



19  
08.05.2025 - 11:56

, 400m

2008 - 2013

: WA2024

2011 - 2013

|     |       |         |         |       |         |       |       |         |                |        |         |       |
|-----|-------|---------|---------|-------|---------|-------|-------|---------|----------------|--------|---------|-------|
| 1.  |       |         | 2011 I  |       |         |       |       |         | <b>4:38.11</b> | 575 I  |         |       |
|     | 50m:  | 30.62   | 30.62   | 150m: | 1:39.43 | 34.73 | 250m: | 2:50.68 | 35.76          | 350m:  | 4:02.32 | 35.54 |
|     | 100m: | 1:04.70 | 34.08   | 200m: | 2:14.92 | 35.49 | 300m: | 3:26.78 | 36.10          | 400m:  | 4:38.11 | 35.79 |
| 2.  |       |         | 2011 I  |       |         |       |       |         | <b>4:45.94</b> | 529 I  |         |       |
|     | 50m:  | 30.93   | 30.93   | 150m: | 1:42.00 | 36.30 | 250m: | 2:56.82 | 37.35          | 350m:  | 4:11.46 | 37.05 |
|     | 100m: | 1:05.70 | 34.77   | 200m: | 2:19.47 | 37.47 | 300m: | 3:34.41 | 37.59          | 400m:  | 4:45.94 | 34.48 |
| 3.  |       |         | 2011 I  |       |         |       |       |         | <b>4:48.84</b> | 513 I  |         |       |
|     | 50m:  | 33.55   | 33.55   | 150m: | 1:46.07 | 36.34 | 250m: | 3:00.32 | 37.23          | 350m:  | 4:14.41 | 37.23 |
|     | 100m: | 1:09.73 | 36.18   | 200m: | 2:23.09 | 37.02 | 300m: | 3:37.18 | 36.86          | 400m:  | 4:48.84 | 34.43 |
| 4.  |       |         | 2011 II |       |         |       |       |         | <b>4:57.77</b> | 468 II |         |       |
|     | 50m:  | 33.10   | 33.10   | 150m: | 1:47.13 | 37.50 | 250m: | 3:03.88 | 38.44          | 350m:  | 4:20.68 | 38.36 |
|     | 100m: | 1:09.63 | 36.53   | 200m: | 2:25.44 | 38.31 | 300m: | 3:42.32 | 38.44          | 400m:  | 4:57.77 | 37.09 |
| 5.  |       |         | 2012 II |       |         |       |       |         | <b>4:59.73</b> | 459 II |         |       |
|     | 50m:  | 34.07   | 34.07   | 150m: | 1:49.21 | 37.84 | 250m: | 3:05.82 | 38.35          | 350m:  | 4:22.53 | 38.05 |
|     | 100m: | 1:11.37 | 37.30   | 200m: | 2:27.47 | 38.26 | 300m: | 3:44.48 | 38.66          | 400m:  | 4:59.73 | 37.20 |
| 6.  |       |         | 2012 II |       |         |       |       |         | <b>5:03.21</b> | 443 II |         |       |
|     | 50m:  | 34.62   | 34.62   | 150m: | 1:52.99 | 39.62 | 250m: | 3:11.63 | 38.61          | 350m:  | 4:28.39 | 38.33 |
|     | 100m: | 1:13.37 | 38.75   | 200m: | 2:33.02 | 40.03 | 300m: | 3:50.06 | 38.43          | 400m:  | 5:03.21 | 34.82 |
| 7.  |       |         | 2012 II |       |         |       |       |         | <b>5:05.05</b> | 435 II |         |       |
|     | 50m:  | 34.05   | 34.05   | 150m: | 1:49.82 | 38.33 | 250m: | 3:08.22 | 39.40          | 350m:  | 4:26.62 | 39.10 |
|     | 100m: | 1:11.49 | 37.44   | 200m: | 2:28.82 | 39.00 | 300m: | 3:47.52 | 39.30          | 400m:  | 5:05.05 | 38.43 |
| 8.  |       |         | 2013 II |       |         |       |       |         | <b>5:08.37</b> | 421 II |         |       |
|     | 50m:  | 33.62   | 33.62   | 150m: | 1:52.43 | 40.01 | 250m: | 3:12.17 | 39.52          | 350m:  | 4:30.11 | 38.80 |
|     | 100m: | 1:12.42 | 38.80   | 200m: | 2:32.65 | 40.22 | 300m: | 3:51.31 | 39.14          | 400m:  | 5:08.37 | 38.26 |
| 9.  |       |         | 2011 II |       |         |       |       |         | <b>5:11.74</b> | 408 II |         |       |
|     | 50m:  | 33.67   | 33.67   | 150m: | 1:51.65 | 39.80 | 250m: | 3:11.48 | 39.89          | 350m:  | 4:31.86 | 40.25 |
|     | 100m: | 1:11.85 | 38.18   | 200m: | 2:31.59 | 39.94 | 300m: | 3:51.61 | 40.13          | 400m:  | 5:11.74 | 39.88 |
| 10. |       |         | 2011 II |       |         |       |       |         | <b>5:13.25</b> | 402 II |         |       |
|     | 50m:  | 34.58   | 34.58   | 150m: | 1:53.79 | 40.31 | 250m: | 3:13.63 | 39.92          | 350m:  | 4:32.54 | 38.92 |
|     | 100m: | 1:13.48 | 38.90   | 200m: | 2:33.71 | 39.92 | 300m: | 3:53.62 | 39.99          | 400m:  | 5:13.25 | 40.71 |
| 11. |       |         | 2012 II |       |         |       |       |         | <b>5:15.51</b> | 393 II |         |       |
|     | 50m:  | 35.39   | 35.39   | 150m: | 1:55.27 | 40.64 | 250m: | 3:16.47 | 40.49          | 350m:  | 4:37.93 | 40.67 |
|     | 100m: | 1:14.63 | 39.24   | 200m: | 2:35.98 | 40.71 | 300m: | 3:57.26 | 40.79          | 400m:  | 5:15.51 | 37.58 |
| 12. |       |         | 2012 II |       |         |       |       |         | <b>5:15.88</b> | 392 II |         |       |
|     | 50m:  | 34.16   | 34.16   | 150m: | 1:51.53 | 39.67 | 250m: | 3:12.66 | 40.73          | 350m:  | 4:35.46 | 41.82 |
|     | 100m: | 1:11.86 | 37.70   | 200m: | 2:31.93 | 40.40 | 300m: | 3:53.64 | 40.98          | 400m:  | 5:15.88 | 40.42 |
| 13. |       |         | 2011 II |       |         |       |       |         | <b>5:16.22</b> | 391 II |         |       |
|     | 50m:  | 34.36   | 34.36   | 150m: | 1:53.37 | 40.26 | 250m: | 3:14.44 | 40.28          | 350m:  | 4:36.76 | 41.72 |
|     | 100m: | 1:13.11 | 38.75   | 200m: | 2:34.16 | 40.79 | 300m: | 3:55.04 | 40.60          | 400m:  | 5:16.22 | 39.46 |
| 14. |       |         | 2012 II |       |         |       |       |         | <b>5:22.11</b> | 370 II |         |       |
|     | 50m:  | 34.59   | 34.59   | 150m: | 1:55.56 | 40.90 | 250m: | 3:18.08 | 41.04          | 350m:  | 4:41.12 | 41.21 |
|     | 100m: | 1:14.66 | 40.07   | 200m: | 2:37.04 | 41.48 | 300m: | 3:59.91 | 41.83          | 400m:  | 5:22.11 | 40.99 |
| 15. |       |         | 2011 II |       |         |       |       |         | <b>5:26.32</b> | 356 II |         |       |
|     | 50m:  | 36.00   | 36.00   | 150m: | 1:57.22 | 41.54 | 250m: | 3:20.89 | 41.75          | 350m:  | 4:45.55 | 42.19 |
|     | 100m: | 1:15.68 | 39.68   | 200m: | 2:39.14 | 41.92 | 300m: | 4:03.36 | 42.47          | 400m:  | 5:26.32 | 40.77 |
| 16. |       |         | 2013 II |       |         |       |       |         | <b>5:31.11</b> | 340 II |         |       |
|     | 50m:  | 38.14   | 38.14   | 150m: | 2:01.48 | 42.38 | 250m: | 3:25.55 | 42.16          | 350m:  | 4:51.65 | 41.84 |
|     | 100m: | 1:19.10 | 40.96   | 200m: | 2:43.39 | 41.91 | 300m: | 4:09.81 | 44.26          | 400m:  | 5:31.11 | 39.46 |
| 17. |       |         | 2012 II |       |         |       |       |         | <b>5:32.67</b> | 336 II |         |       |
|     | 50m:  | 36.64   | 36.64   | 150m: | 1:58.40 | 41.54 | 250m: | 3:24.63 | 43.37          | 350m:  | 4:51.55 | 43.23 |
|     | 100m: | 1:16.86 | 40.22   | 200m: | 2:41.26 | 42.86 | 300m: | 4:08.32 | 43.69          | 400m:  | 5:32.67 | 41.12 |



19, , 400m , 2011 - 2013

|             |       |         |          |       |         |       |       |         |                |         |         |       |
|-------------|-------|---------|----------|-------|---------|-------|-------|---------|----------------|---------|---------|-------|
| 18.         |       |         | 2012 III |       |         |       |       | - 2     | <b>5:37.03</b> | 323 III |         |       |
|             | 50m:  | 38.71   | 38.71    | 150m: | 2:03.70 | 42.82 | 250m: | 3:30.65 | 43.17          | 350m:   | 4:56.17 | 42.41 |
|             | 100m: | 1:20.88 | 42.17    | 200m: | 2:47.48 | 43.78 | 300m: | 4:13.76 | 43.11          | 400m:   | 5:37.03 | 40.86 |
| 2008 - 2010 |       |         |          |       |         |       |       |         |                |         |         |       |
| 1.          |       |         | 2008 I   |       |         |       |       | 1       | <b>4:47.98</b> | 518 I   |         |       |
|             | 50m:  | 33.26   | 33.26    | 150m: | 1:44.11 | 35.66 | 250m: | 2:56.72 | 36.56          | 350m:   | 4:11.67 | 37.43 |
|             | 100m: | 1:08.45 | 35.19    | 200m: | 2:20.16 | 36.05 | 300m: | 3:34.24 | 37.52          | 400m:   | 4:47.98 | 36.31 |
| 2.          |       |         | 2010 I   |       |         |       |       | " "     | <b>4:48.47</b> | 515 I   |         |       |
|             | 50m:  | 32.18   | 32.18    | 150m: | 1:44.05 | 36.37 | 250m: | 2:58.03 | 36.68          | 350m:   | 4:12.17 | 37.40 |
|             | 100m: | 1:07.68 | 35.50    | 200m: | 2:21.35 | 37.30 | 300m: | 3:34.77 | 36.74          | 400m:   | 4:48.47 | 36.30 |
| 3.          |       |         | 2008 II  |       |         |       |       |         | <b>4:52.83</b> | 492 II  |         |       |
|             | 50m:  | 33.17   | 33.17    | 150m: | 1:45.51 | 36.44 | 250m: | 3:00.20 | 37.53          | 350m:   | 4:15.60 | 38.00 |
|             | 100m: | 1:09.07 | 35.90    | 200m: | 2:22.67 | 37.16 | 300m: | 3:37.60 | 37.40          | 400m:   | 4:52.83 | 37.23 |
| 4.          |       |         | 2009 II  |       |         |       |       | " "     | <b>4:56.74</b> | 473 II  |         |       |
|             | 50m:  | 33.59   | 33.59    | 150m: | 1:47.51 | 37.44 | 250m: | 3:03.32 | 37.91          | 350m:   | 4:19.40 | 38.18 |
|             | 100m: | 1:10.07 | 36.48    | 200m: | 2:25.41 | 37.90 | 300m: | 3:41.22 | 37.90          | 400m:   | 4:56.74 | 37.34 |
| 5.          |       |         | 2008 II  |       |         |       |       | - 1     | <b>4:58.27</b> | 466 II  |         |       |
|             | 50m:  | 34.14   | 34.14    | 150m: | 1:48.95 | 37.67 | 250m: | 3:05.59 | 38.40          | 350m:   | 4:21.75 | 38.02 |
|             | 100m: | 1:11.28 | 37.14    | 200m: | 2:27.19 | 38.24 | 300m: | 3:43.73 | 38.14          | 400m:   | 4:58.27 | 36.52 |
| 6.          |       |         | 2009 II  |       |         |       |       | " "     | <b>5:06.82</b> | 428 II  |         |       |
|             | 50m:  | 33.58   | 33.58    | 150m: | 1:48.26 | 38.03 | 250m: | 3:07.93 | 40.46          | 350m:   | 4:28.40 | 39.65 |
|             | 100m: | 1:10.23 | 36.65    | 200m: | 2:27.47 | 39.21 | 300m: | 3:48.75 | 40.82          | 400m:   | 5:06.82 | 38.42 |
| 7.          |       |         | 2009 II  |       |         |       |       |         | <b>5:11.75</b> | 408 II  |         |       |
|             | 50m:  | 33.55   | 33.55    | 150m: | 1:52.51 | 40.28 | 250m: | 3:13.06 | 40.27          | 350m:   | 4:33.88 | 40.36 |
|             | 100m: | 1:12.23 | 38.68    | 200m: | 2:32.79 | 40.28 | 300m: | 3:53.52 | 40.46          | 400m:   | 5:11.75 | 37.87 |
| 8.          |       |         | 2010 II  |       |         |       |       | - 1     | <b>5:16.15</b> | 391 II  |         |       |
|             | 50m:  | 35.79   | 35.79    | 150m: | 1:54.92 | 39.32 | 250m: | 3:13.49 | 39.46          | 350m:   | 4:36.71 | 42.64 |
|             | 100m: | 1:15.60 | 39.81    | 200m: | 2:34.03 | 39.11 | 300m: | 3:54.07 | 40.58          | 400m:   | 5:16.15 | 39.44 |
| 9.          |       |         | 2009 II  |       |         |       |       | " "     | <b>5:24.39</b> | 362 II  |         |       |
|             | 50m:  | 35.41   | 35.41    | 150m: | 1:55.58 | 40.44 | 250m: | 3:18.17 | 41.34          | 350m:   | 4:41.85 | 41.54 |
|             | 100m: | 1:15.14 | 39.73    | 200m: | 2:36.83 | 41.25 | 300m: | 4:00.31 | 42.14          | 400m:   | 5:24.39 | 42.54 |
| 10.         |       |         | 2008 III |       |         |       |       | " "     | <b>5:47.80</b> | 294 III |         |       |
|             | 50m:  | 36.52   | 36.52    | 150m: | 2:02.50 | 44.39 | 250m: | 3:32.61 | 45.20          | 350m:   | 5:03.03 | 45.47 |
|             | 100m: | 1:18.11 | 41.59    | 200m: | 2:47.41 | 44.91 | 300m: | 4:17.56 | 44.95          | 400m:   | 5:47.80 | 44.77 |