



	40,	, 200m					(10-11 )		R.T.	
18.			14.07.2016 I	"	"			+0,64	<b>3:03.77</b> III	238
	50m: 42.10	42.10	100m: 1:30.01	47.91	150m: 2:24.93	54.92		200m: 3:03.77	38.84	
19.			10.10.2016 III	-	-			+0,59	<b>3:03.91</b> III	238
	50m: 40.20	40.20	100m: 1:27.17	46.97	150m: 2:24.54	57.37		200m: 3:03.91	39.37	
20.			17.09.2015 III	"	"			+0,86	<b>3:05.29</b> III	232
	50m: 39.94	39.94	100m: 1:30.96	51.02	150m: 2:26.13	55.17		200m: 3:05.29	39.16	
21.			07.12.2015 I	"	"				<b>3:05.32</b> III	232
	50m: 40.20	40.20	100m: 1:29.94	49.74	150m: 2:24.47	54.53		200m: 3:05.32	40.85	
22.			03.07.2015 III	"	"			+0,79	<b>3:05.99</b> III	230
	50m: 40.26	40.26	100m: 1:31.01	50.75	150m: 2:27.18	56.17		200m: 3:05.99	38.81	
23.			27.01.2015 III	"	"			+0,86	<b>3:07.28</b> III	225
	50m: 42.58	42.58	100m: 1:33.72	51.14	150m: 2:29.17	55.45		200m: 3:07.28	38.11	
24.			01.04.2016 III	"	"			+0,73	<b>3:07.29</b> III	225
	50m: 41.61	41.61	100m: 1:29.16	47.55	150m: 2:26.11	56.95		200m: 3:07.29	41.18	
25.			26.12.2015 III	"	"			+0,58	<b>3:07.44</b> III	224
	50m: 40.68	40.68	100m: 1:27.18	46.50	150m: 2:26.65	59.47		200m: 3:07.44	40.79	
26.			28.02.2015 II	"	"			+0,80	<b>3:07.97</b> III	223
	50m: 40.62	40.62	100m: 1:28.60	47.98	150m: 2:24.56	55.96		200m: 3:07.97	43.41	
27.			30.03.2015 I	"	"			+0,70	<b>3:08.48</b> I	221
	50m: 43.27	43.27	100m: 1:34.22	50.95	150m: 2:29.27	55.05		200m: 3:08.48	39.21	
28.			09.02.2015 III	"	"			+0,87	<b>3:08.63</b> I	220
	50m: 44.70	44.70	100m: 1:32.31	47.61	150m: 2:27.57	55.26		200m: 3:08.63	41.06	
29.			09.04.2016 I	"	"			+0,68	<b>3:11.24</b> I	211
	50m: 43.83	43.83	100m: 1:36.73	52.90	150m: 2:30.24	53.51		200m: 3:11.24	41.00	
30.			21.01.2015 III	"	"			+0,77	<b>3:12.25</b> I	208
	50m: 41.55	41.55	100m: 1:35.42	53.87	150m: 2:32.08	56.66		200m: 3:12.25	40.17	
31.			21.01.2015 II	"	"			+0,87	<b>3:13.28</b> I	205
	50m: 42.82	42.82	100m: 1:30.51	47.69	150m: 2:32.28	1:01.77		200m: 3:13.28	41.00	
32.			15.03.2016 I	"	"			+0,77	<b>3:14.09</b> I	202
	50m: 45.88	45.88	100m: 1:38.43	52.55	150m: 2:31.31	52.88		200m: 3:14.09	42.78	
33.			13.07.2015 III	"	"			+0,76	<b>3:14.51</b> I	201
	50m: 41.02	41.02	100m: 1:30.33	49.31	150m: 2:33.36	1:03.03		200m: 3:14.51	41.15	
34.			16.08.2016 I	"	"			+0,51	<b>3:14.76</b> I	200
	50m: 42.96	42.96	100m: 1:35.07	52.11	150m: 2:31.74	56.67		200m: 3:14.76	43.02	
35.			05.10.2016 I	"	"			+0,72	<b>3:15.08</b> I	199
	50m: 42.60	42.60	100m: 1:31.15	48.55	150m: 2:30.32	59.17		200m: 3:15.08	44.76	
36.			14.08.2015 I	1					<b>3:15.55</b> I	198
	50m: 43.00	43.00	100m: 1:35.04	52.04	150m: 2:32.23	57.19		200m: 3:15.55	43.32	
37.			01.01.2016 III	"	"				<b>3:15.72</b> I	197
	50m: 45.27	45.27	100m: 1:37.15	51.88	150m: 2:33.72	56.57		200m: 3:15.72	42.00	
38.			30.06.2015 I	"	"				<b>3:16.65</b> I	194
	50m: 44.13	44.13	100m: 1:33.78	49.65	150m: 2:30.28	56.50		200m: 3:16.65	46.37	
39.			04.03.2015 I	"	"			+0,61	<b>3:18.08</b> I	190
	50m: 46.40	46.40	100m: 1:33.94	47.54	150m: 2:34.32	1:00.38		200m: 3:18.08	43.76	

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40, , 200m , (12-13 )

									R.T.	
30.	03.09.2013 III		-				+0,78		<b>3:05.74</b> III	231
	50m:	2:21.17 2:21.17	100m:	1:29.37	200m:	3:05.74 1:36.37				
31.	26.10.2014 III		6 " "				+0,55		<b>3:08.49</b> I	221
	50m:	42.17 42.17	100m:	1:30.29 48.12	150m:	2:27.54 57.25	200m:	3:08.49 40.95		
32.	14.01.2014 I		10 " "				+0,93		<b>3:12.68</b> I	207
	50m:	40.67 40.67	100m:	1:31.07 50.40	150m:	2:31.25 1:00.18	200m:	3:12.68 41.43		
33.	08.08.2014 III		7				+0,47		<b>3:13.24</b> I	205
	50m:	45.45 45.45	100m:	1:36.60 51.15	150m:	2:30.19 53.59	200m:	3:13.24 43.05		
34.	18.10.2013 III		" "						<b>3:13.81</b> I	203
	50m:	43.91 43.91	100m:	1:36.31 52.40	150m:	2:30.86 54.55	200m:	3:13.81 42.95		
35.	17.03.2013 III		10 " "				+0,96		<b>3:15.69</b> I	197
	50m:	41.81 41.81	100m:	1:31.90 50.09	150m:	2:33.16 1:01.26	200m:	3:15.69 42.53		
36.	08.04.2014 III		-				+0,86		<b>3:16.50</b> I	195
	50m:	44.11 44.11	100m:	1:36.04 51.93	150m:	2:32.84 56.80	200m:	3:16.50 43.66		
37.	14.03.2013 II								<b>3:21.47</b> I	181
	50m:	43.38 43.38	100m:	1:36.07 52.69	150m:	2:36.05 59.98	200m:	3:21.47 45.42		
38.	17.05.2014 II		" "				+0,76		<b>3:43.59</b> II	132
	50m:	54.18 54.18	100m:	1:53.50 59.32	150m:	2:55.70 1:02.20	200m:	3:43.59 47.89		
DSQ	08.07.2013 III		10 " "						III	
DSQ	11.10.2014 III		-						III	
DSQ	23.01.2013 III		"MY CHAMPS"						III	
DSQ	26.11.2014 I		1						III	
DSQ	10.09.2013 III		" "						I	

