

12 , 400m (14-15)
10.04.2026 - 9:35

		4:08.05				Kazan /				25.07.2022		
		4:10.02				(HUN)				23.05.2021		
: AQUA 2026												
		/				R.T.						
1.			14.05.2011				+0,79	4:36.44			675	
	50m:	28.20	28.20	150m:	1:38.72	37.43	250m:	2:53.44	38.63	350m:	4:06.00	33.35
	100m:	1:01.29	33.09	200m:	2:14.81	36.09	300m:	3:32.65	39.21	400m:	4:36.44	30.44
2.			01.05.2011				+0,76	4:39.71			651	
	50m:	28.04	28.04	150m:	1:34.97	34.62	250m:	2:51.05	40.95	350m:	4:05.65	32.17
	100m:	1:00.35	32.31	200m:	2:10.10	35.13	300m:	3:33.48	42.43	400m:	4:39.71	34.06
3.			09.02.2011				+0,71	4:42.98			629	
	50m:	29.31	29.31	150m:	1:40.37	36.48	250m:	2:57.91	41.37	350m:	4:11.75	32.12
	100m:	1:03.89	34.58	200m:	2:16.54	36.17	300m:	3:39.63	41.72	400m:	4:42.98	31.23
4.			21.04.2011				+0,74	4:43.28			627	
	50m:	27.72	27.72	150m:	1:37.26	37.39	250m:	2:56.68	42.96	350m:	4:12.52	32.53
	100m:	59.87	32.15	200m:	2:13.72	36.46	300m:	3:39.99	43.31	400m:	4:43.28	30.76
5.			18.03.2011				+0,62	4:43.45			626	
	50m:	28.05	28.05	150m:	1:39.47	37.64	250m:	2:57.66	41.19	350m:	4:12.52	32.93
	100m:	1:01.83	33.78	200m:	2:16.47	37.00	300m:	3:39.59	41.93	400m:	4:43.45	30.93
6.			05.02.2011				+0,80	4:44.49			619	
	50m:	30.75	30.75	150m:	1:40.15	35.46	250m:	2:58.27	43.93	350m:	4:13.69	34.13
	100m:	1:04.69	33.94	200m:	2:14.34	34.19	300m:	3:39.56	41.29	400m:	4:44.49	30.80
7.			18.07.2011				+0,82	4:44.51			619	
	50m:	29.16	29.16	150m:	1:39.21	36.49	250m:	2:55.83	41.75	350m:	4:13.03	33.79
	100m:	1:02.72	33.56	200m:	2:14.08	34.87	300m:	3:39.24	43.41	400m:	4:44.51	31.48
8.			27.04.2011				+0,88	4:46.04			609	
	50m:	29.93	29.93	150m:	1:41.05	36.39	250m:	2:57.17	39.82	350m:	4:12.77	33.74
	100m:	1:04.66	34.73	200m:	2:17.35	36.30	300m:	3:39.03	41.86	400m:	4:46.04	33.27
9.			15.11.2011				+0,89	4:50.58 			581	
	50m:	29.85	29.85	150m:	1:42.91	38.34	250m:	3:01.97	42.20	350m:	4:19.24	34.00
	100m:	1:04.57	34.72	200m:	2:19.77	36.86	300m:	3:45.24	43.27	400m:	4:50.58	31.34
10.			07.06.2011				+0,71	4:50.69 			580	
	50m:	28.51	28.51	150m:	1:38.92	36.73	250m:	2:58.23	42.74	350m:	4:17.85	35.35
	100m:	1:02.19	33.68	200m:	2:15.49	36.57	300m:	3:42.50	44.27	400m:	4:50.69	32.84
11.			18.04.2012				+0,78	4:51.97 			572	
	50m:	30.89	30.89	150m:	1:43.14	36.96	250m:	3:02.80	43.50	350m:	4:19.09	33.28
	100m:	1:06.18	35.29	200m:	2:19.30	36.16	300m:	3:45.81	43.01	400m:	4:51.97	32.88
12.			04.04.2011				+0,67	4:54.60 			557	
	50m:	30.47	30.47	150m:	1:45.41	38.80	250m:	3:04.64	41.12	350m:	4:20.71	32.94
	100m:	1:06.61	36.14	200m:	2:23.52	38.11	300m:	3:47.77	43.13	400m:	4:54.60	33.89
13.			07.12.2011				+0,75	4:54.75 			556	
	50m:	30.89	30.89	150m:	1:45.17	37.94	250m:	3:04.46	41.72	350m:	4:21.01	35.33
	100m:	1:07.23	36.34	200m:	2:22.74	37.57	300m:	3:45.68	41.22	400m:	4:54.75	33.74
14.			23.02.2011				+0,70	4:54.84 			556	
	50m:	29.88	29.88	150m:	1:42.49	37.93	250m:	3:02.93	42.79	350m:	4:20.99	34.00
	100m:	1:04.56	34.68	200m:	2:20.14	37.65	300m:	3:46.99	44.06	400m:	4:54.84	33.85
15.			21.01.2012				+0,80	4:55.61 			552	
	50m:	30.09	30.09	150m:	1:43.28	38.27	250m:	3:03.74	43.65	350m:	4:23.18	34.92
	100m:	1:05.01	34.92	200m:	2:20.09	36.81	300m:	3:48.26	44.52	400m:	4:55.61	32.43

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SWISS TIMING QUANTUM ACUATICS

		12, , 400m				(14-15)				R.T.		
16.												550
	50m:	30.50	30.50	150m:	1:48.47	39.06	250m:	3:04.90	38.47	350m:	4:23.51	35.61
	100m:	1:09.41	38.91	200m:	2:26.43	37.96	300m:	3:47.90	43.00	400m:	4:55.92	32.41
17.												545
	50m:	31.34	31.34	150m:	1:45.88	39.15	250m:	3:07.58	43.78	350m:	4:24.44	32.44
	100m:	1:06.73	35.39	200m:	2:23.80	37.92	300m:	3:52.00	44.42	400m:	4:56.77	32.33
18.												543
	50m:	29.85	29.85	150m:	1:43.90	39.24	250m:	3:07.12	43.41	350m:	4:24.43	33.93
	100m:	1:04.66	34.81	200m:	2:23.71	39.81	300m:	3:50.50	43.38	400m:	4:57.16	32.73
19.												543
	50m:	31.60	31.60	150m:	1:45.28	37.06	250m:	3:05.96	43.95	350m:	4:24.55	34.09
	100m:	1:08.22	36.62	200m:	2:22.01	36.73	300m:	3:50.46	44.50	400m:	4:57.19	32.64
20.												539
	50m:	30.52	30.52	150m:	1:43.78	38.35	250m:	3:03.10	40.99	350m:	4:22.44	36.39
	100m:	1:05.43	34.91	200m:	2:22.11	38.33	300m:	3:46.05	42.95	400m:	4:57.81	35.37
21.												533
	50m:	31.37	31.37	150m:	1:48.08	39.86	250m:	3:09.71	41.84	350m:	4:26.78	33.99
	100m:	1:08.22	36.85	200m:	2:27.87	39.79	300m:	3:52.79	43.08	400m:	4:59.02	32.24
22.												531
	50m:	30.54	30.54	150m:	1:45.61	36.72	250m:	3:08.07	45.16	350m:	4:27.31	33.24
	100m:	1:08.89	38.35	200m:	2:22.91	37.30	300m:	3:54.07	46.00	400m:	4:59.40	32.09
23.												527
	50m:	30.89	30.89	150m:	1:44.80	38.23	250m:	3:07.41	44.96	350m:	4:26.45	33.58
	100m:	1:06.57	35.68	200m:	2:22.45	37.65	300m:	3:52.87	45.46	400m:	5:00.09	33.64
24.												527
	50m:	30.08	30.08	150m:	1:44.75	38.58	250m:	3:06.14	42.22	350m:	4:26.76	35.56
	100m:	1:06.17	36.09	200m:	2:23.92	39.17	300m:	3:51.20	45.06	400m:	5:00.13	33.37
25.												521
	50m:	31.07	31.07	150m:	1:47.49	40.31	250m:	3:09.07	42.02	350m:	4:27.94	36.82
	100m:	1:07.18	36.11	200m:	2:27.05	39.56	300m:	3:51.12	42.05	400m:	5:01.29	33.35
26.												514
	50m:	30.88	30.88	150m:	1:47.45	39.61	250m:	3:10.17	42.43	350m:	4:29.35	34.14
	100m:	1:07.84	36.96	200m:	2:27.74	40.29	300m:	3:55.21	45.04	400m:	5:02.60	33.25
27.												510
	50m:	31.99	31.99	150m:	1:48.15	38.14	250m:	3:12.92	45.80	350m:	4:30.79	32.80
	100m:	1:10.01	38.02	200m:	2:27.12	38.97	300m:	3:57.99	45.07	400m:	5:03.41	32.62
28.												500
	50m:	31.27	31.27	150m:	1:49.19	40.97	250m:	3:11.44	42.53	350m:	4:31.23	36.17
	100m:	1:08.22	36.95	200m:	2:28.91	39.72	300m:	3:55.06	43.62	400m:	5:05.51	34.28
29.												499
	50m:	30.80	30.80	150m:	1:47.10	41.41	250m:	3:11.83	43.60	350m:	4:31.83	35.41
	100m:	1:05.69	34.89	200m:	2:28.23	41.13	300m:	3:56.42	44.59	400m:	5:05.59	33.76
30.												477
	50m:	31.75	31.75	150m:	1:50.11	43.05	250m:	3:14.63	41.84	350m:	4:36.10	36.28
	100m:	1:07.06	35.31	200m:	2:32.79	42.68	300m:	3:59.82	45.19	400m:	5:10.24	34.14
31.												471
	50m:	31.62	31.62	150m:	1:49.12	40.17	250m:	3:15.14	47.44	350m:	4:37.76	35.96
	100m:	1:08.95	37.33	200m:	2:27.70	38.58	300m:	4:01.80	46.66	400m:	5:11.67	33.91

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