

04.11.2024 53 , 400m 9 - 13

												R.T.
(9-10)												
1.		2015 II		1						5:27.20 I		60,00
	25m: 17.05	17.05	150m: 2:00.05	21.19	250m: 3:23.87	20.94	350m: 4:47.31	21.14				
	50m: 36.84	19.79	175m: 2:21.76	21.71	275m: 3:45.27	21.40	375m: 5:07.52	20.21				
	75m: 56.74	19.90	200m: 2:42.59	20.83	300m: 4:06.28	21.01	400m: 5:27.20	19.68				
	125m: 1:38.86	42.12	225m: 3:02.93	20.34	325m: 4:26.17	19.89						
2.		2014 III		" "						5:40.29 III		52,00
	25m: 16.82	16.82	125m: 1:39.58	21.94	225m: 3:07.25	22.02	325m: 4:34.35	21.72				
	50m: 35.99	19.17	150m: 2:01.70	22.12	250m: 3:28.95	21.70	350m: 4:56.33	21.98				
	75m: 56.51	20.52	175m: 2:23.27	21.57	275m: 3:50.48	21.53	375m: 5:18.07	21.74				
	100m: 1:17.64	21.13	200m: 2:45.23	21.96	300m: 4:12.63	22.15	400m: 5:40.29	22.22				
3.		2014 I		" "						+0.46 5:49.49 III		45,00
	25m: 17.47	17.47	125m: 1:43.36	22.18	225m: 3:13.65	22.74	325m: 4:42.95	21.80				
	50m: 37.93	20.46	150m: 2:06.06	22.70	250m: 3:36.47	22.82	350m: 5:05.74	22.79				
	75m: 59.27	21.34	175m: 2:28.85	22.79	275m: 3:58.83	22.36	375m: 5:28.62	22.88				
	100m: 1:21.18	21.91	200m: 2:50.91	22.06	300m: 4:21.15	22.32	400m: 5:49.49	20.87				
4.		2014 III		" "						+0.61 5:57.50 III		41,00
	25m: 17.34	17.34	125m: 1:42.65	21.61	225m: 3:14.62	23.06	325m: 4:48.87	23.72				
	50m: 37.06	19.72	150m: 2:06.33	23.68	250m: 3:37.96	23.34	350m: 5:12.66	23.79				
	75m: 58.39	21.33	175m: 2:29.25	22.92	275m: 4:01.26	23.30	375m: 5:34.14	21.48				
	100m: 1:21.04	22.65	200m: 2:51.56	22.31	300m: 4:25.15	23.89	400m: 5:57.50	23.36				
5.		2014 III		" "						6:00.03 III		37,00
	25m: 17.58	17.58	125m: 1:45.68	23.33	225m: 3:18.25	23.46	325m: 4:51.59	23.65				
	50m: 38.27	20.69	150m: 2:08.80	23.12	250m: 3:41.71	23.46	350m: 5:15.90	24.31				
	75m: 59.94	21.67	175m: 2:31.70	22.90	275m: 4:05.29	23.58	375m: 5:38.62	22.72				
	100m: 1:22.35	22.41	200m: 2:54.79	23.09	300m: 4:27.94	22.65	400m: 6:00.03	21.41				
6.		2014 III		MY CHAMPS						+0.70 6:15.64 III		33,00
	25m: 19.23	19.23	125m: 1:51.68	24.10	225m: 3:27.96	24.05	325m: 5:03.76	23.94				
	50m: 41.60	22.37	150m: 2:15.74	24.06	250m: 3:51.82	23.86	350m: 5:28.10	24.34				
	75m: 1:04.42	22.82	175m: 2:39.51	23.77	275m: 4:15.54	23.72	375m: 5:52.32	24.22				
	100m: 1:27.58	23.16	200m: 3:03.91	24.40	300m: 4:39.82	24.28	400m: 6:15.64	23.32				
7.		2014 III		3 "		"				+0.53 6:26.59 I		30,00
	25m: 19.02	19.02	125m: 1:54.23	22.99	225m: 3:37.59	25.88	325m: 5:19.90	24.49				
	50m: 41.82	22.80	150m: 2:19.28	25.05	250m: 4:04.21	26.62	350m: 5:44.91	25.01				
	75m: 1:05.87	24.05	175m: 2:45.55	26.27	275m: 4:29.74	25.53	375m: 6:06.60	21.69				
	100m: 1:31.24	25.37	200m: 3:11.71	26.16	300m: 4:55.41	25.67	400m: 6:26.59	19.99				
8.		2014 I		3						6:26.69 I		27,00
	25m: 18.98	18.98	125m: 1:54.87	24.90	225m: 3:35.51	25.48	325m: 5:14.99	24.44				
	50m: 42.18	23.20	150m: 2:20.21	25.34	250m: 4:00.65	25.14	350m: 5:39.70	24.71				
	75m: 1:05.62	23.44	175m: 2:44.78	24.57	275m: 4:25.08	24.43	375m: 6:02.99	23.29				
	100m: 1:29.97	24.35	200m: 3:10.03	25.25	300m: 4:50.55	25.47	400m: 6:26.69	23.70				
9.		2014 I		" "						+0.77 6:27.23 I		24,00
	25m: 19.55	19.55	125m: 1:53.69	25.07	250m: 3:59.67	24.92	350m: 5:41.82	26.25				
	50m: 41.66	22.11	175m: 2:44.36	25.77	275m: 4:25.31	25.64	375m: 6:06.00	24.18				
	75m: 1:05.47	23.81	200m: 3:10.07	25.71	300m: 4:50.24	24.93	400m: 6:27.23	21.23				
	100m: 2:18.95	1:13.48	225m: 3:34.75	24.68	325m: 5:15.57	25.33						
10.		2014 I								6:28.54 I		22,00
	25m: 20.09	20.09	125m: 1:58.65	24.22	250m: 4:03.72	25.10	350m: 5:43.59	25.42				
	50m: 43.86	23.77	175m: 2:48.06	24.91	275m: 4:28.60	24.88	375m: 6:06.21	22.62				
	75m: 1:08.52	24.66	200m: 3:13.56	25.50	300m: 4:53.66	25.06	400m: 6:28.54	22.33				
	100m: 1:34.43	25.91	225m: 3:38.62	25.06	325m: 5:18.17	24.51						
11.		2014 I								6:37.68 I		20,00
	25m: 20.51	20.51	125m: 2:01.07	25.54	225m: 3:44.32	25.70	325m: 5:25.84	25.30				
	50m: 44.52	24.01	150m: 2:27.20	26.13	250m: 4:10.09	25.77	350m: 5:49.88	24.04				
	75m: 1:10.03	25.51	175m: 2:52.86	25.66	275m: 4:34.83	24.74	400m: 6:37.68	47.80				
	100m: 1:35.53	25.50	200m: 3:18.62	25.76	300m: 5:00.54	25.71						
12.		2014 I		" "						6:38.78 I		18,00
	25m: 20.18	20.18	125m: 1:59.92	24.69	225m: 3:43.09	26.14	325m: 5:22.99	22.74				
	50m: 44.12	23.94	150m: 2:25.71	25.79	250m: 4:08.37	25.28	350m: 5:48.61	25.62				
	75m: 1:09.47	25.35	175m: 2:51.05	25.34	275m: 4:34.31	25.94	375m: 6:14.84	26.23				
	100m: 1:35.23	25.76	200m: 3:16.95	25.90	300m: 5:00.25	25.94	400m: 6:38.78	23.94				
13.		2014 I		3 "		"				6:52.95 I		16,00
	25m: 21.65	21.65	175m: 2:56.93	53.18	275m: 4:42.81	26.53	350m: 6:03.24	27.54				
	75m: 1:11.94	50.29	225m: 3:49.74	52.81	300m: 5:08.96	26.15	375m: 6:28.34	25.10				
	125m: 2:03.75	51.81	250m: 4:16.28	26.54	325m: 5:35.70	26.74	400m: 6:52.95	24.61				

53, , 400m , (9-10)

		/								R.T.			
14.			2015	I	"	"					7:12.58	I	14,00
	25m:	21.99	21.99	125m:	2:06.91	28.77	225m:	3:58.23	28.02	325m:	5:49.66	27.75	
	50m:	45.39	23.40	150m:	2:33.97	27.06	250m:	4:26.16	27.93	350m:	6:18.39	28.73	
	75m:	1:12.16	26.77	175m:	3:01.92	27.95	275m:	4:54.23	28.07	375m:	6:45.20	26.81	
	100m:	1:38.14	25.98	200m:	3:30.21	28.29	300m:	5:21.91	27.68	400m:	7:12.58	27.38	

(11-13)

1.			2011		"	"				+0,78	4:32.27	I	60,00
	25m:	14.44	14.44	125m:	1:22.24	17.39	225m:	2:31.67	17.35	325m:	3:41.64	17.54	
	50m:	30.93	16.49	150m:	1:39.74	17.50	250m:	2:49.08	17.41	350m:	3:59.08	17.44	
	75m:	47.94	17.01	175m:	1:57.07	17.33	275m:	3:06.56	17.48	375m:	4:15.92	16.84	
	100m:	1:04.85	16.91	200m:	2:14.32	17.25	300m:	3:24.10	17.54	400m:	4:32.27	16.35	
2.			2011		"	"				+0,79	4:33.71	I	52,00
	25m:	14.80	14.80	125m:	1:21.37	17.17	225m:	2:31.52	17.54	325m:	3:42.16	17.37	
	50m:	30.72	15.92	150m:	1:38.77	17.40	250m:	2:49.38	17.86	350m:	3:59.74	17.58	
	75m:	47.28	16.56	175m:	1:56.31	17.54	275m:	3:06.96	17.58	375m:	4:17.03	17.29	
	100m:	1:04.20	16.92	200m:	2:13.98	17.67	300m:	3:24.79	17.83	400m:	4:33.71	16.68	
3.			2012		"	"				+0,76	4:37.22	I	45,00
	25m:	14.46	14.46	125m:	1:22.80	17.40	225m:	2:33.10	17.42	325m:	3:44.15	17.91	
	50m:	31.17	16.71	150m:	1:40.29	17.49	250m:	2:50.74	17.64	350m:	4:02.31	18.16	
	75m:	48.15	16.98	175m:	1:57.83	17.54	275m:	3:08.46	17.72	375m:	4:20.16	17.85	
	100m:	1:05.40	17.25	200m:	2:15.68	17.85	300m:	3:26.24	17.78	400m:	4:37.22	17.06	
4.			2012		"	"				+0,72	4:42.48	I	41,00
	25m:	14.46	14.46	125m:	1:22.79	17.56	250m:	3:30.07	55.20	375m:	4:25.21	36.94	
	50m:	48.00	33.54	175m:	1:58.60	35.81	275m:	3:11.53		400m:	4:42.48	17.27	
	100m:	1:05.23	17.23	225m:	2:34.87	36.27	325m:	3:48.27	36.74				
5.			2012	I	"	"				+0,77	4:49.87	I	37,00
	25m:	15.25	15.25	125m:	1:25.56	18.30	225m:	2:40.03	18.53	325m:	3:54.19	18.43	
	50m:	32.06	16.81	150m:	1:44.29	18.73	250m:	2:58.58	18.55	350m:	4:12.86	18.67	
	75m:	49.45	17.39	175m:	2:02.79	18.50	275m:	3:16.87	18.29	375m:	4:31.28	18.42	
	100m:	1:07.26	17.81	200m:	2:21.50	18.71	300m:	3:35.76	18.89	400m:	4:49.87	18.59	
6.			2012	I	"	"				+0,56	4:51.68	I	33,00
	25m:	15.05	15.05	125m:	1:26.02	18.30	225m:	2:40.48	18.88	325m:	3:55.67	18.98	
	50m:	31.93	16.88	150m:	1:44.55	18.53	250m:	2:59.03	18.55	350m:	4:14.87	19.20	
	75m:	49.62	17.69	175m:	2:02.90	18.35	275m:	3:17.83	18.80	375m:	4:33.63	18.76	
	100m:	1:07.72	18.10	200m:	2:21.60	18.70	300m:	3:36.69	18.86	400m:	4:51.68	18.05	
7.			2011	I	"	"				+0,64	5:05.08	I	30,00
	25m:	15.15	15.15	125m:	1:25.91	18.52	225m:	2:44.56	19.60	325m:	4:05.47	20.17	
	50m:	32.42	17.27	150m:	1:45.00	19.09	250m:	3:04.66	20.10	350m:	4:26.28	20.81	
	75m:	49.54	17.12	175m:	2:04.72	19.72	275m:	3:24.92	20.26	375m:	4:46.27	19.99	
	100m:	1:07.39	17.85	200m:	2:24.96	20.24	300m:	3:45.30	20.38	400m:	5:05.08	18.81	
8.			2012	I	"	"				+0,50	5:06.72	I	27,00
	25m:	15.82	15.82	125m:	1:30.60	19.36	225m:	2:49.33	19.78	325m:	4:09.59	19.90	
	50m:	33.55	17.73	150m:	1:50.35	19.75	250m:	3:09.47	20.14	350m:	4:29.05	19.46	
	75m:	51.87	18.32	175m:	2:09.72	19.37	275m:	3:29.34	19.87	375m:	4:48.29	19.24	
	100m:	1:11.24	19.37	200m:	2:29.55	19.83	300m:	3:49.69	20.35	400m:	5:06.72	18.43	
9.			2011	I	"	"				+0,63	5:09.43	I	24,00
	25m:	15.36	15.36	125m:	1:30.37	19.50	225m:	2:50.31	20.12	325m:	4:10.56	19.56	
	50m:	33.13	17.77	150m:	1:50.14	19.77	250m:	3:10.77	20.46	350m:	4:30.40	19.84	
	75m:	51.63	18.50	175m:	2:10.09	19.95	275m:	3:30.81	20.04	375m:	4:50.15	19.75	
	100m:	1:10.87	19.24	200m:	2:30.19	20.10	300m:	3:51.00	20.19	400m:	5:09.43	19.28	
10.			2011	III		1				+0,76	5:12.21	I	22,00
	25m:	16.11	16.11	125m:	1:33.42	19.70	225m:	2:53.20	20.10	325m:	4:14.67	20.35	
	50m:	34.93	18.82	150m:	1:53.10	19.68	250m:	3:13.70	20.50	350m:	4:35.17	20.50	
	75m:	54.16	19.23	175m:	2:12.83	19.73	275m:	3:33.77	20.07	375m:	4:54.72	19.55	
	100m:	1:13.72	19.56	200m:	2:33.10	20.27	300m:	3:54.32	20.55	400m:	5:12.21	17.49	
11.			2012	I	"	"				+0,78	5:16.17	I	20,00
	25m:	16.54	16.54	125m:	1:35.29	20.55	275m:	3:37.27	20.34	375m:	4:57.59	19.66	
	50m:	35.43	18.89	175m:	2:15.89	40.60	300m:	3:57.47	20.20	400m:	5:16.17	18.58	
	75m:	54.72	19.29	225m:	2:56.50	40.61	325m:	4:17.71	20.24				
	100m:	1:14.74	20.02	250m:	3:16.93	20.43	350m:	4:37.93	20.22				
12.			2012	I	"	"				+0,96	5:19.80	I	18,00
	25m:	16.15	16.15	125m:	1:34.39	20.50	225m:	2:57.92	20.80	325m:	4:20.74	20.40	
	50m:	34.52	18.37	150m:	1:55.37	20.98	250m:	3:18.68	20.76	350m:	4:41.61	20.87	
	75m:	54.08	19.56	175m:	2:15.84	20.47	275m:	3:39.38	20.70	375m:	5:01.52	19.91	
	100m:	1:13.89	19.81	200m:	2:37.12	21.28	300m:	4:00.34	20.96	400m:	5:19.80	18.28	

53,		, 400m				(11-13)				R.T.		
13.			/	2013 I	"	"			+0,96	5:23.40 I	16,00	
	25m:	16.69	16.69	125m:	1:33.32	19.89	225m:	2:57.39	21.03	325m:	4:22.61	21.45
	50m:	34.46	17.77	150m:	1:53.92	20.60	250m:	3:18.70	21.31	350m:	4:43.53	20.92
	75m:	53.62	19.16	175m:	2:15.05	21.13	275m:	3:40.32	21.62	375m:	5:04.12	20.59
	100m:	1:13.43	19.81	200m:	2:36.36	21.31	300m:	4:01.16	20.84	400m:	5:23.40	19.28
14.				2011 I					+0,59	5:25.13 I	14,00	
	25m:	17.36	17.36	125m:	1:37.30	20.45	225m:	3:00.54	21.19	325m:	4:24.45	20.83
	50m:	36.60	19.24	150m:	1:57.74	20.44	250m:	3:21.34	20.80	350m:	4:45.19	20.74
	75m:	56.68	20.08	175m:	2:18.49	20.75	275m:	3:42.58	21.24	375m:	5:05.94	20.75
	100m:	1:16.85	20.17	200m:	2:39.35	20.86	300m:	4:03.62	21.04	400m:	5:25.13	19.19
15.				2013 I	"	"			+0,60	5:26.77 I	12,00	
	25m:	16.69	16.69	125m:	1:35.11	20.58	225m:	3:00.63	21.34	350m:	4:47.24	21.11
	50m:	35.19	18.50	150m:	1:56.17	21.06	250m:	4:05.26	1:04.63	375m:	5:06.96	19.72
	75m:	54.50	19.31	175m:	2:17.76	21.59	275m:	3:43.74		400m:	5:26.77	19.81
	100m:	1:14.53	20.03	200m:	2:39.29	21.53	325m:	4:26.13	42.39			
16.				2013 III	"	"			+0,74	5:32.13 I	10,00	
	25m:	17.05	17.05	125m:	1:37.55	20.82	225m:	3:01.59	21.00	325m:	4:27.33	21.38
	50m:	36.58	19.53	150m:	1:58.53	20.98	250m:	3:23.17	21.58	350m:	4:49.00	21.67
	75m:	56.29	19.71	175m:	2:19.26	20.73	275m:	3:44.60	21.43	375m:	5:09.99	20.99
	100m:	1:16.73	20.44	200m:	2:40.59	21.33	300m:	4:05.95	21.35	400m:	5:32.13	22.14
17.				2012 I	"	"			+0,95	5:33.86 I	9,00	
	25m:	17.68	17.68	125m:	1:38.44	21.13	225m:	3:04.07	21.41	325m:	4:30.24	21.54
	50m:	36.78	19.10	150m:	1:59.75	21.31	250m:	3:25.83	21.76	350m:	4:51.74	21.50
	75m:	56.90	20.12	175m:	2:20.98	21.23	275m:	3:47.04	21.21	375m:	5:12.98	21.24
	100m:	1:17.31	20.41	200m:	2:42.66	21.68	300m:	4:08.70	21.66	400m:	5:33.86	20.88
18.				2012 III	3					5:36.79 III	8,00	
	25m:	18.47	18.47	125m:	1:41.74	20.91	225m:	3:06.32	20.85	325m:	4:33.79	22.92
	50m:	38.69	20.22	150m:	2:03.22	21.48	250m:	3:27.64	21.32	350m:	5:36.79	1:03.00
	75m:	59.66	20.97	175m:	2:24.26	21.04	275m:	3:49.15	21.51	375m:	5:16.65	
	100m:	1:20.83	21.17	200m:	2:45.47	21.21	300m:	4:10.87	21.72	400m:	5:36.79	20.14
19.				2011 III	"	"			+0,75	5:42.46 III	7,00	
	25m:	17.10	17.10	100m:	1:17.63	21.36	225m:	3:08.92	44.93	375m:	5:22.42	43.49
	50m:	36.18	19.08	125m:	1:39.83	22.20	275m:	3:53.73	44.81	400m:	5:42.46	20.04
	75m:	56.27	20.09	175m:	2:23.99	44.16	325m:	4:38.93	45.20			
20.				2011 III	3				+0,74	5:44.05 III	6,00	
	25m:	17.87	17.87	175m:	2:26.26	44.26	325m:	4:39.89	44.69	400m:	5:44.05	19.86
	75m:	58.76	40.89	225m:	3:10.69	44.43	350m:	5:44.05	1:04.16			
	125m:	1:42.00	43.24	275m:	3:55.20	44.51	375m:	5:24.19				
21.				2012 III	.					5:45.17 III	5,00	
	25m:	17.27	17.27	125m:	1:42.02	22.14	225m:	3:13.17	22.77	325m:	4:42.89	22.78
	50m:	36.95	19.68	150m:	2:04.55	22.53	250m:	3:35.53	22.36	350m:	5:04.62	21.73
	75m:	58.17	21.22	175m:	2:27.59	23.04	275m:	3:57.91	22.38	375m:	5:26.06	21.44
	100m:	1:19.88	21.71	200m:	2:50.40	22.81	300m:	4:20.11	22.20	400m:	5:45.17	19.11
22.				2013 III	MY CHAMPS					5:52.18 III	4,00	
	25m:	18.28	18.28	125m:	1:46.20	22.67	225m:	3:17.59	22.77	325m:	4:48.61	22.41
	50m:	39.28	21.00	150m:	2:09.15	22.95	250m:	3:40.57	22.98	350m:	5:11.17	22.56
	75m:	1:01.10	21.82	175m:	2:31.98	22.83	275m:	4:03.41	22.84	375m:	5:33.09	21.92
	100m:	1:23.53	22.43	200m:	2:54.82	22.84	300m:	4:26.20	22.79	400m:	5:52.18	19.09
23.				2012 III	"	"				5:54.79 III	3,00	
	25m:	19.57	19.57	125m:	1:47.88	23.04	225m:	3:19.50	23.63	325m:	4:50.07	22.17
	50m:	40.74	21.17	150m:	2:10.38	22.50	250m:	3:42.40	22.90	350m:	5:12.72	22.65
	75m:	1:02.63	21.89	175m:	2:33.27	22.89	275m:	4:05.29	22.89	375m:	5:34.76	22.04
	100m:	1:24.84	22.21	200m:	2:55.87	22.60	300m:	4:27.90	22.61	400m:	5:54.79	20.03
24.				2012 III	3				+0,56	6:00.66 III	2,00	
	25m:	17.55	17.55	125m:	1:43.76	23.05	225m:	3:17.80	23.54	325m:	4:51.89	23.29
	50m:	37.17	19.62	150m:	2:07.25	23.49	250m:	3:41.61	23.81	350m:	5:15.81	23.92
	75m:	58.21	21.04	175m:	2:30.60	23.35	275m:	4:05.16	23.55	375m:	5:38.98	23.17
	100m:	1:20.71	22.50	200m:	2:54.26	23.66	300m:	4:28.60	23.44	400m:	6:00.66	21.68