

6

, 400m

2002 - 2009

15.02.2020

: FINA 2020

												R.T.	
(11-12 )													
1.				2009 II		12,				+0,72	<b>4:57.80</b>	II	403
	50m:	33.82	33.82	150m:	1:49.60	38.63	250m:	3:06.91	38.91	350m:	4:21.75	37.23	
	100m:	1:10.97	37.15	200m:	2:28.00	38.40	300m:	3:44.52	37.61	400m:	4:57.80	36.05	
2.				2008 II		"				+0,78	<b>4:59.83</b>	II	395
	50m:	34.14	34.14	150m:	1:50.39	38.42	250m:	3:08.13	36.92	400m:	4:59.83	34.63	
	100m:	1:11.97	37.83	200m:	2:31.21	40.82	350m:	4:25.20	1:17.07				
3.				2009 III		"				+0,65	<b>5:00.59</b>	II	392
	50m:	34.12	34.12	150m:	1:50.74	38.20	250m:	3:07.92	38.46	350m:	4:25.02	38.14	
	100m:	1:12.54	38.42	200m:	2:29.46	38.72	300m:	3:46.88	38.96	400m:	5:00.59	35.57	
4.				2008 III		"				+0,70	<b>5:01.20</b>	II	390
	50m:	33.36	33.36	150m:	1:47.45	37.89	250m:	3:04.82	38.90	350m:	4:22.83	39.12	
	100m:	1:09.56	36.20	200m:	2:25.92	38.47	300m:	3:43.71	38.89	400m:	5:01.20	38.37	
5.				2008 II		"				+0,70	<b>5:06.17</b>	II	371
	50m:	33.88	33.88	150m:	1:51.48	39.05	250m:	3:10.04	39.19	350m:	4:28.81	38.98	
	100m:	1:12.43	38.55	200m:	2:30.85	39.37	300m:	3:49.83	39.79	400m:	5:06.17	37.36	
6.				2008 III		"				+0,59	<b>5:12.13</b>	III	350
	50m:	34.33	34.33	150m:	1:53.42	39.95	250m:	3:15.14	40.70	350m:	4:35.03	39.37	
	100m:	1:13.47	39.14	200m:	2:34.44	41.02	300m:	3:55.66	40.52	400m:	5:12.13	37.10	
7.				2008 III		"				+0,78	<b>5:12.28</b>	III	349
	50m:	34.74	34.74	150m:	1:55.64	40.84	250m:	3:17.58	41.04	350m:	4:35.96	38.03	
	100m:	1:14.80	40.06	200m:	2:36.54	40.90	300m:	3:57.93	40.35	400m:	5:12.28	36.32	
8.				2009 II		"				+0,45	<b>5:13.62</b>	III	345
	50m:	34.12	34.12	150m:	1:53.74	40.24	250m:	3:13.92	39.79	350m:	4:34.24	39.80	
	100m:	1:13.50	39.38	200m:	2:34.13	40.39	300m:	3:54.44	40.52	400m:	5:13.62	39.38	
9.				2008 III		"				+0,65	<b>5:14.19</b>	III	343
	50m:	34.34	34.34	150m:	1:53.47	40.11	250m:	3:14.41	40.49	350m:	4:35.34	40.09	
	100m:	1:13.36	39.02	200m:	2:33.92	40.45	300m:	3:55.25	40.84	400m:	5:14.19	38.85	
10.				2008 III		"				+0,70	<b>5:14.42</b>	III	342
	50m:	35.34	35.34	150m:	1:54.44	39.72	250m:	3:15.66	40.96	350m:	4:36.21	39.87	
	100m:	1:14.72	39.38	200m:	2:34.70	40.26	300m:	3:56.34	40.68	400m:	5:14.42	38.21	
11.				2008 III		"				+0,68	<b>5:15.88</b>	III	338
	50m:	35.04	35.04	150m:	1:56.23	41.42	250m:	3:18.60	41.04	350m:	4:39.72	40.57	
	100m:	1:14.81	39.77	200m:	2:37.56	41.33	300m:	3:59.15	40.55	400m:	5:15.88	36.16	
12.				2008 III		RSO SwimTeam,				+0,83	<b>5:16.41</b>	III	336
	50m:	34.81	34.81	150m:	1:54.55	41.04	250m:	3:15.79	40.42	350m:	4:36.05	38.37	
	100m:	1:13.51	38.70	200m:	2:35.37	40.82	300m:	3:57.68	41.89	400m:	5:16.41	40.36	
13.				2008 III		"				+0,76	<b>5:17.05</b>	III	334
	50m:	34.83	34.83	150m:	1:56.11	40.81	250m:	3:18.41	40.97	350m:	4:39.34	40.28	
	100m:	1:15.30	40.47	200m:	2:37.44	41.33	300m:	3:59.06	40.65	400m:	5:17.05	37.71	
14.				2008 III		"				+0,62	<b>5:18.26</b>	III	330
	50m:	34.30	34.30	150m:	1:54.13	40.99	250m:	3:15.69	41.35	350m:	4:38.57	41.58	
	100m:	1:13.14	38.84	200m:	2:34.34	40.21	300m:	3:56.99	41.30	400m:	5:18.26	39.69	
15.				2009 II		"				+0,77	<b>5:19.19</b>	III	327
	50m:	36.01	36.01	150m:	1:56.67	40.92	250m:	3:19.40	41.65	350m:	4:41.53	40.81	
	100m:	1:15.75	39.74	200m:	2:37.75	41.08	300m:	4:00.72	41.32	400m:	5:19.19	37.66	
16.				2008 II		"				+0,61	<b>5:21.71</b>	III	320
	50m:	34.23	34.23	150m:	1:54.15	40.90	250m:	3:17.20	41.86	350m:	4:41.56	42.37	
	100m:	1:13.25	39.02	200m:	2:35.34	41.19	300m:	3:59.19	41.99	400m:	5:21.71	40.15	

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, 15-16

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OMEGA ARES 21

Splash Meet Manager, 11.63276

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16.02.2020 12:36 -

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6, , 400m , (11-12 )

R.T.

17.				2009	I	" "				+0,71	<b>5:24.32</b>	III	312
	50m:	36.53	36.53	150m:	1:58.90	41.50	250m:	3:22.95	42.27	350m:	4:45.03	40.49	
	100m:	1:17.40	40.87	200m:	2:40.68	41.78	300m:	4:04.54	41.59	400m:	5:24.32	39.29	
18.				2008	III	' - "				+0,88	<b>5:25.18</b>	III	309
	50m:	35.09	35.09	150m:	1:59.31	42.76	250m:	3:23.17	41.97	350m:	4:47.15	41.64	
	100m:	1:16.55	41.46	200m:	2:41.20	41.89	300m:	4:05.51	42.34	400m:	5:25.18	38.03	
19.				2008	I	" "				+0,83	<b>5:28.47</b>	III	300
	50m:	35.92	35.92	150m:	2:00.57	42.59	250m:	3:25.52	42.30	350m:	4:48.57	40.86	
	100m:	1:17.98	42.06	200m:	2:43.22	42.65	300m:	4:07.71	42.19	400m:	5:28.47	39.90	
20.				2009	III					+0,76	<b>5:31.45</b>	III	292
	50m:	37.04	37.04	150m:	2:00.18	42.38	250m:	3:25.62	42.64	350m:	4:50.24	41.96	
	100m:	1:17.80	40.76	200m:	2:42.98	42.80	300m:	4:08.28	42.66	400m:	5:31.45	41.21	
21.				2009	III	" "				+0,65	<b>5:33.44</b>	III	287
	50m:	38.17	38.17	150m:	2:04.48	43.41	250m:	3:30.05	42.62	350m:	4:54.93	42.24	
	100m:	1:21.07	42.90	200m:	2:47.43	42.95	300m:	4:12.69	42.64	400m:	5:33.44	38.51	
22.				2008	III	" "				+0,60	<b>5:33.50</b>	III	287
	50m:	37.42	37.42	150m:	2:02.93	43.52	250m:	3:28.91	43.13	350m:	4:53.67	42.06	
	100m:	1:19.41	41.99	200m:	2:45.78	42.85	300m:	4:11.61	42.70	400m:	5:33.50	39.83	
23.				2009	I	" "				+0,62	<b>5:35.24</b>	III	282
	50m:	38.09	38.09	150m:	2:02.52	42.79	250m:	3:28.70	43.24	350m:	4:55.52	43.41	
	100m:	1:19.73	41.64	200m:	2:45.46	42.94	300m:	4:12.11	43.41	400m:	5:35.24	39.72	
24.				2008	I	" "				+0,53	<b>5:36.63</b>	III	279
	50m:	37.15	37.15	150m:	2:02.63	43.23	250m:	3:28.89	43.17	350m:	4:55.88	42.97	
	100m:	1:19.40	42.25	200m:	2:45.72	43.09	300m:	4:12.91	44.02	400m:	5:36.63	40.75	
25.				2009	III	' - "				+0,78	<b>5:37.21</b>	III	277
	50m:	37.51	37.51	150m:	2:03.93	43.91	250m:	3:30.25	43.66	350m:	4:56.40	42.06	
	100m:	1:20.02	42.51	200m:	2:46.59	42.66	300m:	4:14.34	44.09	400m:	5:37.21	40.81	
26.				2008	III					+0,60	<b>5:39.36</b>	III	272
	50m:	36.43	36.43	150m:	2:00.82	42.76	250m:	3:28.31	43.73	350m:	4:56.20	44.08	
	100m:	1:18.06	41.63	200m:	2:44.58	43.76	300m:	4:12.12	43.81	400m:	5:39.36	43.16	
27.				2008	III	" "				+0,77	<b>5:42.83</b>	III	264
	50m:	35.51	35.51	150m:	2:01.73	44.40	250m:	3:31.94	45.18	350m:	5:02.08	44.78	
	100m:	1:17.33	41.82	200m:	2:46.76	45.03	300m:	4:17.30	45.36	400m:	5:42.83	40.75	
28.				2009	III	" "				+0,68	<b>5:45.57</b>	III	258
	50m:	38.81	38.81	150m:	2:06.35	44.30	250m:	3:33.99	44.03	350m:	5:02.87	44.54	
	100m:	1:22.05	43.24	200m:	2:49.96	43.61	300m:	4:18.33	44.34	400m:	5:45.57	42.70	
29.				2009	III	" "				+0,69	<b>5:51.28</b>	I	245
	50m:	37.36	37.36	150m:	2:05.87	45.28	250m:	3:37.46	45.38	350m:	5:07.95	44.04	
	100m:	1:20.59	43.23	200m:	2:52.08	46.21	300m:	4:23.91	46.45	400m:	5:51.28	43.33	
30.				2009	I	" "				+0,61	<b>5:51.62</b>	I	245
	50m:	38.90	38.90	150m:	2:08.36	45.25	250m:	3:39.50	45.63	350m:	5:09.33	44.52	
	100m:	1:23.11	44.21	200m:	2:53.87	45.51	300m:	4:24.81	45.31	400m:	5:51.62	42.29	
31.				2008	III	" "				+0,70	<b>5:53.96</b>	I	240
	50m:	37.54	37.54	150m:	2:06.46	45.40	250m:	3:36.85	46.14	350m:	5:08.74	45.70	
	100m:	1:21.06	43.52	200m:	2:50.71	44.25	300m:	4:23.04	46.19	400m:	5:53.96	45.22	
32.				2009	III	" "				+0,59	<b>5:54.07</b>	I	240
	50m:	40.06	40.06	150m:	2:10.46	46.08	250m:	3:40.91	44.58	350m:	5:11.12	44.27	
	100m:	1:24.38	44.32	200m:	2:56.33	45.87	300m:	4:26.85	45.94	400m:	5:54.07	42.95	
33.				2009	III	"Meltser"				+0,69	<b>5:54.90</b>	I	238
	50m:	39.64	39.64	150m:	2:09.55	46.11	250m:	3:39.02		350m:	5:11.36		
	100m:	1:23.44	43.80	200m:	4:25.51	2:15.96	300m:	5:58.13	2:19.11	400m:	5:54.90	43.54	
34.				2009	I	" "				+0,68	<b>6:00.40</b>	I	227
	50m:	39.47	39.47	150m:	2:11.17	46.13	250m:	3:44.00	46.72	350m:	5:16.38	46.06	
	100m:	1:25.04	45.57	200m:	2:57.28	46.11	300m:	4:30.32	46.32	400m:	6:00.40	44.02	

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6, , 400m , (11-12 )

R.T.

35.			2009 I	" "							<b>6:09.35</b>	I	211
	50m:	41.19	41.19	150m:	2:15.47	47.49	250m:	3:50.08	47.06	350m:	5:24.20	46.06	
	100m:	1:27.98	46.79	200m:	3:03.02	47.55	300m:	4:38.14	48.06	400m:	6:09.35	45.15	
36.			2009 I	' - "						<b>+0,75</b>	<b>6:10.08</b>	I	210
	50m:	36.40	36.40	150m:	2:07.96	47.02	250m:	3:45.48	48.94	350m:	5:25.33	57.42	
	100m:	1:20.94	44.54	200m:	2:56.54	48.58	300m:	4:27.91	42.43	400m:	6:10.08	44.75	
37.			2009 I	" "							<b>6:11.53</b>	I	207
	50m:	42.96	42.96	150m:	2:16.38	46.44	250m:	3:50.72	46.91	350m:	5:25.90	46.59	
	100m:	1:29.94	46.98	200m:	3:03.81	47.43	300m:	4:39.31	48.59	400m:	6:11.53	45.63	
38.			2008 I	' - "						<b>+0,84</b>	<b>6:12.14</b>	I	206
	50m:	38.21	38.21	150m:	2:09.84	47.42	250m:	3:47.77	49.29	350m:	5:25.94	48.95	
	100m:	1:22.42	44.21	200m:	2:58.48	48.64	300m:	4:36.99	49.22	400m:	6:12.14	46.20	
39.			2009 III	" "						<b>+0,76</b>	<b>6:14.64</b>	I	202
	50m:	43.79	43.79	150m:	2:18.85	47.57	250m:	3:55.24	47.16	350m:	5:30.37	47.23	
	100m:	1:31.28	47.49	200m:	3:08.08	49.23	300m:	4:43.14	47.90	400m:	6:14.64	44.27	
40.			2008 I	" "						<b>+0,65</b>	<b>6:16.36</b>	I	199
	50m:	40.46	40.46	150m:	2:15.64	47.76	250m:	3:52.83	47.20	350m:	5:31.15	48.52	
	100m:	1:27.88	47.42	200m:	3:05.63	49.99	300m:	4:42.63	49.80	400m:	6:16.36	45.21	
41.			2009 I	" "						<b>+0,61</b>	<b>6:17.11</b>	I	198
	50m:	40.86	40.86	150m:	2:15.50	47.91	250m:	3:53.26	48.94	350m:	5:31.16	48.43	
	100m:	1:27.59	46.73	200m:	3:04.32	48.82	300m:	4:42.73	49.47	400m:	6:17.11	45.95	
42.			2008 I	" "						<b>+0,81</b>	<b>6:18.43</b>	I	196
	50m:	41.35	41.35	150m:	2:16.87	48.32	250m:	3:54.42	48.66	350m:	5:32.34	47.62	
	100m:	1:28.55	47.20	200m:	3:05.76	48.89	300m:	4:44.72	50.30	400m:	6:18.43	46.09	
43.			2008 III	" "						<b>+0,75</b>	<b>6:26.30</b>	I	184
	50m:	40.47	40.47	150m:	2:18.81	50.32	250m:	3:59.79	50.67	350m:	5:38.72	49.30	
	100m:	1:28.49	48.02	200m:	3:09.12	50.31	300m:	4:49.42	49.63	400m:	6:26.30	47.58	
44.			2009 II	" "						<b>+0,84</b>	<b>6:41.86</b>	I	164
	50m:	42.94	42.94	150m:	2:26.14	53.80	250m:	4:10.19	53.19	350m:	5:54.74	52.48	
	100m:	1:32.34	49.40	200m:	3:17.00	50.86	300m:	5:02.26	52.07	400m:	6:41.86	47.12	
DNS			2008 III	" "									
DNS			2009 III	" "									

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1.			2006	" "							<b>+0,68</b>	<b>4:20.25</b>	I	604
	50m:	29.18	29.18	150m:	1:34.74	33.06	250m:	2:41.29	33.38	350m:	3:47.75	33.06		
	100m:	1:01.68	32.50	200m:	2:07.91	33.17	300m:	3:14.69	33.40	400m:	4:20.25	32.50		
2.			2006 I	" "						<b>+0,83</b>	<b>4:33.07</b>	I	523	
	50m:	30.15	30.15	150m:	1:38.60	34.99	250m:	2:49.15	34.22	350m:	3:59.42	34.99		
	100m:	1:03.61	33.46	200m:	2:14.93	36.33	300m:	3:24.43	35.28	400m:	4:33.07	33.65		
3.			2006 I	" "						<b>+0,76</b>	<b>4:36.11</b>	II	506	
	50m:	29.51	29.51	150m:	1:40.84	36.39	250m:	2:52.93	35.69	350m:	4:03.15	34.64		
	100m:	1:04.45	34.94	200m:	2:17.24	36.40	300m:	3:28.51	35.58	400m:	4:36.11	32.96		
4.			2007 II	" "						<b>+0,75</b>	<b>4:40.39</b>	II	483	
	50m:	32.74	32.74	150m:	1:44.80	36.07	250m:	2:56.76	35.71	350m:	4:07.14	34.78		
	100m:	1:08.73	35.99	200m:	2:21.05	36.25	300m:	3:32.36	35.60	400m:	4:40.39	33.25		
5.			2006 II	" "						<b>+0,69</b>	<b>4:42.59</b>	II	472	
	50m:	31.59	31.59	150m:	1:44.14	36.92	250m:	2:56.22	36.01	350m:	4:08.07	36.00		
	100m:	1:07.22	35.63	200m:	2:20.21	36.07	300m:	3:32.07	35.85	400m:	4:42.59	34.52		
6.			2007 II	" "						<b>+0,66</b>	<b>4:45.21</b>	II	459	
	50m:	32.27	32.27	150m:	1:44.74	36.56	250m:	2:57.83	36.50	350m:	4:11.15	37.01		
	100m:	1:08.18	35.91	200m:	2:21.33	36.59	300m:	3:34.14	36.31	400m:	4:45.21	34.06		

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16.02.2020 12:36 -

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6, , 400m , (13-14 )

											R.T.			
7.			2007 II								+0,73	<b>4:45.67</b>	II	457
	50m:	32.39	32.39	150m:	1:45.01	36.17	250m:	2:58.61	37.16	350m:	4:11.47	36.30		
	100m:	1:08.84	36.45	200m:	2:21.45	36.44	300m:	3:35.17	36.56	400m:	4:45.67	34.20		
8.			2006 II								+0,80	<b>4:47.79</b>	II	447
	50m:	30.95	30.95	150m:	1:41.69	36.01	250m:	2:55.59	37.41	350m:	4:11.47	38.21		
	100m:	1:05.68	34.73	200m:	2:18.18	36.49	300m:	3:33.26	37.67	400m:	4:47.79	36.32		
9.			2006 II								+0,64	<b>4:48.23</b>	II	445
	50m:	31.80	31.80	150m:	1:45.71	37.82	250m:	3:00.24	37.58	350m:	4:14.31	36.91		
	100m:	1:07.89	36.09	200m:	2:22.66	36.95	300m:	3:37.40	37.16	400m:	4:48.23	33.92		
10.			2006 II								+0,75	<b>4:49.34</b>	II	440
	50m:	31.96	31.96	150m:	1:43.64	36.59	250m:	2:58.26	37.64	350m:	4:13.54	37.89		
	100m:	1:07.05	35.09	200m:	2:20.62	36.98	300m:	3:35.65	37.39	400m:	4:49.34	35.80		
11.			2006 I								+0,72	<b>4:50.98</b>	II	432
	50m:	30.69	30.69	150m:	1:43.30	36.60	250m:	2:58.22	37.14	350m:	4:14.46	38.32		
	100m:	1:06.70	36.01	200m:	2:21.08	37.78	300m:	3:36.14	37.92	400m:	4:50.98	36.52		
12.			2007 II								+0,69	<b>4:53.00</b>	II	423
	50m:	34.24	34.24	150m:	1:49.68	37.82	250m:	3:03.02	36.59	350m:	4:17.47	37.78		
	100m:	1:11.86	37.62	200m:	2:26.43	36.75	300m:	3:39.69	36.67	400m:	4:53.00	35.53		
13.			2007 II								+0,76	<b>4:54.34</b>	II	417
	50m:	32.57	32.57	150m:	1:47.49	37.92	250m:	3:03.10	37.72	350m:	4:18.28	37.21		
	100m:	1:09.57	37.00	200m:	2:25.38	37.89	300m:	3:41.07	37.97	400m:	4:54.34	36.06		
14.			2007 II								+0,75	<b>4:59.02</b>	II	398
	50m:	32.71	32.71	150m:	1:48.86	38.82	250m:	3:05.73	38.73	350m:	4:22.17	37.87		
	100m:	1:10.04	37.33	200m:	2:27.00	38.14	300m:	3:44.30	38.57	400m:	4:59.02	36.85		
15.			2006 II								+0,76	<b>5:02.01</b>	II	386
	50m:	32.23	32.23	150m:	1:47.29	38.19	250m:	3:04.21	38.69	350m:	4:23.80	39.66		
	100m:	1:09.10	36.87	200m:	2:25.52	38.23	300m:	3:44.14	39.93	400m:	5:02.01	38.21		
16.			2007 II								+0,75	<b>5:04.49</b>	II	377
	50m:	32.71	32.71	150m:	1:49.27	39.23	250m:	3:07.58	39.29	350m:	4:26.65	40.28		
	100m:	1:10.04	37.33	200m:	2:28.29	39.02	300m:	3:46.37	38.79	400m:	5:04.49	37.84		
17.			2007 II								+0,63	<b>5:06.62</b>	II	369
	50m:	33.31	33.31	150m:	1:50.18	39.01	250m:	3:10.34	40.51	350m:	4:29.72	38.80		
	100m:	1:11.17	37.86	200m:	2:29.83	39.65	300m:	3:50.92	40.58	400m:	5:06.62	36.90		
18.			2007 III								+0,72	<b>5:06.66</b>	II	369
	50m:	34.44	34.44	150m:	1:53.04	40.44	250m:	3:11.87	39.81	350m:	4:29.66	38.07		
	100m:	1:12.60	38.16	200m:	2:32.06	39.02	300m:	3:51.59	39.72	400m:	5:06.66	37.00		
19.			2006 III								+0,72	<b>5:07.97</b>	II	364
	50m:	32.34	32.34	150m:	1:48.17	38.98	250m:	3:07.73	39.98	350m:	4:28.48	40.25		
	100m:	1:09.19	36.85	200m:	2:27.75	39.58	300m:	3:48.23	40.50	400m:	5:07.97	39.49		
20.			2007 III RSO SwimTeam,								+0,85	<b>5:11.17</b>	III	353
	50m:	35.91	35.91	150m:	1:55.46	40.21	250m:	3:14.46	39.15	350m:	4:33.48	39.09		
	100m:	1:15.25	39.34	200m:	2:35.31	39.85	300m:	3:54.39	39.93	400m:	5:11.17	37.69		
21.			2007 III								+0,55	<b>5:11.43</b>	III	352
	50m:	33.61	33.61	150m:	1:50.79	39.32	250m:	3:12.39	40.92	350m:	4:32.32	39.47		
	100m:	1:11.47	37.86	200m:	2:31.47	40.68	300m:	3:52.85	40.46	400m:	5:11.43	39.11		
22.			2006 III								+0,94	<b>5:11.64</b>	III	352
	50m:	33.83	33.83	150m:	1:52.28	40.37	250m:	3:13.79	41.19	350m:	4:34.10	39.83		
	100m:	1:11.91	38.08	200m:	2:32.60	40.32	300m:	3:54.27	40.48	400m:	5:11.64	37.54		
23.			2007 II								+0,81	<b>5:12.95</b>	III	347
	50m:	37.17	37.17	150m:	1:58.27	40.68	250m:	3:17.89	39.96	350m:	4:36.49	39.33		
	100m:	1:17.59	40.42	200m:	2:37.93	39.66	300m:	3:57.16	39.27	400m:	5:12.95	36.46		
24.			2007 III								+0,71	<b>5:13.63</b>	III	345
	50m:	34.19	34.19	150m:	1:52.84	39.96	250m:	3:14.30	40.78	350m:	4:35.36	40.43		
	100m:	1:12.88	38.69	200m:	2:33.52	40.68	300m:	3:54.93	40.63	400m:	5:13.63	38.27		

6, , 400m , (13-14 )

										R.T.			
25.				2006	III	" "				+0,96	<b>5:14.27</b>	III	343
	50m:	34.59	34.59	150m:	1:52.98	39.76	250m:	3:13.72	40.45	350m:	4:36.71	41.37	
	100m:	1:13.22	38.63	200m:	2:33.27	40.29	300m:	3:55.34	41.62	400m:	5:14.27	37.56	
26.				2007	III	" "				+0,65	<b>5:14.87</b>	III	341
	50m:	33.69	33.69	150m:	1:52.32	40.65	250m:	3:14.26	39.78	350m:	4:36.16	39.13	
	100m:	1:11.67	37.98	200m:	2:34.48	42.16	300m:	3:57.03	42.77	400m:	5:14.87	38.71	
27.				2007	III	" "				+0,82	<b>5:16.09</b>	III	337
	50m:	33.53	33.53	150m:	1:51.24	39.86	250m:	3:14.43	41.99	350m:	4:37.33	41.25	
	100m:	1:11.38	37.85	200m:	2:32.44	41.20	300m:	3:56.08	41.65	400m:	5:16.09	38.76	
28.				2007	III	" "				+0,67	<b>5:20.81</b>	III	322
	50m:	36.16	36.16	150m:	1:56.34	40.82	250m:	3:17.93	41.17	350m:	4:40.33	41.18	
	100m:	1:15.52	39.36	200m:	2:36.76	40.42	300m:	3:59.15	41.22	400m:	5:20.81	40.48	
29.				2007	II					+0,84	<b>5:25.60</b>	III	308
	50m:	35.38	35.38	150m:	1:58.60	42.46	250m:	3:22.81	41.31	350m:	4:47.43	41.84	
	100m:	1:16.14	40.76	200m:	2:41.50	42.90	300m:	4:05.59	42.78	400m:	5:25.60	38.17	
30.				2007	III	" "				+0,69	<b>5:27.13</b>	III	304
	50m:	36.35	36.35	150m:	1:58.14	41.84	250m:	3:23.14	42.43	350m:	4:47.03	41.95	
	100m:	1:16.30	39.95	200m:	2:40.71	42.57	300m:	4:05.08	41.94	400m:	5:27.13	40.10	
31.				2006	III	" "				+0,94	<b>5:39.15</b>	III	273
	50m:	36.08	36.08	150m:	2:00.78	43.40	250m:	3:28.95	43.99	350m:	4:57.40	44.36	
	100m:	1:17.38	41.30	200m:	2:44.96	44.18	300m:	4:13.04	44.09	400m:	5:39.15	41.75	
32.				2006	I	" "				+0,81	<b>6:13.32</b>	I	204
	50m:	36.34	36.34	150m:	2:11.15	49.27	250m:	3:50.82	49.33	350m:	5:30.09	48.38	
	100m:	1:21.88	45.54	200m:	3:01.49	50.34	300m:	4:41.71	50.89	400m:	6:13.32	43.23	
33.				2007	I	" "				+0,74	<b>6:16.49</b>	I	199
	50m:	38.58	38.58	150m:	2:13.59	48.88	250m:	3:52.44	49.22	350m:	5:31.85	1:39.41	
	100m:	1:24.71	46.13	200m:	3:03.22	49.63	300m:	4:13.04	44.09	400m:	6:16.49	44.64	
34.				2007	I	" "				+0,87	<b>6:17.11</b>	I	198
	50m:	40.22	40.22	150m:	2:14.66	48.48	250m:	3:51.95	50.04	350m:	5:30.84	50.00	
	100m:	1:26.18	45.96	200m:	3:01.91	47.25	300m:	4:40.84	48.89	400m:	6:17.11	46.27	
DSQ				2007	II							II	
DNS				2006	II	' - "							

(15-16 )

1.				2005		" "				+0,81	<b>4:24.22</b>	I	577
	50m:	29.77	29.77	150m:	1:35.05	33.00	250m:	2:42.22	33.71	350m:	3:50.79	34.77	
	100m:	1:02.05	32.28	200m:	2:08.51	33.46	300m:	3:16.02	33.80	400m:	4:24.22	33.43	
2.				2005	I					+0,81	<b>4:32.66</b>	I	525
	50m:	30.64	30.64	150m:	1:38.67	34.71	250m:	2:48.71	35.52	350m:	3:59.99	35.91	
	100m:	1:03.96	33.32	200m:	2:13.19	34.52	300m:	3:24.08	35.37	400m:	4:32.66	32.67	
3.				2005	I	" "				+0,70	<b>4:34.19</b>	II	517
	50m:	29.39	29.39	150m:	1:38.49	35.34	250m:	2:49.50	36.06	350m:	4:00.68	35.12	
	100m:	1:03.15	33.76	200m:	2:13.44	34.95	300m:	3:25.56	36.06	400m:	4:34.19	33.51	
4.				2005	II	" "				+0,71	<b>4:35.66</b>	II	508
	50m:	30.04	30.04	150m:	1:39.31	35.03	250m:	2:50.06	35.29	350m:	4:01.38	35.67	
	100m:	1:04.28	34.24	200m:	2:14.77	35.46	300m:	3:25.71	35.65	400m:	4:35.66	34.28	
5.				2004	II	" 70 "				+0,64	<b>4:37.72</b>	II	497
	50m:	30.89	30.89	150m:	1:40.38	35.40	250m:	2:51.77	36.15	350m:	4:04.77	36.62	
	100m:	1:04.98	34.09	200m:	2:15.62	35.24	300m:	3:28.15	36.38	400m:	4:37.72	32.95	
6.				2005	II	' - "				+0,69	<b>4:40.75</b>	II	481
	50m:	30.18	30.18	150m:	1:40.42	35.70	250m:	2:53.00	36.35	350m:	4:05.95	36.37	
	100m:	1:04.72	34.54	200m:	2:16.65	36.23	300m:	3:29.58	36.58	400m:	4:40.75	34.80	



6, , 400m , (15-16 )

R.T.

7.			2005 II	" "						+0,76	<b>4:42.00</b>	II	475
	50m:	31.19	31.19	150m:	1:41.03	35.59	250m:	2:52.64	36.12	350m:	4:06.00	36.65	
	100m:	1:05.44	34.25	200m:	2:16.52	35.49	300m:	3:29.35	36.71	400m:	4:42.00	36.00	
8.			2005 II	" "						+0,74	<b>4:42.63</b>	II	472
	50m:	30.81	30.81	150m:	1:41.36	36.07	250m:	2:54.24	36.37	350m:	4:07.77	36.47	
	100m:	1:05.29	34.48	200m:	2:17.87	36.51	300m:	3:31.30	37.06	400m:	4:42.63	34.86	
9.			2005 II	2,						+0,73	<b>4:45.32</b>	II	458
	50m:	31.24	31.24	150m:	1:43.13	36.35	250m:	2:56.72	36.97	350m:	4:10.74	36.48	
	100m:	1:06.78	35.54	200m:	2:19.75	36.62	300m:	3:34.26	37.54	400m:	4:45.32	34.58	
10.			2005 II	" "						+0,77	<b>4:47.94</b>	II	446
	50m:	31.72	31.72	150m:	1:44.33	36.84	250m:	2:57.03	36.30	350m:	4:12.01	37.44	
	100m:	1:07.49	35.77	200m:	2:20.73	36.40	300m:	3:34.57	37.54	400m:	4:47.94	35.93	
11.			2004 II	" "						+0,78	<b>4:48.01</b>	II	446
	50m:	31.51	31.51	150m:	1:43.11	36.43	250m:	2:57.26	37.35	350m:	4:11.70	37.41	
	100m:	1:06.68	35.17	200m:	2:19.91	36.80	300m:	3:34.29	37.03	400m:	4:48.01	36.31	
12.			2005 II	" "						+0,71	<b>4:52.90</b>	II	424
	50m:	31.26	31.26	150m:	1:42.88	36.66	250m:	2:59.48	38.54	350m:	4:16.97	38.96	
	100m:	1:06.22	34.96	200m:	2:20.94	38.06	300m:	3:38.01	38.53	400m:	4:52.90	35.93	
13.			2005 II	64,						+0,67	<b>4:57.95</b>	II	402
	50m:	32.60	32.60	150m:	1:46.92	37.72	250m:	3:02.98	41.99	400m:	4:57.95	35.67	
	100m:	1:09.20	36.60	200m:	2:20.99	34.07	350m:	4:22.28	1:19.30				
14.			2005 III	" "						+0,78	<b>4:59.59</b>	II	396
	50m:	30.52	30.52	150m:	1:45.06	38.66	250m:	3:03.69	38.85	350m:	4:23.27	39.59	
	100m:	1:06.40	35.88	200m:	2:24.84	39.78	300m:	3:43.68	39.99	400m:	4:59.59	36.32	
15.			2005 II	" "						+0,75	<b>5:02.89</b>	II	383
	50m:	32.00	32.00	150m:	1:45.81	37.97	250m:	3:03.73	39.26	350m:	4:24.09	40.11	
	100m:	1:07.84	35.84	200m:	2:24.47	38.66	300m:	3:43.98	40.25	400m:	5:02.89	38.80	
16.			2005 II	2,						+0,74	<b>5:05.94</b>	II	372
	50m:	32.75	32.75	150m:	1:49.99	39.75	250m:	3:09.90	40.14	350m:	4:29.10	39.45	
	100m:	1:10.24	37.49	200m:	2:29.76	39.77	300m:	3:49.65	39.75	400m:	5:05.94	36.84	
17.			2004 II	RSO SwimTeam,						+0,86	<b>5:09.21</b>	III	360
	50m:	33.33	33.33	150m:	1:48.87	38.50	250m:	3:08.86	40.40	350m:	4:29.39	39.57	
	100m:	1:10.37	37.04	200m:	2:28.46	39.59	300m:	3:49.82	40.96	400m:	5:09.21	39.82	
			2005 II	" "						+0,84	<b>5:09.21</b>	III	360
	50m:	33.52	33.52	150m:	1:49.97	38.82	250m:	3:10.36	40.64	350m:	4:30.50	40.19	
	100m:	1:11.15	37.63	200m:	2:29.72	39.75	300m:	3:50.31	39.95	400m:	5:09.21	38.71	
19.			2005 III	,						+0,72	<b>5:51.92</b>	I	244
	50m:	37.10	37.10	150m:	2:05.03	45.27	250m:	3:38.52	47.25	350m:	5:11.86	46.67	
	100m:	1:19.76	42.66	200m:	2:51.27	46.24	300m:	4:25.19	46.67	400m:	5:51.92	40.06	

(17-18 )

1.			2003 I	" "						+0,74	<b>4:25.51</b>	I	569
	50m:	28.92	28.92	150m:	1:35.49	33.56	250m:	2:43.30	33.77	350m:	3:52.02	34.30	
	100m:	1:01.93	33.01	200m:	2:09.53	34.04	300m:	3:17.72	34.42	400m:	4:25.51	33.49	
2.			2002 I	" "						+0,80	<b>4:41.39</b>	II	478
	50m:	30.68	30.68	150m:	1:40.79	35.56	250m:	2:54.95	37.29	350m:	4:07.81	35.95	
	100m:	1:05.23	34.55	200m:	2:17.66	36.87	300m:	3:31.86	36.91	400m:	4:41.39	33.58	
3.			2003 I	" "						+0,63	<b>4:41.53</b>	II	477
	50m:	30.34	30.34	150m:	1:40.56	36.01	250m:	2:53.86	36.45	350m:	4:07.38	36.53	
	100m:	1:04.55	34.21	200m:	2:17.41	36.85	300m:	3:30.85	36.99	400m:	4:41.53	34.15	