

20
20.06.2026

, 400m

14 - 18

: AQUA 2026

(14-15)

1.				16.11.2011	"	"	-			4:20.62	I	601
	50m:	30.06	30.06	150m:	1:35.09	32.98	250m:	2:42.33	33.83	350m:	3:49.83	33.20
	100m:	1:02.11	32.05	200m:	2:08.50	33.41	300m:	3:16.63	34.30	400m:	4:20.62	30.79
2.				26.02.2012	I		10			4:22.01	I	591
	50m:	28.64	28.64	150m:	1:32.99	33.11	250m:	2:40.42	33.85	350m:	3:49.37	34.58
	100m:	59.88	31.24	200m:	2:06.57	33.58	300m:	3:14.79	34.37	400m:	4:22.01	32.64
3.				01.02.2011	I		13			4:22.43	I	588
	50m:	29.25	29.25	150m:	1:34.40	32.40	250m:	2:40.89	33.05	350m:	3:48.90	33.95
	100m:	1:02.00	32.75	200m:	2:07.84	33.44	300m:	3:14.95	34.06	400m:	4:22.43	33.53
4.				26.02.2011	I					4:30.19	I	539
	50m:	29.66	29.66	150m:	1:36.88	34.47	250m:	2:48.09	35.74	350m:	3:57.92	34.96
	100m:	1:02.41	32.75	200m:	2:12.35	35.47	300m:	3:22.96	34.87	400m:	4:30.19	32.27
5.				15.01.2012	II					4:31.97	II	529
	50m:	29.23	29.23	150m:	1:37.18	35.01	250m:	2:48.72	35.88	350m:	3:59.46	34.61
	100m:	1:02.17	32.94	200m:	2:12.84	35.66	300m:	3:24.85	36.13	400m:	4:31.97	32.51
6.				28.05.2011	I	"	"			4:33.42	II	520
	50m:	30.07	30.07	150m:	1:37.60	34.26	250m:	2:47.16	34.56	350m:	3:57.38	34.85
	100m:	1:03.34	33.27	200m:	2:12.60	35.00	300m:	3:22.53	35.37	400m:	4:33.42	36.04
7.				02.11.2011		"	"	-		4:36.55	II	503
	50m:	31.01	31.01	150m:	1:38.84	34.76	250m:	2:49.28	35.54	350m:	4:02.18	36.20
	100m:	1:04.08	33.07	200m:	2:13.74	34.90	300m:	3:25.98	36.70	400m:	4:36.55	34.37
8.				08.02.2011	II	()		-		4:38.51	II	492
	50m:	30.66	30.66	150m:	1:39.19	34.72	250m:	2:51.72	36.26	350m:	4:04.25	35.98
	100m:	1:04.47	33.81	200m:	2:15.46	36.27	300m:	3:28.27	36.55	400m:	4:38.51	34.26
9.				23.11.2012	II	"	"	-		4:38.66	II	491
	50m:	32.10	32.10	150m:	1:42.66	35.67	250m:	2:54.08	35.83	350m:	4:05.27	35.46
	100m:	1:06.99	34.89	200m:	2:18.25	35.59	300m:	3:29.81	35.73	400m:	4:38.66	33.39
10.				27.07.2012	II	"	"			4:39.09	II	489
	50m:	31.12	31.12	150m:	1:41.43	35.75	250m:	2:53.36	35.80	350m:	4:04.67	35.36
	100m:	1:05.68	34.56	200m:	2:17.56	36.13	300m:	3:29.31	35.95	400m:	4:39.09	34.42
11.				24.04.2012	II	()		-		4:40.24	II	483
	50m:	29.81	29.81	150m:	1:42.33	37.24	250m:	2:55.99	36.67	350m:	4:06.42	34.45
	100m:	1:05.09	35.28	200m:	2:19.32	36.99	300m:	3:31.97	35.98	400m:	4:40.24	33.82
12.				07.03.2011	II	()		-		4:40.25	II	483
	50m:	30.98	30.98	150m:	1:41.71	35.79	250m:	2:53.74	36.06	350m:	4:07.08	36.47
	100m:	1:05.92	34.94	200m:	2:17.68	35.97	300m:	3:30.61	36.87	400m:	4:40.25	33.17
13.				21.03.2012	II			-		4:41.12	II	479
	50m:	31.60	31.60	150m:	1:41.74	35.20	250m:	2:53.47	36.00	350m:	4:06.41	36.41
	100m:	1:06.54	34.94	200m:	2:17.47	35.73	300m:	3:30.00	36.53	400m:	4:41.12	34.71
14.				25.12.2012	II		C "	"		4:41.53	II	476
	50m:	30.74	30.74	150m:	1:41.06	35.32	250m:	2:53.57	36.56	350m:	4:06.41	36.24
	100m:	1:05.74	35.00	200m:	2:17.01	35.95	300m:	3:30.17	36.60	400m:	4:41.53	35.12
15.				12.01.2011	I					4:42.33	II	472
	50m:	29.32	29.32	150m:	1:38.82	35.44	250m:	2:53.07	37.60	350m:	4:06.74	36.28
	100m:	1:03.38	34.06	200m:	2:15.47	36.65	300m:	3:30.46	37.39	400m:	4:42.33	35.59
16.				22.05.2011	II	"	-Swim"	-		4:44.94	II	460
	50m:	30.29	30.29	150m:	1:42.96	36.88	250m:	2:55.94	36.75	350m:	4:09.81	37.03
	100m:	1:06.08	35.79	200m:	2:19.19	36.23	300m:	3:32.78	36.84	400m:	4:44.94	35.13
17.				29.11.2012	II	()		-		4:46.75	II	451
	50m:	30.44	30.44	150m:	1:41.94	36.59	250m:	2:56.09	37.52	350m:	4:10.17	36.98
	100m:	1:05.35	34.91	200m:	2:18.57	36.63	300m:	3:33.19	37.10	400m:	4:46.75	36.58

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20, , 400m		(14-15)												
18.				12.03.2011	II	"	"	"				4:49.00	II	440
	50m:	31.75	31.75	150m:	1:44.47	36.95	250m:	3:00.56	38.43	350m:	4:16.36	37.21		
	100m:	1:07.52	35.77	200m:	2:22.13	37.66	300m:	3:39.15	38.59	400m:	4:49.00	32.64		
19.				05.05.2012	II	"	"	-				4:49.24	II	439
	50m:	32.01	32.01	150m:	1:44.87	36.91	250m:	3:00.00	36.86	350m:	4:14.52	36.60		
	100m:	1:07.96	35.95	200m:	2:23.14	38.27	300m:	3:37.92	37.92	400m:	4:49.24	34.72		
20.				08.05.2012	II							4:49.55	II	438
	50m:	30.98	30.98	150m:	1:41.87	35.74	250m:	2:57.34	37.60	350m:	4:13.02	37.68		
	100m:	1:06.13	35.15	200m:	2:19.74	37.87	300m:	3:35.34	38.00	400m:	4:49.55	36.53		
21.				30.08.2011	II	"	-Swim"	-				4:49.57	II	438
	50m:	31.66	31.66	150m:	1:44.47	36.77	250m:	3:00.20	37.78	350m:	4:15.63	37.80		
	100m:	1:07.70	36.04	200m:	2:22.42	37.95	300m:	3:37.83	37.63	400m:	4:49.57	33.94		
22.				29.01.2012	II	()		-				4:49.68	II	437
	50m:	30.75	30.75	150m:	1:42.12	36.95	250m:	2:57.27	37.64	350m:	4:12.09	36.98		
	100m:	1:05.17	34.42	200m:	2:19.63	37.51	300m:	3:35.11	37.84	400m:	4:49.68	37.59		
23.				12.03.2012	III	"	"	-				4:52.66	II	424
	50m:	32.15	32.15	150m:	1:46.00	37.68	250m:	3:01.97	37.62	350m:	4:17.32	37.54		
	100m:	1:08.32	36.17	200m:	2:24.35	38.35	300m:	3:39.78	37.81	400m:	4:52.66	35.34		
24.				17.10.2011	II	()		-				4:56.40	II	408
	50m:	31.00	31.00	150m:	1:44.90	37.48	250m:	3:01.89	38.53	350m:	4:19.15	38.61		
	100m:	1:07.42	36.42	200m:	2:23.36	38.46	300m:	3:40.54	38.65	400m:	4:56.40	37.25		
25.				31.03.2011	II							4:56.99	II	406
	50m:	31.50	31.50	150m:	1:44.10	37.11	250m:	3:01.36	39.13	350m:	4:20.20	38.98		
	100m:	1:06.99	35.49	200m:	2:22.23	38.13	300m:	3:41.22	39.86	400m:	4:56.99	36.79		
26.				06.03.2012	II							5:00.28	II	393
	50m:	31.41	31.41	150m:	1:45.59	38.54	250m:	3:03.50	38.89	350m:	4:22.34	39.51		
	100m:	1:07.05	35.64	200m:	2:24.61	39.02	300m:	3:42.83	39.33	400m:	5:00.28	37.94		
27.				27.10.2012	III	()		-				5:27.72	III	302
	50m:	36.98	36.98	150m:	1:58.70	41.28	250m:	3:23.62	42.39	350m:	4:48.31	41.86		
	100m:	1:17.42	40.44	200m:	2:41.23	42.53	300m:	4:06.45	42.83	400m:	5:27.72	39.41		
28.				14.12.2012	I							5:28.54	III	300
	50m:	35.08	35.08	150m:	1:58.08	42.75	250m:	3:23.16	42.43	350m:	4:48.26	41.98		
	100m:	1:15.33	40.25	200m:	2:40.73	42.65	300m:	4:06.28	43.12	400m:	5:28.54	40.28		
29.				11.09.2012	III							5:58.20	I	231
	50m:	34.13	34.13	150m:	2:02.23	45.67	250m:	3:37.43	47.58	350m:	5:14.18	48.18		
	100m:	1:16.56	42.43	200m:	2:49.85	47.62	300m:	4:26.00	48.57	400m:	5:58.20	44.02		

(16-18)

1.				07.12.2009	()			-				4:09.51		685
	50m:	28.90	28.90	150m:	1:31.83	31.50	250m:	2:34.55	31.06	350m:	3:38.10	31.78		
	100m:	1:00.33	31.43	200m:	2:03.49	31.66	300m:	3:06.32	31.77	400m:	4:09.51	31.41		
2.				15.10.2009	()			-				4:13.79		651
	50m:	29.06	29.06	150m:	1:31.80	31.78	250m:	2:36.34	32.59	350m:	3:42.66	33.30		
	100m:	1:00.02	30.96	200m:	2:03.75	31.95	300m:	3:09.36	33.02	400m:	4:13.79	31.13		
3.				02.07.2010	"	"	"	-				4:14.14		648
	50m:	28.25	28.25	150m:	1:31.70	32.22	250m:	2:36.25	32.34	350m:	3:41.90	32.41		
	100m:	59.48	31.23	200m:	2:03.91	32.21	300m:	3:09.49	33.24	400m:	4:14.14	32.24		
4.				07.03.2009	"	"	"	-				4:20.78	I	600
	50m:	28.49	28.49	150m:	1:32.53	32.58	250m:	2:38.71	33.47	350m:	3:47.40	34.27		
	100m:	59.95	31.46	200m:	2:05.24	32.71	300m:	3:13.13	34.42	400m:	4:20.78	33.38		
5.				25.01.2009	I	"	"	"				4:21.71	I	593
	50m:	29.39	29.39	150m:	1:33.67	32.80	250m:	2:40.70	33.85	350m:	3:49.70	34.47		
	100m:	1:00.87	31.48	200m:	2:06.85	33.18	300m:	3:15.23	34.53	400m:	4:21.71	32.01		

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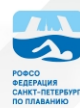
<https://swim4you.ru/>

OMEGA ARES 21



ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ
МЭД ВЕЙВ КЛАССИК

20-21 ИЮНЯ 2026
САНКТ-ПЕТЕРБУРГ 5 ЭТАП



	20,	, 400m		(16-18)									
6.			25.01.2009 I	"	"	"	"	4:29.84 I	541				
	50m: 28.13	28.13	150m: 1:32.82	32.77	250m: 2:43.82	35.66	350m: 3:55.06	35.53					
	100m: 1:00.05	31.92	200m: 2:08.16	35.34	300m: 3:19.53	35.71	400m: 4:29.84	34.78					
7.			02.07.2009 I					4:35.60 II	508				
	50m: 30.21	30.21	150m: 1:36.27	33.75	250m: 2:47.35	36.06	350m: 4:00.64	36.88					
	100m: 1:02.52	32.31	200m: 2:11.29	35.02	300m: 3:23.76	36.41	400m: 4:35.60	34.96					
8.			16.12.2008					4:37.08 II	500				
	50m: 29.06	29.06	150m: 1:37.02	34.77	250m: 2:49.41	36.53	350m: 4:01.19	35.60					
	100m: 1:02.25	33.19	200m: 2:12.88	35.86	300m: 3:25.59	36.18	400m: 4:37.08	35.89					
9.			25.11.2010 I					4:43.29 II	468				
	50m: 31.29	31.29	150m: 1:43.38	36.21	250m: 2:57.56	36.99	350m: 4:09.83	34.95					
	100m: 1:07.17	35.88	200m: 2:20.57	37.19	300m: 3:34.88	37.32	400m: 4:43.29	33.46					
10.			14.02.2010 I	"	"	"		4:51.38 II	430				
	50m: 30.69	30.69	150m: 1:42.86	37.09	250m: 2:58.88	38.71	350m: 4:15.55	37.91					
	100m: 1:05.77	35.08	200m: 2:20.17	37.31	300m: 3:37.64	38.76	400m: 4:51.38	35.83					
11.			22.04.2008 I					4:54.97 II	414				
	50m: 30.35	30.35	150m: 1:41.20	36.31	250m: 2:58.36	38.84	350m: 4:17.17	39.26					
	100m: 1:04.89	34.54	200m: 2:19.52	38.32	300m: 3:37.91	39.55	400m: 4:54.97	37.80					
12.			05.06.2010 II					4:57.41 II	404				
	50m: 31.75	31.75	150m: 1:46.31	37.98	250m: 3:02.80	38.90	350m: 4:21.09	38.83					
	100m: 1:08.33	36.58	200m: 2:23.90	37.59	300m: 3:42.26	39.46	400m: 4:57.41	36.32					
13.			16.12.2010 II	"	"			5:04.09 II	378				
	50m: 33.08	33.08	150m: 1:49.34	39.29	250m: 3:09.46	39.96	350m: 4:26.47	36.85					
	100m: 1:10.05	36.97	200m: 2:29.50	40.16	300m: 3:49.62	40.16	400m: 5:04.09	37.62					
14.			26.01.2010 II					5:13.36 III	345				
	50m: 31.65	31.65	150m: 1:44.37	37.27	250m: 3:05.34	41.38	350m: 4:30.93	42.91					
	100m: 1:07.10	35.45	200m: 2:23.96	39.59	300m: 3:48.02	42.68	400m: 5:13.36	42.43					
15.			24.03.2009 II					5:26.63 III	305				
	50m: 32.23	32.23	150m: 1:52.89	41.92	250m: 3:20.25	43.83	350m: 4:48.39	44.42					
	100m: 1:10.97	38.74	200m: 2:36.42	43.53	300m: 4:03.97	43.72	400m: 5:26.63	38.24					
EXH			06.06.2009					4:12.23	663				
	50m: 28.48	28.48	150m: 1:32.01	31.91	250m: 2:36.66	32.01	350m: 3:41.78	32.30					
	100m: 1:00.10	31.62	200m: 2:04.65	32.64	300m: 3:09.48	32.82	400m: 4:12.23	30.45					

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OMEGA ARES 21

