

, 18-20 2026 .

22	, 400m								2012			
19.02.2026 - 16:24												
: AQUA 2025												
/												
1.	02.06.2008								<b>4:48.12</b>	596 1		
	50m:	30.22	30.22	150m:	1:46.34	39.41	250m:	3:01.36	37.71	350m:	4:15.23	34.85
	100m:	1:06.93	36.71	200m:	2:23.65	37.31	300m:	3:40.38	39.02	400m:	4:48.12	32.89
2.	21.02.2003								<b>4:50.19</b>	583 1		
	50m:	28.00	28.00	150m:	1:41.06	40.24	250m:	3:00.55	41.16	350m:	4:17.05	34.96
	100m:	1:00.82	32.82	200m:	2:19.39	38.33	300m:	3:42.09	41.54	400m:	4:50.19	33.14
3.	08.10.2010								<b>4:56.74</b>	545 1		
	50m:	29.33	29.33	150m:	1:44.12	38.71	250m:	3:05.28	43.68	350m:	4:23.79	34.44
	100m:	1:05.41	36.08	200m:	2:21.60	37.48	300m:	3:49.35	44.07	400m:	4:56.74	32.95
4.	08.11.2011								<b>5:09.42</b>	481 2		
	50m:	31.53	31.53	150m:	1:48.90	39.59	250m:	3:11.44	44.39	350m:	4:33.60	36.52
	100m:	1:09.31	37.78	200m:	2:27.05	38.15	300m:	3:57.08	45.64	400m:	5:09.42	35.82
5.	24.03.2011 2								<b>5:18.32</b>	442 2		
	50m:	32.77	32.77	150m:	1:49.60	40.35	250m:	3:15.86	45.67	350m:	4:39.53	38.55
	100m:	1:09.25	36.48	200m:	2:30.19	40.59	300m:	4:00.98	45.12	400m:	5:18.32	38.79
6.	10.06.2012 2								<b>5:21.30</b>	429 2		
	50m:	34.52	34.52	150m:	1:56.53	43.47	250m:	3:24.41	46.02	350m:	4:46.90	38.12
	100m:	1:13.06	38.54	200m:	2:38.39	41.86	300m:	4:08.78	44.37	400m:	5:21.30	34.40
7.	22.01.2012 1								<b>5:23.84</b>	419 2		
	50m:	31.56	31.56	150m:	1:54.13	44.39	250m:	3:22.03	46.53	350m:	4:48.58	38.70
	100m:	1:09.74	38.18	200m:	2:35.50	41.37	300m:	4:09.88	47.85	400m:	5:23.84	35.26
8.	25.01.2010 2								<b>5:30.52</b>	394 2		
	50m:	31.87	31.87	150m:	1:51.57	41.57	250m:	3:20.21	48.07	350m:	4:50.79	39.60
	100m:	1:10.00	38.13	200m:	2:32.14	40.57	300m:	4:11.19	50.98	400m:	5:30.52	39.73
9.	26.10.2012 2								<b>5:45.48</b>	345 3		
	50m:	32.93	32.93	200m:	2:42.31	1:28.81	300m:	4:27.76	54.22	400m:	5:45.48	38.32
	100m:	1:13.50	40.57	250m:	3:33.54	51.23	350m:	5:07.16	39.40			
10.	09.10.2012 2								<b>5:48.49</b>	336 3		
	50m:	35.20	35.20	150m:	2:04.32	46.59	250m:	3:39.47	49.77	350m:	5:10.20	39.37
	100m:	1:17.73	42.53	200m:	2:49.70	45.38	300m:	4:30.83	51.36	400m:	5:48.49	38.29
11.	08.10.2012 2								<b>6:21.99</b>	255 3		
	50m:	39.24	39.24	150m:	2:14.85	48.87	250m:	3:57.56	53.18	350m:	5:38.92	44.79
	100m:	1:25.98	46.74	200m:	3:04.38	49.53	300m:	4:54.13	56.57	400m:	6:21.99	43.07
DSQ	15.06.2011 2									2		