

31
29.04.2024 - 12:31

, 400m

				3:43.45						(CHN)	09.08.2008		
				3:47.36						(HUN)	20.08.2019		
: FINA 2024													
								R.T.					
1.				2003						+0,74	3:53.00		842
	50m:	27.39	27.39	150m:	1:26.79	30.06	250m:	2:26.46	29.85	350m:	3:25.84	29.48	
	100m:	56.73	29.34	200m:	1:56.61	29.82	300m:	2:56.36	29.90	400m:	3:53.00	27.16	
2.				1998						+0,70	3:54.65		824
	50m:	27.24	27.24	150m:	1:26.32	29.87	250m:	2:26.13	30.12	350m:	3:26.00	29.82	
	100m:	56.45	29.21	200m:	1:56.01	29.69	300m:	2:56.18	30.05	400m:	3:54.65	28.65	
3.				2008							3:57.76		792
	50m:	28.27	28.27	150m:	1:28.50	30.60	250m:	2:29.03	30.15	350m:	3:28.81	29.95	
	100m:	57.90	29.63	200m:	1:58.88	30.38	300m:	2:58.86	29.83	400m:	3:57.76	28.95	
4.				2007						+0,59	4:02.22		749
	50m:	28.20	28.20	150m:	1:28.50	30.44	250m:	2:30.05	30.70	350m:	3:32.16	31.20	
	100m:	58.06	29.86	200m:	1:59.35	30.85	300m:	3:00.96	30.91	400m:	4:02.22	30.06	
5.				2008						+0,72	4:02.82		744
	50m:	28.07	28.07	150m:	1:30.41	31.37	250m:	2:32.36	30.18	350m:	3:33.62	30.44	
	100m:	59.04	30.97	200m:	2:02.18	31.77	300m:	3:03.18	30.82	400m:	4:02.82	29.20	
6.				2005						+0,78	4:06.89		708
	50m:	27.86	27.86	150m:	1:29.75	31.28	250m:	2:32.87	31.22	350m:	3:36.25	31.18	
	100m:	58.47	30.61	200m:	2:01.65	31.90	300m:	3:05.07	32.20	400m:	4:06.89	30.64	
7.				2007						+0,80	4:07.09		706
	50m:	28.37	28.37	150m:	1:30.67	31.38	250m:	2:34.04	31.59	350m:	3:37.30	31.25	
	100m:	59.29	30.92	200m:	2:02.45	31.78	300m:	3:06.05	32.01	400m:	4:07.09	29.79	
8.				2007						+0,79	4:07.19		705
	50m:	28.35	28.35	150m:	1:29.63	30.89	250m:	2:32.57	31.08	350m:	3:36.61	31.39	
	100m:	58.74	30.39	200m:	2:01.49	31.86	300m:	3:05.22	32.65	400m:	4:07.19	30.58	
9.				2005						+0,73	4:07.29		704
	50m:	27.97	27.97	150m:	1:30.55	31.83	250m:	2:34.77	31.91	350m:	3:38.59	31.50	
	100m:	58.72	30.75	200m:	2:02.86	32.31	300m:	3:07.09	32.32	400m:	4:07.29	28.70	
10.				2007						+0,74	4:07.96		699
	50m:	27.96	27.96	150m:	1:30.67	31.45	250m:	2:34.10	31.49	350m:	3:37.19	31.42	
	100m:	59.22	31.26	200m:	2:02.61	31.94	300m:	3:05.77	31.67	400m:	4:07.96	30.77	
11.				2007						+0,72	4:08.34		695
	50m:	28.55	28.55	150m:	1:30.32	30.96	250m:	2:33.34	31.80	350m:	3:37.22	31.95	
	100m:	59.36	30.81	200m:	2:01.54	31.22	300m:	3:05.27	31.93	400m:	4:08.34	31.12	
12.				2002						+0,75	4:08.47		694
	50m:	29.00	29.00	150m:	1:31.68	31.50	250m:	2:34.99	31.89	350m:	3:39.05	32.17	
	100m:	1:00.18	31.18	200m:	2:03.10	31.42	300m:	3:06.88	31.89	400m:	4:08.47	29.42	
13.				2004						+0,63	4:08.62		693
	50m:	27.89	27.89	150m:	1:30.43	31.62	250m:	2:33.85	31.86	350m:	3:38.01	32.17	
	100m:	58.81	30.92	200m:	2:01.99	31.56	300m:	3:05.84	31.99	400m:	4:08.62	30.61	
14.				2006							4:08.63		693
	50m:	28.36	28.36	150m:	1:31.56	32.22	250m:	2:35.98	31.52	350m:	3:39.04	31.54	
	100m:	59.34	30.98	200m:	2:04.46	32.90	300m:	3:07.50	31.52	400m:	4:08.63	29.59	
15.				2008						+0,76	4:08.69		692
	50m:	28.02	28.02	150m:	1:29.28	31.11	250m:	2:32.93	32.01	350m:	3:37.56	32.27	
	100m:	58.17	30.15	200m:	2:00.92	31.64	300m:	3:05.29	32.36	400m:	4:08.69	31.13	

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OMEGA



Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

31,	, 400m	,	/	R.T.	
16.			2007	+0,71	4:09.09 689
	50m: 28.26 28.26	150m: 1:31.09 32.03	250m: 2:35.56 32.63	350m: 3:38.63 31.04	
	100m: 59.06 30.80	200m: 2:02.93 31.84	300m: 3:07.59 32.03	400m: 4:09.09 30.46	
17.			2007	+0,84	4:09.49 686
	50m: 27.71 27.71	150m: 1:29.34 30.81	250m: 2:32.65 31.47	350m: 3:37.04 32.02	
	100m: 58.53 30.82	200m: 2:01.18 31.84	300m: 3:05.02 32.37	400m: 4:09.49 32.45	
18.			2008	+0,77	4:09.87 683
	50m: 28.45 28.45	150m: 1:30.95 31.76	250m: 2:35.16 32.34	350m: 3:39.16 31.88	
	100m: 59.19 30.74	200m: 2:02.82 31.87	300m: 3:07.28 32.12	400m: 4:09.87 30.71	
19.			2005	+0,67	4:11.88 666
	50m: 26.79 26.79	150m: 1:29.94 32.33	250m: 2:35.95 32.59	350m: 3:41.50 32.54	
	100m: 57.61 30.82	200m: 2:03.36 33.42	300m: 3:08.96 33.01	400m: 4:11.88 30.38	
20.			2008	+0,66	4:12.14 664
	50m: 29.06 29.06	150m: 1:31.62 32.02	250m: 2:36.72 32.52	350m: 3:41.21 32.29	
	100m: 59.60 30.54	200m: 2:04.20 32.58	300m: 3:08.92 32.20	400m: 4:12.14 30.93	
21.			2006	+0,73	4:12.39 662
	50m: 29.08 29.08	150m: 1:31.74 31.23	250m: 2:35.96 31.90	350m: 3:40.34 31.87	
	100m: 1:00.51 31.43	200m: 2:04.06 32.32	300m: 3:08.47 32.51	400m: 4:12.39 32.05	
22.			2007	+0,70	4:12.65 660
	50m: 28.60 28.60	150m: 1:31.93 32.13	250m: 2:36.39 32.23	350m: 3:41.17 32.52	
	100m: 59.80 31.20	200m: 2:04.16 32.23	300m: 3:08.65 32.26	400m: 4:12.65 31.48	
23.			2005		4:12.84 659
	50m: 28.82 28.82	150m: 1:32.07 31.64	250m: 2:36.77 32.57	350m: 3:42.00 32.76	
	100m: 1:00.43 31.61	200m: 2:04.20 32.13	300m: 3:09.24 32.47	400m: 4:12.84 30.84	
24.			2005	+0,77	4:14.12 649
	50m: 29.12 29.12	150m: 1:33.15 32.28	250m: 2:37.89 32.52	350m: 3:43.04 32.43	
	100m: 1:00.87 31.75	200m: 2:05.37 32.22	300m: 3:10.61 32.72	400m: 4:14.12 31.08	
25.			2007	+0,71	4:14.30 648
	50m: 28.82 28.82	150m: 1:32.84 32.49	250m: 2:38.84 32.88	350m: 3:43.46 31.86	
	100m: 1:00.35 31.53	200m: 2:05.96 33.12	300m: 3:11.60 32.76	400m: 4:14.30 30.84	
26.			2006	+0,62	4:14.44 647
	50m: 29.07 29.07	150m: 1:33.11 32.36	250m: 2:38.01 32.58	350m: 3:43.81 32.69	
	100m: 1:00.75 31.68	200m: 2:05.43 32.32	300m: 3:11.12 33.11	400m: 4:14.44 30.63	
27.			2008	+0,75	4:14.95 643
	50m: 29.21 29.21	150m: 1:34.15 33.18	250m: 2:40.18 32.87	350m: 3:44.08 32.02	
	100m: 1:00.97 31.76	200m: 2:07.31 33.16	300m: 3:12.06 31.88	400m: 4:14.95 30.87	
28.			2008		4:15.40 639
	50m: 27.23 27.23	150m: 1:31.27 32.63	250m: 2:38.56 33.79	350m: 3:44.50 32.30	
	100m: 58.64 31.41	200m: 2:04.77 33.50	300m: 3:12.20 33.64	400m: 4:15.40 30.90	
29.			2007	+0,77	4:16.32 632
	50m: 28.82 28.82	150m: 1:33.65 32.88	250m: 2:39.75 32.56	350m: 3:45.00 32.47	
	100m: 1:00.77 31.95	200m: 2:07.19 33.54	300m: 3:12.53 32.78	400m: 4:16.32 31.32	
30.			2005	+0,66	4:16.57 631
	50m: 29.11 29.11	150m: 1:34.28 33.43	250m: 2:40.08 32.94	350m: 3:45.61 32.80	
	100m: 1:00.85 31.74	200m: 2:07.14 32.86	300m: 3:12.81 32.73	400m: 4:16.57 30.96	
31.			2007		4:16.64 630
	50m: 28.20 28.20	150m: 1:32.06 32.23	250m: 2:37.77 31.72	350m: 3:44.58 33.18	
	100m: 59.83 31.63	200m: 2:06.05 33.99	300m: 3:11.40 33.63	400m: 4:16.64 32.06	





		31, , 400m								R.T.			
32.				2006	I					+0,71	4:17.03	I	627
	50m:	29.42	29.42	150m:	1:34.29	32.50	250m:	2:39.61	32.86	350m:	3:45.42	32.84	
	100m:	1:01.79	32.37	200m:	2:06.75	32.46	300m:	3:12.58	32.97	400m:	4:17.03	31.61	
33.				2008						+0,78	4:17.28	I	625
	50m:	29.31	29.31	150m:	1:33.76	32.69	250m:	2:39.85	32.96	350m:	3:47.00	33.42	
	100m:	1:01.07	31.76	200m:	2:06.89	33.13	300m:	3:13.58	33.73	400m:	4:17.28	30.28	
34.				2008						+0,82	4:18.05	I	620
	50m:	29.07	29.07	150m:	1:34.18	33.45	250m:	2:40.80	33.23	350m:	3:47.27	33.07	
	100m:	1:00.73	31.66	200m:	2:07.57	33.39	300m:	3:14.20	33.40	400m:	4:18.05	30.78	
35.				2008						+0,74	4:18.27	I	618
	50m:	29.83	29.83	150m:	1:35.83	34.03	250m:	2:41.74	32.56	350m:	3:47.32	32.95	
	100m:	1:01.80	31.97	200m:	2:09.18	33.35	300m:	3:14.37	32.63	400m:	4:18.27	30.95	
36.				2009						+0,64	4:18.70	I	615
	50m:	28.98	28.98	150m:	1:32.30	32.13	250m:	2:39.64	34.05	350m:	3:47.07	33.43	
	100m:	1:00.17	31.19	200m:	2:05.59	33.29	300m:	3:13.64	34.00	400m:	4:18.70	31.63	
37.				2007							4:18.78	I	615
	50m:	30.26	30.26	150m:	1:35.92	33.15	250m:	2:41.91	33.32	350m:	3:47.79	33.00	
	100m:	1:02.77	32.51	200m:	2:08.59	32.67	300m:	3:14.79	32.88	400m:	4:18.78	30.99	
38.				2008						+0,74	4:18.90	I	614
	50m:	29.01	29.01	150m:	1:34.52	33.26	250m:	2:40.91	33.46	350m:	3:47.91	33.46	
	100m:	1:01.26	32.25	200m:	2:07.45	32.93	300m:	3:14.45	33.54	400m:	4:18.90	30.99	
39.				2005						+0,70	4:18.94	I	613
	50m:	29.72	29.72	150m:	1:34.44	32.95	250m:	2:40.66	33.46	350m:	3:47.85	33.64	
	100m:	1:01.49	31.77	200m:	2:07.20	32.76	300m:	3:14.21	33.55	400m:	4:18.94	31.09	
40.				2010						+0,78	4:19.18	I	612
	50m:	28.38	28.38	150m:	1:32.43	32.83	250m:	2:39.78	33.86	350m:	3:46.47	32.96	
	100m:	59.60	31.22	200m:	2:05.92	33.49	300m:	3:13.51	33.73	400m:	4:19.18	32.71	
41.				2008						+0,82	4:19.49	I	609
	50m:	29.08	29.08	150m:	1:33.72	32.66	250m:	2:39.57	33.26	350m:	3:47.45	34.02	
	100m:	1:01.06	31.98	200m:	2:06.31	32.59	300m:	3:13.43	33.86	400m:	4:19.49	32.04	
42.				2008						+0,90	4:19.51	I	609
	50m:	29.31	29.31	150m:	1:34.99	33.34	250m:	2:41.29	33.04	350m:	3:47.73	33.20	
	100m:	1:01.65	32.34	200m:	2:08.25	33.26	300m:	3:14.53	33.24	400m:	4:19.51	31.78	
43.				2004						+0,64	4:19.66	I	608
	50m:	29.29	29.29	150m:	1:34.29	32.80	250m:	2:39.84	32.81	350m:	3:46.36	33.50	
	100m:	1:01.49	32.20	200m:	2:07.03	32.74	300m:	3:12.86	33.02	400m:	4:19.66	33.30	
44.				2008						+0,79	4:19.82	I	607
	50m:	29.87	29.87	150m:	1:35.27	32.99	250m:	2:42.14	33.50	350m:	3:49.02	33.39	
	100m:	1:02.28	32.41	200m:	2:08.64	33.37	300m:	3:15.63	33.49	400m:	4:19.82	30.80	
45.				2007						+0,70	4:20.01	I	606
	50m:	29.40	29.40	150m:	1:35.68	34.01	250m:	2:42.62	33.24	350m:	3:49.62	33.23	
	100m:	1:01.67	32.27	200m:	2:09.38	33.70	300m:	3:16.39	33.77	400m:	4:20.01	30.39	
46.				2006						+0,76	4:20.15	I	605
	50m:	29.57	29.57	150m:	1:35.63	33.33	250m:	2:42.14	33.12	350m:	3:48.42	33.12	
	100m:	1:02.30	32.73	200m:	2:09.02	33.39	300m:	3:15.30	33.16	400m:	4:20.15	31.73	
47.				2010	I					+0,63	4:20.26	I	604
	50m:	29.62	29.62	150m:	1:35.35	33.23	250m:	2:42.15	33.40	350m:	3:49.31	33.59	
	100m:	1:02.12	32.50	200m:	2:08.75	33.40	300m:	3:15.72	33.57	400m:	4:20.26	30.95	





		31, , 400m													
				/						R.T.					
48.				1999						+0,76	4:20.35			603	
	50m:	27.89	27.89	150m:	1:31.29	32.42	250m:	2:37.89	33.44	350m:	3:46.28	34.54	400m:	4:20.35	34.07
	100m:	58.87	30.98	200m:	2:04.45	33.16	300m:	3:11.74	33.85						
49.				2008						+0,80	4:20.37			603	
	50m:	29.74	29.74	150m:	1:35.51	33.53	250m:	2:42.19	32.97	350m:	3:48.49	33.03	400m:	4:20.37	31.88
	100m:	1:01.98	32.24	200m:	2:09.22	33.71	300m:	3:15.46	33.27						
50.				2007						+0,75	4:20.79			600	
	50m:	29.11	29.11	150m:	1:34.49	33.04	250m:	2:41.37	33.50	350m:	3:48.53	33.15	400m:	4:20.79	32.26
	100m:	1:01.45	32.34	200m:	2:07.87	33.38	300m:	3:15.38	34.01						
51.				2008						+0,55	4:20.84			600	
	50m:	30.07	30.07	150m:	1:36.27	33.10	250m:	2:42.51	32.76	350m:	3:48.97	33.00	400m:	4:20.84	31.87
	100m:	1:03.17	33.10	200m:	2:09.75	33.48	300m:	3:15.97	33.46						
52.				2008						+0,86	4:20.99			599	
	50m:	28.99	28.99	150m:	1:34.18	33.42	250m:	2:41.50	33.71	350m:	3:49.50	34.06	400m:	4:20.99	31.49
	100m:	1:00.76	31.77	200m:	2:07.79	33.61	300m:	3:15.44	33.94						
53.				2008						+0,71	4:21.19			598	
	50m:	29.45	29.45	150m:	1:36.41	33.41	250m:	2:42.73	33.18	350m:	3:50.03	33.79	400m:	4:21.19	31.16
	100m:	1:03.00	33.55	200m:	2:09.55	33.14	300m:	3:16.24	33.51						
54.				2007							4:21.50			596	
	50m:	30.11	30.11	150m:	1:35.46	32.74	250m:	2:42.22	33.33	350m:	3:49.36	33.39	400m:	4:21.50	32.14
	100m:	1:02.72	32.61	200m:	2:08.89	33.43	300m:	3:15.97	33.75						
55.				2007						+0,59	4:21.85			593	
	50m:	30.02	30.02	150m:	1:35.64	33.08	250m:	2:41.97	33.28	350m:	3:49.58	34.08	400m:	4:21.85	32.27
	100m:	1:02.56	32.54	200m:	2:08.69	33.05	300m:	3:15.50	33.53						
56.				2008							4:21.96			592	
	50m:	29.79	29.79	150m:	1:35.38	32.73	250m:	2:42.60	33.64	350m:	3:50.10	33.51	400m:	4:21.96	31.86
	100m:	1:02.65	32.86	200m:	2:08.96	33.58	300m:	3:16.59	33.99						
57.				2006						+0,72	4:21.98			592	
	50m:	29.94	29.94	150m:	1:36.14	33.25	250m:	2:42.33	32.62	350m:	3:49.81	33.70	400m:	4:21.98	32.17
	100m:	1:02.89	32.95	200m:	2:09.71	33.57	300m:	3:16.11	33.78						
58.				2008							4:22.42			589	
	50m:	29.60	29.60	150m:	1:36.05	33.38	250m:	2:43.77	33.88	350m:	3:51.41	33.67	400m:	4:22.42	31.01
	100m:	1:02.67	33.07	200m:	2:09.89	33.84	300m:	3:17.74	33.97						
59.				2006						+0,73	4:22.49			589	
	50m:	29.13	29.13	150m:	1:34.23	32.75	250m:	2:40.48	32.92	350m:	3:48.37	33.40	400m:	4:22.49	34.12
	100m:	1:01.48	32.35	200m:	2:07.56	33.33	300m:	3:14.97	34.49						
60.				2008							4:22.51			589	
	50m:	29.15	29.15	150m:	1:35.22	33.57	250m:	2:42.56	33.44	350m:	3:50.47	34.03	400m:	4:22.51	32.04
	100m:	1:01.65	32.50	200m:	2:09.12	33.90	300m:	3:16.44	33.88						
61.				2006						+0,84	4:22.66			588	
	50m:	29.53	29.53	150m:	1:35.73	33.32	250m:	2:42.50	32.71	350m:	3:49.88	33.47	400m:	4:22.66	32.78
	100m:	1:02.41	32.88	200m:	2:09.79	34.06	300m:	3:16.41	33.91						
62.				2008						+0,77	4:23.13			585	
	50m:	30.34	30.34	150m:	1:36.44	33.62	250m:	2:44.73	34.45	350m:	3:52.05	33.56	400m:	4:23.13	31.08
	100m:	1:02.82	32.48	200m:	2:10.28	33.84	300m:	3:18.49	33.76						
63.				2006						+0,82	4:23.73			581	
	50m:	29.81	29.81	150m:	1:35.06	33.13	250m:	2:42.26	33.26	350m:	3:50.25	33.86	400m:	4:23.73	33.48
	100m:	1:01.93	32.12	200m:	2:09.00	33.94	300m:	3:16.39	34.13						



31, , 400m

											R.T.			
64.			2008	I							4:24.33	I	577	
	50m:	30.73	30.73	150m:	1:37.44	33.67	250m:	2:45.31	34.27	350m:	3:52.26	33.20		
	100m:	1:03.77	33.04	200m:	2:11.04	33.60	300m:	3:19.06	33.75	400m:	4:24.33	32.07		
65.			2007								+0,77	4:24.91	I	573
	50m:	29.66	29.66	150m:	1:37.13	33.91	250m:	2:45.77	34.32	350m:	3:53.95	33.64		
	100m:	1:03.22	33.56	200m:	2:11.45	34.32	300m:	3:20.31	34.54	400m:	4:24.91	30.96		
66.			2007								+0,75	4:24.99	I	572
	50m:	28.99	28.99	150m:	1:35.18	33.61	250m:	2:44.24	34.54	350m:	3:54.69	35.13		
	100m:	1:01.57	32.58	200m:	2:09.70	34.52	300m:	3:19.56	35.32	400m:	4:24.99	30.30		
67.			2008								+0,87	4:25.06	I	572
	50m:	29.67	29.67	150m:	1:36.43	33.88	250m:	2:45.06	34.78	350m:	3:53.45	34.27		
	100m:	1:02.55	32.88	200m:	2:10.28	33.85	300m:	3:19.18	34.12	400m:	4:25.06	31.61		
68.			2008								+0,92	4:25.08	I	572
	50m:	28.95	28.95	150m:	1:34.53	33.37	250m:	2:42.79	34.21	350m:	3:52.28	34.79		
	100m:	1:01.16	32.21	200m:	2:08.58	34.05	300m:	3:17.49	34.70	400m:	4:25.08	32.80		
69.			2008								+0,84	4:25.17	I	571
	50m:	30.14	30.14	150m:	1:36.35	33.61	250m:	2:43.66	34.11	350m:	3:52.26	34.23		
	100m:	1:02.74	32.60	200m:	2:09.55	33.20	300m:	3:18.03	34.37	400m:	4:25.17	32.91		
70.			2009	I							4:25.50	I	569	
	50m:	29.28	29.28	150m:	1:35.92	34.01	250m:	2:43.42	33.60	350m:	3:52.43	34.21		
	100m:	1:01.91	32.63	200m:	2:09.82	33.90	300m:	3:18.22	34.80	400m:	4:25.50	33.07		
71.			2009	I							4:25.60	I	568	
	50m:	29.44	29.44	150m:	1:36.53	33.74	250m:	2:45.56	34.65	350m:	3:53.76	33.05		
	100m:	1:02.79	33.35	200m:	2:10.91	34.38	300m:	3:20.71	35.15	400m:	4:25.60	31.84		
			2005								+0,73	4:25.60	I	568
	50m:	29.95	29.95	150m:	1:37.48	33.92	250m:	2:46.19	34.08	350m:	3:53.15	32.61		
	100m:	1:03.56	33.61	200m:	2:12.11	34.63	300m:	3:20.54	34.35	400m:	4:25.60	32.45		
73.			2007								4:25.73	I	568	
	50m:	28.79	28.79	150m:	1:35.21	33.58	250m:	2:43.71	34.11	350m:	3:52.44	34.26		
	100m:	1:01.63	32.84	200m:	2:09.60	34.39	300m:	3:18.18	34.47	400m:	4:25.73	33.29		
74.			2009	I							+0,72	4:25.77	I	567
	50m:	29.94	29.94	150m:	1:35.62	32.49	250m:	2:43.25	34.12	350m:	3:52.95	34.77		
	100m:	1:03.13	33.19	200m:	2:09.13	33.51	300m:	3:18.18	34.93	400m:	4:25.77	32.82		
75.			2008								4:25.91	I	566	
	50m:	29.81	29.81	150m:	1:35.55	33.51	250m:	2:43.15	33.68	350m:	3:52.02	34.79		
	100m:	1:02.04	32.23	200m:	2:09.47	33.92	300m:	3:17.23	34.08	400m:	4:25.91	33.89		
76.			2008								+0,93	4:26.12	I	565
	50m:	29.17	29.17	150m:	1:35.35	33.51	250m:	2:43.79	34.15	350m:	3:52.51	34.46		
	100m:	1:01.84	32.67	200m:	2:09.64	34.29	300m:	3:18.05	34.26	400m:	4:26.12	33.61		
77.			2010	I							4:26.23	I	564	
	50m:	28.95	28.95	150m:	1:35.55	34.27	250m:	2:45.30	35.14	350m:	3:54.26	34.22		
	100m:	1:01.28	32.33	200m:	2:10.16	34.61	300m:	3:20.04	34.74	400m:	4:26.23	31.97		
78.			2008								+0,71	4:26.80	I	561
	50m:	29.61	29.61	150m:	1:35.77	33.75	250m:	2:44.06	34.09	350m:	3:53.63	35.09		
	100m:	1:02.02	32.41	200m:	2:09.97	34.20	300m:	3:18.54	34.48	400m:	4:26.80	33.17		
79.			2008								+0,65	4:27.53	I	556
	50m:	29.50	29.50	150m:	1:37.42	35.03	250m:	2:47.50	35.25	350m:	3:57.38	35.02		
	100m:	1:02.39	32.89	200m:	2:12.25	34.83	300m:	3:22.36	34.86	400m:	4:27.53	30.15		

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31, , 400m

										R.T.			
80.				2008	I					+0,70	4:27.69	I	555
	50m:	29.79	29.79	150m:	1:37.15	33.55	250m:	2:45.70	33.87	350m:	3:54.19	33.55	
	100m:	1:03.60	33.81	200m:	2:11.83	34.68	300m:	3:20.64	34.94	400m:	4:27.69	33.50	
81.				2007	I					+0,75	4:28.02	I	553
	50m:	30.17	30.17	150m:	1:37.55	33.84	250m:	2:46.69	34.69	350m:	3:55.97	34.54	
	100m:	1:03.71	33.54	200m:	2:12.00	34.45	300m:	3:21.43	34.74	400m:	4:28.02	32.05	
82.				2009	I					+0,67	4:28.39	I	551
	50m:	31.19	31.19	150m:	1:38.01	34.21	250m:	2:46.49	34.03	350m:	3:55.65	34.49	
	100m:	1:03.80	32.61	200m:	2:12.46	34.45	300m:	3:21.16	34.67	400m:	4:28.39	32.74	
83.				2008						+0,68	4:28.52	I	550
	50m:	30.62	30.62	150m:	1:37.80	33.70	250m:	2:46.44	34.87	350m:	3:55.74	34.71	
	100m:	1:04.10	33.48	200m:	2:11.57	33.77	300m:	3:21.03	34.59	400m:	4:28.52	32.78	
84.				2008						+0,80	4:29.49	I	544
	50m:	30.06	30.06	150m:	1:36.29	33.46	250m:	2:45.09	34.53	350m:	3:55.43	35.31	
	100m:	1:02.83	32.77	200m:	2:10.56	34.27	300m:	3:20.12	35.03	400m:	4:29.49	34.06	
85.				2008						+0,79	4:29.73	I	543
	50m:	29.40	29.40	150m:	1:36.58	34.43	250m:	2:46.59	35.38	350m:	3:56.11	34.83	
	100m:	1:02.15	32.75	200m:	2:11.21	34.63	300m:	3:21.28	34.69	400m:	4:29.73	33.62	
86.				2010	I					+0,79	4:30.60	I	537
	50m:	31.28	31.28	150m:	1:38.34	33.99	250m:	2:46.65	34.41	350m:	3:56.60	34.88	
	100m:	1:04.35	33.07	200m:	2:12.24	33.90	300m:	3:21.72	35.07	400m:	4:30.60	34.00	
87.				2008	I					+0,78	4:30.61	I	537
	50m:	29.50	29.50	150m:	1:37.20	34.02	250m:	2:47.42	34.77	350m:	3:57.43	34.77	
	100m:	1:03.18	33.68	200m:	2:12.65	35.45	300m:	3:22.66	35.24	400m:	4:30.61	33.18	
88.				2008	I					+0,73	4:32.75		525
	50m:	30.46	30.46	150m:	1:38.44	34.21	250m:	2:49.50	35.51	350m:	4:00.22	35.30	
	100m:	1:04.23	33.77	200m:	2:13.99	35.55	300m:	3:24.92	35.42	400m:	4:32.75	32.53	
89.				2009	I						4:34.76		513
	50m:	30.10	30.10	150m:	1:38.35	34.42	250m:	2:48.35	35.40	350m:	3:59.72	35.92	
	100m:	1:03.93	33.83	200m:	2:12.95	34.60	300m:	3:23.80	35.45	400m:	4:34.76	35.04	
90.				2009	I					+0,82	4:34.82		513
	50m:	30.35	30.35	150m:	1:39.71	34.80	250m:	2:51.33	36.14	350m:	4:02.05	34.82	
	100m:	1:04.91	34.56	200m:	2:15.19	35.48	300m:	3:27.23	35.90	400m:	4:34.82	32.77	
91.				2009	I					+0,75	4:34.92		512
	50m:	31.66	31.66	150m:	1:41.07	35.66	250m:	2:52.31	35.11	350m:	4:01.75	34.54	
	100m:	1:05.41	33.75	200m:	2:17.20	36.13	300m:	3:27.21	34.90	400m:	4:34.92	33.17	
92.				2010	I					+0,43	4:37.06		501
	50m:	31.58	31.58	150m:	1:42.17	35.33	250m:	2:53.09	34.63	350m:	4:03.91	34.97	
	100m:	1:06.84	35.26	200m:	2:18.46	36.29	300m:	3:28.94	35.85	400m:	4:37.06	33.15	
93.				2007						+0,71	4:38.06		495
	50m:	30.54	30.54	150m:	1:39.33	35.49	250m:	2:52.05	37.32	350m:	4:04.72	36.83	
	100m:	1:03.84	33.30	200m:	2:14.73	35.40	300m:	3:27.89	35.84	400m:	4:38.06	33.34	
94.				2009	I						4:38.27		494
	50m:	31.58	31.58	150m:	1:41.31	35.23	250m:	2:51.67	35.47	350m:	4:04.33	38.66	
	100m:	1:06.08	34.50	200m:	2:16.20	34.89	300m:	3:25.67	34.00	400m:	4:38.27	33.94	
95.				2009	I					+0,81	4:39.09		490
	50m:	31.94	31.94	150m:	1:42.38	35.89	250m:	2:52.20	34.98	350m:	4:04.27	36.64	
	100m:	1:06.49	34.55	200m:	2:17.22	34.84	300m:	3:27.63	35.43	400m:	4:39.09	34.82	

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OMEGA



		31, , 400m								R.T.		
96.				2010	I					+0,47	4:39.64	487
	50m:	30.48	30.48	150m:	1:40.24	35.44	250m:	2:52.70	36.69	350m:	4:04.93	35.89
	100m:	1:04.80	34.32	200m:	2:16.01	35.77	300m:	3:29.04	36.34	400m:	4:39.64	34.71
97.				2009	I						4:40.79	481
	50m:	30.88	30.88	150m:	1:42.15	35.39	250m:	2:55.23	36.84	350m:	4:07.74	36.48
	100m:	1:06.76	35.88	200m:	2:18.39	36.24	300m:	3:31.26	36.03	400m:	4:40.79	33.05
98.				2010	I					+0,72	4:41.08	479
	50m:	31.08	31.08	150m:	1:41.10	35.36	250m:	2:53.83	36.71	350m:	4:05.74	35.99
	100m:	1:05.74	34.66	200m:	2:17.12	36.02	300m:	3:29.75	35.92	400m:	4:41.08	35.34
99.				2009	I					+0,84	4:41.22	479
	50m:	30.69	30.69	150m:	1:41.76	36.27	250m:	2:54.35	36.21	350m:	4:06.26	35.26
	100m:	1:05.49	34.80	200m:	2:18.14	36.38	300m:	3:31.00	36.65	400m:	4:41.22	34.96
100.				2008	I					+0,67	4:41.85	476
	50m:	30.46	30.46	150m:	1:40.19	35.64	250m:	2:52.50	36.45	350m:	4:05.11	36.46
	100m:	1:04.55	34.09	200m:	2:16.05	35.86	300m:	3:28.65	36.15	400m:	4:41.85	36.74
101.				2008	I					+0,77	4:44.47	462
	50m:	32.09	32.09	150m:	1:42.99	36.13	250m:	2:56.39	36.77	350m:	4:10.08	36.49
	100m:	1:06.86	34.77	200m:	2:19.62	36.63	300m:	3:33.59	37.20	400m:	4:44.47	34.39
102.				2009	I					+0,75	4:47.10	450
	50m:	31.12	31.12	150m:	1:41.83	35.90	250m:	2:55.46	36.86	350m:	4:10.19	37.40
	100m:	1:05.93	34.81	200m:	2:18.60	36.77	300m:	3:32.79	37.33	400m:	4:47.10	36.91
103.				2009	I					+0,75	4:48.39	444
	50m:	30.16	30.16	150m:	1:40.56	36.19	250m:	2:55.20	37.63	350m:	4:11.74	38.15
	100m:	1:04.37	34.21	200m:	2:17.57	37.01	300m:	3:33.59	38.39	400m:	4:48.39	36.65
104.				2009	I					+0,67	4:48.82	442
	50m:	32.18	32.18	150m:	1:46.59	37.55	250m:	3:00.02	37.42	350m:	4:13.25	36.73
	100m:	1:09.04	36.86	200m:	2:22.60	36.01	300m:	3:36.52	36.50	400m:	4:48.82	35.57
105.				2008	I					+0,60	4:49.86	437
	50m:	32.72	32.72	150m:	1:44.50	36.02	250m:	2:57.72	36.75	350m:	4:12.23	36.79
	100m:	1:08.48	35.76	200m:	2:20.97	36.47	300m:	3:35.44	37.72	400m:	4:49.86	37.63
106.				2009	I					+0,75	4:51.39	430
	50m:	32.27	32.27	150m:	1:46.41	37.91	250m:	3:00.73	37.25	350m:	4:15.36	36.95
	100m:	1:08.50	36.23	200m:	2:23.48	37.07	300m:	3:38.41	37.68	400m:	4:51.39	36.03
DNS				2007								