

«

»

20-22

2026

11 , 400m (14-15 )  
20.04.2026 - 15:53

: AQUA 2026

								R.T.				
1.				2011				+0,64	<b>4:37.11</b>		603	
	50m:	31.09	31.09	150m:	1:41.43	35.84	250m:	2:52.82	35.87	350m:	4:04.19	35.68
	100m:	1:05.59	34.50	200m:	2:16.95	35.52	300m:	3:28.51	35.69	400m:	4:37.11	32.92
2.				2011		" "		+0,67	<b>4:58.20</b>	I	484	
	50m:	31.81	31.81	150m:	1:44.51	37.52	250m:	3:01.74	39.22	350m:	4:20.09	39.30
	100m:	1:06.99	35.18	200m:	2:22.52	38.01	300m:	3:40.79	39.05	400m:	4:58.20	38.11
3.				2011	1			+0,63	<b>5:01.88</b>	II	466	
	50m:	32.44	32.44	150m:	1:46.62	37.69	250m:	3:03.85	38.70	350m:	4:22.47	39.18
	100m:	1:08.93	36.49	200m:	2:25.15	38.53	300m:	3:43.29	39.44	400m:	5:01.88	39.41
4.				2011	1				<b>5:08.96</b>	II	435	
	50m:	33.06	33.06	150m:	1:49.63	38.51	250m:	3:09.92	40.19	350m:	4:29.82	39.69
	100m:	1:11.12	38.06	200m:	2:29.73	40.10	300m:	3:50.13	40.21	400m:	5:08.96	39.14
5.				2012	2				<b>5:13.98</b>	II	414	
	50m:	34.16	34.16	150m:	1:52.43	39.69	250m:	3:13.72	40.76	350m:	4:35.20	40.51
	100m:	1:12.74	38.58	200m:	2:32.96	40.53	300m:	3:54.69	40.97	400m:	5:13.98	38.78
6.				2012	2	" "		+0,57	<b>5:20.86</b>	II	388	
	50m:	35.83	35.83	150m:	1:55.94	39.91	250m:	3:18.18		350m:	4:40.73	
	100m:	1:16.03	40.20	200m:			300m:			400m:	5:20.86	40.13
7.				2012	2			+0,82	<b>5:26.07</b>	II	370	
	50m:	35.61	35.61	150m:	1:55.64	40.84	250m:	3:18.97	41.79	350m:	4:43.87	42.53
	100m:	1:14.80	39.19	200m:	2:37.18	41.54	300m:	4:01.34	42.37	400m:	5:26.07	42.20
8.				2012	2	" "			<b>5:30.96</b>	II	354	
	50m:	35.43	35.43	150m:	1:59.10	42.35	250m:	3:24.66	41.94	350m:	4:49.65	41.75
	100m:	1:16.75	41.32	200m:	2:42.72	43.62	300m:	4:07.90	43.24	400m:	5:30.96	41.31
9.				2012	2				<b>5:31.66</b>	II	352	
	100m:	1:15.88	1:15.88	250m:	3:24.03	41.99	350m:	4:50.92	43.98			
	200m:	2:42.04	1:26.16	300m:	4:06.94	42.91	400m:	5:31.66	40.74			
10.				2012	3				<b>5:48.23</b>	III	304	
	50m:	37.32	37.32	150m:	2:04.70	44.03	250m:	3:35.39	45.58	350m:	5:05.96	44.14
	100m:	1:20.67	43.35	200m:	2:49.81	45.11	300m:	4:21.82	46.43	400m:	5:48.23	42.27

11 , 400m (16-18 )  
20.04.2026 - 15:53

: AQUA 2026

								R.T.				
1.				2009				+0,76	<b>4:48.26</b>	I	536	
	50m:	30.86	30.86	150m:	1:43.41	36.95	250m:	2:58.44	37.22	350m:	4:14.05	37.24
	100m:	1:06.46	35.60	200m:	2:21.22	37.81	300m:	3:36.81	38.37	400m:	4:48.26	34.21
2.				2010	1			+0,80	<b>4:48.40</b>	I	535	
	50m:	32.61	32.61	150m:	1:43.70	36.02	250m:	2:56.22	36.79	350m:	4:11.66	37.91
	100m:	1:07.68	35.07	200m:	2:19.43	35.73	300m:	3:33.75	37.53	400m:	4:48.40	36.74
3.				2009	1				<b>5:06.10</b>	II	447	
	50m:	33.03	33.03	150m:	1:48.66	38.24	250m:	3:07.09	38.84	350m:	4:26.53	39.12
	100m:	1:10.42	37.39	200m:	2:28.25	39.59	300m:	3:47.41	40.32	400m:	5:06.10	39.57
4.				2010	1	" "			<b>5:10.06</b>	II	430	
	50m:	34.81	34.81	150m:	1:52.60	39.73	250m:	3:11.51	39.51	350m:	4:31.02	39.99
	100m:	1:12.87	38.06	200m:	2:32.00	39.40	300m:	3:51.03	39.52	400m:	5:10.06	39.04
5.				2009	2	" "		+0,61	<b>5:13.58</b>	II	416	
	50m:	34.34	34.34	150m:	1:52.58	39.42	250m:	3:12.79	39.87	350m:	4:34.30	40.34
	100m:	1:13.16	38.82	200m:	2:32.92	40.34	300m:	3:53.96	41.17	400m:	5:13.58	39.28