

20.06.2026

, 400m

14 - 18

: AQUA 2026

(14-15 )

1.			04.05.2011	( )	-			<b>4:37.01</b>	604			
	50m:	30.20	30.20	150m:	1:39.01	35.50	250m:	2:50.22	35.94	350m:	4:01.99	36.11
	100m:	1:03.51	33.31	200m:	2:14.28	35.27	300m:	3:25.88	35.66	400m:	4:37.01	35.02
2.			19.03.2011	"	"			<b>4:42.17</b>	I	571		
	50m:	32.55	32.55	150m:	1:44.82	35.99	250m:	2:56.69	35.69	350m:	4:07.79	35.46
	100m:	1:08.83	36.28	200m:	2:21.00	36.18	300m:	3:32.33	35.64	400m:	4:42.17	34.38
3.			11.04.2012					<b>4:42.98</b>	I	566		
	50m:	31.17	31.17	150m:	1:41.24	35.35	250m:	2:53.48	36.16	350m:	4:06.71	36.25
	100m:	1:05.89	34.72	200m:	2:17.32	36.08	300m:	3:30.46	36.98	400m:	4:42.98	36.27
4.			01.02.2011		-			<b>4:43.33</b>	I	564		
	50m:	30.61	30.61	150m:	1:41.08	35.52	250m:	2:54.16	36.49	350m:	4:07.92	36.37
	100m:	1:05.56	34.95	200m:	2:17.67	36.59	300m:	3:31.55	37.39	400m:	4:43.33	35.41
5.			23.07.2012					<b>4:43.82</b>	I	561		
	50m:	31.11	31.11	150m:	1:41.46	35.64	250m:	2:54.65	36.95	350m:	4:08.73	36.87
	100m:	1:05.82	34.71	200m:	2:17.70	36.24	300m:	3:31.86	37.21	400m:	4:43.82	35.09
6.			01.03.2012					<b>4:52.59</b>	I	512		
	50m:	31.41	31.41	150m:	1:43.39	36.55	250m:	2:58.73	37.71	350m:	4:15.09	38.19
	100m:	1:06.84	35.43	200m:	2:21.02	37.63	300m:	3:36.90	38.17	400m:	4:52.59	37.50
7.			10.06.2012	I	"	"	"	<b>4:53.68</b>	I	507		
	50m:	30.90	30.90	150m:	1:44.57	38.14	250m:	2:59.72	37.89	350m:	4:16.32	37.83
	100m:	1:06.43	35.53	200m:	2:21.83	37.26	300m:	3:38.49	38.77	400m:	4:53.68	37.36
8.			21.05.2012	I				<b>5:02.98</b>	II	461		
	50m:	33.45	33.45	150m:	1:48.47	37.69	250m:	3:05.98	38.66	350m:	4:24.44	38.88
	100m:	1:10.78	37.33	200m:	2:27.32	38.85	300m:	3:45.56	39.58	400m:	5:02.98	38.54
9.			05.07.2012	II				<b>5:16.51</b>	II	405		
	50m:	35.61	35.61	150m:	1:57.25	40.78	250m:	3:18.78	40.05	350m:	4:38.71	39.08
	100m:	1:16.47	40.86	200m:	2:38.73	41.48	300m:	3:59.63	40.85	400m:	5:16.51	37.80
10.			02.12.2011	II	"	"	-	<b>5:24.28</b>	II	376		
	50m:	35.30	35.30	150m:	1:56.31	40.97	250m:	3:19.51	41.86	350m:	4:43.05	41.77
	100m:	1:15.34	40.04	200m:	2:37.65	41.34	300m:	4:01.28	41.77	400m:	5:24.28	41.23
11.			18.03.2012	II		14		<b>5:24.90</b>	II	374		
	50m:	32.95	32.95	150m:	1:53.12	41.59	250m:	3:20.02	44.17	350m:	4:44.82	41.99
	100m:	1:11.53	38.58	200m:	2:35.85	42.73	300m:	4:02.83	42.81	400m:	5:24.90	40.08
12.			25.06.2012	II				<b>5:32.25</b>	II	350		
	50m:	37.64	37.64	150m:	2:01.66	43.41	250m:	3:27.77	42.69	350m:	4:53.20	42.95
	100m:	1:18.25	40.61	200m:	2:45.08	43.42	300m:	4:10.25	42.48	400m:	5:32.25	39.05
13.			10.02.2011	III	"	"		<b>5:41.31</b>	III	322		
	50m:	35.43	35.43	150m:	1:58.84	43.23	250m:	3:28.93	45.56	350m:	4:58.37	44.03
	100m:	1:15.61	40.18	200m:	2:43.37	44.53	300m:	4:14.34	45.41	400m:	5:41.31	42.94
14.			15.06.2012	II	"	"		<b>5:44.25</b>	III	314		
	50m:	37.04	37.04	150m:	2:03.84	44.00	250m:	3:33.22	44.45	350m:	5:01.26	43.14
	100m:	1:19.84	42.80	200m:	2:48.77	44.93	300m:	4:18.12	44.90	400m:	5:44.25	42.99
15.			28.01.2011	II				<b>5:47.49</b>	III	306		
	50m:	38.38	38.38	150m:	2:06.13	44.74	250m:	3:35.93	45.08	350m:	5:05.53	44.94
	100m:	1:21.39	43.01	200m:	2:50.85	44.72	300m:	4:20.59	44.66	400m:	5:47.49	41.96
16.			24.11.2011	III				<b>5:47.77</b>	III	305		
	50m:	37.71	37.71	150m:	2:03.62	44.02	250m:	3:35.01	45.62	350m:	5:05.59	45.16
	100m:	1:19.60	41.89	200m:	2:49.39	45.77	300m:	4:20.43	45.42	400m:	5:47.77	42.18
17.			28.06.2012	III				<b>5:51.15</b>	III	296		
	50m:	37.48	37.48	150m:	2:05.15	44.93	250m:	3:36.52	45.88	350m:	5:08.37	46.48
	100m:	1:20.22	42.74	200m:	2:50.64	45.49	300m:	4:21.89	45.37	400m:	5:51.15	42.78

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19,	, 400m	,	(14-15 )									
18.			30.11.2012	III								<b>6:09.56</b> III 254
	50m: 39.53	39.53	150m: 2:10.97		46.45	250m: 3:46.81	47.62	350m: 5:22.60	48.07			
	100m: 1:24.52	44.99	200m: 2:59.19		48.22	300m: 4:34.53	47.72	400m: 6:09.56	46.96			
19.			27.09.2012	I	"	"						<b>6:15.35</b> III 242
	50m: 40.83	40.83	150m: 2:15.01		47.52	250m: 3:52.38	49.19	350m: 5:29.65	48.38			
	100m: 1:27.49	46.66	200m: 3:03.19		48.18	300m: 4:41.27	48.89	400m: 6:15.35	45.70			
20.			10.07.2012	I								<b>7:11.73</b> I 159
	50m: 48.88	48.88	150m: 2:39.38		57.21	250m: 4:31.24	55.64	350m: 6:21.76	54.14			
	100m: 1:42.17	53.29	200m: 3:35.60		56.22	300m: 5:27.62	56.38	400m: 7:11.73	49.97			
<b>(16-18 )</b>												
1.			18.08.2010		"	"	-					<b>4:28.19</b> 665
	50m: 30.46	30.46	150m: 1:37.88		34.09	250m: 2:46.70	34.17	350m: 3:55.64	34.41			
	100m: 1:03.79	33.33	200m: 2:12.53		34.65	300m: 3:21.23	34.53	400m: 4:28.19	32.55			
2.			26.08.2010		"	"	"					<b>4:37.17</b> 603
	50m: 32.23	32.23	150m: 1:42.96		35.21	250m: 2:53.69	35.13	350m: 4:03.69	34.71			
	100m: 1:07.75	35.52	200m: 2:18.56		35.60	300m: 3:28.98	35.29	400m: 4:37.17	33.48			
3.			04.08.2010									<b>4:39.47</b> 588
	50m: 30.91	30.91	150m: 1:40.51		34.97	250m: 2:51.34	35.70	350m: 4:03.88	36.19			
	100m: 1:05.54	34.63	200m: 2:15.64		35.13	300m: 3:27.69	36.35	400m: 4:39.47	35.59			
4.			30.09.2010	I	"	"	-					<b>4:42.36</b> I 570
	50m: 32.26	32.26	150m: 1:43.69		36.32	250m: 2:55.41	35.53	350m: 4:07.77	35.86			
	100m: 1:07.37	35.11	200m: 2:19.88		36.19	300m: 3:31.91	36.50	400m: 4:42.36	34.59			
5.			27.10.2009	I								<b>4:42.89</b> I 567
	50m: 31.67	31.67	150m: 1:42.57		35.73	250m: 2:55.58	36.56	350m: 4:08.49	36.50			
	100m: 1:06.84	35.17	200m: 2:19.02		36.45	300m: 3:31.99	36.41	400m: 4:42.89	34.40			
6.			03.06.2009				-					<b>4:51.59</b> I 518
	50m: 31.72	31.72	150m: 1:44.64		36.96	250m: 2:58.88	37.05	350m: 4:14.55	37.58			
	100m: 1:07.68	35.96	200m: 2:21.83		37.19	300m: 3:36.97	38.09	400m: 4:51.59	37.04			
7.			18.05.2010	I	"	"	"					<b>4:53.77</b> I 506
	50m: 32.00	32.00	150m: 1:42.70		35.91	250m: 2:57.62	38.15	350m: 4:15.88	39.20			
	100m: 1:06.79	34.79	200m: 2:19.47		36.77	300m: 3:36.68	39.06	400m: 4:53.77	37.89			
8.			13.06.2008									<b>5:01.51</b> II 468
	50m: 31.96	31.96	150m: 1:45.10		37.20	250m: 3:02.22	38.63	350m: 4:21.86	39.98			
	100m: 1:07.90	35.94	200m: 2:23.59		38.49	300m: 3:41.88	39.66	400m: 5:01.51	39.65			
9.			30.11.2009	II	( )		-					<b>5:04.94</b> II 452
	50m: 34.57	34.57	150m: 1:51.55		39.39	250m: 3:10.01	39.48	350m: 4:27.68	38.82			
	100m: 1:12.16	37.59	200m: 2:30.53		38.98	300m: 3:48.86	38.85	400m: 5:04.94	37.26			
10.			10.02.2010	I	"	"	-					<b>5:37.82</b> II 333
	50m: 37.25	37.25	150m: 2:02.90		43.44	250m: 3:30.96	43.99	350m: 4:58.61	43.44			
	100m: 1:19.46	42.21	200m: 2:46.97		44.07	300m: 4:15.17	44.21	400m: 5:37.82	39.21			
11.			28.01.2010	III								<b>5:49.88</b> III 299
	50m: 39.70	39.70	150m: 2:08.62		45.24	250m: 3:39.49	44.95	350m: 5:09.41	43.57			
	100m: 1:23.38	43.68	200m: 2:54.54		45.92	300m: 4:25.84	46.35	400m: 5:49.88	40.47			

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OMEGA ARES 21