.89	40.36	400m:	5:09.66	36.91		

13,		, 400m				14-15						
/												
11.					20.03.2011 1				<b>5:12.04</b>	407	2	
	50m:	33.34	33.34	150m:	1:50.69	39.85	250m:	3:12.18	40.97	350m:	4:33.55	40.16
	100m:	1:10.84	37.50	200m:	2:31.21	40.52	300m:	3:53.39	41.21	400m:	5:12.04	38.49
12.					30.08.2011 2				<b>5:34.62</b>	330	3	
	50m:	35.87	35.87	150m:	1:57.80	41.85	250m:	3:24.39	43.82	350m:	4:52.08	43.46
	100m:	1:15.95	40.08	200m:	2:40.57	42.77	300m:	4:08.62	44.23	400m:	5:34.62	42.54
13.					11.06.2011 2				<b>5:42.36</b>	308	3	
	50m:	37.06	37.06	150m:	2:03.36	44.38	250m:	3:31.06	44.04	350m:	4:59.85	44.28
	100m:	1:18.98	41.92	200m:	2:47.02	43.66	300m:	4:15.57	44.51	400m:	5:42.36	42.51