



5, , 200m						(10-11)					
24.				04.10.2016	III	"	"			3:16.67	III 261
	50m:	44.94	44.94	100m:	1:35.60	50.66	150m:	2:31.77	56.17	200m:	3:16.67 44.90
25.				25.08.2015	III					3:20.48	III 246
	50m:	42.28	42.28	100m:	1:33.94	51.66	150m:	2:34.94	1:01.00	200m:	3:20.48 45.54
26.				05.01.2015	III					3:22.51	III 239
	50m:	42.52	42.52	100m:	1:34.83	52.31	150m:	2:36.72	1:01.89	200m:	3:22.51 45.79
27.				15.07.2016	I	"	"			3:30.12	I 214
	50m:	50.45	50.45	100m:	1:43.39	52.94	150m:	2:45.60	1:02.21	200m:	3:30.12 44.52
28.				14.02.2015	I	"	"			3:32.13	I 208
	50m:	44.64	44.64	100m:	1:37.67	53.03	150m:	2:40.54	1:02.87	200m:	3:32.13 51.59
DSQ				28.08.2016	III	MY CHAMPS					II
(12-13)											
1.				22.05.2013	I	"	"			2:35.89	I 524
	50m:	32.58	32.58	100m:	1:14.91	42.33	150m:	1:59.23	44.32	200m:	2:35.89 36.66
2.				18.09.2013	I	"	"			2:37.35	I 509
	50m:	31.15	31.15	100m:	1:10.86	39.71	150m:	2:01.48	50.62	200m:	2:37.35 35.87
3.				03.11.2013	I	"	"			2:38.78	I 496
	50m:	33.16	33.16	100m:	1:15.60	42.44	150m:	2:02.25	46.65	200m:	2:38.78 36.53
4.				30.01.2013	II			-	-	2:41.32	I 473
	50m:	34.58	34.58	100m:	1:15.89	41.31	150m:	2:02.79	46.90	200m:	2:41.32 38.53
5.				08.08.2013	II	"	"			2:48.02	II 418
	50m:	35.49	35.49	100m:	1:21.88	46.39	150m:	2:08.25	46.37	200m:	2:48.02 39.77
6.				08.10.2013	I					2:48.28	II 416
	50m:	34.35	34.35	100m:	1:18.31	43.96	150m:	2:11.39	53.08	200m:	2:48.28 36.89
7.				24.10.2014	II	"	"			2:52.36	II 387
	50m:	36.60	36.60	100m:	1:24.37	47.77	150m:	2:13.61	49.24	200m:	2:52.36 38.75
8.				19.10.2013	III	"	"			2:52.69	II 385
	50m:	37.60	37.60	100m:	1:22.72	45.12	150m:	2:12.16	49.44	200m:	2:52.69 40.53
9.				25.01.2013	II	"	"			2:53.12	II 382
	50m:	35.57	35.57	100m:	1:20.19	44.62	150m:	2:16.06	55.87	200m:	2:53.12 37.06
10.				21.02.2013	II	"	"			2:54.33	II 374
	50m:	37.34	37.34	100m:	1:22.51	45.17	150m:	2:11.31	48.80	200m:	2:54.33 43.02
11.				04.06.2013	II	"	"			2:55.02	II 370
	50m:	40.01	40.01	100m:	1:24.74	44.73	150m:	2:16.19	51.45	200m:	2:55.02 38.83
12.				16.04.2014	II					2:55.40	II 368
	50m:	37.50	37.50	100m:	1:22.03	44.53	150m:	2:15.85	53.82	200m:	2:55.40 39.55
13.				16.03.2013	II					2:56.10	II 363
	50m:	38.31	38.31	100m:	1:25.24	46.93	150m:	2:15.07	49.83	200m:	2:56.10 41.03
14.				12.02.2013	II	"	"			2:56.39	II 361
	50m:	37.85	37.85	100m:	1:22.91	45.06	150m:	2:15.17	52.26	200m:	2:56.39 41.22
15.				01.07.2014	II					2:56.62	II 360
	50m:	38.94	38.94	100m:	1:23.79	44.85	150m:	2:13.96	50.17	200m:	2:56.62 42.66
16.				14.11.2014	II	"	"			2:58.12	II 351
	50m:	38.15	38.15	100m:	1:26.07	47.92	150m:	2:18.05	51.98	200m:	2:58.12 40.07
17.				08.04.2014	II	"	"			2:58.97	II 346
	50m:	38.35	38.35	100m:	1:23.89	45.54	150m:	2:19.03	55.14	200m:	2:58.97 39.94
18.				14.05.2013	II					2:59.15	II 345
	50m:	39.99	39.99	100m:	1:25.64	45.65	150m:	2:20.32	54.68	200m:	2:59.15 38.83

" " " , 50

<https://swim4you.ru/>

OMEGA ARES 21



5, , 200m						(12-13)					
19.				30.06.2014	II					2:59.38	II 344
	50m:	39.37	39.37	100m:	1:25.13	45.76	150m:	2:18.24	53.11	200m:	2:59.38 41.14
20.				05.12.2013	III					3:01.23	II 333
	50m:	39.27	39.27	100m:	1:26.91	47.64	150m:	2:21.85	54.94	200m:	3:01.23 39.38
21.				26.06.2013	III	"	"			3:01.75	II 330
	50m:	40.01	40.01	100m:	1:27.85	47.84	150m:	2:19.21	51.36	200m:	3:01.75 42.54
22.				12.12.2014	III	"	"			3:02.79	II 325
	50m:	40.88	40.88	100m:	1:30.52	49.64	150m:	2:21.25	50.73	200m:	3:02.79 41.54
23.				11.12.2013	III					3:03.04	III 323
	50m:	40.51	40.51	100m:	1:27.47	46.96	150m:	2:20.66	53.19	200m:	3:03.04 42.38
24.				09.03.2014	III					3:05.22	III 312
	50m:	38.87	38.87	100m:	1:30.29	51.42	150m:	2:22.97	52.68	200m:	3:05.22 42.25
25.				16.02.2013	III	"	"			3:06.28	III 307
	50m:	42.01	42.01	100m:	1:30.78	48.77	150m:	2:24.18	53.40	200m:	3:06.28 42.10
26.				22.09.2013	III	"	"			3:07.46	III 301
	50m:	41.93	41.93	100m:	1:28.33	46.40	150m:	2:22.89	54.56	200m:	3:07.46 44.57
27.				05.01.2014	III	"	"			3:08.71	III 295
	50m:	40.66	40.66	100m:	1:29.78	49.12	150m:	2:27.80	58.02	200m:	3:08.71 40.91
28.				19.06.2014	III					3:13.53	III 274
	50m:	43.66	43.66	100m:	1:36.89	53.23	150m:	2:29.28	52.39	200m:	3:13.53 44.25
29.				08.09.2013	III	"	"			3:15.20	III 267
	50m:	42.65	42.65	100m:	1:33.41	50.76	150m:	2:30.70	57.29	200m:	3:15.20 44.50
30.				01.10.2013	I	"	"			3:18.19	III 255
	50m:	42.96	42.96	100m:	1:34.35	51.39	150m:	2:33.55	59.20	200m:	3:18.19 44.64
31.				10.07.2014	III					3:18.73	III 253
	50m:	42.61	42.61	100m:	1:34.62	52.01	150m:	2:33.88	59.26	200m:	3:18.73 44.85
32.				11.07.2013	III					3:19.00	III 252
	50m:	39.37	39.37	100m:	1:31.90	52.53	150m:	2:32.11	1:00.21	200m:	3:19.00 46.89
33.				09.06.2014	III	"	"			3:19.40	III 250
	50m:	46.13	46.13	100m:	1:40.89	54.76	150m:	2:36.59	55.70	200m:	3:19.40 42.81
34.				17.12.2014	III	"	"			3:25.08	III 230
	100m:	1:37.58	1:37.58	150m:	2:39.51	1:01.93	200m:	3:25.08	45.57		
35.				15.06.2014	I		5			3:25.26	III 229
	50m:	47.06	47.06	100m:	1:39.89	52.83	150m:	2:40.82	1:00.93	200m:	3:25.26 44.44
36.				13.10.2014	II	SwimZaman				3:37.44	I 193
	50m:	47.51	47.51	100m:	1:42.34	54.83	150m:	2:46.07	1:03.73	200m:	3:37.44 51.37
37.				06.10.2013	I	Swim Team				3:43.55	I 177
	50m:	49.44	49.44	100m:	1:47.37	57.93	150m:	2:54.49	1:07.12	200m:	3:43.55 49.06