

5

, 400m

2010 - 2013

12.02.2022

: FINA 2021

R.T.

(9-10 )

1.				2012	II					+0,66	<b>5:29.30</b>	II	370
	50m:	36.91	36.91	150m:	1:59.73	42.18	250m:	3:25.04	43.32	350m:	4:49.01	41.80	
	100m:	1:17.55	40.64	200m:	2:41.72	41.99	300m:	4:07.21	42.17	400m:	5:29.30	40.29	
2.				2012	II						<b>5:29.64</b>	II	369
	50m:	36.27	36.27	150m:	1:58.97	42.61	250m:	3:25.10	42.68	350m:	4:49.67	41.81	
	100m:	1:16.36	40.09	200m:	2:42.42	43.45	300m:	4:07.86	42.76	400m:	5:29.64	39.97	
3.				2012	III	"	"			+0,63	<b>5:33.47</b>	II	356
	50m:	36.53	36.53	150m:	2:00.44	42.51	250m:	3:26.58	42.85	350m:	4:52.05	42.27	
	100m:	1:17.93	41.40	200m:	2:43.73	43.29	300m:	4:09.78	43.20	400m:	5:33.47	41.42	
4.				2012	II	"Fitron",	-	-		+0,61	<b>5:37.48</b>	II	343
	50m:	36.68	36.68	150m:	2:00.84	42.99	250m:	3:28.77	44.08	350m:	4:55.18	41.67	
	100m:	1:17.85	41.17	200m:	2:44.69	43.85	300m:	4:13.51	44.74	400m:	5:37.48	42.30	
5.				2013	I					+0,52	<b>6:35.76</b>	I	213
	50m:	41.64	41.64	150m:	2:21.99	50.39	250m:	4:04.97	50.68	350m:	5:47.79	50.88	
	100m:	1:31.60	49.96	200m:	3:14.29	52.30	300m:	4:56.91	51.94	400m:	6:35.76	47.97	
6.				2013	II	"	"				<b>7:32.71</b>	I	142
	50m:	46.60	46.60	150m:	2:41.68	58.30	250m:	4:39.18	59.03	350m:	6:36.20	58.17	
	100m:	1:43.38	56.78	200m:	3:40.15	58.47	300m:	5:38.03	58.85	400m:	7:32.71	56.51	

(11-12 )

1.				2010	I	"	"			+1,03	<b>5:05.73</b>	II	462
	50m:	34.35	34.35	150m:	1:52.20	39.11	250m:	3:10.47	39.19	350m:	4:28.57	38.86	
	100m:	1:13.09	38.74	200m:	2:31.28	39.08	300m:	3:49.71	39.24	400m:	5:05.73	37.16	
2.				2010	II	.				+0,70	<b>5:09.45</b>	II	446
	50m:	34.61	34.61	150m:	1:53.96	39.41	250m:	3:14.61	40.09	350m:	4:32.30	38.65	
	100m:	1:14.55	39.94	200m:	2:34.52	40.56	300m:	3:53.65	39.04	400m:	5:09.45	37.15	
3.				2011	II	"	"				<b>5:27.22</b>	II	377
	50m:	36.15	36.15	150m:	1:59.10	42.38	250m:	3:23.67	42.21	350m:	4:47.88	41.49	
	100m:	1:16.72	40.57	200m:	2:41.46	42.36	300m:	4:06.39	42.72	400m:	5:27.22	39.34	
4.				2011	II	10,				+0,65	<b>5:37.25</b>	II	344
	50m:	37.43	37.43	150m:	2:05.26	44.75	250m:	3:30.42	41.61	350m:	4:55.98	41.28	
	100m:	1:20.51	43.08	200m:	2:48.81	43.55	300m:	4:14.70	44.28	400m:	5:37.25	41.27	
5.				2010	III	"	"			+0,87	<b>5:53.61</b>	III	299
	50m:	37.18	37.18	150m:	2:05.86	45.36	250m:	3:38.04	46.59	350m:	5:09.40	45.99	
	100m:	1:20.50	43.32	200m:	2:51.45	45.59	300m:	4:23.41	45.37	400m:	5:53.61	44.21	
6.				2010	II	"Fitron",	-	-		+1,01	<b>6:11.12</b>	III	258
	50m:	39.95	39.95	150m:	2:12.68	47.73	250m:	3:50.36	50.02	350m:	5:26.22	48.06	
	100m:	1:24.95	45.00	200m:	3:00.34	47.66	300m:	4:38.16	47.80	400m:	6:11.12	44.90	
7.				2011	III	"	"			+0,77	<b>6:35.81</b>	I	213
	50m:	43.51	43.51	150m:	2:25.76	51.72	250m:	4:08.19	51.86	350m:	5:51.22	51.18	
	100m:	1:34.04	50.53	200m:	3:16.33	50.57	300m:	5:00.04	51.85	400m:	6:35.81	44.59	

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OMEGA ARES 21