

55
23.11.2025 - 9:15

, 400m

1990 - 2015

: AQUA 2025

2014

1.				14						6:12.26	236	
	50m:	37.27	37.27	150m:	2:12.30	49.08	250m:	3:49.78	48.87	350m:	5:26.73	48.46
	100m:	1:23.22	45.95	200m:	3:00.91	48.61	300m:	4:38.27	48.49	400m:	6:12.26	45.53
2.				14						7:08.20	155	
	50m:	44.24	44.24	150m:	2:31.12	54.35	250m:	4:22.07	55.63	350m:	6:14.42	55.75
	100m:	1:36.77	52.53	200m:	3:26.44	55.32	300m:	5:18.67	56.60	400m:	7:08.20	53.78

2013

1.	-			13						4:47.24	515	
	50m:	32.39	32.39	150m:	1:44.57	36.78	250m:	2:57.96	36.62	350m:	4:11.50	36.44
	100m:	1:07.79	35.40	200m:	2:21.34	36.77	300m:	3:35.06	37.10	400m:	4:47.24	35.74
2.				13						4:55.34	473	
	50m:	34.12	34.12	150m:	1:48.53	37.65	250m:	3:03.22	37.15	350m:	4:18.11	37.70
	100m:	1:10.88	36.76	200m:	2:26.07	37.54	300m:	3:40.41	37.19	400m:	4:55.34	37.23
3.				13						6:24.32	215	
	50m:	41.18	41.18	150m:	2:19.29	50.22	250m:	3:58.69	49.26	350m:	5:38.29	49.05
	100m:	1:29.07	47.89	200m:	3:09.43	50.14	300m:	4:49.24	50.55	400m:	6:24.32	46.03

2011 - 2012

1.				11						4:52.93	485	
	50m:	34.51	34.51	150m:	1:48.05	37.16	250m:	3:02.00	36.76	350m:	4:16.58	37.09
	100m:	1:10.89	36.38	200m:	2:25.24	37.19	300m:	3:39.49	37.49	400m:	4:52.93	36.35
2.				11						5:12.66	399	
	50m:	35.34	35.34	150m:	1:53.16	39.22	250m:	3:13.12	40.25	350m:	4:33.43	40.16
	100m:	1:13.94	38.60	200m:	2:32.87	39.71	300m:	3:53.27	40.15	400m:	5:12.66	39.23
3.				12						5:13.04	397	
	50m:	34.50	34.50	150m:	1:53.46	40.20	250m:	3:12.65	39.34	350m:	4:33.57	40.82
	100m:	1:13.26	38.76	200m:	2:33.31	39.85	300m:	3:52.75	40.10	400m:	5:13.04	39.47

2009 - 2010

1.	'			09						5:24.50	357	
	50m:	35.16	35.16	150m:	1:57.73	42.30	250m:	3:22.58	42.48	350m:	4:45.22	41.02
	100m:	1:15.43	40.27	200m:	2:40.10	42.37	300m:	4:04.20	41.62	400m:	5:24.50	39.28
2.				10						5:58.43	265	
	50m:	35.65	35.65	150m:	2:03.30	45.33	250m:	3:36.06	46.84	350m:	5:10.89	47.34
	100m:	1:17.97	42.32	200m:	2:49.22	45.92	300m:	4:23.55	47.49	400m:	5:58.43	47.54

1990 - 2000

1.				98						4:43.86	533	
	50m:	32.90	32.90	150m:	1:44.65	36.04	250m:	2:57.44	36.53	350m:	4:09.76	35.82
	100m:	1:08.61	35.71	200m:	2:20.91	36.26	300m:	3:33.94	36.50	400m:	4:43.86	34.10