

30
20.11.2025 - 12:14

, 400m

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: AQUA 2025

1.			2012	2	"	"	4:29.42	488	2			
	50m:	30.98	30.98	150m:	1:40.05	34.44	250m:	2:49.33	34.33	350m:	3:59.05	34.07
	100m:	1:05.61	34.63	200m:	2:15.00	34.95	300m:	3:24.98	35.65	400m:	4:29.42	30.37
2.			2012	2	,		4:29.61	487	2			
	50m:	30.40	30.40	150m:	1:37.60	33.91	250m:	2:47.28	34.90	350m:	3:57.84	35.10
	100m:	1:03.69	33.29	200m:	2:12.38	34.78	300m:	3:22.74	35.46	400m:	4:29.61	31.77
3.			2013	2	,		4:39.43	438	2			
	50m:	31.12	31.12	150m:	1:41.55	35.70	250m:	2:54.09	36.29	350m:	4:05.95	35.70
	100m:	1:05.85	34.73	200m:	2:17.80	36.25	300m:	3:30.25	36.16	400m:	4:39.43	33.48
4.			2012	2	,		4:40.89	431	2			
	50m:	30.78	30.78	150m:	1:41.90	36.09	250m:	2:54.53	36.61	350m:	4:05.91	36.06
	100m:	1:05.81	35.03	200m:	2:17.92	36.02	300m:	3:29.85	35.32	400m:	4:40.89	34.98
5.			2013	2	,		4:43.10	421	2			
	50m:	30.92	30.92	150m:	1:42.55	36.32	250m:	2:55.66	36.70	350m:	4:09.08	36.89
	100m:	1:06.23	35.31	200m:	2:18.96	36.41	300m:	3:32.19	36.53	400m:	4:43.10	34.02
6.			2012	2	,		4:43.80	418	2			
	50m:	32.90	32.90	150m:	1:44.98	36.30	250m:	2:57.56	36.24	350m:	4:10.33	36.22
	100m:	1:08.68	35.78	200m:	2:21.32	36.34	300m:	3:34.11	36.55	400m:	4:43.80	33.47
7.			2012	2	1,		4:44.41	415	2			
	50m:	31.54	31.54	150m:	1:42.91	36.25	250m:	2:56.15	36.72	350m:	4:09.22	36.50
	100m:	1:06.66	35.12	200m:	2:19.43	36.52	300m:	3:32.72	36.57	400m:	4:44.41	35.19
8.			2012	2	,		4:44.69	414	2			
	50m:	33.14	33.14	150m:	1:44.69	35.65	250m:	2:56.99	35.82	350m:	4:09.90	36.16
	100m:	1:09.04	35.90	200m:	2:21.17	36.48	300m:	3:33.74	36.75	400m:	4:44.69	34.79
9.			2012	2	,		4:45.03	412	2			
	50m:	33.21	33.21	150m:	1:45.13	36.35	250m:	2:58.11	36.59	350m:	4:11.45	36.62
	100m:	1:08.78	35.57	200m:	2:21.52	36.39	300m:	3:34.83	36.72	400m:	4:45.03	33.58
10.			2012	2	,		4:48.80	396	2			
	50m:	30.83	30.83	150m:	1:42.51	36.27	250m:	2:57.67	38.00	350m:	4:13.25	37.89
	100m:	1:06.24	35.41	200m:	2:19.67	37.16	300m:	3:35.36	37.69	400m:	4:48.80	35.55
11.			2012	2	,		4:49.01	396	2			
	50m:	32.59	32.59	150m:	1:46.34	37.41	250m:	3:01.32	37.58	350m:	4:15.30	36.69
	100m:	1:08.93	36.34	200m:	2:23.74	37.40	300m:	3:38.61	37.29	400m:	4:49.01	33.71
12.			2012	2	,		4:49.09	395	2			
	50m:	32.72	32.72	150m:	1:46.36	37.35	250m:	3:00.97	37.14	350m:	4:14.72	36.53
	100m:	1:09.01	36.29	200m:	2:23.83	37.47	300m:	3:38.19	37.22	400m:	4:49.09	34.37
13.			2012	2	"	"	4:49.11	395	2			
	50m:	31.72	31.72	150m:	1:45.06	37.11	250m:	2:59.40	37.23	350m:	4:14.49	37.75
	100m:	1:07.95	36.23	200m:	2:22.17	37.11	300m:	3:36.74	37.34	400m:	4:49.11	34.62
14.			2012	2	"	"	4:52.66	381	2			
	50m:	32.79	32.79	150m:	1:44.96	35.72	250m:	2:59.81	37.94	350m:	4:15.94	37.49
	100m:	1:09.24	36.45	200m:	2:21.87	36.91	300m:	3:38.45	38.64	400m:	4:52.66	36.72
15.			2013	2	,		4:54.10	375	2			
	50m:	32.48	32.48	150m:	1:45.68	37.15	250m:	3:01.75	38.33	350m:	4:18.06	38.07
	100m:	1:08.53	36.05	200m:	2:23.42	37.74	300m:	3:39.99	38.24	400m:	4:54.10	36.04
16.			2013	2	,		4:54.73	373	2			
	50m:	32.42	32.42	150m:	1:47.67	38.15	250m:	3:03.20	37.77	350m:	4:18.52	37.63
	100m:	1:09.52	37.10	200m:	2:25.43	37.76	300m:	3:40.89	37.69	400m:	4:54.73	36.21

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	30,	, 400m		11-13								
17.			2012 2					4:55.96	368	2		
	50m:	32.52 32.52	150m:	1:46.60 37.51	250m:	3:02.74 38.18	350m:	4:19.57 38.49				
	100m:	1:09.09 36.57	200m:	2:24.56 37.96	300m:	3:41.08 38.34	400m:	4:55.96 36.39				
18.			2012 2		1,			4:56.23	367	2		
	50m:	33.62 33.62	150m:	1:47.43 37.27	250m:	3:03.54 38.02	350m:	4:19.26 37.60				
	100m:	1:10.16 36.54	200m:	2:25.52 38.09	300m:	3:41.66 38.12	400m:	4:56.23 36.97				
19.			2014 3		" "			4:56.38	367	2		
	50m:	33.05 33.05	150m:	1:47.86 37.82	250m:	3:04.44 38.08	350m:	4:20.88 38.20				
	100m:	1:10.04 36.99	200m:	2:26.36 38.50	300m:	3:42.68 38.24	400m:	4:56.38 35.50				
20.			2012 2		" "			4:57.11	364	2		
	50m:	32.21 32.21	150m:	1:46.21 37.69	250m:	3:03.46 38.87	350m:	4:21.12 38.70				
	100m:	1:08.52 36.31	200m:	2:24.59 38.38	300m:	3:42.42 38.96	400m:	4:57.11 35.99				
21.			2012 2					5:00.34	352	3		
	50m:	33.08 33.08	150m:	1:48.95 38.42	250m:	3:06.30 38.70	350m:	4:23.61 38.17				
	100m:	1:10.53 37.45	200m:	2:27.60 38.65	300m:	3:45.44 39.14	400m:	5:00.34 36.73				
22.			2013 2					5:00.66	351	3		
	50m:	34.27 34.27	150m:	1:50.16 38.54	250m:	3:07.20 38.54	350m:	4:23.97 38.24				
	100m:	1:11.62 37.35	200m:	2:28.66 38.50	300m:	3:45.73 38.53	400m:	5:00.66 36.69				
23.			2012 2					5:01.23	349	3		
	50m:	33.06 33.06	150m:	1:48.19 38.12	250m:	3:05.42 38.70	350m:	4:23.65 39.11				
	100m:	1:10.07 37.01	200m:	2:26.72 38.53	300m:	3:44.54 39.12	400m:	5:01.23 37.58				
24.			2013 2					5:02.05	346	3		
	50m:	32.51 32.51	150m:	1:49.46 38.74	250m:	3:06.87 38.69	350m:	4:25.02 38.86				
	100m:	1:10.72 38.21	200m:	2:28.18 38.72	300m:	3:46.16 39.29	400m:	5:02.05 37.03				
25.			2012 2		" "			5:03.04	343	3		
	50m:	32.51 32.51	150m:	1:49.08 39.45	250m:	3:07.72 39.19	350m:	4:26.22 38.74				
	100m:	1:09.63 37.12	200m:	2:28.53 39.45	300m:	3:47.48 39.76	400m:	5:03.04 36.82				
26.			2014 3		" "			5:03.38	342	3		
	50m:	33.17 33.17	150m:	1:48.82 38.30	250m:	3:06.55 39.09	350m:	4:24.21 39.61				
	100m:	1:10.52 37.35	200m:	2:27.46 38.64	300m:	3:44.60 38.05	400m:	5:03.38 39.17				
27.			2012 2					5:09.45	322	3		
	50m:	34.05 34.05	150m:	1:51.44 39.09	250m:	3:11.95 40.22	350m:	4:31.99 39.58				
	100m:	1:12.35 38.30	200m:	2:31.73 40.29	300m:	3:52.41 40.46	400m:	5:09.45 37.46				
28.			2012 2					5:09.81	321	3		
	50m:	35.46 35.46	150m:	1:52.60 38.90	250m:	3:11.87 39.68	350m:	4:31.09 39.86				
	100m:	1:13.70 38.24	200m:	2:32.19 39.59	300m:	3:51.23 39.36	400m:	5:09.81 38.72				
29.			2012 3					5:11.27	317	3		
	50m:	33.78 33.78	150m:	1:53.64 40.21	250m:	3:14.27 40.78	350m:	4:33.69 38.48				
	100m:	1:13.43 39.65	200m:	2:33.49 39.85	300m:	3:55.21 40.94	400m:	5:11.27 37.58				
30.			2012 2					5:12.26	314	3		
	50m:	34.41 34.41	150m:	1:54.29 40.64	250m:	3:15.24 39.84	350m:	4:35.18 39.40				
	100m:	1:13.65 39.24	200m:	2:35.40 41.11	300m:	3:55.78 40.54	400m:	5:12.26 37.08				
31.			2012 2					5:12.41	313	3		
	50m:	34.73 34.73	150m:	1:53.90 39.85	250m:	3:14.35 39.78	350m:	4:35.54 39.88				
	100m:	1:14.05 39.32	200m:	2:34.57 40.67	300m:	3:55.66 41.31	400m:	5:12.41 36.87				
32.			2012 3					5:14.98	305	3		
	50m:	34.26 34.26	150m:	1:51.70 39.45	250m:	3:13.41 41.69	350m:	4:36.03 41.79				
	100m:	1:12.25 37.99	200m:	2:31.72 40.02	300m:	3:54.24 40.83	400m:	5:14.98 38.95				
33.			2012 3		" "			5:15.24	305	3		
	50m:	34.17 34.17	150m:	1:52.54 40.06	250m:	3:14.03 41.35	350m:	4:36.03 41.03				
	100m:	1:12.48 38.31	200m:	2:32.68 40.14	300m:	3:55.00 40.97	400m:	5:15.24 39.21				

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	30,	, 400m			11-13								
34.			2013	3	" "		5:15.30	305	3				
	50m:	33.88	33.88	150m:	1:53.07	40.14	250m:	3:15.14	41.43	350m:	4:36.92	40.47	
	100m:	1:12.93	39.05	200m:	2:33.71	40.64	300m:	3:56.45	41.31	400m:	5:15.30	38.38	
35.			2014	3	" "		5:16.08	302	3				
	50m:	34.69	34.69	150m:	1:54.48	40.42	250m:	3:15.91	40.50	350m:	4:37.75	41.78	
	100m:	1:14.06	39.37	200m:	2:35.41	40.93	300m:	3:55.97	40.06	400m:	5:16.08	38.33	
36.			2012	3	" "		5:16.84	300	3				
	50m:	34.95	34.95	150m:	1:56.27	41.16	250m:	3:17.51	40.74	350m:	4:38.26	40.61	
	100m:	1:15.11	40.16	200m:	2:36.77	40.50	300m:	3:57.65	40.14	400m:	5:16.84	38.58	
37.			2012	2			5:18.05	297	3				
	50m:	32.31	32.31	150m:	1:44.13	36.14	250m:	3:34.80	37.34	350m:	4:48.03	35.79	
	100m:	1:07.99	35.68	200m:	2:57.46	1:13.33	300m:	4:12.24	37.44	400m:	5:18.05	30.02	
38.			2014	3	" "		5:18.68	295	3				
	50m:	34.59	34.59	150m:	1:54.71	40.73	250m:	3:15.49	40.80	350m:	4:38.82	42.12	
	100m:	1:13.98	39.39	200m:	2:34.69	39.98	300m:	3:56.70	41.21	400m:	5:18.68	39.86	
39.			2012	2			5:19.14	294	3				
	50m:	33.92	33.92	150m:	1:51.72	40.16	250m:	3:13.88	41.57	350m:	4:38.35	41.74	
	100m:	1:11.56	37.64	200m:	2:32.31	40.59	300m:	3:56.61	42.73	400m:	5:19.14	40.79	
40.			2013	3			5:19.65	292	3				
	50m:	35.35	35.35	150m:	1:54.66	40.17	250m:	3:17.33	41.58	350m:	4:39.96	40.73	
	100m:	1:14.49	39.14	200m:	2:35.75	41.09	300m:	3:59.23	41.90	400m:	5:19.65	39.69	
41.			2012	3			5:20.02	291	3				
	50m:	35.98	35.98	150m:	1:57.39	41.15	250m:	3:19.41	40.90	350m:	4:42.31	41.14	
	100m:	1:16.24	40.26	200m:	2:38.51	41.12	300m:	4:01.17	41.76	400m:	5:20.02	37.71	
42.			2014	3	" "		5:20.77	289	3				
	50m:	36.17	36.17	150m:	1:58.41	41.39	250m:	3:20.91	41.11	350m:	4:42.56	40.19	
	100m:	1:17.02	40.85	200m:	2:39.80	41.39	300m:	4:02.37	41.46	400m:	5:20.77	38.21	
43.			2012	2			5:21.35	288	3				
	50m:	36.18	36.18	150m:	1:57.22	40.66	250m:	3:19.61	41.18	350m:	4:41.70	40.84	
	100m:	1:16.56	40.38	200m:	2:38.43	41.21	300m:	4:00.86	41.25	400m:	5:21.35	39.65	
44.			2012	3			5:21.86	286	3				
	50m:	33.36	33.36	150m:	1:54.48	41.46	250m:	3:17.87	41.78	350m:	4:42.64	42.66	
	100m:	1:13.02	39.66	200m:	2:36.09	41.61	300m:	3:59.98	42.11	400m:	5:21.86	39.22	
45.			2013	3	" "		5:22.58	284	3				
	50m:	35.64	35.64	150m:	1:57.02	41.21	250m:	3:19.84	41.22	350m:	4:43.22	40.78	
	100m:	1:15.81	40.17	200m:	2:38.62	41.60	300m:	4:02.44	42.60	400m:	5:22.58	39.36	
46.			2013	3	" "		5:22.65	284	3				
	50m:	37.99	37.99	150m:	2:01.35	41.88	250m:	3:24.44	41.47	350m:	4:44.39	39.52	
	100m:	1:19.47	41.48	200m:	2:42.97	41.62	300m:	4:04.87	40.43	400m:	5:22.65	38.26	
47.			2012	3	" "		5:25.25	277	3				
	50m:	35.39	35.39	150m:	1:57.05	41.62	250m:	3:20.65	41.59	350m:	4:45.14	42.37	
	100m:	1:15.43	40.04	200m:	2:39.06	42.01	300m:	4:02.77	42.12	400m:	5:25.25	40.11	
48.			2013	3			5:25.85	276	3				
	50m:	35.00	35.00	150m:	1:57.09	41.90	250m:	3:20.88	41.65	350m:	4:44.84	41.77	
	100m:	1:15.19	40.19	200m:	2:39.23	42.14	300m:	4:03.07	42.19	400m:	5:25.85	41.01	
49.			2014	3			5:26.59	274	3				
	50m:	37.34	37.34	150m:	1:59.78	41.08	250m:	3:23.26	41.90	350m:	4:47.69	43.07	
	100m:	1:18.70	41.36	200m:	2:41.36	41.58	300m:	4:04.62	41.36	400m:	5:26.59	38.90	
50.			2014	3	" "		5:26.90	273	3				
	50m:	35.49	35.49	150m:	1:58.18	41.30	250m:	3:22.44	42.02	350m:	4:46.18	41.59	
	100m:	1:16.88	41.39	200m:	2:40.42	42.24	300m:	4:04.59	42.15	400m:	5:26.90	40.72	

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	30,	, 400m			11-13							
51.			2012	3				5:27.77	271	3		
	50m:	35.93	35.93	150m:	1:59.34	42.22	250m:	3:23.19	41.34	350m:	4:47.96	42.74
	100m:	1:17.12	41.19	200m:	2:41.85	42.51	300m:	4:05.22	42.03	400m:	5:27.77	39.81
52.			2012	2				5:27.80	271	3		
	50m:	36.48	36.48	150m:	2:00.33	42.15	250m:	3:25.35	43.05	350m:	4:49.04	41.71
	100m:	1:18.18	41.70	200m:	2:42.30	41.97	300m:	4:07.33	41.98	400m:	5:27.80	38.76
53.			2014	3	"	"		5:27.97	271	3		
	50m:	37.36	37.36	150m:	2:01.20	42.02	250m:	3:25.08	41.63	350m:	4:49.02	41.98
	100m:	1:19.18	41.82	200m:	2:43.45	42.25	300m:	4:07.04	41.96	400m:	5:27.97	38.95
54.			2013	3				5:33.32	258	3		
	50m:	34.76	34.76	150m:	1:55.99	41.40	250m:	3:22.95	43.62	350m:	4:51.83	44.78
	100m:	1:14.59	39.83	200m:	2:39.33	43.34	300m:	4:07.05	44.10	400m:	5:33.32	41.49
55.			2012	1	"	"		5:36.27	251	3		
	50m:	37.81	37.81	150m:	2:02.63	43.29	250m:	3:28.33	41.97	350m:	4:55.08	43.65
	100m:	1:19.34	41.53	200m:	2:46.36	43.73	300m:	4:11.43	43.10	400m:	5:36.27	41.19
56.			2012	3	"	"		5:39.46	244	3		
	50m:	35.64	35.64	150m:	1:59.78	42.79	250m:	3:27.07	44.13	350m:	4:55.50	44.92
	100m:	1:16.99	41.35	200m:	2:42.94	43.16	300m:	4:10.58	43.51	400m:	5:39.46	43.96
57.			2013	3	"	"		5:39.89	243	3		
	50m:	33.93	33.93	150m:	1:56.21	42.01	250m:	3:25.48	45.30	350m:	4:55.74	45.70
	100m:	1:14.20	40.27	200m:	2:40.18	43.97	300m:	4:10.04	44.56	400m:	5:39.89	44.15
58.			2014	3				5:41.58	239	1		
	50m:	36.30	36.30	150m:	2:01.41	43.42	250m:	3:29.18	44.07	350m:	4:57.77	44.05
	100m:	1:17.99	41.69	200m:	2:45.11	43.70	300m:	4:13.72	44.54	400m:	5:41.58	43.81
59.			2013	3				5:42.02	238	1		
	50m:	38.78	38.78	150m:	2:05.00	43.36	250m:	3:34.80	45.00	350m:	5:01.83	43.24
	100m:	1:21.64	42.86	200m:	2:49.80	44.80	300m:	4:18.59	43.79	400m:	5:42.02	40.19
60.			2013	3	"	"		5:42.94	237	1		
	50m:	37.24	37.24	150m:	2:04.81	43.96	250m:	3:33.52	44.36	350m:	5:01.22	43.77
	100m:	1:20.85	43.61	200m:	2:49.16	44.35	300m:	4:17.45	43.93	400m:	5:42.94	41.72
61.			2014	3	"	"		5:43.45	236	1		
	50m:	38.67	38.67	150m:	2:07.26	44.56	250m:	3:35.40	43.92	350m:	5:01.13	43.59
	100m:	1:22.70	44.03	200m:	2:51.48	44.22	300m:	4:17.54	42.14	400m:	5:43.45	42.32
62.			2013	3				5:48.48	225	1		
	50m:	36.86	36.86	150m:	2:03.86	44.70	250m:	3:35.01	45.80	350m:	5:06.82	45.41
	100m:	1:19.16	42.30	200m:	2:49.21	45.35	300m:	4:21.41	46.40	400m:	5:48.48	41.66
63.			2014	3	"	"		5:53.53	216	1		
	50m:	38.36	38.36	150m:	2:07.13	45.20	250m:	3:39.29	46.57	350m:	5:09.63	45.56
	100m:	1:21.93	43.57	200m:	2:52.72	45.59	300m:	4:24.07	44.78	400m:	5:53.53	43.90
64.			2013	3	"	"		5:53.73	216	1		
	50m:	37.07	37.07	150m:	2:05.50	45.80	250m:	3:37.18	45.49	350m:	5:08.69	46.22
	100m:	1:19.70	42.63	200m:	2:51.69	46.19	300m:	4:22.47	45.29	400m:	5:53.73	45.04
65.			2013	1				5:53.91	215	1		
	50m:	36.90	36.90	150m:	2:06.41	45.49	250m:	3:38.48	46.20	350m:	5:09.40	45.06
	100m:	1:20.92	44.02	200m:	2:52.28	45.87	300m:	4:24.34	45.86	400m:	5:53.91	44.51
66.			2013	3	"	"		6:00.26	204	1		
	50m:	40.51	40.51	150m:	2:14.01	46.67	250m:	3:47.14	46.78	350m:	5:17.57	44.69
	100m:	1:27.34	46.83	200m:	3:00.36	46.35	300m:	4:32.88	45.74	400m:	6:00.26	42.69
67.			2013	1				6:00.87	203	1		
	50m:	39.25	39.25	150m:	2:09.69	46.52	250m:	3:42.74	45.86	350m:	5:16.53	46.89
	100m:	1:23.17	43.92	200m:	2:56.88	47.19	300m:	4:29.64	46.90	400m:	6:00.87	44.34

"

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	30,	, 400m		11-13						
68.			2014 1	" "	6:02.26	201	1			
	50m: 39.85	39.85	150m: 2:10.82	45.64	250m: 3:45.13	46.68	350m: 5:17.56	46.63		
	100m: 1:25.18	45.33	200m: 2:58.45	47.63	300m: 4:30.93	45.80	400m: 6:02.26	44.70		
69.			2014 1	,	6:10.36	188	1			
	50m: 41.10	41.10	150m: 2:14.52	46.75	250m: 3:49.76	47.43	350m: 5:25.45	47.35		
	100m: 1:27.77	46.67	200m: 3:02.33	47.81	300m: 4:38.10	48.34	400m: 6:10.36	44.91		
70.			2014 3	" "	6:11.35	186	1			
	50m: 40.17	40.17	150m: 2:12.66	46.90	250m: 3:47.70	47.76	350m: 5:24.36	49.26		
	100m: 1:25.76	45.59	200m: 2:59.94	47.28	300m: 4:35.10	47.40	400m: 6:11.35	46.99		
71.			2012 3	" "	6:17.65	177	1			
	50m: 41.47	41.47	150m: 2:16.06	47.26	250m: 3:52.59	48.64	350m: 5:28.29	48.68		
	100m: 1:28.80	47.33	200m: 3:03.95	47.89	300m: 4:39.61	47.02	400m: 6:17.65	49.36		
72.			2014 1	" "	6:18.46	176	1			
	50m: 42.59	42.59	150m: 2:19.24	48.75	250m: 3:55.59	48.35	350m: 5:32.87	48.92		
	100m: 1:30.49	47.90	200m: 3:07.24	48.00	300m: 4:43.95	48.36	400m: 6:18.46	45.59		
73.			2014 3	,	6:20.95	172	1			
	50m: 42.63	42.63	150m: 2:20.29	49.14	250m: 3:57.80	48.32	350m: 5:35.10	49.37		
	100m: 1:31.15	48.52	200m: 3:09.48	49.19	300m: 4:45.73	47.93	400m: 6:20.95	45.85		