

5, , 400m , (10-11)

12.				17.01.2016	III														5:35.00	II	341
	50m:	37.17	37.17	150m:	2:01.83	43.12	300m:	4:12.14	1:26.66	400m:	5:35.00	39.71									
	100m:	1:18.71	41.54	200m:	2:45.48	43.65	350m:	4:55.29	43.15												
13.				22.02.2016	III														5:36.14	II	338
	50m:	35.49	35.49	150m:	2:03.25	45.08	250m:	3:30.03	43.36	350m:	4:56.56	42.25									
	100m:	1:18.17	42.68	200m:	2:46.67	43.42	300m:	4:14.31	44.28	400m:	5:36.14	39.58									
14.				30.01.2015	III														5:36.68	II	336
	50m:	37.71	37.71	150m:	2:04.55	43.97	250m:	3:30.84	42.74	350m:	4:56.71	42.12									
	100m:	1:20.58	42.87	200m:	2:48.10	43.55	300m:	4:14.59	43.75	400m:	5:36.68	39.97									
15.				25.02.2015	III														5:36.69	II	336
	50m:	36.78	36.78	150m:	2:01.59	43.44	250m:	3:27.93	42.58	350m:	4:55.30	43.70									
	100m:	1:18.15	41.37	200m:	2:45.35	43.76	300m:	4:11.60	43.67	400m:	5:36.69	41.39									
16.				10.12.2015	III														5:44.95	III	312
	50m:	38.33	38.33	150m:	2:06.22	44.07	250m:	3:35.05	44.70	350m:	5:03.34	43.89									
	100m:	1:22.15	43.82	200m:	2:50.35	44.13	300m:	4:19.45	44.40	400m:	5:44.95	41.61									
17.				20.01.2015	I														5:45.38	III	311
	50m:	36.95	36.95	150m:	2:04.25	43.99	250m:	3:34.26	44.93	350m:	5:03.10	44.13									
	100m:	1:20.26	43.31	200m:	2:49.33	45.08	300m:	4:18.97	44.71	400m:	5:45.38	42.28									
18.				15.03.2015	III														5:49.85	III	299
	50m:	36.79	36.79	150m:	2:05.40	45.84	250m:	3:37.03	46.04	350m:	5:08.30	45.83									
	100m:	1:19.56	42.77	200m:	2:50.99	45.59	300m:	4:22.47	45.44	400m:	5:49.85	41.55									
19.				24.09.2015	III														5:52.44	III	293
	50m:	39.01	39.01	150m:	2:08.28	44.50	250m:	3:39.51	44.83	350m:	5:08.34	43.11									
	100m:	1:23.78	44.77	200m:	2:54.68	46.40	300m:	4:25.23	45.72	400m:	5:52.44	44.10									
20.				21.11.2015	III														5:54.19	III	289
	50m:	39.63	39.63	150m:	2:09.38	45.74	250m:	3:42.55	46.85	350m:	5:13.62	44.97									
	100m:	1:23.64	44.01	200m:	2:55.70	46.32	300m:	4:28.65	46.10	400m:	5:54.19	40.57									
21.				18.07.2015	II														6:00.19	III	274
	50m:	38.22	38.22	150m:	2:07.81	46.04	250m:	3:41.17	47.64	350m:	5:14.78	46.36									
	100m:	1:21.77	43.55	200m:	2:53.53	45.72	300m:	4:28.42	47.25	400m:	6:00.19	45.41									
22.				09.11.2015	III														6:05.63	III	262
	50m:	36.72	36.72	150m:	2:06.85	46.55	250m:	3:43.83	48.86	350m:	5:18.93	47.98									
	100m:	1:20.30	43.58	200m:	2:54.97	48.12	300m:	4:30.95	47.12	400m:	6:05.63	46.70									
23.				05.10.2016	I														6:07.90	III	257
	50m:	41.47	41.47	150m:	2:15.63	47.31	250m:	3:50.30	47.12	350m:	5:24.91	48.07									
	100m:	1:28.32	46.85	200m:	3:03.18	47.55	300m:	4:36.84	46.54	400m:	6:07.90	42.99									
24.				05.02.2016	I														6:31.35	I	214
	50m:	43.57	43.57	150m:	2:23.22	50.18	250m:	4:05.38	50.68	350m:	5:43.81	49.41									
	100m:	1:33.04	49.47	200m:	3:14.70	51.48	300m:	4:54.40	49.02	400m:	6:31.35	47.54									

(12-13)

1.				29.11.2014	I														4:54.15	I	504
	50m:	33.66	33.66	150m:	1:47.47	36.50	250m:	3:02.95	37.68	350m:	4:18.14	37.55									
	100m:	1:10.97	37.31	200m:	2:25.27	37.80	300m:	3:40.59	37.64	400m:	4:54.15	36.01									
2.				06.03.2013	II		4	-	-										4:58.39	I	483
	50m:	32.47	32.47	150m:	1:47.50	38.39	250m:	3:05.89	39.38	350m:	4:22.62	38.53									
	100m:	1:09.11	36.64	200m:	2:26.51	39.01	300m:	3:44.09	38.20	400m:	4:58.39	35.77									
3.				28.07.2014	II														5:04.53	II	454
	50m:	34.77	34.77	150m:	1:51.75	38.75	250m:	3:09.98	39.06	350m:	4:28.35	38.94									
	100m:	1:13.00	38.23	200m:	2:30.92	39.17	300m:	3:49.41	39.43	400m:	5:04.53	36.18									
4.				26.02.2014	II														5:11.73	II	423
	50m:	34.42	34.42	150m:	1:52.35	39.58	250m:	3:12.93	40.27	350m:	4:33.64	40.09									
	100m:	1:12.77	38.35	200m:	2:32.66	40.31	300m:	3:53.55	40.62	400m:	5:11.73	38.09									

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5,	, 400m	,	(12-13)									
5.			08.02.2013 II	"	"					5:13.33	II	417
	50m: 34.34	34.34	150m: 1:54.51	40.43	250m: 3:15.82	40.46	350m: 4:35.91	39.37				
	100m: 1:14.08	39.74	200m: 2:35.36	40.85	300m: 3:56.54	40.72	400m: 5:13.33	37.42				
6.			02.04.2013 II							5:13.46	II	416
	50m: 34.73	34.73	150m: 1:54.64	40.68	250m: 3:16.81	40.39	350m: 4:36.60	39.35				
	100m: 1:13.96	39.23	200m: 2:36.42	41.78	300m: 3:57.25	40.44	400m: 5:13.46	36.86				
7.			18.05.2014 II	"	"					5:14.84	II	411
	50m: 34.39	34.39	150m: 1:55.17	40.85	250m: 3:16.74	40.25	350m: 4:35.62	38.38				
	100m: 1:14.32	39.93	200m: 2:36.49	41.32	300m: 3:57.24	40.50	400m: 5:14.84	39.22				
8.			08.07.2014 II		1					5:15.99	II	407
	50m: 35.74	35.74	150m: 1:56.39	40.47	250m: 3:18.28	40.47	350m: 4:38.67	39.35				
	100m: 1:15.92	40.18	200m: 2:37.81	41.42	300m: 3:59.32	41.04	400m: 5:15.99	37.32				
9.			02.04.2013 II							5:19.83	II	392
	50m: 36.58	36.58	150m: 1:57.42	40.93	250m: 3:19.67	40.79	350m: 4:40.56	39.83				
	100m: 1:16.49	39.91	200m: 2:38.88	41.46	300m: 4:00.73	41.06	400m: 5:19.83	39.27				
10.			24.01.2014 II	"	"	-				5:20.88	II	388
	50m: 34.66	34.66	150m: 1:55.45	41.71	250m: 3:18.39	41.45	350m: 4:40.94	40.88				
	100m: 1:13.74	39.08	200m: 2:36.94	41.49	300m: 4:00.06	41.67	400m: 5:20.88	39.94				
11.			01.06.2014 II	"	"					5:23.82	II	378
	50m: 36.49	36.49	150m: 1:59.65	41.09	250m: 3:22.80	41.20	350m: 4:44.27	40.16				
	100m: 1:18.56	42.07	200m: 2:41.60	41.95	300m: 4:04.11	41.31	400m: 5:23.82	39.55				
12.			12.07.2013 II	"	"	-				5:24.19	II	376
	50m: 35.12	35.12	150m: 1:55.82	40.92	250m: 3:19.83	42.20	350m: 4:44.23	41.78				
	100m: 1:14.90	39.78	200m: 2:37.63	41.81	300m: 4:02.45	42.62	400m: 5:24.19	39.96				
13.			30.01.2013 II							5:24.86	II	374
	50m: 36.04	36.04	150m: 1:57.35	41.21	250m: 3:20.99	41.92	350m: 4:44.96	41.70				
	100m: 1:16.14	40.10	200m: 2:39.07	41.72	300m: 4:03.26	42.27	400m: 5:24.86	39.90				
14.			01.10.2014 II							5:27.39	II	365
	50m: 35.22	35.22	150m: 1:57.36	41.78	250m: 3:22.28	42.28	350m: 4:47.60	42.40				
	100m: 1:15.58	40.36	200m: 2:40.00	42.64	300m: 4:05.20	42.92	400m: 5:27.39	39.79				
15.			13.01.2014 I							5:37.41	II	334
	50m: 36.46	36.46	150m: 2:01.59	43.28	250m: 3:29.27	43.74	350m: 4:56.28	42.57				
	100m: 1:18.31	41.85	200m: 2:45.53	43.94	300m: 4:13.71	44.44	400m: 5:37.41	41.13				
16.			06.03.2014 II	"	"					5:39.91	II	327
	50m: 37.53	37.53	150m: 2:02.91	43.41	250m: 3:31.22	44.08	350m: 4:59.29	44.14				
	100m: 1:19.50	41.97	200m: 2:47.14	44.23	300m: 4:15.15	43.93	400m: 5:39.91	40.62				
17.			16.12.2013 II	"	"					5:42.53	III	319
	50m: 36.60	36.60	150m: 2:02.90	43.40	250m: 3:30.97	44.11	350m: 4:59.90	44.25				
	100m: 1:19.50	42.90	200m: 2:46.86	43.96	300m: 4:15.65	44.68	400m: 5:42.53	42.63				
18.			07.03.2013 I							5:43.75	III	316
	50m: 37.65	37.65	150m: 2:04.83	44.04	250m: 3:34.62	44.81	350m: 5:02.27	42.99				
	100m: 1:20.79	43.14	200m: 2:49.81	44.98	300m: 4:19.28	44.66	400m: 5:43.75	41.48				
19.			27.06.2014 II			-				5:55.12	III	286
	50m: 36.39	36.39	150m: 2:07.62	46.44	250m: 3:42.22	46.98	350m: 5:14.49	45.60				
	100m: 1:21.18	44.79	200m: 2:55.24	47.62	300m: 4:28.89	46.67	400m: 5:55.12	40.63				
20.			18.10.2014 III							6:21.92	III	230
	50m: 43.43	43.43	150m: 2:19.00	49.30	250m: 3:58.38	50.03	350m: 5:37.62	48.73				
	100m: 1:29.70	46.27	200m: 3:08.35	49.35	300m: 4:48.89	50.51	400m: 6:21.92	44.30				

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