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20-22

2026

20.04.2026 - 16:06

, 400m

(14-15 )

: AQUA 2026

			/			R.T.						
1.			2012	1				+0,81	<b>4:29.13</b>	I	545	
	50m:	30.63	30.63	150m:	1:37.88	34.38	250m:	2:46.19	34.14	350m:	3:55.27	34.37
	100m:	1:03.50	32.87	200m:	2:12.05	34.17	300m:	3:20.90	34.71	400m:	4:29.13	33.86
2.			2011	1						II	520	
	50m:	30.15	30.15	150m:	1:39.97	35.13	250m:	2:51.03	35.87	350m:	4:00.13	33.02
	100m:	1:04.84	34.69	200m:	2:15.16	35.19	300m:	3:27.11	36.08	400m:	4:33.45	33.32
3.			2012	2						II	510	
	50m:	31.03	31.03	150m:	1:41.38	35.09	250m:	2:52.63	35.18	350m:	4:02.69	33.70
	100m:	1:06.29	35.26	200m:	2:17.45	36.07	300m:	3:28.99	36.36	400m:	4:35.22	32.53
4.			2012	2				+0,51	<b>4:35.31</b>	II	509	
	50m:	31.22	31.22	150m:	1:40.85	34.67	250m:	2:51.71	35.02	350m:	4:02.45	35.23
	100m:	1:06.18	34.96	200m:	2:16.69	35.84	300m:	3:27.22	35.51	400m:	4:35.31	32.86
5.			2011	1		"	"	+0,62	<b>4:35.65</b>	II	508	
	50m:	29.90	29.90	150m:	1:38.36	34.61	250m:	2:48.75	34.88	350m:	4:00.42	35.37
	100m:	1:03.75	33.85	200m:	2:13.87	35.51	300m:	3:25.05	36.30	400m:	4:35.65	35.23
6.			2012	1						II	507	
	50m:	30.88	30.88	150m:	1:39.80	35.45	250m:	2:51.38	36.43	350m:	4:02.36	35.82
	100m:	1:04.35	33.47	200m:	2:14.95	35.15	300m:	3:26.54	35.16	400m:	4:35.67	33.31
7.			2011	1		"	"	+0,67	<b>4:36.57</b>	II	503	
	50m:	30.39	30.39	150m:	1:38.72	34.78	250m:	2:49.86	35.86	350m:	4:01.73	35.94
	100m:	1:03.94	33.55	200m:	2:14.00	35.28	300m:	3:25.79	35.93	400m:	4:36.57	34.84
8.			2012	1		"	"			II	501	
	50m:	31.51	31.51	150m:	1:42.83	36.03	250m:	2:54.09	35.67	350m:	4:04.52	34.93
	100m:	1:06.80	35.29	200m:	2:18.42	35.59	300m:	3:29.59	35.50	400m:	4:36.77	32.25
9.			2011	2				+0,61	<b>4:43.74</b>	II	465	
	50m:	31.35	31.35	150m:	1:42.08	35.65	250m:	2:54.98	36.83	350m:	4:08.91	36.45
	100m:	1:06.43	35.08	200m:	2:18.15	36.07	300m:	3:32.46	37.48	400m:	4:43.74	34.83
10.			2012	2						II	462	
	50m:	32.77	32.77	150m:	1:45.82	36.79	250m:	2:59.56	37.19	350m:	4:11.58	35.34
	100m:	1:09.03	36.26	200m:	2:22.37	36.55	300m:	3:36.24	36.68	400m:	4:44.53	32.95
11.			2012	2				+0,69	<b>4:44.92</b>	II	460	
	50m:	32.45	32.45	150m:	1:45.22	36.56	250m:	2:58.78	36.46	350m:	4:11.00	35.11
	100m:	1:08.66	36.21	200m:	2:22.32	37.10	300m:	3:35.89	37.11	400m:	4:44.92	33.92
12.			2011	2				+0,51	<b>4:45.11</b>	II	459	
	50m:	30.72	30.72	150m:	1:42.13	36.22	250m:	2:56.10	37.19	350m:	4:10.16	37.09
	100m:	1:05.91	35.19	200m:	2:18.91	36.78	300m:	3:33.07	36.97	400m:	4:45.11	34.95
13.			2012	2		1,				II	457	
	50m:	31.47	31.47	150m:	1:43.65	36.96	250m:	2:58.11	37.01	350m:	4:11.40	36.68
	100m:	1:06.69	35.22	200m:	2:21.10	37.45	300m:	3:34.72	36.61	400m:	4:45.36	33.96
14.			2011	1		"	"			II	454	
	50m:	30.36	30.36	150m:	1:42.50	36.76	250m:	2:57.33	37.90	350m:	4:11.65	37.30
	100m:	1:05.74	35.38	200m:	2:19.43	36.93	300m:	3:34.35	37.02	400m:	4:46.11	34.46
15.			2012	2				+0,89	<b>4:46.19</b>	II	454	
	50m:	32.59	32.59	150m:	1:43.03	35.71	250m:	2:56.27	36.48	350m:	4:10.49	37.05
	100m:	1:07.32	34.73	200m:	2:19.79	36.76	300m:	3:33.44	37.17	400m:	4:46.19	35.70
16.			2012	2				+0,47	<b>4:49.08</b>	II	440	
	50m:	32.46	32.46	150m:	1:45.09	36.40	250m:	3:00.34	37.39	350m:	4:14.75	36.91
	100m:	1:08.69	36.23	200m:	2:22.95	37.86	300m:	3:37.84	37.50	400m:	4:49.08	34.33
17.			2011	2				+0,61	<b>4:49.82</b>	II	437	
	50m:	31.09	31.09	150m:	1:43.61	36.79	250m:	2:59.02	37.88	350m:	4:14.10	37.19
	100m:	1:06.82	35.73	200m:	2:21.14	37.53	300m:	3:36.91	37.89	400m:	4:49.82	35.72

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12,		, 400m				(14-15 )						
				/				R.T.				
18.				2012	2			+0,82	<b>4:51.59</b>	II	429	
	50m:	32.82	32.82	150m:	1:48.14	38.35	250m:	3:04.00	38.09	350m:	4:16.82	
	100m:	1:09.79	36.97	200m:	2:25.91	37.77	300m:	3:41.13	37.13	400m:	4:51.59	
											35.69	
											34.77	
19.				2012	2					<b>4:52.20</b>	II	426
	50m:	31.81	31.81	150m:	1:45.91	37.55	250m:	3:01.16	37.42	350m:	4:16.39	37.13
	100m:	1:08.36	36.55	200m:	2:23.74	37.83	300m:	3:39.26	38.10	400m:	4:52.20	35.81
20.				2012	2					<b>4:52.22</b>	II	426
	50m:	32.83	32.83	150m:	1:47.05	37.63	250m:	3:01.49	37.03	350m:	4:15.66	36.64
	100m:	1:09.42	36.59	200m:	2:24.46	37.41	300m:	3:39.02	37.53	400m:	4:52.22	36.56
21.				2011	2					<b>4:54.67</b>	II	415
	50m:	31.74	31.74	150m:	1:45.44	37.96	250m:	3:01.34	38.30	350m:	4:17.55	38.32
	100m:	1:07.48	35.74	200m:	2:23.04	37.60	300m:	3:39.23	37.89	400m:	4:54.67	37.12
22.				2012	2	"	"			<b>4:54.75</b>	II	415
	50m:	33.19	33.19	150m:	1:48.12	37.53	250m:	3:03.02	37.37	350m:	4:19.14	37.84
	100m:	1:10.59	37.40	200m:	2:25.65	37.53	300m:	3:41.30	38.28	400m:	4:54.75	35.61
23.				2012	2	1,		+0,65	<b>4:57.44</b>	II	404	
	50m:	33.99	33.99	150m:	1:51.19	38.49	250m:	3:08.37	38.28	350m:	4:23.13	35.99
	100m:	1:12.70	38.71	200m:	2:30.09	38.90	300m:	3:47.14	38.77	400m:	4:57.44	34.31
24.				2012	2	1,		+0,67	<b>5:01.00</b>	II	390	
	50m:	35.16	35.16	150m:	1:52.97	38.89	250m:	3:10.30	38.16	350m:	4:24.71	36.29
	100m:	1:14.08	38.92	200m:	2:32.14	39.17	300m:	3:48.42	38.12	400m:	5:01.00	36.29
25.				2012	2			+0,60	<b>5:04.04</b>	II	378	
	50m:	33.30	33.30	150m:	1:49.33	38.73	250m:	3:07.50	39.32	350m:	4:26.28	39.45
	100m:	1:10.60	37.30	200m:	2:28.18	38.85	300m:	3:46.83	39.33	400m:	5:04.04	37.76
26.				2012	2					<b>5:06.25</b>	III	370
	50m:	34.62	34.62	150m:	1:53.00	39.64	250m:	3:12.97	40.14	350m:	4:32.75	39.84
	100m:	1:13.36	38.74	200m:	2:32.83	39.83	300m:	3:52.91	39.94	400m:	5:06.25	33.50
27.				2011	2			+0,89	<b>5:07.08</b>	III	367	
	50m:	34.21	34.21	150m:	1:50.51	38.04	250m:	3:09.93	39.22	350m:	4:29.10	38.55
	100m:	1:12.47	38.26	200m:	2:30.71	40.20	300m:	3:50.55	40.62	400m:	5:07.08	37.98
28.				2012	2			+0,75	<b>5:07.87</b>	III	364	
	50m:	34.69	34.69	150m:	1:52.80	39.06	250m:	3:11.74	39.20	350m:	4:30.71	39.16
	100m:	1:13.74	39.05	200m:	2:32.54	39.74	300m:	3:51.55	39.81	400m:	5:07.87	37.16
29.				2012	2			+0,70	<b>5:08.10</b>	III	363	
	50m:	36.96	36.96	150m:	1:54.59	38.94	250m:	3:13.43	39.30	350m:	4:32.00	39.33
	100m:	1:15.65	38.69	200m:	2:34.13	39.54	300m:	3:52.67	39.24	400m:	5:08.10	36.10
30.				2011	2	"	"			<b>5:08.14</b>	III	363
	50m:	32.11	32.11	150m:	1:47.80	39.01	250m:	3:08.42	40.80	350m:	4:29.21	40.34
	100m:	1:08.79	36.68	200m:	2:27.62	39.82	300m:	3:48.87	40.45	400m:	5:08.14	38.93
31.				2012	2			+0,65	<b>5:08.43</b>	III	362	
	50m:	34.58	34.58	150m:	1:53.58	40.05	250m:	3:14.06	40.73	350m:	4:32.60	38.46
	100m:	1:13.53	38.95	200m:	2:33.33	39.75	300m:	3:54.14	40.08	400m:	5:08.43	35.83
32.				2012	2					<b>5:15.01</b>	III	340
	50m:	34.05	34.05	150m:	1:53.85	40.96	250m:	3:14.62	40.71	350m:	4:35.83	40.37
	100m:	1:12.89	38.84	200m:	2:33.91	40.06	300m:	3:55.46	40.84	400m:	5:15.01	39.18
33.				2012	2			+0,90	<b>5:15.54</b>	III	338	
	50m:	33.57	33.57	150m:	1:50.14	38.96	250m:	3:12.55	41.70	350m:	4:35.76	41.01
	100m:	1:11.18	37.61	200m:	2:30.85	40.71	300m:	3:54.75	42.20	400m:	5:15.54	39.78
34.				2012	2			+0,68	<b>5:18.65</b>	III	328	
	50m:	35.01	35.01	150m:	1:55.44	40.81	250m:	3:16.70	40.87	350m:	4:38.99	41.21
	100m:	1:14.63	39.62	200m:	2:35.83	40.39	300m:	3:57.78	41.08	400m:	5:18.65	39.66
35.				2012	2					<b>5:19.12</b>	III	327
	50m:	34.82	34.82	150m:	1:53.60	40.21	250m:	3:15.98	41.86	350m:	4:38.84	41.43
	100m:	1:13.39	38.57	200m:	2:34.12	40.52	300m:	3:57.41	41.43	400m:	5:19.12	40.28

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12,		, 400m				(14-15 )							
				/				R.T.					
36.				2012	2					<b>5:19.17</b>	III	327	
	50m:	34.86	34.86	150m:	1:54.93	40.13	250m:	3:16.00	40.09	350m:	4:39.88	41.02	
	100m:	1:14.80	39.94	200m:	2:35.91	40.98	300m:	3:58.86	42.86	400m:	5:19.17	39.29	
37.				2012	3	"	"			<b>5:27.84</b>	III	302	
	100m:	1:18.30	1:18.30	200m:	2:41.23	41.86	300m:	4:05.05	42.12	400m:	5:27.84	41.04	
	150m:	1:59.37	41.07	250m:	3:22.93	41.70	350m:	4:46.80	41.75				
38.				2011	2					<b>5:27.91</b>	III	301	
	50m:	35.22	35.22	150m:	1:57.10	41.12	250m:	3:21.35	41.59	350m:	4:45.93	41.70	
	100m:	1:15.98	40.76	200m:	2:39.76	42.66	300m:	4:04.23	42.88	400m:	5:27.91	41.98	
39.				2012	2					<b>5:28.68</b>	III	299	
	50m:	36.85	36.85	150m:	1:59.52	42.22	250m:	3:25.12	43.03	350m:	4:47.92	39.88	
	100m:	1:17.30	40.45	200m:	2:42.09	42.57	300m:	4:08.04	42.92	400m:	5:28.68	40.76	
40.				2011	3				+0,80	<b>5:31.30</b>	III	292	
	50m:	33.83	33.83	150m:	1:54.27	40.66	250m:	3:19.59	42.81	350m:	4:47.74	43.95	
	100m:	1:13.61	39.78	200m:	2:36.78	42.51	300m:	4:03.79	44.20	400m:	5:31.30	43.56	
41.				2012	2				+0,55	<b>5:31.43</b>	III	292	
	50m:	36.44	36.44	150m:	1:59.78	42.14	250m:	3:25.65	43.01	350m:	4:51.31	42.86	
	100m:	1:17.64	41.20	200m:	2:42.64	42.86	300m:	4:08.45	42.80	400m:	5:31.43	40.12	
42.				2012	3					<b>5:35.04</b>	III	282	
	50m:	37.13	37.13	150m:	1:59.27	41.95	250m:	3:24.73	41.90	350m:	4:50.99	41.88	
	100m:	1:17.32	40.19	200m:	2:42.83	43.56	300m:	4:09.11	44.38	400m:	5:35.04	44.05	
43.				2011	2					<b>5:37.51</b>	III	276	
	50m:	36.80	36.80	150m:	2:03.17	43.40	250m:	3:28.70	42.69	350m:	4:55.34	43.31	
	100m:	1:19.77	42.97	200m:	2:46.01	42.84	300m:	4:12.03	43.33	400m:	5:37.51	42.17	
44.				2012	3					<b>5:39.62</b>	III	271	
	50m:	36.78	36.78	150m:	2:03.17	44.03	250m:	3:30.41	43.61	350m:	4:58.42	44.31	
	100m:	1:19.14	42.36	200m:	2:46.80	43.63	300m:	4:14.11	43.70	400m:	5:39.62	41.20	
45.				2012	3				+0,99	<b>5:47.30</b>	I	254	
	50m:	36.62	36.62	150m:	2:02.67	44.22	250m:	3:32.25	44.52	350m:	5:04.17	48.92	
	100m:	1:18.45	41.83	200m:	2:47.73	45.06	300m:	4:15.25	43.00	400m:	5:47.30	43.13	
46.				2012	3				+0,88	<b>6:03.46</b>	I	221	
	50m:	36.19	36.19	150m:	2:04.75	45.89	250m:	3:39.55	48.34	350m:	5:16.28	48.54	
	100m:	1:18.86	42.67	200m:	2:51.21	46.46	300m:	4:27.74	48.19	400m:	6:03.46	47.18	

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20.04.2026 - 16:06

, 400m

(16-18 )

: AQUA 2026

				/				R.T.					
1.				2010						<b>4:17.72</b>	I	621	
	50m:	28.69	28.69	150m:	1:32.56	32.22	250m:	2:38.19	32.93	350m:	3:45.66	33.98	
	100m:	1:00.34	31.65	200m:	2:05.26	32.70	300m:	3:11.68	33.49	400m:	4:17.72	32.06	
2.				2009	1				+0,56	<b>4:23.90</b>	I	579	
	50m:	29.39	29.39	150m:	1:34.12	32.83	250m:	2:41.70	33.68	350m:	3:50.40	34.33	
	100m:	1:01.29	31.90	200m:	2:08.02	33.90	300m:	3:16.07	34.37	400m:	4:23.90	33.50	
3.				2010	1				+0,86	<b>4:29.92</b>	I	541	
	50m:	29.98	29.98	150m:	1:37.83	34.53	250m:	2:46.94	34.46	350m:	3:56.53	34.75	
	100m:	1:03.30	33.32	200m:	2:12.48	34.65	300m:	3:21.78	34.84	400m:	4:29.92	33.39	
4.				2009	1				+0,74	<b>4:34.00</b>	II	517	
	50m:	29.85	29.85	150m:	1:36.51	34.06	250m:	2:48.23	36.34	350m:	4:01.10	36.39	
	100m:	1:02.45	32.60	200m:	2:11.89	35.38	300m:	3:24.71	36.48	400m:	4:34.00	32.90	
5.				2009	1	1,				<b>4:34.68</b>	II	513	
	50m:	30.17	30.17	150m:	1:39.76	35.24	250m:	2:51.05	35.62	350m:	4:01.62	34.40	
	100m:	1:04.52	34.35	200m:	2:15.43	35.67	300m:	3:27.22	36.17	400m:	4:34.68	33.06	

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12,		, 400m				(16-18 )						
6.			/	2009	1			R.T.				
	50m:	31.36	31.36	150m:	1:45.21	37.51	250m:	2:57.97	35.63	350m:	4:10.55	35.20
	100m:	1:07.70	36.34	200m:	2:22.34	37.13	300m:	3:35.35	37.38	400m:	4:43.21	32.66
								<b>+0,53</b>	<b>4:43.21</b>		468	
7.				2009	2	" "						
	50m:	32.56	32.56	150m:	1:48.42	37.93	250m:	3:03.00	36.58	350m:	4:15.50	35.80
	100m:	1:10.49	37.93	200m:	2:26.42	38.00	300m:	3:39.70	36.70	400m:	4:49.78	34.28
								<b>+0,71</b>	<b>4:49.78</b>		437	
8.				2010	2							
	50m:	32.51	32.51	150m:	1:46.12	36.91	250m:	3:01.93	38.13	350m:	4:19.72	39.19
	100m:	1:09.21	36.70	200m:	2:23.80	37.68	300m:	3:40.53	38.60	400m:	4:54.73	35.01
									<b>4:54.73</b>		415	
9.				2010	2							
	50m:	33.18	33.18	150m:	1:47.31	37.67	250m:	3:04.55	38.93	350m:	4:21.22	38.55
	100m:	1:09.64	36.46	200m:	2:25.62	38.31	300m:	3:42.67	38.12	400m:	4:57.22	36.00
								<b>+0,58</b>	<b>4:57.22</b>		405	
DNS				2010	2							