



18

, 400m

14 - 18

08.05.2026

: AQUA 2026

(14-15)

1.				16.08.2011	"	"				4:26.07	I	564
	50m:	29.06	29.06	150m:	1:35.76	33.94	250m:	2:43.95	34.18	350m:	3:52.64	34.49
	100m:	1:01.82	32.76	200m:	2:09.77	34.01	300m:	3:18.15	34.20	400m:	4:26.07	33.43
2.				13.07.2011	I	()	,			4:28.40	I	550
	50m:	30.11	30.11	150m:	1:37.54	33.88	250m:	2:46.10	34.26	350m:	3:55.73	34.52
	100m:	1:03.66	33.55	200m:	2:11.84	34.30	300m:	3:21.21	35.11	400m:	4:28.40	32.67
3.				26.07.2011	II	"	"			4:34.98	II	511
	50m:	30.75	30.75	150m:	1:38.63	34.61	250m:	2:49.17	35.69	350m:	4:00.36	35.37
	100m:	1:04.02	33.27	200m:	2:13.48	34.85	300m:	3:24.99	35.82	400m:	4:34.98	34.62
4.				22.02.2012	II	-	-			4:38.30	II	493
	50m:	29.38	29.38	150m:	1:39.09	35.21	250m:	2:50.99	36.47	350m:	4:03.55	35.74
	100m:	1:03.88	34.50	200m:	2:14.52	35.43	300m:	3:27.81	36.82	400m:	4:38.30	34.75
5.				03.08.2011	II	"	"			4:51.24	II	430
	50m:	32.10	32.10	150m:	1:45.13	36.70	250m:	2:59.77	37.57	350m:	4:15.75	37.85
	100m:	1:08.43	36.33	200m:	2:22.20	37.07	300m:	3:37.90	38.13	400m:	4:51.24	35.49
6.				10.12.2012	II	MY CHAMPS				4:52.01	II	427
	50m:	31.16	31.16	150m:	1:43.40	37.15	250m:	2:58.59	37.60	350m:	4:14.92	38.64
	100m:	1:06.25	35.09	200m:	2:20.99	37.59	300m:	3:36.28	37.69	400m:	4:52.01	37.09
7.				14.07.2012	III	()				5:01.06	II	390
	50m:	32.38	32.38	150m:			250m:	4:26.13	1:58.59	400m:	5:01.06	
	100m:	1:09.13	36.75	200m:	2:27.54		300m:					
8.				25.09.2012	II	5				5:04.36	II	377
	50m:	34.88	34.88	150m:	1:54.44	39.74	250m:	3:11.81	38.04	350m:	4:28.77	38.38
	100m:	1:14.70	39.82	200m:	2:33.77	39.33	300m:	3:50.39	38.58	400m:	5:04.36	35.59
9.				05.12.2012	II	"	"			5:21.74	III	319
	50m:	35.33	35.33	150m:	1:54.70	39.95	250m:	3:17.98	41.90	350m:	4:42.60	42.51
	100m:	1:14.75	39.42	200m:	2:36.08	41.38	300m:	4:00.09	42.11	400m:	5:21.74	39.14
10.				12.04.2011	II	()				5:23.13	III	315
	50m:	35.08	35.08	150m:	1:56.75	41.87	250m:	3:21.75	42.52	350m:	4:44.66	40.82
	100m:	1:14.88	39.80	200m:	2:39.23	42.48	300m:	4:03.84	42.09	400m:	5:23.13	38.47
11.				04.12.2012	III	"	-	"		5:29.49	III	297
	50m:	34.67	34.67	150m:	1:58.07	43.06	250m:	3:23.22	42.72	350m:	4:50.40	44.36
	100m:	1:15.01	40.34	200m:	2:40.50	42.43	300m:	4:06.04	42.82	400m:	5:29.49	39.09
12.				12.05.2011	III	Swim Team				5:31.34	III	292
	50m:	35.36	35.36	150m:	1:56.22	41.68	250m:	3:23.97	44.53	350m:	4:51.25	43.30
	100m:	1:14.54	39.18	200m:	2:39.44	43.22	300m:	4:07.95	43.98	400m:	5:31.34	40.09
13.				15.10.2012	III	"	"			5:32.98	III	288
	50m:	37.19	37.19	150m:	2:01.40	42.81	250m:	3:29.33	44.72	350m:	4:54.81	41.70
	100m:	1:18.59	41.40	200m:	2:44.61	43.21	300m:	4:13.11	43.78	400m:	5:32.98	38.17
14.				21.01.2012	III	"	"			5:42.65	III	264
	50m:	36.35	36.35	150m:	2:03.81	43.75	250m:	3:32.80	44.34	350m:	5:01.23	44.62
	100m:	1:20.06	43.71	200m:	2:48.46	44.65	300m:	4:16.61	43.81	400m:	5:42.65	41.42
15.				19.03.2012	I	"	"			6:17.86	I	197
	50m:	37.14	37.14	150m:	2:08.55	47.37	250m:	3:49.53	51.53	350m:	5:29.94	50.52
	100m:	1:21.18	44.04	200m:	2:58.00	49.45	300m:	4:39.42	49.89	400m:	6:17.86	47.92
DSQ				18.02.2011	II	()	,				I	
DSQ				03.05.2011	II	"	"				II	

" " " , 50

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OMEGA ARES 21



18, , 400m

(16-18)

1.			20.11.2008	"	"					4:14.40	646	
	50m:	28.91	28.91	150m:	1:33.75	32.71	250m:	2:39.66	32.78	350m:	3:43.89	31.19
	100m:	1:01.04	32.13	200m:	2:06.88	33.13	300m:	3:12.70	33.04	400m:	4:14.40	30.51
2.			26.08.2009	"	"					4:17.71	621	
	50m:	27.98	27.98	150m:	1:33.03	33.02	250m:	2:39.52	33.41	350m:	3:45.86	33.27
	100m:	1:00.01	32.03	200m:	2:06.11	33.08	300m:	3:12.59	33.07	400m:	4:17.71	31.85
3.			19.08.2009 I	"	"					4:33.44	520	
	50m:	29.61	29.61	150m:	1:37.69	34.55	250m:	2:48.66	35.72	350m:	3:59.43	35.06
	100m:	1:03.14	33.53	200m:	2:12.94	35.25	300m:	3:24.37	35.71	400m:	4:33.44	34.01
4.			03.02.2010 II	()					4:53.41	421	
	50m:	31.62	31.62	150m:	1:43.72	37.10	250m:	2:59.41	38.17	350m:	4:15.77	38.29
	100m:	1:06.62	35.00	200m:	2:21.24	37.52	300m:	3:37.48	38.07	400m:	4:53.41	37.64
5.			16.11.2010 I	"	"					4:57.60	403	
	50m:	31.28	31.28	150m:	1:46.61	38.77	250m:	3:03.74	38.99	350m:	4:20.86	38.86
	100m:	1:07.84	36.56	200m:	2:24.75	38.14	300m:	3:42.00	38.26	400m:	4:57.60	36.74
6.			11.03.2010 III							5:05.78	372	
	50m:	32.38	32.38	150m:	1:47.90	39.00	250m:	3:08.10	40.43	350m:	4:28.15	39.84
	100m:	1:08.90	36.52	200m:	2:27.67	39.77	300m:	3:48.31	40.21	400m:	5:05.78	37.63

" " ", 50

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OMEGA ARES 21