

, 2. - 6.4.2024

	4,		, 400m									
				/					R.T.			
13.				2009					+0,68	4:17.11	627	
	50m:	28.84	28.84	150m:	1:33.29	32.56	250m:	2:39.76	33.04	350m:	3:45.89	32.70
	100m:	1:00.73	31.89	200m:	2:06.72	33.43	300m:	3:13.19	33.43	400m:	4:17.11	31.22
14.				2008					+0,72	4:18.00	620	
	50m:	28.70	28.70	150m:	1:33.91	32.73	250m:	2:40.04	32.82	350m:	3:46.20	33.07
	100m:	1:01.18	32.48	200m:	2:07.22	33.31	300m:	3:13.13	33.09	400m:	4:18.00	31.80
15.				2005					+0,71	4:18.63	616	
	50m:	30.53	30.53	150m:	1:35.58	32.56	250m:	2:41.68	33.54	350m:	3:46.68	32.59
	100m:	1:03.02	32.49	200m:	2:08.14	32.56	300m:	3:14.09	32.41	400m:	4:18.63	31.95
16.				2007					+0,77	4:19.76	608	
	50m:	29.39	29.39	150m:	1:33.73	32.57	250m:	2:40.07	33.42	350m:	3:47.47	33.81
	100m:	1:01.16	31.77	200m:	2:06.65	32.92	300m:	3:13.66	33.59	400m:	4:19.76	32.29
17.				2006					+0,76	4:20.62	602	
	50m:	29.21	29.21	150m:	1:33.44	32.78	250m:	2:40.67	33.64	350m:	3:47.90	33.58
	100m:	1:00.66	31.45	200m:	2:07.03	33.59	300m:	3:14.32	33.65	400m:	4:20.62	32.72
18.				2009					+0,66	4:21.02	599	
	50m:	29.17	29.17	150m:	1:34.16	32.98	250m:	2:41.00	33.61	350m:	3:48.12	33.65
	100m:	1:01.18	32.01	200m:	2:07.39	33.23	300m:	3:14.47	33.47	400m:	4:21.02	32.90
19.				2009					+0,76	4:21.07	598	
	50m:	29.45	29.45	150m:	1:34.93	33.23	250m:	2:41.21	33.11	350m:	3:48.34	33.68
	100m:	1:01.70	32.25	200m:	2:08.10	33.17	300m:	3:14.66	33.45	400m:	4:21.07	32.73
20.				2007					+0,68	4:21.12	598	
	50m:	29.12	29.12	150m:	1:34.94	33.55	250m:	2:41.84	33.65	350m:	3:48.64	33.41
	100m:	1:01.39	32.27	200m:	2:08.19	33.25	300m:	3:15.23	33.39	400m:	4:21.12	32.48
21.				2008					+0,69	4:22.15	591	
	50m:	28.42	28.42	150m:	1:31.42	31.91	250m:	2:38.56	34.15	350m:	3:47.78	34.58
	100m:	59.51	31.09	200m:	2:04.41	32.99	300m:	3:13.20	34.64	400m:	4:22.15	34.37
22.				2010					+0,75	4:22.18	591	
	50m:	28.90	28.90	150m:	1:34.95	33.64	250m:	2:42.10	33.84	350m:	3:50.13	33.96
	100m:	1:01.31	32.41	200m:	2:08.26	33.31	300m:	3:16.17	34.07	400m:	4:22.18	32.05
23.				2008					+0,71	4:23.91	579	
	50m:	28.78	28.78	150m:	1:35.30	33.69	250m:	2:42.63	33.48	350m:	3:51.38	34.45
	100m:	1:01.61	32.83	200m:	2:09.15	33.85	300m:	3:16.93	34.30	400m:	4:23.91	32.53
24.				2006					+0,71	4:25.15	571	
	50m:	28.35	28.35	150m:	1:33.06	33.37	250m:	2:42.38	35.19	350m:	3:52.52	34.86
	100m:	59.69	31.34	200m:	2:07.19	34.13	300m:	3:17.66	35.28	400m:	4:25.15	32.63
25.				2008					+0,66	4:25.44	569	
	50m:	29.19	29.19	150m:	1:34.49	33.26	250m:	2:42.65	34.35	350m:	3:51.62	34.66
	100m:	1:01.23	32.04	200m:	2:08.30	33.81	300m:	3:16.96	34.31	400m:	4:25.44	33.82
26.				2006					+0,71	4:25.48	569	
	50m:	29.77	29.77	150m:	1:34.58	33.07	250m:	2:42.53	34.28	350m:	3:52.07	34.90
	100m:	1:01.51	31.74	200m:	2:08.25	33.67	300m:	3:17.17	34.64	400m:	4:25.48	33.41

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	4,		, 400m									
			/					R.T.				
27.			2008				+0,70	4:27.64	555			
	50m:	29.24	29.24	150m:	1:34.86	33.89	250m:	2:44.41	34.83	350m:	3:54.54	35.05
	100m:	1:00.97	31.73	200m:	2:09.58	34.72	300m:	3:19.49	35.08	400m:	4:27.64	33.10
DSQ			2007				+0,40	4:07.46				
	50m:	28.15	28.15	150m:	1:30.76	31.64	250m:	2:34.14	31.19	350m:	3:37.16	31.57
	100m:	59.12	30.97	200m:	2:02.95	32.19	300m:	3:05.59	31.45	400m:	4:07.46	30.30
DNS			2007									
DNS			2008									