

" "

30.01-01.02.2025 .

22 , 400m

31.01.2025

: AQUA 2024

			/									
1.			05	-	-			22	<b>5:11.34</b>		622	
	100m:	1:10.95	1:10.95	200m:	2:34.92	1:23.97	300m:	4:05.37	1:30.45	400m:	5:11.34	1:05.97
2.			08					-5	<b>6:10.28</b>		370	
	100m:	1:21.45	1:21.45	200m:	2:58.04	1:36.59	300m:	4:49.22	1:51.18	400m:	6:10.28	1:21.06
3.			09					-25	<b>6:21.88</b>		337	
	100m:	1:35.90	1:35.90	200m:	3:08.13	1:32.23	300m:	4:53.60	1:45.47	400m:	6:21.88	1:28.28

22 , 400m

(16-18 )

31.01.2025

: AQUA 2024

			/									
1.			08					-5	<b>6:10.28</b>		370	
	100m:	1:21.45	1:21.45	200m:	2:58.04	1:36.59	300m:	4:49.22	1:51.18	400m:	6:10.28	1:21.06
2.			09					-25	<b>6:21.88</b>		337	
	100m:	1:35.90	1:35.90	200m:	3:08.13	1:32.23	300m:	4:53.60	1:45.47	400m:	6:21.88	1:28.28