

29
10/11/2025

, 400m

1

: AQUA 2025

1.				11					4:55.37		
	50m:	32.77	32.77	150m:	1:48.16	38.14	250m:	3:03.39	37.80	350m:	4:20.31 38.14
	100m:	1:10.02	37.25	200m:	2:25.59	37.43	300m:	3:42.17	38.78	400m:	4:55.37 35.06
2.				10						5:02.35	
	50m:	32.49	32.49	150m:	1:47.92	38.20	250m:	3:04.84	38.80	350m:	4:23.68 39.24
	100m:	1:09.72	37.23	200m:	2:26.04	38.12	300m:	3:44.44	39.60	400m:	5:02.35 38.67
3.				03						5:37.50	
	50m:	36.68	36.68	150m:	2:01.12	43.27	250m:	3:29.73	44.55	350m:	4:56.66 42.98
	100m:	1:17.85	41.17	200m:	2:45.18	44.06	300m:	4:13.68	43.95	400m:	5:37.50 40.84
4.				14		-				5:42.67	
	50m:	39.88	39.88	150m:	2:07.70	43.89	250m:	3:35.48	44.11	350m:	5:01.97 43.23
	100m:	1:23.81	43.93	200m:	2:51.37	43.67	300m:	4:18.74	43.26	400m:	5:42.67 40.70
5.				12						5:46.60	
	50m:	38.04	38.04	150m:	2:05.39	44.21	250m:	3:35.12	44.92	350m:	5:04.36 44.63
	100m:	1:21.18	43.14	200m:	2:50.20	44.81	300m:	4:19.73	44.61	400m:	5:46.60 42.24