

30.01-01.02.2025

25		, 800m									
31.01.2025											
: AQUA 2024											
1.			10						22	8:35.19	675
	100m:	1:01.12	1:01.12	300m:	3:13.06	1:06.26	500m:	5:25.38	1:04.99	700m:	7:34.99 1:04.75
	200m:	2:06.80	1:05.68	400m:	4:20.39	1:07.33	600m:	6:30.24	1:04.86	800m:	8:35.19 1:00.20
2.			07		-	-			-22	8:49.06	624
	100m:	1:01.77	1:01.77	300m:	3:13.66	1:06.23	500m:	5:28.28	1:06.99	700m:	7:44.77 1:07.77
	200m:	2:07.43	1:05.66	400m:	4:21.29	1:07.63	600m:	6:37.00	1:08.72	800m:	8:49.06 1:04.29
3.			09		-	-			-4	8:59.37	588
	100m:	1:04.24	1:04.24	300m:	3:19.34	1:07.56	500m:	5:35.77	1:08.13	700m:	7:52.99 1:08.52
	200m:	2:11.78	1:07.54	400m:	4:27.64	1:08.30	600m:	6:44.47	1:08.70	800m:	8:59.37 1:06.38
4.			10		-	-			-22	9:00.04	586
	100m:	1:04.59	1:04.59	300m:	3:22.31	1:08.74	500m:	5:40.25	1:08.68	700m:	7:56.41 1:07.77
	200m:	2:13.57	1:08.98	400m:	4:31.57	1:09.26	600m:	6:48.64	1:08.39	800m:	9:00.04 1:03.63
5.			11		-	-			-22	9:00.40	585
	100m:	1:04.89	1:04.89	300m:	3:23.06	1:08.79	500m:	5:40.42	1:08.75	700m:	7:56.04 1:07.55
	200m:	2:14.27	1:09.38	400m:	4:31.67	1:08.61	600m:	6:48.49	1:08.07	800m:	9:00.40 1:04.36
6.			10		-	-			-22	9:05.38	569
	100m:	1:05.74	1:05.74	300m:	3:24.61	1:09.39	500m:	5:42.28	1:08.74	700m:	7:59.65 1:09.00
	200m:	2:15.22	1:09.48	400m:	4:33.54	1:08.93	600m:	6:50.65	1:08.37	800m:	9:05.38 1:05.73
7.			09		-	-			-22	9:19.49	527
	100m:	1:06.12	1:06.12	300m:	3:29.16	1:11.48	500m:	5:51.22	1:11.00	700m:	8:12.58 1:10.27
	200m:	2:17.68	1:11.56	400m:	4:40.22	1:11.06	600m:	7:02.31	1:11.09	800m:	9:19.49 1:06.91
8.			10						-4	9:22.50	519
	100m:	1:04.39	1:04.39	300m:	3:25.62	1:10.97	500m:	5:50.24	1:12.73	700m:	8:13.60 1:11.77
	200m:	2:14.65	1:10.26	400m:	4:37.51	1:11.89	600m:	7:01.83	1:11.59	800m:	9:22.50 1:08.90
9.			07						-4	9:25.61	510
	100m:	1:04.12	1:04.12	300m:	3:26.11	1:11.85	500m:	5:51.24	1:12.24	700m:	8:15.95 1:11.41
	200m:	2:14.26	1:10.14	400m:	4:39.00	1:12.89	600m:	7:04.54	1:13.30	800m:	9:25.61 1:09.66
10.			08						-5	9:27.26	506
	100m:	1:06.26	1:06.26	300m:	3:30.09	1:12.50	500m:	5:55.16	1:12.45	700m:	8:19.25 1:12.12
	200m:	2:17.59	1:11.33	400m:	4:42.71	1:12.62	600m:	7:07.13	1:11.97	800m:	9:27.26 1:08.01
11.			09						-5	9:28.69	502
	100m:	1:06.35	1:06.35	300m:	3:30.32	1:12.13	500m:	5:55.02	1:11.94	700m:	8:19.23 1:12.66
	200m:	2:18.19	1:11.84	400m:	4:43.08	1:12.76	600m:	7:06.57	1:11.55	800m:	9:28.69 1:09.46
12.			08		-	-			-4	9:33.19	490
	100m:	1:05.91	1:05.91	300m:	3:27.83	1:11.06	500m:	5:52.42	1:12.80	700m:	8:20.45 1:14.60
	200m:	2:16.77	1:10.86	400m:	4:39.62	1:11.79	600m:	7:05.85	1:13.43	800m:	9:33.19 1:12.74
13.			08		-	-			-4	9:40.91	471
	100m:	1:05.54	1:05.54	300m:	3:30.24	1:12.60	500m:	5:58.28	1:14.20	700m:	8:28.55 1:15.46
	200m:	2:17.64	1:12.10	400m:	4:44.08	1:13.84	600m:	7:13.09	1:14.81	800m:	9:40.91 1:12.36
14.			09		-	-			-22	9:40.95	471
	100m:	1:07.27	1:07.27	300m:	3:32.89	1:13.50	500m:	6:01.16	1:14.39	700m:	8:30.14 1:14.28
	200m:	2:19.39	1:12.12	400m:	4:46.77	1:13.88	600m:	7:15.86	1:14.70	800m:	9:40.95 1:10.81
15.			11						-1	9:43.81	464
	100m:	1:07.65	1:07.65	300m:	3:36.31	1:14.62	500m:	6:06.81	1:14.48	700m:	8:36.20 1:14.48
	200m:	2:21.69	1:14.04	400m:	4:52.33	1:16.02	600m:	7:21.72	1:14.91	800m:	9:43.81 1:07.61
16.			09						-2	9:44.74	462
	100m:	1:07.97	1:07.97	300m:	3:35.03	1:13.97	500m:	6:03.82	1:14.64	700m:	8:32.78 1:14.46
	200m:	2:21.06	1:13.09	400m:	4:49.18	1:14.15	600m:	7:18.32	1:14.50	800m:	9:44.74 1:11.96

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30.01-01.02.2025

25,		, 800m											
17.				09 II				-5		9:47.33	II		456
	100m:	1:09.12	1:09.12	300m:	3:38.15	1:15.35	500m:	6:09.24	1:15.69	700m:	8:37.49	1:13.79	
	200m:	2:22.80	1:13.68	400m:	4:53.55	1:15.40	600m:	7:23.70	1:14.46	800m:	9:47.33	1:09.84	
18.				09 II						9:55.58	II		437
	100m:	1:07.81	1:07.81	300m:	3:36.46	1:14.82	500m:	6:08.74	1:16.59	700m:	8:41.53	1:16.08	
	200m:	2:21.64	1:13.83	400m:	4:52.15	1:15.69	600m:	7:25.45	1:16.71	800m:	9:55.58	1:14.05	
19.				09 II						-22	10:15.26	II	396
	100m:	1:13.22	1:13.22	300m:	3:53.75	1:20.12	500m:	6:30.88	1:18.42	700m:	9:05.29	1:16.16	
	200m:	2:33.63	1:20.41	400m:	5:12.46	1:18.71	600m:	7:49.13	1:18.25	800m:	10:15.26	1:09.97	
20.				07 I						-3	10:23.50	II	381
	100m:	1:05.86	1:05.86	300m:	3:38.62	1:17.87	500m:	6:19.34	1:21.22	700m:	9:02.67	1:21.91	
	200m:	2:20.75	1:14.89	400m:	4:58.12	1:19.50	600m:	7:40.76	1:21.42	800m:	10:23.50	1:20.83	
21.				10 II						-3	10:30.00	II	369
	100m:	1:14.40	1:14.40	300m:	3:52.40	1:19.49	500m:	6:33.23	1:19.78	700m:	9:15.03	1:20.81	
	200m:	2:32.91	1:18.51	400m:	5:13.45	1:21.05	600m:	7:54.22	1:20.99	800m:	10:30.00	1:14.97	
22.				10 II						-2	10:34.71	II	361
	100m:	1:13.54	1:13.54	300m:	3:54.93	1:21.43	500m:	6:34.69	1:19.09	700m:	9:15.03	1:19.20	
	200m:	2:33.50	1:19.96	400m:	5:15.60	1:20.67	600m:	7:55.83	1:21.14	800m:	10:34.71	1:19.68	
23.				11 II						-25	11:02.74	II	317
	100m:	1:12.93	1:12.93	300m:	3:56.38	1:24.06	500m:	6:48.22	1:26.30	700m:	9:41.72	1:26.39	
	200m:	2:32.32	1:19.39	400m:	5:21.92	1:25.54	600m:	8:15.33	1:27.11	800m:	11:02.74	1:21.02	

25 , 800m (16-18)
31.01.2025

: AQUA 2024

25,		, 800m											
1.				07	- -					-22	8:49.06		624
	100m:	1:01.77	1:01.77	300m:	3:13.66	1:06.23	500m:	5:28.28	1:06.99	700m:	7:44.77	1:07.77	
	200m:	2:07.43	1:05.66	400m:	4:21.29	1:07.63	600m:	6:37.00	1:08.72	800m:	8:49.06	1:04.29	
2.				09	- -					-4	8:59.37	I	588
	100m:	1:04.24	1:04.24	300m:	3:19.34	1:07.56	500m:	5:35.77	1:08.13	700m:	7:52.99	1:08.52	
	200m:	2:11.78	1:07.54	400m:	4:27.64	1:08.30	600m:	6:44.47	1:08.70	800m:	8:59.37	1:06.38	
3.				09 I	- -					-22	9:19.49	I	527
	100m:	1:06.12	1:06.12	300m:	3:29.16	1:11.48	500m:	5:51.22	1:11.00	700m:	8:12.58	1:10.27	
	200m:	2:17.68	1:11.56	400m:	4:40.22	1:11.06	600m:	7:02.31	1:11.09	800m:	9:19.49	1:06.91	
4.				07	- -					-4	9:25.61	I	510
	100m:	1:04.12	1:04.12	300m:	3:26.11	1:11.85	500m:	5:51.24	1:12.24	700m:	8:15.95	1:11.41	
	200m:	2:14.26	1:10.14	400m:	4:39.00	1:12.89	600m:	7:04.54	1:13.30	800m:	9:25.61	1:09.66	
5.				08 II	- -					-5	9:27.26	I	506
	100m:	1:06.26	1:06.26	300m:	3:30.09	1:12.50	500m:	5:55.16	1:12.45	700m:	8:19.25	1:12.12	
	200m:	2:17.59	1:11.33	400m:	4:42.71	1:12.62	600m:	7:07.13	1:11.97	800m:	9:27.26	1:08.01	
6.				09 I	- -					-5	9:28.69	I	502
	100m:	1:06.35	1:06.35	300m:	3:30.32	1:12.13	500m:	5:55.02	1:11.94	700m:	8:19.23	1:12.66	
	200m:	2:18.19	1:11.84	400m:	4:43.08	1:12.76	600m:	7:06.57	1:11.55	800m:	9:28.69	1:09.46	
7.				08	- -					-4	9:33.19	I	490
	100m:	1:05.91	1:05.91	300m:	3:27.83	1:11.06	500m:	5:52.42	1:12.80	700m:	8:20.45	1:14.60	
	200m:	2:16.77	1:10.86	400m:	4:39.62	1:11.79	600m:	7:05.85	1:13.43	800m:	9:33.19	1:12.74	
8.				08 I	- -					-4	9:40.91	II	471
	100m:	1:05.54	1:05.54	300m:	3:30.24	1:12.60	500m:	5:58.28	1:14.20	700m:	8:28.55	1:15.46	
	200m:	2:17.64	1:12.10	400m:	4:44.08	1:13.84	600m:	7:13.09	1:14.81	800m:	9:40.91	1:12.36	

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30.01-01.02.2025 .

25,	, 800m	,	(16-18)										
9.			09 I	- -					-22	9:40.95		471	
	100m: 1:07.27	1:07.27	300m: 3:32.89	1:13.50	500m: 6:01.16	1:14.39	700m: 8:30.14	1:14.28					
	200m: 2:19.39	1:12.12	400m: 4:46.77	1:13.88	600m: 7:15.86	1:14.70	800m: 9:40.95	1:10.81					
10.			09 I						-2	9:44.74		462	
	100m: 1:07.97	1:07.97	300m: 3:35.03	1:13.97	500m: 6:03.82	1:14.64	700m: 8:32.78	1:14.46					
	200m: 2:21.06	1:13.09	400m: 4:49.18	1:14.15	600m: 7:18.32	1:14.50	800m: 9:44.74	1:11.96					
11.			09 II						-5	9:47.33		456	
	100m: 1:09.12	1:09.12	300m: 3:38.15	1:15.35	500m: 6:09.24	1:15.69	700m: 8:37.49	1:13.79					
	200m: 2:22.80	1:13.68	400m: 4:53.55	1:15.40	600m: 7:23.70	1:14.46	800m: 9:47.33	1:09.84					
12.			09 II							9:55.58		437	
	100m: 1:07.81	1:07.81	300m: 3:36.46	1:14.82	500m: 6:08.74	1:16.59	700m: 8:41.53	1:16.08					
	200m: 2:21.64	1:13.83	400m: 4:52.15	1:15.69	600m: 7:25.45	1:16.71	800m: 9:55.58	1:14.05					
13.			09 II						-22	10:15.26		396	
	100m: 1:13.22	1:13.22	300m: 3:53.75	1:20.12	500m: 6:30.88	1:18.42	700m: 9:05.29	1:16.16					
	200m: 2:33.63	1:20.41	400m: 5:12.46	1:18.71	600m: 7:49.13	1:18.25	800m: 10:15.26	1:09.97					
14.			07 I						-3	10:23.50		381	
	100m: 1:05.86	1:05.86	300m: 3:38.62	1:17.87	500m: 6:19.34	1:21.22	700m: 9:02.67	1:21.91					
	200m: 2:20.75	1:14.89	400m: 4:58.12	1:19.50	600m: 7:40.76	1:21.42	800m: 10:23.50	1:20.83					