

09.03.2024 15 , 200m (14-15 )

		/			R.T.							
1.			2010	"	"	-	+0,72	<b>2:22.26</b>	60,00			
	25m:	14.13	14.13	75m:	50.26	19.54	125m:	1:28.34	19.94	175m:	2:05.96	17.58
	50m:	30.72	16.59	100m:	1:08.40	18.14	150m:	1:48.38	20.04	200m:	2:22.26	16.30
2.			2009	"	"	-	+0,77	<b>2:23.89</b>	52,00			
	25m:	14.18	14.18	75m:	49.43	19.11	125m:	1:29.51	22.55	175m:	2:08.40	16.87
	50m:	30.32	16.14	100m:	1:06.96	17.53	150m:	1:51.53	22.02	200m:	2:23.89	15.49
3.			2009	1			+0,68	<b>2:24.75</b>	45,00			
	25m:	13.86	13.86	75m:	49.96	18.98	125m:	1:29.85	21.88	175m:	2:08.83	17.03
	50m:	30.98	17.12	100m:	1:07.97	18.01	150m:	1:51.80	21.95	200m:	2:24.75	15.92
4.			2010	"	"		+0,82	<b>2:27.47</b>	41,00			
	25m:	14.63	14.63	75m:	51.33	19.84	125m:	1:31.94	22.05	175m:	2:11.11	17.73
	50m:	31.49	16.86	100m:	1:09.89	18.56	150m:	1:53.38	21.44	200m:	2:27.47	16.36
5.			2009	"Froka"			+0,63	<b>2:28.12</b>	37,00			
	25m:	14.51	14.51	75m:	52.07	20.13	125m:	1:32.41	21.12	175m:	2:11.77	18.38
	50m:	31.94	17.43	100m:	1:11.29	19.22	150m:	1:53.39	20.98	200m:	2:28.12	16.35
6.			2009	"	"	-	+0,73	<b>2:28.73</b>	33,00			
	25m:	14.16	14.16	75m:	50.51	19.81	125m:	1:30.99	22.07	175m:	2:12.33	19.28
	50m:	30.70	16.54	100m:	1:08.92	18.41	150m:	1:53.05	22.06	200m:	2:28.73	16.40
7.			2010	1			+0,82	<b>2:30.37</b>	30,00			
	25m:	14.50	14.50	75m:	50.74	19.24	125m:	1:31.91	22.93	175m:	2:13.50	18.28
	50m:	31.50	17.00	100m:	1:08.98	18.24	150m:	1:55.22	23.31	200m:	2:30.37	16.87
8.			2010	I	"	"	+0,71	<b>2:32.43</b>	27,00			
	25m:	14.66	14.66	75m:	53.03	20.94	125m:	1:34.28	21.87	175m:	2:15.98	19.78
	50m:	32.09	17.43	100m:	1:12.41	19.38	150m:	1:56.20	21.92	200m:	2:32.43	16.45
9.			2009	"SWIMMING STARS"			+0,85	<b>2:32.51</b>	24,00			
	25m:	15.02	15.02	75m:	54.28	20.75	125m:	1:35.02	21.41	175m:	2:15.76	18.87
	50m:	33.53	18.51	100m:	1:13.61	19.33	150m:	1:56.89	21.87	200m:	2:32.51	16.75
10.			2009	"	"		+0,65	<b>2:32.54</b>	22,00			
	25m:	13.69	13.69	75m:	49.93	19.05	125m:	1:32.32	24.30	175m:	2:16.70	19.65
	50m:	30.88	17.19	100m:	1:08.02	18.09	150m:	1:57.05	24.73	200m:	2:32.54	15.84
11.			2010	"	"	"	+0,65	<b>2:32.71</b>	20,00			
	25m:	14.88	14.88	75m:	52.62	19.74	125m:	1:34.77	22.93	175m:	2:15.67	18.51
	50m:	32.88	18.00	100m:	1:11.84	19.22	150m:	1:57.16	22.39	200m:	2:32.71	17.04
12.			2009	"	"		+0,82	<b>2:32.98</b>	18,00			
	25m:	14.58	14.58	75m:	52.31	20.42	125m:	1:33.72	22.20	175m:	2:15.11	19.25
	50m:	31.89	17.31	100m:	1:11.52	19.21	150m:	1:55.86	22.14	200m:	2:32.98	17.87
13.			2010	I	"	"	+0,76	<b>2:33.42</b>	16,00			
	25m:	15.13	15.13	75m:	52.05	18.82	125m:	1:33.79	24.05	175m:	2:16.28	19.00
	50m:	33.23	18.10	100m:	1:09.74	17.69	150m:	1:57.28	23.49	200m:	2:33.42	17.14
14.			2010	"	"	-	+0,74	<b>2:33.63</b>	14,00			
	25m:	15.75	15.75	75m:	53.19	18.86	125m:	1:35.73	24.30	175m:	2:17.66	18.55
	50m:	34.33	18.58	100m:	1:11.43	18.24	150m:	1:59.11	23.38	200m:	2:33.63	15.97
15.			2010	I	"	"	+0,68	<b>2:35.05</b>	12,00			
	25m:	14.41	14.41	75m:	51.26	20.14	125m:	1:32.70	22.22	175m:	2:15.96	20.61
	50m:	31.12	16.71	100m:	1:10.48	19.22	150m:	1:55.35	22.65	200m:	2:35.05	19.09
16.			2010	I	"	"	+0,72	<b>2:35.34</b>	10,00			
	25m:	14.25	14.25	75m:	52.10	20.49	125m:	1:34.79	23.71	175m:	2:18.71	19.71
	50m:	31.61	17.36	100m:	1:11.08	18.98	150m:	1:59.00	24.21	200m:	2:35.34	16.63
17.			2010	I	"	"	+0,85	<b>2:35.66</b>	9,00			
	25m:	14.81	14.81	75m:	54.06	21.36	125m:	1:37.45	23.39	175m:	2:19.00	18.21
	50m:	32.70	17.89	100m:	1:14.06	20.00	150m:	2:00.79	23.34	200m:	2:35.66	16.66
18.			2010	I	"	"	+0,69	<b>2:36.55</b>	8,00			
	25m:	15.54	15.54	75m:	54.76	20.31	125m:	1:37.41	23.60	175m:	2:19.60	18.80
	50m:	34.45	18.91	100m:	1:13.81	19.05	150m:	2:00.80	23.39	200m:	2:36.55	16.95
19.			2010	I	"	"	+0,80	<b>2:37.26</b>	7,00			
	25m:	15.19	15.19	75m:	54.16	20.23	125m:	1:37.40	23.70	175m:	2:19.96	19.34
	50m:	33.93	18.74	100m:	1:13.70	19.54	150m:	2:00.62	23.22	200m:	2:37.26	17.30
20.			2010	I	"	"	+0,78	<b>2:43.96</b>	6,00			
	25m:	15.78	15.78	75m:	57.22	22.05	125m:	1:40.31	21.61	175m:	2:24.29	21.38
	50m:	35.17	19.39	100m:	1:18.70	21.48	150m:	2:02.91	22.60	200m:	2:43.96	19.67
21.			2010	III	"	"	+0,71	<b>2:48.19</b>	5,00			
	25m:	15.71	15.71	75m:	56.43	21.79	125m:	1:43.17	25.79	175m:	2:29.08	20.59
	50m:	34.64	18.93	100m:	1:17.38	20.95	150m:	2:08.49	25.32	200m:	2:48.19	19.11

		15, , 200m						(14-15 )					
		/						R.T.					
22.				2010	I					+0,83	<b>2:51.49</b>		4,00
	25m:	17.30	17.30	75m:	1:00.72	21.88	125m:	1:47.10	25.51	175m:	2:33.12	20.40	
	50m:	38.84	21.54	100m:	1:21.59	20.87	150m:	2:12.72	25.62	200m:	2:51.49	18.37	
23.				2009	I					+0,74	<b>2:55.77</b>		3,00
	25m:	16.76	16.76	75m:	59.75	22.55	125m:	1:48.61	27.05	175m:	2:36.66	21.22	
	50m:	37.20	20.44	100m:	1:21.56	21.81	150m:	2:15.44	26.83	200m:	2:55.77	19.11	
24.				2009	I	"	"	-		+0,93	<b>3:04.47</b>		2,00
	25m:	17.72	17.72	75m:	1:02.48	23.32	125m:	1:53.09	28.59	175m:	2:44.78	23.38	
	50m:	39.16	21.44	100m:	1:24.50	22.02	150m:	2:21.40	28.31	200m:	3:04.47	19.69	
DSQ				2009		"	"						-
DSQ				2009	III								-