

19
06.05.2026 - 11:27

, 400m

2009 - 2014

: WA2024

07.05.2008

2012 - 2014

1.				03.07.2013		1				4:40.49 I	560	
	50m:	31.08	31.08	150m:	1:41.88	35.46	250m:	2:53.72	35.78	350m:	4:05.36	35.80
	100m:	1:06.42	35.34	200m:	2:17.94	36.06	300m:	3:29.56	35.84	400m:	4:40.49	35.13
2.				11.06.2012						4:51.75 I	498	
	50m:	33.48	33.48	150m:	1:46.35	36.86	250m:	3:01.14	37.65	350m:	4:15.78	36.92
	100m:	1:09.49	36.01	200m:	2:23.49	37.14	300m:	3:38.86	37.72	400m:	4:51.75	35.97
3.				20.11.2014		"	"			4:55.30 II	480	
	50m:	31.91	31.91	150m:	1:44.96	37.43	250m:	3:02.73	39.19	350m:	4:19.88	38.19
	100m:	1:07.53	35.62	200m:	2:23.54	38.58	300m:	3:41.69	38.96	400m:	4:55.30	35.42
4.				19.02.2013		1				4:56.78 II	473	
	50m:	33.10	33.10	150m:	1:47.70	37.59	250m:	3:04.25	38.23	350m:	4:20.63	38.23
	100m:	1:10.11	37.01	200m:	2:26.02	38.32	300m:	3:42.40	38.15	400m:	4:56.78	36.15
5.				24.01.2012		,				5:11.58 II	409	
	50m:	35.95	35.95	150m:	1:55.99	40.07	250m:	3:15.61	39.92	350m:	4:35.04	39.73
	100m:	1:15.92	39.97	200m:	2:35.69	39.70	300m:	3:55.31	39.70	400m:	5:11.58	36.54
6.				28.06.2013		«	«	»	.	5:16.01 II	392	
	50m:	34.28	34.28	150m:	1:52.29	39.72	250m:	3:12.63	40.76	350m:	4:35.39	41.67
	100m:	1:12.57	38.29	200m:	2:31.87	39.58	300m:	3:53.72	41.09	400m:	5:16.01	40.62
7.				22.02.2012		"	"			5:16.27 II	391	
	50m:	34.64	34.64	150m:	1:52.28	39.60	250m:	3:13.76	40.88	350m:	4:35.94	41.23
	100m:	1:12.68	38.04	200m:	2:32.88	40.60	300m:	3:54.71	40.95	400m:	5:16.27	40.33
8.				21.02.2012		"	"	.		5:22.95 II	367	
	50m:	34.27	34.27	150m:	1:52.44	39.89	250m:	3:16.07	41.94	350m:	4:41.60	42.84
	100m:	1:12.55	38.28	200m:	2:34.13	41.69	300m:	3:58.76	42.69	400m:	5:22.95	41.35
9.				10.08.2014		,				5:37.17 III	322	
	50m:	38.25	38.25	150m:	2:04.42	43.54	250m:	3:31.78	43.57	350m:	4:58.12	42.80
	100m:	1:20.88	42.63	200m:	2:48.21	43.79	300m:	4:15.32	43.54	400m:	5:37.17	39.05
10.				31.01.2012						6:04.64 III	255	
	50m:	39.34	39.34	150m:	2:09.77	45.75	250m:	3:44.19	47.77	350m:	5:19.49	47.93
	100m:	1:24.02	44.68	200m:	2:56.42	46.65	300m:	4:31.56	47.37	400m:	6:04.64	45.15
11.				03.06.2013						6:07.50 III	249	
	50m:	39.00	39.00	150m:	2:11.35	47.18	250m:	3:46.50	47.53	350m:	5:20.17	46.09
	100m:	1:24.17	45.17	200m:	2:58.97	47.62	300m:	4:34.08	47.58	400m:	6:07.50	47.33
12.				12.11.2014		"	"	.		6:21.74 1	222	
	50m:	42.93	42.93	150m:	2:19.65	48.92	250m:	3:57.54	48.61	350m:	5:35.34	48.00
	100m:	1:30.73	47.80	200m:	3:08.93	49.28	300m:	4:47.34	49.80	400m:	6:21.74	46.40
				2009 - 2011								
1.				19.04.2011						4:38.63 I	572	
	50m:	30.16	30.16	150m:	1:38.87	35.00	250m:	2:50.42	35.91	350m:	4:02.77	36.59
	100m:	1:03.87	33.71	200m:	2:14.51	35.64	300m:	3:26.18	35.76	400m:	4:38.63	35.86
2.				18.07.2011		"	"			4:46.73 I	524	
	50m:	31.76	31.76	150m:	1:44.29	37.07	250m:	2:58.23	37.13	350m:	4:11.66	36.56
	100m:	1:07.22	35.46	200m:	2:21.10	36.81	300m:	3:35.10	36.87	400m:	4:46.73	35.07

	19,	, 400m	,	2009 - 2011								
				07.05.2008								
3.				27.01.2011							4:47.68 I	519
	50m:	33.17	33.17	150m:	1:45.29	36.26	250m:	2:58.50	36.63	350m:	4:12.01	36.86
	100m:	1:09.03	35.86	200m:	2:21.87	36.58	300m:	3:35.15	36.65	400m:	4:47.68	35.67
4.				01.03.2011							4:56.98 II	472
	50m:	31.95	31.95	150m:	1:45.91	37.85	250m:	3:02.45	38.24	350m:	4:20.09	39.16
	100m:	1:08.06	36.11	200m:	2:24.21	38.30	300m:	3:40.93	38.48	400m:	4:56.98	36.89
5.				01.05.2011							5:05.63 II	433
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:05.63	
6.				09.05.2009							5:16.37 II	390
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:16.37	
7.				20.04.2010							5:40.01 III	314
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:40.01	