

56
23.11.2025 - 9:30

, 400m

1990 - 2015

: AQUA 2025

2015

1.				15								5:18.04	297
	50m:	36.01	36.01	150m:	1:56.83	41.22	250m:	3:17.84	40.71	350m:	4:39.42	41.56	
	100m:	1:15.61	39.60	200m:	2:37.13	40.30	300m:	3:57.86	40.02	400m:	5:18.04	38.62	
2.				15								5:24.94	278
	50m:	35.02	35.02	150m:	1:58.89	42.49	250m:	3:24.07	42.41	350m:	4:47.84	41.96	
	100m:	1:16.40	41.38	200m:	2:41.66	42.77	300m:	4:05.88	41.81	400m:	5:24.94	37.10	
3.				15								5:44.77	233
	50m:	37.02	37.02	150m:	2:04.89	44.52	250m:	3:34.82	45.42	350m:	5:02.98	43.33	
	100m:	1:20.37	43.35	200m:	2:49.40	44.51	300m:	4:19.65	44.83	400m:	5:44.77	41.79	
4.				15								5:54.73	214
	50m:	39.78	39.78	150m:	2:12.22	46.70	250m:	3:41.98	44.52	350m:	5:14.50	45.25	
	100m:	1:25.52	45.74	200m:	2:57.46	45.24	300m:	4:29.25	47.27	400m:	5:54.73	40.23	
5.				15								5:54.83	214
	50m:	38.02	38.02	150m:	2:10.00	47.00	250m:	3:42.31	46.24	350m:	5:10.27	40.96	
	100m:	1:23.00	44.98	200m:	2:56.07	46.07	300m:	4:29.31	47.00	400m:	5:54.83	44.56	
6.				15								7:04.64	124
	50m:	46.21	46.21	150m:	2:36.66	56.08	250m:	4:28.16	58.75	350m:	6:13.63	51.53	
	100m:	1:40.58	54.37	200m:	3:29.41	52.75	300m:	5:22.10	53.94	400m:	7:04.64	51.01	
7.				15								7:05.63	124
	50m:	45.95	45.95	150m:	2:35.98	56.06	250m:	4:27.00	57.54	350m:	6:13.81	52.01	
	100m:	1:39.92	53.97	200m:	3:29.46	53.48	300m:	5:21.80	54.80	400m:	7:05.63	51.82	
8.				15								7:41.60	97
	50m:	48.57	48.57	150m:	2:46.44	1:00.31	250m:	4:48.73	1:01.96	350m:	6:47.72	57.44	
	100m:	1:46.13	57.56	200m:	3:46.77	1:00.33	300m:	5:50.28	1:01.55	400m:	7:41.60	53.88	

2014

1.				14								5:03.44	342
	50m:	35.37	35.37	150m:	1:51.85	38.14	250m:	3:09.29	38.78	350m:	4:25.62	37.88	
	100m:	1:13.71	38.34	200m:	2:30.51	38.66	300m:	3:47.74	38.45	400m:	5:03.44	37.82	
2.				14								5:54.86	213
	50m:			150m:	2:08.75	45.04	250m:	3:39.61	45.16	350m:	5:11.50	45.96	
	100m:	1:23.71		200m:	2:54.45	45.70	300m:	4:25.54	45.93	400m:	5:54.86	43.36	
3.				14								6:13.21	183
	50m:	39.53	39.53	150m:	2:12.14	48.17	250m:	3:52.30	50.39	350m:	5:29.24	47.57	
	100m:	1:23.97	44.44	200m:	3:01.91	49.77	300m:	4:41.67	49.37	400m:	6:13.21	43.97	

2013

1.				13								4:47.60	401
	50m:	32.37	32.37	150m:	1:44.71	36.66	250m:	2:57.63	36.23	350m:	4:11.55	36.54	
	100m:	1:08.05	35.68	200m:	2:21.40	36.69	300m:	3:35.01	37.38	400m:	4:47.60	36.05	
2.				13								5:11.42	316
	50m:	34.69	34.69	150m:	1:53.27	39.65	250m:	3:12.93	39.78	350m:	4:31.98	39.00	
	100m:	1:13.62	38.93	200m:	2:33.15	39.88	300m:	3:52.98	40.05	400m:	5:11.42	39.44	
3.				13								5:13.52	310
	50m:	36.25	36.25	150m:	1:54.89	39.00	250m:	3:14.69	40.02	350m:	4:34.94	40.44	
	100m:	1:15.89	39.64	200m:	2:34.67	39.78	300m:	3:54.50	39.81	400m:	5:13.52	38.58	
4.				13								5:50.44	222
	50m:	39.29	39.29	150m:	2:08.32	45.07	250m:	3:37.44	43.62	350m:	5:07.37	45.72	
	100m:	1:23.25	43.96	200m:	2:53.82	45.50	300m:	4:21.65	44.21	400m:	5:50.44	43.07	

	56,	, 400m	,	2013								
5.				13						6:06.43	194	
	50m:	38.24	38.24	150m:	2:08.63	44.64	250m:	3:42.62	46.87	350m:	5:17.73	46.55
	100m:	1:23.99	45.75	200m:	2:55.75	47.12	300m:	4:31.18	48.56	400m:	6:06.43	48.70
2011 - 2012												
1.				11						4:57.85	361	
	50m:	32.76	32.76	150m:	1:45.94	37.40	250m:	3:03.80	39.14	350m:	4:20.93	38.03
	100m:	1:08.54	35.78	200m:	2:24.66	38.72	300m:	3:42.90	39.10	400m:	4:57.85	36.92
2.				11						5:13.88	309	
	50m:	32.87	32.87	150m:	1:51.48	40.48	250m:	3:14.87	41.58	350m:	4:36.27	39.45
	100m:	1:11.00	38.13	200m:	2:33.29	41.81	300m:	3:56.82	41.95	400m:	5:13.88	37.61
3.				11						5:24.91	278	
	50m:	34.52	34.52	150m:	1:59.14	44.20	250m:	3:25.75	43.52	350m:	4:49.41	41.18
	100m:	1:14.94	40.42	200m:	2:42.23	43.09	300m:	4:08.23	42.48	400m:	5:24.91	35.50
4.				11						5:29.43	267	
	50m:	36.14	36.14	150m:	2:00.32	43.29	250m:	3:26.88	43.07	350m:	4:50.65	41.54
	100m:	1:17.03	40.89	200m:	2:43.81	43.49	300m:	4:09.11	42.23	400m:	5:29.43	38.78
5.				12						5:35.76	252	
	50m:	37.18	37.18	150m:	2:01.02	42.82	250m:	3:28.23	44.27	350m:	4:55.15	43.74
	100m:	1:18.20	41.02	200m:	2:43.96	42.94	300m:	4:11.41	43.18	400m:	5:35.76	40.61
6.				11						5:39.56	244	
	50m:	32.75	32.75	150m:	1:54.64	42.53	250m:	3:25.32	45.77	350m:	4:55.96	44.81
	100m:	1:12.11	39.36	200m:	2:39.55	44.91	300m:	4:11.15	45.83	400m:	5:39.56	43.60
7.				12						5:46.12	230	
	50m:	36.11	36.11	150m:	2:02.91	44.31	250m:	3:33.55	44.85	350m:	5:03.44	45.00
	100m:	1:18.60	42.49	200m:	2:48.70	45.79	300m:	4:18.44	44.89	400m:	5:46.12	42.68
8.				11						6:00.99	203	
	50m:	37.44	37.44	150m:	2:08.98	46.38	250m:	3:42.52	46.43	350m:	5:19.52	48.56
	100m:	1:22.60	45.16	200m:	2:56.09	47.11	300m:	4:30.96	48.44	400m:	6:00.99	41.47
9.				11						6:05.06	196	
	50m:	38.61	38.61	150m:	2:10.38	47.03	250m:	3:45.56	47.15	350m:	5:20.33	46.42
	100m:	1:23.35	44.74	200m:	2:58.41	48.03	300m:	4:33.91	48.35	400m:	6:05.06	44.73
10.				12						6:31.71	159	
	50m:	41.70	41.70	150m:	2:18.38	48.87	250m:	3:59.98	50.44	350m:	5:41.20	50.87
	100m:	1:29.51	47.81	200m:	3:09.54	51.16	300m:	4:50.33	50.35	400m:	6:31.71	50.51
2009 - 2010												
1.				10						4:16.10	569	
	50m:	27.93	27.93	150m:	1:33.60	33.31	250m:	2:40.12	32.82	350m:	3:45.70	32.35
	100m:	1:00.29	32.36	200m:	2:07.30	33.70	300m:	3:13.35	33.23	400m:	4:16.10	30.40
2.				10						4:16.13	569	
	50m:	30.16	30.16	150m:	1:34.93	32.81	250m:	2:41.15	33.00	350m:	3:45.60	31.89
	100m:	1:02.12	31.96	200m:	2:08.15	33.22	300m:	3:13.71	32.56	400m:	4:16.13	30.53
3.				10						4:19.16	549	
	50m:	28.73	28.73	150m:	1:34.33	33.67	250m:	2:41.57	33.67	350m:	3:46.80	31.87
	100m:	1:00.66	31.93	200m:	2:07.90	33.57	300m:	3:14.93	33.36	400m:	4:19.16	32.36
4.				09						4:27.44	499	
	50m:	30.70	30.70	150m:	1:38.04	33.90	250m:	2:47.29	34.83	350m:	3:54.48	33.09
	100m:	1:04.14	33.44	200m:	2:12.46	34.42	300m:	3:21.39	34.10	400m:	4:27.44	32.96
5.				10						4:35.79	455	
	50m:	31.14	31.14	150m:	1:41.70	36.00	250m:	2:52.52	35.62	350m:	4:02.04	34.60
	100m:	1:05.70	34.56	200m:	2:16.90	35.20	300m:	3:27.44	34.92	400m:	4:35.79	33.75

, 21. - 23.11.2025

56,	, 400m	,	2009 - 2010							
6.			10					4:41.40	429	
	50m: 32.28	32.28	150m: 1:43.48	35.80	250m: 2:56.22	35.94	350m: 4:07.18	34.99		
	100m: 1:07.68	35.40	200m: 2:20.28	36.80	300m: 3:32.19	35.97	400m: 4:41.40	34.22		
7.			09					4:43.28	420	
	50m: 30.46	30.46	150m: 1:40.35	35.42	250m: 2:53.55	36.81	350m: 4:08.14	36.75		
	100m: 1:04.93	34.47	200m: 2:16.74	36.39	300m: 3:31.39	37.84	400m: 4:43.28	35.14		
8.			09					5:26.05	275	
	50m: 35.38	35.38	150m: 1:57.46	41.51	250m: 3:22.90	42.13	350m: 4:45.45	41.07		
	100m: 1:15.95	40.57	200m: 2:40.77	43.31	300m: 4:04.38	41.48	400m: 5:26.05	40.60		
9.			09					5:43.06	236	
	50m: 36.40	36.40	150m: 2:03.07	43.73	250m: 3:31.63	43.99	350m: 5:01.33	45.06		
	100m: 1:19.34	42.94	200m: 2:47.64	44.57	300m: 4:16.27	44.64	400m: 5:43.06	41.73		
			1990 - 2000							
1.			95	«Dream Way»				5:32.37	260	
	50m: 35.78	35.78	150m: 1:54.10	39.97	250m: 3:19.21	43.61	350m: 4:47.31	44.04		
	100m: 1:14.13	38.35	200m: 2:35.60	41.50	300m: 4:03.27	44.06	400m: 5:32.37	45.06		