11   , 200m   10 - 15

21.02.2026

/

(10-11   )

1.	02.11.2015 I	1	**2:41.78** II	25,00

50m: 36.39 36.39 100m: 1:18.20 41.81 150m: 2:00.95 42.75 200m: 2:41.78 40.83

2.	04.05.2016 III		**2:44.71** II	20,00

50m: 37.98 37.98 100m: 1:20.90 42.92 150m: 2:03.18 42.28 200m: 2:44.71 41.53

3.	20.01.2015 II	" "	**2:45.09** II	15,00

50m: 40.05 40.05 100m: 1:22.95 42.90 150m: 2:05.73 42.78 200m: 2:45.09 39.36

4.	20.10.2015 II	" -Swim"	**2:45.76** II	12,00

50m: 39.91 39.91 100m: 1:21.94 42.03 150m: 2:05.34 43.40 200m: 2:45.76 40.42

5.	27.05.2015 III	" "	**2:51.99** II	10,00

50m: 41.80 41.80 100m: 1:25.43 43.63 150m: 2:08.92 43.49 200m: 2:51.99 43.07

6.	20.08.2015 II	" "	**2:54.81** II	8,00

50m: 39.99 39.99 100m: 1:26.40 46.41 150m: 2:11.95 45.55 200m: 2:54.81 42.86

7.	28.07.2015 III		**2:55.02** II	6,00

50m: 42.79 42.79 100m: 1:26.44 43.65 150m: 2:11.92 45.48 200m: 2:55.02 43.10

8.	07.12.2015 III		**2:55.58** II	4,00

50m: 41.85 41.85 100m: 1:26.30 44.45 150m: 2:11.24 44.94 200m: 2:55.58 44.34

9.	03.12.2015 III	" "-	**2:58.45** III	2,00

50m: 44.00 44.00 100m: 1:29.76 45.76 150m: 2:14.74 44.98 200m: 2:58.45 43.71

10.	27.04.2016 III Fitness House		**3:00.50** III	1,00

50m: 41.36 41.36 100m: 1:26.85 45.49 150m: 2:13.75 46.90 200m: 3:00.50 46.75

11.	21.08.2015 I	-70 " "	**3:03.69** III	-

50m: 44.12 44.12 100m: 1:30.75 46.63 150m: 2:18.93 48.18 200m: 3:03.69 44.76

12.	20.01.2015 I		**3:04.97** III	-

50m: 42.63 42.63 100m: 1:29.79 47.16 150m: 2:17.52 47.73 200m: 3:04.97 47.45

13.	16.04.2016 III	-70 " "	**3:07.58** III	-

50m: 43.25 43.25 100m: 1:31.75 48.50 150m: 2:19.54 47.79 200m: 3:07.58 48.04

14.	15.03.2016 I	" "	**3:10.02** III	-

50m: 42.35 42.35 100m: 1:31.03 48.68 150m: 2:20.50 49.47 200m: 3:10.02 49.52

DSQ	28.04.2016 II	" "	II	-

(12-13   )

1.	02.08.2013 I	" "-	**2:38.89** II	25,00

50m: 36.63 36.63 100m: 1:17.38 40.75 150m: 1:59.34 41.96 200m: 2:38.89 39.55

2.	18.02.2014 II	4	**2:40.84** II	20,00

50m: 37.38 37.38 100m: 1:18.37 40.99 150m: 2:00.35 41.98 200m: 2:40.84 40.49

3.	19.02.2013 II	" "	**2:41.16** II	15,00

50m: 38.56 38.56 100m: 1:18.85 40.29 150m: 2:00.87 42.02 200m: 2:41.16 40.29

4.	23.02.2013 I		**2:52.17** II	12,00

50m: 38.83 38.83 100m: 1:22.00 43.17 150m: 2:07.17 45.17 200m: 2:52.17 45.00

5.	16.01.2014 II	" "	**2:52.37** II	10,00

50m: 40.38 40.38 100m: 1:24.29 43.91 150m: 2:09.19 44.90 200m: 2:52.37 43.18

.   ,   "   "   https://swim4you.ru/

50   ALGE Timing

11, , 200m , (12-13)

/

6.			27.06.2013 III	"	"					**2:53.27** II	8,00
	50m:	40.96	40.96	100m: 1:24.70	43.74	150m: 2:10.11	45.41	200m: 2:53.27	43.16		
DSQ			18.10.2014 I	"Mad Wave"					I	-	

(14-15)

1.			07.09.2012 I	"	"-				**2:32.54** I	25,00	
	50m:	35.36	35.36	100m: 1:13.88	38.52	150m: 1:54.70	40.82	200m: 2:32.54	37.84		
2.			10.02.2012 I	"	"-				**2:38.15** II	20,00	
	50m:	35.69	35.69	100m: 1:16.41	40.72	150m: 1:58.67	42.26	200m: 2:38.15	39.48		
3.			02.03.2012	"	"				**2:40.03** II	15,00	
	50m:	36.60	36.60	100m: 1:17.09	40.49	150m: 1:58.87	41.78	200m: 2:40.03	41.16		
4.			29.07.2011 I	"	"				**2:43.10** II	12,00	
	50m:	36.39	36.39	100m: 1:18.19	41.80	200m: 2:43.10	1:24.91				
5.			16.08.2012 II						**2:45.11** II	10,00	
	50m:	39.69	39.69	100m: 1:20.98	41.29	150m: 2:04.38	43.40	200m: 2:45.11	40.73		
6.			29.03.2012 I	-70 "	"				**2:53.47** II	8,00	
	50m:	38.24	38.24	100m: 1:22.33	44.09	150m: 2:07.36	45.03	200m: 2:53.47	46.11		
7.			23.04.2012 II	-					**2:54.50** II	6,00	
	50m:	39.98	39.98	100m: 1:24.17	44.19	150m: 2:10.06	45.89	200m: 2:54.50	44.44		
8.			20.07.2011 II	"	"				**3:01.01** III	4,00	
	50m:	39.84	39.84	100m: 1:26.08	46.24	150m: 2:12.97	46.89	200m: 3:01.01	48.04		

. , " " https://swim4you.ru/
50 ALGE Timing