

21.06.2026
: AQUA 2026

, 200m

14 - 18

(14-15)

1.				17.12.2011									2:52.75	I	504
	50m:	37.09	37.09	100m:	1:17.99	40.90	150m:	2:04.18	46.19	200m:	2:52.75	48.57			
2.				20.03.2012			3						2:53.79	I	495
	50m:	38.80	38.80	100m:	1:23.92	45.12	150m:	2:09.34	45.42	200m:	2:53.79	44.45			
3.				10.02.2011	I								3:02.67	II	426
	50m:	43.08	43.08	100m:	1:30.61	47.53	150m:	2:18.18	47.57	200m:	3:02.67	44.49			
4.				01.03.2011	I								3:02.83	II	425
	50m:	41.81	41.81	100m:	1:29.48	47.67	150m:	2:16.22	46.74	200m:	3:02.83	46.61			
5.				28.07.2012	II								3:02.87	II	425
	50m:	43.13	43.13	100m:	1:30.10	46.97	150m:	2:17.09	46.99	200m:	3:02.87	45.78			
6.				02.12.2011	II		"	"	-				3:07.94	II	392
	50m:	41.69	41.69	100m:	1:28.75	47.06	150m:	2:18.23	49.48	200m:	3:07.94	49.71			
7.				24.06.2012	II								3:13.62	II	358
	50m:	41.39	41.39	100m:	1:29.16	47.77	150m:	2:20.15	50.99	200m:	3:13.62	53.47			
8.				17.07.2012	III								3:18.60	III	332
	50m:	45.52	45.52	100m:	1:36.21	50.69	150m:	2:28.40	52.19	200m:	3:18.60	50.20			
9.				25.02.2011	I								3:19.75	III	326
	50m:	45.16	45.16	100m:	1:35.14	49.98	150m:	2:27.34	52.20	200m:	3:19.75	52.41			
10.				29.07.2011	II								3:22.31	III	314
	50m:	45.47	45.47	100m:	1:37.56	52.09	150m:	2:30.67	53.11	200m:	3:22.31	51.64			

(16-18)

1.				30.12.2010			C "	"					2:38.60		652
	50m:	35.97	35.97	100m:	1:15.85	39.88	150m:	1:57.97	42.12	200m:	2:38.60	40.63			
2.				29.08.2009		Froka							2:38.91		648
	50m:	36.77	36.77	100m:	1:17.51	40.74	150m:	1:58.92	41.41	200m:	2:38.91	39.99			
3.				27.12.2010			C "	"					2:40.57		628
	50m:	36.84	36.84	100m:	1:17.23	40.39	150m:	1:58.35	41.12	200m:	2:40.57	42.22			
4.				18.10.2009			"	"	-				2:47.06	I	558
	50m:	38.80	38.80	100m:	1:21.85	43.05	150m:	2:04.55	42.70	200m:	2:47.06	42.51			
5.				09.05.2009			"	"	"				2:50.85	I	521
	50m:	38.87	38.87	100m:	1:22.98	44.11	150m:	2:07.51	44.53	200m:	2:50.85	43.34			
6.				31.01.2010	I		"	"	-				2:58.22	II	459
	50m:	40.14	40.14	100m:	1:25.55	45.41	150m:	2:12.05	46.50	200m:	2:58.22	46.17			
7.				19.12.2010	III								3:12.15	II	366
	50m:	41.77	41.77	100m:	1:30.55	48.78	150m:	2:20.71	50.16	200m:	3:12.15	51.44			
8.				15.10.2009	III								3:19.89	III	325
	50m:	45.68	45.68	100m:	1:36.67	50.99	150m:	2:27.09	50.42	200m:	3:19.89	52.80			
9.				06.04.2010	III								3:24.88	III	302
	50m:	45.13	45.13	100m:	1:37.56	52.43	150m:	2:31.03	53.47	200m:	3:24.88	53.85			

" , 50

<https://swim4you.ru/>

OMEGA ARES 21