





30, , 200m , (10-11 )											
24.				23.01.2015 I						<b>3:07.49</b> I	212
	50m:	44.15	44.15	100m:	1:33.03	48.88	150m:	2:21.80	48.77	200m:	3:07.49 45.69
				18.05.2016 I			"	"		<b>3:07.49</b> I	212
	50m:	44.14	44.14	100m:	1:32.59	48.45	150m:	2:21.68	49.09	200m:	3:07.49 45.81
26.				27.01.2015 III			"	"		<b>3:08.23</b> I	210
	50m:	44.50	44.50	100m:	1:32.94	48.44	150m:	2:21.57	48.63	200m:	3:08.23 46.66
27.				04.03.2015 I			"	"		<b>3:09.00</b> I	207
	50m:	43.34	43.34	100m:	1:31.31	47.97	150m:	2:20.79	49.48	200m:	3:09.00 48.21
28.				30.06.2015 I			"	"		<b>3:12.54</b> I	196
	50m:	45.08	45.08	100m:	1:34.11	49.03	150m:	2:23.70	49.59	200m:	3:12.54 48.84
29.				14.02.2016 I			"	"		<b>3:15.74</b> I	186
	50m:	47.12	47.12	100m:	1:37.13	50.01	150m:	2:26.19	49.06	200m:	3:15.74 49.55
30.				03.06.2016 I			"	"		<b>3:20.83</b> I	173
	50m:	48.94	48.94	100m:	1:38.72	49.78	150m:	2:30.69	51.97	200m:	3:20.83 50.14
31.				12.10.2015 II			"	"		<b>3:22.00</b> I	170
	50m:	47.23	47.23	100m:	1:39.16	51.93	150m:	2:33.07	53.91	200m:	3:22.00 48.93
32.				13.11.2016 I			"	"		<b>3:23.26</b> I	166
	50m:	48.14	48.14	100m:	1:41.22	53.08	150m:	2:34.98	53.76	200m:	3:23.26 48.28
33.				02.03.2016 II			"	"		<b>3:24.25</b> I	164
	50m:	46.66	46.66	100m:	1:38.37	51.71	150m:	2:31.53	53.16	200m:	3:24.25 52.72
34.				05.08.2015 I			"	"		<b>3:25.55</b> I	161
	50m:	45.21	45.21	100m:	1:38.72	53.51	150m:	2:32.27	53.55	200m:	3:25.55 53.28
35.				14.09.2016 II			"	"		<b>3:30.06</b> II	151
	50m:	47.86	47.86	100m:	1:41.21	53.35	150m:	2:35.74	54.53	200m:	3:30.06 54.32
36.				07.01.2016 II			"	"		<b>3:30.10</b> II	151
	50m:	51.34	51.34	100m:	1:46.79	55.45	150m:	2:39.70	52.91	200m:	3:30.10 50.40
37.				01.07.2016 II			"	"		<b>3:30.97</b> II	149
	50m:	49.08	49.08	100m:	1:41.77	52.69	150m:	2:36.22	54.45	200m:	3:30.97 54.75
38.				27.09.2015 II			"	"		<b>3:32.74</b> II	145
	50m:	46.56	46.56	100m:	1:41.32	54.76	150m:	2:38.14	56.82	200m:	3:32.74 54.60
39.				25.05.2015 I			"	"		<b>3:34.90</b> II	141
	50m:	50.32	50.32	100m:	1:43.76	53.44	150m:	2:40.28	56.52	200m:	3:34.90 54.62
40.				09.09.2016 I			"	"		<b>3:39.50</b> II	132
	50m:	48.23	48.23	100m:	1:46.88	58.65	150m:	2:44.27	57.39	200m:	3:39.50 55.23
41.				19.06.2016 II			"	"		<b>3:40.04</b> II	131
	50m:	51.03	51.03	100m:	1:47.57	56.54	150m:	2:45.23	57.66	200m:	3:40.04 54.81
42.				03.07.2015 II			"	"		<b>3:42.62</b> II	127
	50m:	52.62	52.62	100m:	1:48.11	55.49	150m:	2:44.90	56.79	200m:	3:42.62 57.72
43.				09.12.2016 II			"	"		<b>3:46.82</b> II	120
	50m:	51.62	51.62	100m:	1:49.49	57.87	150m:	2:48.73	59.24	200m:	3:46.82 58.09
44.				29.07.2016 I			"	"	-	<b>3:57.98</b> II	104
	50m:	57.00	57.00	100m:	1:57.86	1:00.86	150m:	3:00.38	1:02.52	200m:	3:57.98 57.60
DSQ				27.04.2016 I			"	"			



30, , 200m

(12-13 )

1.				11.08.2013	II	"	-	"		<b>2:26.33</b>	II	447
	50m:	34.48	34.48	100m:	1:12.17	37.69	150m:	1:50.40	38.23	200m:	2:26.33	35.93
2.				20.11.2013	II	"	"			<b>2:34.11</b>	II	383
	50m:	35.62	35.62	100m:	1:15.10	39.48	150m:	1:55.03	39.93	200m:	2:34.11	39.08
3.				17.02.2014	II	"	"			<b>2:38.38</b>	III	352
	50m:	37.33	37.33	100m:	1:16.97	39.64	150m:	1:58.13	41.16	200m:	2:38.38	40.25
4.				30.04.2013	III	"	"			<b>2:39.76</b>	III	343
	50m:	36.26	36.26	100m:	1:16.67	40.41	150m:	1:58.85	42.18	200m:	2:39.76	40.91
5.				28.10.2013	III	18				<b>2:41.22</b>	III	334
	50m:	37.78	37.78	100m:	1:19.98	42.20	150m:	2:01.97	41.99	200m:	2:41.22	39.25
6.				19.12.2013	II	"	"			<b>2:41.74</b>	III	331
	50m:	36.85	36.85	100m:	1:18.66	41.81	150m:	2:01.87	43.21	200m:	2:41.74	39.87
7.				10.12.2014	III	MY CHAMPS				<b>2:41.90</b>	III	330
	50m:	38.41	38.41	100m:	1:20.02	41.61	150m:	2:01.86	41.84	200m:	2:41.90	40.04
8.				12.03.2014	II					<b>2:42.61</b>	III	326
	50m:	38.65	38.65	100m:	1:20.18	41.53	150m:	2:02.31	42.13	200m:	2:42.61	40.30
9.				06.02.2014	III	"	"			<b>2:46.15</b>	III	305
	50m:	39.74	39.74	100m:	1:22.64	42.90	150m:	2:05.68	43.04	200m:	2:46.15	40.47
10.				11.12.2013	III	"	swim"			<b>2:46.28</b>	III	304
	50m:	40.27	40.27	100m:	1:22.41	42.14	150m:	2:06.16	43.75	200m:	2:46.28	40.12
11.				01.07.2014	III			-	-	<b>2:48.04</b>	III	295
	50m:	39.25	39.25	100m:	1:22.96	43.71	150m:	2:06.85	43.89	200m:	2:48.04	41.19
12.				04.03.2013	II	"	"	-		<b>2:49.36</b>	III	288
	50m:	39.05	39.05	100m:	1:21.61	42.56	150m:	2:05.46	43.85	200m:	2:49.36	43.90
13.				23.01.2014	III	"	"			<b>2:51.91</b>	III	275
	50m:	41.20	41.20	100m:	1:25.21	44.01	150m:	2:09.74	44.53	200m:	2:51.91	42.17
14.				29.12.2013	I			.	-	<b>3:00.35</b>	I	238
	50m:	40.24	40.24	100m:	1:27.57	47.33	150m:	2:14.63	47.06	200m:	3:00.35	45.72
15.				17.06.2013	III	"	"			<b>3:00.40</b>	I	238
	50m:	42.04	42.04	100m:	1:28.79	46.75	150m:	2:16.89	48.10	200m:	3:00.40	43.51
16.				03.07.2013	I	2	"	"		<b>3:01.55</b>	I	234
	50m:	43.36	43.36	100m:	1:30.51	47.15	150m:	2:18.03	47.52	200m:	3:01.55	43.52
17.				10.05.2013	III	"	"	-		<b>3:01.60</b>	I	234
	50m:	42.93	42.93	100m:	1:29.94	47.01	150m:	2:16.44	46.50	200m:	3:01.60	45.16
18.				03.06.2013	III	"	"	.	.	<b>3:02.42</b>	I	230
	50m:	40.33	40.33	100m:	1:27.20	46.87	150m:	2:15.34	48.14	200m:	3:02.42	47.08
19.				24.12.2013	I			.	-	<b>3:04.03</b>	I	224
	50m:	42.35	42.35	100m:	1:28.64	46.29	150m:	2:16.48	47.84	200m:	3:04.03	47.55
20.				29.12.2013	I			.	-	<b>3:04.86</b>	I	221
	50m:	42.33	42.33	100m:	1:29.04	46.71	150m:	2:17.56	48.52	200m:	3:04.86	47.30
21.				15.01.2013	I	"	"			<b>3:05.94</b>	I	218
	50m:	43.70	43.70	100m:	1:30.73	47.03	150m:	2:19.49	48.76	200m:	3:05.94	46.45
22.				30.10.2013	I			.	-	<b>3:09.23</b>	I	206
	50m:	43.71	43.71	100m:	1:33.19	49.48	150m:	2:22.94	49.75	200m:	3:09.23	46.29
23.				31.08.2013	I			.	-	<b>3:10.74</b>	I	202
	50m:	44.09	44.09	100m:	1:33.54	49.45	150m:	2:24.30	50.76	200m:	3:10.74	46.44
24.				02.06.2013	I			.	-	<b>3:12.96</b>	I	195
	50m:	43.48	43.48	100m:	1:32.64	49.16	150m:	2:23.43	50.79	200m:	3:12.96	49.53

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ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ

# КУБОК ПГУФКСИТ

8-10 МАЯ 2026

# КАЗАНЬ



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