

04.11.2024

54

, 400m

9 - 13

										R.T.			
(9-10 )													
1.			2014	I		MY CHAMPS				+0,60	<b>5:04.52</b>	III	60,00
	25m:	16.22	16.22	125m:	1:32.52	19.62	225m:	2:51.50	20.39	325m:	4:08.02	19.00	
	50m:	34.54	18.32	150m:	1:52.24	19.72	250m:	3:10.85	19.35	350m:	4:27.48	19.46	
	75m:	53.73	19.19	175m:	2:11.46	19.22	275m:	3:29.74	18.89	375m:	4:46.81	19.33	
	100m:	1:12.90	19.17	200m:	2:31.11	19.65	300m:	3:49.02	19.28	400m:	5:04.52	17.71	
2.			2014	III						+0,55	<b>5:11.96</b>	III	52,00
	25m:	16.42	16.42	125m:	1:33.28	19.68	225m:	2:54.19	19.96	325m:	4:14.39	19.25	
	50m:	35.08	18.66	150m:	1:53.49	20.21	250m:	3:15.08	20.89	350m:	4:34.78	20.39	
	75m:	53.94	18.86	175m:	2:13.79	20.30	275m:	3:35.58	20.50	375m:	4:53.90	19.12	
	100m:	1:13.60	19.66	200m:	2:34.23	20.44	300m:	3:55.14	19.56	400m:	5:11.96	18.06	
3.			2014	I		" "				+0,49	<b>5:18.68</b>	III	45,00
	25m:	15.91	15.91	125m:	1:35.18	20.93	225m:	2:57.52	20.46	325m:	4:18.46	20.40	
	50m:	34.36	18.45	150m:	1:55.86	20.68	250m:	3:17.92	20.40	350m:	4:38.96	20.50	
	75m:	54.55	20.19	175m:	2:16.63	20.77	275m:	3:38.02	20.10	375m:	4:59.53	20.57	
	100m:	1:14.25	19.70	200m:	2:37.06	20.43	300m:	3:58.06	20.04	400m:	5:18.68	19.15	
4.			2014	I		" "				+0,72	<b>5:24.19</b>	III	41,00
	25m:	16.13	16.13	125m:	1:32.80	20.13	225m:	2:56.30	20.91	325m:	4:21.17	21.24	
	50m:	34.06	17.93	150m:	1:53.54	20.74	250m:	3:17.17	20.87	350m:	4:42.46	21.29	
	75m:	52.76	18.70	175m:	2:14.32	20.78	275m:	3:38.48	21.31	375m:	5:03.83	21.37	
	100m:	1:12.67	19.91	200m:	2:35.39	21.07	300m:	3:59.93	21.45	400m:	5:24.19	20.36	
5.			2014	I		" "				+0,57	<b>5:28.66</b>	III	37,00
	25m:	17.15	17.15	125m:	1:39.32	20.83	225m:	3:03.79	21.43	325m:	4:26.97	20.27	
	50m:	36.77	19.62	150m:	2:00.36	21.04	250m:	3:25.08	21.29	350m:	4:48.23	21.26	
	75m:	57.69	20.92	175m:	2:21.43	21.07	275m:	3:45.49	20.41	375m:	5:09.23	21.00	
	100m:	1:18.49	20.80	200m:	2:42.36	20.93	300m:	4:06.70	21.21	400m:	5:28.66	19.43	
6.			2015	I		1				+0,65	<b>5:30.45</b>	III	33,00
	25m:	17.23	17.23	125m:	1:38.87	20.77	225m:	3:03.87	21.08	325m:	4:27.56	19.69	
	50m:	36.96	19.73	150m:	2:00.51	21.64	250m:	3:24.75	20.88	350m:	4:49.20	21.64	
	75m:	57.19	20.23	175m:	2:21.71	21.20	275m:	3:46.30	21.55	375m:	5:11.50	22.30	
	100m:	1:18.10	20.91	200m:	2:42.79	21.08	300m:	4:07.87	21.57	400m:	5:30.45	18.95	
7.			2014	I		3				+0,50	<b>5:34.89</b>	III	30,00
	25m:	16.40	16.40	125m:	1:39.07	21.45	225m:	3:05.67	21.65	325m:	4:31.65	21.59	
	50m:	36.14	19.74	150m:	2:00.27	21.20	250m:	3:26.71	21.04	350m:	4:53.27	21.62	
	75m:	56.54	20.40	175m:	2:22.31	22.04	275m:	3:48.67	21.96	375m:	5:13.83	20.56	
	100m:	1:17.62	21.08	200m:	2:44.02	21.71	300m:	4:10.06	21.39	400m:	5:34.89	21.06	
8.			2014	I		3				+0,65	<b>5:37.29</b>	III	27,00
	25m:	17.86	17.86	125m:	1:42.17	21.48	225m:	3:09.13	21.55	375m:	5:18.26	43.82	
	50m:	35.92	41.06	175m:	2:25.72	43.55	275m:	3:52.34	43.21	400m:	5:37.29	19.03	
	100m:	1:20.69	21.77	200m:	2:47.58	21.86	325m:	4:34.44	42.10				
9.			2015	III		" "				+0,78	<b>5:42.79</b>	I	24,00
	25m:	16.22	16.22	125m:	1:38.78	21.75	225m:	3:07.19	21.74	325m:	4:36.78	22.68	
	50m:	35.47	19.25	150m:	2:01.15	22.37	250m:	3:29.93	22.74	350m:	4:59.65	22.87	
	75m:	55.74	20.27	175m:	2:22.97	21.82	275m:	3:52.16	22.23	375m:	5:21.62	21.97	
	100m:	1:17.03	21.29	200m:	2:45.45	22.48	300m:	4:14.10	21.94	400m:	5:42.79	21.17	
10.			2014	I		" "					<b>5:43.13</b>	I	22,00
	25m:	17.52	17.52	150m:	2:04.84	22.07	275m:	3:55.10	21.98	375m:	5:21.87	21.84	
	50m:	37.47	19.95	175m:	2:27.25	22.41	300m:	4:16.17	21.07	400m:	5:43.13	21.26	
	75m:	58.96	21.49	225m:	3:11.42	44.17	325m:	4:37.82	21.65				
	125m:	1:42.77	43.81	250m:	3:33.12	21.70	350m:	5:00.03	22.21				
11.			2014	III		" "					<b>5:45.48</b>	I	20,00
	50m:	37.56	37.56	200m:	2:49.24	44.18	300m:	4:18.86	22.77				
	100m:	1:20.39	42.83	250m:	3:34.16	44.92	350m:	5:02.92	44.06				
	150m:	2:05.06	44.67	275m:	3:56.09	21.93	400m:	5:45.48	42.56				
12.			2014	I		" "					<b>5:47.73</b>	I	18,00
	25m:	19.88	19.88	125m:	1:48.68	22.65	225m:	3:18.41	22.53	325m:	4:46.49	21.17	
	50m:	41.61	21.73	150m:	2:11.07	22.39	250m:	3:40.71	22.30	350m:	5:07.15	20.66	
	75m:	1:03.91	22.30	175m:	2:33.67	22.60	275m:	4:03.15	22.44	375m:	5:28.05	20.90	
	100m:	1:26.03	22.12	200m:	2:55.88	22.21	300m:	4:25.32	22.17	400m:	5:47.73	19.68	
13.			2014	I						+0,74	<b>5:51.56</b>	I	16,00
	25m:	17.30	17.30	125m:	1:44.70	22.83	225m:	3:14.75	22.76	325m:	4:46.00	22.30	
	50m:	37.73	20.43	150m:	2:07.38	22.68	250m:	3:37.68	22.93	350m:	5:09.15	23.15	
	75m:	59.31	21.58	175m:	2:29.84	22.46	275m:	4:00.85	23.17	375m:	5:30.20	21.05	
	100m:	1:21.87	22.56	200m:	2:51.99	22.15	300m:	4:23.70	22.85	400m:	5:51.56	21.36	

54, , 400m , (9-10 )		R.T.										
14.			2015	I	"	"			<b>+0,57</b>	<b>5:53.22</b>	I	14,00
	25m: 17.01	17.01	125m: 1:44.43	22.31	225m: 3:14.73	22.49	325m: 4:45.55	22.31				
	50m: 36.88	19.87	150m: 2:06.84	22.41	250m: 3:37.88	23.15	350m: 5:09.17	23.62				
	75m: 59.32	22.44	175m: 2:29.54	22.70	275m: 4:00.09	22.21	375m: 5:30.63	21.46				
	100m: 1:22.12	22.80	200m: 2:52.24	22.70	300m: 4:23.24	23.15	400m: 5:53.22	22.59				
15.			2014	I					<b>+0,80</b>	<b>5:56.09</b>	I	12,00
	25m: 18.87	18.87	125m: 1:49.39	23.16	225m: 3:22.55	23.36	325m: 4:54.47	21.72				
	50m: 40.93	22.06	150m: 2:13.16	23.77	250m: 3:45.88	23.33	350m: 5:16.54	22.07				
	75m: 1:03.00	22.07	175m: 2:36.34	23.18	275m: 4:09.30	23.42	375m: 5:37.70	21.16				
	100m: 1:26.23	23.23	200m: 2:59.19	22.85	300m: 4:32.75	23.45	400m: 5:56.09	18.39				
16.			2014	I						<b>5:57.80</b>	I	10,00
	25m: 17.66	17.66	125m: 1:44.89	22.56	225m: 3:16.82	23.31	325m: 4:50.23	23.73				
	50m: 38.33	20.67	150m: 2:07.87	22.98	250m: 3:39.19	22.37	350m: 5:13.55	23.32				
	75m: 1:00.07	21.74	175m: 2:30.66	22.79	275m: 4:03.34	24.15	375m: 5:35.80	22.25				
	100m: 1:22.33	22.26	200m: 2:53.51	22.85	300m: 4:26.50	23.16	400m: 5:57.80	22.00				
17.			2015	I						<b>6:03.09</b>	I	9,00
	25m: 19.21	19.21	125m: 1:51.32	23.65	225m: 3:25.12	23.28	325m: 4:58.80	22.25				
	50m: 40.45	21.24	150m: 2:14.75	23.43	250m: 3:48.91	23.79	350m: 5:20.70	21.90				
	75m: 1:03.41	22.96	175m: 2:38.55	23.80	275m: 4:13.07	24.16	375m: 5:42.09	21.39				
	100m: 1:27.67	24.26	200m: 3:01.84	23.29	300m: 4:36.55	23.48	400m: 6:03.09	21.00				
18.			2014	I					<b>+0,77</b>	<b>6:06.71</b>	I	8,00
	25m: 18.49	18.49	125m: 1:48.97	23.31	225m: 3:25.40	24.14	325m: 5:00.74	23.77				
	50m: 40.37	21.88	150m: 2:12.66	23.69	250m: 3:49.40	24.00	350m: 5:26.68	23.46				
	75m: 1:02.09	21.72	175m: 2:36.72	24.06	275m: 4:13.05	23.65	375m: 5:46.68	23.03				
	100m: 1:25.66	23.57	200m: 3:01.26	24.54	300m: 4:36.97	23.92	400m: 6:06.71	20.03				
19.			2015	I					<b>+0,60</b>	<b>6:08.67</b>	I	7,00
	25m: 18.77	18.77	125m: 1:50.98	23.48	225m: 3:24.22	24.07	325m: 4:59.04	24.28				
	50m: 40.94	22.17	150m: 2:15.26	24.28	250m: 3:48.29	24.07	350m: 5:21.60	22.56				
	75m: 1:03.87	22.93	175m: 2:38.35	23.09	275m: 4:12.34	24.05	375m: 5:45.70	24.10				
	100m: 1:27.50	23.63	200m: 3:00.15	21.80	300m: 4:34.76	22.42	400m: 6:08.67	22.97				
20.			2014	I					<b>+0,62</b>	<b>6:09.60</b>	I	6,00
	25m: 19.90	19.90	125m: 1:52.44	23.78	225m: 3:27.13	23.86	325m: 5:02.90	23.30				
	50m: 42.15	22.25	150m: 2:16.28	23.84	250m: 3:51.12	23.99	350m: 5:26.36	23.46				
	75m: 1:05.14	22.99	175m: 2:39.65	23.37	275m: 4:15.19	24.07	375m: 5:49.05	22.69				
	100m: 1:28.66	23.52	200m: 3:03.27	23.62	300m: 4:39.60	24.41	400m: 6:09.60	20.55				
21.			2014	I	"	"				<b>6:09.68</b>	I	5,00
	25m: 19.77	19.77	125m: 2:37.79	1:10.22	250m: 3:48.73	22.98	400m: 6:09.68	23.05				
	50m: 41.56	21.79	150m: 2:14.25		300m: 4:36.43	47.70						
	75m: 1:04.48	22.92	200m: 3:01.19	46.94	350m: 5:23.59	47.16						
	100m: 1:27.57	23.09	225m: 3:25.75	24.56	375m: 5:46.63	23.04						
22.			2015	I						<b>6:15.61</b>	I	4,00
	25m: 19.28	19.28	125m: 1:48.88	23.11	225m: 3:21.37	23.26	325m: 5:02.80	25.90				
	50m: 40.95	21.67	150m: 2:11.77	22.89	250m: 3:45.22	23.85	350m: 5:27.97	25.17				
	75m: 1:02.80	21.85	175m: 2:34.90	23.13	275m: 4:10.85	25.63	375m: 5:52.74	24.77				
	100m: 1:25.77	22.97	200m: 2:58.11	23.21	300m: 4:36.90	26.05	400m: 6:15.61	22.87				
23.			2014	I	"	"				<b>6:15.87</b>	I	3,00
	25m: 19.15	19.15	125m: 1:50.36	23.94	225m: 3:27.96	24.67	325m: 5:08.22	26.16				
	50m: 40.72	21.57	150m: 2:15.56	25.20	250m: 3:52.80	24.84	350m: 5:31.44	23.22				
	75m: 1:02.76	22.04	175m: 2:39.30	23.74	275m: 4:17.09	24.29	375m: 5:54.76	23.32				
	100m: 1:26.42	23.66	200m: 3:03.29	23.99	300m: 4:42.06	24.97	400m: 6:15.87	21.11				
24.			2015	I					<b>+0,65</b>	<b>6:19.80</b>	I	2,00
	25m: 18.50	18.50	125m: 1:51.16	23.94	225m: 3:29.49	25.36	325m: 5:09.08	25.39				
	50m: 40.39	21.89	150m: 2:14.54	23.38	250m: 3:54.09	24.60	350m: 5:33.06	23.98				
	75m: 1:03.87	23.48	175m: 2:39.22	24.68	275m: 4:19.61	25.52	375m: 5:57.76	24.70				
	100m: 1:27.22	23.35	200m: 3:04.13	24.91	300m: 4:43.69	24.08	400m: 6:19.80	22.04				
25.			2015	II	"	"				<b>6:30.84</b>	I	1,00
	25m: 18.15	18.15	125m: 1:53.11	24.73	225m: 3:34.35	25.85	325m: 5:16.01	25.44				
	50m: 39.65	21.50	150m: 2:18.25	25.14	250m: 4:00.09	25.74	350m: 5:41.96	25.95				
	75m: 1:03.40	23.75	175m: 2:42.57	24.32	275m: 4:25.46	25.37	375m: 6:07.80	25.84				
	100m: 1:28.38	24.98	200m: 3:08.50	25.93	300m: 4:50.57	25.11	400m: 6:30.84	23.04				
26.			2014	I	"	"			<b>+0,58</b>	<b>6:31.19</b>	I	-
	25m: 19.66	19.66	125m: 1:55.70	24.12	225m: 3:38.73	25.93	325m: 5:19.85	26.67				
	50m: 41.95	22.29	150m: 2:21.25	25.55	250m: 4:03.52	24.79	350m: 5:43.94	24.09				
	75m: 1:05.68	23.73	175m: 2:47.03	25.78	275m: 4:28.76	25.24	375m: 6:08.83	24.89				
	100m: 1:31.58	25.90	200m: 3:12.80	25.77	300m: 4:53.18	24.42	400m: 6:31.19	22.36				
27.			2015	I	"	"			<b>+0,76</b>	<b>6:32.14</b>	I	-
	25m: 19.93	19.93	125m: 1:56.31	25.20	225m: 3:36.55	24.03	325m: 5:17.78	24.88				
	50m: 43.34	23.41	150m: 2:21.59	25.28	250m: 4:02.24	25.69	350m: 5:42.78	25.00				
	75m: 1:06.96	23.62	175m: 2:46.81	25.22	275m: 4:27.47	25.23	375m: 6:07.98	25.20				
	100m: 1:31.11	24.15	200m: 3:12.52	25.71	300m: 4:52.90	25.43	400m: 6:32.14	24.16				

54, , 400m , (9-10 )		R.T.											
28.			2015 I		"	"				<b>+0,72</b>	<b>6:44.44</b>	II	-
	25m:	18.58	18.58	125m:	1:57.82	25.86	225m:	3:40.31	25.42	325m:	5:25.64	25.90	
	50m:	41.08	22.50	150m:	2:23.78	25.96	250m:	4:06.60	26.29	350m:	5:52.48	26.84	
	75m:	1:06.18	25.10	175m:	2:49.35	25.57	275m:	4:32.29	25.69	375m:	6:18.73	26.25	
	100m:	1:31.96	25.78	200m:	3:14.89	25.54	300m:	4:59.74	27.45	400m:	6:44.44	25.71	
29.			2014 II		3 "	"					<b>6:59.96</b>	II	-
	25m:	20.89	20.89	125m:	2:00.91	25.95	225m:	3:49.60	27.32	325m:	5:39.08	27.64	
	50m:	44.15	23.26	150m:	2:27.59	26.68	250m:	4:16.96	27.36	350m:	6:06.77	27.69	
	75m:	1:08.93	24.78	175m:	2:55.54	27.95	275m:	4:43.98	27.02	375m:	6:33.72	26.95	
	100m:	1:34.96	26.03	200m:	3:22.28	26.74	300m:	5:11.44	27.46	400m:	6:59.96	26.24	
30.			2015 II		"	"					<b>7:39.28</b>		-
	25m:	21.97	21.97	150m:	2:45.50	29.07	250m:	4:42.67	29.16	350m:	6:43.14	29.72	
	75m:	1:17.71	55.74	175m:	3:15.62	30.12	275m:	5:12.33	29.66	375m:	7:11.01	27.87	
	100m:	1:48.17	30.46	200m:	3:43.81	28.19	300m:	5:43.45	31.12	400m:	7:39.28	28.27	
	125m:	2:16.43	28.26	225m:	4:13.51	29.70	325m:	6:13.42	29.97				
DSQ			2014 I		"	"							-

  

(11-13 )													
1.			2011		3					<b>+0,75</b>	<b>4:05.19</b>		60,00
	25m:	13.26	13.26	125m:	1:14.47	15.43	225m:	2:17.00	15.65	325m:	3:19.53	15.36	
	50m:	28.11	14.85	150m:	1:30.14	15.67	250m:	2:32.90	15.90	350m:	3:35.11	15.58	
	75m:	43.27	15.16	175m:	1:45.77	15.63	275m:	2:48.46	15.56	375m:	3:50.33	15.22	
	100m:	59.04	15.77	200m:	2:01.35	15.58	300m:	3:04.17	15.71	400m:	4:05.19	14.86	
2.			2011 I		"	"				<b>+0,82</b>	<b>4:17.63</b>	I	52,00
	25m:	14.07	14.07	125m:	1:17.60	15.91	275m:	2:56.37	16.81	375m:	4:02.16	16.00	
	50m:	29.76	15.69	175m:	1:50.52	32.92	300m:	3:12.88	16.51	400m:	4:17.63	15.47	
	75m:	45.53	15.77	225m:	2:22.92	32.40	325m:	3:29.33	16.45				
	100m:	1:01.69	16.16	250m:	2:39.56	16.64	350m:	3:46.16	16.83				
3.			2011 I		10 "	"				<b>+0,74</b>	<b>4:21.46</b>	I	45,00
	25m:	13.86	13.86	125m:	1:18.16	16.82	225m:	2:25.40	16.78	325m:	3:32.88	16.75	
	50m:	29.13	15.27	150m:	1:35.03	16.87	250m:	2:42.13	16.73	350m:	3:49.67	16.79	
	75m:	45.07	15.94	175m:	1:51.83	16.80	275m:	2:58.97	16.84	375m:	4:06.06	16.39	
	100m:	1:01.34	16.27	200m:	2:08.62	16.79	300m:	3:16.13	17.16	400m:	4:21.46	15.40	
4.			2011 I		"	"				<b>+0,99</b>	<b>4:26.87</b>	I	41,00
	25m:	14.26	14.26	125m:	1:20.43	17.10	225m:	2:28.95	17.29	325m:	3:37.26	17.06	
	50m:	30.09	15.83	150m:	1:37.51	17.08	250m:	2:46.04	17.09	350m:	3:54.36	17.10	
	75m:	46.74	16.65	175m:	1:54.56	17.05	275m:	3:03.36	17.32	375m:	4:11.39	17.03	
	100m:	1:03.33	16.59	200m:	2:11.66	17.10	300m:	3:20.20	16.84	400m:	4:26.87	15.48	
5.			2011 I		"	"				<b>+0,71</b>	<b>4:28.35</b>	I	37,00
	25m:	14.04	14.04	125m:	1:19.98	17.06	225m:	2:29.24	17.39	325m:	3:38.61	17.19	
	50m:	29.67	15.63	150m:	1:37.24	17.26	250m:	2:46.68	17.44	350m:	3:55.79	17.18	
	75m:	46.12	16.45	175m:	1:54.52	17.28	275m:	3:04.08	17.40	375m:	4:12.40	16.61	
	100m:	1:02.92	16.80	200m:	2:11.85	17.33	300m:	3:21.42	17.34	400m:	4:28.35	15.95	
6.			2011 I		"	"				<b>+0,81</b>	<b>4:31.78</b>	I	33,00
	25m:	14.42	14.42	125m:	1:20.21	16.98	225m:	2:31.31	17.65	325m:	3:42.15	17.47	
	50m:	30.15	15.73	150m:	1:37.83	17.62	250m:	2:49.34	18.03	350m:	3:59.51	17.36	
	75m:	46.39	16.24	175m:	1:55.60	17.77	275m:	3:06.91	17.57	375m:	4:16.19	16.68	
	100m:	1:03.23	16.84	200m:	2:13.66	18.06	300m:	3:24.68	17.77	400m:	4:31.78	15.59	
7.			2011 I		3					<b>+0,75</b>	<b>4:31.90</b>	I	30,00
	25m:	14.12	14.12	125m:	1:20.88	17.00	225m:	2:30.94	17.51	325m:	3:40.93	16.74	
	50m:	30.13	16.01	150m:	1:38.24	17.36	250m:	2:48.81	17.87	350m:	3:58.20	17.27	
	75m:	46.59	16.46	175m:	1:55.68	17.44	275m:	3:06.31	17.50	375m:	4:15.38	17.18	
	100m:	1:03.88	17.29	200m:	2:13.43	17.75	300m:	3:24.19	17.88	400m:	4:31.90	16.52	
8.			2011 I		"	"				<b>+0,69</b>	<b>4:32.49</b>	I	27,00
	25m:	13.84	13.84	125m:	1:20.26	17.08	225m:	2:30.11	17.72	325m:	3:41.08	17.51	
	50m:	29.89	16.05	150m:	1:37.43	17.17	250m:	2:47.84	17.73	350m:	3:58.78	17.70	
	75m:	46.46	16.57	175m:	1:54.75	17.32	275m:	3:05.63	17.79	375m:	4:16.14	17.36	
	100m:	1:03.18	16.72	200m:	2:12.39	17.64	300m:	3:23.57	17.94	400m:	4:32.49	16.35	
9.			2011 I		"	"				<b>+0,79</b>	<b>4:34.22</b>	I	24,00
	25m:	14.16	14.16	125m:	1:20.95	17.31	225m:	2:32.04	17.97	325m:	3:43.63	17.38	
	50m:	30.11	15.95	150m:	1:38.46	17.51	250m:	2:50.49	18.45	350m:	4:01.29	17.66	
	75m:	46.66	16.55	175m:	1:55.99	17.53	275m:	3:08.39	17.90	375m:	4:17.76	16.47	
	100m:	1:03.64	16.98	200m:	2:14.07	18.08	300m:	3:26.25	17.86	400m:	4:34.22	16.46	
10.			2012 I		"	"				<b>+0,56</b>	<b>4:40.60</b>	I	22,00
	25m:	14.38	14.38	125m:	1:23.69	17.99	225m:	2:35.83	18.00	325m:	3:48.52	18.04	
	50m:	30.57	16.19	150m:	1:41.70	18.01	250m:	2:54.11	18.28	350m:	4:06.70	18.18	
	75m:	47.93	17.36	175m:	1:59.72	18.02	275m:	3:12.17	18.06	375m:	4:24.16	17.46	
	100m:	1:05.70	17.77	200m:	2:17.83	18.11	300m:	3:30.48	18.31	400m:	4:40.60	16.44	

54, , 400m , (11-13 )

										R.T.			
11.	2011 I			"			"			+0,57	<b>4:41.52</b> I	20,00	
	25m:	14.12	14.12	125m:	1:22.59	17.67	225m:	2:36.03	18.25	325m:	3:48.91	17.90	
	50m:	29.98	15.86	150m:	1:40.73	18.14	250m:	2:54.43	18.40	350m:	4:06.97	18.06	
	75m:	47.12	17.14	175m:	1:59.14	18.41	275m:	3:12.77	18.34	375m:	4:24.69	17.72	
	100m:	1:04.92	17.80	200m:	2:17.78	18.64	300m:	3:31.01	18.24	400m:	4:41.52	16.83	
12.	2011 I			"			"			+0,64	<b>4:45.13</b> I	18,00	
	25m:	15.55	15.55	125m:	1:26.26	18.20	225m:	2:38.66	18.44	325m:	3:51.38	17.83	
	50m:	32.60	17.05	150m:	1:44.19	17.93	250m:	2:56.56	17.90	350m:	4:09.22	17.84	
	75m:	50.01	17.41	175m:	2:02.00	17.81	275m:	3:14.72	18.16	375m:	4:27.27	18.05	
	100m:	1:08.06	18.05	200m:	2:20.22	18.22	300m:	3:33.55	18.83	400m:	4:45.13	17.86	
13.	2011 I			3						+0,68	<b>4:48.36</b> I	16,00	
	25m:	14.79	14.79	125m:	1:26.07	18.55	225m:	2:40.63	18.15	325m:	3:55.05	18.41	
	50m:	31.40	16.61	150m:	1:44.77	18.70	250m:	2:59.44	18.81	350m:	4:13.67	18.62	
	75m:	49.39	17.99	175m:	2:03.69	18.92	275m:	3:17.82	18.38	375m:	4:31.67	18.00	
	100m:	1:07.52	18.13	200m:	2:22.48	18.79	300m:	3:36.64	18.82	400m:	4:48.36	16.69	
14.	2011 I			1							<b>4:51.86</b> I	14,00	
	25m:	15.72	15.72	125m:	1:30.11	19.02	225m:	2:44.86	18.75	325m:	3:58.60	18.07	
	50m:	33.79	18.07	150m:	1:48.77	18.66	250m:	3:03.44	18.58	350m:	4:16.67	18.07	
	75m:	52.21	18.42	175m:	2:07.58	18.81	275m:	3:22.24	18.80	375m:	4:34.49	17.82	
	100m:	1:11.09	18.88	200m:	2:26.11	18.53	300m:	3:40.53	18.29	400m:	4:51.86	17.37	
15.	2012 I			1						+0,75	<b>4:53.70</b> I	12,00	
	25m:	14.78	14.78	125m:	1:26.27	18.55	225m:	2:42.84	19.62	325m:	4:00.19	18.60	
	50m:	31.91	17.13	150m:	1:45.24	18.97	250m:	3:02.92	20.08	350m:	4:20.12	19.93	
	75m:	49.36	17.45	175m:	2:04.01	18.77	275m:	3:22.22	19.30	375m:	4:36.40	16.28	
	100m:	1:07.72	18.36	200m:	2:23.22	19.21	300m:	3:41.59	19.37	400m:	4:53.70	17.30	
16.	2011 I									+0,75	<b>4:53.81</b> I	10,00	
	25m:	15.51	15.51	125m:	1:27.99	18.47	275m:	3:20.75	37.89	400m:	4:53.81	17.89	
	50m:	33.26	17.75	150m:	1:46.43	18.44	325m:	3:58.27	37.52				
	75m:	51.07	17.81	175m:	2:05.22	18.79	350m:	4:17.38	19.11				
	100m:	1:09.52	18.45	225m:	2:42.86	37.64	375m:	4:35.92	18.54				
17.	2011 III									+0,53	<b>4:55.88</b> I	9,00	
	25m:	15.17	15.17	150m:	1:46.12	37.43	300m:	3:41.83	38.85				
	50m:	32.38	17.21	200m:	2:24.43	38.31	350m:	4:20.36	38.53				
	100m:	1:08.69	36.31	250m:	3:02.98	38.55	400m:	4:55.88	35.52				
18.	2012 I			10 "			"			+0,86	<b>4:58.11</b> I	8,00	
	25m:	15.58	15.58	125m:	1:30.55	18.99	225m:	2:47.11	19.24	325m:	4:04.26	19.14	
	50m:	33.73	18.15	150m:	1:49.88	19.33	250m:	3:06.36	19.25	350m:	4:23.36	19.10	
	75m:	52.39	18.66	175m:	2:08.63	18.75	275m:	3:25.79	19.43	375m:	4:41.25	17.89	
	100m:	1:11.56	19.17	200m:	2:27.87	19.24	300m:	3:45.12	19.33	400m:	4:58.11	16.86	
19.	2011 I									+0,58	<b>4:58.30</b> I	7,00	
	25m:	15.62	15.62	125m:	1:28.23	18.39	225m:	2:43.86	18.56	325m:	4:00.98	19.05	
	50m:	33.02	17.40	150m:	1:47.88	19.65	250m:	3:03.49	19.63	350m:	4:20.33	19.35	
	75m:	51.06	18.04	175m:	2:06.36	18.48	275m:	3:22.69	19.20	375m:	4:39.40	19.07	
	100m:	1:09.84	18.78	200m:	2:25.30	18.94	300m:	3:41.93	19.24	400m:	4:58.30	18.90	
20.	2012 I									+0,57	<b>4:58.93</b> I	6,00	
	25m:	15.01	15.01	125m:	1:28.74	18.64	225m:	2:46.53	19.68	325m:	4:02.83	19.52	
	50m:	32.48	17.47	150m:	1:48.17	19.43	250m:	3:05.24	18.71	350m:	4:22.63	19.80	
	75m:	51.00	18.52	175m:	2:07.50	19.33	275m:	3:23.79	18.55	375m:	4:41.06	18.43	
	100m:	1:10.10	19.10	200m:	2:26.85	19.35	300m:	3:43.31	19.52	400m:	4:58.93	17.87	
21.	2012 III			"			"			+0,61	<b>4:59.10</b> I	5,00	
	25m:	15.56	15.56	125m:	1:30.05	18.95	225m:	2:47.32	19.55	350m:	4:23.20	19.08	
	50m:	33.62	18.06	150m:	1:49.10	19.05	275m:	3:26.16	38.84	375m:	4:41.27	18.07	
	75m:	52.28	18.66	175m:	2:08.19	19.09	300m:	3:45.20	19.04	400m:	4:59.10	17.83	
	100m:	1:11.10	18.82	200m:	2:27.77	19.58	325m:	4:04.12	18.92				
22.	2011 I										<b>4:59.62</b> I	4,00	
	25m:	15.77	15.77	125m:	1:29.72	18.95	225m:	2:47.07	19.22	325m:	4:04.98	19.64	
	50m:	33.33	17.56	150m:	1:49.10	19.38	250m:	3:06.38	19.31	350m:	4:23.59	18.61	
	75m:	51.84	18.51	175m:	2:08.57	19.47	275m:	3:25.87	19.49	375m:	4:42.29	18.70	
	100m:	1:10.77	18.93	200m:	2:27.85	19.28	300m:	3:45.34	19.47	400m:	4:59.62	17.33	
23.	2011 I									+0,67	<b>5:00.34</b> III	3,00	
	25m:	15.54	15.54	125m:	1:29.14	19.12	225m:	2:46.89	19.45	325m:	4:05.13	19.05	
	50m:	32.80	17.26	150m:	1:48.47	19.33	250m:	3:06.86	19.97	350m:	4:24.21	19.08	
	75m:	51.11	18.31	175m:	2:07.92	19.45	275m:	3:26.20	19.34	375m:	4:43.02	18.81	
	100m:	1:10.02	18.91	200m:	2:27.44	19.52	300m:	3:46.08	19.88	400m:	5:00.34	17.32	
24.	2011 I			3						+0,77	<b>5:01.21</b> III	2,00	
	25m:	15.55	15.55	125m:	1:28.80	18.51	225m:	2:45.72	19.18	325m:	4:03.80	19.42	
	50m:	33.12	17.57	150m:	1:48.22	19.42	250m:	3:05.33	19.61	350m:	4:23.73	19.93	
	75m:	51.35	18.23	175m:	2:07.02	18.80	275m:	3:24.97	19.64	375m:	4:42.89	19.16	
	100m:	1:10.29	18.94	200m:	2:26.54	19.52	300m:	3:44.38	19.41	400m:	5:01.21	18.32	

54, , 400m , (11-13 )

R.T.

25.			2012 I	"	"					+0,68	<b>5:01.70</b> III	1,00
	25m:	16.97	16.97	125m:	1:33.14	18.67	225m:	2:48.01	18.73	325m:	4:03.55	18.64
	50m:	35.67	18.70	150m:	1:51.82	18.68	250m:	3:07.13	19.12	350m:	4:23.63	20.08
	75m:	55.17	19.50	175m:	2:10.31	18.49	275m:	3:26.00	18.87	375m:	4:42.72	19.09
	100m:	1:14.47	19.30	200m:	2:29.28	18.97	300m:	3:44.91	18.91	400m:	5:01.70	18.98
26.			2012 III	MY CHAMPS							<b>5:06.15</b> III	-
	25m:	17.19	17.19	125m:	1:33.62	19.30	225m:	2:51.02	19.06	325m:	4:08.37	19.44
	50m:	35.74	18.55	150m:	1:53.23	19.61	250m:	3:10.54	19.52	350m:	4:28.47	19.70
	75m:	54.97	19.23	175m:	2:12.49	19.26	275m:	3:29.95	19.41	375m:	4:47.41	18.94
	100m:	1:14.32	19.35	200m:	2:31.96	19.47	300m:	3:49.33	19.38	400m:	5:06.15	18.74
27.			2011 I	"	"					+0,64	<b>5:06.24</b> III	-
	25m:	16.82	16.82	125m:	1:33.32	19.77	225m:	2:51.57	19.52	325m:	4:10.73	19.38
	50m:	35.65	18.83	150m:	1:52.67	19.35	250m:	3:11.37	19.80	350m:	4:29.67	18.94
	75m:	54.64	18.99	175m:	2:12.30	19.63	275m:	3:31.51	20.14	375m:	4:48.49	18.82
	100m:	1:13.55	18.91	200m:	2:32.05	19.75	300m:	3:51.35	19.84	400m:	5:06.24	17.75
28.			2011 I	"	"					+0,77	<b>5:06.43</b> III	-
	25m:	16.20	16.20	125m:	1:32.71	19.74	225m:	2:51.42	19.87	325m:	4:09.34	19.09
	50m:	34.57	18.37	150m:	1:52.26	19.55	250m:	3:11.17	19.75	350m:	4:28.71	19.37
	75m:	53.62	19.05	175m:	2:11.64	19.38	275m:	3:30.42	19.25	375m:	4:48.03	19.32
	100m:	1:12.97	19.35	200m:	2:31.55	19.91	300m:	3:50.25	19.83	400m:	5:06.43	18.40
29.			2012 III	"	"					+0,53	<b>5:07.68</b> III	-
	25m:	15.64	15.64	125m:	1:31.02	19.60	225m:	2:49.65	19.59	325m:	4:09.34	19.79
	50m:	33.37	17.73	150m:	1:50.38	19.36	250m:	3:09.48	19.83	350m:	4:29.08	19.74
	75m:	52.08	18.71	175m:	2:10.11	19.73	275m:	3:29.63	20.15	375m:	4:48.80	19.72
	100m:	1:11.42	19.34	200m:	2:30.06	19.95	300m:	3:49.55	19.92	400m:	5:07.68	18.88
30.			2012 I	"	"					+0,68	<b>5:10.88</b> III	-
	25m:	15.59	15.59	125m:	1:30.34	19.44	225m:	2:49.61		350m:	4:31.30	20.62
	50m:	33.16	17.57	150m:	1:50.04	19.70	275m:	3:30.40	40.79	375m:	4:52.02	20.72
	75m:	51.86	18.70	175m:	2:09.86	19.82	300m:	3:50.51	20.11	400m:	5:10.88	18.86
	100m:	1:10.90	19.04	200m:	3:09.69	59.83	325m:	4:10.68	20.17			
31.			2013 III	"	"					+0,75	<b>5:11.81</b> III	-
	25m:	16.17	16.17	125m:	1:33.54	19.69	225m:	2:52.66	19.66	325m:	4:12.87	20.02
	50m:	34.56	18.39	150m:	1:53.38	19.84	250m:	3:12.97	20.31	350m:	4:32.73	19.86
	75m:	53.99	19.43	175m:	2:13.22	19.84	275m:	3:32.26	19.29	375m:	4:52.51	19.78
	100m:	1:13.85	19.86	200m:	2:33.00	19.78	300m:	3:52.85	20.59	400m:	5:11.81	19.30
32.			2011 I	"	"					+0,72	<b>5:12.04</b> III	-
	25m:	14.72	14.72	125m:	1:29.39	19.82	225m:	2:50.14	20.01	325m:	4:12.37	20.99
	50m:	32.06	17.34	150m:	1:49.73	20.34	250m:	3:10.54	20.40	350m:	4:32.93	20.56
	75m:	50.37	18.31	175m:	2:09.83	20.10	275m:	3:31.10	20.56	375m:	4:53.43	20.50
	100m:	1:09.57	19.20	200m:	2:30.13	20.30	300m:	3:51.38	20.28	400m:	5:12.04	18.61
33.			2012 I	"	"					+0,67	<b>5:13.17</b> III	-
	25m:	16.04	16.04	125m:	1:32.09	19.81	225m:	2:53.08	20.16	325m:	4:14.04	20.30
	50m:	33.87	17.83	150m:	1:52.19	20.10	250m:	3:13.67	20.59	350m:	4:34.88	20.84
	75m:	52.81	18.94	175m:	2:12.16	19.97	275m:	3:34.53	20.86	375m:	4:54.42	19.54
	100m:	1:12.28	19.47	200m:	2:32.92	20.76	300m:	3:53.74	19.21	400m:	5:13.17	18.75
34.			2012 III	10 "	"						<b>5:17.50</b> III	-
	25m:	17.54	17.54	125m:	1:37.28	19.79	225m:	2:59.01	20.48	325m:	4:19.71	20.30
	50m:	37.28	19.74	150m:	1:57.84	20.56	250m:	3:19.27	20.26	350m:	4:40.31	20.60
	75m:	57.08	19.80	175m:	2:18.04	20.20	275m:	3:39.53	20.26	375m:	4:58.99	18.68
	100m:	1:17.49	20.41	200m:	2:38.53	20.49	300m:	3:59.41	19.88	400m:	5:17.50	18.51
35.			2012 I	"	"						<b>5:21.53</b> III	-
	25m:	17.02	17.02	125m:	1:36.27	20.31	250m:	3:19.08	20.44	350m:	4:41.66	19.85
	50m:	36.16	19.14	150m:	2:37.17	1:00.90	275m:	3:39.58	20.50	375m:	5:02.36	20.70
	75m:	56.06	19.90	175m:	2:16.71		300m:	4:00.30	20.72	400m:	5:21.53	19.17
	100m:	1:15.96	19.90	225m:	2:58.64	41.93	325m:	4:21.81	21.51			
36.			2012 III	"	"						<b>5:26.70</b> III	-
	25m:	16.91	16.91	125m:	1:36.64	20.93	225m:	3:01.62	20.71	325m:	4:26.36	20.70
	50m:	36.00	19.09	150m:	1:57.53	20.89	250m:	3:23.07	21.45	350m:	4:47.87	21.51
	75m:	55.60	19.60	175m:	2:18.72	21.19	275m:	3:43.74	20.67	375m:	5:08.00	20.13
	100m:	1:15.71	20.11	200m:	2:40.91	22.19	300m:	4:05.66	21.92	400m:	5:26.70	18.70
37.			2012 III	"	"						<b>5:28.24</b> III	-
	25m:	17.77	17.77	125m:	1:38.07	20.66	225m:	3:02.02	21.09	325m:	4:26.79	21.40
	50m:	36.95	19.18	150m:	1:59.09	21.02	250m:	3:23.10	21.08	350m:	4:47.99	21.20
	75m:	56.80	19.85	175m:	2:20.04	20.95	275m:	3:44.11	21.01	375m:	5:08.04	20.05
	100m:	1:17.41	20.61	200m:	2:40.93	20.89	300m:	4:05.39	21.28	400m:	5:28.24	20.20
38.			2012 III	"	"						<b>5:28.49</b> III	-
	25m:	16.85	16.85	125m:	1:39.78	22.09	225m:	3:05.93	21.44	325m:	4:30.77	20.83
	50m:	36.30	19.45	150m:	2:01.31	21.53	250m:	3:27.40	21.47	350m:	4:52.18	21.41
	75m:	56.81	20.51	175m:	2:23.05	21.74	275m:	3:49.10	21.70	375m:	5:10.80	18.62
	100m:	1:17.69	20.88	200m:	2:44.49	21.44	300m:	4:09.94	20.84	400m:	5:28.49	17.69

