

, 05-06 2025 .

14 , 400m (14)
05.06.2025 - 15:55

: AQUA 2025

			/				rt			
1.			2001					4:10.64	676	
	50m:	28.59	28.59	150m:	1:31.43	31.63	250m:	2:35.12	31.50	350m: 3:39.02 31.88
	100m:	59.80	31.21	200m:	2:03.62	32.19	300m:	3:07.14	32.02	400m: 4:10.64 31.62
2.			2008					4:16.07	634	1
	50m:	29.12	29.12	150m:	1:32.76	32.00	250m:	2:37.08	32.15	350m: 3:43.75 33.76
	100m:	1:00.76	31.64	200m:	2:04.93	32.17	300m:	3:09.99	32.91	400m: 4:16.07 32.32
3.			2011 1				+0,84	4:20.31	604	1
	50m:	29.69	29.69	150m:	1:35.68	33.51	250m:	2:42.48	33.40	350m: 3:48.86 32.77
	100m:	1:02.17	32.48	200m:	2:09.08	33.40	300m:	3:16.09	33.61	400m: 4:20.31 31.45
4.			2010 1					4:22.59	588	1
	50m:	29.55	29.55	150m:	1:35.77	33.14	250m:	2:42.64	33.01	350m: 3:50.53 33.11
	100m:	1:02.63	33.08	200m:	2:09.63	33.86	300m:	3:17.42	34.78	400m: 4:22.59 32.06
5.			2009					4:22.60	588	1
	50m:	29.37	29.37	150m:	1:35.51	33.10	250m:	2:42.73	33.25	350m: 3:50.41 33.15
	100m:	1:02.41	33.04	200m:	2:09.48	33.97	300m:	3:17.26	34.53	400m: 4:22.60 32.19
6.			2008					4:24.12	578	1
	50m:	29.87	29.87	150m:	1:35.39	33.38	250m:	2:42.28	33.59	350m: 3:50.11 34.21
	100m:	1:02.01	32.14	200m:	2:08.69	33.30	300m:	3:15.90	33.62	400m: 4:24.12 34.01
7.			2008 1					4:27.05	559	1
	50m:	29.70	29.70	150m:	1:36.87	33.82	250m:	2:45.00	33.87	350m: 3:53.19 34.03
	100m:	1:03.05	33.35	200m:	2:11.13	34.26	300m:	3:19.16	34.16	400m: 4:27.05 33.86
8.			2010 1					4:28.42	551	1
	50m:	30.31	30.31	150m:	1:38.77	34.29	250m:	2:47.65	33.97	400m: 4:28.42 32.33
	100m:	1:04.48	34.17	200m:	2:13.68	34.91	350m:	3:56.09	1:08.44	
9.			2008				+0,69	4:29.34	545	1
	50m:	30.43	30.43	150m:	1:38.10	34.32	250m:	2:46.89	34.45	350m: 3:56.16 34.78
	100m:	1:03.78	33.35	200m:	2:12.44	34.34	300m:	3:21.38	34.49	400m: 4:29.34 33.18
10.			2011 1					4:34.08	517	2
	50m:	30.96	30.96	150m:	1:40.42	35.43	250m:	2:49.68	34.34	350m: 4:00.22 34.98
	100m:	1:04.99	34.03	200m:	2:15.34	34.92	300m:	3:25.24	35.56	400m: 4:34.08 33.86
			2011 2					4:34.08	517	2
	50m:	30.86	30.86	150m:	1:39.50	34.39	250m:	2:49.63	34.98	350m: 4:00.45 35.28
	100m:	1:05.11	34.25	200m:	2:14.65	35.15	300m:	3:25.17	35.54	400m: 4:34.08 33.63
12.			2010 2					4:35.70	508	2
	50m:	31.67	31.67	150m:	1:41.05	35.11	250m:	2:52.16	35.57	350m: 4:02.61 35.46
	100m:	1:05.94	34.27	200m:	2:16.59	35.54	300m:	3:27.15	34.99	400m: 4:35.70 33.09
13.			2009 2					4:37.17	500	2
	50m:	31.36	31.36	150m:	1:41.05	34.80	250m:	2:52.01	35.20	350m: 4:02.80 35.07
	100m:	1:06.25	34.89	200m:	2:16.81	35.76	300m:	3:27.73	35.72	400m: 4:37.17 34.37
14.			2009 1				- +0,73	4:40.12	484	2
	50m:	30.36	30.36	150m:	1:40.39	35.60	250m:	2:53.11	37.00	350m: 4:06.23 37.07
	100m:	1:04.79	34.43	200m:	2:16.11	35.72	300m:	3:29.16	36.05	400m: 4:40.12 33.89
15.			2007					4:40.16	484	2
	50m:	30.93	30.93	150m:	1:41.67	35.65	250m:	2:53.81	35.63	350m: 4:05.58 35.23
	100m:	1:06.02	35.09	200m:	2:18.18	36.51	300m:	3:30.35	36.54	400m: 4:40.16 34.58
16.			2010 1					4:40.23	484	2
	50m:	30.71	30.71	150m:	1:40.65	35.83	250m:	2:52.08	35.38	350m: 4:04.60 36.09
	100m:	1:04.82	34.11	200m:	2:16.70	36.05	300m:	3:28.51	36.43	400m: 4:40.23 35.63

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	14,	, 400m		(14)		rt						
17.			2010	2				4:46.37	453	2			
	50m:	31.05	31.05	150m:	1:41.25	35.38	250m:	2:53.94	36.44	350m:	4:09.23	37.54	
	100m:	1:05.87	34.82	200m:	2:17.50	36.25	300m:	3:31.69	37.75	400m:	4:46.37	37.14	
18.			2011	2				4:48.02	446	2			
	50m:	31.81	31.81	150m:	1:42.49	35.62	250m:	2:56.41	37.45	350m:	4:12.39	37.87	
	100m:	1:06.87	35.06	200m:	2:18.96	36.47	300m:	3:34.52	38.11	400m:	4:48.02	35.63	
19.			2011	2				4:49.98	437	2			
	50m:	32.40	32.40	150m:	1:46.30	37.26	250m:	3:00.82	36.99	350m:	4:15.08	37.17	
	100m:	1:09.04	36.64	200m:	2:23.83	37.53	300m:	3:37.91	37.09	400m:	4:49.98	34.90	
20.			2010	2				4:51.50	430	2			
	50m:	32.02	32.02	150m:	1:45.56	36.94	250m:	3:00.35	37.63	350m:	4:15.74	37.66	
	100m:	1:08.62	36.60	200m:	2:22.72	37.16	300m:	3:38.08	37.73	400m:	4:51.50	35.76	
21.			2011	2				4:57.33	405	2			
	50m:	32.77	32.77	150m:	1:46.26	36.94	250m:	3:01.59	36.87	350m:	4:18.00	37.99	
	100m:	1:09.32	36.55	200m:	2:24.72	38.46	300m:	3:40.01	38.42	400m:	4:57.33	39.33	
22.			2011	2			+0,56	5:05.45	373	2			
	50m:	34.05	34.05	150m:	1:50.84	38.73	250m:	3:09.43	39.49	350m:	4:28.32	39.13	
	100m:	1:12.11	38.06	200m:	2:29.94	39.10	300m:	3:49.19	39.76	400m:	5:05.45	37.13	
23.			2011	3			+0,67	5:09.26	360	3			
	50m:	34.72	34.72	150m:	1:53.20	39.96	250m:	3:13.06	40.13	350m:	4:31.39	39.32	
	100m:	1:13.24	38.52	200m:	2:32.93	39.73	300m:	3:52.07	39.01	400m:	5:09.26	37.87	
24.			2011	2				5:09.70	358	3			
	50m:	35.32	35.32	150m:	1:52.86	39.13	250m:	3:12.50	40.04	350m:	4:31.82	39.17	
	100m:	1:13.73	38.41	200m:	2:32.46	39.60	300m:	3:52.65	40.15	400m:	5:09.70	37.88	
25.			2010	2				5:19.44	326	3			
	50m:	35.83	35.83	150m:	1:54.90	39.66	250m:	3:15.06	39.75	350m:	4:37.29	41.28	
	100m:	1:15.24	39.41	200m:	2:35.31	40.41	300m:	3:56.01	40.95	400m:	5:19.44	42.15	
26.			2011	3				5:20.96	322	3			
	50m:	35.41	35.41	150m:	1:55.31	40.41	250m:	3:17.72	41.78	350m:	4:41.29	41.49	
	100m:	1:14.90	39.49	200m:	2:35.94	40.63	300m:	3:59.80	42.08	400m:	5:20.96	39.67	
27.			2011	2				5:25.58	308	3			
	50m:	34.90	34.90	150m:	1:54.56	40.45	250m:	3:17.64	41.98	350m:	4:43.61	43.08	
	100m:	1:14.11	39.21	200m:	2:35.66	41.10	300m:	4:00.53	42.89	400m:	5:25.58	41.97	
28.			2011	3				5:27.11	304	3			
	50m:	34.91	34.91	150m:	1:56.01	40.42	250m:	3:20.68	42.28	350m:	4:46.77	41.90	
	100m:	1:15.59	40.68	200m:	2:38.40	42.39	300m:	4:04.87	44.19	400m:	5:27.11	40.34	
29.			2011	3				5:36.21	280	3			
	50m:	36.33	36.33	150m:	1:59.11	42.13	250m:	3:25.05	43.52	350m:	4:53.31	44.24	
	100m:	1:16.98	40.65	200m:	2:41.53	42.42	300m:	4:09.07	44.02	400m:	5:36.21	42.90	
30.			2011	3				6:29.94	179	1			
	50m:	39.41	39.41	150m:	2:16.00	50.09	250m:	3:58.45	51.78	350m:	5:39.09	48.76	
	100m:	1:25.91	46.50	200m:	3:06.67	50.67	300m:	4:50.33	51.88	400m:	6:29.94	50.85	
DNS			2005										