

5
10/18/2025

, 400m

2015

: AQUA 2025

100m 200m 300m 400m

2011 - 2015

1.	,	11		5:06.12 454	1:09.90	1:18.12	1:18.83	1:19.27
	50m:		150m:	250m:		350m:		
	100m:	1:09.90	200m:	300m:	3:46.85	400m:	5:06.12	
2.	,	12	c 9	5:17.61 407	1:13.14	1:23.93	1:21.78	1:18.76
	50m:		150m:	250m:		350m:		
	100m:	1:13.14	200m:	300m:	3:58.85	400m:	5:17.61	
3.	,	12		5:18.18 404	1:14.32	1:21.85	1:22.97	1:19.04
	50m:		150m:	250m:		350m:		
	100m:	1:14.32	200m:	300m:	3:59.14	400m:	5:18.18	
4.	,	12	5	5:19.39 400	1:14.12	2:45.55	1:19.72	
	50m:		150m:	250m:		350m:		
	100m:	1:14.12	200m:	300m:	5:19.39	400m:	5:19.39	
5.	,	12	Atlant	5:25.54 378	1:14.96	1:24.01	1:25.82	1:20.75
	50m:		150m:	250m:		350m:		
	100m:	1:14.96	200m:	300m:	4:04.79	400m:	5:25.54	

2009 - 2010

1.	,	10		4:32.57 643	1:06.57	1:10.19	1:10.37	1:05.44
	50m:		150m:	250m:		350m:		
	100m:	1:06.57	200m:	300m:	3:27.13	400m:	4:32.57	
2.	,	09		4:52.00 523	1:09.79	2:29.51		
	50m:		150m:	250m:		350m:		
	100m:	1:09.79	200m:	300m:		400m:	4:52.00	
3.	,	10		5:09.32 440	1:10.71	1:18.91	1:19.54	1:20.16
	50m:		150m:	250m:		350m:		
	100m:	1:10.71	200m:	300m:	3:49.16	400m:	5:09.32	

2009

1.	,	07	« »	4:34.85 628	2:17.40	1:08.99		
	50m:		150m:	250m:		350m:		
	100m:	2:17.40	200m:	300m:		400m:	4:34.85	
2.	,	09		4:52.00 523	1:09.79	2:29.51		
	50m:		150m:	250m:		350m:		
	100m:	1:09.79	200m:	300m:		400m:	4:52.00	