



20  
 04.04.2026

, 400m

14 - 18

: AQUA 2026

(14-15 )

1.				10.06.2011	I	"	"	"		<b>4:23.79</b>	I	579
	50m:	28.44	28.44	150m:	1:34.70	33.71	250m:	2:42.53	33.95	350m:	3:51.05	33.81
	100m:	1:00.99	32.55	200m:	2:08.58	33.88	300m:	3:17.24	34.71	400m:	4:23.79	32.74
2.				25.03.2011	I	"	"	"		<b>4:24.24</b>	I	576
	50m:	30.02	30.02	150m:	1:36.84	33.88	250m:	2:44.69	34.11	350m:	3:52.62	33.58
	100m:	1:02.96	32.94	200m:	2:10.58	33.74	300m:	3:19.04	34.35	400m:	4:24.24	31.62
3.				11.07.2012	II	"	"	"		<b>4:24.98</b>	I	571
	50m:	30.43	30.43	150m:	1:36.23	33.48	250m:	2:43.65	33.91	350m:	3:51.79	34.00
	100m:	1:02.75	32.32	200m:	2:09.74	33.51	300m:	3:17.79	34.14	400m:	4:24.98	33.19
4.				15.01.2011	I	"	"	"		<b>4:29.02</b>	I	546
	50m:	28.68	28.68	150m:	1:34.64	33.16	250m:	2:42.92	34.26	350m:	3:52.89	35.01
	100m:	1:01.48	32.80	200m:	2:08.66	34.02	300m:	3:17.88	34.96	400m:	4:29.02	36.13
5.				26.02.2011	II	"	"	"		<b>4:31.90</b>	II	529
	50m:	30.96	30.96	150m:	1:39.82	34.14	250m:	2:48.82	34.62	350m:	3:58.87	35.40
	100m:	1:05.68	34.72	200m:	2:14.20	34.38	300m:	3:23.47	34.65	400m:	4:31.90	33.03
6.				17.01.2012	I	"	"	"		<b>4:32.26</b>	II	527
	50m:	29.39	29.39	150m:	1:36.24	34.42	250m:	2:46.00	35.16	350m:	3:57.08	35.17
	100m:	1:01.82	32.43	200m:	2:10.84	34.60	300m:	3:21.91	35.91	400m:	4:32.26	35.18
7.				26.08.2012	II	"	"	"		<b>4:41.19</b>	II	478
	50m:	30.86	30.86	150m:	1:42.01	35.88	250m:	2:54.96	36.52	350m:	4:07.28	36.01
	100m:	1:06.13	35.27	200m:	2:18.44	36.43	300m:	3:31.27	36.31	400m:	4:41.19	33.91
8.				12.03.2011	II	"	"	"		<b>4:48.00</b>	II	445
	50m:	31.13	31.13	150m:	1:42.55	36.39	250m:	2:57.24	37.19	350m:	4:13.06	37.29
	100m:	1:06.16	35.03	200m:	2:20.05	37.50	300m:	3:35.77	38.53	400m:	4:48.00	34.94
9.				29.12.2012	I	"	"	"		<b>4:48.90</b>	II	441
	50m:	30.43	30.43	150m:	1:42.08	36.82	250m:	2:57.43	37.76	350m:	4:12.40	37.40
	100m:	1:05.26	34.83	200m:	2:19.67	37.59	300m:	3:35.00	37.57	400m:	4:48.90	36.50
10.				14.05.2012	II	"	"	"		<b>4:49.11</b>	II	440
	50m:	32.24	32.24	150m:	1:44.39	36.75	250m:	2:58.82	37.24	350m:	4:13.14	37.34
	100m:	1:07.64	35.40	200m:	2:21.58	37.19	300m:	3:35.80	36.98	400m:	4:49.11	35.97
11.				20.06.2011	II	"	"	"		<b>4:49.91</b>	II	436
	50m:	31.00	31.00	150m:	1:43.82	37.26	250m:	2:59.20	37.88	350m:	4:14.85	37.57
	100m:	1:06.56	35.56	200m:	2:21.32	37.50	300m:	3:37.28	38.08	400m:	4:49.91	35.06
12.				04.05.2012	II	"	"	"		<b>4:54.01</b>	II	418
	50m:	32.84	32.84	150m:	1:45.74	37.16	250m:	3:00.62	37.35	350m:	4:16.50	37.97
	100m:	1:08.58	35.74	200m:	2:23.27	37.53	300m:	3:38.53	37.91	400m:	4:54.01	37.51
13.				16.05.2012	II	"	"	"		<b>4:56.85</b>	II	406
	50m:	31.40	31.40	150m:	1:45.07	37.39	250m:	3:00.91	37.79	350m:	4:18.62	38.81
	100m:	1:07.68	36.28	200m:	2:23.12	38.05	300m:	3:39.81	38.90	400m:	4:56.85	38.23
14.				31.03.2011	II	"	"	"		<b>4:57.33</b>	II	404
	50m:	32.87	32.87	150m:	1:47.08	37.53	250m:	3:03.39	38.31	350m:	4:21.03	38.92
	100m:	1:09.55	36.68	200m:	2:25.08	38.00	300m:	3:42.11	38.72	400m:	4:57.33	36.30
15.				24.12.2011	II	"	"	"		<b>5:00.10</b>	II	393
	50m:	31.89	31.89	150m:	1:46.07	37.62	250m:	3:04.77	40.03	350m:	4:23.31	39.44
	100m:	1:08.45	36.56	200m:	2:24.74	38.67	300m:	3:43.87	39.10	400m:	5:00.10	36.79
16.				21.01.2012	II	"	"	"		<b>5:06.74</b>	III	368
	50m:	34.37	34.37	150m:	1:52.52	39.07	250m:	3:11.42	39.47	350m:	4:29.41	38.57
	100m:	1:13.45	39.08	200m:	2:31.95	39.43	300m:	3:50.84	39.42	400m:	5:06.74	37.33
17.				27.04.2012	II	"	"	"		<b>5:07.17</b>	III	367
	50m:	33.15	33.15	150m:	1:49.76	39.06	250m:	3:07.80	39.22	350m:	4:28.28	40.32
	100m:	1:10.70	37.55	200m:	2:28.58	38.82	300m:	3:47.96	40.16	400m:	5:07.17	38.89

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ALGE timing





ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ  
**МЭД ВЕЙВ КЛАССИК**

4-5 АПРЕЛЯ 2026  
**МОСКВА** 3 ЭТАП



	20,		, 400m				(14-15 )												
18.				22.05.2011	II	"	"	,	.						<b>5:07.32</b>	III			366
	50m:	31.26	31.26	150m:	1:47.15	39.57	250m:	3:07.61	40.18	350m:	4:29.96	42.34							
	100m:	1:07.58	36.32	200m:	2:27.43	40.28	300m:	3:47.62	40.01	400m:	5:07.32	37.36							
19.				02.09.2012	II		3,	.							<b>5:07.39</b>	III			366
	50m:	32.49	32.49	150m:	1:50.73	40.09	250m:	3:10.27	39.08	350m:	4:29.30	38.28							
	100m:	1:10.64	38.15	200m:	2:31.19	40.46	300m:	3:51.02	40.75	400m:	5:07.39	38.09							
20.				15.12.2012	III	"	"	,	.						<b>5:21.16</b>	III			321
	50m:	35.45	35.45	150m:	1:56.98	41.36	250m:	3:20.13	41.37	350m:	4:42.89	41.31							
	100m:	1:15.62	40.17	200m:	2:38.76	41.78	300m:	4:01.58	41.45	400m:	5:21.16	38.27							
21.				30.03.2011	I		1,	.							<b>5:24.19</b>	III			312
	50m:	34.56	34.56	150m:	1:57.17	42.49	250m:	3:22.56	42.84	350m:	4:46.33	41.36							
	100m:	1:14.68	40.12	200m:	2:39.72	42.55	300m:	4:04.97	42.41	400m:	5:24.19	37.86							
22.				29.07.2012	I		«Shum_Team»,	.	-						<b>5:26.55</b>	III			305
	50m:	35.09	35.09	150m:	1:59.03	42.46	250m:	3:24.22	42.04	350m:	4:48.17	41.43							
	100m:	1:16.57	41.48	200m:	2:42.18	43.15	300m:	4:06.74	42.52	400m:	5:26.55	38.38							
23.				08.11.2012	II	"	"	,	.						<b>5:28.94</b>	III			299
	50m:	32.39	32.39	150m:	1:54.20	42.27	250m:	3:20.59	43.35	350m:	4:47.86	43.78							
	100m:	1:11.93	39.54	200m:	2:37.24	43.04	300m:	4:04.08	43.49	400m:	5:28.94	41.08							
24.				23.05.2012	II	"	"	,	.						<b>5:30.13</b>	III			295
	50m:	33.67	33.67	150m:	1:55.86	42.06	250m:	3:21.95	42.96	350m:	4:48.48	42.76							
	100m:	1:13.80	40.13	200m:	2:38.99	43.13	300m:	4:05.72	43.77	400m:	5:30.13	41.65							
25.				26.10.2012	III	"	"	,	.						<b>5:31.68</b>	III			291
	50m:	35.28	35.28	150m:	1:59.07	42.62	250m:	3:26.45	43.01	350m:	4:54.04	44.87							
	100m:	1:16.45	41.17	200m:	2:43.44	44.37	300m:	4:09.17	42.72	400m:	5:31.68	37.64							
26.				01.04.2012	II	"	"	,	.						<b>5:32.49</b>	III			289
	50m:	34.68	34.68	150m:	1:57.76	42.75	250m:	3:24.66	43.17	350m:	4:51.99	43.68							
	100m:	1:15.01	40.33	200m:	2:41.49	43.73	300m:	4:08.31	43.65	400m:	5:32.49	40.50							
27.				03.05.2012	I	"	"	,	.						<b>5:44.73</b>	III			259
	50m:	35.81	35.81	150m:	2:02.48	44.42	250m:	3:34.15	46.72	350m:	5:03.77	44.32							
	100m:	1:18.06	42.25	200m:	2:47.43	44.95	300m:	4:19.45	45.30	400m:	5:44.73	40.96							
28.				11.09.2012	III	,	.								<b>5:51.96</b>	I			244
	50m:	35.62	35.62	150m:	2:03.68	46.33	250m:	3:36.47	46.70	350m:	5:10.73	47.15							
	100m:	1:17.35	41.73	200m:	2:49.77	46.09	300m:	4:23.58	47.11	400m:	5:51.96	41.23							
DNS				02.01.2012	III	,	.												
				(16-18 )															
1.				04.02.2009		,	.								<b>4:16.58</b>	I			630
	100m:	1:02.48	1:02.48	300m:	3:15.31	1:05.82	400m:	4:16.58	28.54										
	200m:	2:09.49	1:07.01	350m:	3:48.04	32.73													
2.				08.09.2009		"	"	,	.						<b>4:22.36</b>	I			589
	50m:	29.49	29.49	150m:	1:35.69	33.81	250m:	2:43.24	34.23	350m:	3:50.15	33.31							
	100m:	1:01.88	32.39	200m:	2:09.01	33.32	300m:	3:16.84	33.60	400m:	4:22.36	32.21							
3.				25.06.2008		"	"	,	.						<b>4:26.28</b>	I			563
	50m:	29.10	29.10	150m:	1:34.91	33.22	250m:	2:43.38	34.58	350m:	3:52.73	34.52							
	100m:	1:01.69	32.59	200m:	2:08.80	33.89	300m:	3:18.21	34.83	400m:	4:26.28	33.55							
4.				14.10.2010	I	"	"	,	.						<b>4:31.64</b>	II			530
	50m:	29.49	29.49	150m:	1:37.98	34.44	250m:	2:47.28	33.41	400m:	4:31.64	1:09.91							
	100m:	1:03.54	34.05	200m:	2:13.87	35.89	300m:	3:21.73	34.45										
5.				24.09.2010	I	"	"	,	.						<b>4:37.45</b>	II			498
	50m:	30.48	30.48	150m:	1:39.36	34.86	250m:	2:49.88	35.46	350m:	4:01.73	36.08							
	100m:	1:04.50	34.02	200m:	2:14.42	35.06	300m:	3:25.65	35.77	400m:	4:37.45	35.72							
6.				10.12.2010	II	"	"	,	.						<b>4:38.40</b>	II			493
	50m:	31.76	31.76	150m:	1:41.33	35.27	250m:	2:52.43	35.46	350m:	4:04.11	35.32							
	100m:	1:06.06	34.30	200m:	2:16.97	35.64	300m:	3:28.79	36.36	400m:	4:38.40	34.29							

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20, , 400m , (16-18 )

7.				20.06.2010 I	" "	" "					<b>4:41.16</b> II	478
	50m:	30.65	30.65	150m:	1:40.97	36.02	250m:	2:53.74	36.58	350m:	4:07.07	36.68
	100m:	1:04.95	34.30	200m:	2:17.16	36.19	300m:	3:30.39	36.65	400m:	4:41.16	34.09
8.				14.02.2010 I	" "	" "					<b>4:47.45</b> II	448
	50m:	30.18	30.18	150m:	1:42.43	37.31	250m:	2:57.05	37.82	350m:	4:11.89	37.23
	100m:	1:05.12	34.94	200m:	2:19.23	36.80	300m:	3:34.66	37.61	400m:	4:47.45	35.56
9.				19.12.2010 II	" "	" "					<b>4:50.99</b> II	431
	100m:	1:07.77	1:07.77	250m:	2:58.80	37.56	350m:					
	200m:	2:21.24	1:13.47	300m:	3:36.79	37.99	400m:	4:50.99				
10.				26.04.2010 II	" "	" "					<b>5:38.78</b> III	273
	50m:	35.59	35.59	150m:	1:59.77	43.28	250m:	3:28.28	44.39	350m:	4:57.16	43.95
	100m:	1:16.49	40.90	200m:	2:43.89	44.12	300m:	4:13.21	44.93	400m:	5:38.78	41.62
11.				04.02.2010 I	" "	" "					<b>6:20.70</b> I	192
	50m:	35.83	35.83	150m:	2:03.50	46.80	250m:	3:45.48	52.87	350m:	5:30.02	53.95
	100m:	1:16.70	40.87	200m:	2:52.61	49.11	300m:	4:36.07	50.59	400m:	6:20.70	50.68

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