



17

, 400m

14 - 18

08.05.2026

: AQUA 2026

(14-15)

1.			07.04.2011 I	()						5:03.43 II	459	
	50m:	33.12	33.12	150m:	1:47.79	38.19	250m:	3:05.29	38.86	350m:	4:24.86	39.57
	100m:	1:09.60	36.48	200m:	2:26.43	38.64	300m:	3:45.29	40.00	400m:	5:03.43	38.57
2.			18.05.2012 II							5:18.81 II	396	
	50m:	34.49	34.49	150m:	1:54.24	40.64	250m:	3:17.08	41.21	350m:	4:39.61	40.00
	100m:	1:13.60	39.11	200m:	2:35.87	41.63	300m:	3:59.61	42.53	400m:	5:18.81	39.20
3.			22.02.2012 II	"	"	"	"	"	"	5:20.20 II	391	
	50m:	35.08	35.08	150m:	1:55.28	40.70	250m:	3:18.25	41.05	350m:	4:41.59	41.45
	100m:	1:14.58	39.50	200m:	2:37.20	41.92	300m:	4:00.14	41.89	400m:	5:20.20	38.61
4.			24.03.2011 II							5:20.90 II	388	
	50m:	33.33	33.33	150m:	1:53.30	40.87	250m:	3:17.64	41.46	350m:	4:41.35	41.79
	100m:	1:12.43	39.10	200m:	2:36.18	42.88	300m:	3:59.56	41.92	400m:	5:20.90	39.55
5.			10.06.2011 II							5:21.33 II	387	
	50m:	35.99	35.99	150m:	1:56.94	41.02	250m:	3:20.00	41.63	350m:	4:42.48	40.81
	100m:	1:15.92	39.93	200m:	2:38.37	41.43	300m:	4:01.67	41.67	400m:	5:21.33	38.85
6.			25.12.2012 II	"	"	"	"	"	"	5:25.21 II	373	
	50m:	36.46	36.46	150m:	1:58.92	42.15	250m:	3:23.29	42.36	350m:	4:46.11	40.77
	100m:	1:16.77	40.31	200m:	2:40.93	42.01	300m:	4:05.34	42.05	400m:	5:25.21	39.10
7.			27.07.2012 II			5				5:29.82 II	357	
	50m:	36.99	36.99	150m:	1:59.28	42.23	250m:	3:24.11	42.78	350m:	4:48.21	42.84
	100m:	1:17.05	40.06	200m:	2:41.33	42.05	300m:	4:05.37	41.26	400m:	5:29.82	41.61
8.			22.09.2012 II	"	"	"	"	"	"	5:38.55 II	330	
	50m:	35.67	35.67	150m:	1:58.67	42.88	250m:	3:26.54	44.60	350m:	4:55.73	45.03
	100m:	1:15.79	40.12	200m:	2:41.94	43.27	300m:	4:10.70	44.16	400m:	5:38.55	42.82
9.			07.02.2011 II	Novosheshminsk						5:47.79 III	305	
	50m:	33.34	33.34	150m:	1:57.91	43.80	250m:	3:29.33	46.11	350m:	5:02.51	46.49
	100m:	1:14.11	40.77	200m:	2:43.22	45.31	300m:	4:16.02	46.69	400m:	5:47.79	45.28
10.			24.12.2011 III	Swim Team						6:34.20 I	209	
	50m:	40.98	40.98	150m:	2:19.96	51.29	250m:	4:02.83	51.06	350m:	5:47.87	52.76
	100m:	1:28.67	47.69	200m:	3:11.77	51.81	300m:	4:55.11	52.28	400m:	6:34.20	46.33
11.			27.07.2012 I							6:57.70 I	176	
	50m:	41.67	41.67	150m:	2:26.48	54.03	250m:	4:15.38	54.33	350m:	6:04.59	54.82
	100m:	1:32.45	50.78	200m:	3:21.05	54.57	300m:	5:09.77	54.39	400m:	6:57.70	53.11

(16-18)

1.			11.12.2009	MY CHAMPS						4:54.95 I	500	
	50m:	33.30	33.30	150m:	1:47.22	37.58	250m:	3:03.48	38.48	350m:	4:19.78	38.08
	100m:	1:09.64	36.34	200m:	2:25.00	37.78	300m:	3:41.70	38.22	400m:	4:54.95	35.17
2.			15.05.2010 II							4:56.90 I	490	
	50m:	32.64	32.64	150m:	1:47.55	37.85	250m:	3:03.83	38.28	350m:	4:20.19	38.14
	100m:	1:09.70	37.06	200m:	2:25.55	38.00	300m:	3:42.05	38.22	400m:	4:56.90	36.71
3.			30.04.2010 II	()						5:28.49 II	362	
	50m:	36.83	36.83	150m:	1:59.31	42.03	250m:	3:23.39	41.99	350m:	4:48.69	42.48
	100m:	1:17.28	40.45	200m:	2:41.40	42.09	300m:	4:06.21	42.82	400m:	5:28.49	39.80

" " " , 50

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OMEGA ARES 21