

30.01-01.02.2025

26  
31.01.2025

, 1500m

: AQUA 2024

1.			10	- -	-22	<b>18:02.71</b>	614	
	100m: 1:09.22	1:09.22	500m: 5:54.17	1:11.75	900m: 10:44.52	1:11.49	1300m: 15:40.44	1:15.67
	200m: 2:18.29	1:09.07	600m: 7:05.17	1:11.00	1000m: 12:00.61	1:16.09	1400m: 16:53.35	1:12.91
	300m: 3:28.05	1:09.76	700m: 8:20.72	1:15.55	1100m: 13:13.04	1:12.43	1500m: 18:02.71	1:09.36
	400m: 4:42.42	1:14.37	800m: 9:33.03	1:12.31	1200m: 14:24.77	1:11.73		
2.			07		-22	<b>19:07.72</b>	515	
	100m: 1:09.41	1:09.41	500m: 6:11.86	1:17.05	900m: 11:21.98	1:17.37	1300m: 16:33.52	1:17.79
	200m: 2:22.67	1:13.26	600m: 7:28.69	1:16.83	1000m: 12:40.27	1:18.29	1400m: 17:51.84	1:18.32
	300m: 3:37.62	1:14.95	700m: 8:47.12	1:18.43	1100m: 13:58.24	1:17.97	1500m: 19:07.72	1:15.88
	400m: 4:54.81	1:17.19	800m: 10:04.61	1:17.49	1200m: 15:15.73	1:17.49		
3.			11		-5	<b>19:37.31</b>	477	
	100m: 1:13.07	1:13.07	500m: 6:27.90	1:19.93	900m: 11:46.46	1:19.48	1300m: 17:04.44	1:19.40
	200m: 2:31.07	1:18.00	600m: 7:47.93	1:20.03	1000m: 13:06.30	1:19.84	1400m: 18:24.24	1:19.80
	300m: 3:49.11	1:18.04	700m: 9:07.55	1:19.62	1100m: 14:26.34	1:20.04	1500m: 19:37.31	1:13.07
	400m: 5:07.97	1:18.86	800m: 10:26.98	1:19.43	1200m: 15:45.04	1:18.70		
4.			09		-2	<b>19:40.56</b>	474	
	100m: 1:13.84	1:13.84	500m: 6:30.27	1:19.52	900m: 11:47.72	1:19.09	1300m: 17:04.72	1:19.52
	200m: 2:32.10	1:18.26	600m: 7:49.87	1:19.60	1000m: 13:07.25	1:19.53	1400m: 18:24.36	1:19.64
	300m: 3:51.14	1:19.04	700m: 9:09.02	1:19.15	1100m: 14:26.16	1:18.91	1500m: 19:40.56	1:16.20
	400m: 5:10.75	1:19.61	800m: 10:28.63	1:19.61	1200m: 15:45.20	1:19.04		
5.			09		-2	<b>19:42.21</b>	472	
	100m: 1:15.98	1:15.98	500m: 6:30.92	1:18.26	900m: 11:44.32	1:18.70	1300m: 17:04.73	1:20.46
	200m: 2:34.58	1:18.60	600m: 7:48.85	1:17.93	1000m: 13:03.65	1:19.33	1400m: 18:24.77	1:20.04
	300m: 3:53.88	1:19.30	700m: 9:07.02	1:18.17	1100m: 14:22.15	1:18.50	1500m: 19:42.21	1:17.44
	400m: 5:12.66	1:18.78	800m: 10:25.62	1:18.60	1200m: 15:44.27	1:22.12		
6.			08	- -	-22	<b>19:45.53</b>	468	
	100m: 1:15.33	1:15.33	500m: 6:30.96	1:18.86	900m: 11:53.41	1:20.11	1300m: 17:14.16	1:20.12
	200m: 2:33.94	1:18.61	600m: 7:51.21	1:20.25	1000m: 13:13.09	1:19.68	1400m: 18:32.13	1:17.97
	300m: 3:52.87	1:18.93	700m: 9:11.90	1:20.69	1100m: 14:33.29	1:20.20	1500m: 19:45.53	1:13.40
	400m: 5:12.10	1:19.23	800m: 10:33.30	1:21.40	1200m: 15:54.04	1:20.75		
7.			10		-2	<b>19:46.42</b>	467	
	100m: 1:11.58	1:11.58	500m: 6:26.78	1:18.98	900m: 11:48.52	1:21.25	1300m: 17:09.30	1:20.32
	200m: 2:29.48	1:17.90	600m: 7:47.37	1:20.59	1000m: 13:09.45	1:20.93	1400m: 18:29.84	1:20.54
	300m: 3:48.46	1:18.98	700m: 9:07.31	1:19.94	1100m: 14:29.14	1:19.69	1500m: 19:46.42	1:16.58
	400m: 5:07.80	1:19.34	800m: 10:27.27	1:19.96	1200m: 15:48.98	1:19.84		
8.			11		-1	<b>20:32.18</b>	416	
	100m: 1:14.64	1:14.64	500m: 6:40.95	1:22.65	900m: 12:14.16	1:22.92	1300m: 17:48.39	1:23.92
	200m: 2:35.00	1:20.36	600m: 8:04.64	1:23.69	1000m: 13:37.53	1:23.37	1400m: 19:11.20	1:22.81
	300m: 3:56.18	1:21.18	700m: 9:27.70	1:23.06	1100m: 15:01.26	1:23.73	1500m: 20:32.18	1:20.98
	400m: 5:18.30	1:22.12	800m: 10:51.24	1:23.54	1200m: 16:24.47	1:23.21		
9.			10		-2	<b>21:19.61</b>	372	
	100m: 1:18.15	1:18.15	500m: 6:59.57	1:27.02	900m: 12:46.71	1:27.00	1300m: 18:31.28	1:26.76
	200m: 2:41.74	1:23.59	600m: 8:26.43	1:26.86	1000m: 14:12.43	1:25.72	1400m: 19:57.96	1:26.68
	300m: 4:06.62	1:24.88	700m: 9:52.81	1:26.38	1100m: 15:38.29	1:25.86	1500m: 21:19.61	1:21.65
	400m: 5:32.55	1:25.93	800m: 11:19.71	1:26.90	1200m: 17:04.52	1:26.23		

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30.01-01.02.2025

26, , 1500m

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, 1500m

(16-18 )

31.01.2025

: AQUA 2024

1.			07				-22	<b>19:07.72</b>		515		
	100m:	1:09.41	1:09.41	500m:	6:11.86	1:17.05	900m:	11:21.98	1:17.37	1300m:	16:33.52	1:17.79
	200m:	2:22.67	1:13.26	600m:	7:28.69	1:16.83	1000m:	12:40.27	1:18.29	1400m:	17:51.84	1:18.32
	300m:	3:37.62	1:14.95	700m:	8:47.12	1:18.43	1100m:	13:58.24	1:17.97	1500m:	19:07.72	1:15.88
	400m:	4:54.81	1:17.19	800m:	10:04.61	1:17.49	1200m:	15:15.73	1:17.49			
2.			09				-2	<b>19:40.56</b>		474		
	100m:	1:13.84	1:13.84	500m:	6:30.27	1:19.52	900m:	11:47.72	1:19.09	1300m:	17:04.72	1:19.52
	200m:	2:32.10	1:18.26	600m:	7:49.87	1:19.60	1000m:	13:07.25	1:19.53	1400m:	18:24.36	1:19.64
	300m:	3:51.14	1:19.04	700m:	9:09.02	1:19.15	1100m:	14:26.16	1:18.91	1500m:	19:40.56	1:16.20
	400m:	5:10.75	1:19.61	800m:	10:28.63	1:19.61	1200m:	15:45.20	1:19.04			
3.			09				-2	<b>19:42.21</b>		472		
	100m:	1:15.98	1:15.98	500m:	6:30.92	1:18.26	900m:	11:44.32	1:18.70	1300m:	17:04.73	1:20.46
	200m:	2:34.58	1:18.60	600m:	7:48.85	1:17.93	1000m:	13:03.65	1:19.33	1400m:	18:24.77	1:20.04
	300m:	3:53.88	1:19.30	700m:	9:07.02	1:18.17	1100m:	14:22.15	1:18.50	1500m:	19:42.21	1:17.44
	400m:	5:12.66	1:18.78	800m:	10:25.62	1:18.60	1200m:	15:44.27	1:22.12			
4.			08	-	-		-22	<b>19:45.53</b>		468		
	100m:	1:15.33	1:15.33	500m:	6:30.96	1:18.86	900m:	11:53.41	1:20.11	1300m:	17:14.16	1:20.12
	200m:	2:33.94	1:18.61	600m:	7:51.21	1:20.25	1000m:	13:13.09	1:19.68	1400m:	18:32.13	1:17.97
	300m:	3:52.87	1:18.93	700m:	9:11.90	1:20.69	1100m:	14:33.29	1:20.20	1500m:	19:45.53	1:13.40
	400m:	5:12.10	1:19.23	800m:	10:33.30	1:21.40	1200m:	15:54.04	1:20.75			

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