

16 , 400m (14)
05.06.2025 - 16:26

: AQUA 2025

			/		rt				
1.			2008					4:46.37	607
	50m:	29.79	29.79	150m:	1:43.88	37.93	250m:	2:59.82	37.54
	100m:	1:05.95	36.16	200m:	2:22.28	38.40	300m:	3:39.62	39.80
								350m:	4:13.76
								400m:	4:46.37
									34.14
									32.61
2.			2009					4:49.55	587
	50m:	29.74	29.74	150m:	1:44.63	38.19	250m:	3:01.95	40.67
	100m:	1:06.44	36.70	200m:	2:21.28	36.65	300m:	3:43.54	41.59
								350m:	4:17.14
								400m:	4:49.55
									33.60
									32.41
3.			2009					4:52.42	570
	50m:	31.34	31.34	150m:	1:43.50	37.30	250m:	3:02.10	39.76
	100m:	1:06.20	34.86	200m:	2:22.34	38.84	300m:	3:43.83	41.73
								350m:	4:19.08
								400m:	4:52.42
									35.25
									33.34
4.			2011					4:54.73	557
	50m:	30.24	30.24	150m:	1:45.47	38.91	250m:	3:04.82	42.76
	100m:	1:06.56	36.32	200m:	2:22.06	36.59	300m:	3:49.50	44.68
								350m:	4:23.17
								400m:	4:54.73
									33.67
									31.56
5.			2010	1				5:00.63	524
	50m:	29.50	29.50	150m:	1:44.71	39.22	250m:	3:06.81	43.51
	100m:	1:05.49	35.99	200m:	2:23.30	38.59	300m:	3:51.67	44.86
								350m:	4:25.94
								400m:	5:00.63
									34.27
									34.69
6.			2011	2				5:37.90	369
	50m:	33.72	33.72	150m:	1:56.86	42.62	250m:	3:27.00	47.94
	100m:	1:14.24	40.52	200m:	2:39.06	42.20	300m:	4:17.45	50.45
								350m:	4:57.33
								400m:	5:37.90
									39.88
									40.57
7.			2009	1			-	5:44.02	350
	50m:	32.80	32.80	150m:	2:00.43	46.24	250m:	3:30.95	47.48
	100m:	1:14.19	41.39	200m:	2:43.47	43.04	300m:	4:19.38	48.43
								350m:	5:02.13
								400m:	5:44.02
									42.75
									41.89