

6
16.02.2019

, 400m

9 - 18

	I	9 +: 6:46.00 /	III	9 +: 5:50.00 /	II	9 +: 5:09.00 /						
	I	9 +: 4:34.00 /	10 +: 4:17.50 /		12 +: 4:05.00							
: FINA 2019												
9-12												
1.			2007 II						+0,46	5:09.67	III	358
	50m:	35.24	35.24	150m:	1:54.08	39.70	250m:	3:13.94	39.98	350m:	4:32.84	39.64
	100m:	1:14.38	39.14	200m:	2:33.96	39.88	300m:	3:53.20	39.26	400m:	5:09.67	36.83
2.			2008 I						+0,77	5:09.91	III	358
	50m:	34.69	34.69	150m:	1:53.48	40.25	250m:	3:13.17	40.56	350m:	4:33.40	40.68
	100m:	1:13.23	38.54	200m:	2:32.61	39.13	300m:	3:52.72	39.55	400m:	5:09.91	36.51
3.			2007 I						+0,51	5:12.91	III	347
	50m:	33.97	33.97	150m:	1:52.45	40.27	250m:	3:13.00	40.20	350m:	4:34.62	40.85
	100m:	1:12.18	38.21	200m:	2:32.80	40.35	300m:	3:53.77	40.77	400m:	5:12.91	38.29
4.			2008 II						+0,60	5:19.14	III	327
	50m:	33.87	33.87	150m:	1:54.43	40.93	250m:	3:16.78	41.22	350m:	4:39.68	41.81
	100m:	1:13.50	39.63	200m:	2:35.56	41.13	300m:	3:57.87	41.09	400m:	5:19.14	39.46
5.			2008 III						+0,56	5:19.58	III	326
	50m:	34.63	34.63	150m:	1:56.29	41.81	250m:	3:19.06	41.76	350m:	4:40.55	40.92
	100m:	1:14.48	39.85	200m:	2:37.30	41.01	300m:	3:59.63	40.57	400m:	5:19.58	39.03
6.			2007 II	6,					+0,80	5:19.86	III	325
	50m:	34.99	34.99	150m:	1:54.39	41.02	250m:	3:18.97	42.63	350m:	4:40.63	40.35
	100m:	1:13.37	38.38	200m:	2:36.34	41.95	300m:	4:00.28	41.31	400m:	5:19.86	39.23
7.			2008 III						+0,71	5:20.92	III	322
	50m:	34.35	34.35	150m:	1:54.92	41.00	250m:	3:18.17	42.34	350m:	4:41.55	41.63
	100m:	1:13.92	39.57	200m:	2:35.83	40.91	300m:	3:59.92	41.75	400m:	5:20.92	39.37
8.			2008 II						+0,76	5:22.51	III	317
	50m:	34.85	34.85	150m:	1:56.65	41.04	250m:	3:19.63	41.21	350m:	4:42.28	40.93
	100m:	1:15.61	40.76	200m:	2:38.42	41.77	300m:	4:01.35	41.72	400m:	5:22.51	40.23
9.			2008 III	70 "	"				+0,60	5:26.19	III	307
	50m:	36.52	36.52	150m:	1:58.88	41.49	250m:	3:23.86	42.83	350m:	4:46.99	40.48
	100m:	1:17.39	40.87	200m:	2:41.03	42.15	300m:	4:06.51	42.65	400m:	5:26.19	39.20
10.			2007 III	6,					+0,62	5:31.74	III	291
	50m:	36.46	36.46	150m:	2:01.69	42.22	250m:	3:27.22	42.66	350m:	4:51.64	41.82
	100m:	1:19.47	43.01	200m:	2:44.56	42.87	300m:	4:09.82	42.60	400m:	5:31.74	40.10
11.			2007 III						+0,63	5:31.80	III	291
	50m:	35.87	35.87	150m:	1:58.32	42.05	250m:	3:24.21	43.33	350m:	4:50.81	43.40
	100m:	1:16.27	40.40	200m:	2:40.88	42.56	300m:	4:07.41	43.20	400m:	5:31.80	40.99
12.			2007 III						+0,55	5:32.52	III	289
	50m:	35.53	35.53	150m:	1:59.15	43.06	250m:	3:25.49	43.53	350m:	4:51.58	43.14
	100m:	1:16.09	40.56	200m:	2:41.96	42.81	300m:	4:08.44	42.95	400m:	5:32.52	40.94
13.			2007 III	12,					+0,71	5:32.62	III	289
	50m:	35.76	35.76	150m:	1:59.08	42.35	250m:	3:26.13	43.46	350m:	4:52.07	42.28
	100m:	1:16.73	40.97	200m:	2:42.67	43.59	300m:	4:09.79	43.66	400m:	5:32.62	40.55
14.			2007 III						+1,10	5:32.86	III	288
	50m:	37.08	37.08	150m:	2:01.77	42.74	250m:	3:27.48	43.27	350m:	4:52.71	42.54
	100m:	1:19.03	41.95	200m:	2:44.21	42.44	300m:	4:10.17	42.69	400m:	5:32.86	40.15
15.			2008 I						+0,99	5:34.78	III	284
	50m:	35.60	35.60	150m:	1:58.67	42.74	250m:	3:25.94	43.63	350m:	4:52.56	43.20
	100m:	1:15.93	40.33	200m:	2:42.31	43.64	300m:	4:09.36	43.42	400m:	5:34.78	42.22
16.			2007 I						+0,87	5:34.89	III	283
	50m:	36.30	36.30	150m:	1:59.57	42.34	250m:	3:26.32	43.54	350m:	4:53.32	43.61
	100m:	1:17.23	40.93	200m:	2:42.78	43.21	300m:	4:09.71	43.39	400m:	5:34.89	41.57

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OMEGA ARES 21

		6, , 400m				9-12				R.T.			
17.				2007	III					+0,52	5:35.67	III	281
	50m:	36.92	36.92	150m:	2:00.82	42.93	250m:	3:27.69	44.13	350m:	4:55.27	44.30	
	100m:	1:17.89	40.97	200m:	2:43.56	42.74	300m:	4:10.97	43.28	400m:	5:35.67	40.40	
18.				2009	III						5:36.17	III	280
	50m:	35.99	35.99	150m:	2:01.23	43.40	250m:	3:28.19	43.53	350m:	4:55.19	43.34	
	100m:	1:17.83	41.84	200m:	2:44.66	43.43	300m:	4:11.85	43.66	400m:	5:36.17	40.98	
19.				2008	III					+0,75	5:43.76	III	262
	50m:	39.35	39.35	150m:	2:07.28	44.67	250m:	3:36.55	43.92	350m:	5:04.84	43.83	
	100m:	1:22.61	43.26	200m:	2:52.63	45.35	300m:	4:21.01	44.46	400m:	5:43.76	38.92	
20.				2010	I	NAYTIKOS OMILOS PAFOS,		CYP		+0,63	5:43.80	III	262
	50m:	36.67	36.67	150m:	2:03.45	44.61	250m:	3:33.06	45.16	350m:	5:02.87	44.34	
	100m:	1:18.84	42.17	200m:	2:47.90	44.45	300m:	4:18.53	45.47	400m:	5:43.80	40.93	
21.				2009	I						5:46.34	III	256
	50m:	38.22	38.22	150m:	2:05.71	44.75	250m:	3:35.22	44.39	350m:	5:04.30	43.98	
	100m:	1:20.96	42.74	200m:	2:50.83	45.12	300m:	4:20.32	45.10	400m:	5:46.34	42.04	
22.				2009	I					+0,58	5:46.60	III	255
	50m:	38.25	38.25	150m:	2:05.03	43.57	250m:	3:35.18	45.22	350m:	5:04.72	44.37	
	100m:	1:21.46	43.21	200m:	2:49.96	44.93	300m:	4:20.35	45.17	400m:	5:46.60	41.88	
23.				2009	I	4,				+0,65	5:46.80	III	255
	50m:	38.42	38.42	150m:	2:08.84	45.64	250m:	3:40.87	45.64	350m:	5:08.75	43.22	
	100m:	1:23.20	44.78	200m:	2:55.23	46.39	300m:	4:25.53	44.66	400m:	5:46.80	38.05	
24.				2009	III		1,			+0,61	5:48.54	III	251
	50m:	38.10	38.10	150m:	2:08.58	46.51	250m:	3:37.56	43.45	350m:	5:06.96	44.17	
	100m:	1:22.07	43.97	200m:	2:54.11	45.53	300m:	4:22.79	45.23	400m:	5:48.54	41.58	
25.				2008	III					+0,58	5:48.62	III	251
	50m:	37.36	37.36	150m:	2:04.54	44.27	250m:	3:34.33	45.06	350m:	5:04.86	45.29	
	100m:	1:20.27	42.91	200m:	2:49.27	44.73	300m:	4:19.57	45.24	400m:	5:48.62	43.76	
26.				2010	I	70 "	"				5:53.49	I	241
	50m:	39.91	39.91	150m:	2:12.47	47.33	250m:	3:40.97	43.13	350m:	5:10.86	44.06	
	100m:	1:25.14	45.23	200m:	2:57.84	45.37	300m:	4:26.80	45.83	400m:	5:53.49	42.63	
27.				2009	I	70 "	"			+0,69	5:56.25	I	235
	50m:	38.99	38.99	150m:	2:10.64	46.18	250m:	3:42.67	45.04	350m:	5:13.59	44.99	
	100m:	1:24.46	45.47	200m:	2:57.63	46.99	300m:	4:28.60	45.93	400m:	5:56.25	42.66	
28.				2008	I	31,				+0,57	6:05.13	I	218
	50m:	37.89	37.89	150m:	2:09.35	47.49	250m:	3:44.73	48.32	350m:	5:19.04	47.05	
	100m:	1:21.86	43.97	200m:	2:56.41	47.06	300m:	4:31.99	47.26	400m:	6:05.13	46.09	
29.				2009	I						6:06.58	I	216
	50m:	39.87	39.87	150m:	2:11.86	46.49	250m:	3:48.00	47.65	350m:	5:22.76	46.92	
	100m:	1:25.37	45.50	200m:	3:00.35	48.49	300m:	4:35.84	47.84	400m:	6:06.58	43.82	
30.				2008	I					+0,76	6:09.12	I	211
	50m:	36.82	36.82	150m:	2:07.36	47.38	250m:	3:44.14	49.20	350m:	5:23.23	49.54	
	100m:	1:19.98	43.16	200m:	2:54.94	47.58	300m:	4:33.69	49.55	400m:	6:09.12	45.89	
31.				2008	I					+0,72	6:09.88	I	210
	50m:	40.52	40.52	150m:	2:15.02	48.38	250m:	3:48.86	46.67	350m:	5:23.50	47.37	
	100m:	1:26.64	46.12	200m:	3:02.19	47.17	300m:	4:36.13	47.27	400m:	6:09.88	46.38	
32.				2008	I					+0,80	6:11.55	I	207
	50m:	38.55	38.55	150m:	2:12.03	47.73	250m:	3:46.10	47.14	350m:	5:23.05	49.17	
	100m:	1:24.30	45.75	200m:	2:58.96	46.93	300m:	4:33.88	47.78	400m:	6:11.55	48.50	
33.				2007	I					+0,74	6:11.93	I	207
	50m:	40.21	40.21	150m:	2:16.38	48.65	250m:	3:54.29	49.17	350m:	5:29.34	47.27	
	100m:	1:27.73	47.52	200m:	3:05.12	48.74	300m:	4:42.07	47.78	400m:	6:11.93	42.59	
34.				2008	I					+0,54	6:15.81	I	200
	50m:	39.11	39.11	150m:	2:11.40	46.63	250m:	3:49.95	49.66	350m:	5:28.61	48.22	
	100m:	1:24.77	45.66	200m:	3:00.29	48.89	300m:	4:40.39	50.44	400m:	6:15.81	47.20	

		6, , 400m								R.T.			
35.				2008 I						+0,79	6:15.89	I	200
	50m:	39.96	39.96	150m:	2:15.83	49.33	250m:	3:55.15	50.62	350m:	5:34.77	47.87	
	100m:	1:26.50	46.54	200m:	3:04.53	48.70	300m:	4:46.90	51.75	400m:	6:15.89	41.12	
36.				2009 I		82,				+0,52	6:16.26	I	200
	50m:	43.91	43.91	150m:	2:21.27	48.30	250m:	3:57.57	48.89	350m:	5:33.53	48.60	
	100m:	1:32.97	49.06	200m:	3:08.68	47.41	300m:	4:44.93	47.36	400m:	6:16.26	42.73	
37.				2009 I		,				+0,63	6:16.53	I	199
	50m:	40.19	40.19	150m:	2:15.53	49.24	250m:	3:53.28	49.33	350m:	5:31.70	48.63	
	100m:	1:26.29	46.10	200m:	3:03.95	48.42	300m:	4:43.07	49.79	400m:	6:16.53	44.83	
38.				2008 II		,				+0,73	6:18.84	I	196
	50m:	40.59	40.59	150m:	2:17.27	48.96	250m:	3:55.76	49.44	350m:	5:33.85	48.36	
	100m:	1:28.31	47.72	200m:	3:06.32	49.05	300m:	4:45.49	49.73	400m:	6:18.84	44.99	
39.				2007 I		2,				+0,63	6:23.22	I	189
	50m:	41.76	41.76	150m:	2:19.22	49.73	250m:	3:58.01	49.18	350m:	5:37.47	49.35	
	100m:	1:29.49	47.73	200m:	3:08.83	49.61	300m:	4:48.12	50.11	400m:	6:23.22	45.75	
40.				2009 I		,				+0,61	6:25.38	I	186
	50m:	42.90	42.90	150m:	2:20.21	48.44	250m:	3:59.00	49.73	350m:	5:39.04	49.66	
	100m:	1:31.77	48.87	200m:	3:09.27	49.06	300m:	4:49.38	50.38	400m:	6:25.38	46.34	
41.				2008 III		,				+0,72	6:31.24	I	177
	50m:	41.03	41.03	150m:	2:20.48	50.37	250m:	4:02.90	50.76	350m:	5:44.77	49.22	
	100m:	1:30.11	49.08	200m:	3:12.14	51.66	300m:	4:55.55	52.65	400m:	6:31.24	46.47	
42.				2009 I		,				+0,76	6:40.37	I	166
	50m:	42.31	42.31	150m:	2:22.07	51.09	250m:	4:06.46	52.89	350m:	5:51.39	52.85	
	100m:	1:30.98	48.67	200m:	3:13.57	51.50	300m:	4:58.54	52.08	400m:	6:40.37	48.98	
43.				2008 II		,				+1,15	6:43.92	I	161
	50m:	45.41	45.41	150m:	2:28.60	52.31	250m:	4:13.51	52.31	350m:	5:56.35	51.82	
	100m:	1:36.29	50.88	200m:	3:21.20	52.60	300m:	5:04.53	51.02	400m:	6:43.92	47.57	
44.				2009 I		,				+0,84	7:04.76		139
	50m:	45.61	45.61	150m:	2:31.77	53.97	250m:	4:21.63	54.52	350m:	6:11.69	54.74	
	100m:	1:37.80	52.19	200m:	3:27.11	55.34	300m:	5:16.95	55.32	400m:	7:04.76	53.07	
DSQ				2008 I		1,						III	
DNS				2009 I		,							
DNS				2008 II		,							
13-14													
1.				2005		,				+0,63	4:27.71	I	555
	50m:	28.72	28.72	150m:	1:35.09	33.77	250m:	2:44.88	35.10	350m:	3:54.58	34.29	
	100m:	1:01.32	32.60	200m:	2:09.78	34.69	300m:	3:20.29	35.41	400m:	4:27.71	33.13	
2.				2005 II		,				+0,62	4:35.64	II	508
	50m:	30.05	30.05	150m:	1:38.42	35.38	250m:	2:49.91	36.23	350m:	4:01.25	35.17	
	100m:	1:03.04	32.99	200m:	2:13.68	35.26	300m:	3:26.08	36.17	400m:	4:35.64	34.39	
3.				2005 I		,				+0,67	4:47.20	II	449
	50m:	33.24	33.24	150m:	1:45.32	36.09	250m:	2:57.79	36.39	350m:	4:11.51	36.88	
	100m:	1:09.23	35.99	200m:	2:21.40	36.08	300m:	3:34.63	36.84	400m:	4:47.20	35.69	
4.				2005 II		,				+0,50	4:48.66	II	443
	50m:	31.01	31.01	150m:	1:44.38	36.97	250m:	2:59.21	37.73	350m:	4:13.56	36.88	
	100m:	1:07.41	36.40	200m:	2:21.48	37.10	300m:	3:36.68	37.47	400m:	4:48.66	35.10	
5.				2005 II		,				+0,59	4:49.76	II	438
	50m:	30.78	30.78	150m:	1:43.82	37.29	250m:	2:59.16	37.56	350m:	4:14.23	37.28	
	100m:	1:06.53	35.75	200m:	2:21.60	37.78	300m:	3:36.95	37.79	400m:	4:49.76	35.53	
6.				2006 I		,				+0,64	4:56.11	II	410
	50m:	33.21	33.21	150m:	1:47.87	37.34	250m:	3:04.79	38.21	350m:	4:20.86	37.94	
	100m:	1:10.53	37.32	200m:	2:26.58	38.71	300m:	3:42.92	38.13	400m:	4:56.11	35.25	

		6, , 400m				13-14				R.T.			
7.				2005 II				+0,77	4:57.28	II	405		
	50m:	32.75	32.75	150m:	1:47.99	37.24	250m:	3:03.67	37.93	350m:	4:20.00	38.03	
	100m:	1:10.75	38.00	200m:	2:25.74	37.75	300m:	3:41.97	38.30	400m:	4:57.28	37.28	
8.				2005 II		2 ,		+0,78	5:00.05	II	394		
	50m:	32.96	32.96	150m:	1:49.63	39.09	250m:	3:07.69	39.05	350m:	4:23.47	37.65	
	100m:	1:10.54	37.58	200m:	2:28.64	39.01	300m:	3:45.82	38.13	400m:	5:00.05	36.58	
9.				2006 II		2 ,		+0,66	5:00.35	II	393		
	50m:	33.49	33.49	150m:	1:50.94	39.45	250m:	3:08.65	38.37	350m:	4:25.80	38.25	
	100m:	1:11.49	38.00	200m:	2:30.28	39.34	300m:	3:47.55	38.90	400m:	5:00.35	34.55	
10.				2005 II		,		+0,76	5:09.19	III	360		
	50m:	35.51	35.51	150m:	1:54.21	39.96	250m:	3:12.75	39.74	350m:	4:31.08	39.66	
	100m:	1:14.25	38.74	200m:	2:33.01	38.80	300m:	3:51.42	38.67	400m:	5:09.19	38.11	
11.				2006 I		,		+0,70	5:11.30	III	353		
	50m:	33.79	33.79	150m:	1:53.09	40.34	250m:	3:14.59	40.07	350m:	4:34.09	39.68	
	100m:	1:12.75	38.96	200m:	2:34.52	41.43	300m:	3:54.41	39.82	400m:	5:11.30	37.21	
12.				2006 II		,		+0,79	5:11.32	III	353		
	50m:	33.59	33.59	150m:	1:49.65	38.23	250m:	3:09.61	40.17	350m:	4:31.02	40.79	
	100m:	1:11.42	37.83	200m:	2:29.44	39.79	300m:	3:50.23	40.62	400m:	5:11.32	40.30	
13.				2006 II		24,		+0,65	5:12.21	III	350		
	50m:	34.71	34.71	150m:	1:53.00	39.25	250m:	3:13.56	40.12	350m:	4:34.59	39.86	
	100m:	1:13.75	39.04	200m:	2:33.44	40.44	300m:	3:54.73	41.17	400m:	5:12.21	37.62	
14.				2005 II		,		+0,77	5:22.46	III	317		
	50m:	35.53	35.53	150m:	1:56.31	40.97	250m:	3:19.66	41.56	350m:	4:43.27	42.23	
	100m:	1:15.34	39.81	200m:	2:38.10	41.79	300m:	4:01.04	41.38	400m:	5:22.46	39.19	
15.				2006 III		6,		+0,81	5:28.35	III	301		
	50m:	37.76	37.76	150m:	2:02.00	42.45	250m:	3:27.55	42.42	350m:	4:49.97	41.38	
	100m:	1:19.55	41.79	200m:	2:45.13	43.13	300m:	4:08.59	41.04	400m:	5:28.35	38.38	
16.				2006 III		6,		+0,76	5:28.45	III	300		
	50m:	36.94	36.94	150m:	2:01.54	42.66	250m:	3:26.80	42.28	350m:	4:49.24	40.52	
	100m:	1:18.88	41.94	200m:	2:44.52	42.98	300m:	4:08.72	41.92	400m:	5:28.45	39.21	
17.				2005 III		,		+0,64	5:28.57	III	300		
	50m:	35.96	35.96	150m:	1:57.42	41.78	250m:	3:21.76	42.38	350m:	4:47.03	42.59	
	100m:	1:15.64	39.68	200m:	2:39.38	41.96	300m:	4:04.44	42.68	400m:	5:28.57	41.54	
18.				2005 III		31,		+0,59	5:29.88	III	296		
	50m:	35.84	35.84	150m:	1:58.27	42.20	250m:	3:23.47	42.77	350m:	4:49.33	42.11	
	100m:	1:16.07	40.23	200m:	2:40.70	42.43	300m:	4:07.22	43.75	400m:	5:29.88	40.55	
19.				2005 III		70 "	" ,	+0,80	5:39.01	III	273		
	50m:	35.06	35.06	150m:	2:00.79	44.63	250m:	3:29.86	44.68	350m:	4:58.29	44.86	
	100m:	1:16.16	41.10	200m:	2:45.18	44.39	300m:	4:13.43	43.57	400m:	5:39.01	40.72	
20.				2006 III		" "	" "	+0,79	5:39.97	III	271		
	50m:	37.55	37.55	150m:	2:05.98	44.34	250m:	3:33.53	43.81	350m:	4:59.16	42.57	
	100m:	1:21.64	44.09	200m:	2:49.72	43.74	300m:	4:16.59	43.06	400m:	5:39.97	40.81	
DNS				2006 I		MY CHAMPS,							
15-16													
1.				2003		4,		+0,63	4:16.07		634		
	50m:	28.83	28.83	150m:	1:34.42	33.07	250m:	2:40.59	32.72	350m:	3:45.92	32.27	
	100m:	1:01.35	32.52	200m:	2:07.87	33.45	300m:	3:13.65	33.06	400m:	4:16.07	30.15	
2.				2004		MY CHAMPS,		+0,85	4:16.23		633		
	50m:	28.65	28.65	150m:	1:33.87	32.82	250m:	2:39.77	32.84	350m:	3:45.74	32.41	
	100m:	1:01.05	32.40	200m:	2:06.93	33.06	300m:	3:13.33	33.56	400m:	4:16.23	30.49	

		6, , 400m				15-16				R.T.		
3.				2003		70 "	"	+0,74	4:26.12	I	565	
	50m:	28.67	28.67	150m:	1:34.73	33.56	250m:	2:42.75	34.14	350m:	3:51.83	34.70
	100m:	1:01.17	32.50	200m:	2:08.61	33.88	300m:	3:17.13	34.38	400m:	4:26.12	34.29
4.				2003				+0,71	4:28.18	I	552	
	50m:	29.26	29.26	150m:	1:35.41	33.67	250m:	2:44.68	34.80	350m:	3:55.28	35.47
	100m:	1:01.74	32.48	200m:	2:09.88	34.47	300m:	3:19.81	35.13	400m:	4:28.18	32.90
5.				2004 I				+0,68	4:29.63	I	543	
	50m:	29.16	29.16	150m:	1:35.51	34.03	250m:	2:45.89	35.36	350m:	3:56.62	35.22
	100m:	1:01.48	32.32	200m:	2:10.53	35.02	300m:	3:21.40	35.51	400m:	4:29.63	33.01
6.				2004 I				+0,73	4:31.16	I	534	
	50m:	29.23	29.23	150m:	1:37.29	34.27	250m:	2:47.51	35.21	350m:	3:57.90	34.73
	100m:	1:03.02	33.79	200m:	2:12.30	35.01	300m:	3:23.17	35.66	400m:	4:31.16	33.26
7.				2003 II				+0,68	4:37.91	II	496	
	50m:	30.12	30.12	150m:	1:37.71	34.26	250m:	2:49.23	35.98	350m:	4:01.80	36.58
	100m:	1:03.45	33.33	200m:	2:13.25	35.54	300m:	3:25.22	35.99	400m:	4:37.91	36.11
8.				2004 II				+0,70	4:42.82	II	471	
	50m:	30.90	30.90	150m:	1:42.13	36.55	250m:	2:55.14	36.91	350m:	4:08.90	36.74
	100m:	1:05.58	34.68	200m:	2:18.23	36.10	300m:	3:32.16	37.02	400m:	4:42.82	33.92
9.				2004 II				+0,58	4:49.43	II	439	
	50m:	31.98	31.98	150m:	1:44.33	36.93	250m:	2:59.19	37.66	350m:	4:13.84	37.06
	100m:	1:07.40	35.42	200m:	2:21.53	37.20	300m:	3:36.78	37.59	400m:	4:49.43	35.59
10.				2003 II		23,		+0,63	4:50.20	II	436	
	50m:	30.38	30.38	150m:	1:40.33	36.02	250m:	2:56.20	38.29	350m:	4:12.87	38.28
	100m:	1:04.31	33.93	200m:	2:17.91	37.58	300m:	3:34.59	38.39	400m:	4:50.20	37.33
11.				2003 II		2,		+0,68	4:57.67	II	404	
	50m:	32.29	32.29	150m:	1:46.54	37.90	250m:	3:03.57	38.52	350m:	4:20.89	38.32
	100m:	1:08.64	36.35	200m:	2:25.05	38.51	300m:	3:42.57	39.00	400m:	4:57.67	36.78
12.				2003 II				+0,84	5:01.44	II	389	
	50m:	32.54	32.54	150m:	1:47.66	39.01	250m:	3:04.45	38.52	350m:	4:24.00	39.85
	100m:	1:08.65	36.11	200m:	2:25.93	38.27	300m:	3:44.15	39.70	400m:	5:01.44	37.44
13.				2004 II				+0,73	5:12.73	III	348	
	50m:	31.31	31.31	150m:	1:44.97	38.16	250m:	3:05.97	40.55	350m:	4:31.43	43.05
	100m:	1:06.81	35.50	200m:	2:25.42	40.45	300m:	3:48.38	42.41	400m:	5:12.73	41.30
14.				2004 II				+0,59	5:13.27	III	346	
	50m:	36.67	36.67	150m:	1:56.08	40.07	250m:	3:15.88	39.87	350m:	4:35.09	39.71
	100m:	1:16.01	39.34	200m:	2:36.01	39.93	300m:	3:55.38	39.50	400m:	5:13.27	38.18
15.				2003 III				+0,87	5:25.03	III	310	
	50m:	32.38	32.38	150m:	1:47.56	39.03	250m:	3:13.55	43.75	350m:	4:41.74	43.79
	100m:	1:08.53	36.15	200m:	2:29.80	42.24	300m:	3:57.95	44.40	400m:	5:25.03	43.29
16.				2004 III				+0,87	5:25.58	III	308	
	50m:	35.33	35.33	150m:	1:56.41	41.56	250m:	3:20.33	41.86	350m:	4:45.33	42.33
	100m:	1:14.85	39.52	200m:	2:38.47	42.06	300m:	4:03.00	42.67	400m:	5:25.58	40.25
17.				2004 III		70 "	"	+0,67	6:00.77	I	226	
	50m:	36.87	36.87	150m:	2:06.54	46.35	250m:	3:40.27	47.43	350m:	5:14.59	46.60
	100m:	1:20.19	43.32	200m:	2:52.84	46.30	300m:	4:27.99	47.72	400m:	6:00.77	46.18
17-18												
1.				2002		4,		+0,60	4:15.51		638	
	50m:	28.75	28.75	150m:	1:34.64	33.15	250m:	2:40.34	32.50	350m:	3:45.10	32.28
	100m:	1:01.49	32.74	200m:	2:07.84	33.20	300m:	3:12.82	32.48	400m:	4:15.51	30.41
2.				2002				+0,69	4:17.04		627	
	50m:	28.48	28.48	150m:	1:33.31	32.61	250m:	2:39.33	33.00	350m:	3:45.39	32.96
	100m:	1:00.70	32.22	200m:	2:06.33	33.02	300m:	3:12.43	33.10	400m:	4:17.04	31.65



РЕСПУБЛИКАНСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ
MAD WAVE CLASSIC

16-17 ФЕВРАЛЯ 2019
КАЗАНЬ



6, , 400m , 17-18

										R.T.			
3.				2001						+0,71	4:33.19	I	522
	50m:	30.00	30.00	150m:	1:37.63	34.70	250m:	2:47.73	35.51	350m:	3:58.91	35.60	
	100m:	1:02.93	32.93	200m:	2:12.22	34.59	300m:	3:23.31	35.58	400m:	4:33.19	34.28	
4.				2002 II						+0,64	4:53.32	II	422
	50m:	32.07	32.07	150m:	1:44.45	37.31	250m:	3:00.38	38.09	350m:	4:17.07	38.24	
	100m:	1:07.14	35.07	200m:	2:22.29	37.84	300m:	3:38.83	38.45	400m:	4:53.32	36.25	

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17.02.2019 21:17 -

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