



6

, 400m

9 - 13

07.12.2024

13	4:30.00	RUS	08.04.2023
12	4:27.72	RUS	10.02.2024
11	4:45.04	RUS	18.11.2023
10	5:09.66	RUS	06.04.2024
9	5:42.80	CYP	16.02.2019
12 +: 4:02.00 / 10 +: 4:14.50 / I 9 +: 4:31.00 / II 9 +: 5:06.00 /			
III 9 +: 5:47.00 / I 8 +: 6:43.00 / II 8 +: 7:39.00 /			
III 8 +: 8:35.00			

1 5

0	2015 II	World Swim	6:43.00
1	2014 I	" "	6:32.00
2	2012 I	" "	6:26.00
3	2011 III		6:20.05
4	2014 III	" "	6:20.00
5	2014 I	" "	6:20.00
6	2013 I	" "	6:25.42
7	2014 I		6:31.67
8	2013 I		6:40.00
9	2013 I		6:56.00

2 5

0	2015 II		6:10.00
1	2013 I	1	6:00.00
2	2015 III	e	6:00.00
3	2014 I		5:59.00
4	2014 III	" "	5:55.00
5	2014 I		5:57.00
6	2012 I	" "	6:00.00
7	2013 I	" "	6:00.00
8	2014 I		6:06.03
9	2013 I		6:17.84

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MEGA ARES 21





6, , 400m

3 5

0	2015	I	"	"	5:50.00
1	2012	I	.		5:48.00
2	2011	III			5:45.00
3	2012	I	"	- 98"	5:40.00
4	2013	II			5:39.50
5	2014	III			5:40.00
6	2012	III			5:43.00
7	2013	III	"	"	5:45.00
8	2015	I	"	"	5:48.00
9	2013	I			5:54.00

4 5

0	2011	I			5:30.00
2	2012	I			5:12.00
3	2013	I	"	" -	5:08.00
4	2013	I	"	"	5:05.00
5	2012	I			5:07.28
6	2012	I		1	5:10.00
7	2014	III	"	" -	5:15.00
8	2011	III			5:25.00
9	2015	I		1	5:30.00

5 5

0	2012	I	"	"	5:02.69
1	2011	I	"	"	4:55.00
2	2011	I	"	"	4:54.12
3	2012	I	"	"	4:50.00
4	2011	I	"	"	4:20.00
5	2013	I	"	" -	4:45.00
6	2012	I	"	"	4:50.00
7	2013	I			4:55.00
8	2012	I	"	"	4:55.00
9	2011	I		"	5:04.26

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MEGA ARES 21

