



07.03.2026

, 400m

14 - 18

: AQUA 2025

(14-15)

1.			03.07.2012 I	" , "				4:53.19 I	517			
	50m:	33.10	33.10	150m:	1:45.99	37.04	250m:	3:01.75	38.32	350m:	4:17.22	37.82
	100m:	1:08.95	35.85	200m:	2:23.43	37.44	300m:	3:39.40	37.65	400m:	4:53.19	35.97
2.			01.06.2012	" , "				4:54.17 I	512			
	50m:	32.78	32.78	150m:	1:45.39	37.01	300m:	3:39.36	1:16.40	400m:	4:54.17	37.04
	100m:	1:08.38	35.60	200m:	2:22.96	37.57	350m:	4:17.13	37.77			
3.			09.06.2012 I	6, .				5:06.51 II	452			
	50m:	33.37	33.37	150m:	1:49.63	39.20	250m:	3:08.57	39.77	350m:	4:28.48	39.55
	100m:	1:10.43	37.06	200m:	2:28.80	39.17	300m:	3:48.93	40.36	400m:	5:06.51	38.03
4.			20.07.2011 II	" , "				5:13.37 II	423			
	50m:	34.08	34.08	150m:	1:53.51	40.56	250m:	3:14.52	40.88	350m:	4:36.30	41.37
	100m:	1:12.95	38.87	200m:	2:33.64	40.13	300m:	3:54.93	40.41	400m:	5:13.37	37.07
5.			16.11.2012 II	" - "				5:18.75 II	402			
	50m:	35.64	35.64	150m:	1:56.29	41.14	250m:	3:18.93	40.76	350m:	4:40.39	39.66
	100m:	1:15.15	39.51	200m:	2:38.17	41.88	300m:	4:00.73	41.80	400m:	5:18.75	38.36
6.			01.11.2012 II	" , "				5:25.76 II	377			
	50m:	34.90	34.90	150m:	1:52.68	39.45	250m:	3:16.33	42.35	350m:	4:43.79	42.59
	100m:	1:13.23	38.33	200m:	2:33.98	41.30	300m:	4:01.20	44.87	400m:	5:25.76	41.97
7.			20.05.2012 II	" , "				5:29.80 II	363			
	50m:	36.14	36.14	150m:	2:01.84	44.40	250m:	3:25.63	41.76	350m:	4:49.89	41.89
	100m:	1:17.44	41.30	200m:	2:43.87	42.03	300m:	4:08.00	42.37	400m:	5:29.80	39.91
8.			15.06.2012 II	" , "				5:39.32 II	333			
	50m:	34.38	34.38	150m:	1:57.96	43.55	250m:	3:25.72	45.39	350m:	4:56.13	45.17
	100m:	1:14.41	40.03	200m:	2:40.33	42.37	300m:	4:10.96	45.24	400m:	5:39.32	43.19
9.			23.12.2012 III	" , "				6:03.54 III	271			
	50m:	41.25	41.25	150m:	2:15.74	47.76	250m:	3:50.19	47.41	350m:	5:22.23	46.00
	100m:	1:27.98	46.73	200m:	3:02.78	47.04	300m:	4:36.23	46.04	400m:	6:03.54	41.31
10.			12.07.2012 I	" , "				6:05.38 III	267			
	50m:	40.32	40.32	150m:	2:11.42	47.18	250m:	3:45.06	47.58	350m:	5:19.92	48.61
	100m:	1:24.24	43.92	200m:	2:57.48	46.06	300m:	4:31.31	46.25	400m:	6:05.38	45.46
11.			21.08.2012 III	" , "				6:34.96 I	211			
	50m:	39.91	39.91	150m:	2:17.43	49.63	250m:	4:01.45	52.04	350m:	5:46.94	52.39
	100m:	1:27.80	47.89	200m:	3:09.41	51.98	300m:	4:54.55	53.10	400m:	6:34.96	48.02

(16-18)

1.			08.01.2009	" , "				4:44.68 I	565			
	50m:	31.81	31.81	150m:	1:42.87	36.15	250m:	2:55.53	36.55	350m:	4:09.60	36.92
	100m:	1:06.72	34.91	200m:	2:18.98	36.11	300m:	3:32.68	37.15	400m:	4:44.68	35.08
2.			09.01.2010	" , "				4:52.69 I	520			
	50m:	32.75	32.75	150m:	1:46.32	37.74	250m:	3:01.85	37.65	350m:	4:16.88	37.20
	100m:	1:08.58	35.83	200m:	2:24.20	37.88	300m:	3:39.68	37.83	400m:	4:52.69	35.81
3.			19.06.2009 I	" , "				4:58.91 I	488			
	50m:	32.31	32.31	150m:	1:44.89	37.03	250m:	3:01.54	38.73	350m:	4:20.61	40.02
	100m:	1:07.86	35.55	200m:	2:22.81	37.92	300m:	3:40.59	39.05	400m:	4:58.91	38.30
4.			05.06.2009 I	" , "				5:06.69 II	452			
	50m:	34.35	34.35	150m:	1:51.91	39.60	250m:	3:11.79	39.86	350m:	4:30.76	39.38
	100m:	1:12.31	37.96	200m:	2:31.93	40.02	300m:	3:51.38	39.59	400m:	5:06.69	35.93

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ALGE timing





19, , 400m , (16-18)

5.			16.12.2010 I	" "	" "					5:11.66 II	430	
	50m:	32.79	32.79	150m:	1:47.82	38.67	250m:	3:08.72	40.70	350m:	4:31.41	41.39
	100m:	1:09.15	36.36	200m:	2:28.02	40.20	300m:	3:50.02	41.30	400m:	5:11.66	40.25
6.			15.10.2009 II	" "	" "					5:27.13 II	372	
	50m:	35.34	35.34	150m:	1:57.91	42.78	250m:	3:23.70	43.15	350m:	4:47.16	41.84
	100m:	1:15.13	39.79	200m:	2:40.55	42.64	300m:	4:05.32	41.62	400m:	5:27.13	39.97
7.			20.02.2010 II	" "	" "					5:33.45 II	351	
	50m:	36.83	36.83	150m:	2:00.32	42.27	250m:	3:25.68	42.32	350m:	4:52.02	43.30
	100m:	1:18.05	41.22	200m:	2:43.36	43.04	300m:	4:08.72	43.04	400m:	5:33.45	41.43
8.			13.02.2010 II	" "	" "					6:00.40 III	278	
	50m:	36.60	36.60	150m:	2:07.68	48.12	250m:	3:42.97	47.85	350m:	5:16.63	43.22
	100m:	1:19.56	42.96	200m:	2:55.12	47.44	300m:	4:33.41	50.44	400m:	6:00.40	43.77
9.			07.09.2010 III	" "	" "					6:01.52 III	276	
	100m:	1:19.33	1:19.33	200m:	2:52.96	47.55	300m:	4:29.57	48.15	400m:	6:01.52	44.56
	150m:	2:05.41	46.08	250m:	3:41.42	48.46	350m:	5:16.96	47.39			

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ALGE timing

