

12
 16.11.2023 - 12:39

, 400m

2009-2010

1.			2009 1				4:29.15	2
	50m:	29.70	29.70	150m:		250m:	350m:	
	100m:	1:02.16	32.46	200m:	2:10.74	300m:	400m:	4:29.15
2.			2010 1				4:29.90	2
	50m:	31.18	31.18	150m:		250m:	350m:	
	100m:	1:06.14	34.96	200m:	2:14.75	300m:	400m:	4:29.90
3.			2009 1				4:38.42	2
	50m:	30.46	30.46	150m:		250m:	350m:	
	100m:	1:04.29	33.83	200m:	2:15.26	300m:	400m:	4:38.42
4.			2009 2				4:39.76	2
	50m:	30.00	30.00	150m:		250m:	350m:	
	100m:	1:05.00	35.00	200m:	2:16.00	300m:	400m:	4:39.76
5.			2009 2				4:40.42	2
	50m:	30.28	30.28	150m:		250m:	350m:	
	100m:	1:03.16	32.88	200m:	2:15.18	300m:	400m:	4:40.42
6.			2010 2				4:45.03	2
	50m:	32.16	32.16	150m:		250m:	350m:	
	100m:	1:08.15	35.99	200m:	2:19.85	300m:	400m:	4:45.03
7.			2009 2				4:45.54	2
	50m:	31.22	31.22	150m:		250m:	350m:	
	100m:	1:05.96	34.74	200m:	2:19.60	300m:	400m:	4:45.54
8.			2009 2				4:45.76	2
	50m:	30.06	30.06	150m:		250m:	350m:	
	100m:	1:03.74	33.68	200m:	2:16.12	300m:	400m:	4:45.76
9.			2010 2				4:50.49	2
	50m:	30.28	30.28	150m:		250m:	350m:	
	100m:	1:04.38	34.10	200m:	2:16.28	300m:	400m:	4:50.49
10.			2009 2				4:51.94	2
	50m:	33.21	33.21	150m:		250m:	350m:	
	100m:	1:09.15	35.94	200m:	2:23.21	300m:	400m:	4:51.94
11.			2010 2				4:52.71	2
	50m:	33.46	33.46	150m:		250m:	350m:	
	100m:	1:09.90	36.44	200m:	2:24.48	300m:	400m:	4:52.71
12.			2009 2				4:53.71	2
	50m:	31.00	31.00	150m:		250m:	350m:	
	100m:	1:07.00	36.00	200m:	2:22.00	300m:	400m:	4:53.71
13.			2009 2				4:54.57	2
	50m:	32.00	32.00	150m:		250m:	350m:	
	100m:	1:09.00	37.00	200m:	2:25.00	300m:	400m:	4:54.57
14.			2009 2				4:58.86	2
	50m:	33.53	33.53	150m:		250m:	350m:	
	100m:	1:11.80	38.27	200m:	2:27.40	300m:	400m:	4:58.86
15.			2009 2				5:00.13	2
	50m:	32.00	32.00	150m:		250m:	350m:	
	100m:	1:09.00	37.00	200m:	2:27.00	300m:	400m:	5:00.13
16.			2009 2				5:00.33	2
	50m:	32.48	32.48	150m:		250m:	350m:	
	100m:	1:08.67	36.19	200m:	2:23.58	300m:	400m:	5:00.33
17.			2010 2				5:00.44	2
	50m:	34.21	34.21	150m:		250m:	350m:	
	100m:	1:11.21	37.00	200m:	2:26.97	300m:	400m:	5:00.44

12,	, 400m	,	2009-2010			
18.			2010 3		3	5:02.16 2
	50m: 33.41 33.41	150m:	250m:	350m:		
	100m: 1:10.38 36.97	200m: 2:27.28	300m: 3:44.28	400m: 5:02.16		
19.			2009 2		3	5:02.20 2
	50m: 32.82 32.82	150m:	250m:	350m:		
	100m: 1:09.58 36.76	200m: 2:26.23	300m: 3:44.02	400m: 5:02.20		
20.			2009 2			5:04.35 3
	50m: 33.87 33.87	150m:	250m:	350m:		
	100m: 1:11.26 37.39	200m: 2:28.93	300m: 3:46.90	400m: 5:04.35		
21.			2009 2	.	" 2"	5:08.44 3
	50m: 32.76 32.76	150m:	250m:	350m:		
	100m: 1:11.15 38.39	200m: 2:28.95	300m: 3:50.14	400m: 5:08.44		
22.			2010 3			5:08.64 3
	50m: 32.00 32.00	150m:	250m:	350m:		
	100m: 1:07.00 35.00	200m: 2:27.00	300m: 3:47.00	400m: 5:08.64		
23.			2009 2	.	" 2"	5:08.94 3
	50m: 34.37 34.37	150m:	250m:	350m:		
	100m: 1:12.12 37.75	200m: 2:31.81	300m: 3:51.01	400m: 5:08.94		
24.			2010 2			5:10.27 3
	50m: 35.00 35.00	150m:	250m:	350m:		
	100m: 1:13.01 38.01	200m: 2:33.00	300m: 3:45.00	400m: 5:10.27		
25.			2010 2			5:17.86 3
	50m: 34.91 34.91	150m:	250m:	350m:		
	100m: 1:14.66 39.75	200m: 2:36.80	300m: 3:59.55	400m: 5:17.86		
26.			2010 2	.	" 2"	5:18.49 3
	50m: 36.00 36.00	150m:	250m:	350m:		
	100m: 1:16.04 40.04	200m: 2:36.28	300m: 4:00.00	400m: 5:18.49		
27.			2009 3	.	" 2"	5:20.66 3
	50m: 36.72 36.72	150m:	250m:	350m:		
	100m: 1:16.81 40.09	200m: 2:41.00	300m: 4:02.00	400m: 5:20.66		
28.			2010 2			5:20.94 3
	50m: 34.65 34.65	150m:	250m:	350m:		
	100m: 1:20.00 45.35	200m: 2:43.00	300m: 4:07.00	400m: 5:20.94		
29.			2010 3		" 1"	5:23.15 3
	50m: 34.28 34.28	150m:	250m:	350m:		
	100m: 1:15.00 40.72	200m: 2:39.00	300m: 4:03.00	400m: 5:23.15		
30.			2009 3	.	" 2"	5:26.68 3
	50m: 35.80 35.80	150m:	250m:	350m:		
	100m: 1:16.00 40.20	200m: 2:41.18	300m: 4:07.00	400m: 5:26.68		
31.			2009 3		" 1"	5:35.05 3
	50m: 34.00 34.00	150m:	250m:	350m:		
	100m: 1:13.00 39.00	200m: 2:38.00	300m: 4:07.00	400m: 5:35.05		
32.			2010 2			5:41.13 3
	50m: 39.37 39.37	150m:	250m:	350m:		
	100m: 1:21.45 42.08	200m: 2:52.00	300m: 4:20.00	400m: 5:41.13		
33.			2010 3			5:42.33 3
	50m: 36.88 36.88	150m:	250m:	350m:		
	100m: 1:20.38 43.50	200m: 2:49.50	300m: 4:18.01	400m: 5:42.33		
34.			2009 II	-		5:43.13 3
	50m: 35.00 35.00	150m:	250m:	350m:		
	100m: 1:15.00 40.00	200m: 2:43.00	300m: 4:15.00	400m: 5:43.13		
35.			2010 3			5:43.50 3
	50m: 38.40 38.40	150m:	250m:	350m:		
	100m: 1:21.12 42.72	200m: 2:49.10	300m: 4:16.42	400m: 5:43.50		

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" 2023

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, 16. - 17.11.2023

	12,	, 400m		2009-2010			
36.			2009 2		"	1"	5:44.47 1
	50m:	36.00	36.00	150m:	250m:	350m:	
	100m:	1:18.00	42.00	200m:	300m:	400m:	5:44.47
37.			2009 3				5:50.17 1
	50m:	35.28	35.28	150m:	250m:	350m:	
	100m:	1:15.81	40.53	200m:	300m:	400m:	5:50.17
38.			2010 1				5:53.10 1
	50m:	37.00	37.00	150m:	250m:	350m:	
	100m:	1:19.77	42.77	200m:	300m:	400m:	5:53.10
39.			2010 1				6:15.25 1
	50m:	42.31	42.31	150m:	250m:	350m:	
	100m:	1:28.31	46.00	200m:	300m:	400m:	6:15.25
40.			2010 1			"	1" 6:31.67 1
	50m:	37.00	37.00	150m:	250m:	350m:	
	100m:	1:22.00	45.00	200m:	300m:	400m:	6:31.67
41.			2010				7:45.24 3
	50m:	41.18	41.18	150m:	250m:	350m:	
	100m:	1:38.00	56.82	200m:	300m:	400m:	7:45.24