



7

, 400m

10 - 13

08.05.2026

: AQUA 2026

(10-11)

1.				20.02.2015	III	"	"												5:19.17	II	394	
	50m:	36.24	36.24	150m:	1:56.65	40.84	250m:	3:18.19	40.57	350m:	4:39.73	40.12										
	100m:	1:15.81	39.57	200m:	2:37.62	40.97	300m:	3:59.61	41.42	400m:	5:19.17	39.44										
2.				31.07.2015	II															5:21.06	II	388
	50m:	35.78	35.78	150m:	1:57.65	41.21	250m:	3:21.70	41.91	350m:	4:43.98	40.27										
	100m:	1:16.44	40.66	200m:	2:39.79	42.14	300m:	4:03.71	42.01	400m:	5:21.06	37.08										
3.				11.06.2015	II	"	"													5:22.29	II	383
	50m:	37.01	37.01	150m:	1:59.75	41.50	250m:	3:20.87	40.63	350m:	4:42.48	41.09										
	100m:	1:18.25	41.24	200m:	2:40.24	40.49	300m:	4:01.39	40.52	400m:	5:22.29	39.81										
4.				30.04.2015	II	"	"													5:26.71	II	368
	50m:	36.68	36.68	150m:	2:01.14	41.94	250m:	3:24.81	42.13	350m:	4:48.01	41.07										
	100m:	1:19.20	42.52	200m:	2:42.68	41.54	300m:	4:06.94	42.13	400m:	5:26.71	38.70										
5.				21.08.2016	III	"	"													5:42.63	III	319
	50m:	38.50	38.50	150m:	2:06.38	44.30	250m:	3:34.41	44.04	350m:	5:01.92	43.14										
	100m:	1:22.08	43.58	200m:	2:50.37	43.99	300m:	4:18.78	44.37	400m:	5:42.63	40.71										
6.				27.09.2015	III	"	"													5:48.23	III	304
	50m:	37.20	37.20	150m:	2:05.22	44.71	250m:	3:36.20	45.63	350m:	5:05.03	44.64										
	100m:	1:20.51	43.31	200m:	2:50.57	45.35	300m:	4:20.39	44.19	400m:	5:48.23	43.20										
7.				07.04.2015	III		18													5:50.91	III	297
	50m:	36.70	36.70	150m:	2:05.63	45.50	250m:	3:38.83	47.05	350m:	5:09.09	44.14										
	100m:	1:20.13	43.43	200m:	2:51.78	46.15	300m:	4:24.95	46.12	400m:	5:50.91	41.82										
8.				11.02.2016	III	"	"													5:53.11	III	291
	50m:	39.83	39.83	150m:	2:09.44	44.48	250m:	3:40.58	45.38	350m:	5:10.91	45.64										
	100m:	1:24.96	45.13	200m:	2:55.20	45.76	300m:	4:25.27	44.69	400m:	5:53.11	42.20										
9.				24.02.2016	III	"	"													5:55.27	III	286
	50m:	37.66	37.66	150m:	2:09.74	46.76	250m:	3:40.77	44.50	350m:	5:11.27	44.74										
	100m:	1:22.98	45.32	200m:	2:56.27	46.53	300m:	4:26.53	45.76	400m:	5:55.27	44.00										
10.				30.04.2016	II															5:58.96	III	277
	50m:	40.23	40.23	150m:	2:11.72	47.01	250m:	3:44.91	47.30	350m:	5:17.42	46.16										
	100m:	1:24.71	44.48	200m:	2:57.61	45.89	300m:	4:31.26	46.35	400m:	5:58.96	41.54										
11.				21.08.2016	III	"	"													5:59.21	III	277
	50m:	38.15	38.15	150m:	2:07.84	45.92	250m:	3:40.71	46.28	350m:	5:13.81	46.28										
	100m:	1:21.92	43.77	200m:	2:54.43	46.59	300m:	4:27.53	46.82	400m:	5:59.21	45.40										
12.				04.10.2016	III	"	"													6:05.31	III	263
	50m:	39.52	39.52	150m:	2:12.64	46.78	250m:	3:48.35	47.55	350m:	5:20.41	45.77										
	100m:	1:25.86	46.34	200m:	3:00.80	48.16	300m:	4:34.64	46.29	400m:	6:05.31	44.90										
13.				15.05.2015	III	"	"													6:19.50	III	234
	50m:	40.60	40.60	150m:	2:17.46	50.15	250m:	3:56.12	49.66	350m:	5:34.93	48.24										
	100m:	1:27.31	46.71	200m:	3:06.46	49.00	300m:	4:46.69	50.57	400m:	6:19.50	44.57										
14.				24.06.2016	I	"	"													6:23.22	III	228
	50m:	40.51	40.51	150m:	2:19.27	49.36	250m:	3:59.10	50.02	350m:	5:37.51	49.79										
	100m:	1:29.91	49.40	200m:	3:09.08	49.81	300m:	4:47.72	48.62	400m:	6:23.22	45.71										
15.				03.09.2016	I	"	"													6:30.56	I	215
	50m:	42.65	42.65	150m:	2:21.72	49.90	250m:	4:02.34	50.07	350m:	5:42.27	49.36										
	100m:	1:31.82	49.17	200m:	3:12.27	50.55	300m:	4:52.91	50.57	400m:	6:30.56	48.29										
16.				04.03.2016	I	"	"													6:52.69	I	182
	50m:	43.38	43.38	150m:	2:29.28	55.14	250m:	4:17.70	53.14	350m:	6:05.14	52.08										
	100m:	1:34.14	50.76	200m:	3:24.56	55.28	300m:	5:13.06	55.36	400m:	6:52.69	47.55										
17.				22.12.2015	I	"	"													7:14.04	I	157
	50m:	43.42	43.42	150m:	2:35.10	56.38	250m:	4:28.46	56.69	350m:	6:19.33	54.34										
	100m:	1:38.72	55.30	200m:	3:31.77	56.67	300m:	5:24.99	56.53	400m:	7:14.04	54.71										

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7, , 400m , (10-11)

18.				08.03.2016	II	"	"							7:27.87	I	142
	50m:	47.13	47.13	150m:	2:42.33	59.24	250m:	4:38.22	1:00.06	350m:	6:35.02	57.09	400m:	7:27.87	52.85	
	100m:	1:43.09	55.96	200m:	3:38.16	55.83	300m:	5:37.93	59.71							
19.				14.11.2016	I	"	"							7:34.52	I	136
	50m:	47.54	47.54	150m:	2:41.70	57.87	250m:	4:39.39	59.79	350m:	6:35.09	55.42	400m:	7:34.52	59.43	
	100m:	1:43.83	56.29	200m:	3:39.60	57.90	300m:	5:39.67	1:00.28							
20.				03.09.2016	II	"	"							8:00.31	II	115
	50m:	48.52	48.52	150m:	2:49.91	1:00.82	250m:	4:55.88	1:04.31	350m:	7:00.09	1:01.48	400m:	8:00.31	1:00.22	
	100m:	1:49.09	1:00.57	200m:	3:51.57	1:01.66	300m:	5:58.61	1:02.73							
(12-13)																
1.				12.02.2014	II	"	"							4:58.26	I	484
	50m:	32.92	32.92	150m:	1:48.73	38.49	250m:	3:06.39	38.51	350m:	4:21.91	37.03	400m:	4:58.26	36.35	
	100m:	1:10.24	37.32	200m:	2:27.88	39.15	300m:	3:44.88	38.49							
2.				03.04.2014	I									5:02.20	II	465
	50m:	33.06	33.06	150m:	1:50.94	39.58	250m:	3:08.42	38.82	350m:	4:24.36	38.11	400m:	5:02.20	37.84	
	100m:	1:11.36	38.30	200m:	2:29.60	38.66	300m:	3:46.25	37.83							
3.				01.01.2013	II	MY CHAMPS								5:06.61	II	445
	50m:	32.65	32.65	150m:	1:48.26	38.90	250m:	3:06.93	39.35	350m:	4:26.60	40.32	400m:	5:06.61	40.01	
	100m:	1:09.36	36.71	200m:	2:27.58	39.32	300m:	3:46.28	39.35							
4.				12.10.2013	II									5:07.80	II	440
	50m:	34.32	34.32	150m:	1:51.02	38.14	250m:	3:10.65	39.31	350m:	4:29.47	38.13	400m:	5:07.80	38.33	
	100m:	1:12.88	38.56	200m:	2:31.34	40.32	300m:	3:51.34	40.69							
5.				19.11.2014	II									5:11.90	II	423
	50m:	34.51	34.51	150m:	1:53.79	40.32	250m:	3:15.47	41.22	350m:	4:36.28	40.13	400m:	5:11.90	35.62	
	100m:	1:13.47	38.96	200m:	2:34.25	40.46	300m:	3:56.15	40.68							
6.				22.10.2013	II		()							5:12.43	II	421
	50m:	35.61	35.61	150m:	1:55.81	40.81	250m:	3:17.62	40.61	350m:	4:35.68	38.82	400m:	5:12.43	36.75	
	100m:	1:15.00	39.39	200m:	2:37.01	41.20	300m:	3:56.86	39.24							
7.				13.02.2014	II	"	"							5:17.11	II	402
	50m:	33.51	33.51	150m:	1:53.57	41.30	250m:	3:16.53	41.74	350m:	4:38.84	41.21	400m:	5:17.11	38.27	
	100m:	1:12.27	38.76	200m:	2:34.79	41.22	300m:	3:57.63	41.10							
8.				21.02.2013	II	"	"							5:19.59	II	393
	50m:	34.49	34.49	150m:	1:53.49	40.80	250m:	3:15.37	41.35	350m:	4:39.13	42.29	400m:	5:19.59	40.46	
	100m:	1:12.69	38.20	200m:	2:34.02	40.53	300m:	3:56.84	41.47							
9.				27.11.2014	III	"	"							5:27.90	II	364
	50m:	37.64	37.64	150m:	2:01.58	41.46	250m:	3:25.71	42.32	350m:	4:48.57	41.21	400m:	5:27.90	39.33	
	100m:	1:20.12	42.48	200m:	2:43.39	41.81	300m:	4:07.36	41.65							
10.				11.01.2014	II	"	"							5:33.39	II	346
	50m:	36.77	36.77	150m:	2:03.52	43.85	250m:	3:29.90	43.46	350m:	4:54.03	40.91	400m:	5:33.39	39.36	
	100m:	1:19.67	42.90	200m:	2:46.44	42.92	300m:	4:13.12	43.22							
11.				17.06.2014	III									5:41.81	III	321
	50m:	38.61	38.61	150m:	2:05.45	44.12	250m:	3:34.14	44.90	350m:	5:01.28	43.04	400m:	5:41.81	40.53	
	100m:	1:21.33	42.72	200m:	2:49.24	43.79	300m:	4:18.24	44.10							
12.				24.09.2013	III									5:42.57	III	319
	50m:	37.98	37.98	150m:	2:06.35	45.08	250m:	3:36.29	44.90	350m:	5:02.48	41.68	400m:	5:42.57	40.09	
	100m:	1:21.27	43.29	200m:	2:51.39	45.04	300m:	4:20.80	44.51							
13.				07.02.2014	II	"	"							5:43.77	III	316
	50m:	39.62	39.62	150m:	2:07.80	44.32	250m:	3:36.17	43.75	350m:	5:03.23	42.57	400m:	5:43.77	40.54	
	100m:	1:23.48	43.86	200m:	2:52.42	44.62	300m:	4:20.66	44.49							
14.				12.05.2013	II	"	"							5:45.55	III	311
	50m:	37.75	37.75	150m:	2:06.03	44.04	250m:	3:36.98	44.79	350m:	5:06.59	44.46	400m:	5:45.55	38.96	
	100m:	1:21.99	44.24	200m:	2:52.19	46.16	300m:	4:22.13	45.15							

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OMEGA ARES 21



ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ

КУБОК ПГУФКСИТ

8-10 МАЯ 2026

КАЗАНЬ



7, , 400m , (12-13)

15.				31.05.2013	III		-	-			6:14.15	III	245
	50m:	39.72	39.72	150m:	2:14.20	47.84	250m:	3:50.78	47.64	350m:	5:28.71	49.13	
	100m:	1:26.36	46.64	200m:	3:03.14	48.94	300m:	4:39.58	48.80	400m:	6:14.15	45.44	

" " ", 50
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OMEGA ARES 21

Splash Meet Manager, 11.83921

Registered to Moscow City/ANO CSP

08.05.2026 14:24 -

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