

, 13. - 15.12.2024

40
14.12.2024 - 13:50

, 400m

2006

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

1.				01				4:49.99				
	50m:	31.30	31.30	150m:	1:42.38	36.31	250m:	2:56.50	37.33	350m:	4:12.49	38.20
	100m:	1:06.07	34.77	200m:	2:19.17	36.79	300m:	3:34.29	37.79	400m:	4:49.99	37.50
2.				06				5:01.76				
	50m:	32.90	32.90	150m:	1:49.13	38.79	250m:	3:05.80	38.21	350m:	4:23.82	39.16
	100m:	1:10.34	37.44	200m:	2:27.59	38.46	300m:	3:44.66	38.86	400m:	5:01.76	37.94
3.				89				5:05.07				
	50m:	33.23	33.23	150m:	1:50.12	38.96	250m:	3:08.55	38.98	350m:	4:26.65	39.40
	100m:	1:11.16	37.93	200m:	2:29.57	39.45	300m:	3:47.25	38.70	400m:	5:05.07	38.42
4.				04				5:17.24				
	50m:	34.51	34.51	150m:	1:54.05	40.35	250m:	3:15.77	41.23	350m:	4:37.35	40.88
	100m:	1:13.70	39.19	200m:	2:34.54	40.49	300m:	3:56.47	40.70	400m:	5:17.24	39.89