

, 19-21 2025 .

12		, 400m		14	
19.02.2025 - 14:29					
: AQUA 2024					
1.			2007	" "	4:02.78 744
	50m: 27.23	27.23	150m: 1:27.98	30.94	250m: 2:30.30 31.02
	100m: 57.04	29.81	200m: 1:59.28	31.30	300m: 3:01.57 31.27
					350m: 3:32.56 30.99
					400m: 4:02.78 30.22
2.			2008	,	4:03.45 738
	50m: 27.60	27.60	150m: 1:27.70	30.19	250m: 2:30.38 31.36
	100m: 57.51	29.91	200m: 1:59.02	31.32	300m: 3:01.89 31.51
					350m: 3:33.15 31.26
					400m: 4:03.45 30.30
3.			2008	" "	4:05.07 724
	50m: 27.43	27.43	150m: 1:28.01	30.56	250m: 2:30.51 31.13
	100m: 57.45	30.02	200m: 1:59.38	31.37	300m: 3:02.41 31.90
					350m: 3:34.16 31.75
					400m: 4:05.07 30.91
4.			2005	" "	4:12.95 658
	50m: 28.73	28.73	150m: 1:31.58	31.20	250m: 2:35.62 31.91
	100m: 1:00.38	31.65	200m: 2:03.71	32.13	300m: 3:08.08 32.46
					350m: 3:40.51 32.43
					400m: 4:12.95 32.44
5.			2009	" "	4:15.81 636
	50m: 29.11	29.11	150m: 1:34.11	32.84	250m: 2:39.53 32.62
	100m: 1:01.27	32.16	200m: 2:06.91	32.80	300m: 3:12.70 33.17
					350m: 3:44.97 32.27
					400m: 4:15.81 30.84
6.			2008	" "	4:18.44 617
	50m: 28.57	28.57	150m: 1:31.98	32.00	250m: 2:37.90 33.11
	100m: 59.98	31.41	200m: 2:04.79	32.81	300m: 3:11.72 33.82
					350m: 3:45.40 33.68
					400m: 4:18.44 33.04
7.			2008	,	4:19.42 610
	50m: 29.47	29.47	150m: 1:36.32	33.91	250m: 2:42.67 33.08
	100m: 1:02.41	32.94	200m: 2:09.59	33.27	300m: 3:15.39 32.72
					350m: 3:47.72 32.33
					400m: 4:19.42 31.70
8.			2011	" "	4:20.45 603
	50m: 29.18	29.18	150m: 1:34.44	33.46	250m: 2:41.93 33.40
	100m: 1:00.98	31.80	200m: 2:08.53	34.09	300m: 3:15.90 33.97
					350m: 3:49.33 33.43
					400m: 4:20.45 31.12
9.			2008	" "	4:20.47 603
	50m: 29.59	29.59	150m: 1:34.83	32.96	250m: 2:41.81 33.30
	100m: 1:01.87	32.28	200m: 2:08.51	33.68	300m: 3:15.57 33.76
					350m: 3:48.79 33.22
					400m: 4:20.47 31.68
10.			2003	" "	4:21.20 598
	50m: 27.58	27.58	150m: 1:31.37	32.51	250m: 2:37.85 33.35
	100m: 58.86	31.28	200m: 2:04.50	33.13	300m: 3:12.66 34.81
					350m: 3:47.84 35.18
					400m: 4:21.20 33.36
11.			2009	" "	4:21.85 593
	50m: 29.55	29.55	150m: 1:34.66	32.87	250m: 2:41.59 33.48
	100m: 1:01.79	32.24	200m: 2:08.11	33.45	300m: 3:15.66 34.07
					350m: 3:49.06 33.40
					400m: 4:21.85 32.79
12.			2011	" "	4:23.42 583
	50m: 30.50	30.50	150m: 1:37.45	33.60	250m: 2:44.90 32.91
	100m: 1:03.85	33.35	200m: 2:11.99	34.54	300m: 3:18.37 33.47
					350m: 3:50.93 32.56
					400m: 4:23.42 32.49
13.			2008	" "	4:24.01 579
	50m: 29.27	29.27	150m: 1:34.15	33.05	250m: 2:41.60 33.87
	100m: 1:01.10	31.83	200m: 2:07.73	33.58	300m: 3:15.70 34.10
					350m: 3:50.35 34.65
					400m: 4:24.01 33.66
14.			2009	,	4:26.06 565
	50m: 30.18	30.18	150m: 1:36.57	33.86	250m: 2:45.46 34.64
	100m: 1:02.71	32.53	200m: 2:10.82	34.25	300m: 3:19.94 34.48
					350m: 3:53.46 33.52
					400m: 4:26.06 32.60
15.			2009	,	4:26.47 563
	50m: 29.08	29.08	150m: 1:36.17	34.00	250m: 2:43.62 33.79
	100m: 1:02.17	33.09	200m: 2:09.83	33.66	300m: 3:18.11 34.49
					350m: 3:52.68 34.57
					400m: 4:26.47 33.79
16.			2010	,	4:26.73 561
	50m: 29.28	29.28	150m: 1:36.42	33.90	250m: 2:44.41 34.04
	100m: 1:02.52	33.24	200m: 2:10.37	33.95	300m: 3:19.01 34.60
					350m: 3:53.41 34.40
					400m: 4:26.73 33.32

" ", 50

"ALGE-TIMING"

	12, , 400m			14								
17.				2009	" "		4:26.84		560			
	50m:	29.37	29.37	150m:	1:36.07	33.96	250m:	2:44.04	33.83	350m:	3:53.42	34.42
	100m:	1:02.11	32.74	200m:	2:10.21	34.14	300m:	3:19.00	34.96	400m:	4:26.84	33.42
18.				2008			4:27.38		557			
	50m:	29.45	29.45	150m:	1:35.81	33.66	250m:	2:43.47	33.86	350m:	3:54.00	36.17
	100m:	1:02.15	32.70	200m:	2:09.61	33.80	300m:	3:17.83	34.36	400m:	4:27.38	33.38
19.				2010	" "		4:27.44		557			
	50m:	30.16	30.16	150m:	1:37.81	34.36	250m:	2:46.63	33.71	350m:	3:54.38	34.04
	100m:	1:03.45	33.29	200m:	2:12.92	35.11	300m:	3:20.34	33.71	400m:	4:27.44	33.06
20.				2009			4:28.25		552			
	50m:	30.12	30.12	150m:	1:36.35	33.58	250m:	2:45.27	34.70	350m:	3:54.45	34.73
	100m:	1:02.77	32.65	200m:	2:10.57	34.22	300m:	3:19.72	34.45	400m:	4:28.25	33.80
21.				2008			4:28.30		551			
	50m:	30.98	30.98	150m:	1:40.79	34.71	250m:	2:50.07	33.92	350m:	3:56.07	32.38
	100m:	1:06.08	35.10	200m:	2:16.15	35.36	300m:	3:23.69	33.62	400m:	4:28.30	32.23
22.				2008	1,		4:29.62		543			
	50m:	30.02	30.02	150m:	1:38.98	34.55	250m:	2:48.69	34.65	350m:	3:57.60	34.17
	100m:	1:04.43	34.41	200m:	2:14.04	35.06	300m:	3:23.43	34.74	400m:	4:29.62	32.02
23.				2010			4:31.65		531			
	50m:	29.98	29.98	150m:	1:37.49	34.25	250m:	2:47.08	35.11	350m:	3:57.51	35.19
	100m:	1:03.24	33.26	200m:	2:11.97	34.48	300m:	3:22.32	35.24	400m:	4:31.65	34.14
24.				2010	" "		4:32.07		529			
	50m:	29.92	29.92	150m:	1:37.40	34.23	250m:	2:46.35	34.50	350m:	3:57.66	35.63
	100m:	1:03.17	33.25	200m:	2:11.85	34.45	300m:	3:22.03	35.68	400m:	4:32.07	34.41
25.				2009	" "		4:32.11		528			
	50m:	29.47	29.47	150m:	1:36.75	34.13	250m:	2:46.27	34.82	350m:	3:56.90	35.50
	100m:	1:02.62	33.15	200m:	2:11.45	34.70	300m:	3:21.40	35.13	400m:	4:32.11	35.21
26.				2007			4:32.24		528			
	50m:	29.94	29.94	150m:	1:37.34	33.99	250m:	2:47.62	35.16	350m:	3:58.59	34.82
	100m:	1:03.35	33.41	200m:	2:12.46	35.12	300m:	3:23.77	36.15	400m:	4:32.24	33.65
27.				2009			4:32.32		527			
	50m:	31.13	31.13	150m:	1:41.02	34.65	250m:	2:50.66	34.70	350m:	3:59.28	33.91
	100m:	1:06.37	35.24	200m:	2:15.96	34.94	300m:	3:25.37	34.71	400m:	4:32.32	33.04
28.				2009	" "		4:32.41		527			
	50m:	30.65	30.65	150m:	1:38.15	34.20	250m:	2:48.38	35.15	350m:	3:58.02	34.93
	100m:	1:03.95	33.30	200m:	2:13.23	35.08	300m:	3:23.09	34.71	400m:	4:32.41	34.39
29.				2007			4:34.20		516			
	50m:	30.83	30.83	150m:	1:39.90	35.20	250m:	2:50.34	35.79	350m:	4:01.08	35.58
	100m:	1:04.70	33.87	200m:	2:14.55	34.65	300m:	3:25.50	35.16	400m:	4:34.20	33.12
30.				2011			4:34.89		513			
	50m:	31.44	31.44	150m:	1:41.47	35.19	250m:	2:51.92	35.63	350m:	4:01.69	34.56
	100m:	1:06.28	34.84	200m:	2:16.29	34.82	300m:	3:27.13	35.21	400m:	4:34.89	33.20
31.				2010			4:35.29		510			
	50m:	31.10	31.10	150m:	1:40.54	35.17	250m:	2:51.08	35.13	350m:	4:02.16	35.29
	100m:	1:05.37	34.27	200m:	2:15.95	35.41	300m:	3:26.87	35.79	400m:	4:35.29	33.13
32.				2010			4:35.46		509			
	50m:	30.78	30.78	150m:	1:40.86	35.60	250m:	2:51.21	35.43	350m:	4:01.71	35.31
	100m:	1:05.26	34.48	200m:	2:15.78	34.92	300m:	3:26.40	35.19	400m:	4:35.46	33.75
33.				2011			4:36.63		503			
	50m:	30.42	30.42	150m:	1:40.25	35.44	250m:	2:51.06	35.30	350m:	4:02.48	35.45
	100m:	1:04.81	34.39	200m:	2:15.76	35.51	300m:	3:27.03	35.97	400m:	4:36.63	34.15

	12, , 400m						14					
34.	/			2011 I	" "	4:36.88			II 502			
	50m:	30.28	30.28	150m:	1:40.39	35.61	250m:	2:52.14	35.48	350m:	4:02.89	34.90
	100m:	1:04.78	34.50	200m:	2:16.66	36.27	300m:	3:27.99	35.85	400m:	4:36.88	33.99
35.				2010 I	" "	4:39.02			II 490			
	50m:	31.25	31.25	150m:	1:41.43	35.47	250m:	2:52.15	35.64	350m:	4:03.58	35.78
	100m:	1:05.96	34.71	200m:	2:16.51	35.08	300m:	3:27.80	35.65	400m:	4:39.02	35.44
36.				2011 II	" "	4:42.97			II 470			
	50m:	30.55	30.55	150m:	1:40.57	35.41	250m:	2:53.80	36.41	350m:	4:07.00	36.30
	100m:	1:05.16	34.61	200m:	2:17.39	36.82	300m:	3:30.70	36.90	400m:	4:42.97	35.97
37.				2005	,	4:43.35			II 468			
	50m:	29.16	29.16	150m:	1:37.67	35.33	350m:	4:05.37	1:14.08			
	100m:	1:02.34	33.18	250m:	2:51.29	1:13.62	400m:	4:43.35	37.98			
38.				2009 II	1,	4:43.72			II 466			
	50m:	31.33	31.33	150m:	1:42.81	36.42	250m:	2:55.20	36.11	350m:	4:08.37	36.10
	100m:	1:06.39	35.06	200m:	2:19.09	36.28	300m:	3:32.27	37.07	400m:	4:43.72	35.35
39.				2011 II	,	4:44.78			II 461			
	50m:	30.98	30.98	150m:	1:42.96	36.06	250m:	2:54.87	35.47	350m:	4:09.19	36.60
	100m:	1:06.90	35.92	200m:	2:19.40	36.44	300m:	3:32.59	37.72	400m:	4:44.78	35.59
40.				2011 II	" "	4:44.97			II 460			
	50m:	31.31	31.31	150m:	1:42.57	36.10	250m:	2:55.39	36.55	350m:	4:09.10	36.88
	100m:	1:06.47	35.16	200m:	2:18.84	36.27	300m:	3:32.22	36.83	400m:	4:44.97	35.87
41.				2011 II	" "	4:45.64			II 457			
	50m:	32.22	32.22	150m:	1:43.46	36.20	250m:	2:56.90	36.96	350m:	4:10.29	36.62
	100m:	1:07.26	35.04	200m:	2:19.94	36.48	300m:	3:33.67	36.77	400m:	4:45.64	35.35
42.				2011 II	,	4:45.67			II 457			
	50m:	31.73	31.73	150m:	1:44.31	36.57	250m:	2:58.35	37.03	350m:	4:11.69	36.16
	100m:	1:07.74	36.01	200m:	2:21.32	37.01	300m:	3:35.53	37.18	400m:	4:45.67	33.98
43.				2010 II	" "	4:45.96			II 455			
	50m:	31.00	31.00	150m:	1:41.45	35.79	250m:	2:55.70	37.60	350m:	4:09.04	36.32
	100m:	1:05.66	34.66	200m:	2:18.10	36.65	300m:	3:32.72	37.02	400m:	4:45.96	36.92
44.				2004 I	,	4:48.94			II 441			
	50m:	31.51	31.51	150m:	1:42.48	35.90	250m:	2:55.36	36.14	350m:	4:10.79	37.68
	100m:	1:06.58	35.07	200m:	2:19.22	36.74	300m:	3:33.11	37.75	400m:	4:48.94	38.15
45.				2010 II	" "	4:49.49			II 439			
	50m:	31.81	31.81	150m:	1:45.14	37.14	250m:	2:59.30	36.10	350m:	4:15.67	38.21
	100m:	1:08.00	36.19	200m:	2:23.20	38.06	300m:	3:37.46	38.16	400m:	4:49.49	33.82
46.				2011 I	" "	4:50.97			II 432			
	50m:	32.72	32.72	150m:	1:47.15	37.47	250m:	3:02.83	37.94	350m:	4:17.20	36.96
	100m:	1:09.68	36.96	200m:	2:24.89	37.74	300m:	3:40.24	37.41	400m:	4:50.97	33.77
47.				2010 I	,	4:51.02			II 432			
	50m:	32.26	32.26	150m:	1:46.06	37.13	250m:	3:00.83	37.17	350m:	4:15.99	37.48
	100m:	1:08.93	36.67	200m:	2:23.66	37.60	300m:	3:38.51	37.68	400m:	4:51.02	35.03
48.				2010	,	4:51.04			II 432			
	50m:	31.94	31.94	150m:	1:44.92	36.65	250m:	2:58.98	37.22	350m:	4:14.09	37.78
	100m:	1:08.27	36.33	200m:	2:21.76	36.84	300m:	3:36.31	37.33	400m:	4:51.04	36.95
49.				2011 II	,	4:52.39			II 426			
	50m:	34.02	34.02	150m:	1:48.80	37.44	250m:	3:03.43	37.54	350m:	4:17.79	36.84
	100m:	1:11.36	37.34	200m:	2:25.89	37.09	300m:	3:40.95	37.52	400m:	4:52.39	34.60
50.				2010 II	" "	4:52.56			II 425			
	50m:	32.35	32.35	150m:	1:45.34	37.27	250m:	3:01.02	38.23	350m:	4:17.53	38.53
	100m:	1:08.07	35.72	200m:	2:22.79	37.45	300m:	3:39.00	37.98	400m:	4:52.56	35.03

	12, , 400m			14								
51.			2011 II					4:52.65	II	425		
	50m:	33.57	33.57	150m:	1:46.76	36.65	250m:	3:01.62	37.45	350m:	4:16.82	37.48
	100m:	1:10.11	36.54	200m:	2:24.17	37.41	300m:	3:39.34	37.72	400m:	4:52.65	35.83
52.			2010 II					4:54.62	II	416		
	50m:	33.87	33.87	150m:	1:49.63	37.88	250m:	3:05.30	37.49	350m:	4:19.49	36.29
	100m:	1:11.75	37.88	200m:	2:27.81	38.18	300m:	3:43.20	37.90	400m:	4:54.62	35.13
53.			2009 II				" "	4:55.00	II	415		
	50m:	31.52	31.52	150m:	1:46.13	38.01	250m:	3:01.13	36.99	350m:	4:17.85	38.60
	100m:	1:08.12	36.60	200m:	2:24.14	38.01	300m:	3:39.25	38.12	400m:	4:55.00	37.15
			2005 I					4:55.00	II	415		
	50m:	31.62	31.62	150m:	1:43.35	36.29	250m:	2:57.54	37.13	350m:	4:15.35	39.17
	100m:	1:07.06	35.44	200m:	2:20.41	37.06	300m:	3:36.18	38.64	400m:	4:55.00	39.65
55.			2010 II					4:57.55	II	404		
	50m:	31.69	31.69	150m:	1:46.00	38.02	250m:	3:03.42	38.73	350m:	4:21.29	39.29
	100m:	1:07.98	36.29	200m:	2:24.69	38.69	300m:	3:42.00	38.58	400m:	4:57.55	36.26
56.			2010 II					4:57.56	II	404		
	50m:	32.12	32.12	150m:	1:46.55	37.65	250m:	3:03.81	38.95	350m:	4:21.58	38.75
	100m:	1:08.90	36.78	200m:	2:24.86	38.31	300m:	3:42.83	39.02	400m:	4:57.56	35.98
57.			2011 II					4:57.72	II	403		
	50m:	31.92	31.92	150m:	1:46.74	38.69	250m:	3:03.72	38.97	350m:	4:20.84	38.69
	100m:	1:08.05	36.13	200m:	2:24.75	38.01	300m:	3:42.15	38.43	400m:	4:57.72	36.88
58.			2010 II				" "	4:59.28	II	397		
	50m:	33.55	33.55	150m:	1:49.21	37.80	250m:	3:05.84	38.30	350m:	4:22.68	38.05
	100m:	1:11.41	37.86	200m:	2:27.54	38.33	300m:	3:44.63	38.79	400m:	4:59.28	36.60
59.			2009 II				" "	5:00.35	II	393		
	50m:	33.41	33.41	150m:	1:48.99	38.12	250m:	3:06.04	39.07	350m:	4:23.03	38.40
	100m:	1:10.87	37.46	200m:	2:26.97	37.98	300m:	3:44.63	38.59	400m:	5:00.35	37.32
60.			2011 II					5:00.51	II	392		
	50m:	34.15	34.15	150m:	1:49.79	38.05	250m:	3:07.02	38.22	350m:	4:23.06	36.95
	100m:	1:11.74	37.59	200m:	2:28.80	39.01	300m:	3:46.11	39.09	400m:	5:00.51	37.45
61.			2010 II				" "	5:00.67	II	392		
	50m:	31.62	31.62	150m:	1:45.25	37.83	250m:	3:01.84	37.78	350m:	4:20.92	39.59
	100m:	1:07.42	35.80	200m:	2:24.06	38.81	300m:	3:41.33	39.49	400m:	5:00.67	39.75
62.			2011 II					5:01.25	II	389		
	50m:	32.99	32.99	150m:	1:47.50	37.57	250m:	3:06.11	39.36	350m:	4:24.30	38.60
	100m:	1:09.93	36.94	200m:	2:26.75	39.25	300m:	3:45.70	39.59	400m:	5:01.25	36.95
63.			2011 II					5:05.72	II	373		
	50m:	34.57	34.57	150m:	1:52.57	38.94	250m:	3:10.74	39.08	350m:	4:28.77	38.71
	100m:	1:13.63	39.06	200m:	2:31.66	39.09	300m:	3:50.06	39.32	400m:	5:05.72	36.95
64.			2010 II					5:12.08	III	350		
	50m:	33.41	33.41	150m:	1:48.81	38.35	250m:	3:05.24	38.24	350m:	4:27.87	42.50
	100m:	1:10.46	37.05	200m:	2:27.00	38.19	300m:	3:45.37	40.13	400m:	5:12.08	44.21
65.			2011 II					5:13.55	III	345		
	50m:	35.54	35.54	150m:	1:54.75	39.48	250m:	3:15.26	39.71	350m:	4:35.08	39.72
	100m:	1:15.27	39.73	200m:	2:35.55	40.80	300m:	3:55.36	40.10	400m:	5:13.55	38.47
66.			2011 II					5:14.44	III	342		
	50m:	35.19	35.19	150m:	1:54.48	39.86	250m:	3:15.37	39.53	350m:	4:35.06	39.02
	100m:	1:14.62	39.43	200m:	2:35.84	41.36	300m:	3:56.04	40.67	400m:	5:14.44	39.38
67.			2011 II					5:17.22	III	333		
	50m:	34.71	34.71	150m:	1:52.53	39.15	250m:	3:13.33	40.51	350m:	4:35.80	40.86
	100m:	1:13.38	38.67	200m:	2:32.82	40.29	300m:	3:54.94	41.61	400m:	5:17.22	41.42

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	12,	, 400m	,	14								
68.			/									
			2010	II						5:18.01	III	331
	50m:	34.04	34.04	150m:	1:54.66	40.37	250m:	3:17.94	41.23	350m:	4:39.70	41.10
	100m:	1:14.29	40.25	200m:	2:36.71	42.05	300m:	3:58.60	40.66	400m:	5:18.01	38.31
69.			2010	III						5:25.61	III	308
	50m:	35.17	35.17	150m:	1:58.49	41.56	250m:	3:21.75	41.51	350m:	4:46.24	41.39
	100m:	1:16.93	41.76	200m:	2:40.24	41.75	300m:	4:04.85	43.10	400m:	5:25.61	39.37
70.			2010	II						5:27.82	III	302
	50m:	33.42	33.42	150m:	1:52.72	40.80	250m:	3:18.30	43.57	350m:	4:45.62	43.96
	100m:	1:11.92	38.50	200m:	2:34.73	42.01	300m:	4:01.66	43.36	400m:	5:27.82	42.20
71.			2011	II						5:28.45	III	300
	50m:	35.22	35.22	150m:	1:57.57	41.09	250m:	3:22.89	43.37	350m:	4:47.81	41.84
	100m:	1:16.48	41.26	200m:	2:39.52	41.95	300m:	4:05.97	43.08	400m:	5:28.45	40.64
72.			2010	II			" "			5:29.68	III	297
	50m:	36.51	36.51	150m:	1:59.35	42.55	250m:	3:23.30	42.15	350m:	4:48.26	43.26
	100m:	1:16.80	40.29	200m:	2:41.15	41.80	300m:	4:05.00	41.70	400m:	5:29.68	41.42
73.			2011	III						5:30.11	III	296
	50m:	35.38	35.38	150m:	1:59.33	42.66	250m:	3:24.61	42.93	350m:	4:50.78	43.06
	100m:	1:16.67	41.29	200m:	2:41.68	42.35	300m:	4:07.72	43.11	400m:	5:30.11	39.33
74.			2011	III						5:34.89	III	283
	50m:	36.73	36.73	150m:	2:00.21	41.96	250m:	3:26.06	42.90	350m:	4:51.75	42.14
	100m:	1:18.25	41.52	200m:	2:43.16	42.95	300m:	4:09.61	43.55	400m:	5:34.89	43.14
75.			2011	I						6:03.56	I	221
	50m:	40.97	40.97	150m:	2:13.48	46.17	250m:	3:47.40	46.26	350m:	5:20.55	45.63
	100m:	1:27.31	46.34	200m:	3:01.14	47.66	300m:	4:34.92	47.52	400m:	6:03.56	43.01
DNS			2011	II								
DNS			2009	II								