



20  
08.05.2025 - 12:25

, 400m

2008 - 2013

: WA2024

2011 - 2013

1.			2011 I			19-2		<b>4:24.19</b>	518 I			
	50m:	28.74	28.74	150m:	1:35.04	33.81	250m:	2:44.16	34.99	350m:	3:52.10	33.52
	100m:	1:01.23	32.49	200m:	2:09.17	34.13	300m:	3:18.58	34.42	400m:	4:24.19	32.09
2.			2011 II			" "		<b>4:27.21</b>	501 II			
	50m:	30.39	30.39	150m:	1:36.81	32.29	250m:	2:44.38	34.22	350m:	3:53.10	33.96
	100m:	1:04.52	34.13	200m:	2:10.16	33.35	300m:	3:19.14	34.76	400m:	4:27.21	34.11
3.			2011 II			1		<b>4:30.63</b>	482 II			
	50m:	30.51	30.51	150m:	1:38.57	34.25	250m:	2:47.45	34.36	350m:	3:56.89	34.04
	100m:	1:04.32	33.81	200m:	2:13.09	34.52	300m:	3:22.85	35.40	400m:	4:30.63	33.74
4.			2011 II			.		<b>4:31.06</b>	480 II			
	50m:	30.48	30.48	150m:	1:38.63	34.73	250m:	2:49.12	35.15	350m:	3:58.56	34.54
	100m:	1:03.90	33.42	200m:	2:13.97	35.34	300m:	3:24.02	34.90	400m:	4:31.06	32.50
5.			2011 II			1		<b>4:33.66</b>	466 II			
	50m:	31.18	31.18	150m:	1:38.78	33.90	250m:	2:48.67	34.97	350m:	4:00.17	35.71
	100m:	1:04.88	33.70	200m:	2:13.70	34.92	300m:	3:24.46	35.79	400m:	4:33.66	33.49
6.			2011 II			,		<b>4:38.23</b>	443 II			
	50m:	30.60	30.60	150m:	1:39.58	35.13	250m:	2:50.77	35.75	350m:	4:02.69	35.96
	100m:	1:04.45	33.85	200m:	2:15.02	35.44	300m:	3:26.73	35.96	400m:	4:38.23	35.54
7.			2011 II			,		<b>4:39.68</b>	437 II			
	50m:	32.21	32.21	150m:	1:42.35	35.27	250m:	2:53.32	35.85	350m:	4:05.36	35.73
	100m:	1:07.08	34.87	200m:	2:17.47	35.12	300m:	3:29.63	36.31	400m:	4:39.68	34.32
8.			2011 II			,		<b>4:40.37</b>	433 II			
	50m:	31.65	31.65	150m:	1:41.16	35.08	250m:	2:53.28	36.54	350m:	4:05.95	36.38
	100m:	1:06.08	34.43	200m:	2:16.74	35.58	300m:	3:29.57	36.29	400m:	4:40.37	34.42
9.			2011 II			,		<b>4:40.71</b>	432 II			
	50m:	32.15	32.15	150m:	1:44.00	36.13	250m:	2:56.48	36.16	350m:	4:08.32	35.60
	100m:	1:07.87	35.72	200m:	2:20.32	36.32	300m:	3:32.72	36.24	400m:	4:40.71	32.39
10.			2011 II			,		<b>4:47.38</b>	402 II			
	50m:	32.58	32.58	150m:	1:45.56	36.58	250m:	2:59.28	36.86	350m:	4:12.78	36.99
	100m:	1:08.98	36.40	200m:	2:22.42	36.86	300m:	3:35.79	36.51	400m:	4:47.38	34.60
11.			2011 II			.		<b>- 2 4:48.39</b>	398 II			
	50m:	32.13	32.13	150m:	1:43.88	36.59	250m:	2:58.06	37.32	350m:	4:12.97	37.62
	100m:	1:07.29	35.16	200m:	2:20.74	36.86	300m:	3:35.35	37.29	400m:	4:48.39	35.42
12.			2011 II			- 1		<b>4:50.63</b>	389 II			
	50m:	33.62	33.62	150m:	1:45.52	36.50	250m:	2:58.53	36.78	350m:	4:13.11	37.65
	100m:	1:09.02	35.40	200m:	2:21.75	36.23	300m:	3:35.46	36.93	400m:	4:50.63	37.52
13.			2011 II			-		<b>4:51.32</b>	386 II			
	50m:	32.72	32.72	150m:	1:44.81	36.54	250m:	2:59.32	37.31	350m:	4:14.72	37.56
	100m:	1:08.27	35.55	200m:	2:22.01	37.20	300m:	3:37.16	37.84	400m:	4:51.32	36.60
14.			2011 II			,		<b>4:53.56</b>	377 II			
	50m:	33.05	33.05	150m:	1:47.10	37.91	250m:	3:02.39	37.32	350m:	4:17.94	37.56
	100m:	1:09.19	36.14	200m:	2:25.07	37.97	300m:	3:40.38	37.99	400m:	4:53.56	35.62
15.			2011 II			19-2		<b>4:54.05</b>	376 II			
	50m:	31.49	31.49	150m:	1:45.17	38.35	250m:	3:02.25	38.30	350m:	4:19.20	38.56
	100m:	1:06.82	35.33	200m:	2:23.95	38.78	300m:	3:40.64	38.39	400m:	4:54.05	34.85
16.			2011 II			" "		<b>4:54.87</b>	372 II			
	50m:	33.02	33.02	150m:	1:45.64	36.69	250m:	3:01.38	38.09	350m:	4:17.20	37.96
	100m:	1:08.95	35.93	200m:	2:23.29	37.65	300m:	3:39.24	37.86	400m:	4:54.87	37.67
17.			2011 II			-		<b>4:57.74</b>	362 II			
	50m:	32.96	32.96	150m:	1:46.14	37.07	250m:	3:02.57	38.78	350m:	4:20.47	38.80
	100m:	1:09.07	36.11	200m:	2:23.79	37.65	300m:	3:41.67	39.10	400m:	4:57.74	37.27

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2011 - 2013

18.			2012 III		- 1		<b>5:03.98</b>	340 III				
	50m:	33.47	33.47	150m:	1:50.04	38.95	250m:	3:09.43	39.77	350m:	4:27.24	38.32
	100m:	1:11.09	37.62	200m:	2:29.66	39.62	300m:	3:48.92	39.49	400m:	5:03.98	36.74
19.			2011 III		"		<b>5:04.21</b>	339 III				
	50m:	33.27	33.27	150m:	1:48.89	38.35	250m:	3:08.46	40.49	350m:	4:27.93	39.79
	100m:	1:10.54	37.27	200m:	2:27.97	39.08	300m:	3:48.14	39.68	400m:	5:04.21	36.28
20.			2011 III		19-2		<b>5:04.34</b>	339 III				
	50m:	33.81	33.81	150m:	1:50.68	38.89	250m:	3:08.82	39.09	350m:	4:26.98	39.01
	100m:	1:11.79	37.98	200m:	2:29.73	39.05	300m:	3:47.97	39.15	400m:	5:04.34	37.36
21.			2011 III		"	"	<b>5:05.17</b>	336 III				
	50m:	33.17	33.17	150m:	1:49.69	39.02	250m:	3:09.67	40.31	350m:	4:28.22	39.03
	100m:	1:10.67	37.50	200m:	2:29.36	39.67	300m:	3:49.19	39.52	400m:	5:05.17	36.95
22.			2013 III				<b>5:05.18</b>	336 III				
	50m:	35.35	35.35	150m:	1:52.18	38.29	250m:	3:08.86	38.51	350m:	4:27.82	39.81
	100m:	1:13.89	38.54	200m:	2:30.35	38.17	300m:	3:48.01	39.15	400m:	5:05.18	37.36
23.			2011 III		19-2		<b>5:06.29</b>	332 III				
	50m:	31.25	31.25	150m:	1:47.17	38.61	250m:	3:07.27	39.59	350m:	4:27.99	40.64
	100m:	1:08.56	37.31	200m:	2:27.68	40.51	300m:	3:47.35	40.08	400m:	5:06.29	38.30
24.			2011 III		19-2		<b>5:10.08</b>	320 III				
	50m:	33.80	33.80	150m:	1:51.99	39.75	250m:	3:10.48	39.07	350m:	4:30.64	40.63
	100m:	1:12.24	38.44	200m:	2:31.41	39.42	300m:	3:50.01	39.53	400m:	5:10.08	39.44
25.			2012 III		"	"	<b>5:10.17</b>	320 III				
	50m:	34.04	34.04	150m:	1:52.04	40.13	250m:	3:12.20	40.30	350m:	4:32.42	40.03
	100m:	1:11.91	37.87	200m:	2:31.90	39.86	300m:	3:52.39	40.19	400m:	5:10.17	37.75
26.			2011 III				<b>5:10.37</b>	319 III				
	50m:	33.74	33.74	150m:	1:52.32	40.40	250m:	3:12.09	40.07	350m:	4:33.05	40.26
	100m:	1:11.92	38.18	200m:	2:32.02	39.70	300m:	3:52.79	40.70	400m:	5:10.37	37.32
27.			2012 III				<b>5:12.98</b>	311 III				
	50m:	33.57	33.57	150m:	1:53.18	40.71	250m:	3:15.50	41.18	350m:	4:36.59	40.47
	100m:	1:12.47	38.90	200m:	2:34.32	41.14	300m:	3:56.12	40.62	400m:	5:12.98	36.39
28.			2011 III		-		<b>5:13.04</b>	311 III				
	50m:	34.39	34.39	150m:	1:54.05	40.84	250m:	3:15.11	40.83	350m:	4:35.49	40.72
	100m:	1:13.21	38.82	200m:	2:34.28	40.23	300m:	3:54.77	39.66	400m:	5:13.04	37.55
29.			2012 III				<b>5:13.33</b>	310 III				
	50m:	33.87	33.87	150m:	1:50.94	39.92	250m:	3:11.90	40.49	350m:	4:34.83	41.42
	100m:	1:11.02	37.15	200m:	2:31.41	40.47	300m:	3:53.41	41.51	400m:	5:13.33	38.50
30.			2011 III				<b>5:15.24</b>	305 III				
	50m:	35.07	35.07	150m:	1:52.98	39.49	250m:	3:14.05	40.79	350m:	4:34.65	40.00
	100m:	1:13.49	38.42	200m:	2:33.26	40.28	300m:	3:54.65	40.60	400m:	5:15.24	40.59
31.			2011 III		"	"	<b>5:15.39</b>	304 III				
	50m:	33.88	33.88	150m:	1:52.27	39.80	250m:	3:13.32	40.77	350m:	4:35.50	40.78
	100m:	1:12.47	38.59	200m:	2:32.55	40.28	300m:	3:54.72	41.40	400m:	5:15.39	39.89
32.			2011 III				<b>5:17.49</b>	298 III				
	50m:	34.37	34.37	150m:	1:54.26	40.68	250m:	3:15.86	40.72	350m:	4:38.03	41.33
	100m:	1:13.58	39.21	200m:	2:35.14	40.88	300m:	3:56.70	40.84	400m:	5:17.49	39.46
33.			2012 III		"	"	<b>5:17.71</b>	298 III				
	50m:	33.83	33.83	150m:	1:50.27	38.99	250m:	3:10.66	40.82	350m:	4:32.54	39.54
	100m:	1:11.28	37.45	200m:	2:29.84	39.57	300m:	3:53.00	42.34	400m:	5:17.71	45.17
34.			2011 III		19-2		<b>5:17.95</b>	297 III				
	50m:	34.24	34.24	150m:	1:52.61	40.25	250m:	3:14.63	40.72	350m:	4:38.38	42.31
	100m:	1:12.36	38.12	200m:	2:33.91	41.30	300m:	3:56.07	41.44	400m:	5:17.95	39.57
35.			2011 III		"	"	<b>5:21.92</b>	286 III				
	50m:	35.40	35.40	150m:	1:53.77	40.21	250m:	3:17.75	42.19	350m:	4:42.59	43.16
	100m:	1:13.56	38.16	200m:	2:35.56	41.79	300m:	3:59.43	41.68	400m:	5:21.92	39.33

20, , 400m , 2011 - 2013

36.			2013 III		- 2		<b>5:25.80</b>	276 III				
	50m:	35.24	35.24	150m:	1:54.59	40.48	250m:	3:18.98	42.31	350m:	4:44.34	42.04
	100m:	1:14.11	38.87	200m:	2:36.67	42.08	300m:	4:02.30	43.32	400m:	5:25.80	41.46
37.			2012 III				<b>5:26.49</b>	274 III				
	50m:	36.23	36.23	150m:	2:00.12	42.25	250m:	3:24.36	42.02	350m:	4:48.15	41.36
	100m:	1:17.87	41.64	200m:	2:42.34	42.22	300m:	4:06.79	42.43	400m:	5:26.49	38.34
38.			2011 III				<b>5:27.06</b>	273 III				
	50m:	34.12	34.12	150m:	1:57.20	42.43	250m:	3:22.29	42.51	350m:	4:48.11	42.41
	100m:	1:14.77	40.65	200m:	2:39.78	42.58	300m:	4:05.70	43.41	400m:	5:27.06	38.95
39.			2011 III		- 2		<b>5:29.69</b>	266 III				
	50m:	37.37	37.37	150m:	2:03.23	43.67	250m:	3:28.50	42.26	350m:	4:51.22	41.18
	100m:	1:19.56	42.19	200m:	2:46.24	43.01	300m:	4:10.04	41.54	400m:	5:29.69	38.47
40.			2013 III				<b>5:31.65</b>	262 III				
	50m:	35.38	35.38	150m:	1:59.34	42.54	250m:	3:25.17	42.86	350m:	4:51.66	43.27
	100m:	1:16.80	41.42	200m:	2:42.31	42.97	300m:	4:08.39	43.22	400m:	5:31.65	39.99
41.			2012 III		- 2		<b>5:33.40</b>	258 III				
	50m:	36.42	36.42	150m:	2:00.52	43.20	250m:	3:26.97	43.07	350m:	4:52.89	42.79
	100m:	1:17.32	40.90	200m:	2:43.90	43.38	300m:	4:10.10	43.13	400m:	5:33.40	40.51
42.			2013 III		- 1		<b>5:36.46</b>	251 III				
	50m:	39.03	39.03	150m:	2:02.77	42.32	250m:	3:27.57	42.67	350m:	4:54.87	43.31
	100m:	1:20.45	41.42	200m:	2:44.90	42.13	300m:	4:11.56	43.99	400m:	5:36.46	41.59
43.			2012 III				<b>5:36.97</b>	249 III				
	50m:	37.61	37.61	150m:	2:01.84	42.79	250m:	3:28.24	43.72	350m:	4:55.22	43.41
	100m:	1:19.05	41.44	200m:	2:44.52	42.68	300m:	4:11.81	43.57	400m:	5:36.97	41.75
44.			2012 III				<b>5:40.20</b>	242 III				
	50m:	35.10	35.10	150m:	1:57.97	43.09	250m:	3:27.71	44.68	350m:	4:57.58	46.03
	100m:	1:14.88	39.78	200m:	2:43.03	45.06	300m:	4:11.55	43.84	400m:	5:40.20	42.62
45.			2013 1				<b>5:47.85</b>	227 1				
	50m:	36.59	36.59	150m:	2:04.50	44.79	250m:	3:35.84	45.53	350m:	5:06.56	44.90
	100m:	1:19.71	43.12	200m:	2:50.31	45.81	300m:	4:21.66	45.82	400m:	5:47.85	41.29
46.			2011 1				<b>5:49.02</b>	224 1				
	50m:	33.46	33.46	150m:	2:06.15	48.11	250m:	3:41.00	47.96	350m:	5:12.49	45.46
	100m:	1:18.04	44.58	200m:	2:53.04	46.89	300m:	4:27.03	46.03	400m:	5:49.02	36.53
47.			2013 1				<b>5:52.95</b>	217 1				
	50m:	36.15	36.15	150m:	2:03.93	45.42	250m:	3:36.30	46.75	350m:	5:09.98	47.03
	100m:	1:18.51	42.36	200m:	2:49.55	45.62	300m:	4:22.95	46.65	400m:	5:52.95	42.97
48.			2012 1				<b>5:55.30</b>	213 1				
	50m:	39.41	39.41	150m:	2:08.83	45.97	250m:	3:42.34	46.83	350m:	5:14.27	45.54
	100m:	1:22.86	43.45	200m:	2:55.51	46.68	300m:	4:28.73	46.39	400m:	5:55.30	41.03
49.			2012 1				<b>6:25.30</b>	167 1				
	50m:	40.27	40.27	150m:	2:18.03	50.00	250m:	3:59.68	51.26	350m:	5:38.63	49.09
	100m:	1:28.03	47.76	200m:	3:08.42	50.39	300m:	4:49.54	49.86	400m:	6:25.30	46.67

## 2008 - 2010

1.			2009 I				<b>4:14.60</b>	579 I				
	50m:	29.24	29.24	150m:	1:34.54	32.89	250m:	2:40.08	32.70	350m:	3:44.63	32.18
	100m:	1:01.65	32.41	200m:	2:07.38	32.84	300m:	3:12.45	32.37	400m:	4:14.60	29.97
2.			2010 I				<b>4:16.16</b>	568 I				
	50m:	29.46	29.46	150m:	1:34.73	32.83	250m:	2:40.16	32.72	350m:	3:45.16	32.32
	100m:	1:01.90	32.44	200m:	2:07.44	32.71	300m:	3:12.84	32.68	400m:	4:16.16	31.00
3.			2010 I				<b>4:20.51</b>	540 I				
	50m:	29.54	29.54	150m:	1:36.00	33.48	250m:	2:42.58	33.29	350m:	3:48.78	32.97
	100m:	1:02.52	32.98	200m:	2:09.29	33.29	300m:	3:15.81	33.23	400m:	4:20.51	31.73



	20,	, 400m			2008 - 2010				
4.			2010 II		19-2	<b>4:26.82</b>	503	II	
	50m: 29.84	29.84	150m: 1:37.38	34.30	250m: 2:46.22	34.38	350m: 3:54.77	33.97	
	100m: 1:03.08	33.24	200m: 2:11.84	34.46	300m: 3:20.80	34.58	400m: 4:26.82	32.05	
5.			2010 II			<b>4:35.23</b>	458	II	
	50m: 30.44	30.44	150m: 1:37.73	34.20	250m: 2:48.52	35.92	350m: 4:00.57	36.21	
	100m: 1:03.53	33.09	200m: 2:12.60	34.87	300m: 3:24.36	35.84	400m: 4:35.23	34.66	
6.			2010 II		-	<b>4:35.81</b>	455	II	
	50m: 30.58	30.58	150m: 1:38.86	34.54	250m: 2:49.59	35.34	350m: 4:00.94	35.84	
	100m: 1:04.32	33.74	200m: 2:14.25	35.39	300m: 3:25.10	35.51	400m: 4:35.81	34.87	
7.			2010 II		" "	<b>4:39.25</b>	439	II	
	50m: 30.50	30.50	150m: 1:41.33	36.19	250m: 2:53.80	36.37	350m: 4:05.39	35.40	
	100m: 1:05.14	34.64	200m: 2:17.43	36.10	300m: 3:29.99	36.19	400m: 4:39.25	33.86	
8.			2010 II		19-2	<b>4:40.62</b>	432	II	
	50m: 30.92	30.92	150m: 1:39.88	34.55	250m: 2:51.56	35.88	350m: 4:05.20	36.61	
	100m: 1:05.33	34.41	200m: 2:15.68	35.80	300m: 3:28.59	37.03	400m: 4:40.62	35.42	
9.			2008 II		" "	<b>4:44.03</b>	417	II	
	50m: 31.05	31.05	150m: 1:41.57	35.91	250m: 2:54.45	36.44	350m: 4:08.02	36.88	
	100m: 1:05.66	34.61	200m: 2:18.01	36.44	300m: 3:31.14	36.69	400m: 4:44.03	36.01	
10.			2009 II			<b>4:44.86</b>	413	II	
	50m: 30.51	30.51	150m: 1:42.01	36.71	250m: 2:56.03	36.87	350m: 4:09.81	36.43	
	100m: 1:05.30	34.79	200m: 2:19.16	37.15	300m: 3:33.38	37.35	400m: 4:44.86	35.05	
11.			2009 II		" "	<b>4:46.73</b>	405	II	
	50m: 32.31	32.31	150m: 1:45.42	37.18	250m: 2:57.97	36.78	350m: 4:13.54	37.30	
	100m: 1:08.24	35.93	200m: 2:21.19	35.77	300m: 3:36.24	38.27	400m: 4:46.73	33.19	
12.			2010 III		" "	<b>5:22.51</b>	285	III	
	50m: 34.33	34.33	150m: 1:53.89	41.29	250m: 3:17.78	42.55	350m: 4:42.57	42.05	
	100m: 1:12.60	38.27	200m: 2:35.23	41.34	300m: 4:00.52	42.74	400m: 5:22.51	39.94	
13.			2010 III		" "	<b>5:28.06</b>	270	III	
	50m: 33.79	33.79	150m: 1:53.24	40.69	250m: 3:17.37	42.80	350m: 4:44.00	43.36	
	100m: 1:12.55	38.76	200m: 2:34.57	41.33	300m: 4:00.64	43.27	400m: 5:28.06	44.06	
EXH			2007 II			<b>4:48.00</b>	400	II	
	50m: 32.34	32.34	150m: 1:43.44	36.22	250m: 2:58.51	38.03	350m: 4:13.73	37.36	
	100m: 1:07.22	34.88	200m: 2:20.48	37.04	300m: 3:36.37	37.86	400m: 4:48.00	34.27	