



5

, 400m

2010 - 2013

05.11.2022

: FINA 2022

R.T.

(9-10)

1.			2012	II	"	"			+0,62	5:01.24	II	468
	25m:	16.04	16.04	125m:	1:30.67	19.08	225m:	2:47.13	19.25	325m:	4:04.08	18.87
	50m:	34.14	18.10	150m:	1:49.71	19.04	250m:	3:06.36	19.23	350m:	4:23.44	19.36
	75m:	52.78	18.64	175m:	2:08.79	19.08	275m:	3:25.85	19.49	375m:	4:42.85	19.41
	100m:	1:11.59	18.81	200m:	2:27.88	19.09	300m:	3:45.21	19.36	400m:	5:01.24	18.39
2.			2012	III	"	"			+0,79	5:47.92	III	303
	25m:	18.21	18.21	125m:	1:45.88	21.97	225m:	3:13.96	21.44	325m:	4:42.46	22.01
	50m:	39.65	21.44	150m:	2:08.23	22.35	250m:	3:36.18	22.22	350m:	5:03.71	21.25
	75m:	1:01.87	22.22	175m:	2:30.35	22.12	275m:	3:58.35	22.17	375m:	5:26.83	23.12
	100m:	1:23.91	22.04	200m:	2:52.52	22.17	300m:	4:20.45	22.10	400m:	5:47.92	21.09
3.			2012	III	"	"			+0,76	5:54.78	III	286
	25m:	18.12	18.12	125m:	1:47.72	23.09	225m:	3:19.10	22.72	325m:	4:50.02	23.15
	50m:	38.98	20.86	150m:	2:10.97	23.25	250m:	3:41.56	22.46	350m:	5:13.59	23.57
	75m:	1:01.42	22.44	175m:	2:33.72	22.75	275m:	4:04.05	22.49	375m:	5:35.32	21.73
	100m:	1:24.63	23.21	200m:	2:56.38	22.66	300m:	4:26.87	22.82	400m:	5:54.78	19.46
4.			2013	I	"	"				6:12.92	III	246
	25m:	18.59	18.59	125m:	1:50.41	24.44	250m:	3:55.50	24.77	350m:	5:29.94	23.55
	50m:	39.69	21.10	150m:	2:15.88	25.47	275m:	4:19.22	23.72	375m:	5:52.54	22.60
	75m:	1:02.47	22.78	175m:	2:40.96	25.08	300m:	4:43.71	24.49	400m:	6:12.92	20.38
	100m:	1:25.97	23.50	225m:	3:30.73	49.77	325m:	5:06.39	22.68			
5.			2012	I	"	"				7:29.94	I	140
	25m:	21.31	21.31	125m:	2:08.24	27.96	225m:	4:03.06	29.58	325m:	6:02.59	29.79
	50m:	46.05	24.74	150m:	2:36.32	28.08	250m:	4:32.82	29.76	350m:	6:32.01	29.42
	75m:	1:11.83	25.78	175m:	3:04.75	28.43	275m:	5:02.75	29.93	375m:	7:00.82	28.81
	100m:	1:40.28	28.45	200m:	3:33.48	28.73	300m:	5:32.80	30.05	400m:	7:29.94	29.12

(11-12)

1.			2010	I	"	"			+0,73	4:41.57	I	573
	25m:	15.33	15.33	125m:	1:25.09	17.71	225m:	2:36.61	17.96	325m:	3:48.61	17.79
	50m:	32.25	16.92	150m:	1:42.76	17.67	250m:	2:54.69	18.08	350m:	4:06.63	18.02
	75m:	49.69	17.44	175m:	2:00.70	17.94	275m:	3:12.64	17.95	375m:	4:24.44	17.81
	100m:	1:07.38	17.69	200m:	2:18.65	17.95	300m:	3:30.82	18.18	400m:	4:41.57	17.13
2.			2010	I	"	"				4:53.42	I	506
	25m:	15.64	15.64	125m:	1:28.78	18.80	225m:	2:43.64	18.64	325m:	3:58.08	18.25
	50m:	32.83	17.19	150m:	1:47.55	18.77	250m:	3:02.53	18.89	350m:	4:16.73	18.65
	75m:	51.23	18.40	175m:	2:06.40	18.85	275m:	3:21.29	18.76	375m:	4:35.20	18.47
	100m:	1:09.98	18.75	200m:	2:25.00	18.60	300m:	3:39.83	18.54	400m:	4:53.42	18.22
3.			2010	I	"	"			+0,83	4:58.79	II	479
	25m:	15.49	15.49	125m:	1:29.16	19.30	225m:	2:46.86	19.16	325m:	4:03.28	19.03
	50m:	32.68	17.19	150m:	1:48.51	19.35	250m:	3:05.91	19.05	350m:	4:22.19	18.91
	75m:	50.82	18.14	175m:	2:07.93	19.42	275m:	3:25.04	19.13	375m:	4:40.87	18.68
	100m:	1:09.86	19.04	200m:	2:27.70	19.77	300m:	3:44.25	19.21	400m:	4:58.79	17.92
4.			2010	II	"	"			+0,72	5:00.94	II	469
	25m:	15.70	15.70	125m:	1:29.12	18.58	225m:	2:44.75	19.17	325m:	4:02.61	19.51
	50m:	33.49	17.79	150m:	1:47.67	18.55	250m:	3:04.16	19.41	350m:	4:22.48	19.87
	75m:	51.94	18.45	175m:	2:06.50	18.83	275m:	3:23.59	19.43	375m:	4:41.89	19.41
	100m:	1:10.54	18.60	200m:	2:25.58	19.08	300m:	3:43.10	19.51	400m:	5:00.94	19.05
5.			2010	II	"	"			+0,73	5:14.34	II	412
	25m:	16.08	16.08	125m:	1:33.16	19.90	225m:	2:54.03	20.34	325m:	4:15.05	20.16
	50m:	34.54	18.46	150m:	1:53.11	19.95	250m:	3:14.33	20.30	350m:	4:35.54	20.49
	75m:	53.70	19.16	175m:	2:13.51	20.40	275m:	3:34.42	20.09	375m:	4:55.36	19.82
	100m:	1:13.26	19.56	200m:	2:33.69	20.18	300m:	3:54.89	20.47	400m:	5:14.34	18.98

" " " 25
, 05-06 2022 .

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OMEGA ARES 21





ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ

Кубок ректора
ПГУФКСИТ

5-6 НОЯБРЯ 2022

КАЗАНЬ

ПГУ
ФК
СИТ

5, , 400m , (11-12)

R.T.

6.			2011 II	" "						+1,00	5:18.91	II	394
	25m:	16.72	16.72	125m:	1:33.79	19.84	225m:	2:54.81	20.22	325m:	4:17.39		21.14
	50m:	35.14	18.42	150m:	1:54.03	20.24	250m:	3:15.24	20.43	350m:	4:38.48		21.09
	75m:	54.03	18.89	175m:	2:14.01	19.98	275m:	3:35.49	20.25	375m:	4:58.92		20.44
	100m:	1:13.95	19.92	200m:	2:34.59	20.58	300m:	3:56.25	20.76	400m:	5:18.91		19.99
7.			2010 II							+0,62	5:19.47	II	392
	25m:	16.95	16.95	125m:	1:35.99	20.32	225m:	2:57.74	20.78	325m:	4:19.76		19.50
	50m:	36.05	19.10	150m:	1:56.34	20.35	250m:	3:18.58	20.84	350m:	4:40.60		20.84
	75m:	55.61	19.56	175m:	2:16.41	20.07	275m:	3:39.63	21.05	375m:	5:00.70		20.10
	100m:	1:15.67	20.06	200m:	2:36.96	20.55	300m:	4:00.26	20.63	400m:	5:19.47		18.77
8.			2010 II	()						+0,97	5:20.15	II	390
	25m:	17.26	17.26	125m:	1:35.41	20.05	225m:	2:57.27	20.32	325m:	4:19.93		20.24
	50m:	35.68	18.42	150m:	1:55.76	20.35	250m:	3:18.23	20.96	350m:	4:40.46		20.53
	75m:	55.18	19.50	175m:	2:16.16	20.40	275m:	3:38.82	20.59	375m:	5:00.90		20.44
	100m:	1:15.36	20.18	200m:	2:36.95	20.79	300m:	3:59.69	20.87	400m:	5:20.15		19.25
9.			2010 II	" "						+0,72	5:23.12	II	379
	25m:	16.15	16.15	125m:	1:33.01	19.95	225m:	2:56.34	21.16	325m:	4:22.14		21.10
	50m:	34.54	18.39	150m:	1:53.95	20.94	250m:	3:18.13	21.79	350m:	4:43.98		21.84
	75m:	53.54	19.00	175m:	2:14.05	20.10	275m:	3:39.37	21.24	375m:	5:03.99		20.01
	100m:	1:13.06	19.52	200m:	2:35.18	21.13	300m:	4:01.04	21.67	400m:	5:23.12		19.13
10.			2011 II							+0,72	5:24.92	II	373
	25m:	16.38	16.38	125m:	1:34.19	20.05	225m:	2:57.90	20.88	325m:	4:23.19		20.92
	50m:	35.16	18.78	150m:	1:54.86	20.67	250m:	3:19.16	21.26	350m:	4:43.99		20.80
	75m:	54.49	19.33	175m:	2:15.95	21.09	275m:	3:40.99	21.83	375m:	5:05.21		21.22
	100m:	1:14.14	19.65	200m:	2:37.02	21.07	300m:	4:02.27	21.28	400m:	5:24.92		19.71
11.			2011 II	" "							5:25.38	II	371
	25m:	16.50	16.50	125m:	1:36.99	20.72	225m:	3:01.74	21.29	325m:	4:25.53		21.20
	50m:	36.05	19.55	150m:	1:58.07	21.08	250m:	3:22.65	20.91	350m:	4:46.02		20.49
	75m:	55.58	19.53	175m:	2:18.56	20.49	275m:	3:43.40	20.75	375m:	5:06.63		20.61
	100m:	1:16.27	20.69	200m:	2:40.45	21.89	300m:	4:04.33	20.93	400m:	5:25.38		18.75
12.			2010 II	" "						+0,76	5:27.01	II	366
	25m:	17.54	17.54	125m:	1:37.90	20.97	225m:	3:01.53	20.66	325m:	4:25.54		20.85
	50m:	36.81	19.27	150m:	1:58.99	21.09	250m:	3:23.07	21.54	350m:	4:46.55		21.01
	75m:	56.60	19.79	175m:	2:19.97	20.98	275m:	3:43.74	20.67	375m:	5:07.30		20.75
	100m:	1:16.93	20.33	200m:	2:40.87	20.90	300m:	4:04.69	20.95	400m:	5:27.01		19.71
13.			2010 II							+0,75	5:29.05	II	359
	25m:	16.87	16.87	125m:	1:39.79	21.28	225m:	3:04.98	20.93	325m:	4:27.51		20.17
	50m:	36.88	20.01	150m:	2:01.79	22.00	250m:	3:25.53	20.55	350m:	4:48.90		21.39
	75m:	57.61	20.73	175m:	2:22.91	21.12	275m:	3:46.26	20.73	375m:	5:09.37		20.47
	100m:	1:18.51	20.90	200m:	2:44.05	21.14	300m:	4:07.34	21.08	400m:	5:29.05		19.68
14.			2010 II							+0,82	5:40.14	III	325
	25m:	18.48	18.48	125m:	1:41.90	21.50	225m:	3:09.44	21.77	325m:	4:36.68		21.56
	50m:	38.32	19.84	150m:	2:04.00	22.10	250m:	3:31.33	21.89	350m:	4:58.46		21.78
	75m:	59.25	20.93	175m:	2:25.80	21.80	275m:	3:53.27	21.94	375m:	5:19.85		21.39
	100m:	1:20.40	21.15	200m:	2:47.67	21.87	300m:	4:15.12	21.85	400m:	5:40.14		20.29
15.			2011 III							+0,62	5:44.82	III	312
	25m:	18.40	18.40	125m:	1:44.68	21.94	225m:	3:12.92		325m:	4:41.38		
	50m:	39.43	21.03	150m:	2:06.91	22.23	250m:	4:18.83	1:05.91	350m:	5:44.83		1:03.45
	75m:	1:00.92	21.49	175m:	2:28.71	21.80	275m:	3:56.79		375m:	5:25.60		
	100m:	1:22.74	21.82	200m:	3:34.88	1:06.17	300m:	5:03.52	1:06.73	400m:	5:44.82		19.22
16.			2010 III	3,						+0,93	5:53.06	III	290
	25m:	18.16	18.16	125m:	1:44.76	22.54	225m:	3:14.49	22.65	325m:	4:44.81		22.08
	50m:	38.42	20.26	150m:	2:07.68	22.92	250m:	3:36.71	22.22	350m:	5:07.64		22.83
	75m:	1:00.26	21.84	175m:	2:30.12	22.44	275m:	3:59.51	22.80	375m:	5:30.03		22.39
	100m:	1:22.22	21.96	200m:	2:51.84	21.72	300m:	4:22.73	23.22	400m:	5:53.06		23.03

" " " 25
05-06 2022<https://swim4you.ru/>

OMEGA ARES 21





5, , 400m , (11-12)

											R.T.			
17.	2011 III " "										+0,69	5:56.15	III	283
	25m:	18.06	18.06	125m:	1:46.97	22.79	225m:	3:18.10	22.75	325m:	4:48.51	22.87		
	50m:	39.39	21.33	150m:	2:10.24	23.27	250m:	3:40.73	22.63	350m:	5:11.14	22.63		
	75m:	1:01.76	22.37	175m:	2:32.74	22.50	275m:	4:03.20	22.47	375m:	5:33.95	22.81		
	100m:	1:24.18	22.42	200m:	2:55.35	22.61	300m:	4:25.64	22.44	400m:	5:56.15	22.20		
18.	2010 III " "										+0,63	5:58.65	III	277
	25m:	18.29	18.29	125m:	1:46.87	23.20	225m:	3:21.26	23.24	325m:	4:53.01	21.50		
	50m:	39.33	21.04	150m:	2:10.99	24.12	250m:	3:45.22	23.96	350m:	5:16.56	23.55		
	75m:	1:01.25	21.92	175m:	2:34.21	23.22	275m:	4:07.94	22.72	375m:	5:37.26	20.70		
	100m:	1:23.67	22.42	200m:	2:58.02	23.81	300m:	4:31.51	23.57	400m:	5:58.65	21.39		
19.	2010 III , -										+0,90	6:00.59	III	272
	25m:	18.73	18.73	125m:	1:46.26	22.79	225m:	3:18.21	23.02	325m:	4:52.60	23.80		
	50m:	39.16	20.43	150m:	2:09.14	22.88	250m:	3:41.41	23.20	350m:	5:15.87	23.27		
	75m:	1:01.17	22.01	175m:	2:32.21	23.07	275m:	4:05.08	23.67	375m:	5:38.93	23.06		
	100m:	1:23.47	22.30	200m:	2:55.19	22.98	300m:	4:28.80	23.72	400m:	6:00.59	21.66		
20.	2011 III " "										+0,58	6:14.54	III	243
	25m:	19.84	19.84	125m:	1:52.73	24.00	225m:	3:28.20	23.90	325m:	5:05.29	23.31		
	50m:	41.73	21.89	150m:	2:16.76	24.03	250m:	3:53.09	24.89	350m:	5:29.02	23.73		
	75m:	1:05.06	23.33	175m:	2:40.41	23.65	275m:	4:17.74	24.65	375m:	5:53.82	24.80		
	100m:	1:28.73	23.67	200m:	3:04.30	23.89	300m:	4:41.98	24.24	400m:	6:14.54	20.72		
EXH	2010 I RSO SwimTeam,										+0,63	4:57.72	II	485
	25m:	16.08	16.08	125m:	1:31.30	19.07	225m:	2:48.01	19.00	325m:	4:02.73	18.21		
	50m:	34.14	18.06	150m:	1:50.50	19.20	250m:	3:06.71	18.70	350m:	4:21.13	18.40		
	75m:	52.91	18.77	175m:	2:09.70	19.20	275m:	3:25.83	19.12	375m:	4:39.68	18.55		
	100m:	1:12.23	19.32	200m:	2:29.01	19.31	300m:	3:44.52	18.69	400m:	4:57.72	18.04		

