

21 , 400m 14
20.02.2025 - 14:03

: AQUA 2024

1.			2004					5:05.10		661		
	50m:	31.41	31.41	150m:	1:49.12	41.23	250m:	3:12.10	43.39	350m:	4:31.41	35.43
	100m:	1:07.89	36.48	200m:	2:28.71	39.59	300m:	3:55.98	43.88	400m:	5:05.10	33.69
2.			2010					5:14.21		605		
	50m:	32.41	32.41	150m:	1:53.53	42.29	250m:	3:19.51	45.08	350m:	4:40.49	35.78
	100m:	1:11.24	38.83	200m:	2:34.43	40.90	300m:	4:04.71	45.20	400m:	5:14.21	33.72
3.			2010					5:14.80		602		
	50m:	32.81	32.81	150m:	1:52.11	40.62	250m:	3:15.68	44.54	350m:	4:38.99	37.93
	100m:	1:11.49	38.68	200m:	2:31.14	39.03	300m:	4:01.06	45.38	400m:	5:14.80	35.81
4.			2011					5:21.94	I	563		
	50m:	34.83	34.83	150m:	1:59.71	43.30	250m:	3:23.07	42.93	350m:	4:46.81	38.52
	100m:	1:16.41	41.58	200m:	2:40.14	40.43	300m:	4:08.29	45.22	400m:	5:21.94	35.13
5.			2011	I				5:22.57	I	559		
	50m:	34.38	34.38	150m:	1:56.40	42.95	250m:	3:22.74	44.50	350m:	4:47.04	38.07
	100m:	1:13.45	39.07	200m:	2:38.24	41.84	300m:	4:08.97	46.23	400m:	5:22.57	35.53
6.			2009					5:22.77	I	558		
	50m:	33.83	33.83	150m:	1:57.88	44.53	250m:	3:22.61	42.35	350m:	4:45.37	38.94
	100m:	1:13.35	39.52	200m:	2:40.26	42.38	300m:	4:06.43	43.82	400m:	5:22.77	37.40
7.			2010	I			" "	5:27.77	I	533		
	50m:	32.39	32.39	150m:	1:56.23	45.19	250m:	3:25.63	46.62	350m:	4:50.82	38.28
	100m:	1:11.04	38.65	200m:	2:39.01	42.78	300m:	4:12.54	46.91	400m:	5:27.77	36.95
8.			2006					5:46.91	II	450		
	50m:	35.39	35.39	150m:	1:59.75	42.25	250m:	3:35.78	54.68	350m:	5:08.16	40.56
	100m:	1:17.50	42.11	200m:	2:41.10	41.35	300m:	4:27.60	51.82	400m:	5:46.91	38.75
9.			2008	I				6:00.79	II	400		
	50m:	36.15	36.15	150m:	2:06.68	46.57	250m:	3:44.44	51.05	350m:	5:19.56	41.34
	100m:	1:20.11	43.96	200m:	2:53.39	46.71	300m:	4:38.22	53.78	400m:	6:00.79	41.23