



09.03.2024 20 , 200m (14-15)

										R.T.		
1.	/			2009						+0,60	2:06.15	60,00
	25m:	14.05	14.05	75m:	45.32	16.04	125m:	1:18.00	16.32	175m:	1:50.65	16.25
	50m:	29.28	15.23	100m:	1:01.68	16.36	150m:	1:34.40	16.40	200m:	2:06.15	15.50
2.				2009						+0,63	2:07.01	52,00
	25m:	13.63	13.63	75m:	45.25	16.42	125m:	1:18.19	16.83	175m:	1:51.69	16.88
	50m:	28.83	15.20	100m:	1:01.36	16.11	150m:	1:34.81	16.62	200m:	2:07.01	15.32
3.				2009			1			+0,55	2:07.82	45,00
	25m:	14.01	14.01	75m:	45.43	16.08	125m:	1:18.15	16.47	175m:	1:51.94	17.13
	50m:	29.35	15.34	100m:	1:01.68	16.25	150m:	1:34.81	16.66	200m:	2:07.82	15.88
4.				2009						+0,62	2:08.15	41,00
	25m:	14.00	14.00	75m:	45.49	16.36	125m:	1:18.70	16.93	175m:	1:52.69	16.86
	50m:	29.13	15.13	100m:	1:01.77	16.28	150m:	1:35.83	17.13	200m:	2:08.15	15.46
5.				2009			"SWIMMING STARS"			+0,61	2:10.08	37,00
	25m:	14.25	14.25	75m:	45.76	15.99	125m:	1:19.04	16.91	175m:	1:53.36	17.28
	50m:	29.77	15.52	100m:	1:02.13	16.37	150m:	1:36.08	17.04	200m:	2:10.08	16.72
6.				2009			" "			+0,63	2:10.27	33,00
	25m:	14.16	14.16	75m:	46.20	16.68	125m:	1:19.90	17.07	175m:	1:53.54	16.87
	50m:	29.52	15.36	100m:	1:02.83	16.63	150m:	1:36.67	16.77	200m:	2:10.27	16.73
7.				2010						+0,60	2:11.66	30,00
	25m:	14.59	14.59	75m:	46.19	16.33	125m:	1:20.11	17.19	175m:	1:54.70	17.45
	50m:	29.86	15.27	100m:	1:02.92	16.73	150m:	1:37.25	17.14	200m:	2:11.66	16.96
8.				2009						+0,73	2:12.68	27,00
	25m:	14.84	14.84	75m:	47.77	16.83	125m:	1:21.82	16.87	175m:	1:55.71	17.12
	50m:	30.94	16.10	100m:	1:04.95	17.18	150m:	1:38.59	16.77	200m:	2:12.68	16.97
9.				2010						+0,74	2:13.66	24,00
	25m:	15.04	15.04	75m:	47.60	16.77	125m:	1:22.06	17.46	175m:	1:57.37	17.45
	50m:	30.83	15.79	100m:	1:04.60	17.00	150m:	1:39.92	17.86	200m:	2:13.66	16.29
10.				2009						+0,60	2:14.13	22,00
	25m:	15.44	15.44	75m:	49.24	17.29	125m:	1:23.21	17.12	175m:	1:57.47	17.19
	50m:	31.95	16.51	100m:	1:06.09	16.85	150m:	1:40.28	17.07	200m:	2:14.13	16.66
11.				2009						+0,76	2:14.80	20,00
	25m:	15.12	15.12	75m:	48.34	17.27	125m:	1:22.75	17.46	175m:	1:57.92	17.75
	50m:	31.07	15.95	100m:	1:05.29	16.95	150m:	1:40.17	17.42	200m:	2:14.80	16.88
12.				2010						+0,69	2:15.26	18,00
	25m:	15.93	15.93	75m:	48.56	16.61	125m:	1:23.19	17.51	175m:	1:58.28	17.64
	50m:	31.95	16.02	100m:	1:05.68	17.12	150m:	1:40.64	17.45	200m:	2:15.26	16.98
13.				2009						+0,74	2:15.71	16,00
	25m:	14.94	14.94	75m:	48.05	16.83	125m:	1:22.73	17.68	175m:	1:58.19	18.06
	50m:	31.22	16.28	100m:	1:05.05	17.00	150m:	1:40.13	17.40	200m:	2:15.71	17.52
14.				2010						+0,67	2:18.66	14,00
	25m:	15.90	15.90	75m:	49.59	17.29	125m:	1:25.43	18.42	175m:	2:01.66	18.31
	50m:	32.30	16.40	100m:	1:07.01	17.42	150m:	1:43.35	17.92	200m:	2:18.66	17.00
15.				2010						+0,58	2:20.56	12,00
	25m:	15.82	15.82	75m:	50.15	17.42	125m:	1:25.68	17.96	175m:	2:02.25	18.49
	50m:	32.73	16.91	100m:	1:07.72	17.57	150m:	1:43.76	18.08	200m:	2:20.56	18.31
16.				2010						+0,88	2:21.63	10,00
	25m:	15.32	15.32	75m:	49.45	17.64	125m:	1:26.17	18.72	175m:	2:03.37	18.75
	50m:	31.81	16.49	100m:	1:07.45	18.00	150m:	1:44.62	18.45	200m:	2:21.63	18.26
17.				2009						+0,73	2:22.91	9,00
	25m:	16.82	16.82	75m:	51.47	17.70	125m:	1:27.76	18.62	175m:	2:05.02	18.58
	50m:	33.77	16.95	100m:	1:09.14	17.67	150m:	1:46.44	18.68	200m:	2:22.91	17.89
18.				2009						+0,59	2:25.29	8,00
	25m:	17.05	17.05	75m:	53.14	18.38	125m:	1:30.07	18.72	175m:	2:07.33	18.66
	50m:	34.76	17.71	100m:	1:11.35	18.21	150m:	1:48.67	18.60	200m:	2:25.29	17.96
19.				2010						+0,57	2:26.29	7,00
	25m:	16.62	16.62	75m:	52.23	18.17	125m:	1:29.98	19.24	175m:	2:07.87	19.28
	50m:	34.06	17.44	100m:	1:10.74	18.51	150m:	1:48.59	18.61	200m:	2:26.29	18.42
20.				2010						+0,52	2:28.67	6,00
	25m:	16.38	16.38	75m:	53.40	18.85	125m:	1:32.13	19.73	175m:	2:10.65	18.89
	50m:	34.55	18.17	100m:	1:12.40	19.00	150m:	1:51.76	19.63	200m:	2:28.67	18.02
21.				2010						+0,66	2:29.30	5,00
	25m:	17.24	17.24	75m:	54.38	19.13	125m:	1:32.46	19.27	175m:	2:10.94	19.02
	50m:	35.25	18.01	100m:	1:13.19	18.81	150m:	1:51.92	19.46	200m:	2:29.30	18.36

" "

25

<https://swim4you.ru/>

, , 09-10

2024 .

OMEGA ARES 21

No.	20, , 200m			(14-15)			R.T.			Total			
	25m	50m	100m	75m	100m	150m	125m	150m	200m				
22.	17.12	35.41	18.29	54.31	1:13.08	18.77	1:33.09	1:52.64	20.01	19.55	+0,72	2:30.00	4,00
23.	17.29	34.73	17.44	54.25	1:13.26	19.01	1:32.79	1:52.08	19.53	19.29	+0,90	2:30.50	3,00
24.	16.45	34.41	17.96	53.41	1:12.32	19.00	1:32.94	1:53.27	20.62	20.33	+0,86	2:31.85	2,00
25.	17.45	36.36	18.91	56.05	1:15.47	19.69	1:35.79	1:55.46	20.32	19.67	+0,73	2:33.64	1,00
26.	17.10	35.65	18.55	55.46	1:15.37	19.81	1:35.62	1:55.66	20.25	20.04	+0,71	2:35.20	-
27.	17.71	36.52	18.81	56.40	1:16.53	20.13	1:37.26	1:57.69	20.73	20.43	+0,66	2:38.34	-
28.	17.13	35.85	18.72	56.21	1:16.47	20.36	1:37.77	1:58.96	21.30	21.19	+0,65	2:39.34	-