



22
28.04.2024 - 15:20

, 1500m

15:50.22
16:06.09

(JPN)

26.07.2021
18.04.2024

: FINA 2024

		/						R.T.				
1.			2008	-				+0,67	16:59.70		735	
	50m:	32.27	32.27	450m:	5:04.40	34.14	850m:	9:36.10	34.24	1250m:	14:10.05	34.44
	100m:	1:06.74	34.47	500m:	5:38.08	33.68	900m:	10:09.97	33.87	1300m:	14:44.37	34.32
	150m:	1:41.18	34.44	550m:	6:12.06	33.98	950m:	10:44.24	34.27	1350m:	15:18.84	34.47
	200m:	2:15.09	33.91	600m:	6:45.49	33.43	1000m:	11:18.01	33.77	1400m:	15:53.15	34.31
	250m:	2:49.00	33.91	650m:	7:19.81	34.32	1050m:	11:52.62	34.61	1450m:	16:27.74	34.59
	300m:	3:22.63	33.63	700m:	7:53.63	33.82	1100m:	12:26.89	34.27	1500m:	16:59.70	31.96
	350m:	3:56.71	34.08	750m:	8:27.88	34.25	1150m:	13:01.48	34.59			
	400m:	4:30.26	33.55	800m:	9:01.86	33.98	1200m:	13:35.61	34.13			
2.			2008					+0,83	17:31.45		670	
	50m:	32.38	32.38	450m:	5:09.55	34.81	850m:	9:50.76	35.39	1250m:	14:34.29	35.48
	100m:	1:06.49	34.11	500m:	5:44.54	34.99	900m:	10:25.74	34.98	1300m:	15:09.74	35.45
	150m:	1:41.05	34.56	550m:	6:19.72	35.18	950m:	11:01.53	35.79	1350m:	15:45.42	35.68
	200m:	2:15.48	34.43	600m:	6:54.67	34.95	1000m:	11:36.83	35.30	1400m:	16:21.13	35.71
	250m:	2:50.28	34.80	650m:	7:29.88	35.21	1050m:	12:12.36	35.53	1450m:	16:56.85	35.72
	300m:	3:25.02	34.74	700m:	8:04.95	35.07	1100m:	12:47.73	35.37	1500m:	17:31.45	34.60
	350m:	3:59.89	34.87	750m:	8:40.24	35.29	1150m:	13:23.32	35.59			
	400m:	4:34.74	34.85	800m:	9:15.37	35.13	1200m:	13:58.81	35.49			
3.			2010					+0,78	18:03.86		612	
	50m:	34.51	34.51	450m:	5:29.60	36.73	850m:	10:22.57	36.37	1250m:	15:09.17	35.62
	100m:	1:12.45	37.94	500m:	6:06.24	36.64	900m:	10:59.15	36.58	1300m:	15:44.61	35.44
	150m:	1:49.26	36.81	550m:	6:42.11	35.87	950m:	11:35.00	35.85	1350m:	16:20.28	35.67
	200m:	2:25.93	36.67	600m:	7:19.19	37.08	1000m:	12:10.89	35.89	1400m:	16:56.43	36.15
	250m:	3:02.76	36.83	650m:	7:55.97	36.78	1050m:	12:46.68	35.79	1450m:	17:30.00	33.57
	300m:	3:39.54	36.78	700m:	8:32.79	36.82	1100m:	13:22.80	36.12	1500m:	18:03.86	33.86
	350m:	4:16.23	36.69	750m:	9:09.36	36.57	1150m:	13:58.04	35.24			
	400m:	4:52.87	36.64	800m:	9:46.20	36.84	1200m:	14:33.55	35.51			
4.			2008	-				+0,74	18:05.72		609	
	50m:	32.97	32.97	450m:	5:24.96	36.27	850m:	10:15.44	36.51	1250m:	15:07.07	36.52
	100m:	1:08.62	35.65	500m:	6:01.43	36.47	900m:	10:51.64	36.20	1300m:	15:43.51	36.44
	150m:	1:45.61	36.99	550m:	6:37.58	36.15	950m:	11:27.91	36.27	1350m:	16:19.61	36.10
	200m:	2:22.38	36.77	600m:	7:13.87	36.29	1000m:	12:04.16	36.25	1400m:	16:55.83	36.22
	250m:	2:59.15	36.77	650m:	7:50.00	36.13	1050m:	12:40.66	36.50	1450m:	17:31.47	35.64
	300m:	3:35.95	36.80	700m:	8:26.10	36.10	1100m:	13:17.20	36.54	1500m:	18:05.72	34.25
	350m:	4:12.35	36.40	750m:	9:02.75	36.65	1150m:	13:53.90	36.70			
	400m:	4:48.69	36.34	800m:	9:38.93	36.18	1200m:	14:30.55	36.65			
5.			2008					+0,60	18:07.33		606	
	50m:	32.87	32.87	450m:	5:18.49	36.53	850m:	10:11.77	36.87	1250m:	15:05.67	37.34
	100m:	1:07.91	35.04	500m:	5:54.63	36.14	900m:	10:47.96	36.19	1300m:	15:42.30	36.63
	150m:	1:43.78	35.87	550m:	6:31.27	36.64	950m:	11:24.75	36.79	1350m:	16:18.92	36.62
	200m:	2:18.87	35.09	600m:	7:07.37	36.10	1000m:	12:01.38	36.63	1400m:	16:56.22	37.30
	250m:	2:54.71	35.84	650m:	7:44.15	36.78	1050m:	12:38.60	37.22	1450m:	17:32.97	36.75
	300m:	3:30.07	35.36	700m:	8:20.80	36.65	1100m:	13:14.80	36.20	1500m:	18:07.33	34.36
	350m:	4:06.32	36.25	750m:	8:57.74	36.94	1150m:	13:51.96	37.16			
	400m:	4:41.96	35.64	800m:	9:34.90	37.16	1200m:	14:28.33	36.37			

50

OMEGA



22, , 1500m

									R.T.					
6.	/				2008				+0,82 18:10.35 601					
	50m:	32.11	32.11	450m:	5:22.22	36.19	850m:	10:14.00	36.44	1250m:	15:08.75	36.64		
	100m:	1:07.72	35.61	500m:	5:59.26	37.04	900m:	10:50.96	36.96	1300m:	15:45.90	37.15		
	150m:	1:43.82	36.10	550m:	6:35.44	36.18	950m:	11:27.40	36.44	1350m:	16:22.91	37.01		
	200m:	2:20.28	36.46	600m:	7:12.20	36.76	1000m:	12:04.92	37.52	1400m:	16:59.87	36.96		
	250m:	2:56.47	36.19	650m:	7:48.01	35.81	1050m:	12:41.65	36.73	1450m:	17:36.27	36.40		
	300m:	3:33.32	36.85	700m:	8:24.78	36.77	1100m:	13:18.56	36.91	1500m:	18:10.35	34.08		
	350m:	4:09.07	35.75	750m:	9:00.77	35.99	1150m:	13:54.91	36.35					
	400m:	4:46.03	36.96	800m:	9:37.56	36.79	1200m:	14:32.11	37.20					
7.					2008				18:10.58 601					
	50m:	33.15	33.15	450m:	5:24.94	37.15	850m:	10:17.43	36.41	1250m:	15:09.44	37.08		
	100m:	1:08.62	35.47	500m:	6:01.38	36.44	900m:	10:52.99	35.56	1300m:	15:45.41	35.97		
	150m:	1:45.00	36.38	550m:	6:38.58	37.20	950m:	11:29.86	36.87	1350m:	16:22.47	37.06		
	200m:	2:20.84	35.84	600m:	7:15.28	36.70	1000m:	12:05.95	36.09	1400m:	16:58.88	36.41		
	250m:	2:57.89	37.05	650m:	7:52.45	37.17	1050m:	12:42.99	37.04	1450m:	17:35.75	36.87		
	300m:	3:33.93	36.04	700m:	8:28.94	36.49	1100m:	13:19.48	36.49	1500m:	18:10.58	34.83		
	350m:	4:11.47	37.54	750m:	9:05.80	36.86	1150m:	13:56.55	37.07					
	400m:	4:47.79	36.32	800m:	9:41.02	35.22	1200m:	14:32.36	35.81					
8.					2005				+0,76 18:14.11 595					
	50m:	32.77	32.77	450m:	5:26.60	37.00	850m:	10:18.97	36.82	1250m:	15:12.59	36.48		
	100m:	1:08.96	36.19	500m:	6:02.80	36.20	900m:	10:55.48	36.51	1300m:	15:49.13	36.54		
	150m:	1:45.87	36.91	550m:	6:39.69	36.89	950m:	11:32.18	36.70	1350m:	16:26.31	37.18		
	200m:	2:22.58	36.71	600m:	7:15.82	36.13	1000m:	12:08.90	36.72	1400m:	17:03.63	37.32		
	250m:	2:59.13	36.55	650m:	7:52.61	36.79	1050m:	12:45.89	36.99	1450m:	17:39.03	35.40		
	300m:	3:36.05	36.92	700m:	8:28.93	36.32	1100m:	13:22.82	36.93	1500m:	18:14.11	35.08		
	350m:	4:12.89	36.84	750m:	9:05.69	36.76	1150m:	13:59.32	36.50					
	400m:	4:49.60	36.71	800m:	9:42.15	36.46	1200m:	14:36.11	36.79					
9.					2007				+0,57 18:16.79 591					
	50m:	32.94	32.94	450m:	5:24.94	36.84	850m:	10:18.23	37.13	1250m:	15:14.53	36.94		
	100m:	1:08.56	35.62	500m:	6:01.37	36.43	900m:	10:54.56	36.33	1300m:	15:51.37	36.84		
	150m:	1:45.34	36.78	550m:	6:38.31	36.94	950m:	11:31.75	37.19	1350m:	16:28.85	37.48		
	200m:	2:21.34	36.00	600m:	7:14.85	36.54	1000m:	12:08.57	36.82	1400m:	17:05.81	36.96		
	250m:	2:58.08	36.74	650m:	7:51.69	36.84	1050m:	12:45.72	37.15	1450m:	17:42.11	36.30		
	300m:	3:34.50	36.42	700m:	8:28.28	36.59	1100m:	13:23.16	37.44	1500m:	18:16.79	34.68		
	350m:	4:11.48	36.98	750m:	9:04.40	36.12	1150m:	14:00.46	37.30					
	400m:	4:48.10	36.62	800m:	9:41.10	36.70	1200m:	14:37.59	37.13					
10.					2006				+0,77 18:18.86 587					
	50m:	32.96	32.96	450m:	5:22.40	36.27	850m:	10:15.30	36.96	1250m:	15:13.00	37.38		
	100m:	1:09.28	36.32	500m:	5:58.95	36.55	900m:	10:52.46	37.16	1300m:	15:50.76	37.76		
	150m:	1:45.30	36.02	550m:	6:35.29	36.34	950m:	11:29.48	37.02	1350m:	16:28.05	37.29		
	200m:	2:21.38	36.08	600m:	7:11.83	36.54	1000m:	12:06.70	37.22	1400m:	17:05.69	37.64		
	250m:	2:57.47	36.09	650m:	7:48.39	36.56	1050m:	12:43.66	36.96	1450m:	17:42.38	36.69		
	300m:	3:33.74	36.27	700m:	8:25.14	36.75	1100m:	13:21.02	37.36	1500m:	18:18.86	36.48		
	350m:	4:09.62	35.88	750m:	9:01.40	36.26	1150m:	13:58.22	37.20					
	400m:	4:46.13	36.51	800m:	9:38.34	36.94	1200m:	14:35.62	37.40					
11.					2006				+0,71 18:24.01 579					
	50m:	33.18	33.18	450m:	5:26.30	36.74	850m:	10:22.07	36.57	1250m:	15:18.88	37.23		
	100m:	1:09.21	36.03	500m:	6:03.43	37.13	900m:	10:58.77	36.70	1300m:	15:56.22	37.34		
	150m:	1:45.67	36.46	550m:	6:40.57	37.14	950m:	11:35.65	36.88	1350m:	16:33.69	37.47		
	200m:	2:22.08	36.41	600m:	7:17.57	37.00	1000m:	12:12.82	37.17	1400m:	17:10.76	37.07		
	250m:	2:58.87	36.79	650m:	7:54.36	36.79	1050m:	12:49.98	37.16	1450m:	17:47.59	36.83		
	300m:	3:35.26	36.39	700m:	8:31.58	37.22	1100m:	13:27.26	37.28	1500m:	18:24.01	36.42		
	350m:	4:12.50	37.24	750m:	9:08.59	37.01	1150m:	14:04.63	37.37					
	400m:	4:49.56	37.06	800m:	9:45.50	36.91	1200m:	14:41.65	37.02					



Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

22, , 1500m

										R.T.			
12.				2010						+0,83	18:27.19		574
	50m:	32.06	32.06	450m:	5:24.83	36.20	850m:	10:24.76	37.52	1250m:	15:22.06	37.33	
	100m:	1:07.91	35.85	500m:	6:02.67	37.84	900m:	11:01.39	36.63	1300m:	15:58.95	36.89	
	150m:	1:44.06	36.15	550m:	6:39.57	36.90	950m:	11:38.46	37.07	1350m:	16:37.09	38.14	
	200m:	2:20.50	36.44	600m:	7:17.58	38.01	1000m:	12:15.59	37.13	1400m:	17:14.41	37.32	
	250m:	2:56.98	36.48	650m:	7:54.47	36.89	1050m:	12:52.98	37.39	1450m:	17:51.12	36.71	
	300m:	3:34.08	37.10	700m:	8:32.50	38.03	1100m:	13:30.24	37.26	1500m:	18:27.19	36.07	
	350m:	4:10.86	36.78	750m:	9:09.74	37.24	1150m:	14:07.40	37.16				
	400m:	4:48.63	37.77	800m:	9:47.24	37.50	1200m:	14:44.73	37.33				
13.				2007						+0,77	18:34.34		563
	50m:	32.23	32.23	450m:	5:30.25	37.68	850m:	10:31.66	37.77	1250m:	15:32.83	37.28	
	100m:	1:08.75	36.52	500m:	6:08.31	38.06	900m:	11:10.26	38.60	1300m:	16:10.31	37.48	
	150m:	1:45.43	36.68	550m:	6:45.62	37.31	950m:	11:47.77	37.51	1350m:	16:46.94	36.63	
	200m:	2:22.82	37.39	600m:	7:23.16	37.54	1000m:	12:25.81	38.04	1400m:	17:24.13	37.19	
	250m:	2:59.66	36.84	650m:	8:00.35	37.19	1050m:	13:03.18	37.37	1450m:	17:59.53	35.40	
	300m:	3:37.31	37.65	700m:	8:38.37	38.02	1100m:	13:40.72	37.54	1500m:	18:34.34	34.81	
	350m:	4:14.55	37.24	750m:	9:15.96	37.59	1150m:	14:17.84	37.12				
	400m:	4:52.57	38.02	800m:	9:53.89	37.93	1200m:	14:55.55	37.71				
14.				2007							18:39.18		556
	50m:	33.99	33.99	450m:	5:32.14	37.43	850m:	10:32.62	38.06	1250m:	15:35.10	37.95	
	100m:	1:10.62	36.63	500m:	6:08.97	36.83	900m:	11:10.11	37.49	1300m:	16:12.39	37.29	
	150m:	1:48.38	37.76	550m:	6:46.39	37.42	950m:	11:47.99	37.88	1350m:	16:50.24	37.85	
	200m:	2:25.69	37.31	600m:	7:24.13	37.74	1000m:	12:25.49	37.50	1400m:	17:27.09	36.85	
	250m:	3:03.35	37.66	650m:	8:02.16	38.03	1050m:	13:03.65	38.16	1450m:	18:04.24	37.15	
	300m:	3:40.61	37.26	700m:	8:39.69	37.53	1100m:	13:41.33	37.68	1500m:	18:39.18	34.94	
	350m:	4:18.07	37.46	750m:	9:17.45	37.76	1150m:	14:19.86	38.53				
	400m:	4:54.71	36.64	800m:	9:54.56	37.11	1200m:	14:57.15	37.29				
15.				2008						+0,70	18:40.27		554
	50m:	34.23	34.23	450m:	5:33.61	37.84	850m:	10:35.37	38.29	1250m:	15:38.60	37.55	
	100m:	1:10.95	36.72	500m:	6:10.81	37.20	900m:	11:12.99	37.62	1300m:	16:16.11	37.51	
	150m:	1:48.30	37.35	550m:	6:48.39	37.58	950m:	11:51.44	38.45	1350m:	16:53.64	37.53	
	200m:	2:25.46	37.16	600m:	7:25.97	37.58	1000m:	12:28.96	37.52	1400m:	17:30.60	36.96	
	250m:	3:03.18	37.72	650m:	8:03.88	37.91	1050m:	13:07.05	38.09	1450m:	18:06.66	36.06	
	300m:	3:41.16	37.98	700m:	8:41.54	37.66	1100m:	13:45.00	37.95	1500m:	18:40.27	33.61	
	350m:	4:18.56	37.40	750m:	9:19.45	37.91	1150m:	14:23.26	38.26				
	400m:	4:55.77	37.21	800m:	9:57.08	37.63	1200m:	15:01.05	37.79				
16.				2007						+0,58	18:42.28		551
	50m:	34.31	34.31	450m:	5:33.88	37.38	850m:	10:36.99	37.85	1250m:	15:38.76	37.78	
	100m:	1:10.93	36.62	500m:	6:11.50	37.62	900m:	11:14.74	37.75	1300m:	16:16.64	37.88	
	150m:	1:48.55	37.62	550m:	6:49.35	37.85	950m:	11:52.12	37.38	1350m:	16:53.74	37.10	
	200m:	2:26.20	37.65	600m:	7:27.22	37.87	1000m:	12:29.75	37.63	1400m:	17:30.82	37.08	
	250m:	3:03.41	37.21	650m:	8:05.11	37.89	1050m:	13:07.63	37.88	1450m:	18:06.99	36.17	
	300m:	3:41.12	37.71	700m:	8:43.02	37.91	1100m:	13:45.49	37.86	1500m:	18:42.28	35.29	
	350m:	4:18.50	37.38	750m:	9:21.22	38.20	1150m:	14:23.45	37.96				
	400m:	4:56.50	38.00	800m:	9:59.14	37.92	1200m:	15:00.98	37.53				
17.				2008							18:42.30		551
	50m:	32.83	32.83	450m:	5:26.84	37.11	850m:	10:28.87	37.80	1250m:	15:33.82	38.50	
	100m:	1:08.87	36.04	500m:	6:04.11	37.27	900m:	11:06.71	37.84	1300m:	16:11.57	37.75	
	150m:	1:45.57	36.70	550m:	6:41.55	37.44	950m:	11:44.58	37.87	1350m:	16:49.97	38.40	
	200m:	2:22.30	36.73	600m:	7:19.33	37.78	1000m:	12:22.38	37.80	1400m:	17:27.74	37.77	
	250m:	2:59.35	37.05	650m:	7:57.25	37.92	1050m:	13:00.51	38.13	1450m:	18:05.76	38.02	
	300m:	3:36.21	36.86	700m:	8:34.97	37.72	1100m:	13:38.80	38.29	1500m:	18:42.30	36.54	
	350m:	4:13.02	36.81	750m:	9:13.33	38.36	1150m:	14:17.31	38.51				
	400m:	4:49.73	36.71	800m:	9:51.07	37.74	1200m:	14:55.32	38.01				



22, , 1500m

													R.T.		
18.			/										+0,81	18:42.36	551
	50m:	33.26	33.26	450m:	5:31.12	37.86	850m:	10:34.36	37.97	1250m:	15:37.29	38.11			
	100m:	1:09.08	35.82	500m:	6:09.03	37.91	900m:	11:11.90	37.54	1300m:	16:14.06	36.77			
	150m:	1:46.59	37.51	550m:	6:46.87	37.84	950m:	11:49.96	38.06	1350m:	16:52.06	38.00			
	200m:	2:23.64	37.05	600m:	7:24.84	37.97	1000m:	12:27.78	37.82	1400m:	17:29.17	37.11			
	250m:	3:00.92	37.28	650m:	8:02.72	37.88	1050m:	13:05.96	38.18	1450m:	18:06.55	37.38			
	300m:	3:38.33	37.41	700m:	8:40.72	38.00	1100m:	13:43.76	37.80	1500m:	18:42.36	35.81			
	350m:	4:15.90	37.57	750m:	9:18.87	38.15	1150m:	14:21.71	37.95						
	400m:	4:53.26	37.36	800m:	9:56.39	37.52	1200m:	14:59.18	37.47						
19.			2005										+0,79	18:42.53	551
	50m:	33.63	33.63	450m:	5:33.73	37.41	850m:	10:32.94	37.44	1250m:	15:36.57	38.58			
	100m:	1:10.47	36.84	500m:	6:11.35	37.62	900m:	11:10.63	37.69	1300m:	16:14.25	37.68			
	150m:	1:47.80	37.33	550m:	6:47.90	36.55	950m:	11:48.33	37.70	1350m:	16:51.94	37.69			
	200m:	2:25.63	37.83	600m:	7:25.13	37.23	1000m:	12:26.43	38.10	1400m:	17:29.91	37.97			
	250m:	3:03.07	37.44	650m:	8:02.56	37.43	1050m:	13:03.84	37.41	1450m:	18:06.91	37.00			
	300m:	3:41.29	38.22	700m:	8:40.17	37.61	1100m:	13:42.19	38.35	1500m:	18:42.53	35.62			
	350m:	4:18.60	37.31	750m:	9:17.70	37.53	1150m:	14:19.85	37.66						
	400m:	4:56.32	37.72	800m:	9:55.50	37.80	1200m:	14:57.99	38.14						
20.			2004										+0,72	18:45.95	546
	50m:	33.71	33.71	450m:	5:36.01	37.64	850m:	10:37.30	37.25	1250m:	15:38.69	37.37			
	100m:	1:10.58	36.87	500m:	6:14.06	38.05	900m:	11:15.12	37.82	1300m:	16:16.67	37.98			
	150m:	1:48.02	37.44	550m:	6:51.57	37.51	950m:	11:52.53	37.41	1350m:	16:54.47	37.80			
	200m:	2:26.04	38.02	600m:	7:29.46	37.89	1000m:	12:30.30	37.77	1400m:	17:32.27	37.80			
	250m:	3:04.23	38.19	650m:	8:06.65	37.19	1050m:	13:07.90	37.60	1450m:	18:09.34	37.07			
	300m:	3:42.37	38.14	700m:	8:44.81	38.16	1100m:	13:45.77	37.87	1500m:	18:45.95	36.61			
	350m:	4:20.18	37.81	750m:	9:22.28	37.47	1150m:	14:23.13	37.36						
	400m:	4:58.37	38.19	800m:	10:00.05	37.77	1200m:	15:01.32	38.19						
21.			2008										+0,89	19:00.44	525
	50m:	34.05	34.05	450m:	5:35.98	38.18	850m:	10:41.35	38.24	1250m:	15:50.26	38.73			
	100m:	1:11.01	36.96	500m:	6:13.83	37.85	900m:	11:19.67	38.32	1300m:	16:28.41	38.15			
	150m:	1:48.66	37.65	550m:	6:51.96	38.13	950m:	11:58.33	38.66	1350m:	17:07.19	38.78			
	200m:	2:26.60	37.94	600m:	7:30.05	38.09	1000m:	12:37.06	38.73	1400m:	17:45.48	38.29			
	250m:	3:04.35	37.75	650m:	8:08.28	38.23	1050m:	13:15.99	38.93	1450m:	18:24.03	38.55			
	300m:	3:41.94	37.59	700m:	8:46.43	38.15	1100m:	13:54.05	38.06	1500m:	19:00.44	36.41			
	350m:	4:19.86	37.92	750m:	9:24.72	38.29	1150m:	14:32.83	38.78						
	400m:	4:57.80	37.94	800m:	10:03.11	38.39	1200m:	15:11.53	38.70						
22.			2006										+0,70	19:01.03	524
	50m:	33.50	33.50	450m:	5:35.16	38.12	850m:	10:41.32	38.99	1250m:	15:49.83	38.84			
	100m:	1:09.70	36.20	500m:	6:12.57	37.41	900m:	11:19.56	38.24	1300m:	16:28.34	38.51			
	150m:	1:46.96	37.26	550m:	6:51.21	38.64	950m:	11:58.13	38.57	1350m:	17:06.99	38.65			
	200m:	2:24.64	37.68	600m:	7:28.95	37.74	1000m:	12:36.38	38.25	1400m:	17:45.34	38.35			
	250m:	3:03.01	38.37	650m:	8:07.29	38.34	1050m:	13:15.07	38.69	1450m:	18:23.79	38.45			
	300m:	3:41.14	38.13	700m:	8:45.45	38.16	1100m:	13:53.64	38.57	1500m:	19:01.03	37.24			
	350m:	4:19.38	38.24	750m:	9:24.01	38.56	1150m:	14:32.62	38.98						
	400m:	4:57.04	37.66	800m:	10:02.33	38.32	1200m:	15:10.99	38.37						
23.			2010										+0,83	19:02.50	522
	50m:	32.42	32.42	450m:	5:33.47	38.07	850m:	10:37.98	38.90	1250m:	15:49.66	40.16			
	100m:	1:09.21	36.79	500m:	6:10.83	37.36	900m:	11:15.88	37.90	1300m:	16:28.16	38.50			
	150m:	1:47.33	38.12	550m:	6:48.81	37.98	950m:	11:54.96	39.08	1350m:	17:07.77	39.61			
	200m:	2:24.83	37.50	600m:	7:26.91	38.10	1000m:	12:32.96	38.00	1400m:	17:46.09	38.32			
	250m:	3:02.46	37.63	650m:	8:05.02	38.11	1050m:	13:12.47	39.51	1450m:	18:26.00	39.91			
	300m:	3:40.42	37.96	700m:	8:42.26	37.24	1100m:	13:51.40	38.93	1500m:	19:02.50	36.50			
	350m:	4:18.57	38.15	750m:	9:21.01	38.75	1150m:	14:31.00	39.60						
	400m:	4:55.40	36.83	800m:	9:59.08	38.07	1200m:	15:09.50	38.50						



22, , 1500m

											R.T.				
24.			2009		I						+1,12		19:02.81	I	522
	50m:	34.52	34.52	450m:	5:39.68	37.81	850m:	10:46.48	38.25	1250m:	15:53.91	38.03			
	100m:	1:12.29	37.77	500m:	6:17.96	38.28	900m:	11:25.07	38.59	1300m:	16:32.90	38.99			
	150m:	1:50.28	37.99	550m:	6:56.19	38.23	950m:	12:03.61	38.54	1350m:	17:11.27	38.37			
	200m:	2:28.77	38.49	600m:	7:34.61	38.42	1000m:	12:42.47	38.86	1400m:	17:49.43	38.16			
	250m:	3:06.88	38.11	650m:	8:12.75	38.14	1050m:	13:20.66	38.19	1450m:	18:26.88	37.45			
	300m:	3:45.25	38.37	700m:	8:51.27	38.52	1100m:	13:58.73	38.07	1500m:	19:02.81	35.93			
	350m:	4:23.70	38.45	750m:	9:29.59	38.32	1150m:	14:37.20	38.47						
	400m:	5:01.87	38.17	800m:	10:08.23	38.64	1200m:	15:15.88	38.68						
25.			2009								+0,82		19:09.79	I	513
	50m:	33.73	33.73	450m:	5:38.05	38.31	850m:	10:46.22	38.58	1250m:	15:57.41	38.95			
	100m:	1:10.68	36.95	500m:	6:16.44	38.39	900m:	11:25.05	38.83	1300m:	16:37.47	40.06			
	150m:	1:48.88	38.20	550m:	6:54.37	37.93	950m:	12:03.62	38.57	1350m:	17:17.26	39.79			
	200m:	2:27.08	38.20	600m:	7:33.25	38.88	1000m:	12:42.51	38.89	1400m:	17:55.86	38.60			
	250m:	3:05.28	38.20	650m:	8:11.71	38.46	1050m:	13:21.04	38.53	1450m:	18:33.56	37.70			
	300m:	3:43.12	37.84	700m:	8:50.21	38.50	1100m:	14:00.18	39.14	1500m:	19:09.79	36.23			
	350m:	4:21.36	38.24	750m:	9:28.39	38.18	1150m:	14:39.37	39.19						
	400m:	4:59.74	38.38	800m:	10:07.64	39.25	1200m:	15:18.46	39.09						
26.			2008								+0,78		19:19.65	I	500
	50m:	32.47	32.47	450m:	5:36.26	37.38	850m:	10:50.92	39.08	1250m:	16:04.34	39.34			
	100m:	1:08.85	36.38	500m:	6:15.29	39.03	900m:	11:31.89	40.97	1300m:	16:44.89	40.55			
	150m:	1:46.35	37.50	550m:	6:54.71	39.42	950m:	12:11.24	39.35	1350m:	17:22.87	37.98			
	200m:	2:24.29	37.94	600m:	7:35.22	40.51	1000m:	12:50.40	39.16	1400m:	18:02.77	39.90			
	250m:	3:02.32	38.03	650m:	8:11.94	36.72	1050m:	13:29.38	38.98	1450m:	18:40.88	38.11			
	300m:	3:41.42	39.10	700m:	8:51.26	39.32	1100m:	14:08.42	39.04	1500m:	19:19.65	38.77			
	350m:	4:19.51	38.09	750m:	9:32.34	41.08	1150m:	14:45.68	37.26						
	400m:	4:58.88	39.37	800m:	10:11.84	39.50	1200m:	15:25.00	39.32						
27.			2008										19:42.58	I	471
	50m:	35.79	35.79	450m:	5:50.32	40.22	850m:	11:09.98	40.53	1250m:	16:30.29	40.53			
	100m:	1:13.48	37.69	500m:	6:29.13	38.81	900m:	11:49.32	39.34	1300m:	17:09.16	38.87			
	150m:	1:53.36	39.88	550m:	7:09.37	40.24	950m:	12:30.37	41.05	1350m:	17:49.29	40.13			
	200m:	2:32.12	38.76	600m:	7:48.75	39.38	1000m:	13:09.80	39.43	1400m:	18:27.95	38.66			
	250m:	3:11.76	39.64	650m:	8:29.67	40.92	1050m:	13:50.26	40.46	1450m:	19:06.34	38.39			
	300m:	3:50.51	38.75	700m:	9:09.20	39.53	1100m:	14:29.57	39.31	1500m:	19:42.58	36.24			
	350m:	4:30.72	40.21	750m:	9:49.07	39.87	1150m:	15:10.23	40.66						
	400m:	5:10.10	39.38	800m:	10:29.45	40.38	1200m:	15:49.76	39.53						
28.			2010		I						+0,81		19:43.18	I	470
	50m:	36.88	36.88	450m:	5:52.00	40.06	850m:	11:09.54	39.73	1250m:	16:27.84	40.60			
	100m:	1:15.43	38.55	500m:	6:31.41	39.41	900m:	11:49.16	39.62	1300m:	17:07.63	39.79			
	150m:	1:55.11	39.68	550m:	7:11.43	40.02	950m:	12:28.98	39.82	1350m:	17:47.54	39.91			
	200m:	2:34.27	39.16	600m:	7:50.69	39.26	1000m:	13:08.05	39.07	1400m:	18:26.92	39.38			
	250m:	3:13.91	39.64	650m:	8:31.06	40.37	1050m:	13:48.25	40.20	1450m:	19:06.16	39.24			
	300m:	3:52.99	39.08	700m:	9:10.62	39.56	1100m:	14:27.78	39.53	1500m:	19:43.18	37.02			
	350m:	4:32.73	39.74	750m:	9:50.06	39.44	1150m:	15:07.93	40.15						
	400m:	5:11.94	39.21	800m:	10:29.81	39.75	1200m:	15:47.24	39.31						
29.			2010		I						+0,94		20:15.07	I	434
	50m:	34.96	34.96	450m:	5:52.94	40.50	850m:	11:21.89	42.56	1250m:	16:53.13	40.96			
	100m:	1:12.50	37.54	500m:	6:33.44	40.50	900m:	12:02.74	40.85	1300m:	17:34.66	41.53			
	150m:	1:51.67	39.17	550m:	7:15.24	41.80	950m:	12:45.22	42.48	1350m:	18:15.77	41.11			
	200m:	2:30.85	39.18	600m:	7:55.19	39.95	1000m:	13:25.87	40.65	1400m:	18:55.88	40.11			
	250m:	3:10.92	40.07	650m:	8:36.61	41.42	1050m:	14:08.24	42.37	1450m:	19:36.94	41.06			
	300m:	3:50.85	39.93	700m:	9:17.22	40.61	1100m:	14:49.13	40.89	1500m:	20:15.07	38.13			
	350m:	4:31.64	40.79	750m:	9:58.82	41.60	1150m:	15:31.20	42.07						
	400m:	5:12.44	40.80	800m:	10:39.33	40.51	1200m:	16:12.17	40.97						



Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

22, , 1500m

R.T.

30.			2010	I							20:26.83	I	422
	50m:	36.10	36.10	450m:	6:01.60	41.40	850m:	11:31.84	42.30	1250m:	17:05.68	42.60	
	100m:	1:15.31	39.21	500m:	6:41.73	40.13	900m:	12:13.23	41.39	1300m:	17:45.86	40.18	
	150m:	1:56.40	41.09	550m:	7:23.26	41.53	950m:	12:54.64	41.41	1350m:	18:27.68	41.82	
	200m:	2:36.93	40.53	600m:	8:03.66	40.40	1000m:	13:36.29	41.65	1400m:	19:07.89	40.21	
	250m:	3:18.01	41.08	650m:	8:45.32	41.66	1050m:	14:18.44	42.15	1450m:	19:48.53	40.64	
	300m:	3:58.56	40.55	700m:	9:26.18	40.86	1100m:	14:59.85	41.41	1500m:	20:26.83	38.30	
	350m:	4:39.81	41.25	750m:	10:08.46	42.28	1150m:	15:41.92	42.07				
	400m:	5:20.20	40.39	800m:	10:49.54	41.08	1200m:	16:23.08	41.16				
31.			2010								+0,74	21:37.60	356
	50m:	37.76	37.76	450m:	6:28.49	44.75	850m:	12:12.39	44.06	1250m:	18:02.55	44.16	
	100m:	1:20.64	42.88	500m:	7:13.25	44.76	900m:	12:57.03	44.64	1300m:	18:46.22	43.67	
	150m:	2:05.23	44.59	550m:	7:54.18	40.93	950m:	13:40.92	43.89	1350m:	19:29.34	43.12	
	200m:	2:47.69	42.46	600m:	8:36.21	42.03	1000m:	14:24.24	43.32	1400m:	20:11.99	42.65	
	250m:	3:31.61	43.92	650m:	9:18.40	42.19	1050m:	15:06.35	42.11	1450m:	20:55.13	43.14	
	300m:	4:15.76	44.15	700m:	10:00.56	42.16	1100m:	15:49.79	43.44	1500m:	21:37.60	42.47	
	350m:	4:59.48	43.72	750m:	10:43.46	42.90	1150m:	16:34.32	44.53				
	400m:	5:43.74	44.26	800m:	11:28.33	44.87	1200m:	17:18.39	44.07				

