



44 , 400m (14-15 )  
10.03.2024

		/						R.T.				
1.		2009		"	"			<b>+0,78</b>	<b>4:28.85</b>		60,00	
	25m:	14.40	14.40	125m:	1:20.80	16.98	225m:	2:29.76	17.44	325m:	3:38.58	17.32
	50m:	30.36	15.96	150m:	1:37.88	17.08	250m:	2:46.78	17.02	350m:	3:55.76	17.18
	75m:	46.95	16.59	175m:	1:55.05	17.17	275m:	3:04.01	17.23	375m:	4:12.78	17.02
	100m:	1:03.82	16.87	200m:	2:12.32	17.27	300m:	3:21.26	17.25	400m:	4:28.85	16.07
2.		2009		3 "	"	-		<b>+0,74</b>	<b>4:33.67</b>		52,00	
	25m:	14.78	14.78	125m:	1:23.02	17.28	225m:	2:31.87	17.28	325m:	3:41.79	17.68
	50m:	31.56	16.78	150m:	1:40.29	17.27	250m:	2:49.11	17.24	350m:	3:59.42	17.63
	75m:	48.46	16.90	175m:	1:57.53	17.24	275m:	3:06.60	17.49	375m:	4:16.81	17.39
	100m:	1:05.74	17.28	200m:	2:14.59	17.06	300m:	3:24.11	17.51	400m:	4:33.67	16.86
3.		2010						<b>+0,75</b>	<b>4:34.30</b>		45,00	
	25m:	14.94	14.94	125m:	1:22.63	17.44	225m:	2:31.82	17.30	325m:	3:42.00	17.47
	50m:	31.07	16.13	150m:	1:40.09	17.46	250m:	2:48.96	17.14	350m:	3:59.88	17.88
	75m:	48.09	17.02	175m:	1:57.28	17.19	275m:	3:06.52	17.56	375m:	4:17.32	17.44
	100m:	1:05.19	17.10	200m:	2:14.52	17.24	300m:	3:24.53	18.01	400m:	4:34.30	16.98
4.		2010		1				<b>+0,74</b>	<b>4:34.86</b>		41,00	
	25m:	15.07	15.07	125m:	1:24.08	17.77	225m:	2:34.12	17.34	325m:	3:43.34	17.29
	50m:	31.70	16.63	150m:	1:41.65	17.57	250m:	2:51.34	17.22	350m:	4:00.61	17.27
	75m:	48.94	17.24	175m:	1:59.42	17.77	275m:	3:08.83	17.49	375m:	4:18.14	17.53
	100m:	1:06.31	17.37	200m:	2:16.78	17.36	300m:	3:26.05	17.22	400m:	4:34.86	16.72
5.		2009						<b>+0,73</b>	<b>4:36.25</b>		37,00	
	25m:	15.22	15.22	125m:	1:24.27	17.58	225m:	2:34.00	17.50	325m:	3:44.81	17.93
	50m:	31.99	16.77	150m:	1:41.70	17.43	250m:	2:51.40	17.40	350m:	4:02.11	17.30
	75m:	49.40	17.41	175m:	1:59.24	17.54	275m:	3:09.28	17.88	375m:	4:19.83	17.72
	100m:	1:06.69	17.29	200m:	2:16.50	17.26	300m:	3:26.88	17.60	400m:	4:36.25	16.42
6.		2009						<b>+0,79</b>	<b>4:39.28</b>		33,00	
	25m:	14.63	14.63	125m:	1:23.40	17.86	225m:	2:34.55	17.69	325m:	3:46.62	17.58
	50m:	31.25	16.62	150m:	1:41.06	17.66	250m:	2:52.38	17.83	350m:	4:04.87	18.25
	75m:	48.36	17.11	175m:	1:59.14	18.08	275m:	3:11.10	18.72	375m:	4:22.61	17.74
	100m:	1:05.54	17.18	200m:	2:16.86	17.72	300m:	3:29.04	17.94	400m:	4:39.28	16.67
7.		2010 I		"	"	"		<b>+0,77</b>	<b>4:44.42</b>		30,00	
	25m:	15.46	15.46	125m:	1:26.32	17.95	225m:	2:39.26	18.24	325m:	3:52.33	18.11
	50m:	32.60	17.14	150m:	1:44.49	18.17	250m:	2:57.77	18.51	350m:	4:10.31	17.98
	75m:	50.66	18.06	175m:	2:02.69	18.20	275m:	3:15.84	18.07	375m:	4:27.58	17.27
	100m:	1:08.37	17.71	200m:	2:21.02	18.33	300m:	3:34.22	18.38	400m:	4:44.42	16.84
8.		2010 I		"	"	"		<b>+0,72</b>	<b>4:45.48</b>		27,00	
	25m:	15.00	15.00	125m:	1:25.14	18.16	225m:	2:37.02	18.13	325m:	3:50.52	18.56
	50m:	31.91	16.91	150m:	1:42.72	17.58	250m:	2:55.30	18.28	350m:	4:08.85	18.33
	75m:	49.45	17.54	175m:	2:00.86	18.14	275m:	3:13.76	18.46	375m:	4:27.60	18.75
	100m:	1:06.98	17.53	200m:	2:18.89	18.03	300m:	3:31.96	18.20	400m:	4:45.48	17.88
9.		2010		"	"	"		<b>+0,80</b>	<b>4:48.10</b>		24,00	
	25m:	14.91	14.91	125m:	1:25.79	18.60	225m:	2:40.03	18.82	325m:	3:54.28	18.68
	50m:	31.58	16.67	150m:	1:44.03	18.24	250m:	2:58.24	18.21	350m:	4:12.44	18.16
	75m:	49.38	17.80	175m:	2:02.86	18.83	275m:	3:17.00	18.76	375m:	4:30.92	18.48
	100m:	1:07.19	17.81	200m:	2:21.21	18.35	300m:	3:35.60	18.60	400m:	4:48.10	17.18
10.		2010 I		"	"	"		<b>+0,79</b>	<b>4:51.14</b>		22,00	
	25m:	15.94	15.94	125m:	1:28.45	18.64	225m:	2:42.88	18.90	325m:	3:57.64	18.84
	50m:	33.29	17.35	150m:	1:46.94	18.49	250m:	3:01.37	18.49	350m:	4:16.02	18.38
	75m:	51.58	18.29	175m:	2:05.67	18.73	275m:	3:20.40	19.03	375m:	4:34.40	18.38
	100m:	1:09.81	18.23	200m:	2:23.98	18.31	300m:	3:38.80	18.40	400m:	4:51.14	16.74
11.		2009 I		"	"	"		<b>+0,71</b>	<b>4:52.00</b>		20,00	
	25m:	15.24	15.24	125m:	1:28.74	19.27	225m:	2:43.78	18.52	325m:	3:59.02	18.47
	50m:	32.52	17.28	150m:	1:47.24	18.50	250m:	3:02.66	18.88	350m:	4:18.14	19.12
	75m:	51.05	18.53	175m:	2:06.42	19.18	275m:	3:21.72	19.06	375m:	4:35.72	17.58
	100m:	1:09.47	18.42	200m:	2:25.26	18.84	300m:	3:40.55	18.83	400m:	4:52.00	16.28
12.		2010 I		"	"	"		<b>+0,74</b>	<b>4:53.48</b>		18,00	
	25m:	15.77	15.77	125m:	1:27.78	18.23	225m:	2:42.26	18.83	325m:	3:57.99	19.30
	50m:	33.24	17.47	150m:	1:46.15	18.37	250m:	3:01.14	18.88	350m:	4:16.92	18.93
	75m:	51.34	18.10	175m:	2:05.12	18.97	275m:	3:19.75	18.61	375m:	4:36.15	19.23
	100m:	1:09.55	18.21	200m:	2:23.43	18.31	300m:	3:38.69	18.94	400m:	4:53.48	17.33
13.		2009 I		"	"	"		<b>+0,78</b>	<b>4:54.85</b>		16,00	
	25m:	15.88	15.88	125m:	1:28.63	19.07	225m:	2:44.38	19.29	325m:	3:59.77	19.05
	50m:	32.98	17.10	150m:	1:47.37	18.74	250m:	3:03.25	18.87	350m:	4:18.58	18.81
	75m:	51.23	18.25	175m:	2:06.45	19.08	275m:	3:22.21	18.96	375m:	4:37.45	18.87
	100m:	1:09.56	18.33	200m:	2:25.09	18.64	300m:	3:40.72	18.51	400m:	4:54.85	17.40



44, , 400m , (14-15 )

									R.T.			
14.	2009 I								+0,75	<b>4:56.44</b>	14,00	
	25m:	16.14	16.14	125m:	1:28.36	18.61	225m:	2:43.80	18.82	325m:	3:59.74	19.04
	50m:	33.45	17.31	150m:	1:47.20	18.84	250m:	3:02.56	18.76	350m:	4:18.62	18.88
	75m:	51.54	18.09	175m:	2:06.10	18.90	275m:	3:21.62	19.06	375m:	4:37.88	19.26
	100m:	1:09.75	18.21	200m:	2:24.98	18.88	300m:	3:40.70	19.08	400m:	4:56.44	18.56
15.	2009 I								+0,78	<b>4:57.45</b>	12,00	
	25m:	15.25	15.25	125m:	1:28.45	19.15	225m:	2:44.56	19.26	325m:	4:01.54	19.72
	50m:	32.47	17.22	150m:	1:47.14	18.69	250m:	3:03.51	18.95	350m:	4:20.88	19.34
	75m:	50.94	18.47	175m:	2:06.39	19.25	275m:	3:22.72	19.21	375m:	4:39.90	19.02
	100m:	1:09.30	18.36	200m:	2:25.30	18.91	300m:	3:41.82	19.10	400m:	4:57.45	17.55
16.	2010 I								+0,75	<b>4:57.93</b>	10,00	
	25m:	15.87	15.87	125m:	1:30.15	19.13	225m:	2:45.01	18.83	325m:	4:01.55	19.30
	50m:	33.77	17.90	150m:	1:48.67	18.52	250m:	3:03.99	18.98	350m:	4:20.83	19.28
	75m:	52.19	18.42	175m:	2:07.62	18.95	275m:	3:23.18	19.19	375m:	4:39.64	18.81
	100m:	1:11.02	18.83	200m:	2:26.18	18.56	300m:	3:42.25	19.07	400m:	4:57.93	18.29
17.	2010 I								+0,80	<b>5:00.99</b>	9,00	
	25m:	15.55	15.55	125m:	1:28.24	19.24	225m:	2:45.51	19.61	325m:	4:03.05	19.29
	50m:	32.61	17.06	150m:	1:47.19	18.95	250m:	3:04.01	18.50	350m:	4:22.74	19.69
	75m:	50.65	18.04	175m:	2:06.42	19.23	275m:	3:23.71	19.70	375m:	4:41.48	18.74
	100m:	1:09.00	18.35	200m:	2:25.90	19.48	300m:	3:43.76	20.05	400m:	5:00.99	19.51
18.	2010 I								+0,85	<b>5:01.06</b>	8,00	
	25m:	16.35	16.35	125m:	1:32.34	19.45	225m:	2:50.75	19.87	325m:	4:07.65	19.23
	50m:	34.65	18.30	150m:	1:51.57	19.23	250m:	3:09.82	19.07	350m:	4:25.86	18.21
	75m:	53.87	19.22	175m:	2:11.50	19.93	275m:	3:29.29	19.47	375m:	4:44.59	18.73
	100m:	1:12.89	19.02	200m:	2:30.88	19.38	300m:	3:48.42	19.13	400m:	5:01.06	16.47
19.	2010 I								+0,75	<b>5:02.26</b>	7,00	
	25m:	15.87	15.87	125m:	1:31.17	19.71	225m:	2:48.26	19.11	325m:	4:05.53	19.18
	50m:	33.26	17.39	150m:	1:50.93	19.76	250m:	3:07.97	19.71	350m:	4:24.78	19.25
	75m:	51.82	18.56	175m:	2:10.13	19.20	275m:	3:27.10	19.13	375m:	4:44.11	19.33
	100m:	1:11.46	19.64	200m:	2:29.15	19.02	300m:	3:46.35	19.25	400m:	5:02.26	18.15
20.	2010 I								+0,90	<b>5:05.56</b>	6,00	
	25m:	16.35	16.35	125m:	1:30.50	19.42	225m:	2:48.50	19.83	325m:	4:06.58	19.75
	50m:	33.83	17.48	150m:	1:49.53	19.03	250m:	3:07.97	19.47	350m:	4:26.32	19.74
	75m:	52.33	18.50	175m:	2:09.37	19.84	275m:	3:27.38	19.41	375m:	4:46.40	20.08
	100m:	1:11.08	18.75	200m:	2:28.67	19.30	300m:	3:46.83	19.45	400m:	5:05.56	19.16
21.	2010 I								+0,81	<b>5:06.59</b>	5,00	
	25m:	15.91	15.91	125m:	1:30.26	19.42	225m:	2:49.16	20.15	325m:	4:08.58	20.07
	50m:	33.40	17.49	150m:	1:50.00	19.74	250m:	3:08.67	19.51	350m:	4:28.21	19.63
	75m:	52.03	18.63	175m:	2:09.69	19.69	275m:	3:28.95	20.28	375m:	4:48.00	19.79
	100m:	1:10.84	18.81	200m:	2:29.01	19.32	300m:	3:48.51	19.56	400m:	5:06.59	18.59
22.	2009 I								+0,75	<b>5:10.05</b>	4,00	
	25m:	16.13	16.13	125m:	1:29.34	19.00	225m:	2:47.67	19.81	325m:	4:08.85	20.65
	50m:	33.70	17.57	150m:	1:48.60	19.26	250m:	3:07.63	19.96	350m:	4:29.30	20.45
	75m:	51.84	18.14	175m:	2:08.26	19.66	275m:	3:27.97	20.34	375m:	4:49.98	20.68
	100m:	1:10.34	18.50	200m:	2:27.86	19.60	300m:	3:48.20	20.23	400m:	5:10.05	20.07
23.	2010 I								+0,78	<b>5:14.81</b>	3,00	
	25m:	16.53	16.53	125m:	1:34.65	20.27	225m:	2:55.96	19.82	325m:	4:16.32	19.97
	50m:	35.42	18.89	150m:	1:55.10	20.45	250m:	3:16.05	20.09	350m:	4:36.48	20.16
	75m:	54.82	19.40	175m:	2:15.60	20.50	275m:	3:36.03	19.98	375m:	4:56.31	19.83
	100m:	1:14.38	19.56	200m:	2:36.14	20.54	300m:	3:56.35	20.32	400m:	5:14.81	18.50
24.	2009 I								+0,72	<b>5:16.08</b>	2,00	
	25m:	16.91	16.91	125m:	1:33.79	20.14	225m:	2:53.24	20.33	325m:	4:15.67	20.90
	50m:	35.51	18.60	150m:	1:53.49	19.70	250m:	3:12.88	19.64	350m:	4:36.12	20.45
	75m:	54.49	18.98	175m:	2:13.23	19.74	275m:	3:33.91	21.03	375m:	4:57.36	21.24
	100m:	1:13.65	19.16	200m:	2:32.91	19.68	300m:	3:54.77	20.86	400m:	5:16.08	18.72
25.	2009 I								+0,88	<b>5:17.02</b>	1,00	
	25m:	16.28	16.28	125m:	1:33.11	20.08	225m:	2:54.19	21.07	325m:	4:17.35	21.13
	50m:	34.12	17.84	150m:	1:52.75	19.64	250m:	3:15.11	20.92	350m:	4:38.02	20.67
	75m:	53.81	19.69	175m:	2:13.52	20.77	275m:	3:35.84	20.73	375m:	4:58.67	20.65
	100m:	1:13.03	19.22	200m:	2:33.12	19.60	300m:	3:56.22	20.38	400m:	5:17.02	18.35
26.	2009 I								+0,81	<b>5:28.56</b>	-	
	25m:	17.65	17.65	125m:	1:39.65	21.23	225m:	3:03.06	21.25	325m:	4:27.12	21.02
	50m:	37.40	19.75	150m:	2:00.05	20.40	250m:	3:23.94	20.88	350m:	4:47.73	20.61
	75m:	57.74	20.34	175m:	2:21.11	21.06	275m:	3:45.28	21.34	375m:	5:09.09	21.36
	100m:	1:18.42	20.68	200m:	2:41.81	20.70	300m:	4:06.10	20.82	400m:	5:28.56	19.47
27.	2010 I								+0,80	<b>5:29.69</b>	-	
	25m:	17.16	17.16	125m:	1:39.13	21.17	225m:	3:04.08	21.55	325m:	4:27.77	20.83
	50m:	36.52	19.36	150m:	2:00.04	20.91	250m:	3:25.34	21.26	350m:	4:48.84	21.07
	75m:	56.59	20.07	175m:	2:21.48	21.44	275m:	3:46.03	20.69	375m:	5:09.96	21.12
	100m:	1:17.96	21.37	200m:	2:42.53	21.05	300m:	4:06.94	20.91	400m:	5:29.69	19.73