



37, , 800m , 2012

11.			2012						14:29.35	173	1	
	50m:	45.22	45.22	250m:	4:29.40	57.77	450m:	8:08.05	57.52	650m:	11:51.08	57.27
	100m:	1:37.59	52.37	300m:	5:22.21	52.81	500m:	9:01.78	53.73	700m:	12:45.94	54.86
	150m:	2:34.76	57.17	350m:	6:15.33	53.12	550m:	9:59.57	57.79	750m:	13:43.53	57.59
	200m:	3:31.63	56.87	400m:	7:10.53	55.20	600m:	10:53.81	54.24	800m:	14:29.35	45.82

12.			2012						15:19.24	146	1	
	50m:	45.84	45.84	250m:	4:30.79	57.89	450m:	8:23.17	58.31	650m:	12:20.25	59.83
	100m:	1:40.68	54.84	300m:	5:29.81	59.02	500m:	9:22.20	59.03	700m:	13:18.49	58.24
	150m:	2:36.41	55.73	350m:	6:27.45	57.64	550m:	10:20.84	58.64	750m:	14:17.87	59.38
	200m:	3:32.90	56.49	400m:	7:24.86	57.41	600m:	11:20.42	59.58	800m:	15:19.24	1:01.37

2011

1.			2011						11:17.51	366	2	
	50m:	37.10	37.10	250m:	3:26.81	43.74	450m:	6:21.35	43.28	650m:	9:12.42	42.39
	100m:	1:17.53	40.43	300m:	4:09.84	43.03	500m:	7:03.77	42.42	700m:	9:55.47	43.05
	150m:	2:00.31	42.78	350m:	4:54.14	44.30	550m:	7:47.64	43.87	750m:	10:37.29	41.82
	200m:	2:43.07	42.76	400m:	5:38.07	43.93	600m:	8:30.03	42.39	800m:	11:17.51	40.22

2.			2011						11:35.69	338	2	
	50m:	38.40	38.40	250m:	3:33.58	44.29	450m:	6:29.86	43.90	650m:	9:27.36	44.75
	100m:	1:21.31	42.91	300m:	4:17.36	43.78	500m:	7:13.79	43.93	700m:	10:10.76	43.40
	150m:	2:05.87	44.56	350m:	5:01.84	44.48	550m:	7:58.42	44.63	750m:	10:54.14	43.38
	200m:	2:49.29	43.42	400m:	5:45.96	44.12	600m:	8:42.61	44.19	800m:	11:35.69	41.55

3.			2011				1		11:42.03	329	2	
	50m:	37.38	37.38	250m:	3:31.74	43.67	450m:	6:30.33	44.31	650m:	9:30.19	43.98
	100m:	1:19.89	42.51	300m:	4:16.02	44.28	500m:	7:15.54	45.21	700m:	10:15.00	44.81
	150m:	2:03.95	44.06	350m:	5:01.04	45.02	550m:	8:00.91	45.37	750m:	10:59.13	44.13
	200m:	2:48.07	44.12	400m:	5:46.02	44.98	600m:	8:46.21	45.30	800m:	11:42.03	42.90

4.			2011						12:11.04	291	3	
	50m:	40.91	40.91	250m:	3:47.25	47.56	450m:	6:56.10	46.92	650m:	10:01.07	46.06
	100m:	1:26.89	45.98	300m:	4:35.22	47.97	500m:	7:43.05	46.95	700m:	10:45.07	44.00
	150m:	2:12.52	45.63	350m:	5:22.01	46.79	550m:	8:29.06	46.01	750m:	11:28.70	43.63
	200m:	2:59.69	47.17	400m:	6:09.18	47.17	600m:	9:15.01	45.95	800m:	12:11.04	42.34

5.			2011				8		12:42.83	256	3	
	50m:	40.01	40.01	250m:	3:45.98	47.24	450m:	6:59.94	48.84	650m:	10:16.19	49.03
	100m:	1:25.09	45.08	300m:	4:33.34	47.36	500m:	7:49.29	49.35	700m:	11:04.92	48.73
	150m:	2:12.18	47.09	350m:	5:22.17	48.83	550m:	8:37.93	48.64	750m:	11:54.85	49.93
	200m:	2:58.74	46.56	400m:	6:11.10	48.93	600m:	9:27.16	49.23	800m:	12:42.83	47.98

6.			2011						12:50.32	249	3	
	50m:	41.60	41.60	250m:	3:56.49	49.69	450m:	7:15.22	49.62	650m:	10:31.94	49.36
	100m:	1:29.31	47.71	300m:	4:45.89	49.40	500m:	8:04.20	48.98	700m:	11:20.23	48.29
	150m:	2:17.90	48.59	350m:	5:35.92	50.03	550m:	8:53.57	49.37	750m:	12:07.06	46.83
	200m:	3:06.80	48.90	400m:	6:25.60	49.68	600m:	9:42.58	49.01	800m:	12:50.32	43.26

7.			2011						12:58.46	241	3	
	50m:	43.14	43.14	250m:	4:02.05	50.82	450m:	7:19.96	49.14	650m:	10:38.85	49.70
	100m:	1:32.63	49.49	300m:	4:51.74	49.69	500m:	8:10.01	50.05	700m:	11:27.39	48.54
	150m:	2:22.49	49.86	350m:	5:41.23	49.49	550m:	9:00.30	50.29	750m:	12:14.60	47.21
	200m:	3:11.23	48.74	400m:	6:30.82	49.59	600m:	9:49.15	48.85	800m:	12:58.46	43.86

8.			2011						13:49.39	199	1	
	50m:	44.54	44.54	250m:	4:15.62	53.57	450m:	7:47.98	53.03	650m:	11:19.98	52.28
	100m:	1:36.34	51.80	300m:	5:09.34	53.72	500m:	8:42.26	54.28	700m:	12:11.25	51.27
	150m:	2:29.47	53.13	350m:	6:02.03	52.69	550m:	9:35.93	53.67	750m:	13:02.26	51.01
	200m:	3:22.05	52.58	400m:	6:54.95	52.92	600m:	10:27.70	51.77	800m:	13:49.39	47.13



37,800m						2011			
9.				2011	-	"	"	13:52.39	197 1
	50m:	42.91	42.91	250m:	4:15.16	54.61	450m:	7:53.49	55.90
	100m:	1:34.16	51.25	300m:	5:08.26	53.10	500m:	8:46.61	53.12
	150m:	2:27.22	53.06	350m:	6:03.84	55.58	550m:	9:42.24	55.63
	200m:	3:20.55	53.33	400m:	6:57.59	53.75	600m:	10:34.55	52.31
10.				2011	-	"	"	13:58.59	193 1
	50m:	43.35	43.35	250m:	4:13.92	52.29	450m:	7:47.46	52.69
	100m:	1:35.11	51.76	300m:	5:07.03	53.11	500m:	8:43.28	55.82
	150m:	2:27.82	52.71	350m:	5:59.56	52.53	550m:	9:36.55	53.27
	200m:	3:21.63	53.81	400m:	6:54.77	55.21	600m:	10:30.25	53.70
11.				2011	-	"	"	14:20.90	178 1
	50m:	44.41	44.41	250m:	4:21.46	54.85	450m:	7:59.53	54.21
	100m:	1:37.41	53.00	300m:	5:14.09	52.63	500m:	8:54.36	54.83
	150m:	2:32.61	55.20	350m:	6:09.19	55.10	550m:	9:49.64	55.28
	200m:	3:26.61	54.00	400m:	7:05.32	56.13	600m:	10:44.64	55.00
12.				2011	-	12		15:06.85	152 1
	50m:	47.32	47.32	250m:	4:33.88	57.55	450m:	8:25.80	1:00.79
	100m:	1:42.21	54.89	300m:	5:30.28	56.40	550m:	10:21.20	1:55.40
	150m:	2:38.78	56.57	350m:	6:27.40	57.12	600m:	11:19.09	57.89
	200m:	3:36.33	57.55	400m:	7:25.01	57.61	650m:	12:18.13	59.04
2010									
1.				2010	-	"	"	10:13.79	492 1
	50m:	33.83	33.83	250m:	3:05.01	39.14	450m:	5:42.13	40.02
	100m:	1:10.37	36.54	300m:	3:43.66	38.65	500m:	6:20.67	38.54
	150m:	1:47.93	37.56	350m:	4:22.99	39.33	550m:	7:00.33	39.66
	200m:	2:25.87	37.94	400m:	5:02.11	39.12	600m:	7:39.65	39.32
2.				2010	-	1		10:18.22	482 1
	50m:	34.26	34.26	250m:	3:09.62	39.62	450m:	5:46.82	39.37
	100m:	1:11.90	37.64	300m:	3:48.94	39.32	500m:	6:26.09	39.27
	150m:	1:50.52	38.62	350m:	4:28.30	39.36	550m:	7:05.61	39.52
	200m:	2:30.00	39.48	400m:	5:07.45	39.15	600m:	7:44.67	39.06
3.				2010	-			10:34.25	446 2
	50m:	36.37	36.37	250m:	3:17.63	40.65	450m:	5:58.33	40.43
	100m:	1:16.14	39.77	300m:	3:57.82	40.19	500m:	6:38.17	39.84
	150m:	1:56.41	40.27	350m:	4:38.11	40.29	550m:	7:18.79	40.62
	200m:	2:36.98	40.57	400m:	5:17.90	39.79	600m:	7:58.53	39.74
4.				2010	-			10:39.74	435 2
	50m:	35.81	35.81	250m:	3:15.11	40.76	450m:	5:57.87	40.84
	100m:	1:14.25	38.44	300m:	3:55.52	40.41	500m:	6:39.22	41.35
	150m:	1:54.16	39.91	350m:	4:36.42	40.90	550m:	7:19.70	40.48
	200m:	2:34.35	40.19	400m:	5:17.03	40.61	600m:	8:00.06	40.36
5.				2010	-	"	"	10:45.51	423 2
	50m:	36.88	36.88	250m:	3:19.21	40.77	450m:	6:03.69	40.89
	100m:	1:16.94	40.06	300m:	4:01.00	41.79	500m:	6:44.94	41.25
	150m:	1:57.83	40.89	350m:	4:41.76	40.76	550m:	7:25.60	40.66
	200m:	2:38.44	40.61	400m:	5:22.80	41.04	600m:	8:06.53	40.93
6.				2010	-	"World Class"		11:05.04	387 2
	50m:	36.89	36.89	250m:	3:23.94	42.33	450m:	6:13.52	42.65
	100m:	1:17.32	40.43	300m:	4:06.06	42.12	500m:	6:55.26	41.74
	150m:	1:59.63	42.31	350m:	4:48.41	42.35	550m:	7:37.89	42.63
	200m:	2:41.61	41.98	400m:	5:30.87	42.46	600m:	8:19.55	41.66



		37,800m				2010						
7.				2010		-		1		11:28.07	349	2
	50m:	39.11	39.11	250m:	3:33.41	43.56	450m:	6:30.44	43.98	650m:	9:25.79	43.87
	100m:	1:21.43	42.32	300m:	4:17.74	44.33	500m:	7:13.96	43.52	700m:	10:09.13	43.34
	150m:	2:05.97	44.54	350m:	5:02.12	44.38	550m:	7:58.97	45.01	750m:	10:50.67	41.54
	200m:	2:49.85	43.88	400m:	5:46.46	44.34	600m:	8:41.92	42.95	800m:	11:28.07	37.40
8.				2010		.		-		11:38.33	334	2
	50m:	38.32	38.32	250m:	3:36.49	45.81	450m:	6:34.64	45.20	650m:	9:33.52	44.49
	100m:	1:20.58	42.26	300m:	4:20.08	43.59	500m:	7:18.87	44.23	700m:	10:17.33	43.81
	150m:	2:04.84	44.26	350m:	5:05.80	45.72	550m:	8:04.36	45.49	750m:	10:58.72	41.39
	200m:	2:50.68	45.84	400m:	5:49.44	43.64	600m:	8:49.03	44.67	800m:	11:38.33	39.61
9.				2010		.		-		11:59.97	305	3
	50m:	36.63	36.63	250m:	3:32.14	44.44	450m:	6:38.46	47.04	650m:	9:45.93	46.55
	100m:	1:17.87	41.24	300m:	4:19.35	47.21	500m:	7:24.99	46.53	700m:	10:33.69	47.76
	150m:	2:02.71	44.84	350m:	5:04.89	45.54	550m:	8:11.08	46.09	750m:	11:16.22	42.53
	200m:	2:47.70	44.99	400m:	5:51.42	46.53	600m:	8:59.38	48.30	800m:	11:59.97	43.75
10.				2010		.		-		12:15.52	286	3
	50m:	42.05	42.05	250m:	3:51.84	47.24	450m:	6:59.46	45.06	650m:	10:03.64	46.42
	100m:	1:28.69	46.64	300m:	4:40.15	48.31	500m:	7:46.13	46.67	700m:	10:48.86	45.22
	150m:	2:16.17	47.48	350m:	5:27.94	47.79	550m:	8:31.61	45.48	750m:	11:32.91	44.05
	200m:	3:04.60	48.43	400m:	6:14.40	46.46	600m:	9:17.22	45.61	800m:	12:15.52	42.61
11.				2010		.		-		12:19.12	282	3
	50m:	38.33	38.33	250m:	3:45.07	49.25	450m:	6:53.57	48.08	650m:	10:02.73	47.20
	100m:	1:23.17	44.84	300m:	4:32.49	47.42	500m:	7:40.02	46.45	700m:	10:50.66	47.93
	150m:	2:10.46	47.29	350m:	5:19.55	47.06	550m:	8:27.55	47.53	750m:	11:34.50	43.84
	200m:	2:55.82	45.36	400m:	6:05.49	45.94	600m:	9:15.53	47.98	800m:	12:19.12	44.62
12.				2010		.		-		12:24.25	276	3
	50m:	40.64	40.64	250m:	3:47.10	47.97	450m:	6:53.82	48.11	650m:	10:05.12	48.98
	100m:	1:25.67	45.03	300m:	4:32.82	45.72	500m:	7:39.31	45.49	700m:	10:53.30	48.18
	150m:	2:12.85	47.18	350m:	5:21.04	48.22	550m:	8:27.53	48.22	750m:	11:40.26	46.96
	200m:	2:59.13	46.28	400m:	6:05.71	44.67	600m:	9:16.14	48.61	800m:	12:24.25	43.99
13.				2010		.		-		13:06.19	234	3
	50m:	41.84	41.84	250m:	4:02.51	51.01	450m:	7:22.09	50.00	650m:	10:40.10	49.66
	100m:	1:31.36	49.52	300m:	4:52.11	49.60	500m:	8:11.15	49.06	700m:	11:29.46	49.36
	150m:	2:22.50	51.14	350m:	5:42.18	50.07	550m:	9:01.43	50.28	750m:	12:18.96	49.50
	200m:	3:11.50	49.00	400m:	6:32.09	49.91	600m:	9:50.44	49.01	800m:	13:06.19	47.23
2009												
1.				2009		.		-		10:16.49	486	1
	50m:	32.39	32.39	250m:	3:05.55	39.97	450m:	5:42.36	39.86	650m:	8:21.13	40.32
	100m:	1:08.62	36.23	300m:	3:44.00	38.45	500m:	6:21.18	38.82	700m:	9:00.39	39.26
	150m:	1:47.20	38.58	350m:	4:23.54	39.54	550m:	7:01.17	39.99	750m:	9:38.98	38.59
	200m:	2:25.58	38.38	400m:	5:02.50	38.96	600m:	7:40.81	39.64	800m:	10:16.49	37.51
2.				2009		.		-		10:37.75	439	2
	50m:	35.32	35.32	250m:	3:14.58	40.15	450m:	5:56.78	41.07	650m:	8:39.94	40.51
	100m:	1:14.66	39.34	300m:	3:54.82	40.24	500m:	6:37.42	40.64	700m:	9:20.45	40.51
	150m:	1:54.58	39.92	350m:	4:35.45	40.63	550m:	7:18.39	40.97	750m:	9:59.28	38.83
	200m:	2:34.43	39.85	400m:	5:15.71	40.26	600m:	7:59.43	41.04	800m:	10:37.75	38.47
3.				2009		.		-		10:43.34	427	2
	50m:	35.39	35.39	250m:	3:17.24	41.31	450m:	6:00.07	41.56	650m:	8:44.16	41.39
	100m:	1:15.28	39.89	300m:	3:57.19	39.95	500m:	6:41.01	40.94	700m:	9:24.25	40.09
	150m:	1:55.95	40.67	350m:	4:38.10	40.91	550m:	7:22.15	41.14	750m:	10:04.61	40.36
	200m:	2:35.93	39.98	400m:	5:18.51	40.41	600m:	8:02.77	40.62	800m:	10:43.34	38.73



37,	, 800m	,	2009									
4.			2009	-	"	"		10:45.20	424	2		
	50m: 34.71	34.71	250m: 3:13.56	40.81	450m: 5:59.80	41.26	650m: 8:45.08	40.85				
	100m: 1:12.44	37.73	300m: 3:55.02	41.46	500m: 6:41.71	41.91	700m: 9:26.22	41.14				
	150m: 1:52.04	39.60	350m: 4:36.74	41.72	550m: 7:22.53	40.82	750m: 10:06.02	39.80				
	200m: 2:32.75	40.71	400m: 5:18.54	41.80	600m: 8:04.23	41.70	800m: 10:45.20	39.18				
5.			2009	-	"	"		10:57.81	400	2		
	50m: 34.75	34.75	250m: 3:16.97	41.66	450m: 6:05.00	43.39	650m: 8:57.35	43.54				
	100m: 1:14.92	40.17	300m: 3:58.11	41.14	500m: 6:47.98	42.98	700m: 9:38.68	41.33				
	150m: 1:55.29	40.37	350m: 4:39.33	41.22	550m: 7:31.13	43.15	750m: 10:18.86	40.18				
	200m: 2:35.31	40.02	400m: 5:21.61	42.28	600m: 8:13.81	42.68	800m: 10:57.81	38.95				
6.			2009	-	1			11:04.48	388	2		
	50m: 36.81	36.81	250m: 3:27.34	43.42	450m: 6:16.69	42.03	650m: 9:04.80	41.52				
	100m: 1:19.06	42.25	300m: 4:10.13	42.79	500m: 6:59.13	42.44	700m: 9:46.19	41.39				
	150m: 2:01.12	42.06	350m: 4:52.16	42.03	550m: 7:41.04	41.91	750m: 10:26.31	40.12				
	200m: 2:43.92	42.80	400m: 5:34.66	42.50	600m: 8:23.28	42.24	800m: 11:04.48	38.17				
7.			2009	-	1			11:09.81	379	2		
	50m: 38.35	38.35	250m: 3:27.67	42.99	450m: 6:18.34	42.96	650m: 9:10.68	43.61				
	100m: 1:19.38	41.03	300m: 4:09.73	42.06	500m: 7:00.74	42.40	700m: 9:52.91	42.23				
	150m: 2:02.50	43.12	350m: 4:52.68	42.95	550m: 7:44.17	43.43	750m: 10:34.96	42.05				
	200m: 2:44.68	42.18	400m: 5:35.38	42.70	600m: 8:27.07	42.90	800m: 11:09.81	34.85				
8.			2009	-	-	-	4	11:17.55	366	2		
	50m: 36.20	36.20	250m: 3:25.82	43.18	450m: 6:17.68	43.48	650m: 9:11.07	42.08				
	100m: 1:16.80	40.60	300m: 4:08.50	42.68	500m: 7:01.47	43.79	700m: 9:54.42	43.35				
	150m: 1:59.64	42.84	350m: 4:51.39	42.89	550m: 7:45.25	43.78	750m: 10:36.73	42.31				
	200m: 2:42.64	43.00	400m: 5:34.20	42.81	600m: 8:28.99	43.74	800m: 11:17.55	40.82				
9.			2009	-	1			11:27.46	350	2		
	50m: 36.92	36.92	250m: 3:29.14	44.16	450m: 6:26.88	43.94	650m: 9:21.74	43.11				
	100m: 1:18.27	41.35	300m: 4:14.15	45.01	500m: 7:11.10	44.22	700m: 10:05.20	43.46				
	150m: 2:02.07	43.80	350m: 4:58.44	44.29	550m: 7:54.91	43.81	750m: 10:47.38	42.18				
	200m: 2:44.98	42.91	400m: 5:42.94	44.50	600m: 8:38.63	43.72	800m: 11:27.46	40.08				
10.			2009	-	"World Class"			11:40.33	331	2		
	50m: 37.60	37.60	250m: 3:31.52	43.42	450m: 6:28.49	43.80	650m: 9:30.29	43.62				
	100m: 1:20.60	43.00	300m: 4:14.49	42.97	500m: 7:14.31	45.82	700m: 10:14.17	43.88				
	150m: 2:04.19	43.59	350m: 4:59.75	45.26	550m: 7:59.77	45.46	750m: 10:59.69	45.52				
	200m: 2:48.10	43.91	400m: 5:44.69	44.94	600m: 8:46.67	46.90	800m: 11:40.33	40.64				
11.			2009	-				12:14.66	287	3		
	50m: 39.52	39.52	250m: 3:42.39	46.34	450m: 6:50.98	47.52	650m: 9:58.60	47.33				
	100m: 1:25.03	45.51	300m: 4:30.31	47.92	500m: 7:38.32	47.34	700m: 10:45.08	46.48				
	150m: 2:09.77	44.74	350m: 5:17.16	46.85	550m: 8:24.48	46.16	750m: 11:31.32	46.24				
	200m: 2:56.05	46.28	400m: 6:03.46	46.30	600m: 9:11.27	46.79	800m: 12:14.66	43.34				
12.			2009	-		"		12:19.92"	281	3		
	50m: 39.58	39.58	250m: 3:44.04	47.25	450m: 6:53.69	47.82	650m: 10:02.71	48.05				
	100m: 1:23.90	44.32	300m: 4:30.83	46.79	500m: 7:40.49	46.80	700m: 10:48.22	45.51				
	150m: 2:10.67	46.77	350m: 5:18.71	47.88	550m: 8:27.58	47.09	750m: 11:35.09	46.87				
	200m: 2:56.79	46.12	400m: 6:05.87	47.16	600m: 9:14.66	47.08	800m: 12:19.92	44.83				
13.			2009	-				12:23.25	277	3		
	50m: 35.81	35.81	200m: 2:51.67	46.52	350m: 5:13.87	47.36	550m: 8:29.58	1:38.33				
	100m: 1:18.83	43.02	250m: 3:39.22	47.55	400m: 12:23.42	7:09.55	800m: 12:23.25	3:53.67				
	150m: 2:05.15	46.32	300m: 4:26.51	47.29	450m: 6:51.25							
14.			2009	-	"	"		12:28.33	271	3		
	50m: 38.18	38.18	250m: 3:43.14	48.01	450m: 6:54.88	48.85	650m: 10:08.38	47.95				
	100m: 1:22.68	44.50	300m: 4:31.42	48.28	500m: 7:43.03	48.15	700m: 10:55.22	46.84				
	150m: 2:09.08	46.40	350m: 5:19.07	47.65	550m: 8:31.44	48.41	750m: 11:42.98	47.76				
	200m: 2:55.13	46.05	400m: 6:06.03	46.96	600m: 9:20.43	48.99	800m: 12:28.33	45.35				



Детская Лига Плавания
«ПОВОЛЖЬЕ»

Республиканские соревнования по плаванию Детской Лиги Плавания "Поволжье"

23 - 26 декабря 2021 года

Саранск

37, , 800m , 2009

15.			2009		.	-	"	"	12:52.11	247	3	
	50m:	41.46	41.46	250m:	3:55.67	48.66	450m:	7:12.75	48.26	650m:	10:29.62	48.57
	100m:	1:29.20	47.74	300m:	4:45.54	49.87	500m:	8:02.66	49.91	700m:	11:18.35	48.73
	150m:	2:17.89	48.69	350m:	5:34.09	48.55	550m:	8:51.18	48.52	750m:	12:05.30	46.95
	200m:	3:07.01	49.12	400m:	6:24.49	50.40	600m:	9:41.05	49.87	800m:	12:52.11	46.81