

03.11.2024 47

, 200m

R.T.

(14-15 )

1.				2009	"	"	-			+0,77	<b>2:14.57</b>		60,00
	25m:	14.09	14.09	75m:	47.38	16.73	125m:	1:21.33	17.22	175m:	1:56.53	17.68	
	50m:	30.65	16.56	100m:	1:04.11	16.73	150m:	1:38.85	17.52	200m:	2:14.57	18.04	
2.				2010			1			+0,88	<b>2:26.11</b>	I	52,00
	25m:	14.77	14.77	75m:	50.80	18.37	125m:	1:28.54	19.01	175m:	2:07.64	19.29	
	50m:	32.43	17.66	100m:	1:09.53	18.73	150m:	1:48.35	19.81	200m:	2:26.11	18.47	
3.				2010	I	"	"			+0,83	<b>2:26.14</b>	I	45,00
	25m:	14.89	14.89	75m:	50.29	18.20	125m:	1:27.32	18.74	175m:	2:06.44	19.57	
	50m:	32.09	17.20	100m:	1:08.58	18.29	150m:	1:46.87	19.55	200m:	2:26.14	19.70	
4.				2010	I					+0,77	<b>2:40.62</b>	I	41,00
	25m:	15.13	15.13	75m:	53.44	19.66	125m:	1:35.94	21.20	175m:	2:19.27	21.51	
	50m:	33.78	18.65	100m:	1:14.74	21.30	150m:	1:57.76	21.82	200m:	2:40.62	21.35	
5.				2009	I	"	"			+0,75	<b>2:40.65</b>	I	37,00
	25m:	15.84	15.84	75m:	55.01	19.76	125m:	1:36.58	21.13	175m:	2:19.93	21.87	
	50m:	35.25	19.41	100m:	1:15.45	20.44	150m:	1:58.06	21.48	200m:	2:40.65	20.72	
6.				2010			MY CHAMPS			+0,52	<b>2:42.84</b>	I	33,00
	25m:	14.65	14.65	75m:	51.76	19.12	125m:	1:34.88	22.07	175m:	2:20.81	23.17	
	50m:	32.64	17.99	100m:	1:12.81	21.05	150m:	1:57.64	22.76	200m:	2:42.84	22.03	

(16-18 )

1.				2007						+0,76	<b>2:23.71</b>		60,00
	25m:	14.26	14.26	75m:	48.59	17.69	125m:	1:25.46	18.68	175m:	2:03.95	19.50	
	50m:	30.90	16.64	100m:	1:06.78	18.19	150m:	1:44.45	18.99	200m:	2:23.71	19.76	
2.				2007		"	"			+0,69	<b>2:27.45</b>	I	52,00
	25m:	14.14	14.14	75m:	49.57	18.45	125m:	1:28.16	19.26	175m:	2:07.89	20.10	
	50m:	31.12	16.98	100m:	1:08.90	19.33	150m:	1:47.79	19.63	200m:	2:27.45	19.56	
3.				2008	I	"	"			+0,79	<b>2:46.07</b>	I	45,00
	25m:	15.21	15.21	75m:	55.12	20.78	125m:	1:39.28	22.15	175m:	2:23.39	21.80	
	50m:	34.34	19.13	100m:	1:17.13	22.01	150m:	2:01.59	22.31	200m:	2:46.07	22.68	

19

1.				1996		1	-			+0,70	<b>2:07.99</b>		60,00
	25m:	12.91	12.91	75m:	44.34	16.22	125m:	1:17.31	16.53	175m:	1:51.06	16.97	
	50m:	28.12	15.21	100m:	1:00.78	16.44	150m:	1:34.09	16.78	200m:	2:07.99	16.93	