



35

, 200m

2010 - 2013

06.11.2022

: FINA 2022

R.T.

(9-10)

1.				2012	III	"	"			+0,82	3:14.41	II	331
	25m:	20.05	20.05	75m:	1:08.85	23.48	125m:	1:59.41	25.52	175m:	2:49.62	23.85	
	50m:	45.37	25.32	100m:	1:33.89	25.04	150m:	2:25.77	26.36	200m:	3:14.41	24.79	
2.				2012	III	"	"				3:16.73	III	320
	25m:	21.07	21.07	75m:	1:11.74	25.70	125m:	2:02.00	25.01	175m:	2:52.03	24.61	
	50m:	46.04	24.97	100m:	1:36.99	25.25	150m:	2:27.42	25.42	200m:	3:16.73	24.70	
3.				2012	1	"Go Swim"	,	-		+0,54	3:29.99	III	263
	25m:	22.17	22.17	75m:	1:13.14	25.76	125m:	2:07.22	27.07	200m:	3:29.99	27.30	
	50m:	47.38	25.21	100m:	1:40.15	27.01	175m:	3:02.69	55.47				
4.				2013	1	"	"			+0,80	3:39.30	III	231
	25m:	22.69	22.69	75m:	1:16.37	27.50	125m:	2:13.55	28.79	175m:	3:11.43	29.05	
	50m:	48.87	26.18	100m:	1:44.76	28.39	150m:	2:42.38	28.83	200m:	3:39.30	27.87	
5.				2012	III	"	"			+0,75	3:39.47	III	230
	25m:	23.24	23.24	75m:	1:17.19	27.50	125m:	2:13.75	28.45	175m:	3:11.22	28.52	
	50m:	49.69	26.45	100m:	1:45.30	28.11	150m:	2:42.70	28.95	200m:	3:39.47	28.25	
6.				2012	1	()	,				3:52.66	I	193
	25m:	25.11	25.11	75m:	1:22.86	29.56	125m:	2:22.24	29.60	175m:	3:22.38	30.18	
	50m:	53.30	28.19	100m:	1:52.64	29.78	150m:	2:52.20	29.96	200m:	3:52.66	30.28	

(11-12)

1.				2010	I	"	"			+0,60	2:42.31		569
	25m:	17.15	17.15	75m:	57.59	20.22	125m:	1:39.43	21.24	175m:	2:21.80	21.14	
	50m:	37.37	20.22	100m:	1:18.19	20.60	150m:	2:00.66	21.23	200m:	2:42.31	20.51	
2.				2010		,				+0,87	2:45.16	I	540
	25m:	17.66	17.66	75m:	58.37	20.75	125m:	1:40.66	21.42	175m:	2:24.03	21.52	
	50m:	37.62	19.96	100m:	1:19.24	20.87	150m:	2:02.51	21.85	200m:	2:45.16	21.13	
3.				2010	II	,				+0,83	2:53.74	I	464
	25m:	18.17	18.17	75m:	1:01.59	21.84	125m:	1:46.72	22.57	175m:	2:31.70	22.63	
	50m:	39.75	21.58	100m:	1:24.15	22.56	150m:	2:09.07	22.35	200m:	2:53.74	22.04	
4.				2011	II	"	"			+0,78	2:58.85	II	425
	25m:	19.20	19.20	75m:	1:04.40	22.54	125m:	1:50.53	23.05	175m:	2:36.67	22.90	
	50m:	41.86	22.66	100m:	1:27.48	23.08	150m:	2:13.77	23.24	200m:	2:58.85	22.18	
5.				2011	II	()	,			+0,56	2:59.10	II	424
	25m:	18.91	18.91	75m:	1:03.38	22.62	125m:	1:49.17	22.83	175m:	2:35.87	23.36	
	50m:	40.76	21.85	100m:	1:26.34	22.96	150m:	2:12.51	23.34	200m:	2:59.10	23.23	
6.				2010	II		1,			+0,71	3:00.15	II	416
	25m:	18.80	18.80	75m:	1:03.51	22.76	125m:	1:50.68	23.64	175m:	2:37.54	23.39	
	50m:	40.75	21.95	100m:	1:27.04	23.53	150m:	2:14.15	23.47	200m:	3:00.15	22.61	
7.				2011	III	,				+0,64	3:02.76	II	399
	25m:	19.12	19.12	75m:	1:04.31	22.97	125m:	1:51.71	23.89	175m:	2:39.88	24.11	
	50m:	41.34	22.22	100m:	1:27.82	23.51	150m:	2:15.77	24.06	200m:	3:02.76	22.88	
8.				2010	III	,	,			+0,78	3:17.47	III	316
	25m:	21.32	21.32	75m:	1:10.14	24.70	125m:	2:00.76	25.42	175m:	2:52.34	25.31	
	50m:	45.44	24.12	100m:	1:35.34	25.20	150m:	2:27.03	26.27	200m:	3:17.47	25.13	
9.				2011	III	,				+0,86	3:32.01	III	255
	25m:	22.43	22.43	75m:	1:15.63	26.66	125m:	2:10.23	27.37	175m:	3:05.75	27.79	
	50m:	48.97	26.54	100m:	1:42.86	27.23	150m:	2:37.96	27.73	200m:	3:32.01	26.26	

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 , 05-06 2022 .

<https://swim4you.ru/>

OMEGA ARES 21





35, , 200m , (11-12)

										R.T.			
10.				2010	III					+0,88	3:40.91	I	226
	25m:	21.64	21.64	75m:	1:14.10	27.24	125m:	2:11.74	29.03	175m:	3:11.89	29.85	
	50m:	46.86	25.22	100m:	1:42.71	28.61	150m:	2:42.04	30.30	200m:	3:40.91	29.02	
11.				2011	1					+0,99	3:50.78	I	198
	25m:	24.22	24.22	75m:	1:20.75	28.94	125m:	2:20.38	30.48	175m:	3:20.95	29.92	
	50m:	51.81	27.59	100m:	1:49.90	29.15	150m:	2:51.03	30.65	200m:	3:50.78	29.83	
DSQ				2010	II							III	
DSQ				2011	III							III	
DNS				2011	III								

