

Детской Лиги Плавания

«Поволжье»

ПЕНЗА

61

, 400m

(11-12)

08.04.2023 - 15:05

: FINA 2023

								R.T.		FINA		
1.				2011 II	" "			+0,81	4:52.68	2	425	
	50m:	33.46	33.46	150m:	1:47.78	37.37	250m:	3:02.22	36.80	350m:	4:16.85	37.10
	100m:	1:10.41	36.95	200m:	2:25.42	37.64	300m:	3:39.75	37.53	400m:	4:52.68	35.83
2.				2011 II		10 "	" "	+0,74	4:55.53	2	412	
	50m:	33.33	33.33	150m:	1:48.29	37.39	250m:	3:03.11	36.69	350m:	4:18.50	36.92
	100m:	1:10.90	37.57	200m:	2:26.42	38.13	300m:	3:41.58	38.47	400m:	4:55.53	37.03
3.				2011 II	()				5:02.07	2	386	
	50m:	33.98	33.98	150m:	1:50.45	37.59	250m:	3:07.88	38.89	350m:	4:24.81	37.99
	100m:	1:12.86	38.88	200m:	2:28.99	38.54	300m:	3:46.82	38.94	400m:	5:02.07	37.26
4.				2011 II	" "	" "			5:02.65	2	384	
	50m:	33.42	33.42	150m:	1:50.08	38.76	250m:	3:08.60	39.42	350m:	4:26.87	38.72
	100m:	1:11.32	37.90	200m:	2:29.18	39.10	300m:	3:48.15	39.55	400m:	5:02.65	35.78
5.				2011 II	" "	" "		+0,63	5:13.20	3	346	
	50m:	33.84	33.84	150m:	1:52.11	40.42	250m:	3:12.22	40.66	350m:	4:34.37	41.33
	100m:	1:11.69	37.85	200m:	2:31.56	39.45	300m:	3:53.04	40.82	400m:	5:13.20	38.83
6.				2011 II	()			+0,86	5:13.32	3	346	
	50m:	34.49	34.49	150m:	1:54.42	40.86	250m:	3:15.78	41.41	350m:	4:34.92	38.63
	100m:	1:13.56	39.07	200m:	2:34.37	39.95	300m:	3:56.29	40.51	400m:	5:13.32	38.40
7.				2011 II	" "	" "			5:13.65	3	345	
	50m:	36.40	36.40	150m:	1:54.39	40.28	250m:	3:15.36	41.49	350m:	4:35.96	40.62
	100m:	1:14.11	37.71	200m:	2:33.87	39.48	300m:	3:55.34	39.98	400m:	5:13.65	37.69
8.				2011 II	" "	" "		+0,66	5:14.18	3	343	
	50m:	34.06	34.06	150m:	1:54.56	39.86	250m:	3:13.93	40.47	350m:	4:34.60	40.77
	100m:	1:14.70	40.64	200m:	2:33.46	38.90	300m:	3:53.83	39.90	400m:	5:14.18	39.58
9.				2011 II	" "	" "			5:14.64	3	342	
	50m:	34.02	34.02	150m:	1:52.91	40.03	250m:	3:14.07	41.36	350m:	4:35.56	40.75
	100m:	1:12.88	38.86	200m:	2:32.71	39.80	300m:	3:54.81	40.74	400m:	5:14.64	39.08
10.				2011 III	" "	" "			5:14.72	3	341	
	50m:	35.73	35.73	150m:	1:55.98	41.64	250m:	3:17.41	40.61	350m:	4:38.78	40.96
	100m:	1:14.34	38.61	200m:	2:36.80	40.82	300m:	3:57.82	40.41	400m:	5:14.72	35.94
11.				2011 II	/ "World Class",			+0,72	5:18.79	3	328	
	50m:	34.61	34.61	150m:	1:55.46	40.65	250m:	3:18.95	41.66	350m:	4:40.44	40.13
	100m:	1:14.81	40.20	200m:	2:37.29	41.83	300m:	4:00.31	41.36	400m:	5:18.79	38.35
12.				2011 III	10 "	" "			5:23.16	3	315	
	50m:	34.93	34.93	150m:	1:56.09	40.45	250m:	3:19.72	41.19	350m:	4:44.06	41.93
	100m:	1:15.64	40.71	200m:	2:38.53	42.44	300m:	4:02.13	42.41	400m:	5:23.16	39.10
13.				2011 III				+0,65	5:29.42	3	298	
	50m:	35.58	35.58	150m:	1:58.39	42.19	250m:	3:23.28	43.10	350m:	4:48.83	42.81
	100m:	1:16.20	40.62	200m:	2:40.18	41.79	300m:	4:06.02	42.74	400m:	5:29.42	40.59
14.				2012 III					5:29.67	3	297	
	50m:	35.29	35.29	150m:	1:57.41	41.67	250m:	3:23.39	43.00	350m:	4:48.59	41.62
	100m:	1:15.74	40.45	200m:	2:40.39	42.98	300m:	4:06.97	43.58	400m:	5:29.67	41.08
15.				2011 III	10 "	" "			5:31.19	3	293	
	50m:	37.95	37.95	150m:	2:02.48	42.50	250m:	3:26.84	42.17	350m:	4:49.10	40.34
	100m:	1:19.98	42.03	200m:	2:44.67	42.19	300m:	4:08.76	41.92	400m:	5:31.19	42.09
16.				2012 III	10 "	" "			5:33.23	3	288	
	50m:	37.32	37.32	150m:	2:01.62	42.57	250m:	3:28.41	44.11	350m:	4:53.96	43.29
	100m:	1:19.05	41.73	200m:	2:44.30	42.68	300m:	4:10.67	42.26	400m:	5:33.23	39.27
17.				2011 III	10 "	" "		+0,98	5:35.35	3	282	
	50m:	35.66	35.66	150m:	2:01.46	43.83	250m:	3:29.44	43.92	350m:	4:55.14	41.99
	100m:	1:17.63	41.97	200m:	2:45.52	44.06	300m:	4:13.15	43.71	400m:	5:35.35	40.21
18.				2012 I				+0,90	5:36.76	3	279	
	50m:	37.04	37.04	150m:	2:02.24	43.25	250m:	3:28.91	42.74	350m:	4:55.40	44.15
	100m:	1:18.99	41.95	200m:	2:46.17	43.93	300m:	4:11.25	42.34	400m:	5:36.76	41.36



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61, , 400m , (11-12)								R.T.		FINA	
19.				2012 III				+0,58	5:36.80	3	278
	50m: 37.20	37.20		150m: 2:02.11	43.07	250m: 3:28.03	43.34	350m: 4:54.79	43.21		
	100m: 1:19.04	41.84		200m: 2:44.69	42.58	300m: 4:11.58	43.55	400m: 5:36.80	42.01		
20.				2011 III	"	"		+0,75	5:37.11	3	278
	50m: 38.31	38.31		150m: 2:05.38	44.12	250m: 3:32.50	43.03	350m: 4:56.82	41.24		
	100m: 1:21.26	42.95		200m: 2:49.47	44.09	300m: 4:15.58	43.08	400m: 5:37.11	40.29		
21.				2011 III	/ "World Class",			+0,67	5:37.55	3	277
	50m: 37.88	37.88		150m: 2:04.95	45.00	250m: 3:31.38	43.80	350m: 4:57.35	42.44		
	100m: 1:19.95	42.07		200m: 2:47.58	42.63	300m: 4:14.91	43.53	400m: 5:37.55	40.20		
22.				2012 III	" "			+0,74	5:39.04	3	273
	50m: 37.97	37.97		150m: 2:03.91	43.11	250m: 3:31.89	43.92	350m: 4:57.54	41.84		
	100m: 1:20.80	42.83		200m: 2:47.97	44.06	300m: 4:15.70	43.81	400m: 5:39.04	41.50		
23.				2012 I					5:39.71	3	271
	50m: 38.97	38.97		150m: 2:05.63	43.46	250m: 3:32.79	43.66	350m: 4:59.62	43.08		
	100m: 1:22.17	43.20		200m: 2:49.13	43.50	300m: 4:16.54	43.75	400m: 5:39.71	40.09		
24.				2012 III	" "				5:40.03	3	271
	50m: 37.26	37.26		150m: 2:03.85	43.50	250m: 3:29.58	42.96	350m: 4:58.20	44.61		
	100m: 1:20.35	43.09		200m: 2:46.62	42.77	300m: 4:13.59	44.01	400m: 5:40.03	41.83		
25.				2011 III					5:41.29	3	268
	50m: 37.41	37.41		150m: 2:04.91	45.36	250m: 3:32.60	43.77	350m: 4:59.52	44.96		
	100m: 1:19.55	42.14		200m: 2:48.83	43.92	300m: 4:14.56	41.96	400m: 5:41.29	41.77		
26.				2012 III	" "				5:42.33	3	265
	50m: 38.48	38.48		150m: 2:07.28	45.66	250m: 3:36.25	44.61	350m: 5:03.48	43.81		
	100m: 1:21.62	43.14		200m: 2:51.64	44.36	300m: 4:19.67	43.42	400m: 5:42.33	38.85		
27.				2012 III	10 "	"			5:43.94	3	261
	50m: 36.47	36.47		150m: 2:03.41	44.01	250m: 3:31.84	43.72	350m: 5:00.88	44.29		
	100m: 1:19.40	42.93		200m: 2:48.12	44.71	300m: 4:16.59	44.75	400m: 5:43.94	43.06		
28.				2011 III	" "			+0,81	5:44.51	3	260
	50m: 35.87	35.87		150m: 2:03.26	43.86	250m: 3:32.92	44.60	350m: 5:01.45	43.47		
	100m: 1:19.40	43.53		200m: 2:48.32	45.06	300m: 4:17.98	45.06	400m: 5:44.51	43.06		
29.				2012 III	10 "	"			5:44.78	3	260
	50m: 42.02	42.02		150m: 2:10.00	44.30	250m: 3:36.83	43.26	350m: 5:05.41	45.19		
	100m: 1:25.70	43.68		200m: 2:53.57	43.57	300m: 4:20.22	43.39	400m: 5:44.78	39.37		
30.				2012 III	" "				5:45.04	3	259
	50m: 37.17	37.17		150m: 2:04.54	43.79	250m: 3:31.98	43.65	350m: 5:01.18	44.28		
	100m: 1:20.75	43.58		200m: 2:48.33	43.79	300m: 4:16.90	44.92	400m: 5:45.04	43.86		
31.				2011 I				+0,63	5:47.87	3	253
	50m: 37.65	37.65		150m: 2:07.14	45.39	250m: 3:37.24	44.19	350m: 5:06.22	43.62		
	100m: 1:21.75	44.10		200m: 2:53.05	45.91	300m: 4:22.60	45.36	400m: 5:47.87	41.65		
32.				2011 I				+0,68	5:48.13	3	252
	50m: 37.79	37.79		150m: 2:05.67	45.12	250m: 3:36.13	44.47	350m: 5:06.06	44.03		
	100m: 1:20.55	42.76		200m: 2:51.66	45.99	300m: 4:22.03	45.90	400m: 5:48.13	42.07		
33.				2012 I					5:48.70	3	251
	50m: 37.77	37.77		150m: 2:05.00	44.41	250m: 3:37.01	46.05	350m: 5:06.70	44.07		
	100m: 1:20.59	42.82		200m: 2:50.96	45.96	300m: 4:22.63	45.62	400m: 5:48.70	42.00		
34.				2011 I					5:48.97	3	250
	50m: 37.13	37.13		150m: 2:06.56	44.81	250m: 3:36.38	44.96	350m: 5:06.18	44.11		
	100m: 1:21.75	44.62		200m: 2:51.42	44.86	300m: 4:22.07	45.69	400m: 5:48.97	42.79		
35.				2011 III					5:52.25	1	243
	50m: 38.53	38.53		150m: 2:05.35	44.40	250m: 3:34.99	44.97	350m: 5:07.43	45.01		
	100m: 1:20.95	42.42		200m: 2:50.02	44.67	300m: 4:22.42	47.43	400m: 5:52.25	44.82		
36.				2012 III	42,			+0,65	5:54.15	1	239
	50m: 38.99	38.99		150m: 2:10.88	46.03	250m: 3:42.25	45.98	350m: 5:12.49	44.85		
	100m: 1:24.85	45.86		200m: 2:56.27	45.39	300m: 4:27.64	45.39	400m: 5:54.15	41.66		
37.				2011 I					5:54.62	1	238
	50m: 38.12	38.12		150m: 2:06.00	45.18	250m: 3:38.19	46.60	350m: 5:11.06	46.05		
	100m: 1:20.82	42.70		200m: 2:51.59	45.59	300m: 4:25.01	46.82	400m: 5:54.62	43.56		

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61, , 400m , (11-12)

								R.T.		FINA		
38.				2011	III	" "	" "	+0,92	5:57.14	1	233	
	50m:	37.79	37.79	150m:	2:07.55	45.67	250m:	3:39.03	45.68	350m:	5:11.90	45.31
	100m:	1:21.88	44.09	200m:	2:53.35	45.80	300m:	4:26.59	47.56	400m:	5:57.14	45.24
39.				2012	III	10 "	" "		5:57.98	1	232	
	50m:	37.84	37.84	150m:	2:07.99	45.27	250m:	3:39.71	45.77	350m:	5:13.67	46.40
	100m:	1:22.72	44.88	200m:	2:53.94	45.95	300m:	4:27.27	47.56	400m:	5:57.98	44.31
40.				2012	I				5:58.15	1	231	
	50m:	38.39	38.39	150m:	2:08.94	46.92	250m:	3:42.74	47.35	350m:	5:14.81	45.94
	100m:	1:22.02	43.63	200m:	2:55.39	46.45	300m:	4:28.87	46.13	400m:	5:58.15	43.34
41.				2012	I				5:59.42	1	229	
	50m:	41.23	41.23	150m:	2:10.55	44.71	250m:	3:42.79	46.45	350m:	5:14.13	44.69
	100m:	1:25.84	44.61	200m:	2:56.34	45.79	300m:	4:29.44	46.65	400m:	5:59.42	45.29
42.				2011	I				6:01.41	1	225	
	50m:	39.16	39.16	150m:	2:12.82	47.94	250m:	3:47.76	47.37	350m:	5:19.64	45.20
	100m:	1:24.88	45.72	200m:	3:00.39	47.57	300m:	4:34.44	46.68	400m:	6:01.41	41.77
43.				2011	I	10,		+0,96	6:02.01	1	224	
	50m:	39.50	39.50	150m:	2:12.31	46.62	250m:	3:46.74	46.79	350m:	5:20.11	46.02
	100m:	1:25.69	46.19	200m:	2:59.95	47.64	300m:	4:34.09	47.35	400m:	6:02.01	41.90
44.				2011	I			+1,01	6:06.55	1	216	
	50m:	42.33	42.33	150m:	2:13.53	47.21	250m:	3:48.51	47.62	350m:	5:23.17	46.82
	100m:	1:26.32	43.99	200m:	3:00.89	47.36	300m:	4:36.35	47.84	400m:	6:06.55	43.38
45.				2012	I				6:07.63	1	214	
	50m:	39.25	39.25	150m:	2:13.73	47.84	250m:	3:49.40	47.05	350m:	5:23.02	46.06
	100m:	1:25.89	46.64	200m:	3:02.35	48.62	300m:	4:36.96	47.56	400m:	6:07.63	44.61
46.				2012	I				6:09.81	1	210	
	50m:	41.37	41.37	150m:	2:15.11	47.93	250m:	3:49.94	46.87	350m:	5:24.83	46.97
	100m:	1:27.18	45.81	200m:	3:03.07	47.96	300m:	4:37.86	47.92	400m:	6:09.81	44.98
47.				2011	I				6:11.69	1	207	
	50m:	41.93	41.93	150m:	2:16.38	47.72	250m:	3:51.15	47.51	350m:	5:26.16	47.23
	100m:	1:28.66	46.73	200m:	3:03.64	47.26	300m:	4:38.93	47.78	400m:	6:11.69	45.53
48.				2012	I				6:14.74	1	202	
	50m:	41.49	41.49	150m:	2:16.30	47.60	250m:	3:52.21	47.77	350m:	5:28.53	46.82
	100m:	1:28.70	47.21	200m:	3:04.44	48.14	300m:	4:41.71	49.50	400m:	6:14.74	46.21
49.				2011	I	10 "	" "		6:17.71	1	197	
	50m:	41.23	41.23	150m:	2:16.62	48.65	250m:	3:55.46	49.99	350m:	5:33.07	49.15
	100m:	1:27.97	46.74	200m:	3:05.47	48.85	300m:	4:43.92	48.46	400m:	6:17.71	44.64
50.				2012	I			+0,62	6:20.28	1	193	
	50m:	38.80	38.80	150m:	2:14.09	48.01	250m:	3:52.60	49.03	350m:	5:33.51	49.73
	100m:	1:26.08	47.28	200m:	3:03.57	49.48	300m:	4:43.78	51.18	400m:	6:20.28	46.77
51.				2011	I				6:24.14	1	188	
	50m:	40.32	40.32	150m:	2:17.24	48.35	250m:	3:56.87	48.69	350m:	5:36.08	47.96
	100m:	1:28.89	48.57	200m:	3:08.18	50.94	300m:	4:48.12	51.25	400m:	6:24.14	48.06
52.				2011	I	" "	" "		6:25.87	1	185	
	50m:	42.33	42.33	150m:	2:22.58	51.14	250m:	4:02.06	49.99	350m:	5:41.02	50.27
	100m:	1:31.44	49.11	200m:	3:12.07	49.49	300m:	4:50.75	48.69	400m:	6:25.87	44.85
53.				2011	II				6:25.92	1	185	
	50m:	43.01	43.01	150m:	2:22.75	50.36	250m:	4:02.62	50.59	350m:	5:42.68	50.12
	100m:	1:32.39	49.38	200m:	3:12.03	49.28	300m:	4:52.56	49.94	400m:	6:25.92	43.24
54.				2012	II				6:27.41	1	183	
	50m:	43.23	43.23	150m:	2:22.93	50.41	250m:	4:01.87	49.15	350m:	5:39.90	49.31
	100m:	1:32.52	49.29	200m:	3:12.72	49.79	300m:	4:50.59	48.72	400m:	6:27.41	47.51
55.				2012	I			+0,67	6:27.54	1	183	
	50m:	44.61	44.61	150m:	2:25.53	51.60	250m:	4:06.88	51.42	350m:	5:45.26	49.03
	100m:	1:33.93	49.32	200m:	3:15.46	49.93	300m:	4:56.23	49.35	400m:	6:27.54	42.28
56.				2011	I				6:27.74	1	182	
	50m:	40.38	40.38	150m:	2:20.83	50.99	250m:	4:00.41	49.57	350m:	5:39.15	49.10
	100m:	1:29.84	49.46	200m:	3:10.84	50.01	300m:	4:50.05	49.64	400m:	6:27.74	48.59



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61, , 400m , (11-12)								R.T.		FINA	
57.			2012 I						6:29.66	1	180
	50m: 40.19	40.19	150m: 2:14.49	48.78	250m: 3:59.21	51.87	350m: 5:40.51	48.34			
	100m: 1:25.71	45.52	200m: 3:07.34	52.85	300m: 4:52.17	52.96	400m: 6:29.66	49.15			
58.			2011 I					+0,68	6:30.85	1	178
	50m: 40.17	40.17	150m: 2:19.54	49.65	250m: 3:59.53	49.57	350m: 5:41.48	50.56			
	100m: 1:29.89	49.72	200m: 3:09.96	50.42	300m: 4:50.92	51.39	400m: 6:30.85	49.37			
59.			2012 II					+0,64	6:32.89	1	175
	50m: 42.81	42.81	150m: 2:24.62	51.64	250m: 4:06.56	50.68	350m: 5:46.66	49.83			
	100m: 1:32.98	50.17	200m: 3:15.88	51.26	300m: 4:56.83	50.27	400m: 6:32.89	46.23			
60.			2012 II						6:33.75	1	174
	50m: 44.28	44.28	150m: 2:25.61	51.60	250m: 4:07.38	51.56	350m: 5:48.16	51.31			
	100m: 1:34.01	49.73	200m: 3:15.82	50.21	300m: 4:56.85	49.47	400m: 6:33.75	45.59			
61.			2011 I						6:34.12	1	174
	50m: 38.89	38.89	150m: 2:13.76	48.59	250m: 3:58.05	51.48	350m: 5:43.73	51.83			
	100m: 1:25.17	46.28	200m: 3:06.57	52.81	300m: 4:51.90	53.85	400m: 6:34.12	50.39			
62.			2012 II						6:34.62	1	173
	50m: 41.71	41.71	150m: 2:23.61	50.88	250m: 4:06.79	51.24	350m: 5:47.69	49.85			
	100m: 1:32.73	51.02	200m: 3:15.55	51.94	300m: 4:57.84	51.05	400m: 6:34.62	46.93			
63.			2011 I	" "					6:34.87	1	173
	50m: 44.42	44.42	150m: 2:24.44	50.95	250m: 4:04.42	49.71	350m: 5:46.77	50.88			
	100m: 1:33.49	49.07	200m: 3:14.71	50.27	300m: 4:55.89	51.47	400m: 6:34.87	48.10			
64.			2011 I					+0,86	6:34.93	1	173
	50m: 43.29	43.29	150m: 2:22.59	50.09	250m: 4:04.55	50.23	350m: 5:48.65	51.50			
	100m: 1:32.50	49.21	200m: 3:14.32	51.73	300m: 4:57.15	52.60	400m: 6:34.93	46.28			
65.			2012 I						6:38.50	1	168
	50m: 40.27	40.27	150m: 2:20.51	52.09	250m: 4:03.44	51.75	350m: 5:48.57	51.67			
	100m: 1:28.42	48.15	200m: 3:11.69	51.18	300m: 4:56.90	53.46	400m: 6:38.50	49.93			
66.			2011 I						6:40.52	1	165
	50m: 41.23	41.23	150m: 2:20.19	48.76	250m: 4:04.03	51.57	350m: 5:47.51	51.51			
	100m: 1:31.43	50.20	200m: 3:12.46	52.27	300m: 4:56.00	51.97	400m: 6:40.52	53.01			
67.			2011 II						6:41.03	1	165
	50m: 43.66	43.66	150m: 2:25.84	51.92	250m: 4:08.23	51.44	350m: 5:52.49	51.57			
	100m: 1:33.92	50.26	200m: 3:16.79	50.95	300m: 5:00.92	52.69	400m: 6:41.03	48.54			
68.			2012 II						6:45.70	1	159
	50m: 47.21	47.21	150m: 2:31.52	53.76	250m: 4:17.06	53.77	350m: 6:02.37	53.76			
	100m: 1:37.76	50.55	200m: 3:23.29	51.77	300m: 5:08.61	51.55	400m: 6:45.70	43.33			
69.			2011 I	" "				+0,83	6:47.33	2	157
	50m: 44.23	44.23	150m: 2:29.46	55.00	250m: 4:14.62	51.51	350m: 5:57.73	50.76			
	100m: 1:34.46	50.23	200m: 3:23.11	53.65	300m: 5:06.97	52.35	400m: 6:47.33	49.60			
70.			2011 III	" "					6:47.52	2	157
	50m: 45.23	45.23	150m: 2:31.10	53.43	250m: 4:15.23	50.33	350m: 5:56.77	50.36			
	100m: 1:37.67	52.44	200m: 3:24.90	53.80	300m: 5:06.41	51.18	400m: 6:47.52	50.75			
71.			2012 II					+0,77	6:51.28	2	153
	50m: 42.89	42.89	150m: 2:25.18	50.97	250m: 4:13.12	54.22	350m: 6:00.49	53.55			
	100m: 1:34.21	51.32	200m: 3:18.90	53.72	300m: 5:06.94	53.82	400m: 6:51.28	50.79			
72.			2011 I	" "				+0,99	6:53.91	2	150
	50m: 43.55	43.55	150m: 2:26.91	52.98	250m: 4:13.96	53.39	350m: 6:02.00	53.58			
	100m: 1:33.93	50.38	200m: 3:20.57	53.66	300m: 5:08.42	54.46	400m: 6:53.91	51.91			
73.			2011 II						6:55.73	2	148
	50m: 44.06	44.06	150m: 2:27.03	51.47	250m: 4:14.99	54.00	350m: 6:05.63	53.91			
	100m: 1:35.56	51.50	200m: 3:20.99	53.96	300m: 5:11.72	56.73	400m: 6:55.73	50.10			
74.			2012 II						7:06.92	2	136
	50m: 45.15	45.15	150m: 2:32.83	55.32	250m: 4:23.41	55.71	350m: 6:16.51	56.86			
	100m: 1:37.51	52.36	200m: 3:27.70	54.87	300m: 5:19.65	56.24	400m: 7:06.92	50.41			
75.			2012 II						7:19.23	2	125
	50m: 48.86	48.86	150m: 2:41.52	56.84	250m: 4:35.13	56.93	350m: 6:29.17	56.26			
	100m: 1:44.68	55.82	200m: 3:38.20	56.68	300m: 5:32.91	57.78	400m: 7:19.23	50.06			

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61, , 400m , (11-12)

								R.T.		FINA	
76.				2011 II				+1,13	7:20.42	2	124
	50m:	42.51	42.51	150m:	2:33.84	58.06	250m:	4:30.28	57.87	350m:	6:25.97
	100m:	1:35.78	53.27	200m:	3:32.41	58.57	300m:	5:28.44	58.16	400m:	7:20.42
DSQ				2011 I	" "					3	
DSQ				2012 II	" "					2	
DNS				2012 I	" "						

61 , 400m (13-14)

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								R.T.		FINA	
1.				2009	" "			+0,77	4:24.30	1	577
	50m:	29.78	29.78	150m:	1:36.72	33.53	250m:	2:44.38	33.77	350m:	3:52.10
	100m:	1:03.19	33.41	200m:	2:10.61	33.89	300m:	3:18.34	33.96	400m:	4:24.30
2.				2009 I	8,			+0,70	4:34.40	2	515
	50m:	30.56	30.56	150m:	1:39.35	34.88	250m:	2:49.71	35.14	350m:	4:00.81
	100m:	1:04.47	33.91	200m:	2:14.57	35.22	300m:	3:25.69	35.98	400m:	4:34.40
3.				2009 II	,			+0,68	4:38.38	2	494
	50m:	29.11	29.11	150m:	1:37.40	34.70	250m:	2:50.34	36.71	350m:	4:04.03
	100m:	1:02.70	33.59	200m:	2:13.63	36.23	300m:	3:27.44	37.10	400m:	4:38.38
4.				2009 II	" "			+0,50	4:38.51	2	493
	50m:	30.79	30.79	150m:	1:41.36	35.74	250m:	2:53.89	36.21	350m:	4:05.64
	100m:	1:05.62	34.83	200m:	2:17.68	36.32	300m:	3:30.34	36.45	400m:	4:38.51
5.				2010 II	,			+0,69	4:44.12	2	464
	50m:	32.03	32.03	150m:	1:44.93	36.84	250m:	2:57.82	36.43	350m:	4:10.00
	100m:	1:08.09	36.06	200m:	2:21.39	36.46	300m:	3:34.02	36.20	400m:	4:44.12
6.				2009 II	-1			+0,58	4:44.36	2	463
	50m:	32.27	32.27	150m:	1:43.35	36.12	250m:	2:55.32	36.79	350m:	4:08.82
	100m:	1:07.23	34.96	200m:	2:18.53	35.18	300m:	3:31.78	36.46	400m:	4:44.36
7.				2010 II	10 "	" "		+0,67	4:48.21	2	445
	50m:	33.23	33.23	150m:	1:46.29	37.01	250m:	3:00.93	37.18	350m:	4:14.27
	100m:	1:09.28	36.05	200m:	2:23.75	37.46	300m:	3:38.16	37.23	400m:	4:48.21
8.				2010 II	10 "	" "		+0,70	4:50.10	2	436
	50m:	32.03	32.03	150m:	1:45.06	37.34	250m:	3:00.91	38.22	350m:	4:16.19
	100m:	1:07.72	35.69	200m:	2:22.69	37.63	300m:	3:38.50	37.59	400m:	4:50.10
9.				2009 II	,			+0,93	4:50.50	2	434
	50m:	31.36	31.36	150m:	1:43.50	37.29	250m:	2:58.73	37.90	350m:	4:14.59
	100m:	1:06.21	34.85	200m:	2:20.83	37.33	300m:	3:36.65	37.92	400m:	4:50.50
10.				2009 II	8,			+0,73	4:52.77	2	424
	50m:	30.60	30.60	150m:	1:43.27	37.19	250m:	2:59.02	38.16	350m:	4:15.62
	100m:	1:06.08	35.48	200m:	2:20.86	37.59	300m:	3:37.11	38.09	400m:	4:52.77
11.				2009 II	" "			+0,95	4:53.41	2	421
	50m:	32.20	32.20	150m:	1:46.05	37.41	250m:	3:01.84	38.26	350m:	4:18.36
	100m:	1:08.64	36.44	200m:	2:23.58	37.53	300m:	3:40.37	38.53	400m:	4:53.41
12.				2009 II	10 "	" "		+0,75	4:54.07	2	419
	50m:	31.89	31.89	150m:	1:45.60	37.33	250m:	3:01.34	37.90	350m:	4:16.81
	100m:	1:08.27	36.38	200m:	2:23.44	37.84	300m:	3:39.24	37.90	400m:	4:54.07
13.				2009 II / "World Class",				+0,68	4:54.75	2	416
	50m:	31.35	31.35	150m:	1:43.94	36.88	250m:	3:00.13	38.63	350m:	4:16.92
	100m:	1:07.06	35.71	200m:	2:21.50	37.56	300m:	3:38.51	38.38	400m:	4:54.75
14.				2010 II	,			+0,69	4:55.53	2	412
	50m:	32.85	32.85	150m:	1:46.49	37.70	250m:	3:02.98	38.35	350m:	4:19.27
	100m:	1:08.79	35.94	200m:	2:24.63	38.14	300m:	3:41.23	38.25	400m:	4:55.53
15.				2009 II	" "			+0,67	4:55.65	2	412
	50m:	31.51	31.51	150m:	1:45.07	37.34	250m:	3:01.72	38.15	350m:	4:19.08
	100m:	1:07.73	36.22	200m:	2:23.57	38.50	300m:	3:40.64	38.92	400m:	4:55.65

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61, , 400m , (13-14)

								R.T.		FINA		
16.				2009 II	" "	" "		+0,73	4:56.68	2	408	
	50m:	31.92	31.92	150m:	1:46.14	38.62	250m:	3:03.34	39.71	350m:	4:21.22	
	100m:	1:07.52	35.60	200m:	2:23.63	37.49	300m:	3:42.26	38.92	400m:	4:56.68	
17.				2010 II	" "	" "				5:02.52	2	384
	50m:	33.62	33.62	150m:	1:50.95	39.57	250m:	3:08.25	38.38	350m:	4:25.74	
	100m:	1:11.38	37.76	200m:	2:29.87	38.92	300m:	3:47.37	39.12	400m:	5:02.52	
18.				2009 II	" "	" "				5:03.51	2	381
	50m:	33.38	33.38	150m:	1:50.38	39.44	250m:	3:08.21	39.69	350m:	4:27.35	
	100m:	1:10.94	37.56	200m:	2:28.52	38.14	300m:	3:47.56	39.35	400m:	5:03.51	
19.				2010 II	" "	" "		+0,68	5:04.71	2	376	
	50m:	32.49	32.49	150m:	1:49.66	39.29	250m:	3:08.87	39.42	350m:	4:26.74	
	100m:	1:10.37	37.88	200m:	2:29.45	39.79	300m:	3:48.93	40.06	400m:	5:04.71	
20.				2010 II	" "	" "		+0,62	5:05.49	2	373	
	50m:	36.33	36.33	150m:	1:54.16	38.69	250m:	3:12.70	39.52	350m:	4:28.91	
	100m:	1:15.47	39.14	200m:	2:33.18	39.02	300m:	3:51.54	38.84	400m:	5:05.49	
21.				2010 II	" "	" "		+0,84	5:06.84	2	368	
	50m:	32.25	32.25	150m:	1:48.25	39.24	250m:	3:07.93	40.88	350m:	4:29.42	
	100m:	1:09.01	36.76	200m:	2:27.05	38.80	300m:	3:49.03	41.10	400m:	5:06.84	
22.				2009 II	" "	" "		+0,69	5:11.33	3	353	
	50m:	35.04	35.04	150m:	1:54.53	40.33	250m:	3:14.33	40.19	350m:	4:33.81	
	100m:	1:14.20	39.16	200m:	2:34.14	39.61	300m:	3:54.60	40.27	400m:	5:11.33	
23.				2010 III	" "	" "		+0,85	5:12.07	3	350	
	50m:	35.14	35.14	150m:	1:54.38	40.06	250m:	3:14.50	40.15	350m:	4:33.92	
	100m:	1:14.32	39.18	200m:	2:34.35	39.97	300m:	3:54.70	40.20	400m:	5:12.07	
24.				2009 II	" "	" "		+0,68	5:13.50	3	345	
	50m:	33.36	33.36	150m:	1:49.74	38.83	250m:	3:10.57	40.41	350m:	4:32.81	
	100m:	1:10.91	37.55	200m:	2:30.16	40.42	300m:	3:51.50	40.93	400m:	5:13.50	
25.				2010 III	" "	" "		+0,58	5:14.36	3	343	
	50m:	35.23	35.23	150m:	1:53.40	39.42	250m:	3:13.39	40.10	350m:	4:34.40	
	100m:	1:13.98	38.75	200m:	2:33.29	39.89	300m:	3:53.80	40.41	400m:	5:14.36	
26.				2009 III	" "	" "		+0,81	5:18.00	3	331	
	50m:	33.33	33.33	150m:	1:55.08	41.48	250m:	3:17.98	40.10	350m:	4:40.75	
	100m:	1:13.60	40.27	200m:	2:37.88	42.80	300m:	3:59.86	41.88	400m:	5:18.00	
27.				2010 II	" "	" "				5:18.99	3	328
	50m:	36.42	36.42	150m:	1:55.90	39.75	250m:	3:17.58	40.85	350m:	4:39.53	
	100m:	1:16.15	39.73	200m:	2:36.73	40.83	300m:	3:58.80	41.22	400m:	5:18.99	
28.				2010 III	" "	" "		+0,71	5:29.53	3	297	
	50m:	34.68	34.68	150m:	1:57.30	42.22	250m:	3:22.23	41.74	350m:	4:48.72	
	100m:	1:15.08	40.40	200m:	2:40.49	43.19	300m:	4:05.61	43.38	400m:	5:29.53	
29.				2010 I	" "	" "		+0,68	5:30.45	3	295	
	50m:	34.61	34.61	150m:	1:57.44	42.07	250m:	3:23.40	43.21	350m:	4:49.44	
	100m:	1:15.37	40.76	200m:	2:40.19	42.75	300m:	4:07.16	43.76	400m:	5:30.45	
30.				2009 III	" "	" "		+0,84	5:32.09	3	291	
	50m:	34.51	34.51	150m:	1:57.55	42.04	250m:	3:24.15	42.99	350m:	4:50.39	
	100m:	1:15.51	41.00	200m:	2:41.16	43.61	300m:	4:07.62	43.47	400m:	5:32.09	
31.				2010 III	" 14,	" "		+0,55	5:33.40	3	287	
	50m:	36.83	36.83	150m:	1:59.75	42.26	250m:	3:25.41	42.23	350m:	4:52.55	
	100m:	1:17.49	40.66	200m:	2:43.18	43.43	300m:	4:08.89	43.48	400m:	5:33.40	
32.				2009 III	" "	" "				5:34.42	3	284
	50m:	35.68	35.68	150m:	2:02.14	43.55	250m:	3:29.91	43.83	350m:	4:55.56	
	100m:	1:18.59	42.91	200m:	2:46.08	43.94	300m:	4:13.81	43.90	400m:	5:34.42	
33.				2010 III	" -1	" "		+0,95	5:35.11	3	283	
	50m:	34.78	34.78	150m:	1:57.92	42.46	250m:	3:26.08	43.81	350m:	4:54.94	
	100m:	1:15.46	40.68	200m:	2:42.27	44.35	300m:	4:10.43	44.35	400m:	5:35.11	
34.				2009 III	" 14,	" "		+0,76	5:36.73	3	279	
	50m:	36.02	36.02	150m:	1:58.88	42.57	250m:	3:26.29	44.54	350m:	4:54.43	
	100m:	1:16.31	40.29	200m:	2:41.75	42.87	300m:	4:09.92	43.63	400m:	5:36.73	

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61, , 400m , (13-14)

									R.T.			FINA
35.			2009	III	10,				5:40.90	3		269
	50m:	37.24	150m:	2:03.59	43.14	250m:	3:32.66	43.89	350m:	4:59.60		43.01
	100m:	1:20.45	200m:	2:48.77	45.18	300m:	4:16.59	43.93	400m:	5:40.90		41.30
36.			2010	III	/ "World Class",			+0,75	5:46.33	3		256
	50m:	37.20	150m:	2:03.32	43.59	250m:	3:33.54	44.55	350m:	5:03.16		44.07
	100m:	1:19.73	200m:	2:48.99	45.67	300m:	4:19.09	45.55	400m:	5:46.33		43.17
37.			2010	I	" "			+0,66	5:50.22	1		248
	50m:	37.12	150m:	2:07.23	46.94	250m:	3:38.88	46.35	350m:	5:05.65		41.98
	100m:	1:20.29	200m:	2:52.53	45.30	300m:	4:23.67	44.79	400m:	5:50.22		44.57
38.			2010	III	,			+0,96	5:51.18	1		246
	50m:	39.01	150m:	2:08.34	44.84	250m:	3:38.70	46.15	350m:	5:09.77		46.74
	100m:	1:23.50	200m:	2:52.55	44.21	300m:	4:23.03	44.33	400m:	5:51.18		41.41
39.			2009	III	,				5:51.74	1		244
	50m:	33.05	150m:	1:58.64	43.18	250m:	3:30.73	45.67	350m:	5:05.35		47.67
	100m:	1:15.46	200m:	2:45.06	46.42	300m:	4:17.68	46.95	400m:	5:51.74		46.39
40.			2009	III	/ " "			+0,95	5:53.13	1		242
	50m:	37.31	150m:	2:05.17	44.53	250m:	3:37.34	46.92	350m:	5:11.81		46.72
	100m:	1:20.64	200m:	2:50.42	45.25	300m:	4:25.09	47.75	400m:	5:53.13		41.32
41.			2010	I	" "				5:58.86	1		230
	50m:	40.57	150m:	2:12.61	47.14	250m:	3:43.50	46.51	350m:	5:14.94		45.81
	100m:	1:25.47	200m:	2:56.99	44.38	300m:	4:29.13	45.63	400m:	5:58.86		43.92
DNS			2010	II	" "							