КУБОК по плаванию РОССИИ

РУЗА
СЕВЕРНЫЙ МИКРОРАЙОН, Д. 10,
ДВОРЕЦ ВОДНЫХ ВИДОВ СПОРТА «РУЗА»

18-19 ФЕВРАЛЯ 2026
1 ЭТАП

27, 400m
19.02.2026 - 13:04

	3:43.45					(CHN)		09.08.2008
	3:46.64					(ROU)		19.08.2025

: AQUA 2025

							R.T.			
1.		16.10.2003					+0,23	**3:54.96**		821
	50m:	27.73	27.73	150m:	1:27.82	30.15	250m:	2:27.85	30.04	350m: 3:27.68 29.76
	100m:	57.67	29.94	200m:	1:57.81	29.99	300m:	2:57.92	30.07	400m: 3:54.96 27.28
2.		18.03.2007					+0,60	**3:55.59**		815
	50m:	27.99	27.99	150m:	1:29.02	30.31	250m:	2:29.22	29.84	350m: 3:27.90 29.05
	100m:	58.71	30.72	200m:	1:59.38	30.36	300m:	2:58.85	29.63	400m: 3:55.59 27.69
3.		28.03.2007		-			+0,32	**3:55.74**		813
	50m:	27.64	27.64	150m:	2:29.74	1:31.83	250m:	3:28.85	1:29.20	400m: 3:55.74 56.17
	100m:	57.91	30.27	200m:	1:59.65		300m:	2:59.57		
4.		26.05.2008					+0,28	**3:57.36**		797
	50m:	28.62	28.62	150m:	1:29.44	30.27	250m:	2:30.20	30.21	350m: 3:29.00 29.06
	100m:	59.17	30.55	200m:	1:59.99	30.55	300m:	2:59.94	29.74	400m: 3:57.36 28.36
5.		01.05.2008					+0,64	**3:59.22**		778
	50m:	28.17	28.17	150m:	1:29.58	30.54	250m:	2:30.57	30.48	350m: 3:30.15 29.52
	100m:	59.04	30.87	200m:	2:00.09	30.51	300m:	3:00.63	30.06	400m: 3:59.22 29.07
6.		11.11.2002					+0,25	**3:59.56**		775
	50m:	28.68	28.68	150m:	1:30.21	30.93	250m:	2:30.90	30.07	350m: 3:30.72 29.84
	100m:	59.28	30.60	200m:	2:00.83	30.62	300m:	3:00.88	29.98	400m: 3:59.56 28.84
7.		28.07.2004					+0,21	**4:02.12**		750
	50m:	28.26	28.26	150m:	1:30.18	31.71	250m:	2:31.87	31.19	350m: 3:33.00 30.50
	100m:	58.47	30.21	200m:	2:00.68	30.50	300m:	3:02.50	30.63	400m: 4:02.12 29.12
8.		07.03.2005					+0,24	**4:02.35**		748
	50m:	28.26	28.26	150m:	1:30.48	31.33	250m:	2:32.81	30.96	350m: 3:33.99 30.56
	100m:	59.15	30.89	200m:	2:01.85	31.37	300m:	3:03.43	30.62	400m: 4:02.35 28.36
9.		05.11.2008					+0,22	**4:02.94**		743
	50m:	27.77	27.77	150m:	1:28.61	30.65	250m:	2:30.26	30.74	350m: 3:32.76 31.22
	100m:	57.96	30.19	200m:	1:59.52	30.91	300m:	3:01.54	31.28	400m: 4:02.94 30.18
10.		23.06.2005					+0,53	**4:03.06**		742
	50m:	28.41	28.41	150m:	1:30.94	31.29	250m:	2:32.71	30.54	350m: 3:34.35 30.97
	100m:	59.65	31.24	200m:	2:02.17	31.23	300m:	3:03.38	30.67	400m: 4:03.06 28.71
11.		06.11.1999					+0,25	**4:03.67**		736
	50m:	28.61	28.61	150m:	1:30.85	30.94	250m:	2:32.82	30.52	350m: 3:34.19 30.71
	100m:	59.91	31.30	200m:	2:02.30	31.45	300m:	3:03.48	30.66	400m: 4:03.67 29.48
12.		24.09.2006					+0,36	**4:03.76**		735
	50m:	28.08	28.08	150m:	1:29.49	31.00	250m:	2:31.82	31.24	350m: 3:34.01 30.82
	100m:	58.49	30.41	200m:	2:00.58	31.09	300m:	3:03.19	31.37	400m: 4:03.76 29.75
13.		29.09.2010					+0,65	**4:04.07**		733
	50m:	27.96	27.96	150m:	1:29.50	30.85	250m:	2:32.83	31.42	350m: 3:33.71 29.82
	100m:	58.65	30.69	200m:	2:01.41	31.91	300m:	3:03.89	31.06	400m: 4:04.07 30.36
14.		05.12.2006		-			+0,69	**4:04.47**		729
	50m:	28.26	28.26	150m:	1:30.55	31.05	250m:	2:31.96	30.64	350m: 3:34.35 31.42
	100m:	59.50	31.24	200m:	2:01.32	30.77	300m:	3:02.93	30.97	400m: 4:04.47 30.12
15.		04.02.2008			-		+0,71	**4:04.49**		729
	50m:	27.86	27.86	150m:	1:29.54	31.01	250m:	2:31.40	30.55	350m: 3:34.03 31.35
	100m:	58.53	30.67	200m:	2:00.85	31.31	300m:	3:02.68	31.28	400m: 4:04.49 30.46

OMEGA

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Спонсоры соревнований:

УРАЛХИМ ГРУППА КОМПАНИЙ   MAD WAVE

, / R.T.

16. 31.08.2007 +0,58 **4:04.66** 727

50m:	28.29	28.29	150m:	1:30.27	31.14	300m:	3:03.63	1:02.39	
100m:	59.13	30.84	200m:	2:01.24	30.97	400m:	4:04.66	1:01.03	

17. 05.03.2008 +0,26 **4:05.04** 724

50m:	28.01	28.01	150m:	1:29.79	30.84	250m:	2:32.09	30.87	350m:	3:34.75	30.96
100m:	58.95	30.94	200m:	2:01.22	31.43	300m:	3:03.79	31.70	400m:	4:05.04	30.29

18. 12.02.2007 +0,80 **4:06.23** 713

50m:	27.95	27.95	150m:	1:30.58	31.36	250m:	2:33.15	31.51	350m:	3:36.00	31.28
100m:	59.22	31.27	200m:	2:01.64	31.06	300m:	3:04.72	31.57	400m:	4:06.23	30.23

19. 18.01.2005 +0,24 **4:06.33** 713

50m:	27.43	27.43	150m:	1:29.09	30.90	250m:	2:31.81	31.44	350m:	3:35.44	31.80
100m:	58.19	30.76	200m:	2:00.37	31.28	300m:	3:03.64	31.83	400m:	4:06.33	30.89

20. 09.07.2007 +0,27 **4:07.24** 705

50m:	28.38	28.38	150m:	1:30.43	31.10	250m:	2:33.20	30.82	350m:	3:37.17	31.85
100m:	59.33	30.95	200m:	2:02.38	31.95	300m:	3:05.32	32.12	400m:	4:07.24	30.07

21. 28.07.2006 +0,64 **4:07.53** 702

50m:	27.46	27.46	150m:	1:29.79	31.39	250m:	2:33.46	31.58	350m:	3:37.14	31.50
100m:	58.40	30.94	200m:	2:01.88	32.09	300m:	3:05.64	32.18	400m:	4:07.53	30.39

22. 17.12.2007 +0,34 **4:07.92** 699

50m:	27.36	27.36	150m:	1:30.47	31.87	250m:	2:34.21	31.74	350m:	3:38.65	32.19
100m:	58.60	31.24	200m:	2:02.47	32.00	300m:	3:06.46	32.25	400m:	4:07.92	29.27

23. 08.03.2004 +0,61 **4:08.64** 693

50m:	28.73	28.73	150m:	1:32.88	31.98	250m:	2:36.56	31.13	350m:	3:39.90	31.05
100m:	1:00.90	32.17	200m:	2:05.43	32.55	300m:	3:08.85	32.29	400m:	4:08.64	28.74

24. 05.08.2008 +0,58 **4:08.91** 691

50m:	28.45	28.45	150m:	1:31.55	31.80	250m:	2:35.45	31.86	350m:	3:39.14	31.79
100m:	59.75	31.30	200m:	2:03.59	32.04	300m:	3:07.35	31.90	400m:	4:08.91	29.77

25. 11.03.2005 +0,57 **4:09.14** 689

50m:	27.82	27.82	150m:	1:28.83	30.68	250m:	2:31.58	31.64	350m:	3:38.19	33.67
100m:	58.15	30.33	200m:	1:59.94	31.11	300m:	3:04.52	32.94	400m:	4:09.14	30.95

26. 05.11.2006 +0,25 **4:09.24** 688

50m:	28.64	28.64	150m:	1:31.61	31.28	250m:	2:34.47	31.33	350m:	3:38.46	31.89
100m:	1:00.33	31.69	200m:	2:03.14	31.53	300m:	3:06.57	32.10	400m:	4:09.24	30.78

27. 11.12.2007 - +0,59 **4:09.52** 686

50m:	27.16	27.16	150m:	1:29.12	31.44	250m:	2:34.24	32.99	350m:	3:39.39	31.34
100m:	57.68	30.52	200m:	2:01.25	32.13	300m:	3:08.05	33.81	400m:	4:09.52	30.13

28. 23.02.2008 +0,58 **4:10.13** 681

50m:	28.12	28.12	200m:	2:02.81	1:03.41	400m:	4:10.13	1:02.62	
100m:	59.40	31.28	300m:	3:07.51	1:04.70				

29. 18.05.2010 +0,62 **4:10.53** 677

50m:	27.52	27.52	150m:	1:29.27	31.51	250m:	2:32.84	31.18	350m:	3:38.32	33.12
100m:	57.76	30.24	200m:	2:01.66	32.39	300m:	3:05.20	32.36	400m:	4:10.53	32.21

30. 13.04.2011 +0,23 **4:11.29** 671

50m:	27.87	27.87	150m:	1:29.88	31.33	250m:	2:34.32	32.01	350m:	3:40.50	32.69
100m:	58.55	30.68	200m:	2:02.31	32.43	300m:	3:07.81	33.49	400m:	4:11.29	30.79

31. 01.07.2008 +0,59 **4:11.99** 666

50m:	28.63	28.63	150m:	1:31.36	31.48	250m:	2:35.97	32.29	350m:	3:40.94	31.64
100m:	59.88	31.25	200m:	2:03.68	32.32	300m:	3:09.30	33.33	400m:	4:11.99	31.05

32. 07.05.2006 +0,71 **4:12.08** 665

50m:	27.59	27.59	150m:	1:29.95	31.89	250m:	2:34.99	32.51	350m:	3:40.82	32.79
100m:	58.06	30.47	200m:	2:02.48	32.53	300m:	3:08.03	33.04	400m:	4:12.08	31.26

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Спонсоры соревнований:

КУБОК РОССИИ по плаванию
18-19 ФЕВРАЛЯ 2026
1 ЭТАП
РУЗА
СЕВЕРНЫЙ МИКРОРАЙОН, Д. 10,
ДВОРЕЦ ВОДНЫХ ВИДОВ СПОРТА «РУЗА»

27,   , 400m   ,

	,	/						R.T.			
33.		12.07.2007						+0,40	**4:12.28**		663
	50m:	28.43	28.43	150m:	1:31.30	31.79	250m:	2:36.01	32.27	350m:	3:40.76	32.31
	100m:	59.51	31.08	200m:	2:03.74	32.44	300m:	3:08.45	32.44	400m:	4:12.28	31.52
34.		05.08.2010						+0,25	**4:12.86**		659
	50m:	29.48	29.48	150m:	1:33.28	31.82	250m:	2:36.74	31.47	350m:	3:41.58	32.25
	100m:	1:01.46	31.98	200m:	2:05.27	31.99	300m:	3:09.33	32.59	400m:	4:12.86	31.28
35.		03.07.1997						+0,34	**4:13.40**		655
	50m:	28.20	28.20	150m:	1:32.58	32.39	250m:	2:37.98	32.60	350m:	3:42.55	31.96
	100m:	1:00.19	31.99	200m:	2:05.38	32.80	300m:	3:10.59	32.61	400m:	4:13.40	30.85
36.		03.06.2006						+0,30	**4:14.22**		648
	50m:	28.88	28.88	150m:	1:33.59	32.57	250m:	3:43.20	1:36.88	400m:	4:14.22	1:03.48
	100m:	1:01.02	32.14	200m:	2:06.32	32.73	300m:	3:10.74				
37.		06.08.2010						+0,65	**4:14.26**		648
	50m:	29.28	29.28	150m:	1:34.58	32.60	250m:	2:40.12	32.59	350m:	3:44.29	31.80
	100m:	1:01.98	32.70	200m:	2:07.53	32.95	300m:	3:12.49	32.37	400m:	4:14.26	29.97
38.		04.11.2011						+0,52	**4:14.42**		647
	50m:	28.73	28.73	150m:	1:32.57	32.40	250m:	2:38.10	32.87	350m:	3:43.70	32.44
	100m:	1:00.17	31.44	200m:	2:05.23	32.66	300m:	3:11.26	33.16	400m:	4:14.42	30.72
39.		21.02.2007						+0,68	**4:14.57**	I	646
	50m:	28.37	28.37	150m:	1:32.38	32.11	250m:	2:37.87	32.77	350m:	3:43.10	32.40
	100m:	1:00.27	31.90	200m:	2:05.10	32.72	300m:	3:10.70	32.83	400m:	4:14.57	31.47
40.		25.09.2007						+0,50	**4:15.72**	I	637
	50m:	28.01	28.01	150m:	1:32.03	32.00	250m:	2:37.82	32.84	350m:	3:43.91	32.72
	100m:	1:00.03	32.02	200m:	2:04.98	32.95	300m:	3:11.19	33.37	400m:	4:15.72	31.81
41.		03.03.2008						+0,50	**4:15.78**	I	636
	50m:	28.63	28.63	150m:	1:33.13	32.25	250m:	2:37.87	32.15	350m:	3:43.17	31.96
	100m:	1:00.88	32.25	200m:	2:05.72	32.59	300m:	3:11.21	33.34	400m:	4:15.78	32.61
42.		21.03.1999						+0,28	**4:16.08**	I	634
	50m:	28.69	28.69	150m:	1:33.21	32.38	250m:	2:38.25	32.63	350m:	3:44.23	33.57
	100m:	1:00.83	32.14	200m:	2:05.62	32.41	300m:	3:10.66	32.41	400m:	4:16.08	31.85
43.		13.07.2008						+0,24	**4:16.35**	I	632
	50m:	28.69	28.69	150m:	1:33.10	32.51	250m:	2:38.70	32.69	350m:	3:44.69	32.81
	100m:	1:00.59	31.90	200m:	2:06.01	32.91	300m:	3:11.88	33.18	400m:	4:16.35	31.66
44.		02.05.2007						+0,23	**4:16.46**	I	631
	50m:	28.66	28.66	150m:	1:31.88	31.85	250m:	2:37.42	32.78	350m:	3:44.02	33.55
	100m:	1:00.03	31.37	200m:	2:04.64	32.76	300m:	3:10.47	33.05	400m:	4:16.46	32.44
45.		03.06.2010						+0,26	**4:16.65**	I	630
	50m:	28.62	28.62	150m:	2:37.49	1:37.53	250m:	3:44.05	1:39.27	400m:	4:16.65	1:06.17
	100m:	59.96	31.34	200m:	2:04.78		300m:	3:10.48				
46.		14.09.2009						+0,51	**4:16.68**	I	630
	50m:	29.22	29.22	150m:	1:34.27	32.84	250m:	2:39.63	32.44	350m:	3:45.48	32.80
	100m:	1:01.43	32.21	200m:	2:07.19	32.92	300m:	3:12.68	33.05	400m:	4:16.68	31.20
47.		15.04.2008						+0,36	**4:17.11**	I	627
	50m:	30.95	30.95	150m:	1:36.72	32.45	250m:	2:41.22	32.00	350m:	3:46.48	32.58
	100m:	1:04.27	33.32	200m:	2:09.22	32.50	300m:	3:13.90	32.68	400m:	4:17.11	30.63
48.		03.11.2009						+0,30	**4:17.80**	I	622
	50m:	32.04	32.04	150m:	1:36.88	31.68	250m:	2:41.18	32.83	400m:	4:17.80	1:03.86
	100m:	1:05.20	33.16	200m:	2:08.35	31.47	300m:	3:13.94	32.76			
49.		28.10.2011 I						+0,31	**4:18.52**	I	616
	50m:	28.70	28.70	150m:	1:32.78	32.56	250m:	2:39.27	33.10	350m:	3:46.20	33.25
	100m:	1:00.22	31.52	200m:	2:06.17	33.39	300m:	3:12.95	33.68	400m:	4:18.52	32.32

OMEGA

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Спонсоры соревнований:

УРАЛХИМ ГРУППА КОМПАНИЙ   MAD WAVE

27, , 400m ,

, / R.T.

#	Date	R.T.	Time	Pts
50.	03.03.2011	+0,30	**4:19.00** I	613

50m: 29.61 / 29.61 — 150m: 1:35.83 / 33.74 — 250m: 3:48.10 / 1:39.02 — 400m: 4:19.00 / 1:04.08
100m: 1:02.09 / 32.48 — 200m: 2:09.08 / 33.25 — 300m: 3:14.92

| 51. | 14.03.2010 I | +0,34 | **4:20.10** I | 605 |

50m: 28.92 / 28.92 — 150m: 1:33.99 / 32.69 — 250m: 2:40.67 / 33.20 — 350m: 3:48.39 / 33.68
100m: 1:01.30 / 32.38 — 200m: 2:07.47 / 33.48 — 300m: 3:14.71 / 34.04 — 400m: 4:20.10 / 31.71

| 52. | 11.11.2010 I | +0,59 | **4:20.12** I | 605 |

50m: 28.74 / 28.74 — 150m: 1:34.89 / 33.44 — 250m: 2:41.88 / 33.19 — 350m: 3:48.72 / 33.36
100m: 1:01.45 / 32.71 — 200m: 2:08.69 / 33.80 — 300m: 3:15.36 / 33.48 — 400m: 4:20.12 / 31.40

| 53. | 24.07.2010 | | **4:20.62** I | 602 |

50m: 29.77 / 29.77 — 150m: 2:42.30 / 1:40.19 — 250m: 3:48.42 / 1:39.50 — 400m: 4:20.62 / 1:05.17
100m: 1:02.11 / 32.34 — 200m: 2:08.92 — 300m: 3:15.45

| 54. | 14.01.2011 | +0,71 | **4:20.89** I | 600 |

100m: 1:02.00 / 1:02.00 — 200m: 2:08.84 / 1:06.84 — 300m: 3:15.71 / 1:06.87 — 400m: 4:20.89 / 1:05.18

| 55. | 08.04.2007 | +0,56 | **4:21.12** I | 598 |

50m: 29.23 / 29.23 — 150m: 1:34.76 / 33.15 — 250m: 2:42.00 / 33.46 — 350m: 3:48.95 / 33.09
100m: 1:01.61 / 32.38 — 200m: 2:08.54 / 33.78 — 300m: 3:15.86 / 33.86 — 400m: 4:21.12 / 32.17

| 56. | 19.12.2010 I | +0,55 | **4:22.18** I | 591 |

50m: 29.54 / 29.54 — 150m: 1:35.80 / 33.12 — 250m: 2:41.37 / 32.28 — 350m: 3:49.44 / 34.16
100m: 1:02.68 / 33.14 — 200m: 2:09.09 / 33.29 — 300m: 3:15.28 / 33.91 — 400m: 4:22.18 / 32.74

| 57. | 20.01.2009 | +0,22 | **4:22.72** I | 587 |

50m: 29.06 / 29.06 — 150m: 1:34.77 / 32.76 — 250m: 2:42.00 / 33.17 — 350m: 3:49.93 / 33.44
100m: 1:02.01 / 32.95 — 200m: 2:08.83 / 34.06 — 300m: 3:16.49 / 34.49 — 400m: 4:22.72 / 32.79

| 58. | 07.08.2010 | +0,30 | **4:23.20** I | 584 |

50m: 29.64 / 29.64 — 150m: 1:35.74 / 33.73 — 250m: 2:43.77 / 34.15 — 400m: 4:23.20 / 1:05.21
100m: 1:02.01 / 32.37 — 200m: 2:09.62 / 33.88 — 300m: 3:17.99 / 34.22

| 59. | 22.12.2010 I | +0,73 | **4:23.29** I | 583 |

50m: 28.81 / 28.81 — 150m: 1:34.54 / 33.54 — 250m: 2:42.40 / 33.82 — 350m: 3:50.03 / 33.39
100m: 1:01.00 / 32.19 — 200m: 2:08.58 / 34.04 — 300m: 3:16.64 / 34.24 — 400m: 4:23.29 / 33.26

| 60. | 05.10.2010 I | +0,35 | **4:23.42** I | 583 |

50m: 30.09 / 30.09 — 150m: 1:35.66 / 32.78 — 250m: 2:42.32 / 33.72 — 350m: 3:50.40 / 34.05
100m: 1:02.88 / 32.79 — 200m: 2:08.60 / 32.94 — 300m: 3:16.35 / 34.03 — 400m: 4:23.42 / 33.02

| 61. | 26.02.2009 | +0,67 | **4:23.44** I | 582 |

50m: 28.75 / 28.75 — 150m: 1:34.10 / 33.33 — 250m: 2:41.56 / 33.93 — 350m: 3:50.08 / 34.30
100m: 1:00.77 / 32.02 — 200m: 2:07.63 / 33.53 — 300m: 3:15.78 / 34.22 — 400m: 4:23.44 / 33.36

| 62. | 03.02.2012 I | +0,68 | **4:23.51** I | 582 |

50m: 29.03 / 29.03 — 150m: 1:35.25 / 33.54 — 250m: 2:42.98 / 34.13 — 350m: 3:51.21 / 34.01
100m: 1:01.71 / 32.68 — 200m: 2:08.85 / 33.60 — 300m: 3:17.20 / 34.22 — 400m: 4:23.51 / 32.30

| 63. | 28.05.2003 | +0,61 | **4:23.77** I | 580 |

50m: 29.40 / 29.40 — 150m: 1:33.55 / 32.36 — 250m: 2:39.69 / 33.42 — 350m: 3:48.93 / 35.21
100m: 1:01.19 / 31.79 — 200m: 2:06.27 / 32.72 — 300m: 3:13.72 / 34.03 — 400m: 4:23.77 / 34.84

| 64. | 30.04.2010 | - | +0,60 | **4:24.02** I | 579 |

50m: 29.88 / 29.88 — 150m: 1:36.37 / 33.23 — 250m: 2:44.64 / 34.21 — 350m: 3:51.62 / 33.09
100m: 1:03.14 / 33.26 — 200m: 2:10.43 / 34.06 — 300m: 3:18.53 / 33.89 — 400m: 4:24.02 / 32.40

| 65. | 15.03.2009 I | +0,55 | **4:24.28** I | 577 |

50m: 29.07 / 29.07 — 150m: 1:35.27 / 33.68 — 250m: 3:52.21 / 1:42.48 — 400m: 4:24.28 / 1:06.06
100m: 1:01.59 / 32.52 — 200m: 2:09.73 / 34.46 — 300m: 3:18.22

| 66. | 06.07.2010 | +0,65 | **4:25.11** I | 572 |

50m: 28.38 / 28.38 — 150m: 1:35.39 / 34.28 — 250m: 2:43.69 / 34.01 — 350m: 3:52.27 / 34.24
100m: 1:01.11 / 32.73 — 200m: 2:09.68 / 34.29 — 300m: 3:18.03 / 34.34 — 400m: 4:25.11 / 32.84

" "

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OMEGA

Спонсоры соревнований:

КУБОК по плаванию РОССИИ

РУЗА
СЕВЕРНЫЙ МИКРОРАЙОН, Д. 10,
ДВОРЕЦ ВОДНЫХ ВИДОВ СПОРТА «РУЗА»

18-19 ФЕВРАЛЯ 2026
1 ЭТАП

27,   , 400m   ,

									R.T.					
67.				12.10.2010 l					+0,30	**4:25.19**	l		571
	50m:	28.91	28.91	150m:	1:36.71	34.40	250m:	2:45.35	34.48	350m:	3:53.79	33.60		
	100m:	1:02.31	33.40	200m:	2:10.87	34.16	300m:	3:20.19	34.84	400m:	4:25.19	31.40		
68.				22.05.2010					+0,42	**4:25.51**	l		569
	50m:	30.06	30.06	150m:	1:36.23	33.34	250m:	2:44.82	34.35	350m:	3:53.42	33.88		
	100m:	1:02.89	32.83	200m:	2:10.47	34.24	300m:	3:19.54	34.72	400m:	4:25.51	32.09		
69.				21.12.2010					+0,63	**4:25.87**	l		567
	50m:	28.49	28.49	150m:	1:34.64	33.76	250m:	2:42.88	34.42	350m:	3:52.32	34.72		
	100m:	1:00.88	32.39	200m:	2:08.46	33.82	300m:	3:17.60	34.72	400m:	4:25.87	33.55		
70.				07.04.2010 l					+0,23	**4:26.88**	l		560
	50m:	29.38	29.38	150m:	1:36.12	34.05	300m:	3:19.66	1:09.40					
	100m:	1:02.07	32.69	200m:	2:10.26	34.14	400m:	4:26.88	1:07.22					
71.				21.11.2007					+0,30	**4:27.14**	l		559
	50m:	29.47	29.47	150m:	1:36.15	33.15	250m:	2:44.13	33.62	350m:	3:53.55	34.45		
	100m:	1:03.00	33.53	200m:	2:10.51	34.36	300m:	3:19.10	34.97	400m:	4:27.14	33.59		
72.				07.03.2012 l					+0,51	**4:28.39**	l		551
	50m:	29.17	29.17	150m:	1:36.96	34.49	250m:	2:45.40	34.26	350m:	3:54.78	34.41		
	100m:	1:02.47	33.30	200m:	2:11.14	34.18	300m:	3:20.37	34.97	400m:	4:28.39	33.61		
73.				13.12.1999					+0,60	**4:28.54**	l		550
	50m:	28.81	28.81	150m:	1:34.59	33.26	250m:	2:43.17	33.98	350m:	3:53.17	35.18		
	100m:	1:01.33	32.52	200m:	2:09.19	34.60	300m:	3:17.99	34.82	400m:	4:28.54	35.37		
74.				04.07.2010		-			+0,23	**4:28.63**	l		549
	50m:	29.17	29.17	150m:	1:36.34	34.14	250m:	2:45.24	33.78	350m:	3:54.49	34.30		
	100m:	1:02.20	33.03	200m:	2:11.46	35.12	300m:	3:20.19	34.95	400m:	4:28.63	34.14		
75.				25.05.2010						**4:28.67**	l		549
	50m:	29.84	29.84	150m:	1:36.19	33.47	250m:	2:44.62	34.25	350m:	3:54.56	35.07		
	100m:	1:02.72	32.88	200m:	2:10.37	34.18	300m:	3:19.49	34.87	400m:	4:28.67	34.11		
76.				07.03.2012 l					+0,30	**4:29.11**	l		546
	50m:	30.13	30.13	150m:	1:37.56	34.00	250m:	2:47.28	35.05	350m:	3:56.29	34.44		
	100m:	1:03.56	33.43	200m:	2:12.23	34.67	300m:	3:21.85	34.57	400m:	4:29.11	32.82		
77.				20.06.2006					+0,65	**4:29.41**	l		545
	50m:	30.50	30.50	150m:	1:37.61	33.39	250m:	2:46.15	33.99	350m:	3:55.48	34.51		
	100m:	1:04.22	33.72	200m:	2:12.16	34.55	300m:	3:20.97	34.82	400m:	4:29.41	33.93		
78.				20.04.2011 l					+0,60	**4:29.43**	l		544
	50m:	30.24	30.24	150m:	1:38.37	33.74	250m:	2:47.37	34.03	350m:	3:57.00	34.58		
	100m:	1:04.63	34.39	200m:	2:13.34	34.97	300m:	3:22.42	35.05	400m:	4:29.43	32.43		
79.				26.02.2012 l					+0,24	**4:29.91**	l		542
	50m:	29.82	29.82	150m:	1:36.17	33.85	250m:	3:56.17	1:45.26	400m:	4:29.91	1:09.00		
	100m:	1:02.32	32.50	200m:	2:10.91	34.74	300m:	3:20.91						
80.				20.01.2012 l					+0,26	**4:30.44**	l		538
	50m:	30.86	30.86	150m:	1:38.67	34.35	250m:	2:47.95	34.64	350m:	3:58.25	34.96		
	100m:	1:04.32	33.46	200m:	2:13.31	34.64	300m:	3:23.29	35.34	400m:	4:30.44	32.19		
81.				31.05.2011 l					+0,72	**4:30.61**	l		537
	50m:	29.88	29.88	150m:	1:37.25	34.25	250m:	2:45.96	34.51	350m:	3:56.26	35.03		
	100m:	1:03.00	33.12	200m:	2:11.45	34.20	300m:	3:21.23	35.27	400m:	4:30.61	34.35		
82.				20.05.2010 l					+0,60	**4:31.23**			534
	50m:	29.57	29.57	150m:	1:36.29	33.74	250m:	2:46.71	35.42	350m:	3:57.05	34.77		
	100m:	1:02.55	32.98	200m:	2:11.29	35.00	300m:	3:22.28	35.57	400m:	4:31.23	34.18		
83.				28.05.2010 l					+0,49	**4:31.50**			532
	50m:	29.79	29.79	150m:	1:38.76	34.70	250m:	2:48.78	35.12	350m:	3:58.80	34.77		
	100m:	1:04.06	34.27	200m:	2:13.66	34.90	300m:	3:24.03	35.25	400m:	4:31.50	32.70		

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Спонсоры соревнований:

УРАЛХИМ ГРУППА КОМПАНИЙ   MAD WAVE

								R.T.			

84.			22.03.2010					+0,25	**4:31.71**		531
	50m:	28.41	28.41	150m:	1:35.66	34.27	250m:	2:45.91	35.31	350m: 3:57.09	35.04
	100m:	1:01.39	32.98	200m:	2:10.60	34.94	300m:	3:22.05	36.14	400m: 4:31.71	34.62

85.			06.07.2011	I				+0,56	**4:32.01**		529
	50m:	29.61	29.61	150m:	3:58.17	2:55.13	300m:	3:22.52	1:10.47		
	100m:	1:03.04	33.43	200m:	2:12.05		400m:	4:32.01	1:09.49		

86.			12.11.2009					+0,30	**4:32.18**		528
	50m:	28.74	28.74	150m:	1:36.18	34.50	250m:	2:46.73	35.23	350m: 3:57.40	35.73
	100m:	1:01.68	32.94	200m:	2:11.50	35.32	300m:	3:21.67	34.94	400m: 4:32.18	34.78

87.			13.05.2011	I				+0,53	**4:32.91**		524
	50m:	30.48	30.48	150m:	1:39.45	34.61	250m:	2:49.46	34.86	350m: 3:59.91	34.71
	100m:	1:04.84	34.36	200m:	2:14.60	35.15	300m:	3:25.20	35.74	400m: 4:32.91	33.00

88.			03.07.2009	I				+0,30	**4:32.96**		524
	50m:	29.38	29.38	150m:	1:37.68	34.90	250m:	2:48.70	35.40	350m: 3:59.55	35.26
	100m:	1:02.78	33.40	200m:	2:13.30	35.62	300m:	3:24.29	35.59	400m: 4:32.96	33.41

89.			08.10.2012	I				+0,39	**4:34.16**		517
	50m:	30.15	30.15	150m:	1:39.24	35.46	250m:	2:50.14	35.81	350m: 4:00.37	34.85
	100m:	1:03.78	33.63	200m:	2:14.33	35.09	300m:	3:25.52	35.38	400m: 4:34.16	33.79

90.			12.03.2010	I				+0,62	**4:35.06**		512
	50m:	30.11	30.11	150m:	1:38.94	34.82	250m:	2:49.90	35.51	350m: 4:01.07	35.17
	100m:	1:04.12	34.01	200m:	2:14.39	35.45	300m:	3:25.90	36.00	400m: 4:35.06	33.99

91.			10.08.2011	I				+0,26	**4:35.90**		507
	50m:	29.68	29.68	150m:	1:39.30	35.15	250m:	2:50.92	35.88	350m: 4:02.58	36.07
	100m:	1:04.15	34.47	200m:	2:15.04	35.74	300m:	3:26.51	35.59	400m: 4:35.90	33.32

92.			18.06.2010	I				+0,59	**4:36.69**		503
	50m:	30.72	30.72	150m:	1:40.18	35.01	250m:	2:50.67	34.89	350m: 4:02.50	35.60
	100m:	1:05.17	34.45	200m:	2:15.78	35.60	300m:	3:26.90	36.23	400m: 4:36.69	34.19

93.			07.11.2010	I				+0,56	**4:37.07**		501
	50m:	30.78	30.78	150m:	1:39.95	34.63	250m:	2:50.97	35.38	350m: 4:03.43	36.62
	100m:	1:05.32	34.54	200m:	2:15.59	35.64	300m:	3:26.81	35.84	400m: 4:37.07	33.64

94.			01.04.2009	I				+0,24	**4:41.68**		476
	50m:	29.88	29.88	150m:	1:39.64	35.52	250m:	4:07.57	1:51.40	400m: 4:41.68	1:11.39
	100m:	1:04.12	34.24	200m:	2:16.17	36.53	300m:	3:30.29			

95.			19.07.2009	I				+0,21	**4:42.31**		473
	50m:	30.32	30.32	150m:	1:40.22	35.28	250m:	2:52.69	36.02	350m: 4:05.95	36.67
	100m:	1:04.94	34.62	200m:	2:16.67	36.45	300m:	3:29.28	36.59	400m: 4:42.31	36.36

96.			31.01.2009	I				+0,63	**4:42.73**		471
	50m:	29.84	29.84	150m:	1:39.88	35.75	250m:	2:52.63	36.25	350m: 4:07.33	36.94
	100m:	1:04.13	34.29	200m:	2:16.38	36.50	300m:	3:30.39	37.76	400m: 4:42.73	35.40

97.			25.06.2011	I				+0,30	**4:45.87**		456
	50m:	30.96	30.96	150m:	1:42.99	36.56	250m:	2:57.24	36.85	350m: 4:10.63	36.34
	100m:	1:06.43	35.47	200m:	2:20.39	37.40	300m:	3:34.29	37.05	400m: 4:45.87	35.24

DNS			22.09.2008								
DNS			25.08.2008								
DNS			31.07.2006								

Спонсоры соревнований: