

, 18-20 2026 .

11				, 400m				2012				
18.02.2026 - 16:15												
: AQUA 2025												
1.				12.02.2004						<b>4:36.17</b>	619	
	50m:	31.47	31.47	150m:	1:41.50	35.48	250m:	2:53.17	36.22	350m:	4:03.68	35.25
	100m:	1:06.02	34.55	200m:	2:16.95	35.45	300m:	3:28.43	35.26	400m:	4:36.17	32.49
2.				25.05.2011						<b>4:36.45</b>	617	
	50m:	31.56	31.56	150m:	1:40.27	34.50	250m:	2:51.19	35.30	350m:	4:02.07	35.06
	100m:	1:05.77	34.21	200m:	2:15.89	35.62	300m:	3:27.01	35.82	400m:	4:36.45	34.38
3.				31.12.2009						<b>4:39.81</b>	595	
	50m:	32.06	32.06	150m:	1:41.70	35.05	250m:	2:53.01	35.51	350m:	4:04.74	35.39
	100m:	1:06.65	34.59	200m:	2:17.50	35.80	300m:	3:29.35	36.34	400m:	4:39.81	35.07
4.				23.06.2011						<b>4:44.99</b>	563	1
	50m:	32.30	32.30	150m:	1:42.72	35.48	250m:	2:55.52	36.44	350m:	4:09.49	37.03
	100m:	1:07.24	34.94	200m:	2:19.08	36.36	300m:	3:32.46	36.94	400m:	4:44.99	35.50
5.				20.06.2012 1						<b>4:47.69</b>	547	1
	50m:	33.56	33.56	150m:	1:45.73	36.19	250m:	2:59.18	36.89	350m:	4:12.44	36.27
	100m:	1:09.54	35.98	200m:	2:22.29	36.56	300m:	3:36.17	36.99	400m:	4:47.69	35.25
6.				24.07.2010 1						<b>4:50.11</b>	534	1
	50m:	32.99	32.99	150m:	1:45.50	35.70	250m:	2:59.43	36.83	350m:	4:13.69	36.88
	100m:	1:09.80	36.81	200m:	2:22.60	37.10	300m:	3:36.81	37.38	400m:	4:50.11	36.42
7.				04.08.2011 1						<b>4:59.58</b>	485	2
	50m:	33.36	33.36	150m:	1:48.02	38.45	250m:	3:05.82	39.31	400m:	4:59.58	1:15.01
	100m:	1:09.57	36.21	200m:	2:26.51	38.49	300m:	3:44.57	38.75			
8.				24.09.2009 1						<b>5:01.86</b>	474	2
	50m:	33.00	33.00	150m:	1:49.77	39.21	250m:	3:07.83	39.03	350m:	4:25.10	38.03
	100m:	1:10.56	37.56	200m:	2:28.80	39.03	300m:	3:47.07	39.24	400m:	5:01.86	36.76
9.				03.12.2009 1						<b>5:02.87</b>	469	2
	50m:	33.32	33.32	150m:	1:48.70	38.42	250m:	3:05.99	38.76	350m:	4:24.83	39.48
	100m:	1:10.28	36.96	200m:	2:27.23	38.53	300m:	3:45.35	39.36	400m:	5:02.87	38.04
10.				05.08.2011 1						<b>5:04.41</b>	462	2
	50m:	33.66	33.66	150m:	1:51.41	38.92	250m:	3:09.84	38.69	350m:	4:27.45	38.17
	100m:	1:12.49	38.83	200m:	2:31.15	39.74	300m:	3:49.28	39.44	400m:	5:04.41	36.96
11.				27.07.2012 1						<b>5:06.90</b>	451	2
	50m:	34.04	34.04	150m:	1:52.17	39.66	250m:	3:10.67	39.11	350m:	4:29.16	38.85
	100m:	1:12.51	38.47	200m:	2:31.56	39.39	300m:	3:50.31	39.64	400m:	5:06.90	37.74
12.				07.12.2010 1						<b>5:10.10</b>	437	2
	50m:	34.48	34.48	150m:	1:53.08	40.19	250m:	3:13.17	40.00	350m:	4:32.86	39.84
	100m:	1:12.89	38.41	200m:	2:33.17	40.09	300m:	3:53.02	39.85	400m:	5:10.10	37.24
13.				06.04.2010 1						<b>5:14.61</b>	418	2
	50m:	34.15	34.15	150m:	1:53.17	39.60	250m:	3:15.03	40.82	350m:	4:36.81	40.62
	100m:	1:13.57	39.42	200m:	2:34.21	41.04	300m:	3:56.19	41.16	400m:	5:14.61	37.80
14.				01.06.2010						<b>5:15.42</b>	415	2
	50m:	36.29	36.29	150m:	1:55.45	39.70	250m:	3:15.23	39.51	350m:	4:35.18	40.08
	100m:	1:15.75	39.46	200m:	2:35.72	40.27	300m:	3:55.10	39.87	400m:	5:15.42	40.24
15.				12.02.2012 2						<b>5:15.46</b>	415	2
	50m:	33.99	33.99	150m:	1:52.57	39.82	250m:	3:14.42	40.87	350m:	4:35.71	39.90
	100m:	1:12.75	38.76	200m:	2:33.55	40.98	300m:	3:55.81	41.39	400m:	5:15.46	39.75
16.				20.04.2009 2						<b>5:15.57</b>	414	2
	50m:	36.04	36.04	150m:	1:56.39	40.35	250m:	3:16.83	40.07	350m:	4:37.12	40.01
	100m:	1:16.04	40.00	200m:	2:36.76	40.37	300m:	3:57.11	40.28	400m:	5:15.57	38.45

		, 18-20		2026 .	
11, , 400m		, 2012			
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17.	,	16.02.2011 1		<b>5:15.73</b>	414 2
	50m: 33.82 33.82	150m: 1:51.68 39.24	250m: 3:11.54 39.86	350m: 4:35.68 42.34	
	100m: 1:12.44 38.62	200m: 2:31.68 40.00	300m: 3:53.34 41.80	400m: 5:15.73 40.05	
18.	,	15.05.2012 2		<b>5:19.99</b>	398 2
	50m: 34.99 34.99	150m: 1:55.86 40.92	250m: 3:18.14 40.69	350m: 4:40.24 40.68	
	100m: 1:14.94 39.95	200m: 2:37.45 41.59	300m: 3:59.56 41.42	400m: 5:19.99 39.75	
19.	,	28.08.2012 2		<b>5:24.89</b>	380 2
	50m: 35.39 35.39	150m: 1:54.48 40.08	250m: 3:17.72 42.19	350m: 4:43.08 43.22	
	100m: 1:14.40 39.01	200m: 2:35.53 41.05	300m: 3:59.86 42.14	400m: 5:24.89 41.81	
20.	,	01.11.2010 2		<b>5:27.04</b>	372 2
	50m: 35.94 35.94	150m: 1:59.57 42.73	250m: 3:23.66 41.91	350m: 4:46.82 41.94	
	100m: 1:16.84 40.90	200m: 2:41.75 42.18	300m: 4:04.88 41.22	400m: 5:27.04 40.22	
21.	,	29.05.2012 2		<b>5:29.30</b>	365 2
	50m: 35.94 35.94	150m: 1:59.25 41.48	250m: 3:23.53 42.50	350m: 4:48.19 42.07	
	100m: 1:17.77 41.83	200m: 2:41.03 41.78	300m: 4:06.12 42.59	400m: 5:29.30 41.11	
22.	,	11.06.2011 2		<b>5:32.10</b>	356 2
	50m: 35.49 35.49	150m: 1:57.63 42.05	250m: 3:22.55 42.51	350m: 4:50.33 43.83	
	100m: 1:15.58 40.09	200m: 2:40.04 42.41	300m: 4:06.50 43.95	400m: 5:32.10 41.77	
23.	,	30.01.2012		<b>5:35.54</b>	345 2
	50m: 37.20 37.20	150m: 2:00.91 42.30	250m: 3:26.50 43.22	350m: 4:53.44 44.06	
	100m: 1:18.61 41.41	200m: 2:43.28 42.37	300m: 4:09.38 42.88	400m: 5:35.54 42.10	
24.	,	08.10.2012 2		<b>5:47.68</b>	310 3
	50m: 37.99 37.99	150m: 2:05.04 44.18	250m: 3:34.75 45.25	350m: 5:05.04 45.25	
	100m: 1:20.86 42.87	200m: 2:49.50 44.46	300m: 4:19.79 45.04	400m: 5:47.68 42.64	
DSQ	,	22.12.2009 1			2