



32
29.04.2024 - 13:43

, 400m

4:04.10
4:07.17

04.04.2021
19.04.2023

: FINA 2024

								R.T.				
1.				2008				+0,69 4:16.95 768				
	50m:	30.78	30.78	150m:	1:35.77	32.90	250m:	2:41.23	32.77	350m:	3:46.45	32.48
	100m:	1:02.87	32.09	200m:	2:08.46	32.69	300m:	3:13.97	32.74	400m:	4:16.95	30.50
2.				1998				+0,78 4:17.16 766				
	50m:	30.24	30.24	150m:	1:34.91	32.50	250m:	2:40.86	33.01	350m:	3:46.73	33.21
	100m:	1:02.41	32.17	200m:	2:07.85	32.94	300m:	3:13.52	32.66	400m:	4:17.16	30.43
3.				2006				4:18.12 758				
	50m:	30.46	30.46	150m:	1:35.54	32.70	250m:	2:41.44	33.12	350m:	3:47.03	32.51
	100m:	1:02.84	32.38	200m:	2:08.32	32.78	300m:	3:14.52	33.08	400m:	4:18.12	31.09
4.				2006				+0,62 4:18.30 756				
	50m:	30.00	30.00	150m:	1:34.42	32.59	250m:	2:40.89	33.17	350m:	3:46.81	33.24
	100m:	1:01.83	31.83	200m:	2:07.72	33.30	300m:	3:13.57	32.68	400m:	4:18.30	31.49
5.				2005				+0,86 4:28.83 671				
	50m:	31.23	31.23	150m:	1:39.72	34.32	250m:	2:48.41	34.40	350m:	3:56.73	33.91
	100m:	1:05.40	34.17	200m:	2:14.01	34.29	300m:	3:22.82	34.41	400m:	4:28.83	32.10
6.				2008				+0,79 4:30.52 658				
	50m:	30.34	30.34	150m:	1:38.67	34.06	250m:	2:47.69	34.58	350m:	3:57.00	34.15
	100m:	1:04.61	34.27	200m:	2:13.11	34.44	300m:	3:22.85	35.16	400m:	4:30.52	33.52
7.				2003				4:30.96 655				
	50m:	30.75	30.75	150m:	1:37.34	33.62	250m:	2:45.59	34.25	350m:	3:55.84	35.08
	100m:	1:03.72	32.97	200m:	2:11.34	34.00	300m:	3:20.76	35.17	400m:	4:30.96	35.12
8.				2008				+0,79 4:30.98 655				
	50m:	31.92	31.92	150m:	1:39.02	33.90	250m:	2:47.48	34.69	350m:	3:56.87	34.95
	100m:	1:05.12	33.20	200m:	2:12.79	33.77	300m:	3:21.92	34.44	400m:	4:30.98	34.11
9.				2002				+0,64 4:32.88 641				
	50m:	30.91	30.91	150m:	1:40.51	35.27	250m:	2:50.80	35.20	350m:	4:00.12	34.38
	100m:	1:05.24	34.33	200m:	2:15.60	35.09	300m:	3:25.74	34.94	400m:	4:32.88	32.76
10.				2006				+0,78 4:33.21 639				
	50m:	31.48	31.48	150m:	1:39.45	34.14	250m:	2:49.01	34.88	350m:	3:58.62	34.74
	100m:	1:05.31	33.83	200m:	2:14.13	34.68	300m:	3:23.88	34.87	400m:	4:33.21	34.59
11.				2007				+0,78 4:33.63 636				
	50m:	31.97	31.97	150m:	1:40.44	34.53	250m:	2:49.95	35.13	350m:	3:59.46	34.30
	100m:	1:05.91	33.94	200m:	2:14.82	34.38	300m:	3:25.16	35.21	400m:	4:33.63	34.17
12.				2007				+0,83 4:34.26 632				
	50m:	31.00	31.00	150m:	1:39.04	34.09	250m:	2:48.78	34.91	350m:	3:59.69	35.54
	100m:	1:04.95	33.95	200m:	2:13.87	34.83	300m:	3:24.15	35.37	400m:	4:34.26	34.57
13.				2008				+0,75 4:36.02 620				
	50m:	31.65	31.65	150m:	1:40.35	34.84	250m:	2:50.71	35.30	350m:	4:01.66	35.64
	100m:	1:05.51	33.86	200m:	2:15.41	35.06	300m:	3:26.02	35.31	400m:	4:36.02	34.36
14.				2005				+0,59 4:36.24 618				
	50m:	31.72	31.72	150m:	1:40.20	34.48	250m:	2:50.07	34.93	350m:	4:02.13	36.57
	100m:	1:05.72	34.00	200m:	2:15.14	34.94	300m:	3:25.56	35.49	400m:	4:36.24	34.11
15.				2007				4:36.54 616				
	50m:	31.81	31.81	150m:	1:41.89	35.04	250m:	2:52.89	35.07	350m:	4:02.62	34.36
	100m:	1:06.85	35.04	200m:	2:17.82	35.93	300m:	3:28.26	35.37	400m:	4:36.54	33.92

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OMEGA





Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

32, , 400m

											R.T.			
16.				2007								4:37.20		612
	50m:	32.19	32.19	150m:	1:41.38	35.16	250m:	2:52.42	35.65	350m:	4:03.03	35.02		
	100m:	1:06.22	34.03	200m:	2:16.77	35.39	300m:	3:28.01	35.59	400m:	4:37.20	34.17		
17.				2010							+0,73	4:37.54		610
	50m:	32.48	32.48	150m:	1:43.28	35.17	250m:	2:52.50	34.48	350m:	4:03.48	35.11		
	100m:	1:08.11	35.63	200m:	2:18.02	34.74	300m:	3:28.37	35.87	400m:	4:37.54	34.06		
18.				2004							+0,78	4:37.68		609
	50m:	31.70	31.70	200m:	2:17.53	1:11.16	300m:	3:28.79	35.60	400m:	4:37.68	33.39		
	100m:	1:06.37	34.67	250m:	2:53.19	35.66	350m:	4:04.29	35.50					
19.				2008							+0,73	4:37.74		608
	50m:	31.74	31.74	150m:	1:41.94	35.40	250m:	2:53.13	35.85	350m:	4:03.84	35.57		
	100m:	1:06.54	34.80	200m:	2:17.28	35.34	300m:	3:28.27	35.14	400m:	4:37.74	33.90		
20.				2007							+0,79	4:38.45		604
	50m:	31.66	31.66	150m:	1:40.70	34.90	250m:	2:51.14	35.90	350m:	4:03.88	36.77		
	100m:	1:05.80	34.14	200m:	2:15.24	34.54	300m:	3:27.11	35.97	400m:	4:38.45	34.57		
21.				2005							+0,77	4:38.99		600
	50m:	30.76	30.76	150m:	1:40.26	35.07	250m:	2:52.28	35.99	350m:	4:04.26	35.49		
	100m:	1:05.19	34.43	200m:	2:16.29	36.03	300m:	3:28.77	36.49	400m:	4:38.99	34.73		
22.				2007							+0,77	4:39.22		599
	50m:	30.72	30.72	150m:	1:40.85	35.44	250m:	2:52.58	35.87	350m:	4:04.60	35.38		
	100m:	1:05.41	34.69	200m:	2:16.71	35.86	300m:	3:29.22	36.64	400m:	4:39.22	34.62		
23.				2008							+0,75	4:39.26		598
	50m:	31.25	31.25	150m:	1:41.02	35.08	250m:	2:53.25	36.40	350m:	4:06.16	36.35		
	100m:	1:05.94	34.69	200m:	2:16.85	35.83	300m:	3:29.81	36.56	400m:	4:39.26	33.10		
24.				2007							+0,77	4:39.87		594
	50m:	31.78	31.78	150m:	1:43.69	36.49	250m:	2:56.12	36.02	350m:	4:06.74	35.12		
	100m:	1:07.20	35.42	200m:	2:20.10	36.41	300m:	3:31.62	35.50	400m:	4:39.87	33.13		
25.				2007							+0,75	4:40.04		593
	50m:	31.17	31.17	150m:	1:41.08	35.38	250m:	2:52.90	35.88	350m:	4:05.09	36.19		
	100m:	1:05.70	34.53	200m:	2:17.02	35.94	300m:	3:28.90	36.00	400m:	4:40.04	34.95		
26.				2008								4:41.24		586
	50m:	32.28	32.28	150m:	1:42.89	35.67	250m:	2:55.07	35.94	350m:	4:06.33	35.30		
	100m:	1:07.22	34.94	200m:	2:19.13	36.24	300m:	3:31.03	35.96	400m:	4:41.24	34.91		
27.				2007							+0,71	4:41.77		582
	50m:	32.33	32.33	150m:	1:43.39	35.70	250m:	2:56.21	36.58	350m:	4:08.58	35.48		
	100m:	1:07.69	35.36	200m:	2:19.63	36.24	300m:	3:33.10	36.89	400m:	4:41.77	33.19		
28.				2008								4:42.46		578
	50m:	32.04	32.04	150m:	1:44.37	36.54	250m:	2:57.63	37.04	350m:	4:10.31	36.71		
	100m:	1:07.83	35.79	200m:	2:20.59	36.22	300m:	3:33.60	35.97	400m:	4:42.46	32.15		
29.				2008							+0,66	4:42.88		576
	50m:	32.32	32.32	150m:	1:44.08	36.03	250m:	2:55.79	35.82	350m:	4:08.18	36.40		
	100m:	1:08.05	35.73	200m:	2:19.97	35.89	300m:	3:31.78	35.99	400m:	4:42.88	34.70		
30.				2007							+0,70	4:43.63		571
	50m:	32.68	32.68	150m:	1:43.88	35.90	250m:	2:56.32	36.07	350m:	4:08.55	35.69		
	100m:	1:07.98	35.30	200m:	2:20.25	36.37	300m:	3:32.86	36.54	400m:	4:43.63	35.08		
31.				2007							+0,90	4:43.86		570
	50m:	32.43	32.43	150m:	1:43.48	35.68	250m:	2:56.03	36.09	350m:	4:08.26	35.66		
	100m:	1:07.80	35.37	200m:	2:19.94	36.46	300m:	3:32.60	36.57	400m:	4:43.86	35.60		

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OMEGA

СПОНСОРЫ СОРЕВНОВАНИЙ:





32, , 400m

										R.T.			
32.				2007						+0,79	4:43.87		570
	50m:	32.18	32.18	150m:	1:42.82	35.71	250m:	2:55.52	36.37	350m:	4:08.80	36.55	
	100m:	1:07.11	34.93	200m:	2:19.15	36.33	300m:	3:32.25	36.73	400m:	4:43.87	35.07	
				2007						+0,69	4:43.87		570
	50m:	31.24	31.24	150m:	1:42.04	35.89	250m:	2:55.01	36.77	350m:	4:08.80	37.08	
	100m:	1:06.15	34.91	200m:	2:18.24	36.20	300m:	3:31.72	36.71	400m:	4:43.87	35.07	
34.				2010						+0,87	4:44.64		565
	50m:	31.87	31.87	150m:	1:43.60	35.83	250m:	2:56.22	36.50	350m:	4:09.73	36.38	
	100m:	1:07.77	35.90	200m:	2:19.72	36.12	300m:	3:33.35	37.13	400m:	4:44.64	34.91	
35.				2010						+0,90	4:44.79		564
	50m:	32.77	32.77	150m:	1:43.44	35.62	250m:	2:56.37	36.46	350m:	4:09.52	36.29	
	100m:	1:07.82	35.05	200m:	2:19.91	36.47	300m:	3:33.23	36.86	400m:	4:44.79	35.27	
36.				2007						+0,76	4:44.97		563
	50m:	33.45	33.45	150m:	1:46.89	37.41	250m:	2:58.72	34.65	350m:	4:10.78	36.09	
	100m:	1:09.48	36.03	200m:	2:24.07	37.18	300m:	3:34.69	35.97	400m:	4:44.97	34.19	
37.				2008						+0,72	4:45.35		561
	50m:	32.64	32.64	150m:	1:44.03	36.29	250m:	2:57.60	36.75	350m:	4:10.58	36.00	
	100m:	1:07.74	35.10	200m:	2:20.85	36.82	300m:	3:34.58	36.98	400m:	4:45.35	34.77	
38.				2008		-					4:46.47		554
	50m:	32.66	32.66	150m:	1:45.18	36.71	250m:	2:58.77	36.79	350m:	4:12.04	36.54	
	100m:	1:08.47	35.81	200m:	2:21.98	36.80	300m:	3:35.50	36.73	400m:	4:46.47	34.43	
39.				2003						+0,80	4:46.78		552
	50m:	31.97	31.97	150m:	1:42.33	36.27	250m:	2:55.97	37.77	350m:	4:10.66	37.33	
	100m:	1:06.06	34.09	200m:	2:18.20	35.87	300m:	3:33.33	37.36	400m:	4:46.78	36.12	
40.				2010							4:47.46		549
	50m:	32.20	32.20	150m:	1:44.62	36.77	250m:	2:58.39	37.04	350m:	4:13.59	37.92	
	100m:	1:07.85	35.65	200m:	2:21.35	36.73	300m:	3:35.67	37.28	400m:	4:47.46	33.87	
41.				2009							4:48.85		541
	50m:	32.89	32.89	150m:	1:44.50	36.29	250m:	2:57.37	36.54	350m:	4:12.08	37.85	
	100m:	1:08.21	35.32	200m:	2:20.83	36.33	300m:	3:34.23	36.86	400m:	4:48.85	36.77	
42.				2006							4:49.62		536
	50m:	32.97	32.97	150m:	1:46.38	36.66	250m:	3:00.46	36.87	350m:	4:13.44	36.12	
	100m:	1:09.72	36.75	200m:	2:23.59	37.21	300m:	3:37.32	36.86	400m:	4:49.62	36.18	
43.				2004						+0,82	4:50.15		533
	50m:	32.99	32.99	150m:	1:45.48	36.52	250m:	2:59.43	37.01	350m:	4:14.17	37.07	
	100m:	1:08.96	35.97	200m:	2:22.42	36.94	300m:	3:37.10	37.67	400m:	4:50.15	35.98	
44.				2008						+0,83	4:51.02		529
	50m:	31.54	31.54	150m:	1:42.61	36.10	250m:	2:57.17	37.23	350m:	4:13.23	37.89	
	100m:	1:06.51	34.97	200m:	2:19.94	37.33	300m:	3:35.34	38.17	400m:	4:51.02	37.79	
45.				2006						+0,60	4:51.54		526
	50m:	32.36	32.36	150m:	1:44.50	36.82	250m:	2:59.06	37.72	350m:	4:15.26	38.10	
	100m:	1:07.68	35.32	200m:	2:21.34	36.84	300m:	3:37.16	38.10	400m:	4:51.54	36.28	
46.				2010	I					+0,90	4:51.76		525
	50m:	33.91	33.91	150m:	1:48.15	37.59	250m:	3:03.00	37.84	350m:	4:17.70	37.61	
	100m:	1:10.56	36.65	200m:	2:25.16	37.01	300m:	3:40.09	37.09	400m:	4:51.76	34.06	
47.				2008						+0,84	4:51.78		524
	50m:	32.55	32.55	150m:	1:45.79	37.24	250m:	3:00.31	37.08	350m:	4:15.61	37.67	
	100m:	1:08.55	36.00	200m:	2:23.23	37.44	300m:	3:37.94	37.63	400m:	4:51.78	36.17	





32, , 400m

										R.T.			
48.			2010	I						+0,53	4:51.79	I	524
	50m:	33.81	33.81	150m:	1:47.83	37.43	250m:	3:02.62	37.49	350m:	4:16.86	36.77	
	100m:	1:10.40	36.59	200m:	2:25.13	37.30	300m:	3:40.09	37.47	400m:	4:51.79	34.93	
49.			2010	I						+0,74	4:51.81	I	524
	50m:	33.64	33.64	150m:	1:47.52	37.47	250m:	3:02.03	37.17	350m:	4:16.45	37.08	
	100m:	1:10.05	36.41	200m:	2:24.86	37.34	300m:	3:39.37	37.34	400m:	4:51.81	35.36	
50.			2010							+0,81	4:54.18	I	512
	50m:	32.83	32.83	150m:	1:46.89	37.81	250m:	3:02.94	38.48	350m:	4:19.76	38.03	
	100m:	1:09.08	36.25	200m:	2:24.46	37.57	300m:	3:41.73	38.79	400m:	4:54.18	34.42	
51.			2001								4:54.43	I	510
	50m:	31.91	31.91	150m:	1:42.49	35.78	250m:	2:57.51	37.78	350m:	4:15.51	39.45	
	100m:	1:06.71	34.80	200m:	2:19.73	37.24	300m:	3:36.06	38.55	400m:	4:54.43	38.92	
52.			2004							+0,71	4:54.58	I	510
	50m:	32.67	32.67	150m:	1:47.43	37.73	250m:	3:04.74	38.81	350m:	4:22.25	38.79	
	100m:	1:09.70	37.03	200m:	2:25.93	38.50	300m:	3:43.46	38.72	400m:	4:54.58	32.33	
53.			2008							+0,72	4:54.60	I	510
	50m:	33.89	33.89	150m:	1:47.96	37.31	250m:	3:02.92	36.95	350m:	4:18.60	38.13	
	100m:	1:10.65	36.76	200m:	2:25.97	38.01	300m:	3:40.47	37.55	400m:	4:54.60	36.00	
54.			2008	I						+0,76	4:55.82	I	503
	50m:	33.41	33.41	150m:	1:47.65	37.91	250m:	3:04.15	38.32	350m:	4:20.30	37.75	
	100m:	1:09.74	36.33	200m:	2:25.83	38.18	300m:	3:42.55	38.40	400m:	4:55.82	35.52	
55.			2009							+0,72	4:56.91	I	498
	50m:	33.03	33.03	150m:	1:48.56	38.30	250m:	3:05.01	38.37	350m:	4:21.10	37.99	
	100m:	1:10.26	37.23	200m:	2:26.64	38.08	300m:	3:43.11	38.10	400m:	4:56.91	35.81	
56.			2008								4:56.96	I	497
	50m:	33.85	33.85	150m:	1:48.07	37.87	250m:	3:04.10	38.18	350m:	4:20.54	37.86	
	100m:	1:10.20	36.35	200m:	2:25.92	37.85	300m:	3:42.68	38.58	400m:	4:56.96	36.42	
57.			2010	I							4:59.68		484
	50m:	34.34	34.34	150m:	1:49.90	38.24	250m:	3:06.64	38.65	350m:	4:23.30	38.60	
	100m:	1:11.66	37.32	200m:	2:27.99	38.09	300m:	3:44.70	38.06	400m:	4:59.68	36.38	
58.			2009	I						+0,89	5:00.98		478
	50m:	34.67	34.67	150m:	1:51.14	38.66	250m:	3:07.88	38.41	350m:	4:25.26	38.51	
	100m:	1:12.48	37.81	200m:	2:29.47	38.33	300m:	3:46.75	38.87	400m:	5:00.98	35.72	
59.			2010	I						+0,79	5:04.83		460
	50m:	34.10	34.10	150m:	1:51.40	38.91	250m:	3:09.92	39.25	350m:	4:28.09	38.75	
	100m:	1:12.49	38.39	200m:	2:30.67	39.27	300m:	3:49.34	39.42	400m:	5:04.83	36.74	
60.			2010	I						+0,80	5:05.14		458
	50m:	33.76	33.76	150m:	1:51.60	39.32	250m:	3:08.66	37.85	350m:	4:26.65	38.60	
	100m:	1:12.28	38.52	200m:	2:30.81	39.21	300m:	3:48.05	39.39	400m:	5:05.14	38.49	
61.			2007							+0,67	5:06.20		454
	50m:	34.34	34.34	150m:	1:50.72	38.49	250m:	3:08.77	38.99	350m:	4:27.55	39.13	
	100m:	1:12.23	37.89	200m:	2:29.78	39.06	300m:	3:48.42	39.65	400m:	5:06.20	38.65	
62.			2008	I						+0,72	5:10.51		435
	50m:	34.32	34.32	150m:	1:52.38	39.93	250m:	3:11.51	39.76	350m:	4:31.77	40.12	
	100m:	1:12.45	38.13	200m:	2:31.75	39.37	300m:	3:51.65	40.14	400m:	5:10.51	38.74	
63.			2007							+0,61	5:11.25		432
	50m:	32.57	32.57	150m:	1:49.84	39.37	250m:	3:10.41	40.64	350m:	4:31.70	40.37	
	100m:	1:10.47	37.90	200m:	2:29.77	39.93	300m:	3:51.33	40.92	400m:	5:11.25	39.55	

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OMEGA





Кубок России

2 этап

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32, , 400m

										R.T.		
64.				2010	I					+0,89	5:12.05	429
	50m:	34.71	34.71	150m:	1:52.08	39.59	250m:	3:12.01	40.21	350m:	4:32.92	40.14
	100m:	1:12.49	37.78	200m:	2:31.80	39.72	300m:	3:52.78	40.77	400m:	5:12.05	39.13
65.				2009	I						5:20.06	397
	50m:	34.63	34.63	150m:	1:54.06	40.40	250m:	3:17.16	41.86	350m:	4:40.00	41.07
	100m:	1:13.66	39.03	200m:	2:35.30	41.24	300m:	3:58.93	41.77	400m:	5:20.06	40.06
66.				2009	I					+0,61	5:30.67	360
	50m:	35.45	35.45	150m:	1:59.43	43.00	250m:	3:25.68	42.26	350m:	4:51.51	41.76
	100m:	1:16.43	40.98	200m:	2:43.42	43.99	300m:	4:09.75	44.07	400m:	5:30.67	39.16
DNS				2010								
DNS				2008								
DNS				2010	I							
DNS				2006								

СПОНСОРЫ СОРЕВНОВАНИЙ:

