

8 , 400m (17-25 )  
08.05.2026

: AQUA 2026

1.				07.03.2005					<b>4:07.33</b>	703		
	50m:	28.49	28.49	150m:	1:31.19	31.74	250m:	2:34.90	31.96	350m:	3:37.61	31.48
	100m:	59.45	30.96	200m:	2:02.94	31.75	300m:	3:06.13	31.23	400m:	4:07.33	29.72
2.				28.11.2006					<b>4:07.65</b>	700		
	50m:	28.47	28.47	150m:	1:30.53	31.23	250m:	2:33.99	31.81	350m:	3:37.26	31.50
	100m:	59.30	30.83	200m:	2:02.18	31.65	300m:	3:05.76	31.77	400m:	4:07.65	30.39
3.				25.12.2006					<b>4:15.51</b> I	637		
	50m:	29.20	29.20	150m:	1:32.99	32.17	250m:	2:38.40	32.79	350m:	3:44.09	32.95
	100m:	1:00.82	31.62	200m:	2:05.61	32.62	300m:	3:11.14	32.74	400m:	4:15.51	31.42
4.				08.11.2007 I					<b>4:18.78</b> I	614		
	50m:	29.11	29.11	150m:	1:34.25	33.10	250m:	2:41.34	32.98	350m:	3:46.26	31.80
	100m:	1:01.15	32.04	200m:	2:08.36	34.11	300m:	3:14.46	33.12	400m:	4:18.78	32.52
5.				09.06.2007					<b>4:20.43</b> I	602		
	50m:	30.07	30.07	150m:	1:37.18	33.49	250m:	2:43.54	32.65	350m:	3:48.54	31.97
	100m:	1:03.69	33.62	200m:	2:10.89	33.71	300m:	3:16.57	33.03	400m:	4:20.43	31.89
6.				22.02.2006					<b>4:33.09</b> II	522		
	50m:	29.38	29.38	150m:	1:35.71	33.69	250m:	2:45.85	35.65	350m:	3:57.88	36.36
	100m:	1:02.02	32.64	200m:	2:10.20	34.49	300m:	3:21.52	35.67	400m:	4:33.09	35.21
7.				16.02.2007 I					<b>4:37.66</b> II	497		
	50m:	31.60	31.60	150m:	1:40.68	34.81	250m:	2:51.76	35.71	350m:	4:04.12	36.51
	100m:	1:05.87	34.27	200m:	2:16.05	35.37	300m:	3:27.61	35.85	400m:	4:37.66	33.54
8.				27.12.2003 I					<b>4:58.02</b> II	402		
	50m:	32.16	32.16	150m:	1:46.21	37.68	250m:	3:04.10	39.12	350m:	4:22.24	38.82
	100m:	1:08.53	36.37	200m:	2:24.98	38.77	300m:	3:43.42	39.32	400m:	4:58.02	35.78
9.				08.12.2006 II					<b>5:12.14</b> III	349		
	50m:	32.48	32.48	150m:	1:47.76	38.53	250m:	3:09.57	42.23	350m:	4:33.14	41.79
	100m:	1:09.23	36.75	200m:	2:27.34	39.58	300m:	3:51.35	41.78	400m:	5:12.14	39.00
10.				12.08.2006 II					<b>5:35.71</b> III	281		
	50m:	32.37	32.37	150m:	1:50.13	40.49	250m:	3:19.53	45.57	400m:	5:35.71	1:30.04
	100m:	1:09.64	37.27	200m:	2:33.96	43.83	300m:	4:05.67	46.14			
11.				06.01.2005					<b>5:36.89</b> III	278		
	50m:	35.75	35.75	150m:	1:59.29	42.14	250m:	3:25.97	43.18	350m:	4:55.53	44.44
	100m:	1:17.15	41.40	200m:	2:42.79	43.50	300m:	4:11.09	45.12	400m:	5:36.89	41.36
DSQ				24.03.2001						III		
DSQ				21.08.2003						III		

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OMEGA ARES 21