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11	, 400m	9 - 14
05.10.2022 - 14:30		
13 - 14	4:10.03	09.09.2020
11 - 12	4:37.42	24.11.2018
9 - 10	5:16.67	16.12.2020

: FINA 2022

								R.T		FINA
1.	(13-14)	2009 I						4:23.59 I		522
	50m: 29.87	29.87	150m: 1:34.17	32.82	250m: 2:41.43	34.14	350m: 3:50.08	34.49		
	100m: 1:01.35	31.48	200m: 2:07.29	33.12	300m: 3:15.59	34.16	400m: 4:23.59	33.51		
2.		2009 I						4:32.28 II		473
	50m: 30.90	30.90	150m: 1:39.37	35.08	250m: 2:50.69	35.55	350m: 3:59.02	33.69		
	100m: 1:04.29	33.39	200m: 2:15.14	35.77	300m: 3:25.33	34.64	400m: 4:32.28	33.26		
3.		2009 II						4:32.30 II		473
	50m: 31.56	31.56	150m: 1:39.20	34.31	250m: 2:49.02	34.58	350m: 3:59.26	35.08		
	100m: 1:04.89	33.33	200m: 2:14.44	35.24	300m: 3:24.18	35.16	400m: 4:32.30	33.04		
4.		2008 I						4:39.42 II		438
	50m: 32.07	32.07	150m: 1:41.93	35.31	250m: 2:53.40	35.97	350m: 4:05.07	35.79		
	100m: 1:06.62	34.55	200m: 2:17.43	35.50	300m: 3:29.28	35.88	400m: 4:39.42	34.35		
5.		2008 II						4:45.19 II		412
	50m: 31.99	31.99	150m: 1:41.46	35.21	250m: 2:53.97	36.60	350m: 4:07.46	36.62		
	100m: 1:06.25	34.26	200m: 2:17.37	35.91	300m: 3:30.84	36.87	400m: 4:45.19	37.73		
6.		2009 II						4:46.14 II		408
	50m: 30.92	30.92	150m: 1:42.47	36.84	250m: 2:56.79	36.95	350m: 4:11.33	36.66		
	100m: 1:05.63	34.71	200m: 2:19.84	37.37	300m: 3:34.67	37.88	400m: 4:46.14	34.81		
7.		2009 II						4:47.81 II		401
	50m: 31.81	31.81	150m: 1:45.97	37.31	250m: 2:52.34	29.82	350m: 4:12.39	36.40		
	100m: 1:08.66	36.85	200m: 2:22.52	36.55	300m: 3:35.99	43.65	400m: 4:47.81	35.42		
8.		2008 II						4:48.66 II		397
	50m: 33.39	33.39	150m: 1:46.29	36.84	250m: 2:59.86	36.93	350m: 4:13.24	36.76		
	100m: 1:09.45	36.06	200m: 2:22.93	36.64	300m: 3:36.48	36.62	400m: 4:48.66	35.42		
9.		2009 II						4:50.09 II		391
	50m: 31.06	31.06	150m: 1:42.21	36.00	250m: 2:55.82	37.01	350m: 4:12.27	38.36		
	100m: 1:06.21	35.15	200m: 2:18.81	36.60	300m: 3:33.91	38.09	400m: 4:50.09	37.82		
10.		2008 II						4:51.90 II		384
	50m: 32.93	32.93	150m: 1:45.25	32.23	250m: 3:00.69	37.92	350m: 4:16.61	37.99		
	100m: 1:13.02	40.09	200m: 2:22.77	37.52	300m: 3:38.62	37.93	400m: 4:51.90	35.29		
11.		2008 II						4:53.82 II		376
	50m: 34.61	34.61	150m: 1:46.82	36.55	250m: 3:01.75	37.99	350m: 4:17.05	37.44		
	100m: 1:10.27	35.66	200m: 2:23.76	36.94	300m: 3:39.61	37.86	400m: 4:53.82	36.77		
12.		2009 II						4:54.05 II		376
	50m: 32.75	32.75	150m: 1:48.32	38.04	250m: 3:04.08	37.86	350m: 4:19.76	37.64		
	100m: 1:10.28	37.53	200m: 2:26.22	37.90	300m: 3:42.12	38.04	400m: 4:54.05	34.29		
13.		2008 II						4:58.22 II		360
	50m: 34.20	34.20	150m: 1:48.97	38.28	250m: 3:05.22	37.32	350m: 4:21.01	37.77		
	100m: 1:10.69	36.49	200m: 2:27.90	38.93	300m: 3:43.24	38.02	400m: 4:58.22	37.21		
14.		2008 II						4:58.83 II		358
	50m: 31.56	31.56	150m: 1:44.47	37.19	250m: 3:00.06	38.66	350m: 4:19.84	40.23		
	100m: 1:07.28	35.72	200m: 2:21.40	36.93	300m: 3:39.61	39.55	400m: 4:58.83	38.99		
15.		2009 II						4:58.98 II		357
	50m: 32.86	32.86	150m: 1:48.71	38.11	250m: 3:05.00	38.09	350m: 4:23.07	39.11		
	100m: 1:10.60	37.74	200m: 2:26.91	38.20	300m: 3:43.96	38.96	400m: 4:58.98	35.91		
16.		2009 II						5:00.11 II		353
	50m: 34.13	34.13	150m: 1:48.71	34.55	250m: 3:04.75	38.14	350m: 4:22.37	38.86		
	100m: 1:14.16	40.03	200m: 2:26.61	37.90	300m: 3:43.51	38.76	400m: 5:00.11	37.74		
17.		2009 II						5:05.62 III		334
	50m: 33.85	33.85	150m: 1:49.47	38.87	250m: 3:08.03	39.48	350m: 4:27.37	39.50		
	100m: 1:10.60	36.75	200m: 2:28.55	39.08	300m: 3:47.87	39.84	400m: 5:05.62	38.25		



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11,		, 400m				(13-14)				R.T	FINA	
18.				2009	II					5:10.96 III	318	
	50m:	32.43	32.43	150m:	1:48.57	38.90	250m:	3:08.32	40.23	350m:	4:30.59	40.46
	100m:	1:09.67	37.24	200m:	2:28.09	39.52	300m:	3:50.13	41.81	400m:	5:10.96	40.37
19.				2009	II					5:12.12 III	314	
	50m:	34.74	34.74	150m:	1:53.02	39.81	250m:	3:13.64	40.51	350m:	4:35.02	41.03
	100m:	1:13.21	38.47	200m:	2:33.13	40.11	300m:	3:53.99	40.35	400m:	5:12.12	37.10
20.				2009	II					5:13.20 III	311	
	50m:	34.31	34.31	150m:	1:52.24	39.67	250m:	3:12.81	40.59	350m:	4:33.94	40.36
	100m:	1:12.57	38.26	200m:	2:32.22	39.98	300m:	3:53.58	40.77	400m:	5:13.20	39.26
21.				2009	II					5:13.74 III	309	
	50m:	31.11	31.11	150m:	1:52.96	51.77	250m:	3:13.52	38.54	350m:	4:34.20	40.31
	100m:	1:01.19	30.08	200m:	2:34.98	42.02	300m:	3:53.89	40.37	400m:	5:13.74	39.54
22.				2009	II					5:13.80 III	309	
	50m:	34.12	34.12	150m:	1:52.40	39.50	250m:	3:13.70	40.80	350m:	4:34.15	39.75
	100m:	1:12.90	38.78	200m:	2:32.90	40.50	300m:	3:54.40	40.70	400m:	5:13.80	39.65
23.				2009	II					5:14.66 III	306	
	50m:	33.39	33.39	150m:	1:50.65	39.60	250m:	3:11.93	40.83	350m:	4:35.06	41.93
	100m:	1:11.05	37.66	200m:	2:31.10	40.45	300m:	3:53.13	41.20	400m:	5:14.66	39.60
24.				2008	II					5:15.20 III	305	
	50m:	35.60	35.60	150m:	1:55.26	40.36	250m:	3:15.20	41.05	350m:	4:35.10	39.30
	100m:	1:14.90	39.30	200m:	2:34.15	38.89	300m:	3:55.80	40.60	400m:	5:15.20	40.10
25.				2008	III					5:15.82 III	303	
	50m:	37.87	37.87	150m:	1:52.19	39.36	250m:	3:14.44	41.33	350m:	4:36.36	40.67
	100m:	1:12.83	34.96	200m:	2:33.11	40.92	300m:	3:55.69	41.25	400m:	5:15.82	39.46
26.				2008	II					5:16.70 III	301	
	50m:	34.31	34.31	150m:	1:57.03	45.00	250m:	3:14.10	40.99	350m:	4:38.47	41.81
	100m:	1:12.03	37.72	200m:	2:33.11	36.08	300m:	3:56.66	42.56	400m:	5:16.70	38.23
27.				2008	III					5:18.85 III	294	
	50m:	34.64	34.64	150m:	1:53.16	39.93	250m:	3:15.00	40.85	350m:	4:38.62	42.51
	100m:	1:13.23	38.59	200m:	2:34.15	40.99	300m:	3:56.11	41.11	400m:	5:18.85	40.23
28.				2009	III					5:20.91 III	289	
	50m:	34.22	34.22	150m:	1:55.75	41.57	250m:	3:20.63	43.05	350m:	4:44.02	42.21
	100m:	1:14.18	39.96	200m:	2:37.58	41.83	300m:	4:01.81	41.18	400m:	5:20.91	36.89
29.				2009	III					5:24.80 III	279	
	50m:	35.42	35.42	150m:	1:57.45	47.25	250m:	3:20.95	41.78	350m:	4:44.67	40.94
	100m:	1:10.20	34.78	200m:	2:39.17	41.72	300m:	4:03.73	42.78	400m:	5:24.80	40.13
30.				2008	II					5:25.13 III	278	
	50m:	33.79	33.79	150m:	1:54.48	40.77	250m:	3:16.87	41.65	350m:	4:41.75	42.88
	100m:	1:13.71	39.92	200m:	2:35.22	40.74	300m:	3:58.87	42.00	400m:	5:25.13	43.38
31.				2008	III					5:26.64 III	274	
	50m:	36.14	36.14	150m:	1:57.01	41.67	250m:	3:22.08	42.46	350m:	4:46.46	41.34
	100m:	1:15.34	39.20	200m:	2:39.62	42.61	300m:	4:05.12	43.04	400m:	5:26.64	40.18
32.				2009	III					5:30.36 III	265	
	50m:	36.59	36.59	150m:	2:01.81	41.80	250m:	3:26.04	41.62	350m:	4:49.34	40.59
	100m:	1:20.01	43.42	200m:	2:44.42	42.61	300m:	4:08.75	42.71	400m:	5:30.36	41.02
33.				2009	1					5:33.94 III	256	
	50m:	36.48	36.48	150m:	1:59.88	42.53	250m:	3:25.96	43.24	350m:	4:52.62	43.22
	100m:	1:17.35	40.87	200m:	2:42.72	42.84	300m:	4:09.40	43.44	400m:	5:33.94	41.32
34.				2009	III					5:34.29 III	255	
	50m:	33.34	33.34	150m:	1:58.51	43.83	250m:	3:25.82	44.60	350m:	4:52.30	41.87
	100m:	1:14.68	41.34	200m:	2:41.22	42.71	300m:	4:10.43	44.61	400m:	5:34.29	41.99
35.				2009	III					5:34.53 III	255	
	50m:	37.21	37.21	150m:	2:01.01	42.37	250m:	3:27.62	43.37	350m:	4:53.84	43.07
	100m:	1:18.64	41.43	200m:	2:44.25	43.24	300m:	4:10.77	43.15	400m:	5:34.53	40.69
36.				2008	III					5:35.83 III	252	
	50m:	36.35	36.35	150m:	2:02.33	43.32	250m:	3:28.51	42.63	350m:	4:53.69	42.66
	100m:	1:19.01	42.66	200m:	2:45.88	43.55	300m:	4:11.03	42.52	400m:	5:35.83	42.14



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11,	, 400m	(13-14)	R.T	FINA
37.		2008 1	5:35.85 III	252
	50m: 35.73 35.73	150m: 1:57.47 41.85	43.21 350m: 4:51.61 44.52	
	100m: 1:15.62 39.89	200m: 2:40.35 42.88	43.53 400m: 5:35.85 44.24	
38.		2008 III	5:36.82 III	250
	50m: 35.83 35.83	150m: 2:00.65 43.18	43.20 350m: 4:54.39 43.60	
	100m: 1:17.47 41.64	200m: 2:44.77 44.12	42.82 400m: 5:36.82 42.43	
39.		2009 III	5:37.81 III	248
	50m: 36.53 36.53	150m: 2:02.82 44.90	43.22 350m: 4:56.42 43.00	
	100m: 1:17.92 41.39	200m: 2:46.28 43.46	43.92 400m: 5:37.81 41.39	
40.		2009 1	5:41.49 III	240
	50m: 36.88 36.88	150m: 2:02.59 43.32	43.50 350m: 4:58.55 44.36	
	100m: 1:19.27 42.39	200m: 2:45.90 43.31	44.79 400m: 5:41.49 42.94	
41.		2009 III	5:41.78 III	239
	50m: 36.64 36.64	150m: 2:03.56 44.56	43.64 350m: 4:59.65 44.83	
	100m: 1:19.00 42.36	200m: 2:46.29 42.73	44.89 400m: 5:41.78 42.13	
42.		2009 III	5:42.11 III	238
	50m: 36.43 36.43	150m: 2:02.13 43.99	44.35 350m: 4:57.73 42.98	
	100m: 1:18.14 41.71	200m: 2:45.81 43.68	44.59 400m: 5:42.11 44.38	
43.		2009 III	5:44.80 1	233
	50m: 37.27 37.27	150m: 2:05.22 45.05	44.51 350m: 5:02.21 43.04	
	100m: 1:20.17 42.90	200m: 2:49.92 44.70	44.74 400m: 5:44.80 42.59	
44.		2009 III	5:50.27 1	222
	50m: 38.78 38.78	150m: 2:04.28 43.63	45.47 350m: 5:06.69 45.46	
	100m: 1:20.65 41.87	200m: 2:49.51 45.23	46.25 400m: 5:50.27 43.58	
45.		2009 II	5:53.72 1	216
	50m: 34.02 34.02	150m: 1:58.62 44.09	45.23 350m: 5:05.76 48.48	
	100m: 1:14.53 40.51	200m: 2:43.82 45.20	48.23 400m: 5:53.72 47.96	
46.		2009 III	5:54.03 1	215
	50m: 38.16 38.16	150m: 2:05.95 44.50	44.81 350m: 5:07.55 45.68	
	100m: 1:21.45 43.29	200m: 2:50.34 44.39	46.72 400m: 5:54.03 46.48	
47.		2009 III	5:57.34 1	209
	50m: 40.93 40.93	150m: 2:11.29 45.33	46.01 350m: 5:13.22 45.24	
	100m: 1:25.96 45.03	200m: 2:57.39 46.10	44.58 400m: 5:57.34 44.12	
48.		2009 III	5:57.42 1	209
	50m: 37.91 37.91	150m: 2:08.10 45.60	45.67 350m: 5:13.69 46.67	
	100m: 1:22.50 44.59	200m: 2:54.25 46.15	47.10 400m: 5:57.42 43.73	
49.		2009 III	6:02.83 1	200
	50m: 38.89 38.89	150m: 2:11.64 47.40	48.66 350m: 5:24.64 47.16	
	100m: 1:24.24 45.35	200m: 3:00.11 48.47	48.71 400m: 6:02.83 38.19	
50.		2009 1	6:06.65 1	193
	50m: 39.08 39.08	150m: 2:10.97 47.23	46.84 350m: 5:20.91 48.68	
	100m: 1:23.74 44.66	200m: 2:58.20 47.23	47.19 400m: 6:06.65 45.74	
51.		2009 1	6:19.01 1	175
	50m: 40.78 40.78	150m: 2:20.06 49.43	48.09 350m: 5:34.48 48.60	
	100m: 1:30.63 49.85	200m: 3:08.57 48.51	49.22 400m: 6:19.01 44.53	
52.		2009 1	6:21.27 1	172
	50m: 38.36 38.36	150m: 2:13.13 49.04	50.30 350m: 5:32.99 48.19	
	100m: 1:24.09 45.73	200m: 3:02.62 49.49	51.88 400m: 6:21.27 48.28	
53.		2009 1	6:25.51 1	166
	50m: 38.97 38.97	150m: 2:15.27 49.50	50.11 350m: 5:37.31 50.71	
	100m: 1:25.77 46.80	200m: 3:05.98 50.71	50.51 400m: 6:25.51 48.20	
54.		2009 1	6:33.77 1	156
	50m: 38.20 38.20	150m: 2:14.02 49.77	52.46 350m: 5:44.02 52.08	
	100m: 1:24.25 46.05	200m: 3:05.46 51.44	54.02 400m: 6:33.77 49.75	
55.		2009 1	6:37.81 1	151
	50m: 39.12 39.12	150m: 2:19.60 50.80	53.97 350m: 5:50.40 52.95	
	100m: 1:28.80 49.68	200m: 3:09.93 50.33	53.55 400m: 6:37.81 47.41	



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11, , 400m , (13-14)								R.T		FINA	
56.				2009 1				6:50.98		137	
	50m: 41.95	41.95	150m: 2:24.44	52.28	250m: 4:12.79	54.34	350m: 5:58.41	54.95			
	100m: 1:32.16	50.21	200m: 3:18.45	54.01	300m: 5:03.46	50.67	400m: 6:50.98	52.57			
DSQ				2009 1							
(11-12)											
1.			2010 II					4:46.31 II		407	
	50m: 33.82	33.82	150m: 1:46.47	35.89	250m: 2:59.67	36.52	350m: 4:12.19	36.09			
	100m: 1:10.58	36.76	200m: 2:23.15	36.68	300m: 3:36.10	36.43	400m: 4:46.31	34.12			
2.			2010 II					4:49.50 II		394	
	50m: 31.06	31.06	150m: 1:43.88	36.82	250m: 2:58.85	37.80	350m: 4:14.71	37.88			
	100m: 1:07.06	36.00	200m: 2:21.05	37.17	300m: 3:36.83	37.98	400m: 4:49.50	34.79			
3.			2010 II					5:09.36 III		322	
	50m: 34.31	34.31	150m: 1:52.85	40.86	250m: 3:13.64	40.53	350m: 4:32.03	38.80			
	100m: 1:11.99	37.68	200m: 2:33.11	40.26	300m: 3:53.23	39.59	400m: 5:09.36	37.33			
4.			2010 III					5:10.82 III		318	
	50m: 34.53	34.53	150m: 1:50.83	39.87	250m: 3:11.89	40.76	350m: 4:31.32	39.46			
	100m: 1:10.96	36.43	200m: 2:31.13	40.30	300m: 3:51.86	39.97	400m: 5:10.82	39.50			
5.			2011 III					5:17.01 III		300	
	50m: 34.91	34.91	150m: 1:54.97	40.91	250m: 3:15.91	40.50	350m: 4:37.52	40.58			
	100m: 1:14.06	39.15	200m: 2:35.41	40.44	300m: 3:56.94	41.03	400m: 5:17.01	39.49			
6.			2010 III					5:17.80 III		297	
	50m: 34.63	34.63	150m: 1:56.74	41.79	250m: 3:18.85	40.88	350m: 4:40.70	40.37			
	100m: 1:14.95	40.32	200m: 2:37.97	41.23	300m: 4:00.33	41.48	400m: 5:17.80	37.10			
7.			2010 III					5:18.67 III		295	
	50m: 33.64	33.64	150m: 1:54.48	40.79	250m: 3:16.92	41.65	350m: 4:37.66	40.67			
	100m: 1:13.69	40.05	200m: 2:35.27	40.79	300m: 3:56.99	40.07	400m: 5:18.67	41.01			
8.			2010 III					5:18.72 III		295	
	50m: 34.11	34.11	150m: 1:54.60	41.70	250m: 3:18.41	41.81	350m: 4:41.20	41.40			
	100m: 1:12.90	38.79	200m: 2:36.60	42.00	300m: 3:59.80	41.39	400m: 5:18.72	37.52			
9.			2010 III					5:23.82 III		281	
	50m: 34.88	34.88	150m: 1:55.83	41.35	250m: 3:18.74	41.82	350m: 4:42.45	42.16			
	100m: 1:14.48	39.60	200m: 2:36.92	41.09	300m: 4:00.29	41.55	400m: 5:23.82	41.37			
10.			2010 III					5:23.97 III		281	
	50m: 37.51	37.51	150m: 1:58.47	40.84	250m: 3:20.57	40.61	350m: 4:43.47	41.94			
	100m: 1:17.63	40.12	200m: 2:39.96	41.49	300m: 4:01.53	40.96	400m: 5:23.97	40.50			
11.			2010 II					5:24.10 III		280	
	50m: 34.68	34.68	150m: 1:55.05	41.29	250m: 3:18.25	41.34	350m: 4:43.03	41.83			
	100m: 1:13.76	39.08	200m: 2:36.91	41.86	300m: 4:01.20	42.95	400m: 5:24.10	41.07			
12.			2010 III					5:25.39 III		277	
	50m: 36.40	36.40	150m: 2:00.18	41.76	250m: 3:24.25	42.35	350m: 4:45.42	39.82			
	100m: 1:18.42	42.02	200m: 2:41.90	41.72	300m: 4:05.60	41.35	400m: 5:25.39	39.97			
13.			2011 III					5:33.57 III		257	
	50m: 37.10	37.10	150m: 2:02.49	43.16	250m: 3:28.38	42.95	350m: 4:53.70	42.73			
	100m: 1:19.33	42.23	200m: 2:45.43	42.94	300m: 4:10.97	42.59	400m: 5:33.57	39.87			
14.			2010 III					5:34.22 III		256	
	50m: 35.78	35.78	150m: 1:59.45	42.60	250m: 3:26.62	44.49	350m: 4:53.17	43.08			
	100m: 1:16.85	41.07	200m: 2:42.13	42.68	300m: 4:10.09	43.47	400m: 5:34.22	41.05			
15.			2010 III					5:38.16 III		247	
	50m: 37.92	37.92	150m: 2:01.71	42.79	250m: 3:27.97	42.50	350m: 4:55.62	43.68			
	100m: 1:18.92	41.00	200m: 2:45.47	43.76	300m: 4:11.94	43.97	400m: 5:38.16	42.54			
16.			2011 III					5:38.94 III		245	
	50m: 35.83	35.83	150m: 1:58.88	42.75	250m: 3:26.69	44.00	350m: 4:55.76	43.94			
	100m: 1:16.13	40.30	200m: 2:42.69	43.81	300m: 4:11.82	45.13	400m: 5:38.94	43.18			
17.			2010 III					5:39.98 III		243	
	50m: 37.20	37.20	150m: 2:03.20	43.70	250m: 3:31.46	43.96	350m: 4:57.90	43.50			
	100m: 1:19.50	42.30	200m: 2:47.50	44.30	300m: 4:14.40	42.94	400m: 5:39.98	42.08			



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11,	, 400m	(11-12)						R.T	FINA
18.			2011 III					5:43.01 III	236
	50m: 37.12	37.12	150m: 2:04.21	44.09	250m: 3:34.02	44.66	350m: 5:02.71	44.28	
	100m: 1:20.12	43.00	200m: 2:49.36	45.15	300m: 4:18.43	44.41	400m: 5:43.01	40.30	
19.			2010 1					5:47.51 1	227
	50m: 39.53	39.53	150m: 2:05.89	44.58	250m: 3:34.93	44.22	350m: 5:06.22	45.66	
	100m: 1:21.31	41.78	200m: 2:50.71	44.82	300m: 4:20.56	45.63	400m: 5:47.51	41.29	
20.			2011 III					5:49.16 1	224
	50m: 39.02	39.02	150m: 2:05.76	44.21	250m: 3:35.51	45.33	350m: 5:05.48	45.05	
	100m: 1:21.55	42.53	200m: 2:50.18	44.42	300m: 4:20.43	44.92	400m: 5:49.16	43.68	
21.			2011 III					5:49.85 1	223
	50m: 35.60	35.60	150m: 2:00.40	44.00	250m: 3:30.12	45.09	350m: 5:03.20	46.50	
	100m: 1:16.40	40.80	200m: 2:45.03	44.63	300m: 4:16.70	46.58	400m: 5:49.85	46.65	
22.			2011 III					5:50.34 1	222
	50m: 37.19	37.19	150m: 2:05.15	45.08	250m: 3:37.06	46.11	350m: 5:09.42	46.24	
	100m: 1:20.07	42.88	200m: 2:50.95	45.80	300m: 4:23.18	46.12	400m: 5:50.34	40.92	
23.			2011 III					5:50.48 1	222
	50m: 39.68	39.68	150m: 2:10.49	46.68	250m: 3:37.25	43.87	350m: 5:09.33	46.67	
	100m: 1:23.81	44.13	200m: 2:53.38	42.89	300m: 4:22.66	45.41	400m: 5:50.48	41.15	
24.			2011 III					5:50.66 1	221
	50m: 38.00	38.00	150m: 2:06.10	45.00	250m: 3:37.06	46.11	350m: 5:09.42	43.24	
	100m: 1:21.10	43.10	200m: 2:50.95	44.85	300m: 4:26.18	49.12	400m: 5:50.66	41.24	
25.			2011 1					5:53.54 1	216
	50m: 39.00	39.00	150m: 2:08.84	45.45	250m: 3:42.34	47.25	350m: 5:12.18	44.85	
	100m: 1:23.39	44.39	200m: 2:55.09	46.25	300m: 4:27.33	44.99	400m: 5:53.54	41.36	
26.			2011 1					5:56.03 1	211
	50m: 38.67	38.67	150m: 2:07.41	45.24	250m: 3:39.42	46.04	350m: 5:11.87	46.19	
	100m: 1:22.17	43.50	200m: 2:53.38	45.97	300m: 4:25.68	46.26	400m: 5:56.03	44.16	
27.			2010 III					5:57.21 1	209
	50m: 36.98	36.98	150m: 2:05.34	44.37	250m: 3:37.98	46.01	350m: 5:12.87	47.49	
	100m: 1:20.97	43.99	200m: 2:51.97	46.63	300m: 4:25.38	47.40	400m: 5:57.21	44.34	
28.			2010 1					5:59.14 1	206
	50m: 37.65	37.65	150m: 2:06.48	45.50	250m: 3:39.69	47.04	350m: 5:14.57	47.68	
	100m: 1:20.98	43.33	200m: 2:52.65	46.17	300m: 4:26.89	47.20	400m: 5:59.14	44.57	
29.			2011 1					6:01.20 1	202
	50m: 40.15	40.15	150m: 2:11.41	45.79	250m: 3:45.06	47.19	350m: 5:17.16	46.36	
	100m: 1:25.62	45.47	200m: 2:57.87	46.46	300m: 4:30.80	45.74	400m: 6:01.20	44.04	
30.			2010 1					6:03.33 1	199
	50m:		150m: 2:17.25		250m: 3:52.00	47.04	350m: 5:22.64	43.39	
	100m:		200m: 3:04.96	47.71	300m: 4:39.25	47.25	400m: 6:03.33	40.69	
31.			2011 1					6:05.53 1	195
	50m: 38.02	38.02	150m: 2:10.34	46.87	250m: 3:44.82	47.25	350m: 5:20.18		
	100m: 1:23.47	45.45	200m: 2:57.57	47.23	300m:		400m: 6:05.53	45.35	
32.			2011 1					6:06.57 1	194
	50m: 42.00	42.00	150m: 2:16.34	47.55	250m: 3:50.50	46.50	350m: 5:22.61	46.49	
	100m: 1:28.79	46.79	200m: 3:04.00	47.66	300m: 4:36.12	45.62	400m: 6:06.57	43.96	
33.			2011 1					6:06.78 1	193
	50m: 39.13	39.13	150m: 2:10.81	46.32	250m: 3:44.82	47.23	350m: 5:20.63		
	100m: 1:24.49	45.36	200m: 2:57.59	46.78	300m:		400m: 6:06.78	46.15	
34.			2011 1					6:08.13 1	191
	50m: 41.11	41.11	150m: 2:14.41	47.01	250m: 3:51.10	47.58	350m: 5:24.74	46.76	
	100m: 1:27.40	46.29	200m: 3:03.52	49.11	300m: 4:37.98	46.88	400m: 6:08.13	43.39	
35.			2010 1					6:09.64 1	189
	50m: 38.20	38.20	150m: 2:10.68	47.98	250m: 3:48.50	48.51	350m: 5:23.95	46.89	
	100m: 1:22.70	44.50	200m: 2:59.99	49.31	300m: 4:37.06	48.56	400m: 6:09.64	45.69	
36.			2011 1					6:12.86 1	184
	50m: 42.00	42.00	150m: 2:16.94	48.14	250m: 3:53.41	48.95	350m: 5:27.79	47.01	
	100m: 1:28.80	46.80	200m: 3:04.46	47.52	300m: 4:40.78	47.37	400m: 6:12.86	45.07	



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11,	, 400m	(11-12)	R.T	FINA
37.		2011 1	6:17.21 1	178
	50m: 39.50 39.50	150m: 2:16.40 48.90	250m: 3:54.20 47.68	350m: 5:31.62 46.13
	100m: 1:27.50 48.00	200m: 3:06.52 50.12	300m: 4:45.49 51.29	400m: 6:17.21 45.59
38.		2010 1	6:17.54 1	177
	50m: 39.55 39.55	150m: 2:11.71 45.13	250m: 3:53.61 50.51	350m: 5:32.16 49.23
	100m: 1:26.58 47.03	200m: 3:03.10 51.39	300m: 4:42.93 49.32	400m: 6:17.54 45.38
39.		2011 III	6:18.19 1	176
	50m: 37.81 37.81	150m: 2:11.76 48.25	250m: 3:50.59 49.80	350m: 5:31.18 49.94
	100m: 1:23.51 45.70	200m: 3:00.79 49.03	300m: 4:41.24 50.65	400m: 6:18.19 47.01
40.		2010 III	6:19.41 1	175
	50m: 40.53 40.53	150m: 2:15.56 48.42	250m: 3:53.49 39.29	350m: 5:32.68 50.75
	100m: 1:27.14 46.61	200m: 3:14.20 58.64	300m: 4:41.93 48.44	400m: 6:19.41 46.73
41.		2011 1	6:19.42 1	175
	50m: 44.49 44.49	150m: 2:21.59 48.20	250m: 3:56.75 48.58	350m: 5:33.09 49.40
	100m: 1:33.39 48.90	200m: 3:08.17 46.58	300m: 4:43.69 46.94	400m: 6:19.42 46.33
42.		2011 1	6:20.62 1	173
	50m: 38.72 38.72	150m: 2:11.40 47.94	250m: 3:49.47 48.32	350m: 5:32.59 50.21
	100m: 1:23.46 44.74	200m: 3:01.15 49.75	300m: 4:42.38 52.91	400m: 6:20.62 48.03
43.		2011 1	6:30.09 1	161
	50m: 43.14 43.14	150m: 2:23.58 51.22	250m: 4:04.32 50.58	350m: 5:44.58 50.78
	100m: 1:32.36 49.22	200m: 3:13.74 50.16	300m: 4:53.80 49.48	400m: 6:30.09 45.51
44.		2011 1	6:32.00 1	158
	50m: 41.97 41.97	150m: 2:17.31 48.38	250m: 4:01.12 51.97	350m: 5:44.61 52.38
	100m: 1:28.93 46.96	200m: 3:09.15 51.84	300m: 4:52.23 51.11	400m: 6:32.00 47.39
45.		2011 1	6:34.81 1	155
	50m: 43.50 43.50	150m: 2:23.96 49.36	250m: 4:04.18 49.26	350m: 5:47.55 52.42
	100m: 1:34.60 51.10	200m: 3:14.92 50.96	300m: 4:55.13 50.95	400m: 6:34.81 47.26
46.		2011 1	6:36.29 1	153
	50m: 41.45 41.45	150m: 2:22.15 51.36	250m: 4:06.39 51.36	350m: 5:48.78 51.08
	100m: 1:30.79 49.34	200m: 3:15.03 52.88	300m: 4:57.70 51.31	400m: 6:36.29 47.51
47.		2011 1	6:39.43 1	150
	50m: 41.93 41.93	150m: 2:24.24 50.95	250m: 4:08.14 51.43	350m: 5:51.70 49.86
	100m: 1:33.29 51.36	200m: 3:16.71 52.47	300m: 5:01.84 53.70	400m: 6:39.43 47.73
48.		2011 1	6:39.54 1	149
	50m: 40.79 40.79	150m: 2:20.27 50.26	250m: 4:04.14 51.58	350m: 5:50.18 52.75
	100m: 1:30.01 49.22	200m: 3:12.56 52.29	300m: 4:57.43 53.29	400m: 6:39.54 49.36
49.		2011 1	6:41.65	147
	50m: 42.50 42.50	150m: 2:24.00 52.70	250m: 4:05.40 52.20	350m: 5:49.25 51.05
	100m: 1:31.30 48.80	200m: 3:13.20 49.20	300m: 4:58.20 52.80	400m: 6:41.65 52.40
50.		2011 1	6:42.83	146
	50m: 42.83 42.83	150m: 2:24.84 51.36	250m: 4:09.07 52.30	350m: 5:52.52 51.38
	100m: 1:33.48 50.65	200m: 3:16.77 51.93	300m: 5:01.14 52.07	400m: 6:42.83 50.31
51.		2011 1	6:44.93	144
	50m: 45.86 45.86	150m: 2:29.46 52.54	250m: 4:14.78 51.68	350m: 5:54.74 48.58
	100m: 1:36.92 51.06	200m: 3:23.10 53.64	300m: 5:06.16 51.38	400m: 6:44.93 50.19
52.		2011 1	6:49.41	139
	50m: 40.12 40.12	150m: 2:22.20 52.80	250m: 4:08.25 53.64	350m: 5:58.90 55.49
	100m: 1:29.40 49.28	200m: 3:14.61 52.41	300m: 5:03.41 55.16	400m: 6:49.41 50.51
53.		2011 1	6:51.37	137
	50m: 40.52 40.52	150m: 2:20.51 51.57	250m: 4:10.31 54.82	350m: 5:59.96 54.74
	100m: 1:28.94 48.42	200m: 3:15.49 54.98	300m: 5:05.22 54.91	400m: 6:51.37 51.41
54.		2011 1	6:53.85	134
	50m: 45.00 45.00	150m: 2:32.70 55.30	250m: 4:20.45 54.30	350m: 6:04.20 52.20
	100m: 1:37.40 52.40	200m: 3:26.15 53.45	300m: 5:12.00 51.55	400m: 6:53.85 49.65
55.		2010 1	6:57.06	131
	50m: 43.53 43.53	150m: 2:28.98 53.35	250m: 4:16.28 54.11	350m: 6:03.30 52.80
	100m: 1:35.63 52.10	200m: 3:22.17 53.19	300m: 5:10.50 54.22	400m: 6:57.06 53.76



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11, , 400m , (11-12)								R.T		FINA	
56.			2011	1				7:03.01		126	
	50m: 45.33	45.33	150m: 2:31.50	53.81	250m: 4:21.08	54.76	350m: 6:11.15	54.95			
	100m: 1:37.69	52.36	200m: 3:26.32	54.82	300m: 5:16.20	55.12	400m: 7:03.01	51.86			
57.			2011	1				7:25.68		108	
	50m: 41.15	41.15	150m: 2:28.14	54.77	250m: 4:24.28	58.33	350m: 6:23.77	58.44			
	100m: 1:33.37	52.22	200m: 3:25.95	57.81	300m: 5:25.33	1:01.05	400m: 7:25.68	1:01.91			
58.			2011	1				7:39.83		98	
	50m: 45.98	45.98	150m: 2:44.46	1:00.27	250m: 4:39.16	53.90	350m: 6:38.77	59.16			
	100m: 1:44.19	58.21	200m: 3:45.26	1:00.80	300m: 5:39.61	1:00.45	400m: 7:39.83	1:01.06			
(9-10)											
1.			2012	III				5:27.01	III	273	
	50m: 35.19	35.19	150m: 1:57.21	42.20	250m: 3:21.50	42.26	350m: 4:46.26	42.06			
	100m: 1:15.01	39.82	200m: 2:39.24	42.03	300m: 4:04.20	42.70	400m: 5:27.01	40.75			
2.			2012	III				5:32.02	III	261	
	50m: 35.98	35.98	150m: 2:02.22	44.33	250m: 3:27.30	42.85	350m: 4:54.13	42.80			
	100m: 1:17.89	41.91	200m: 2:44.45	42.23	300m: 4:11.33	44.03	400m: 5:32.02	37.89			
3.			2012	III				5:33.40	III	258	
	50m: 37.50	37.50	150m: 2:02.60	42.71	250m: 3:28.53	42.73	350m: 4:53.42	42.52			
	100m: 1:19.89	42.39	200m: 2:45.80	43.20	300m: 4:10.90	42.37	400m: 5:33.40	39.98			
4.			2012	III				5:35.85	III	252	
	50m: 36.35	36.35	150m: 2:02.32	43.35	250m: 3:28.54	42.68	350m: 4:53.69	42.68			
	100m: 1:18.97	42.62	200m: 2:45.86	43.54	300m: 4:11.01	42.47	400m: 5:35.85	42.16			
5.			2012	1				5:55.50	1	212	
	50m: 39.50	39.50	150m: 2:09.49	45.41	250m: 3:42.02	46.37	350m: 5:15.22	46.51			
	100m: 1:24.08	44.58	200m: 2:55.65	46.16	300m: 4:28.71	46.69	400m: 5:55.50	40.28			
6.			2012	III				6:14.98	1	181	
	50m: 39.50	39.50	150m: 2:15.30	48.45	250m: 3:52.90	48.70	350m: 5:29.30	47.58			
	100m: 1:26.85	47.35	200m: 3:04.20	48.90	300m: 4:41.72	48.82	400m: 6:14.98	45.68			
7.			2012	1				6:17.93	1	177	
	50m: 40.20	40.20	150m: 2:14.22	47.71	250m: 3:51.87	49.38	350m: 5:31.11	49.99			
	100m: 1:26.51	46.31	200m: 3:02.49	48.27	300m: 4:41.12	49.25	400m: 6:17.93	46.82			
8.			2013	1				6:20.12	1	174	
	50m: 41.43	41.43	150m: 2:17.62	48.58	250m: 3:54.74	47.81	350m: 5:35.89	52.93			
	100m: 1:29.04	47.61	200m: 3:06.93	49.31	300m: 4:42.96	48.22	400m: 6:20.12	44.23			
9.			2012	1				6:26.10	1	166	
	50m: 42.28	42.28	150m: 2:19.76	49.29	250m: 4:02.32	53.71	350m: 5:37.57	49.36			
	100m: 1:30.47	48.19	200m: 3:08.61	48.85	300m: 4:48.21	45.89	400m: 6:26.10	48.53			
10.			2013	1				6:32.15	1	158	
	50m: 40.98	40.98	150m: 2:19.29	49.41	250m: 3:59.20	52.51	350m: 5:42.96	51.52			
	100m: 1:29.88	48.90	200m: 3:06.69	47.40	300m: 4:51.44	52.24	400m: 6:32.15	49.19			
11.			2012	1				6:35.93	1	154	
	50m: 44.49	44.49	150m: 2:22.79	50.76	250m: 4:04.93	51.18	350m: 5:50.13	52.51			
	100m: 1:32.03	47.54	200m: 3:13.75	50.96	300m: 4:57.62	52.69	400m: 6:35.93	45.80			
12.			2013	1				6:42.44		146	
	50m: 42.16	42.16	150m: 2:24.62	51.56	250m: 4:10.03	53.29	350m: 5:52.02	51.34			
	100m: 1:33.06	50.90	200m: 3:16.74	52.12	300m: 5:00.68	50.65	400m: 6:42.44	50.42			
13.			2012	1				6:43.31		145	
	50m: 44.80	44.80	150m: 2:28.42	52.50	250m: 4:14.40	53.25	350m: 5:55.23	50.14			
	100m: 1:35.92	51.12	200m: 3:21.15	52.73	300m: 5:05.09	50.69	400m: 6:43.31	48.08			
14.			2013	1				6:44.83		144	
	50m: 43.41	43.41	150m: 2:26.29	53.00	250m: 4:11.65	52.89	350m: 5:52.96	47.99			
	100m: 1:33.29	49.88	200m: 3:18.76	52.47	300m: 5:04.97	53.32	400m: 6:44.83	51.87			
15.			2012	1				6:47.29		141	
	50m: 43.60	43.60	150m: 2:24.51	51.66	250m: 4:08.61	51.33	350m: 5:54.17	51.34			
	100m: 1:32.85	49.25	200m: 3:17.28	52.77	300m: 5:02.83	54.22	400m: 6:47.29	53.12			



Первенство Астраханской области по плаванию (25м)

04 - 07
октября 2022 г

2022_25

, 4. - 7.10.2022

11,		, 400m				(9-10)				R.T	FINA	
16.				2012	1					6:48.74	140	
	50m:	46.27	46.27	150m:	2:28.99	52.77	250m:	4:13.90	52.15	350m:	5:58.22	51.54
	100m:	1:36.22	49.95	200m:	3:21.75	52.76	300m:	5:06.68	52.78	400m:	6:48.74	50.52
17.				2012	1					6:49.69	139	
	50m:	45.82	45.82	150m:	2:31.71	53.84	250m:	4:14.89	45.72	350m:	5:58.80	51.87
	100m:	1:37.87	52.05	200m:	3:29.17	57.46	300m:	5:06.93	52.04	400m:	6:49.69	50.89
18.				2012	1					6:51.54	137	
	50m:	42.82	42.82	150m:	2:24.75	51.77	250m:	4:12.81	54.06	350m:	6:00.34	54.66
	100m:	1:32.98	50.16	200m:	3:18.75	54.00	300m:	5:05.68	52.87	400m:	6:51.54	51.20
19.				2012	1					6:53.20	135	
	50m:	48.56	48.56	150m:	2:34.76	54.08	250m:	4:22.62	53.13	350m:	6:05.27	49.92
	100m:	1:40.68	52.12	200m:	3:29.49	54.73	300m:	5:15.35	52.73	400m:	6:53.20	47.93
20.				2013	1					6:53.86	134	
	50m:	44.07	44.07	150m:	2:29.12	53.27	250m:	4:17.86	56.02	350m:	6:05.19	54.24
	100m:	1:35.85	51.78	200m:	3:21.84	52.72	300m:	5:10.95	53.09	400m:	6:53.86	48.67
21.				2013	1					6:57.22	131	
	50m:	43.52	43.52	150m:	2:29.39	53.62	250m:	4:18.81	54.94	350m:	6:05.47	52.70
	100m:	1:35.77	52.25	200m:	3:23.87	54.48	300m:	5:12.77	53.96	400m:	6:57.22	51.75
22.				2013	1					7:00.07	128	
	50m:	45.98	45.98	150m:	2:31.92	54.62	250m:	4:19.32	54.22	350m:	6:08.87	55.67
	100m:	1:37.30	51.32	200m:	3:25.10	53.18	300m:	5:13.20	53.88	400m:	7:00.07	51.20
23.				2013	1					7:02.05	127	
	50m:	42.24	42.24	150m:	2:30.95	55.01	250m:	4:20.12	54.65	350m:	6:10.24	54.15
	100m:	1:35.94	53.70	200m:	3:25.47	54.52	300m:	5:16.09	55.97	400m:	7:02.05	51.81
24.				2012	1					7:11.41	119	
	50m:	45.74	45.74	150m:	2:34.60	54.80	250m:	4:25.09	54.58	350m:	6:17.10	55.62
	100m:	1:39.80	54.06	200m:	3:30.51	55.91	300m:	5:21.48	56.39	400m:	7:11.41	54.31
25.				2013	1					7:21.81	110	
	50m:	46.15	46.15	150m:	2:39.87	57.59	250m:	4:34.63	58.19	350m:	6:29.67	56.85
	100m:	1:42.28	56.13	200m:	3:36.44	56.57	300m:	5:32.82	58.19	400m:	7:21.81	52.14