

, 4 - 5/6/2026

22
6/5/2026 - 10:55

, 400m

2008 - 2014

III : 6:43.00 / II : 5:57.00 / I : 5:21.00 / : 4:58.00 / : 4:42.00

: AQUA 2026

100m 200m 300m 400m

1.		09		5:12.95 465	1:14.65	1:16.77	1:29.02	1:12.51
	50m:		150m:	250m:		350m:		
	100m: 1:14.65		200m: 2:31.42	300m: 4:00.44		400m: 5:12.95		
1.		10		4:49.21 589	1:03.82	1:13.66	1:23.72	1:08.01
	50m:		150m:	250m:		350m:		
	100m: 1:03.82		200m: 2:17.48	300m: 3:41.20		400m: 4:49.21		
1.		12		6:09.00 283	1:31.36	1:33.07	1:43.84	1:20.73
	50m:		150m:	250m:		350m:		
	100m: 1:31.36		200m: 3:04.43	300m: 4:48.27		400m: 6:09.00		