

, 05-06 2025 .

13 , 400m (14)
05.06.2025 - 15:43

: AQUA 2025

			/				rt			
1.			2004					4:35.77	621	
	50m:	31.33	31.33	150m:	1:41.31	35.27	250m:	2:52.02	34.90	350m: 4:02.57 35.05
	100m:	1:06.04	34.71	200m:	2:17.12	35.81	300m:	3:27.52	35.50	400m: 4:35.77 33.20
2.			2011					4:44.28	567	1
	50m:	32.60	32.60	150m:	1:43.70	35.52	250m:	2:56.42	36.45	350m: 4:09.24 36.36
	100m:	1:08.18	35.58	200m:	2:19.97	36.27	300m:	3:32.88	36.46	400m: 4:44.28 35.04
3.			2011	1				4:47.26	550	1
	50m:	32.52	32.52	150m:	1:43.63	35.79	250m:	2:56.41	36.44	350m: 4:11.17 37.66
	100m:	1:07.84	35.32	200m:	2:19.97	36.34	300m:	3:33.51	37.10	400m: 4:47.26 36.09
4.			2010	1				4:53.66	514	1
	50m:	33.55	33.55	150m:	1:47.23	36.85	250m:	3:01.65	37.41	350m: 4:16.75 36.96
	100m:	1:10.38	36.83	200m:	2:24.24	37.01	300m:	3:39.79	38.14	400m: 4:53.66 36.91
5.			2008	1				5:03.85	464	2
	50m:	34.39	34.39	150m:	1:50.34	38.69	250m:	3:07.48	38.46	350m: 4:25.56 38.99
	100m:	1:11.65	37.26	200m:	2:29.02	38.68	300m:	3:46.57	39.09	400m: 5:03.85 38.29
6.			2010					5:07.88	446	2
	50m:	33.69	33.69	150m:	1:49.76	38.37	250m:	3:09.13	39.86	350m: 4:28.44 39.06
	100m:	1:11.39	37.70	200m:	2:29.27	39.51	300m:	3:49.38	40.25	400m: 5:07.88 39.44
7.			2010				+0,72	5:09.80	438	2
	50m:	34.90	34.90	150m:	1:53.62	39.91	250m:	3:12.34	39.16	350m: 4:31.22 39.52
	100m:	1:13.71	38.81	200m:	2:33.18	39.56	300m:	3:51.70	39.36	400m: 5:09.80 38.58
8.			2011	2				5:13.93	421	2
	50m:	34.84	34.84	150m:	1:53.19	39.86	250m:	3:13.58	40.14	350m: 4:33.72 40.03
	100m:	1:13.33	38.49	200m:	2:33.44	40.25	300m:	3:53.69	40.11	400m: 5:13.93 40.21
9.			2011	2				5:40.56	330	3
	50m:	36.05	36.05	150m:	2:00.13	43.22	250m:	3:28.94	43.29	350m: 4:58.31 43.98
	100m:	1:16.91	40.86	200m:	2:45.65	45.52	300m:	4:14.33	45.39	400m: 5:40.56 42.25
DNS			2011	1						