

16
10/18/2025

, 400m

2015

: AQUA 2025

					100m	200m	300m	400m
2011 - 2015								
1.		11		5:22.57 424	1:10.66	1:27.06	1:35.40	1:09.45
	50m:		150m:	250m:		350m:		
	100m:	1:10.66	200m:	300m:	4:13.12	400m:	5:22.57	
2009 - 2010								
1.		10	c 9	4:59.78 529	1:06.95	1:19.82	1:25.02	1:07.99
	50m:		150m:	250m:		350m:		
	100m:	1:06.95	200m:	300m:	3:51.79	400m:	4:59.78	
2.		10	Atlant	5:56.55 314	1:15.73	1:39.19	1:37.36	1:24.27
	50m:		150m:	250m:		350m:		
	100m:	1:15.73	200m:	300m:	4:32.28	400m:	5:56.55	
2015								
1.		10	c 9	4:59.78 529	1:06.95	1:19.82	1:25.02	1:07.99
	50m:		150m:	250m:		350m:		
	100m:	1:06.95	200m:	300m:	3:51.79	400m:	4:59.78	
2.		11		5:22.57 424	1:10.66	1:27.06	1:35.40	1:09.45
	50m:		150m:	250m:		350m:		
	100m:	1:10.66	200m:	300m:	4:13.12	400m:	5:22.57	
3.		08		5:22.65 424	1:11.64	1:23.88	1:35.59	1:11.54
	50m:		150m:	250m:		350m:		
	100m:	1:11.64	200m:	300m:	4:11.11	400m:	5:22.65	
4.		10	Atlant	5:56.55 314	1:15.73	1:39.19	1:37.36	1:24.27
	50m:		150m:	250m:		350m:		
	100m:	1:15.73	200m:	300m:	4:32.28	400m:	5:56.55	