



07.03.2026

, 400m

9 - 13

: AQUA 2025

(9 )

1.			20.01.2017 II	"	"				<b>7:19.70 I</b>	153		
	50m:	46.41	46.41	150m:	2:40.82	56.85	250m:	4:35.42	58.40	350m:	6:26.47	55.53
	100m:	1:43.97	57.56	200m:	3:37.02	56.20	300m:	5:30.94	55.52	400m:	7:19.70	53.23

(10-11 )

1.			19.06.2015 II	"	"				<b>5:19.74 II</b>	398		
	50m:	36.87	36.87	150m:	1:58.20	41.09	250m:	3:20.45	41.31	350m:	4:42.32	41.49
	100m:	1:17.11	40.24	200m:	2:39.14	40.94	300m:	4:00.83	40.38	400m:	5:19.74	37.42
2.			10.01.2015 II	"	"				<b>5:22.43 II</b>	389		
	50m:	36.45	36.45	150m:	1:58.21	41.68	250m:	3:21.02	41.56	350m:	4:43.75	41.00
	100m:	1:16.53	40.08	200m:	2:39.46	41.25	300m:	4:02.75	41.73	400m:	5:22.43	38.68
3.			28.04.2016 II	"	"				<b>5:36.20 II</b>	343		
	50m:	37.91	37.91	150m:	2:03.08	43.02	250m:	3:28.86	42.57	350m:	4:55.02	42.78
	100m:	1:20.06	42.15	200m:	2:46.29	43.21	300m:	4:12.24	43.38	400m:	5:36.20	41.18
4.			17.01.2016 III	"	"	14,			<b>5:38.68 II</b>	335		
	50m:	36.97	36.97	150m:	2:04.08	43.75	250m:	3:31.16	43.07	350m:	4:58.17	42.86
	100m:	1:20.33	43.36	200m:	2:48.09	44.01	300m:	4:15.31	44.15	400m:	5:38.68	40.51
5.			26.07.2015 III	"	"	KOLOS Team,			<b>5:38.87 II</b>	335		
	50m:	37.79	37.79	150m:	2:05.22	43.63	250m:	3:32.60	43.44	350m:	4:59.34	42.58
	100m:	1:21.59	43.80	200m:	2:49.16	43.94	300m:	4:16.76	44.16	400m:	5:38.87	39.53
6.			21.01.2015 III	"	"	"			<b>5:44.74 III</b>	318		
	50m:	37.06	37.06	150m:	2:04.32	44.45	250m:	3:34.35	44.98	350m:	5:03.38	44.26
	100m:	1:19.87	42.81	200m:	2:49.37	45.05	300m:	4:19.12	44.77	400m:	5:44.74	41.36
7.			05.09.2015 II	"	"	"			<b>5:46.00 III</b>	314		
	50m:	37.11	37.11	150m:	2:03.72	44.59	250m:	3:32.77	44.99	350m:	5:01.81	44.45
	100m:	1:19.13	42.02	200m:	2:47.78	44.06	300m:	4:17.36	44.59	400m:	5:46.00	44.19
8.			30.04.2016 III	"	"	"			<b>5:51.49 III</b>	300		
	50m:	39.46	39.46	150m:	2:09.04	45.59	250m:	3:39.87	45.11	350m:	5:10.29	44.73
	100m:	1:23.45	43.99	200m:	2:54.76	45.72	300m:	4:25.56	45.69	400m:	5:51.49	41.20
9.			13.05.2015 II	"	"	"			<b>5:52.96 III</b>	296		
	50m:	40.11	40.11	150m:	2:12.16	45.67	250m:	3:43.42	45.14	350m:	5:12.98	44.05
	100m:	1:26.49	46.38	200m:	2:58.28	46.12	300m:	4:28.93	45.51	400m:	5:52.96	39.98
10.			01.09.2015 I	"	"	"			<b>6:40.25 I</b>	203		
	50m:	44.69	44.69	150m:	2:25.67	51.09	250m:	4:09.02	52.29	350m:	5:51.64	51.82
	100m:	1:34.58	49.89	200m:	3:16.73	51.06	300m:	4:59.82	50.80	400m:	6:40.25	48.61

(12-13 )

1.			30.08.2013	"	"	"			<b>4:41.28 I</b>	585		
	50m:	32.39	32.39	150m:	1:43.03	35.68	250m:	2:54.19	35.75	350m:	4:06.11	36.02
	100m:	1:07.35	34.96	200m:	2:18.44	35.41	300m:	3:30.09	35.90	400m:	4:41.28	35.17
2.			26.06.2013 I	"	"	"			<b>5:01.38 II</b>	476		
	50m:	34.23	34.23	150m:	1:49.75	38.10	250m:	3:07.08	38.43	350m:	4:24.72	38.76
	100m:	1:11.65	37.42	200m:	2:28.65	38.90	300m:	3:45.96	38.88	400m:	5:01.38	36.66
3.			19.05.2013 II	"	"	"			<b>5:05.24 II</b>	458		
	50m:	33.27	33.27	150m:	1:50.66	39.20	250m:	3:08.89	38.89	350m:	4:27.22	39.19
	100m:	1:11.46	38.19	200m:	2:30.00	39.34	300m:	3:48.03	39.14	400m:	5:05.24	38.02

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ALGE timing





ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ  
**МЭД ВЕЙВ КЛАССИК**

7-8 МАРТА 2026  
**МОСКВА 2 ЭТАП**



5,	, 400m	,	(12-13 )									
4.			16.01.2014 II	"	"	"	"	"	"	"	"	<b>5:08.18</b> II 445
	50m: 34.55 34.55	150m: 1:52.00 39.57	250m: 3:11.21 39.81	350m: 4:29.59 39.06								
	100m: 1:12.43 37.88	200m: 2:31.40 39.40	300m: 3:50.53 39.32	400m: 5:08.18 38.59								
5.			15.01.2014 II	3 "	"	"	"	"	"	"	"	<b>5:17.84</b> II 406
	50m: 35.49 35.49	150m: 1:56.85 41.25	250m: 3:17.48 40.49	350m: 4:38.73 40.73								
	100m: 1:15.60 40.11	200m: 2:36.99 40.14	300m: 3:58.00 40.52	400m: 5:17.84 39.11								
6.			25.02.2014 II	" "	"	"	"	"	"	"	"	<b>5:18.53</b> II 403
	50m: 34.93 34.93	150m: 1:56.11 41.32	250m: 3:19.52 41.69	350m: 4:40.81 39.82								
	100m: 1:14.79 39.86	200m: 2:37.83 41.72	300m: 4:00.99 41.47	400m: 5:18.53 37.72								
7.			28.07.2014 II	"	"	"	"	"	"	"	"	<b>5:21.74</b> II 391
	50m: 36.41 36.41	150m: 1:58.01 41.49	300m: 4:02.16 1:23.30	400m: 5:21.74 37.93								
	100m: 1:16.52 40.11	200m: 2:38.86 40.85	350m: 4:43.81 41.65									
8.			06.02.2014 II	"	"	"	"	"	"	"	"	<b>5:23.24</b> II 386
	50m: 37.95 37.95	150m: 1:59.72 40.51	250m: 3:22.63 41.55	350m: 4:43.80 39.97								
	100m: 1:19.21 41.26	200m: 2:41.08 41.36	300m: 4:03.83 41.20	400m: 5:23.24 39.44								
9.			05.07.2014 II	"	"	"	"	"	"	"	"	<b>5:27.53</b> II 371
	50m: 36.03 36.03	150m: 1:59.51 42.15	250m: 3:24.39 42.60	350m: 4:48.37 41.52								
	100m: 1:17.36 41.33	200m: 2:41.79 42.28	300m: 4:06.85 42.46	400m: 5:27.53 39.16								
10.			26.10.2013 II	"	"	"	"	"	"	"	"	<b>5:29.53</b> II 364
	50m: 36.09 36.09	150m: 2:00.09 43.00	250m: 3:26.02 43.51	350m: 4:49.98 42.03								
	100m: 1:17.09 41.00	200m: 2:42.51 42.42	300m: 4:07.95 41.93	400m: 5:29.53 39.55								
11.			03.01.2013 II	"	"	"	"	"	"	"	"	<b>5:29.58</b> II 364
	50m: 35.05 35.05	150m: 1:56.29 41.98	250m: 3:22.10 43.25	350m: 4:48.57 42.49								
	100m: 1:14.31 39.26	200m: 2:38.85 42.56	300m: 4:06.08 43.98	400m: 5:29.58 41.01								
12.			25.09.2014 III	"	"	"	"	"	"	"	"	<b>5:34.69</b> II 347
	50m: 36.40 36.40	150m: 1:59.29 42.64	250m: 3:25.58 43.71	350m: 4:52.29 42.58								
	100m: 1:16.65 40.25	200m: 2:41.87 42.58	300m: 4:09.71 44.13	400m: 5:34.69 42.40								
13.			24.10.2013 II	"	"	"	"	"	"	"	"	<b>5:38.21</b> II 337
	50m: 35.23 35.23	150m: 2:00.55 42.88	250m: 3:28.84 43.78	350m: 4:56.89 43.19								
	100m: 1:17.67 42.44	200m: 2:45.06 44.51	300m: 4:13.70 44.86	400m: 5:38.21 41.32								
14.			26.07.2013 III	"	"	"	"	"	"	"	"	<b>5:39.80</b> II 332
	50m: 37.35 37.35	150m: 2:03.64 43.89	250m: 3:31.01 44.34	350m: 4:58.74 43.27								
	100m: 1:19.75 42.40	200m: 2:46.67 43.03	300m: 4:15.47 44.46	400m: 5:39.80 41.06								
15.			09.02.2013 II	"	"	"	"	"	"	"	"	<b>5:47.04</b> III 312
	50m: 38.00 38.00	150m: 2:06.61 45.18	250m: 3:36.45 45.04	350m: 5:04.83 44.48								
	100m: 1:21.43 43.43	200m: 2:51.41 44.80	300m: 4:20.35 43.90	400m: 5:47.04 42.21								
16.			30.01.2014 III	"	"	"	"	"	"	"	"	<b>5:47.34</b> III 311
	50m: 38.20 38.20	150m: 2:06.00 44.59	250m: 3:35.82 45.42	350m: 5:05.59 44.61								
	100m: 1:21.41 43.21	200m: 2:50.40 44.40	300m: 4:20.98 45.16	400m: 5:47.34 41.75								
17.			19.02.2013 II	"	"	"	"	"	"	"	"	<b>5:49.42</b> III 305
	50m: 36.94 36.94	150m: 2:05.75 45.71	250m: 3:35.46 44.94	350m: 5:05.53 45.47								
	100m: 1:20.04 43.10	200m: 2:50.52 44.77	300m: 4:20.06 44.60	400m: 5:49.42 43.89								
18.			16.05.2014 I	"	"	"	"	"	"	"	"	<b>6:03.17</b> III 272
	50m: 40.72 40.72	150m: 2:13.57 46.57	250m: 3:47.44 47.13	350m: 5:21.04 47.32								
	100m: 1:27.00 46.28	200m: 3:00.31 46.74	300m: 4:33.72 46.28	400m: 6:03.17 42.13								
19.			28.04.2014 III	"	"	"	"	"	"	"	"	<b>6:04.06</b> III 270
	50m: 40.08 40.08	150m: 2:12.96 47.21	250m: 3:47.64 47.13	350m: 5:19.63 45.64								
	100m: 1:25.75 45.67	200m: 3:00.51 47.55	300m: 4:33.99 46.35	400m: 6:04.06 44.43								
20.			05.05.2014 III	3 "	"	"	"	"	"	"	"	<b>6:08.59</b> III 260
	50m: 39.21 39.21	150m: 2:11.88 46.52	250m: 3:48.50 48.15	350m: 5:22.72 46.68								
	100m: 1:25.36 46.15	200m: 3:00.35 48.47	300m: 4:36.04 47.54	400m: 6:08.59 45.87								
21.			25.07.2014 III	"	"	"	"	"	"	"	"	<b>6:14.51</b> III 248
	50m: 38.52 38.52	150m: 2:13.94 48.21	250m: 3:51.90 48.84	350m: 5:30.41 49.50								
	100m: 1:25.73 47.21	200m: 3:03.06 49.12	300m: 4:40.91 49.01	400m: 6:14.51 44.10								

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ALGE timing





5, , 400m , (12-13 )

22.			30.08.2013	III		1,				<b>6:22.69</b>	III	232
	50m:	39.48	39.48	150m:	2:11.54	47.53	250m:	3:53.32	51.74	350m:	5:34.11	50.93
	100m:	1:24.01	44.53	200m:	3:01.58	50.04	300m:	4:43.18	49.86	400m:	6:22.69	48.58
23.			15.05.2013	III		"	"			<b>6:22.79</b>	III	232
	50m:	38.70	38.70	150m:	2:15.99	49.93	250m:	3:57.16	50.06	350m:	5:36.71	50.58
	100m:	1:26.06	47.36	200m:	3:07.10	51.11	300m:	4:46.13	48.97	400m:	6:22.79	46.08
24.			05.11.2013	I		"	"			<b>6:22.92</b>	III	232
	50m:	39.05	39.05	150m:	2:16.38	50.31	250m:	3:57.42	50.14	350m:	5:36.21	49.85
	100m:	1:26.07	47.02	200m:	3:07.28	50.90	300m:	4:46.36	48.94	400m:	6:22.92	46.71
25.			04.06.2014	I		"	"			<b>6:26.92</b>	I	225
	100m:	1:29.55	1:29.55	200m:			300m:	4:50.87		400m:	6:26.92	1:36.05
26.			01.03.2014	III		"	"			<b>6:36.11</b>	I	209
	50m:	43.54	43.54	150m:	2:24.57	50.76	250m:	4:08.85	52.42	350m:	5:50.99	51.62
	100m:	1:33.81	50.27	200m:	3:16.43	51.86	300m:	4:59.37	50.52	400m:	6:36.11	45.12
27.			08.09.2013	I		"	"			<b>6:38.62</b>	I	205
	50m:	40.30	40.30	150m:	2:19.53	51.16	300m:	4:57.16	1:45.64			
	100m:	1:28.37	48.07	200m:	3:11.52	51.99	400m:	6:38.62	1:41.46			

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