

" " , 19-21 2025 .

23 , 800m 14
20.02.2025 - 14:29

: AQUA 2024

1.			2009	I				9:43.99	I	572		
	50m:	31.96	31.96	250m:	2:58.46	36.52	450m:	5:27.16	36.92	650m:	7:57.25	37.48
	100m:	1:08.24	36.28	300m:	3:35.93	37.47	500m:	6:04.97	37.81	700m:	8:34.50	37.25
	150m:	1:44.88	36.64	350m:	4:12.75	36.82	550m:	6:42.28	37.31	750m:	9:10.70	36.20
	200m:	2:21.94	37.06	400m:	4:50.24	37.49	600m:	7:19.77	37.49	800m:	9:43.99	33.29
2.			2009				" "	9:48.35	I	559		
	50m:	33.84	33.84	250m:	2:59.13	35.80	450m:	5:25.90	37.04	650m:	7:56.41	37.88
	100m:	1:09.96	36.12	300m:	3:35.58	36.45	500m:	6:03.15	37.25	700m:	8:34.18	37.77
	150m:	1:46.42	36.46	350m:	4:11.60	36.02	550m:	6:40.37	37.22	750m:	9:10.89	36.71
	200m:	2:23.33	36.91	400m:	4:48.86	37.26	600m:	7:18.53	38.16	800m:	9:48.35	37.46
3.			2008					9:58.60	I	531		
	100m:	1:10.67	1:10.67	400m:	4:57.82	37.80	600m:	7:29.76	37.80	800m:	9:58.60	35.35
	200m:	2:25.17	1:14.50	450m:	5:35.66	37.84	650m:	8:08.08	38.32			
	300m:	3:41.63	1:16.46	500m:	6:13.79	38.13	700m:	8:46.07	37.99			
	350m:	4:20.02	38.39	550m:	6:51.96	38.17	750m:	9:23.25	37.18			
4.			2011	I				10:03.80	I	517		
	50m:	34.50	34.50	250m:	3:06.21	38.63	450m:	5:39.11	38.78	650m:	8:12.33	38.34
	100m:	1:11.48	36.98	300m:	3:43.98	37.77	500m:	6:17.15	38.04	700m:	8:50.70	38.37
	150m:	1:49.33	37.85	350m:	4:22.38	38.40	550m:	6:55.58	38.43	750m:	9:27.95	37.25
	200m:	2:27.58	38.25	400m:	5:00.33	37.95	600m:	7:33.99	38.41	800m:	10:03.80	35.85
5.			2011	I			" "	10:31.28	II	452		
6.			2010	II			" "	10:53.62	II	408		
7.			2011	II				10:59.46	II	397		
8.			2008	I				11:03.16	II	390		
	50m:	35.38	35.38	250m:	3:18.37	42.30	450m:	6:08.41	43.04	650m:	8:58.59	42.95
	100m:	1:13.98	38.60	300m:	4:00.26	41.89	500m:	6:50.28	41.87	700m:	9:40.57	41.98
	150m:	1:55.12	41.14	350m:	4:43.33	43.07	550m:	7:33.29	43.01	750m:	10:22.58	42.01
	200m:	2:36.07	40.95	400m:	5:25.37	42.04	600m:	8:15.64	42.35	800m:	11:03.16	40.58
9.			2010	II				11:17.41	II	366		
DNS			2011	I								