

31, , 200m , (10-11)

R.T.

16.			26.08.2015 III	5 "	"						3:11.73	200
	50m:	41.67	41.67	100m:	1:32.48	50.81	150m:	2:25.45	52.97	200m:	3:11.73	46.28
17.			15.05.2015 I	"	"						3:12.78	197
	50m:	41.22	41.22	100m:	1:30.40	49.18	150m:	2:22.70	52.30	200m:	3:12.78	50.08
18.			06.10.2015 III	5 "	"						3:14.69	191
	50m:	44.29	44.29	100m:	1:34.20	49.91	150m:	2:25.16	50.96	200m:	3:14.69	49.53
19.			07.12.2015 I	"	"					+0,64	3:15.51	189
	50m:	43.83	43.83	100m:	1:34.54	50.71	150m:	2:26.86	52.32	200m:	3:15.51	48.65
20.			15.03.2016 III	"	"					+0,65	3:16.19	187
	50m:	42.00	42.00	100m:	1:34.08	52.08	150m:	2:25.51	51.43	200m:	3:16.19	50.68
21.			14.08.2015 I	5 "	"					+0,84	3:16.24	187
	50m:	42.72	42.72	100m:	1:33.27	50.55	150m:	2:25.90	52.63	200m:	3:16.24	50.34
22.			11.01.2016 I	"	"						3:20.79	174
	50m:	44.74	44.74	100m:	1:37.01	52.27	150m:	2:29.65	52.64	200m:	3:20.79	51.14
23.			19.01.2015 I	"	"						3:21.35	173
	50m:	44.40	44.40	100m:	1:35.67	51.27	150m:	2:29.95	54.28	200m:	3:21.35	51.40
24.			04.01.2016 II							+0,79	3:30.76 II	150
	50m:	45.07	45.07	100m:	1:41.28	56.21	150m:	2:37.50	56.22	200m:	3:30.76	53.26
25.			27.04.2015 II		1					+0,76	3:33.31 II	145
	50m:	45.75	45.75	100m:	1:43.62	57.87	150m:	2:38.25	54.63	200m:	3:33.31	55.06
26.			04.03.2016 II	"	"						3:34.21 II	143
	50m:	46.57	46.57	100m:	1:43.76	57.19	150m:	2:40.96	57.20	200m:	3:34.21	53.25
27.			08.03.2016 II	"	"						3:37.57 II	137
	50m:	46.48	46.48	100m:	1:42.85	56.37	150m:	2:41.24	58.39	200m:	3:37.57	56.33
28.			03.09.2016 II	"	"						4:22.44 III	78
	50m:	58.68	58.68	100m:	2:07.48	1:08.80	150m:	3:16.49	1:09.01	200m:	4:22.44	1:05.95
DSQ			21.06.2016 I									

(12-13)

1.			30.08.2013	"	"						+0,63	2:15.78	564
	50m:	31.26	31.26	100m:	1:05.33	34.07	150m:	1:40.83	35.50	200m:	2:15.78	34.95	
2.			16.01.2013 I	10 "	"						+0,66	2:20.68	507
	50m:	32.64	32.64	100m:	1:07.77	35.13	150m:	1:44.27	36.50	200m:	2:20.68	36.41	
3.			03.04.2014 I								+0,75	2:21.17	502
	50m:	31.08	31.08	100m:	1:06.97	35.89	150m:	1:45.03	38.06	200m:	2:21.17	36.14	
4.			29.07.2013 III		1						+0,48	2:24.79 II	465
	50m:	34.39	34.39	100m:	1:12.17	37.78	150m:	1:49.49	37.32	200m:	2:24.79	35.30	
5.			26.11.2013 II	10 "	"						+0,89	2:26.42 II	450
	50m:	33.37	33.37	100m:	1:10.14	36.77	150m:	1:48.14	38.00	200m:	2:26.42	38.28	
6.			02.09.2013 II		1							2:29.22 II	425
	50m:	32.41	32.41	100m:	1:10.56	38.15	150m:	1:50.56	40.00	200m:	2:29.22	38.66	
7.			30.10.2013 II		"					-	+0,70	2:29.96 II	419
	50m:	34.74	34.74	100m:	1:12.90	38.16	150m:	1:51.38	38.48	200m:	2:29.96	38.58	
8.			21.02.2013 II	"	"						+0,64	2:30.90 II	411
	50m:	33.42	33.42	100m:	1:11.39	37.97	150m:	1:50.98	39.59	200m:	2:30.90	39.92	

<https://swim4you.ru/>

50

Swiss Timing Quantum Aquatics



	31,	, 200m								R.T.	
9.			07.10.2013 II	"	"	-		+0,71	2:33.54 II	390	
	50m: 34.73	34.73	100m: 1:14.08	39.35	150m: 1:54.99	40.91	200m: 2:33.54	38.55			
10.			02.05.2013 II	"	"	-		+0,77	2:34.96 II	379	
	50m: 35.75	35.75	100m: 1:15.37	39.62	150m: 1:56.68	41.31	200m: 2:34.96	38.28			
11.			19.02.2013 II	"	"	-		+0,68	2:35.76 II	374	
	50m: 36.70	36.70	100m: 1:16.89	40.19	150m: 1:57.03	40.14	200m: 2:35.76	38.73			
12.			02.10.2014 II	5 "	"			+0,60	2:36.44 II	369	
	50m: 35.58	35.58	100m: 1:13.84	38.26	150m: 1:55.01	41.17	200m: 2:36.44	41.43			
13.			19.03.2014 II			-		+0,89	2:37.03 II	365	
	50m: 34.93	34.93	100m: 1:13.96	39.03	150m: 1:55.60	41.64	200m: 2:37.03	41.43			
14.			27.10.2014 I	"	"			+0,73	2:38.02 II	358	
	50m: 34.05	34.05	100m: 1:14.35	40.30	150m: 1:57.12	42.77	200m: 2:38.02	40.90			
15.			27.11.2014 II	"	"			+0,89	2:40.77 III	340	
	50m: 38.20	38.20	100m: 1:19.83	41.63	150m: 2:00.90	41.07	200m: 2:40.77	39.87			
16.			06.06.2013 II	10 "	"			+0,86	2:41.52 III	335	
	50m: 37.26	37.26	100m: 1:18.62	41.36	150m: 2:01.10	42.48	200m: 2:41.52	40.42			
17.			14.11.2014 II	"	"			+0,76	2:44.74 III	316	
	50m: 35.87	35.87	100m: 1:18.89	43.02	150m: 2:03.19	44.30	200m: 2:44.74	41.55			
18.			08.05.2014 II			-		+0,89	2:45.05 III	314	
	50m: 37.08	37.08	100m: 1:19.08	42.00	150m: 2:03.12	44.04	200m: 2:45.05	41.93			
19.			30.07.2013 III			-			2:50.07 III	287	
	50m: 39.61	39.61	100m: 1:23.59	43.98	150m: 2:07.40	43.81	200m: 2:50.07	42.67			
20.			09.02.2013 II	"	"			+0,70	2:50.60 III	284	
	50m: 36.53	36.53	100m: 1:19.47	42.94	150m: 2:05.11	45.64	200m: 2:50.60	45.49			
21.			12.04.2014 III	"	"			+0,81	2:53.29 III	271	
	50m: 39.14	39.14	100m: 1:23.72	44.58	150m: 2:08.35	44.63	200m: 2:53.29	44.94			
22.			22.05.2014 III		1			+0,80	3:01.58 I	236	
	50m: 37.83	37.83	100m: 1:25.17	47.34	150m: 2:14.82	49.65	200m: 3:01.58	46.76			
23.			10.01.2014 I	"	"			+0,93	3:16.85 I	185	
	50m: 39.81	39.81	100m: 1:28.38	48.57	150m: 2:22.02	53.64	200m: 3:16.85	54.83			

