

, 05-06 2025 .

15 , 400m (14 )  
 05.06.2025 - 16:19

: AQUA 2025

			/			rt			
1.			2009				<b>5:21.29</b>	557	1
	50m:	32.06	32.06	150m:	1:51.55	42.33	250m:	3:21.93	48.06
	100m:	1:09.22	37.16	200m:	2:33.87	42.32	300m:	4:10.79	48.86
							350m:	4:46.86	36.07
							400m:	5:21.29	34.43
2.			2011	1			<b>5:21.41</b>	556	1
	50m:	33.08	33.08	150m:	1:55.19	43.53	250m:	3:23.02	45.97
	100m:	1:11.66	38.58	200m:	2:37.05	41.86	300m:	4:10.74	47.72
							350m:	4:46.98	36.24
							400m:	5:21.41	34.43
3.			2011				<b>5:27.12</b>	527	1
	50m:	33.89	33.89	150m:	1:53.44	40.61	250m:	3:23.26	49.16
	100m:	1:12.83	38.94	200m:	2:34.10	40.66	300m:	4:13.58	50.32
							350m:	4:50.55	36.97
							400m:	5:27.12	36.57
4.			2011	1			<b>5:33.74</b>	497	1
	50m:	34.39	34.39	150m:	2:00.31	45.57	250m:	3:29.70	46.44
	100m:	1:14.74	40.35	200m:	2:43.26	42.95	300m:	4:17.27	47.57
							350m:	4:56.20	38.93
							400m:	5:33.74	37.54
5.			2011	1			<b>5:54.47</b>	414	2
	50m:	33.86	33.86	150m:	2:01.20	46.31	250m:	3:38.24	51.11
	100m:	1:14.89	41.03	200m:	2:47.13	45.93	300m:	4:30.62	52.38
							350m:	5:12.61	41.99
							400m:	5:54.47	41.86