

, 18 - 21 2026

37
21.03.2026 - 10:32

, 400m

4:04.10
4:05.16

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04.04.2021
26.07.2024

									R.T.			
1.			12.04.1998						4:30.60			
	50m:	31.37	31.37	150m:	1:39.44	34.22	250m:	2:48.33	34.15	350m:	3:56.79	34.15
	100m:	1:05.22	33.85	200m:	2:14.18	34.74	300m:	3:22.64	34.31	400m:	4:30.60	33.81
2.			22.10.2009						4:34.45			
	50m:	30.83	30.83	150m:	1:39.23	34.18	250m:	2:48.36	34.05	350m:	3:59.17	35.60
	100m:	1:05.05	34.22	200m:	2:14.31	35.08	300m:	3:23.57	35.21	400m:	4:34.45	35.28
3.			10.11.2010						4:36.17			
	50m:	30.68	30.68	150m:	1:39.68	34.58	250m:	2:50.16	35.03	350m:	4:01.62	35.21
	100m:	1:05.10	34.42	200m:	2:15.13	35.45	300m:	3:26.41	36.25	400m:	4:36.17	34.55
4.			09.07.2008						4:41.36			
	50m:	31.81	31.81	150m:	1:41.28	34.86	250m:	2:52.32	35.31	350m:	4:04.59	36.09
	100m:	1:06.42	34.61	200m:	2:17.01	35.73	300m:	3:28.50	36.18	400m:	4:41.36	36.77
5.			21.12.2005						4:45.37			
	50m:	31.59	31.59	150m:	1:42.51	35.74	250m:	2:55.48	36.58	350m:	4:09.45	36.76
	100m:	1:06.77	35.18	200m:	2:18.90	36.39	300m:	3:32.69	37.21	400m:	4:45.37	35.92
			14.03.2010						4:45.37			
	50m:	31.82	31.82	150m:	1:42.88	35.71	250m:	2:56.31	36.18	350m:	4:09.91	37.21
	100m:	1:07.17	35.35	200m:	2:20.13	37.25	300m:	3:32.70	36.39	400m:	4:45.37	35.46
7.			21.08.2010						4:49.15			
	50m:	33.09	33.09	150m:	1:45.30	36.70	250m:	2:58.95	36.87	350m:	4:13.37	37.16
	100m:	1:08.60	35.51	200m:	2:22.08	36.78	300m:	3:36.21	37.26	400m:	4:49.15	35.78
8.			31.07.2010						4:49.26			
	50m:	31.95	31.95	150m:	1:44.32	36.54	250m:	2:57.81	36.88	350m:	4:12.96	37.45
	100m:	1:07.78	35.83	200m:	2:20.93	36.61	300m:	3:35.51	37.70	400m:	4:49.26	36.30
9.			24.04.2010						4:53.54			
	50m:	31.90	31.90	150m:	1:46.26	37.49	250m:	3:02.31	38.12	350m:	4:18.23	37.74
	100m:	1:08.77	36.87	200m:	2:24.19	37.93	300m:	3:40.49	38.18	400m:	4:53.54	35.31
10.			13.12.2009						4:53.72			
	50m:	31.42	31.42	150m:	1:44.80	37.55	250m:	3:01.49	38.28	350m:	4:17.53	37.26
	100m:	1:07.25	35.83	200m:	2:23.21	38.41	300m:	3:40.27	38.78	400m:	4:53.72	36.19
11.			16.03.2009						4:55.23			
	50m:	31.52	31.52	150m:	1:44.29	37.42	250m:	3:00.93	38.41	350m:	4:17.89	37.82
	100m:	1:06.87	35.35	200m:	2:22.52	38.23	300m:	3:40.07	39.14	400m:	4:55.23	37.34
12.			22.07.2009						4:55.63			
	50m:	33.02	33.02	150m:	1:46.41	37.32	250m:	3:01.72	37.71	350m:	4:18.45	38.40
	100m:	1:09.09	36.07	200m:	2:24.01	37.60	300m:	3:40.05	38.33	400m:	4:55.63	37.18
13.			22.05.2010						5:01.17			
	50m:	34.19	34.19	150m:	1:49.67	38.09	250m:	3:06.39	38.43	350m:	4:24.36	38.73
	100m:	1:11.58	37.39	200m:	2:27.96	38.29	300m:	3:45.63	39.24	400m:	5:01.17	36.81
DSQ			04.06.2009									

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