

13 , 400m
21.01.2026 - 15:40

		5:07.48	,	01.01.2002
16 - 18		5:07.48	,	29.06.2018
14 - 15		5:08.06	,	30.01.2019

: AQUA 2025

							100m	200m	300m	400m		
1.	,	11	.	.	.	-35:29.92 514 I	1:16.12	1:23.88	1:36.68	1:13.24		
	50m:	35.31	35.31	150m:	1:58.77	42.65	250m:	3:28.58	48.58	350m:	4:54.37	37.69
	100m:	1:16.12	40.81	200m:	2:40.00	41.23	300m:	4:16.68	48.10	400m:	5:29.92	35.55
2.	,	12	.	.	.	-45:51.95 423 II	1:18.34	1:28.99	1:47.43	1:17.19		
	50m:	35.65	35.65	150m:	2:03.39	45.05	250m:	3:41.50	54.17	350m:	5:15.21	40.45
	100m:	1:18.34	42.69	200m:	2:47.33	43.94	300m:	4:34.76	53.26	400m:	5:51.95	36.74
3.	,	12				6:19.70 337 II	1:29.96	1:39.27	1:50.79	1:19.68		
	50m:			150m:			250m:		350m:			
	100m:	1:29.96		200m:	3:09.23		300m:	5:00.02	400m:	6:19.70		
4.	,	11				6:23.19 328 II	1:24.66	1:38.59	1:52.38	1:27.56		
	50m:	38.65	38.65	150m:	2:16.03	51.37	250m:	4:00.00	56.75	350m:	5:40.22	44.59
	100m:	1:24.66	46.01	200m:	3:03.25	47.22	300m:	4:55.63	55.63	400m:	6:23.19	42.97
5.	,	11				7:30.02 202	1:08.80		350m:	6:38.77		
	50m:	47.61	47.61	150m:	2:37.93		250m:	4:38.56	1:08.80	350m:	6:38.77	
	100m:			200m:	3:29.76	51.83	300m:			400m:	7:30.02	51.25

(14-15)

1.	,	11	.	.	.	-35:29.92 514 I	1:16.12	1:23.88	1:36.68	1:13.24		
	50m:	35.31	35.31	150m:	1:58.77	42.65	250m:	3:28.58	48.58	350m:	4:54.37	37.69
	100m:	1:16.12	40.81	200m:	2:40.00	41.23	300m:	4:16.68	48.10	400m:	5:29.92	35.55
2.	,	12	.	.	.	-45:51.95 423 II	1:18.34	1:28.99	1:47.43	1:17.19		
	50m:	35.65	35.65	150m:	2:03.39	45.05	250m:	3:41.50	54.17	350m:	5:15.21	40.45
	100m:	1:18.34	42.69	200m:	2:47.33	43.94	300m:	4:34.76	53.26	400m:	5:51.95	36.74
3.	,	12				6:19.70 337 II	1:29.96	1:39.27	1:50.79	1:19.68		
	50m:			150m:			250m:		350m:			
	100m:	1:29.96		200m:	3:09.23		300m:	5:00.02	400m:	6:19.70		
4.	,	11				6:23.19 328 II	1:24.66	1:38.59	1:52.38	1:27.56		
	50m:	38.65	38.65	150m:	2:16.03	51.37	250m:	4:00.00	56.75	350m:	5:40.22	44.59
	100m:	1:24.66	46.01	200m:	3:03.25	47.22	300m:	4:55.63	55.63	400m:	6:23.19	42.97
5.	,	11				7:30.02 202	1:08.80		350m:	6:38.77		
	50m:	47.61	47.61	150m:	2:37.93		250m:	4:38.56	1:08.80	350m:	6:38.77	
	100m:			200m:	3:29.76	51.83	300m:			400m:	7:30.02	51.25