

30
10/11/2025

, 400m

1

: AQUA 2025

1.				06					4:15.62			
	50m:	26.38	26.38	150m:	1:29.53	32.36	250m:	2:36.49	33.73	350m:	3:44.25	34.00
	100m:	57.17	30.79	200m:	2:02.76	33.23	300m:	3:10.25	33.76	400m:	4:15.62	31.37
2.				10						4:36.03		
	50m:	29.38	29.38	150m:	1:38.22	35.16	250m:	2:49.42	35.86	350m:	4:01.21	36.00
	100m:	1:03.06	33.68	200m:	2:13.56	35.34	300m:	3:25.21	35.79	400m:	4:36.03	34.82
3.				11		-				4:54.37		
	50m:	31.83	31.83	150m:	1:45.97	38.21	250m:	3:02.80	37.89	350m:	4:18.70	37.13
	100m:	1:07.76	35.93	200m:	2:24.91	38.94	300m:	3:41.57	38.77	400m:	4:54.37	35.67
4.				11						5:16.48		
	50m:	33.92	33.92	150m:	1:55.69	41.68	250m:	3:17.93	40.09	350m:	4:39.01	38.95
	100m:	1:14.01	40.09	200m:	2:37.84	42.15	300m:	4:00.06	42.13	400m:	5:16.48	37.47