



21 , 400m (9-10 )  
13.06.2024 - 17:37

: FINA 2024

										R.T.				
1.				2014								<b>4:50.17</b>	II	436
	100m:	1:08.58	1:08.58	200m:	2:23.11	1:14.53	300m:	3:37.40	1:14.29	400m:	4:50.17	1:12.77		
2.				2014								<b>5:46.92</b>	III	255
	100m:	1:23.58	1:23.58	200m:	2:54.12	1:30.54	300m:	4:22.93	1:28.81	400m:	5:46.92	1:23.99		
3.				2014								<b>5:48.92</b>	I	250
	100m:	1:22.43	1:22.43	200m:	2:51.51	1:29.08	300m:	4:20.88	1:29.37	400m:	5:48.92	1:28.04		
4.				2014								<b>5:53.04</b>	I	242
	100m:	1:20.04	1:20.04	200m:	2:50.01	1:29.97	300m:	4:22.41	1:32.40	400m:	5:53.04	1:30.63		
5.				2014								<b>6:01.99</b>	I	224
	100m:	1:27.08	1:27.08	200m:	2:59.31	1:32.23	300m:	4:32.96	1:33.65	400m:	6:01.99	1:29.03		
6.				2014								<b>6:18.40</b>	I	196
	100m:	1:31.00	1:31.00	200m:	3:06.90	1:35.90	300m:	4:45.46	1:38.56	400m:	6:18.40	1:32.94		
7.				2014								<b>6:19.14</b>	I	195
	100m:	1:31.06	1:31.06	200m:	3:10.44	1:39.38	300m:	4:46.42	1:35.98	400m:	6:19.14	1:32.72		
8.				2014								<b>6:19.84</b>	I	194
	100m:	1:30.79	1:30.79	200m:	3:09.92	1:39.13	300m:	4:50.51	1:40.59	400m:	6:19.84	1:29.33		
9.				2014								<b>6:26.73</b>	I	184
	100m:	1:28.47	1:28.47	200m:	3:08.62	1:40.15	300m:	4:50.41	1:41.79	400m:	6:26.73	1:36.32		
10.				2014								<b>6:27.35</b>	I	183
	100m:	1:32.57	1:32.57	200m:	3:11.78	1:39.21	300m:	4:50.80	1:39.02	400m:	6:27.35	1:36.55		
11.				2015								<b>6:50.41</b>	II	154
	100m:	1:39.09	1:39.09	200m:	3:28.64	1:49.55	300m:	5:18.09	1:49.45	400m:	6:50.41	1:32.32		
12.				2014								<b>6:50.61</b>	II	153
	100m:	1:34.57	1:34.57	200m:	3:21.83	1:47.26	300m:	5:08.41	1:46.58	400m:	6:50.61	1:42.20		
13.				2014								<b>7:03.99</b>	II	139
	100m:	1:36.85	1:36.85	200m:	3:24.65	1:47.80	300m:	5:13.57	1:48.92	400m:	7:03.99	1:50.42		

21 , 400m (11-13 )  
13.06.2024 - 17:37

: FINA 2024

										R.T.				
1.				2011			10					<b>4:31.64</b>	II	531
	100m:	1:04.43	1:04.43	200m:	2:13.78	1:09.35	300m:	3:24.13	1:10.35	400m:	4:31.64	1:07.51		
2.				2011			"					<b>4:32.80</b>	II	524
	100m:	1:03.82	1:03.82	200m:	2:14.67	1:10.85	300m:	3:25.19	1:10.52	400m:	4:32.80	1:07.61		
3.				2011								<b>4:40.25</b>	II	484
	100m:	1:05.38	1:05.38	200m:	2:17.78	1:12.40	300m:	3:30.13	1:12.35	400m:	4:40.25	1:10.12		
4.				2011								<b>4:41.18</b>	II	479
	100m:	1:05.75	1:05.75	200m:	2:18.43	1:12.68	300m:	3:31.56	1:13.13	400m:	4:41.18	1:09.62		
5.				2011								<b>4:43.84</b>	II	466
	100m:	1:06.48	1:06.48	200m:	2:18.71	1:12.23	300m:	3:31.69	1:12.98	400m:	4:43.84	1:12.15		
6.				2011			3					<b>4:44.51</b>	II	462
	100m:	1:06.34	1:06.34	200m:	2:20.21	1:13.87	300m:	3:32.58	1:12.37	400m:	4:44.51	1:11.93		
7.				2011								<b>4:48.15</b>	II	445
	100m:	1:05.57	1:05.57	200m:	2:19.02	1:13.45	300m:	3:34.37	1:15.35	400m:	4:48.15	1:13.78		
8.				2012								<b>4:48.64</b>	II	443
	100m:	1:09.60	1:09.60	200m:	2:23.77	1:14.17	300m:	3:37.21	1:13.44	400m:	4:48.64	1:11.43		
9.				2011			"					<b>4:50.54</b>	II	434
	100m:	1:09.78	1:09.78	200m:	2:24.69	1:14.91	300m:	3:39.47	1:14.78	400m:	4:50.54	1:11.07		

" " 50

Swiss Timing QUANTUM Aquatics



# Всероссийские соревнования по плаванию

## Детская Лига Плавания

### «Поволжье». 3 этап



13 - 16 июня 2024 г.

ПЕНЗА

21, , 400m				(11-13 )						R.T.				
10.			/	2011								<b>4:58.96</b>	II	398
	100m:	1:12.38	1:12.38	200m:	2:27.94	1:15.56	300m:	3:44.32	1:16.38	400m:	4:58.96	1:14.64		
11.				2011								<b>5:03.36</b>	II	381
	100m:	1:13.77	1:13.77	200m:	2:30.34	1:16.57	300m:	3:47.70	1:17.36	400m:	5:03.36	1:15.66		
12.				2012								<b>5:04.13</b>	II	378
	100m:	1:11.70	1:11.70	200m:	2:28.64	1:16.94	300m:	3:47.24	1:18.60	400m:	5:04.13	1:16.89		
13.				2011								<b>5:05.49</b>	II	373
	100m:	1:14.25	1:14.25	200m:	2:32.39	1:18.14	300m:	3:49.04	1:16.65	400m:	5:05.49	1:16.45		
14.				2012				" "				<b>5:07.05</b>	III	368
	100m:	1:14.68	1:14.68	200m:	2:34.69	1:20.01	300m:	3:54.12	1:19.43	400m:	5:07.05	1:12.93		
15.				2012								<b>5:07.34</b>	III	367
	100m:	1:12.75	1:12.75	200m:	2:32.90	1:20.15	300m:	3:53.03	1:20.13	400m:	5:07.34	1:14.31		
16.				2011			1					<b>5:07.85</b>	III	365
	100m:	1:12.76	1:12.76	200m:	2:32.17	1:19.41	300m:	3:51.46	1:19.29	400m:	5:07.85	1:16.39		
17.				2012				" "				<b>5:08.25</b>	III	363
	100m:	1:14.39	1:14.39	200m:	2:34.17	1:19.78	300m:	3:54.40	1:20.23	400m:	5:08.25	1:13.85		
18.				2012			3					<b>5:08.84</b>	III	361
	100m:	1:14.65	1:14.65	200m:	2:34.54	1:19.89	300m:	3:54.09	1:19.55	400m:	5:08.84	1:14.75		
19.				2011			1					<b>5:11.59</b>	III	352
	100m:	1:09.68	1:09.68	200m:	2:29.63	1:19.95	300m:	3:52.30	1:22.67	400m:	5:11.59	1:19.29		
20.				2012				" "				<b>5:11.74</b>	III	351
	100m:	1:14.29	1:14.29	200m:	2:32.80	1:18.51	300m:	3:52.41	1:19.61	400m:	5:11.74	1:19.33		
21.				2011			3					<b>5:15.61</b>	III	339
	100m:	1:15.52	1:15.52	200m:	2:36.24	1:20.72	300m:	3:58.27	1:22.03	400m:	5:15.61	1:17.34		
22.				2011								<b>5:15.73</b>	III	338
	100m:	1:16.08	1:16.08	200m:	2:37.23	1:21.15	300m:	3:57.76	1:20.53	400m:	5:15.73	1:17.97		
23.				2012								<b>5:15.78</b>	III	338
	100m:	1:15.09	1:15.09	200m:	2:37.29	1:22.20	300m:	3:56.50	1:19.21	400m:	5:15.78	1:19.28		
24.				2011								<b>5:15.86</b>	III	338
	100m:	1:13.25	1:13.25	200m:	2:35.97	1:22.72	300m:	3:57.94	1:21.97	400m:	5:15.86	1:17.92		
25.				2011								<b>5:18.75</b>	III	329
	100m:	1:12.91	1:12.91	200m:	2:34.97	1:22.06	300m:	3:58.69	1:23.72	400m:	5:18.75	1:20.06		
26.				2013				" "				<b>5:19.02</b>	III	328
	100m:	1:14.26	1:14.26	200m:	2:39.52	1:25.26	300m:	4:03.21	1:23.69	400m:	5:19.02	1:15.81		
27.				2012				" "				<b>5:19.13</b>	III	327
	100m:	1:14.98	1:14.98	200m:	2:37.44	1:22.46	300m:	3:59.65	1:22.21	400m:	5:19.13	1:19.48		
28.				2012								<b>5:21.08</b>	III	321
	100m:	1:17.09	1:17.09	200m:	2:39.78	1:22.69	300m:	4:02.02	1:22.24	400m:	5:21.08	1:19.06		
29.				2011								<b>5:22.69</b>	III	317
	100m:	1:14.70	1:14.70	200m:	2:37.98	1:23.28	300m:	4:01.71	1:23.73	400m:	5:22.69	1:20.98		
30.				2012								<b>5:24.19</b>	III	312
	100m:	1:14.91	1:14.91	200m:	2:38.06	1:23.15	300m:	4:03.40	1:25.34	400m:	5:24.19	1:20.79		
31.				2012								<b>5:25.70</b>	III	308
	100m:	1:16.18	1:16.18	200m:	2:40.72	1:24.54	300m:	4:05.42	1:24.70	400m:	5:25.70	1:20.28		
32.				2012			1					<b>5:26.05</b>	III	307
	100m:	1:13.95	1:13.95	200m:	2:37.68	1:23.73	300m:	4:02.88	1:25.20	400m:	5:26.05	1:23.17		
33.				2012			1					<b>5:27.07</b>	III	304
	100m:	1:17.31	1:17.31	200m:	2:41.08	1:23.77	300m:	4:05.30	1:24.22	400m:	5:27.07	1:21.77		
34.				2013				-				<b>5:28.90</b>	III	299
	100m:	1:17.77	1:17.77	200m:	2:43.52	1:25.75	300m:	4:09.39	1:25.87	400m:	5:28.90	1:19.51		
35.				2011								<b>5:29.78</b>	III	297
	100m:	1:15.05	1:15.05	200m:	2:39.60	1:24.55	300m:	4:06.01	1:26.41	400m:	5:29.78	1:23.77		



		21, , 400m				(11-13 )				R.T.			
36.				2012								<b>5:29.83</b>	III 297
	100m:	1:16.29	1:16.29	200m:	2:41.61	1:25.32	300m:	4:07.07	1:25.46	400m:	5:29.83	1:22.76	
37.				2012								<b>5:31.20</b>	III 293
	100m:	1:16.67	1:16.67	200m:	2:41.80	1:25.13	300m:	4:07.01	1:25.21	400m:	5:31.20	1:24.19	
38.				2013								<b>5:38.39</b>	III 275
	100m:	1:19.12	1:19.12	200m:	2:45.42	1:26.30	300m:	4:13.30	1:27.88	400m:	5:38.39	1:25.09	
39.				2012								<b>5:40.84</b>	III 269
	100m:	1:21.97	1:21.97	200m:	2:49.95	1:27.98	300m:	4:18.94	1:28.99	400m:	5:40.84	1:21.90	
40.				2013								<b>5:41.07</b>	III 268
	100m:	1:21.73	1:21.73	200m:	2:49.58	1:27.85	300m:	4:16.99	1:27.41	400m:	5:41.07	1:24.08	
41.				2013								<b>5:41.48</b>	III 267
	100m:	1:21.47	1:21.47	200m:	2:49.45	1:27.98	300m:	4:16.99	1:27.54	400m:	5:41.48	1:24.49	
42.				2012								<b>5:41.66</b>	III 267
	100m:	1:20.97	1:20.97	200m:	2:49.50	1:28.53	300m:	4:17.74	1:28.24	400m:	5:41.66	1:23.92	
43.				2012								<b>5:42.45</b>	III 265
	100m:	1:18.78	1:18.78	200m:	2:48.34	1:29.56	300m:	4:17.85	1:29.51	400m:	5:42.45	1:24.60	
44.				2011								<b>5:42.60</b>	III 265
	100m:	1:19.40	1:19.40	200m:	2:49.11	1:29.71	300m:	4:18.28	1:29.17	400m:	5:42.60	1:24.32	
45.				2012								<b>5:48.60</b>	I 251
	100m:	1:23.44	1:23.44	200m:	2:52.96	1:29.52	300m:	4:22.31	1:29.35	400m:	5:48.60	1:26.29	
46.				2013								<b>5:49.03</b>	I 250
	100m:	1:20.90	1:20.90	200m:	2:51.44	1:30.54	300m:	4:20.84	1:29.40	400m:	5:49.03	1:28.19	
47.				2011								<b>5:52.26</b>	I 243
	100m:	1:24.73	1:24.73	200m:	2:53.37	1:28.64	300m:	4:24.66	1:31.29	400m:	5:52.26	1:27.60	
48.				2013								<b>5:52.95</b>	I 242
	100m:	1:24.73	1:24.73	200m:	2:55.56	1:30.83	300m:	4:26.06	1:30.50	400m:	5:52.95	1:26.89	
49.				2012								<b>5:56.66</b>	I 234
	100m:	1:23.44	1:23.44	200m:	2:55.42	1:31.98	300m:	4:28.95	1:33.53	400m:	5:56.66	1:27.71	
50.				2012								<b>6:01.70</b>	I 225
	100m:	1:23.88	1:23.88	200m:	2:57.22	1:33.34	300m:	4:31.69	1:34.47	400m:	6:01.70	1:30.01	
51.				2013								<b>6:03.21</b>	I 222
	100m:	1:22.89	1:22.89	200m:	2:57.98	1:35.09	300m:	4:33.72	1:35.74	400m:	6:03.21	1:29.49	
52.				2012								<b>6:05.40</b>	I 218
	100m:	1:27.79	1:27.79	200m:	3:01.99	1:34.20	300m:	4:35.67	1:33.68	400m:	6:05.40	1:29.73	
53.				2012								<b>6:07.20</b>	I 215
	100m:	1:28.57	1:28.57	200m:	3:04.42	1:35.85	300m:	4:37.62	1:33.20	400m:	6:07.20	1:29.58	
54.				2013								<b>6:10.83</b>	I 209
	100m:	1:29.17	1:29.17	200m:	3:04.00	1:34.83	300m:	4:38.71	1:34.71	400m:	6:10.83	1:32.12	
55.				2011								<b>6:13.30</b>	I 204
	100m:	1:26.55	1:26.55	200m:	3:01.84	1:35.29	300m:	4:38.86	1:37.02	400m:	6:13.30	1:34.44	
56.				2012								<b>6:18.00</b>	I 197
	100m:	1:30.12	1:30.12	200m:	3:07.75	1:37.63	300m:	4:47.61	1:39.86	400m:	6:18.00	1:30.39	
57.				2013								<b>6:23.27</b>	I 189
	100m:	1:29.16	1:29.16	200m:	3:06.99	1:37.83	300m:	4:45.20	1:38.21	400m:	6:23.27	1:38.07	
58.				2013								<b>6:31.29</b>	I 177
	100m:	1:36.24	1:36.24	200m:	3:18.40	1:42.16	300m:	4:59.35	1:40.95	400m:	6:31.29	1:31.94	
59.				2012								<b>7:04.89</b>	II 138
	100m:	1:41.08	1:41.08	200m:	3:29.34	1:48.26	300m:	5:17.01	1:47.67	400m:	7:04.89	1:47.88	
60.				2013								<b>7:22.78</b>	II 122
	100m:	1:42.16	1:42.16	200m:	3:37.32	1:55.16	300m:	5:30.88	1:53.56	400m:	7:22.78	1:51.90	



Всероссийские соревнования по плаванию

Детская Лига Плавания

«Поволжье». 3 этап

13 - 16 июня 2024 г.

ПЕНЗА



21, , 400m

21 , 400m

2013

13.06.2024 - 17:37

: FINA 2024

										R.T.				
1.				2013				"	"			<b>5:19.02</b>	III	328
	100m:	1:14.26	1:14.26	200m:	2:39.52	1:25.26	,	300m:	4:03.21	1:23.69	400m:	5:19.02	1:15.81	
2.				2013				-				<b>5:28.90</b>	III	299
	100m:	1:17.77	1:17.77	200m:	2:43.52	1:25.75	,	300m:	4:09.39	1:25.87	400m:	5:28.90	1:19.51	
3.				2013								<b>5:38.39</b>	III	275
	100m:	1:19.12	1:19.12	200m:	2:45.42	1:26.30	,	300m:	4:13.30	1:27.88	400m:	5:38.39	1:25.09	
4.				2013				"	"			<b>5:41.07</b>	III	268
	100m:	1:21.73	1:21.73	200m:	2:49.58	1:27.85	,	300m:	4:16.99	1:27.41	400m:	5:41.07	1:24.08	
5.				2013								<b>5:41.48</b>	III	267
	100m:	1:21.47	1:21.47	200m:	2:49.45	1:27.98	,	300m:	4:16.99	1:27.54	400m:	5:41.48	1:24.49	
6.				2013								<b>5:49.03</b>	I	250
	100m:	1:20.90	1:20.90	200m:	2:51.44	1:30.54	,	300m:	4:20.84	1:29.40	400m:	5:49.03	1:28.19	
7.				2013				8				<b>5:52.95</b>	I	242
	100m:	1:24.73	1:24.73	200m:	2:55.56	1:30.83	,	300m:	4:26.06	1:30.50	400m:	5:52.95	1:26.89	
8.				2013								<b>6:03.21</b>	I	222
	100m:	1:22.89	1:22.89	200m:	2:57.98	1:35.09	,	300m:	4:33.72	1:35.74	400m:	6:03.21	1:29.49	
9.				2013								<b>6:10.83</b>	I	209
	100m:	1:29.17	1:29.17	200m:	3:04.00	1:34.83	,	300m:	4:38.71	1:34.71	400m:	6:10.83	1:32.12	
10.				2013								<b>6:23.27</b>	I	189
	100m:	1:29.16	1:29.16	200m:	3:06.99	1:37.83	,	300m:	4:45.20	1:38.21	400m:	6:23.27	1:38.07	
11.				2013								<b>6:31.29</b>	I	177
	100m:	1:36.24	1:36.24	200m:	3:18.40	1:42.16	,	300m:	4:59.35	1:40.95	400m:	6:31.29	1:31.94	
12.				2013				8				<b>7:22.78</b>	II	122
	100m:	1:42.16	1:42.16	200m:	3:37.32	1:55.16	,	300m:	5:30.88	1:53.56	400m:	7:22.78	1:51.90	