

, 13. - 15.12.2024

38
14.12.2024 - 13:21

, 400m

2007

5:06.31
3 : 7:40.00 / 2 : 6:50.00 / 1 : 6:12.50 / : 5:42.00 / : 5:16.50 18.11.2017

1.				09					4:55.32			
	50m:	33.26	33.26	150m:	1:44.87	36.26	250m:	2:59.44	37.59	350m:	4:16.26	38.37
	100m:	1:08.61	35.35	200m:	2:21.85	36.98	300m:	3:37.89	38.45	400m:	4:55.32	39.06
2.				07						4:57.77		
	50m:	33.93	33.93	150m:	1:48.42	37.65	250m:	3:04.39	37.94	350m:	4:22.20	39.19
	100m:	1:10.77	36.84	200m:	2:26.45	38.03	300m:	3:43.01	38.62	400m:	4:57.77	35.57
3.				07						4:58.67		
	50m:	33.77	33.77	150m:	1:48.05	37.40	250m:	3:03.71	38.04	350m:	4:20.51	38.60
	100m:	1:10.65	36.88	200m:	2:25.67	37.62	300m:	3:41.91	38.20	400m:	4:58.67	38.16
4.				07						5:09.18		
	50m:	33.64	33.64	150m:	1:48.92	38.19	250m:	3:07.38	39.58	350m:	4:28.59	40.29
	100m:	1:10.73	37.09	200m:	2:27.80	38.88	300m:	3:48.30	40.92	400m:	5:09.18	40.59
5.				08						5:15.42		
	50m:	33.62	33.62	150m:	1:51.87	39.77	250m:	3:13.65	40.80	350m:	4:34.44	39.89
	100m:	1:12.10	38.48	200m:	2:32.85	40.98	300m:	3:54.55	40.90	400m:	5:15.42	40.98
6.				16						6:56.52	3	
	50m:	43.63	43.63	150m:	2:24.53	50.20	250m:	4:13.13	54.60	350m:	6:02.47	54.64
	100m:	1:34.33	50.70	200m:	3:18.53	54.00	300m:	5:07.83	54.70	400m:	6:56.52	54.05
EXH				12						5:25.54		
	50m:	35.00	35.00	150m:	1:55.39	41.59	250m:	3:20.04	42.29	350m:	4:45.68	42.63
	100m:	1:13.80	38.80	200m:	2:37.75	42.36	300m:	4:03.05	43.01	400m:	5:25.54	39.86
EXH				13						5:49.07	1	
	50m:	37.77	37.77	150m:	2:04.32	43.67	250m:	3:33.37	44.79	350m:	5:03.90	45.54
	100m:	1:20.65	42.88	200m:	2:48.58	44.26	300m:	4:18.36	44.99	400m:	5:49.07	45.17
EXH				14						7:36.53	3	
	50m:	46.83	46.83	150m:	2:43.20	59.52	250m:	4:39.56	1:01.35	350m:	6:36.20	58.17
	100m:	1:43.68	56.85	200m:	3:38.21	55.01	300m:	5:38.03	58.47	400m:	7:36.53	1:00.33