

39				, 400m				2007				
14.12.2024 - 13:36												
					4:26.20					15.11.2021		
3	: 6:30.00 / 2		: 6:05.00 / 1		: 5:46.50 /		: 5:16.50 /		: 4:51.50			
1.					07				<b>4:33.02</b>			
	50m:	29.48	29.48	150m:	1:38.42	35.20	250m:	2:49.17	35.23	350m:	4:00.03	35.05
	100m:	1:03.22	33.74	200m:	2:13.94	35.52	300m:	3:24.98	35.81	400m:	4:33.02	32.99
2.					07				<b>4:35.91</b>			
	50m:	29.94	29.94	150m:	1:38.65	35.13	250m:	2:50.08	35.59	350m:	4:01.23	34.78
	100m:	1:03.52	33.58	200m:	2:14.49	35.84	300m:	3:26.45	36.37	400m:	4:35.91	34.68
3.					09				<b>4:36.30</b>			
	50m:	30.25	30.25	150m:	1:37.71	34.41	250m:	2:49.09	36.03	350m:	4:01.54	36.10
	100m:	1:03.30	33.05	200m:	2:13.06	35.35	300m:	3:25.44	36.35	400m:	4:36.30	34.76
4.					09				<b>4:53.70</b>			
	50m:	32.54	32.54	150m:	1:45.33	36.76	250m:	3:00.32	37.58	350m:	4:16.79	38.76
	100m:	1:08.57	36.03	200m:	2:22.74	37.41	300m:	3:38.03	37.71	400m:	4:53.70	36.91
5.					08				<b>4:55.90</b>			
	50m:	31.26	31.26	150m:	1:44.58	37.25	250m:	2:59.75	37.50	350m:	4:14.36	36.80
	100m:	1:07.33	36.07	200m:	2:22.25	37.67	300m:	3:37.56	37.81	400m:	4:55.90	41.54
6.					09				<b>4:56.66</b>			
	50m:	32.57	32.57	150m:	1:46.90	37.96	250m:	3:03.17	37.93	350m:	4:19.38	38.39
	100m:	1:08.94	36.37	200m:	2:25.24	38.34	300m:	3:40.99	37.82	400m:	4:56.66	37.28
7.					10				<b>4:57.35</b>			
	50m:	34.06	34.06	150m:	1:48.01	37.50	250m:	3:04.42	38.39	350m:	4:20.38	37.79
	100m:	1:10.51	36.45	200m:	2:26.03	38.02	300m:	3:42.59	38.17	400m:	4:57.35	36.97
8.					10				<b>5:02.94</b>			
	50m:	32.20	32.20	150m:	1:47.74	38.45	250m:	3:06.20	39.48	350m:	4:25.50	39.89
	100m:	1:09.29	37.09	200m:	2:26.72	38.98	300m:	3:45.61	39.41	400m:	5:02.94	37.44
9.					13				<b>5:08.31</b>			
	50m:	33.30	33.30	150m:	1:49.19	38.75	250m:	3:08.92	40.30	350m:	4:30.23	41.02
	100m:	1:10.44	37.14	200m:	2:28.62	39.43	300m:	3:49.21	40.29	400m:	5:08.31	38.08
10.					08				<b>5:28.98</b>		1	
	50m:	34.20	34.20	150m:	1:53.20		250m:	3:17.04	42.39	350m:	4:45.05	
	100m:			200m:	2:34.65	41.45	300m:			400m:	5:28.98	43.93
11.					11				<b>5:39.32</b>		1	
	50m:	37.63	37.63	150m:	2:02.07	43.26	250m:	3:29.39	44.07	350m:	4:57.33	44.36
	100m:	1:18.81	41.18	200m:	2:45.32	43.25	300m:	4:12.97	43.58	400m:	5:39.32	41.99
12.					07				<b>5:39.34</b>		1	
	50m:	33.43	33.43	150m:	1:55.47	43.25	250m:	3:25.88	45.01	350m:	4:56.36	44.45
	100m:	1:12.22	38.79	200m:	2:40.87	45.40	300m:	4:11.91	46.03	400m:	5:39.34	42.98
13.					11				<b>6:07.43</b>		3	
	50m:	39.43	39.43	150m:	2:11.27	46.59	250m:	3:45.98	47.64	350m:	6:07.43	1:34.03
	100m:	1:24.68	45.25	200m:	2:58.34	47.07	300m:	4:33.40	47.42	400m:	6:07.43	
DSQ					14				<b>6:17.30</b>		3	
	50m:	42.28	42.28	150m:	2:17.40	47.96	250m:	3:53.88	48.47	350m:	5:30.05	48.14
	100m:	1:29.44	47.16	200m:	3:05.41	48.01	300m:	4:41.91	48.03	400m:	6:17.30	47.25
DNS					11							
EXH					07				<b>4:36.22</b>			
	50m:	30.01	30.01	150m:	1:39.56	35.40	250m:	2:52.14	36.69	350m:	4:02.92	34.97
	100m:	1:04.16	34.15	200m:	2:15.45	35.89	300m:	3:27.95	35.81	400m:	4:36.22	33.30