

1
18.02.2026 - 9:00

, 400m

		4:36.25						(CHN)		09.08.2008		
		4:43.44								03.04.2021		
: AQUA 2025												
R.T.												
1.			16.05.2008					+0,57	4:57.22		703	
	50m:	30.82	30.82	150m:	1:46.45	39.45	250m:	3:05.97	40.96	350m:	4:23.16	34.50
	100m:	1:07.00	36.18	200m:	2:25.01	38.56	300m:	3:48.66	42.69	400m:	4:57.22	34.06
2.			17.09.2002					+0,38	4:58.93		691	
	50m:	30.44	30.44	150m:	1:44.71	38.01	250m:	3:05.66	43.12	350m:	4:24.02	35.34
	100m:	1:06.70	36.26	200m:	2:22.54	37.83	300m:	3:48.68	43.02	400m:	4:58.93	34.91
3.			01.04.2006			-		+0,70	5:02.43		668	
	50m:	28.92	28.92	150m:	1:43.87	40.41	250m:	3:06.23	43.33	350m:	4:27.31	36.02
	100m:	1:03.46	34.54	200m:	2:22.90	39.03	300m:	3:51.29	45.06	400m:	5:02.43	35.12
4.			14.03.2010			-		+0,36	5:05.93		645	
	50m:	33.03	33.03	150m:	1:46.05	36.75	250m:	3:09.45	45.82	350m:	4:31.31	35.08
	100m:	1:09.30	36.27	200m:	2:23.63	37.58	300m:	3:56.23	46.78	400m:	5:05.93	34.62
5.			03.02.2012					+0,56	5:05.95		645	
	50m:	32.34	32.34	150m:	1:48.93	38.86	250m:	3:11.66	45.04	350m:	4:32.42	35.05
	100m:	1:10.07	37.73	200m:	2:26.62	37.69	300m:	3:57.37	45.71	400m:	5:05.95	33.53
6.			16.03.2010			-		+0,36	5:07.39		636	
	50m:	31.39	31.39	150m:	1:46.89	39.04	250m:	3:09.53	43.83	350m:	4:31.49	35.96
	100m:	1:07.85	36.46	200m:	2:25.70	38.81	300m:	3:55.53	46.00	400m:	5:07.39	35.90
7.			25.04.2010			-		+0,46	5:07.69		634	
	50m:	31.91	31.91	150m:	1:48.46	37.81	250m:	3:10.94	44.77	350m:	4:32.69	36.03
	100m:	1:10.65	38.74	200m:	2:26.17	37.71	300m:	3:56.66	45.72	400m:	5:07.69	35.00
8.			18.03.2010			-			5:08.33		630	
	50m:	31.63	31.63	150m:	1:49.48	39.85	250m:	3:12.33	43.26	350m:	4:33.00	36.61
	100m:	1:09.63	38.00	200m:	2:29.07	39.59	300m:	3:56.39	44.06	400m:	5:08.33	35.33
9.			20.12.2010					+0,61	5:08.36		630	
	50m:	32.61	32.61	150m:	1:52.50	40.55	250m:	3:14.27	43.17	350m:	4:33.73	36.25
	100m:	1:11.95	39.34	200m:	2:31.10	38.60	300m:	3:57.48	43.21	400m:	5:08.36	34.63
10.			17.01.2012					+0,69	5:08.73		627	
	50m:	31.94	31.94	150m:	1:49.31	40.67	250m:	3:12.99	44.09	350m:	4:34.44	35.85
	100m:	1:08.64	36.70	200m:	2:28.90	39.59	300m:	3:58.59	45.60	400m:	5:08.73	34.29
11.			12.05.2006					+0,57	5:10.28		618	
	50m:	31.11	31.11	150m:	1:47.56	39.70	250m:	3:12.12	43.64	350m:	4:33.81	36.24
	100m:	1:07.86	36.75	200m:	2:28.48	40.92	300m:	3:57.57	45.45	400m:	5:10.28	36.47
12.			29.11.2010					+0,62	5:11.07		613	
	50m:	31.25	31.25	150m:	1:48.78	41.15	250m:	3:13.27	43.01	350m:	4:35.47	37.76
	100m:	1:07.63	36.38	200m:	2:30.26	41.48	300m:	3:57.71	44.44	400m:	5:11.07	35.60
13.			19.01.2007					+0,67	5:12.50		605	
	50m:	32.34	32.34	150m:	1:51.08	40.16	250m:	3:15.83	44.83	350m:	4:37.82	35.97
	100m:	1:10.92	38.58	200m:	2:31.00	39.92	300m:	4:01.85	46.02	400m:	5:12.50	34.68
14.			13.08.2010					+0,73	5:14.29		595	
	50m:	33.22	33.22	150m:	1:54.04	41.38	250m:	3:18.33	44.01	350m:	4:39.80	35.34
	100m:	1:12.66	39.44	200m:	2:34.32	40.28	300m:	4:04.46	46.13	400m:	5:14.29	34.49
15.			08.03.2010					+0,70	5:19.00		569	
	50m:	32.36	32.36	150m:	1:52.81	42.94	250m:	3:20.29	45.49	350m:	4:43.70	36.49
	100m:	1:09.87	37.51	200m:	2:34.80	41.99	300m:	4:07.21	46.92	400m:	5:19.00	35.30

		1,										
		/						R.T.				
16.		11.01.2007						+0,63	5:19.10		568	
	50m:	32.16	32.16	150m:	1:50.72	39.78	250m:	3:19.15	46.92	350m:	4:43.56	35.84
	100m:	1:10.94	38.78	200m:	2:32.23	41.51	300m:	4:07.72	48.57	400m:	5:19.10	35.54
17.		13.12.2011						+0,70	5:20.56	I	560	
	50m:	32.37	32.37	150m:	1:52.20	42.44	250m:	3:20.72	46.91	350m:	4:44.56	35.71
	100m:	1:09.76	37.39	200m:	2:33.81	41.61	300m:	4:08.85	48.13	400m:	5:20.56	36.00
18.		02.11.2010						+0,50	5:21.52	I	555	
	50m:	30.68	30.68	150m:	1:47.47	41.18	250m:	3:17.55	47.51	350m:	4:45.04	38.45
	100m:	1:06.29	35.61	200m:	2:30.04	42.57	300m:	4:06.59	49.04	400m:	5:21.52	36.48
19.		17.08.2009						+0,64	5:25.48	I	535	
	50m:	33.09	33.09	150m:	1:55.73	43.26	250m:	3:24.89	47.35	350m:	4:50.41	37.21
	100m:	1:12.47	39.38	200m:	2:37.54	41.81	300m:	4:13.20	48.31	400m:	5:25.48	35.07
20.		04.07.2010						+0,48	5:36.94	I	483	
	50m:	33.24	33.24	150m:	1:57.90	41.99	250m:	3:27.53	49.03	350m:	4:58.70	39.11
	100m:	1:15.91	42.67	200m:	2:38.50	40.60	300m:	4:19.59	52.06	400m:	5:36.94	38.24
21.		30.01.2012 I						+0,69	5:38.55	I	476	
	50m:	33.69	33.69	150m:	1:58.83	43.85	250m:	3:30.11	48.43	350m:	5:38.55	1:18.00
	100m:	1:14.98	41.29	200m:	2:41.68	42.85	300m:	4:20.55	50.44			
22.		15.07.2012 I						+0,64	5:41.59	I	463	
	50m:	34.42	34.42	150m:	1:59.41	42.09	250m:	3:32.09	51.56	350m:	5:03.18	37.90
	100m:	1:17.32	42.90	200m:	2:40.53	41.12	300m:	4:25.28	53.19	400m:	5:41.59	38.41
23.		28.03.2011 I						+0,28	5:42.91		458	
	50m:	33.28	33.28	150m:	2:01.39	47.21	250m:	3:34.36	47.52	350m:	5:03.77	40.70
	100m:	1:14.18	40.90	200m:	2:46.84	45.45	300m:	4:23.07	48.71	400m:	5:42.91	39.14
24.		09.02.2012 I						+0,59	5:46.76		443	
	50m:	35.86	35.86	150m:	2:03.70	44.55	250m:	3:38.66	51.46	350m:	5:09.76	39.06
	100m:	1:19.15	43.29	200m:	2:47.20	43.50	300m:	4:30.70	52.04	400m:	5:46.76	37.00
DNS		28.12.2008										

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18.02.2026 - 9:25

, 100m

	52.98		RUS	(SGP)	01.08.2025
	54.45			(AZE)	24.06.2015
	54.45				26.04.2022

: AQUA 2025

						R.T.		
1.		05.11.2009				+0,59	54.82	839
	50m:	26.57	26.57	100m:	54.82	28.25		
2.		11.02.2005				+0,64	54.85	837
	50m:	26.44	26.44	100m:	54.85	28.41		
3.		20.04.2006				+0,54	55.15	824
	50m:	26.36	26.36	100m:	55.15	28.79		
4.		11.05.2005				+0,25	55.52	807
	50m:	26.69	26.69	100m:	55.52	28.83		
5.		01.02.2010				+0,62	56.02	786
	50m:	27.07	27.07	100m:	56.02	28.95		
6.		27.01.2006				+0,62	57.13	741
	50m:	27.72	27.72	100m:	57.13	29.41		
7.		07.11.2009				+0,69	57.49	727
	50m:	27.53	27.53	100m:	57.49	29.96		
8.		06.12.2008				+0,64	57.58	724
	50m:	27.10	27.10	100m:	57.58	30.48		
9.		23.09.2008				+0,23	57.71	719
	50m:	27.87	27.87	100m:	57.71	29.84		
10.		18.05.2010				+0,24	57.76	717
	50m:	28.02	28.02	100m:	57.76	29.74		
11.		05.05.2006				+0,69	57.85	714
	50m:	27.11	27.11	100m:	57.85	30.74		
12.		17.09.2002				+0,30	58.01	708
	50m:	27.68	27.68	100m:	58.01	30.33		
		02.08.2006				+0,70	58.01	708
	50m:	28.08	28.08	100m:	58.01	29.93		
14.		15.01.2008				+0,62	58.42	693
	50m:	28.06	28.06	100m:	58.42	30.36		
15.		18.08.2008				+0,31	58.50	690
	50m:	28.06	28.06	100m:	58.50	30.44		
16.		24.01.2006				+0,30	58.52	689
	50m:	28.36	28.36	100m:	58.52	30.16		
17.		23.02.2010				+0,58	58.58	687
	50m:	27.98	27.98	100m:	58.58	30.60		
		28.03.2007				+0,59	58.58	687
	50m:	28.50	28.50	100m:	58.58	30.08		
19.		03.01.2009				+0,29	58.74	682
	50m:	28.45	28.45	100m:	58.74	30.29		
20.		17.08.2011				+0,63	58.79	680
	50m:	28.13	28.13	100m:	58.79	30.66		

		2, , 100m				R.T.		
		/						
21.		06.08.2009				+0,65	58.90	676
	50m:	28.00	28.00	100m:	58.90 30.90			
22.		11.07.2010				+0,29	58.92	675
	50m:	28.25	28.25	100m:	58.92 30.67			
23.		18.08.2010			-	+0,32	58.93	675
	50m:	28.36	28.36	100m:	58.93 30.57			
24.		19.05.2010			-	+0,61	59.16	667
	50m:	28.04	28.04	100m:	59.16 31.12			
25.		16.10.2009				+0,27	59.19	666
	50m:	28.39	28.39	100m:	59.19 30.80			
26.		15.05.2010			-	+0,63	59.20	666
	50m:	28.49	28.49	100m:	59.20 30.71			
27.		30.11.2010				+0,60	59.32	662
	50m:	28.12	28.12	100m:	59.32 31.20			
28.		25.06.2009				+0,64	59.33	662
	50m:	28.89	28.89	100m:	59.33 30.44			
29.		02.11.2007				+0,64	59.37	660
	50m:	29.09	29.09	100m:	59.37 30.28			
30.		22.02.2011				+0,65	59.38	660
	50m:	27.81	27.81	100m:	59.38 31.57			
31.		20.02.2012				+0,66	59.52	655
	50m:	28.87	28.87	100m:	59.52 30.65			
32.		23.05.2005				+0,54	59.70	649
	50m:	28.33	28.33	100m:	59.70 31.37			
33.		06.08.2011				+0,59	59.77	647
	50m:	29.07	29.07	100m:	59.77 30.70			
34.		10.06.2010				+0,63	59.81	646
	50m:	28.07	28.07	100m:	59.81 31.74			
35.		20.06.2010			-	+0,66	1:00.00	640
36.		24.08.2007				+0,25	1:00.30	630
	50m:	28.41	28.41	100m:	1:00.30 31.89			
37.		17.02.2009					1:00.47	625
	50m:	28.77	28.77	100m:	1:00.47 31.70			
38.		30.10.2009				+0,55	1:00.54	623
	50m:	29.17	29.17	100m:	1:00.54 31.37			
39.		09.02.2011				+0,50	1:00.62	620
	50m:	28.97	28.97	100m:	1:00.62 31.65			
40.		04.06.2007				+0,53	1:00.75	616
	50m:	28.48	28.48	100m:	1:00.75 32.27			
41.		31.05.2007			-	+0,59	1:00.84	613
	50m:	29.43	29.43	100m:	1:00.84 31.41			
42.		15.11.2012				+0,71	1:00.85	613
	50m:	28.95	28.95	100m:	1:00.85 31.90			
43.		01.05.2011				+0,31	1:00.89	612
	50m:	28.67	28.67	100m:	1:00.89 32.22			

		2, , 100m				R.T.		
		/						
43.		04.04.2009				+0,57	1:00.89	612
	50m:	28.68	28.68	100m:	1:00.89			
45.		30.09.2008					1:00.93	611
	50m:	29.10	29.10	100m:	1:00.93			
46.		15.03.2007 I				+0,52	1:00.98	609
	50m:	29.37	29.37	100m:	1:00.98			
47.		24.05.2011				+0,27	1:01.26	601
	50m:	29.24	29.24	100m:	1:01.26			
		04.07.2007				+0,63	1:01.26	601
	50m:	29.84	29.84	100m:	1:01.26			
49.		28.09.2011				+0,78	1:01.29	600
	50m:	29.22	29.22	100m:	1:01.29			
50.		10.05.2011				+0,59	1:01.35	598
	50m:	29.75	29.75	100m:	1:01.35			
51.		09.03.2008				+0,53	1:01.37	598
	50m:	29.31	29.31	100m:	1:01.37			
52.		06.11.2011				+0,71	1:01.38	597
	50m:	29.14	29.14	100m:	1:01.38			
53.		06.08.2008				+0,51	1:01.39	597
	50m:	28.77	28.77	100m:	1:01.39			
54.		27.02.2009				+0,59	1:01.48	595
	50m:	28.80	28.80	100m:	1:01.48			
55.		30.08.2011				+0,73	1:01.61 I	591
	50m:	29.92	29.92	100m:	1:01.61			
56.		05.09.2011				+0,62	1:01.68 I	589
	50m:	29.85	29.85	100m:	1:01.68			
57.		26.11.2007				+0,58	1:01.84 I	584
	50m:	29.57	29.57	100m:	1:01.84			
58.		18.06.2012				+0,59	1:01.85 I	584
	50m:	29.60	29.60	100m:	1:01.85			
59.		26.08.2006				+0,65	1:01.97 I	581
	50m:	29.34	29.34	100m:	1:01.97			
60.		12.11.2011				+0,65	1:02.04 I	579
	50m:	29.90	29.90	100m:	1:02.04			
61.		08.12.2005				+0,72	1:02.05 I	578
	50m:	29.94	29.94	100m:	1:02.05			
62.		30.01.2010				+0,70	1:02.11 I	577
	50m:	29.84	29.84	100m:	1:02.11			
63.		05.03.2010 I				+0,72	1:02.14 I	576
	50m:	29.28	29.28	100m:	1:02.14			
64.		19.11.2009				+0,60	1:02.16 I	575
	50m:	29.54	29.54	100m:	1:02.16			
65.		26.07.2011				+0,71	1:02.17 I	575
	50m:	29.37	29.37	100m:	1:02.17			
66.		03.05.2011				+0,67	1:02.24 I	573
	50m:	29.55	29.55	100m:	1:02.24			

		2, , 100m						R.T.			
		/									
67.			26.11.2008	I				+0,22	1:02.27	I	572
	50m:	29.63	29.63	100m:	1:02.27	32.64					
68.			26.05.2011	I				+0,64	1:02.34	I	570
	50m:	29.63	29.63	100m:	1:02.34	32.71					
			28.02.2009					+0,25	1:02.34	I	570
	50m:	29.49	29.49	100m:	1:02.34	32.85					
70.			17.12.2011	I				+0,73	1:02.35	I	570
	50m:	29.70	29.70	100m:	1:02.35	32.65					
71.			21.02.2012					+0,75	1:02.36	I	570
	50m:	30.33	30.33	100m:	1:02.36	32.03					
72.			26.04.2010					+0,49	1:02.45	I	567
	50m:	29.70	29.70	100m:	1:02.45	32.75					
73.			26.04.2012	I				+0,60	1:02.47	I	567
	50m:	30.27	30.27	100m:	1:02.47	32.20					
74.			28.10.2011					+0,32	1:02.74	I	559
	50m:	29.64	29.64	100m:	1:02.74	33.10					
75.			02.10.2011	I				+0,62	1:02.82	I	557
	50m:	29.82	29.82	100m:	1:02.82	33.00					
			29.09.2011					+0,55	1:02.82	I	557
	50m:	30.49	30.49	100m:	1:02.82	32.33					
77.			01.10.2009	I				+0,62	1:02.91	I	555
	50m:	30.02	30.02	100m:	1:02.91	32.89					
78.			31.05.2009					+0,66	1:03.02	I	552
	50m:	29.92	29.92	100m:	1:03.02	33.10					
79.			03.10.2010					+0,40	1:03.07	I	551
	50m:	30.21	30.21	100m:	1:03.07	32.86					
80.			23.08.2011					+0,58	1:03.14	I	549
	50m:	29.32	29.32	100m:	1:03.14	33.82					
81.			29.12.2007					+0,30	1:03.17	I	548
	50m:	29.67	29.67	100m:	1:03.17	33.50					
82.			12.09.2009					+0,60	1:03.18	I	548
	50m:	30.07	30.07	100m:	1:03.18	33.11					
83.			07.07.2009	I				+0,42	1:03.19	I	547
	50m:	30.04	30.04	100m:	1:03.19	33.15					
84.			05.02.2009	I				+0,70	1:03.21	I	547
	50m:	29.92	29.92	100m:	1:03.21	33.29					
85.			05.07.2011					+0,52	1:03.22	I	547
	50m:	30.30	30.30	100m:	1:03.22	32.92					
86.			14.01.2011					+0,31	1:03.29	I	545
	50m:	30.26	30.26	100m:	1:03.29	33.03					
87.			31.03.2009					+0,69	1:03.36	I	543
	50m:	30.30	30.30	100m:	1:03.36	33.06					
88.			16.11.2012	I				+0,68	1:03.51	I	539
	50m:	30.37	30.37	100m:	1:03.51	33.14					
89.			26.08.2010					+0,78	1:03.65	I	536
	50m:	30.74	30.74	100m:	1:03.65	32.91					

		2, , 100m				R.T.		
		/						
90.			17.06.2011	I		+0,28	1:03.71	I 534
	50m:	30.51	30.51	100m:	1:03.71			
91.			06.08.2009			+0,22	1:03.79	I 532
	50m:	30.26	30.26	100m:	1:03.79			
92.			10.07.2011			+0,36	1:03.80	I 532
	50m:	30.41	30.41	100m:	1:03.80			
93.			14.07.2011	I		+0,36	1:03.86	I 530
	50m:	30.10	30.10	100m:	1:03.86			
94.			13.04.2012	I		+0,75	1:04.01	I 527
95.			17.02.2011	I		+0,72	1:04.14	I 524
	50m:	31.46	31.46	100m:	1:04.14			
96.			24.02.2011			+0,69	1:04.36	I 518
	50m:	30.91	30.91	100m:	1:04.36			
97.			04.12.2009			+0,64	1:04.47	I 516
	50m:	30.87	30.87	100m:	1:04.47			
			29.12.2011	I		+0,48	1:04.47	I 516
	50m:	29.71	29.71	100m:	1:04.47			
99.			21.12.2009	I		+0,70	1:04.54	I 514
	50m:	30.46	30.46	100m:	1:04.54			
100.			09.12.2011	I		+0,62	1:04.63	I 512
	50m:	30.74	30.74	100m:	1:04.63			
101.			13.07.2012	I		+0,49	1:04.72	I 510
	50m:	31.30	31.30	100m:	1:04.72			
102.			29.04.2010	I		+0,69	1:04.75	I 509
	50m:	31.07	31.07	100m:	1:04.75			
103.			03.04.2009	I		+0,70	1:04.78	I 508
	50m:	30.92	30.92	100m:	1:04.78			
104.			14.04.2012	I		+0,63	1:04.93	I 505
	50m:	30.08	30.08	100m:	1:04.93			
105.			04.08.2009			+0,61	1:05.10	I 501
	50m:	30.34	30.34	100m:	1:05.10			
106.			24.02.2011	I		+0,62	1:05.12	I 500
	50m:	30.72	30.72	100m:	1:05.12			
107.			19.07.2008			+0,65	1:05.19	I 499
	50m:	30.67	30.67	100m:	1:05.19			
108.			25.03.2010	I		+0,84	1:05.20	I 498
	50m:	31.36	31.36	100m:	1:05.20			
109.			23.07.2011	I		+0,32	1:05.26	I 497
	50m:	30.63	30.63	100m:	1:05.26			
110.			31.07.2012	I		+0,74	1:05.29	I 496
	50m:	30.73	30.73	100m:	1:05.29			
111.			29.03.2011			+0,71	1:05.38	I 494
	50m:	30.85	30.85	100m:	1:05.38			
112.			03.08.2010	I		+0,28	1:05.43	I 493
	50m:	29.98	29.98	100m:	1:05.43			

		2, , 100m				R.T.		
		/						
113.			24.07.2008 I			+0,36	1:05.57	490
	50m:	31.30	31.30	100m:	1:05.57	34.27		
114.			05.08.2012 I			+0,32	1:05.74	486
	50m:	31.31	31.31	100m:	1:05.74	34.43		
115.			25.03.2011 I			+0,66	1:05.75	486
	50m:	31.53	31.53	100m:	1:05.75	34.22		
116.			24.07.2009			+0,28	1:05.87	483
	50m:	31.11	31.11	100m:	1:05.87	34.76		
117.			28.02.2012 I			+0,35	1:05.89	483
	50m:	31.00	31.00	100m:	1:05.89	34.89		
118.			23.07.2009			+0,62	1:05.96	481
	50m:	31.11	31.11	100m:	1:05.96	34.85		
119.			01.11.2011 I			+0,44	1:06.07	479
	50m:	31.31	31.31	100m:	1:06.07	34.76		
120.			12.12.2012 I			+0,36	1:06.08	479
	50m:	31.08	31.08	100m:	1:06.08	35.00		
121.			05.02.2010 I			+0,74	1:06.32	474
	50m:	31.31	31.31	100m:	1:06.32	35.01		
122.			27.11.2008 I			+0,60	1:06.41	472
	50m:	30.69	30.69	100m:	1:06.41	35.72		
123.			12.05.2010 I			+0,49	1:06.52	469
	50m:	31.42	31.42	100m:	1:06.52	35.10		
124.			05.10.2012 I			+0,61	1:06.54	469
	50m:	30.94	30.94	100m:	1:06.54	35.60		
125.			18.02.2011 I			+0,37	1:06.61	467
	50m:	31.70	31.70	100m:	1:06.61	34.91		
126.			17.03.2010 I			+0,63	1:06.73	465
	50m:	31.12	31.12	100m:	1:06.73	35.61		
127.			16.03.2007 I			+0,41	1:06.84	463
	50m:	31.05	31.05	100m:	1:06.84	35.79		
128.			26.06.2012 I			+0,74	1:06.90	461
	50m:	31.98	31.98	100m:	1:06.90	34.92		
129.			20.06.2011 I			+0,65	1:07.02	459
	50m:	31.94	31.94	100m:	1:07.02	35.08		
130.			04.02.2011 I			+0,79	1:08.36	432
	50m:	32.75	32.75	100m:	1:08.36	35.61		
131.			12.01.2010 I			+0,72	1:08.52	429
	50m:	32.18	32.18	100m:	1:08.52	36.34		
132.			08.12.2011 I			+0,78	1:08.53	429
	50m:	31.63	31.63	100m:	1:08.53	36.90		

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18.02.2026 - 9:58

, 50m

	21.27		(SGP)	15.08.2019
	22.06		(POL)	14.07.2013
: AQUA 2025				
		/	R.T.	
1.	06.02.2004	-	+0,24	21.83 878
2.	12.09.2007	-	+0,28	22.72 779
3.	01.01.2006		+0,56	22.81 770
4.	29.06.2000			22.85 766
5.	23.03.2002		+0,59	22.87 764
6.	20.04.2002			22.89 762
7.	21.04.2000	-	+0,33	23.03 748
8.	02.07.2001		+0,54	23.09 742
9.	17.07.2003			23.14 737
	24.02.2010		+0,23	23.14 737
11.	15.11.2001		+0,56	23.20 732
	17.12.2003		+0,53	23.20 732
13.	27.01.2005		+0,24	23.23 729
14.	05.12.2006		+0,64	23.25 727
15.	10.01.2000		+0,54	23.35 718
	11.01.1996		+0,53	23.35 718
	01.03.2009	-	+0,29	23.35 718
18.	11.02.2006		+0,53	23.38 715
19.	20.01.2006		+0,51	23.43 710
20.	05.03.2009		+0,58	23.47 707
21.	16.04.2008		+0,25	23.49 705
22.	06.05.1992		+0,56	23.50 704
23.	21.03.1999		+0,54	23.53 701
24.	24.05.2003		+0,45	23.57 698
25.	10.11.2003		+0,52	23.59 696
26.	11.02.2002		+0,58	23.60 695
27.	10.06.2004		+0,64	23.61 694
28.	08.06.2007		+0,58	23.65 691
29.	13.09.2006		+0,24	23.66 690
30.	15.03.2005		+0,60	23.72 685
31.	12.04.2010		+0,62	23.73 684
	13.09.2006		+0,65	23.73 684
33.	06.11.1999		+0,22	23.76 681
34.	12.05.2005		+0,26	23.78 679
35.	24.03.2008		+0,61	23.83 675
36.	28.11.2008		+0,34	23.86 673
37.	17.06.2003			23.97 663
	30.10.2008		+0,55	23.97 663
39.	03.12.2007		+0,51	24.02 659
40.	24.08.2008		+0,67	24.04 658
41.	30.03.2005		+0,24	24.05 657
42.	16.02.2009		+0,21	24.13 650
43.	07.02.2007	-	+0,34	24.15 649
44.	29.05.2005		+0,68	24.31 636
45.	13.06.2007		+0,31	24.35 633

3, , 50m

			R.T.		
46.	23.06.2010		+0,23	24.37	631
	16.07.2009		+0,62	24.37	631
48.	30.09.2001	-	+0,64	24.44	626
49.	30.06.2008		+0,49	24.49	622
50.	03.06.2006			24.56	617
51.	11.02.2008		+0,51	24.67	608
	22.02.2007	-	+0,31	24.67	608
53.	09.07.2006		+0,57	24.71	605
54.	01.10.2009		+0,55	24.72	605
55.	26.04.2009		+0,26	24.73	604
56.	15.04.2008		+0,23	24.76	602
57.	24.02.2007		+0,60	24.80	599
	18.02.2008		+0,65	24.80	599
59.	11.06.2011		+0,68	24.81	598
60.	26.11.2008		+0,49	24.91	591
	15.10.2007		+0,29	24.91	591
62.	24.02.2009		+0,21	24.93	590
	31.05.2009			24.93	590
64.	25.11.2007			24.94	589
65.	30.04.2008		+0,53	25.01	584
	18.05.2010		+0,25	25.01	584
67.	08.05.2010		+0,65	25.06	580
68.	19.03.2006		+0,30	25.10	578
69.	26.06.2008		+0,54	25.17	573
	13.09.2008		+0,67	25.17	573
71.	11.01.2010		+0,25	25.18	572
72.	23.07.2009		+0,59	25.21	570
73.	06.08.2010			25.23	569
	06.04.2009		+0,59	25.23	569
75.	15.04.2011		+0,23	25.33	562
76.	11.04.2009		+0,35	25.34	561
77.	20.01.2009		+0,53	25.35	561
	28.07.2006		+0,23	25.35	561
79.	01.02.2008		+0,71	25.36	560
80.	03.06.2003		+0,49	25.38	559
81.	22.03.2010		+0,26	25.39	558
82.	30.12.2009		+0,34	25.40	557
83.	29.01.2009		+0,25	25.41	557
	31.01.2009		+0,38	25.41	557
85.	10.03.2007		+0,21	25.42	556
86.	10.03.2006		+0,26	25.44	555
87.	06.06.2010	-	+0,56	25.49	552
88.	23.03.2009		+0,49	25.53	549
	30.06.2011		+0,55	25.53	549
90.	12.02.2010		+0,43	25.57	546
91.	13.05.2009		+0,48	25.59	545
92.	05.02.2010		+0,29	25.60	544
93.	04.06.2008		+0,56	25.65	541
94.	18.04.2009		+0,26	25.70	538

3, , 50m

			R.T.		
95.	19.07.2009	I	+0,51	25.71	537
96.	03.07.2009	I	+0,22	25.77	534
97.	09.01.2010	I	+0,59	25.79	532
98.	18.05.2008		+0,68	25.80	532
99.	30.01.2008	I	+0,30	25.82	531
100.	15.06.2010		+0,36	25.84	529
101.	02.11.2010	I	+0,63	25.85	529
102.	18.09.2010		+0,55	25.86	528
103.	04.08.2010	I	+0,72	25.90	526
104.	27.12.2008	I	+0,33	25.95	523
105.	20.03.2009	I	+0,69	25.98	521
106.	21.11.2007		+0,24	25.99	520
107.	23.05.2012	I	+0,25	26.07	515
108.	30.04.2010	-	+0,58	26.08	515
	23.08.2008	I	+0,50	26.08	515
110.	19.01.2005		+0,34	26.13	512
111.	21.12.2010		+0,60	26.18	509
	12.10.2010	I	+0,69	26.18	509
113.	03.07.2010		+0,24	26.27	504
114.	31.05.2010	I	+0,24	26.33	500
115.	12.07.2011	I	+0,55	26.34	500
116.	24.12.2007		+0,51	26.35	499
117.	14.01.2011		+0,67	26.41	496
118.	07.11.2010	I	+0,42	26.42	495
119.	28.01.2011	I	+0,85	26.48	492
120.	07.03.2012	I	+0,26	26.51	490
121.	05.10.2010	I	+0,62	26.60	485
122.	01.04.2009	I	+0,53	26.62	484
123.	29.04.2009	I	+0,56	26.65	483
124.	17.11.2009	I	+0,31	26.72	479
125.	28.05.2010	I	+0,27	26.82	473
126.	09.06.2008	I	+0,69	26.97	466
127.	20.01.2012	I	+0,26	27.14	457
128.	01.04.2010	I	+0,59	27.30	449
129.	10.08.2011	I	+0,24	27.49	440
130.	25.06.2011	I	+0,74	28.03	415

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18.02.2026 - 10:19

, 50m

29.52
30.40

(ESP)

04.08.2013
25.04.2022

: AQUA 2025

R.T.

1.	28.05.2006		+0,56	31.68	779
2.	03.04.2008		+0,62	31.98	758
3.	07.03.2007		+0,61	32.13	747
	17.08.2006	-	+0,33	32.13	747
5.	22.12.2007		+0,67	32.37	731
6.	08.07.2009		+0,64	32.49	722
7.	21.06.2006		+0,63	32.77	704
8.	10.12.2000		+0,71	33.07	685
9.	11.07.2010		+0,63	33.10	683
10.	18.01.2008		+0,24	33.14	681
11.	18.02.2006		+0,63	33.16	680
12.	11.03.2008		+0,22	33.42	664
13.	20.03.2010	-	+0,63	33.48	660
14.	04.07.2005		+0,60	33.62	652
15.	28.05.2003		+0,61	33.66	650
16.	16.06.2007	-	+0,65	33.70	647
17.	11.07.2009		+0,56	33.82	640
18.	03.06.2008		+0,52	33.97	632
19.	16.02.2007		+0,60	34.12	624
	30.06.2006		+0,67	34.12	624
21.	17.08.2008		+0,57	34.24	617
22.	15.03.2009		+0,66	34.29	614
23.	12.09.2007		+0,68	34.33	612
24.	06.02.2010		+0,26	34.36	611
25.	18.05.2010		+0,22	34.38	610
26.	08.07.2009		+0,29	34.81	587
27.	01.06.2011		+0,23	34.84	586
28.	16.09.2008		+0,27	34.87	584
29.	02.10.2010		+0,35	35.15	570
30.	20.04.2012		+0,65	35.41	558
31.	27.12.2010	-	+0,69	35.47	555
32.	14.12.2009		+0,69	35.67	546
33.	07.02.2012		+0,78	35.74	543
34.	22.06.2011		+0,34	35.80	540
35.	18.07.2007		+0,25	36.02	530
36.	04.01.2012		+0,71	36.10	527
37.	10.08.2007		+0,38	36.12	526
38.	07.08.2010		+0,29	36.20	522
39.	26.08.2011		+0,72	36.39	514
40.	28.01.2011		+0,29	36.49	510
41.	30.04.2008		+0,33	36.63	504
42.	17.05.2012		+0,54	36.85	495
43.	25.11.2009		+0,63	36.89	493
44.	27.08.2011		+0,70	36.92	492
45.	09.04.2011		+0,72	37.15	483

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

РУЗА

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

1 ЭТАП

4, , 50m ,

			R.T.		
46.	.	12.09.2011	+0,70	37.31	477
47.		03.11.2012	+0,85	37.41	473
48.		17.03.2010	+0,82	37.57	467
49.		25.01.2011	+0,64	38.35	439
50.		17.06.2011	+0,64	38.45	436
51.		25.08.2011	+0,61	38.69	428
52.	-	06.09.2011	+0,29	39.05	416
53.		16.08.2012	+0,74	39.41	405
54.		02.10.2010	+0,63	41.24	353
DSQ		31.08.2008			
DSQ		03.08.2010			

Спонсоры соревнований:

5
18.02.2026 - 10:30

, 100m

		58.53			RUS	(SGP)	27.07.2025	
		59.97				(HUN)	21.08.2019	
: AQUA 2025								
		/				R.T.		
1.		23.09.1997				+0,61	59.99	852
	50m:	27.59	27.59	100m:	59.99	32.40		
2.		02.08.1994				+0,21	1:00.20	843
	50m:	27.61	27.61	100m:	1:00.20	32.59		
3.		29.12.1995					1:00.61	826
	50m:	27.84	27.84	100m:	1:00.61	32.77		
4.		27.07.2001				+0,22	1:00.74	821
	50m:	28.36	28.36	100m:	1:00.74	32.38		
5.		17.05.2007				+0,70	1:01.71	783
	50m:	28.54	28.54	100m:	1:01.71	33.17		
6.		02.02.2003					1:02.21	764
	50m:	28.47	28.47	100m:	1:02.21	33.74		
7.		09.01.1998				+0,58	1:02.59	750
	50m:	29.31	29.31	100m:	1:02.59	33.28		
8.		15.06.2005				+0,67	1:02.82	742
	50m:	29.06	29.06	100m:	1:02.82	33.76		
9.		26.04.1992				+0,26	1:02.88	740
	50m:	29.12	29.12	100m:	1:02.88	33.76		
10.		24.08.2006				+0,26	1:02.90	739
	50m:	29.49	29.49	100m:	1:02.90	33.41		
11.		10.12.1997				+0,22	1:02.96	737
	50m:	29.41	29.41	100m:	1:02.96	33.55		
12.		06.03.2007				+0,24	1:02.98	736
	50m:	29.45	29.45	100m:	1:02.98	33.53		
13.		06.04.2005				+0,54	1:03.25	727
	50m:	30.08	30.08	100m:	1:03.25	33.17		
14.		17.08.2006				+0,62	1:03.29	725
	50m:	29.62	29.62	100m:	1:03.29	33.67		
15.		05.07.2007				+0,35	1:03.36	723
	50m:	30.11	30.11	100m:	1:03.36	33.25		
16.		13.04.2006					1:03.39	722
	50m:	28.76	28.76	100m:	1:03.39	34.63		
17.		14.05.2008				+0,33	1:03.46	720
	50m:	29.79	29.79	100m:	1:03.46	33.67		
18.		09.02.2006				+0,21	1:03.79	708
	50m:	29.17	29.17	100m:	1:03.79	34.62		
19.		22.11.2006				+0,72	1:03.90	705
	50m:	29.78	29.78	100m:	1:03.90	34.12		
20.		30.12.2009				+0,71	1:03.92	704
	50m:	30.25	30.25	100m:	1:03.92	33.67		

		5, , 100m				R.T.		
		/						
21.		02.03.2008				+0,21	1:04.10	698
	50m:	29.76	29.76	100m:	1:04.10	34.34		
22.		16.01.2009				+0,53	1:04.21	695
	50m:	30.99	30.99	100m:	1:04.21	33.22		
23.		03.04.2008				+0,65	1:04.48	686
	50m:	30.05	30.05	100m:	1:04.48	34.43		
24.		08.02.2006				+0,21	1:04.57	683
	50m:	30.26	30.26	100m:	1:04.57	34.31		
25.		29.04.2004				+0,59	1:04.68	680
	50m:	30.37	30.37	100m:	1:04.68	34.31		
26.		13.06.2006				+0,28	1:05.06	668
	50m:	30.66	30.66	100m:	1:05.06	34.40		
27.		27.06.2006				+0,26	1:05.22	663
	50m:	30.26	30.26	100m:	1:05.22	34.96		
28.		05.01.2007				+0,54	1:05.26	662
	50m:	30.22	30.22	100m:	1:05.26	35.04		
29.		18.05.2007				+0,53	1:05.54	653
	50m:	30.41	30.41	100m:	1:05.54	35.13		
30.		04.07.2008				+0,26	1:05.63	650
	50m:	30.71	30.71	100m:	1:05.63	34.92		
31.		05.08.2005				+0,59	1:05.82	645
	50m:	31.26	31.26	100m:	1:05.82	34.56		
32.		16.09.2008				+0,58	1:05.92	642
	50m:	31.58	31.58	100m:	1:05.92	34.34		
33.		06.03.2008 I				+0,35	1:06.50	625
	50m:	31.38	31.38	100m:	1:06.50	35.12		
34.		10.03.2007				+0,22	1:06.81	617
	50m:	30.80	30.80	100m:	1:06.81	36.01		
35.		13.12.2010				+0,25	1:07.18	606
	50m:	31.42	31.42	100m:	1:07.18	35.76		
36.		11.01.2007				+0,54	1:07.51	598
	50m:	31.77	31.77	100m:	1:07.51	35.74		
37.		15.03.2005				+0,53	1:07.58	596
	50m:	31.55	31.55	100m:	1:07.58	36.03		
38.		01.04.2008				+0,26	1:07.90	587
	50m:	31.50	31.50	100m:	1:07.90	36.40		
		07.03.2011				+0,66	1:07.90	587
	50m:	32.21	32.21	100m:	1:07.90	35.69		
40.		15.10.2007 I				+0,57	1:08.19	580
	50m:	31.00	31.00	100m:	1:08.19	37.19		
41.		30.11.2009				+0,54	1:08.84 I	564
	50m:	31.85	31.85	100m:	1:08.84	36.99		
42.		16.11.2011				+0,67	1:08.86 I	563
	50m:	32.15	32.15	100m:	1:08.86	36.71		
43.		09.09.2012 I				+0,65	1:08.93 I	561
	50m:	32.28	32.28	100m:	1:08.93	36.65		

		5, , 100m ,				R.T.		
		/						
44.			10.01.2007			+0,65	1:09.06	558
	50m:	31.51	31.51	100m:	1:09.06			
45.			14.06.2007			+0,56	1:09.30	552
	50m:	31.21	31.21	100m:	1:09.30			
46.			28.11.2009			+0,25	1:09.37	551
	50m:	32.65	32.65	100m:	1:09.37			
47.			24.04.2009			+0,26	1:09.78	541
	50m:	33.47	33.47	100m:	1:09.78			
48.			15.04.2010			+0,63	1:09.89	539
	50m:	32.50	32.50	100m:	1:09.89			
49.			06.11.2008			+0,23	1:10.04	535
	50m:	31.87	31.87	100m:	1:10.04			
50.			06.03.2010			+0,26	1:10.53	524
	50m:	31.92	31.92	100m:	1:10.53			
51.			30.11.2009			+0,34	1:10.60	522
	50m:	32.33	32.33	100m:	1:10.60			
52.			10.01.2009			+0,59	1:10.79	518
	50m:	31.72	31.72	100m:	1:10.79			
53.			23.01.2008			+0,66	1:10.93	515
	50m:	33.96	33.96	100m:	1:10.93			
54.			24.03.2010		-	+0,23	1:10.98	514
	50m:	32.61	32.61	100m:	1:10.98			
55.			21.10.2008				1:11.35	506
	50m:	33.31	33.31	100m:	1:11.35			
56.			07.08.2009			+0,64	1:11.36	506
	50m:	31.91	31.91	100m:	1:11.36			
57.			09.03.2010			+0,22	1:12.32	486
	50m:	33.45	33.45	100m:	1:12.32			
58.			04.01.2010			+0,59	1:12.77	477
	50m:	34.45	34.45	100m:	1:12.77			
59.			27.05.2012			+0,52	1:13.50	463
	50m:	34.76	34.76	100m:	1:13.50			
60.			14.10.2010			+0,30	1:13.72	459
	50m:	33.24	33.24	100m:	1:13.72			
61.			23.02.2010			+0,24	1:14.57	443
	50m:	34.70	34.70	100m:	1:14.57			
62.			16.02.2009			+0,34	1:14.58	443
	50m:	34.37	34.37	100m:	1:14.58			
63.			26.03.2011			+0,59	1:14.83	439
	50m:	35.35	35.35	100m:	1:14.83			
64.			09.11.2008			+0,52	1:15.30	431
	50m:	33.77	33.77	100m:	1:15.30			
DSQ			09.06.2009					
DSQ			20.06.2006					
DNS			25.08.2008					

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18.02.2026 - 10:48

, 200m

		1:43.90						(ITA)		28.07.2009	
		1:43.90						(ITA)		28.07.2009	
: AQUA 2025											
								R.T.			
1.		29.06.2000						+0,21	1:48.63	827	
	50m:	25.58	25.58	100m:	53.52	27.94	150m:	1:21.22	27.70	200m:	1:48.63 27.41
2.		03.06.1995						+0,70	1:51.12	773	
	50m:	26.13	26.13	100m:	54.55	28.42	150m:	1:22.70	28.15	200m:	1:51.12 28.42
3.		18.03.2007						+0,25	1:51.45	766	
	50m:	26.27	26.27	100m:	54.73	28.46	150m:	1:23.10	28.37	200m:	1:51.45 28.35
		28.03.2007						+0,31	1:51.45	766	
	50m:	26.43	26.43	100m:	55.48	29.05	150m:	1:24.07	28.59	200m:	1:51.45 27.38
5.		06.11.1999						+0,46	1:51.59	763	
	50m:	26.30	26.30	100m:	55.25	28.95	150m:	1:24.05	28.80	200m:	1:51.59 27.54
6.		04.09.2008						+0,28	1:51.67	762	
	50m:	26.61	26.61	100m:	55.56	28.95	150m:	1:24.06	28.50	200m:	1:51.67 27.61
7.		12.09.2007						+0,55	1:52.03	754	
	50m:	26.44	26.44	100m:	55.54	29.10	150m:	1:24.28	28.74	200m:	1:52.03 27.75
8.		17.12.2007						+0,25	1:52.06	754	
	50m:	26.09	26.09	100m:	54.81	28.72	150m:	1:23.49	28.68	200m:	1:52.06 28.57
9.		26.05.2008						+0,59	1:52.16	752	
	50m:	26.72	26.72	100m:	55.99	29.27	150m:	1:24.59	28.60	200m:	1:52.16 27.57
10.		05.12.1995						+0,23	1:52.48	745	
	50m:	26.27	26.27	100m:	54.74	28.47	150m:	1:23.63	28.89	200m:	1:52.48 28.85
11.		02.07.2001						+0,24	1:52.77	739	
	50m:	26.14	26.14	100m:	55.01	28.87	150m:	1:23.89	28.88	200m:	1:52.77 28.88
12.		14.02.2003						+0,29	1:52.82	738	
	50m:	26.06	26.06	100m:	54.71	28.65	150m:	1:24.03	29.32	200m:	1:52.82 28.79
13.		30.10.2008						+0,26	1:53.03	734	
	50m:	26.83	26.83	100m:	56.25	29.42	150m:	1:24.78	28.53	200m:	1:53.03 28.25
14.		01.05.2008						+0,59	1:53.24	730	
	50m:	27.08	27.08	100m:	56.27	29.19	150m:	1:25.19	28.92	200m:	1:53.24 28.05
15.		18.09.2003						+0,24	1:53.38	728	
	50m:	26.87	26.87	100m:	55.12	28.25	150m:	1:23.35	28.23	200m:	1:53.38 30.03
16.		07.03.2005						+0,54	1:53.41	727	
	50m:	26.74	26.74	100m:	56.04	29.30	150m:	1:25.24	29.20	200m:	1:53.41 28.17
17.		27.12.2006						+0,61	1:53.56	724	
	50m:	26.06	26.06	100m:	54.96	28.90	150m:	1:24.13	29.17	200m:	1:53.56 29.43
18.		11.12.2007						+0,22	1:53.58	724	
	50m:	26.09	26.09	100m:	54.91	28.82	150m:	1:24.49	29.58	200m:	1:53.58 29.09
19.		05.12.2006						+0,26	1:53.70	721	
	50m:	26.42	26.42	100m:	55.28	28.86	150m:	1:24.48	29.20	200m:	1:53.70 29.22
20.		31.08.2007						+0,59	1:54.50	706	
	50m:	26.99	26.99	100m:	56.12	29.13	150m:	1:26.09	29.97	200m:	1:54.50 28.41

		6, , 200m						R.T.			
21.		/	06.01.2007	-				+0,56	1:54.53		706
	50m:	25.87	25.87	100m:	54.68	28.81	150m:	1:24.33	29.65	200m:	1:54.53 30.20
22.			01.01.2006					+0,52	1:54.60		705
	50m:	26.97	26.97	100m:	56.01	29.04	150m:	1:25.57	29.56	200m:	1:54.60 29.03
23.			21.03.1999					+0,61	1:54.68		703
	50m:	26.77	26.77	100m:	55.99	29.22	150m:	1:25.63	29.64	200m:	1:54.68 29.05
24.			07.02.2007	-				+0,33	1:55.14		695
	50m:	26.73	26.73	100m:	56.12	29.39	150m:	1:25.52	29.40	200m:	1:55.14 29.62
25.			11.11.2002					+0,69	1:55.23		693
	50m:	27.51	27.51	100m:	57.53	30.02	150m:	1:26.61	29.08	200m:	1:55.23 28.62
26.			25.01.2006	-				+0,59	1:55.28		692
	50m:	26.20	26.20	100m:	55.87	29.67	150m:	1:26.06	30.19	200m:	1:55.28 29.22
27.			05.11.2008					+0,65	1:55.35		691
	50m:	26.60	26.60	100m:	56.05	29.45	150m:	1:26.08	30.03	200m:	1:55.35 29.27
28.			11.03.2005					+0,37	1:55.49		688
	50m:	27.51	27.51	100m:	56.98	29.47	150m:	1:26.69	29.71	200m:	1:55.49 28.80
29.			20.07.2004			Swimming Club Uster		+0,28	1:55.75		684
	50m:	26.61	26.61	100m:	55.41	28.80	150m:	1:25.57	30.16	200m:	1:55.75 30.18
30.			15.01.2009					+0,24	1:56.11		677
	50m:	26.11	26.11	100m:	55.66	29.55	150m:	1:25.78	30.12	200m:	1:56.11 30.33
31.			09.07.2007					+0,22	1:56.32		674
	50m:	26.72	26.72	100m:	56.88	30.16	150m:	1:26.60	29.72	200m:	1:56.32 29.72
32.			18.03.2008					+0,59	1:56.47		671
	50m:	27.19	27.19	100m:	56.98	29.79	200m:	1:56.47	59.49		
33.			28.07.2006					+0,55	1:56.54		670
	50m:	27.28	27.28	100m:	56.80	29.52	150m:	1:26.77	29.97	200m:	1:56.54 29.77
34.			04.02.2008	-				+0,42	1:56.56		670
	50m:	27.20	27.20	100m:	57.08	29.88	150m:	1:27.11	30.03	200m:	1:56.56 29.45
35.			18.01.2005					+0,22	1:56.90		664
	50m:	26.44	26.44	100m:	55.34	28.90	150m:	1:25.97	30.63	200m:	1:56.90 30.93
36.			28.03.2008					+0,28	1:57.22		658
	50m:	26.57	26.57	100m:	55.80	29.23	150m:	1:26.31	30.51	200m:	1:57.22 30.91
37.			12.02.2007					+0,31	1:57.31		657
	50m:	27.10	27.10	100m:	57.25	30.15	150m:	1:27.39	30.14	200m:	1:57.31 29.92
38.			05.11.2006					+0,21	1:57.48		654
	50m:	26.21	26.21	100m:	55.37	29.16	150m:	1:26.25	30.88	200m:	1:57.48 31.23
39.			14.07.2010					+0,28	1:57.61		652
	50m:	27.48	27.48	100m:	56.98	29.50	150m:	1:26.99	30.01	200m:	1:57.61 30.62
40.			23.06.2005					+0,21	1:57.65		651
	50m:	27.92	27.92	100m:	58.43	30.51	150m:	1:28.46	30.03	200m:	1:57.65 29.19
41.			15.04.2008					+0,32	1:57.66		651
	50m:	27.85	27.85	100m:	58.00	30.15	150m:	1:28.46	30.46	200m:	1:57.66 29.20
42.			30.09.2001	-				+0,30	1:57.72		650
	50m:	27.19	27.19	100m:	56.80	29.61	150m:	1:27.42	30.62	200m:	1:57.72 30.30
43.			28.11.2008					+0,56	1:57.82		648
	50m:	26.50	26.50	100m:	56.21	29.71	150m:	1:27.68	31.47	200m:	1:57.82 30.14

		6, , 200m						R.T.			
		/									
44.			08.03.2004					+0,27	1:58.17		643
	50m:	27.93	27.93	100m:	59.31	31.38	150m:	1:29.19	29.88	200m:	1:58.17 28.98
45.			03.03.2008					+0,53	1:58.41		639
	50m:	27.51	27.51	100m:	58.58	31.07	150m:	1:28.81	30.23	200m:	1:58.41 29.60
46.			03.06.2010					+0,66	1:58.44		638
	50m:	27.71	27.71	100m:	57.59	29.88	150m:	1:28.16	30.57	200m:	1:58.44 30.28
47.			21.02.2007					+0,34	1:58.53		637
	50m:	27.31	27.31	100m:	57.90	30.59	150m:	1:28.75	30.85	200m:	1:58.53 29.78
48.			03.07.1997					+0,29	1:58.84		632
	50m:	27.07	27.07	100m:	57.88	30.81	150m:	1:28.58	30.70	200m:	1:58.84 30.26
49.			22.06.2005						1:58.88		631
	50m:	26.52	26.52	100m:	55.51	28.99	150m:	1:26.29	30.78	200m:	1:58.88 32.59
50.			18.02.2008					+0,60	1:58.90		631
	50m:	27.07	27.07	100m:	57.45	30.38	150m:	1:28.48	31.03	200m:	1:58.90 30.42
51.			27.12.2008					+0,60	1:58.96		630
	50m:	27.36	27.36	100m:	58.11	30.75	150m:	1:29.07	30.96	200m:	1:58.96 29.89
52.			05.08.2010					+0,28	1:59.10		628
	50m:	27.90	27.90	100m:	58.62	30.72	150m:	1:28.70	30.08	200m:	1:59.10 30.40
53.			30.06.2011 I					+0,66	1:59.17		627
	50m:	27.64	27.64	100m:	58.08	30.44	150m:	1:28.17	30.09	200m:	1:59.17 31.00
54.			25.09.2007					+0,49	1:59.33		624
	50m:	26.99	26.99	100m:	57.15	30.16	150m:	1:28.39	31.24	200m:	1:59.33 30.94
55.			02.05.2007					+0,26	1:59.51		621
	50m:	27.96	27.96	100m:	58.12	30.16	150m:	1:28.89	30.77	200m:	1:59.51 30.62
56.			05.08.2008					+0,57	1:59.54		621
	50m:	27.85	27.85	100m:	58.79	30.94	150m:	1:28.83	30.04	200m:	1:59.54 30.71
57.			13.04.2011					+0,23	2:00.03		613
	50m:	27.99	27.99	100m:	58.47	30.48	150m:	1:29.68	31.21	200m:	2:00.03 30.35
58.			16.04.2008					+0,32	2:00.09		612
	50m:	26.51	26.51	100m:	57.02	30.51	150m:	1:28.89	31.87	200m:	2:00.09 31.20
			13.12.1999					+0,24	2:00.09		612
	50m:	27.07	27.07	100m:	57.40	30.33	150m:	1:28.94	31.54	200m:	2:00.09 31.15
60.			07.06.2011					+0,64	2:00.51		606
	50m:	27.78	27.78	100m:	57.98	30.20	150m:	1:29.48	31.50	200m:	2:00.51 31.03
61.			28.05.2003					+0,26	2:00.56		605
	50m:	27.94	27.94	100m:	58.71	30.77	150m:	1:29.66	30.95	200m:	2:00.56 30.90
62.			15.01.2009					+0,55	2:01.05		598
	50m:	28.07	28.07	100m:	59.37	31.30	150m:	1:30.87	31.50	200m:	2:01.05 30.18
63.			22.09.2008					+0,67	2:01.08		597
	50m:	28.08	28.08	100m:	58.76	30.68	150m:	1:29.87	31.11	200m:	2:01.08 31.21
64.			11.12.2008					+0,51	2:01.14		596
	50m:	27.43	27.43	100m:	58.10	30.67	150m:	1:29.20	31.10	200m:	2:01.14 31.94
65.			22.03.2010					+0,63	2:01.62		589
	50m:	26.81	26.81	100m:	57.19	30.38	150m:	1:29.11	31.92	200m:	2:01.62 32.51
66.			02.01.2004					+0,22	2:01.73		588
	50m:	27.87	27.87	100m:	58.95	31.08	150m:	1:30.67	31.72	200m:	2:01.73 31.06

6, , 200m								R.T.			
67.			03.03.2011					+0,57	2:01.80		587
	50m: 26.85	26.85	100m: 56.78	29.93	150m: 1:28.56	31.78	200m: 2:01.80				33.24
68.			17.06.2009 I					+0,27	2:01.98		584
	50m: 28.89	28.89	100m: 59.96	31.07	150m: 1:31.37	31.41	200m: 2:01.98				30.61
69.			11.09.2008 I					+0,56	2:02.36		579
	50m: 26.93	26.93	100m: 58.32	31.39	150m: 1:30.72	32.40	200m: 2:02.36				31.64
70.			15.10.2007					+0,67	2:02.43		578
	50m: 27.63	27.63	100m: 57.85	30.22	150m: 1:29.44	31.59	200m: 2:02.43				32.99
71.			26.11.2008					+0,21	2:02.49		577
	50m: 26.52	26.52	100m: 58.14	31.62	150m: 1:30.46	32.32	200m: 2:02.49				32.03
72.			03.07.2009 I					+0,24	2:02.75		573
	50m: 27.59	27.59	100m: 59.08	31.49	150m: 1:31.99	32.91	200m: 2:02.75				30.76
73.			29.01.2009 I					+0,22	2:02.86		572
	50m: 27.97	27.97	100m: 59.20	31.23	150m: 1:30.77	31.57	200m: 2:02.86				32.09
74.			27.09.2011					+0,34	2:02.88		571
	50m: 28.07	28.07	100m: 59.16	31.09	150m: 1:31.40	32.24	200m: 2:02.88				31.48
75.			26.06.2008 I					+0,28	2:03.09		569
	50m: 27.67	27.67	100m: 59.31	31.64	150m: 1:31.68	32.37	200m: 2:03.09				31.41
76.			14.01.2011					+0,55	2:03.19		567
	50m: 27.69	27.69	100m: 58.92	31.23	150m: 1:31.36	32.44	200m: 2:03.19				31.83
77.			03.11.2009					+0,32	2:03.37		565
	50m: 30.13	30.13	100m: 1:00.99	30.86	150m: 1:33.20	32.21	200m: 2:03.37				30.17
78.			11.11.2010 I					+0,21	2:03.47		563
	50m: 28.09	28.09	100m: 59.56	31.47	150m: 1:31.58	32.02	200m: 2:03.47				31.89
79.			21.12.2010					+0,44	2:03.53		562
	50m: 27.19	27.19	100m: 58.01	30.82	150m: 1:30.79	32.78	200m: 2:03.53				32.74
80.			11.01.2004 I					+0,55	2:03.55		562
	50m: 27.59	27.59	100m: 58.13	30.54	150m: 1:30.38	32.25	200m: 2:03.55				33.17
81.			08.03.2010					+0,64	2:03.82		559
	50m: 27.82	27.82	100m: 58.73	30.91	200m: 2:03.82	1:05.09					
82.			31.08.2010 I					+0,61	2:03.91		557
	50m: 27.81	27.81	100m: 58.71	30.90	150m: 1:30.75	32.04	200m: 2:03.91				33.16
83.			15.04.2011 I					+0,59	2:03.97		556
	50m: 28.66	28.66	100m: 1:00.38	31.72	150m: 1:32.59	32.21	200m: 2:03.97				31.38
84.			22.05.2010					+0,32	2:04.72		547
	50m: 28.39	28.39	100m: 59.64	31.25	150m: 1:31.59	31.95	200m: 2:04.72				33.13
85.			06.08.2010					+0,68	2:04.73		546
	50m: 28.22	28.22	100m: 1:00.78	32.56	150m: 1:33.31	32.53	200m: 2:04.73				31.42
86.			15.03.2009 I					+0,21	2:04.88		544
	50m: 28.19	28.19	100m: 1:00.37	32.18	150m: 1:33.43	33.06	200m: 2:04.88				31.45
87.			24.07.2010					+0,52	2:05.02		543
	50m: 28.30	28.30	100m: 59.95	31.65	150m: 1:32.45	32.50	200m: 2:05.02				32.57
88.			07.03.2012 I					+0,48	2:05.33		539
	50m: 28.34	28.34	100m: 1:00.48	32.14	150m: 1:33.05	32.57	200m: 2:05.33				32.28
89.			08.05.2010 I					+0,25	2:05.76		533
	50m: 28.47	28.47	100m: 1:01.01	32.54	200m: 2:05.76	1:04.75					

		6, , 200m						R.T.				
90.		/	28.01.2011	I				+0,44	2:06.05	I	529	
	50m:	28.70	28.70	100m:	1:00.54	31.84	150m:	1:33.58	33.04	200m:	2:06.05	32.47
91.		/	02.11.2010	I				+0,59	2:06.06	I	529	
	50m:	28.96	28.96	100m:	1:01.12	32.16	150m:	1:33.46	32.34	200m:	2:06.06	32.60
92.		/	29.03.2009					+0,74	2:06.45	I	524	
	50m:	27.27	27.27	100m:	58.53	31.26	150m:	1:32.17	33.64	200m:	2:06.45	34.28
93.		/	12.11.2009					+0,68	2:06.48	I	524	
	50m:	28.57	28.57	100m:	1:00.53	31.96	150m:	1:34.39	33.86	200m:	2:06.48	32.09
94.		/	06.07.2010					+0,59	2:06.72	I	521	
	50m:	27.71	27.71	100m:	59.33	31.62	150m:	1:33.28	33.95	200m:	2:06.72	33.44
95.		/	22.12.2010	I				+0,45	2:07.27	I	514	
	50m:	29.29	29.29	100m:	1:01.62	32.33	150m:	1:34.47	32.85	200m:	2:07.27	32.80
96.		/	23.08.2008	I				+0,55	2:07.50	I	512	
	50m:	28.27	28.27	100m:	1:00.46	32.19	150m:	1:33.68	33.22	200m:	2:07.50	33.82
97.		/	11.01.2010					+0,24	2:07.51	I	511	
	50m:	28.43	28.43	100m:	1:00.34	31.91	150m:	1:34.10	33.76	200m:	2:07.51	33.41
98.		/	03.02.2012	I				+0,65	2:07.78	I	508	
	50m:	29.68	29.68	100m:	1:01.74	32.06	150m:	1:35.49	33.75	200m:	2:07.78	32.29
99.		/	10.03.2006	I				+0,56	2:07.84	I	507	
	50m:	28.86	28.86	100m:	1:01.06	32.20	150m:	1:34.58	33.52	200m:	2:07.84	33.26
100.		/	27.07.2010	I				+0,63	2:07.91	I	507	
	50m:	28.92	28.92	100m:	1:01.26	32.34	150m:	1:34.84	33.58	200m:	2:07.91	33.07
101.		/	27.12.2008	I				+0,23	2:07.93	I	506	
	50m:	28.27	28.27	100m:	1:00.20	31.93	150m:	1:34.04	33.84	200m:	2:07.93	33.89
102.		/	31.01.2009	I				+0,75	2:07.94	I	506	
	50m:	28.90	28.90	100m:	1:01.40	32.50	150m:	1:34.89	33.49	200m:	2:07.94	33.05
103.		/	07.03.2012	I				+0,31	2:08.17	I	504	
	50m:	30.23	30.23	100m:	1:03.16	32.93	150m:	1:36.54	33.38	200m:	2:08.17	31.63
104.		/	07.11.2010	I				+0,21	2:08.54	I	499	
	50m:	28.49	28.49	100m:	1:00.09	31.60	150m:	1:33.87	33.78	200m:	2:08.54	34.67
105.		/	06.07.2011	I				+0,54	2:08.65	I	498	
	50m:	29.13	29.13	100m:	1:01.99	32.86	150m:	1:35.71	33.72	200m:	2:08.65	32.94
106.		/	30.01.2008	I				+0,61	2:08.81	I	496	
	50m:	28.03	28.03	100m:	1:00.73	32.70	150m:	1:35.15	34.42	200m:	2:08.81	33.66
107.		/	28.11.2009					+0,63	2:08.85	I	496	
	50m:	29.53	29.53	100m:	1:01.75	32.22	150m:	1:35.50	33.75	200m:	2:08.85	33.35
108.		/	07.04.2010	I				+0,22	2:09.00	I	494	
	50m:	29.06	29.06	100m:	1:01.22	32.16	150m:	1:35.33	34.11	200m:	2:09.00	33.67
109.		/	19.07.2009	I				+0,52	2:09.50	I	488	
	50m:	28.75	28.75	100m:	1:00.53	31.78	150m:	1:34.50	33.97	200m:	2:09.50	35.00
110.		/	18.06.2010	I				+0,60	2:10.00	I	483	
	100m:	1:02.62	1:02.62	200m:	2:10.00	1:07.38						
111.		/	13.02.2010	I				+0,30	2:10.27	I	480	
	50m:	28.58	28.58	100m:	1:01.37	32.79	150m:	1:35.98	34.61	200m:	2:10.27	34.29
112.		/	13.02.2009	I				+0,59	2:10.28	I	479	
	50m:	30.11	30.11	100m:	1:03.33	33.22	150m:	1:37.65	34.32	200m:	2:10.28	32.63

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

РУЗА

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

1 ЭТАП

		6, , 200m						R.T.			
113.			/						+0,59	2:11.08	471
	100m:	1:02.08	1:02.08	200m:	2:11.08	1:09.00					
114.			08.10.2012	I					+0,36	2:11.81	463
	50m:	30.29	30.29	100m:	1:03.54	33.25	150m:	1:38.07	34.53	200m:	2:11.81 33.74
115.			16.04.2010	I					+0,40	2:13.16	449
	50m:	30.81	30.81	100m:	1:04.66	33.85	150m:	1:39.29	34.63	200m:	2:13.16 33.87
116.			10.08.2011	I					+0,26	2:13.70	444
	50m:	29.72	29.72	100m:	1:03.12	33.40	150m:	1:38.49	35.37	200m:	2:13.70 35.21
117.			13.10.2010	I					+0,65	2:14.08	440
	50m:	28.72	28.72	100m:	1:01.66	32.94	150m:	1:37.23	35.57	200m:	2:14.08 36.85
DSQ			28.10.2011	I							

Спонсоры соревнований:

7
18.02.2026 - 11:32

, 200m

		2:07.33						(GBR)		06.08.2018		
		2:07.67				RUS		(ROU)		20.08.2025		
: AQUA 2025												
		/						R.T.				
1.			28.12.2008					+0,59	2:15.95		719	
	50m:	29.64	29.64	100m:	1:03.78	34.14	150m:	1:39.67	35.89	200m:	2:15.95	36.28
2.			10.01.2009			-		+0,27	2:21.08		643	
	50m:	31.29	31.29	100m:	1:06.80	35.51	150m:	1:43.25	36.45	200m:	2:21.08	37.83
3.			20.11.2009					+0,31	2:21.12		643	
	50m:	31.40	31.40	100m:	1:08.05	36.65	150m:	1:44.70	36.65	200m:	2:21.12	36.42
4.			06.06.2006			-		+0,21	2:22.03		630	
	50m:	30.17	30.17	100m:	1:05.10	34.93	150m:	1:41.85	36.75	200m:	2:22.03	40.18
5.			12.01.2009					+0,24	2:22.22		628	
	50m:	30.92	30.92	100m:	1:07.51	36.59	150m:	1:44.98	37.47	200m:	2:22.22	37.24
6.			12.05.2006					+0,61	2:22.89		619	
	50m:	31.44	31.44	100m:	1:08.19	36.75	150m:	1:45.11	36.92	200m:	2:22.89	37.78
7.			09.03.2012					+0,28	2:25.58		585	
	50m:	29.79	29.79	100m:	1:06.83	37.04	150m:	1:47.27	40.44	200m:	2:25.58	38.31
8.			23.12.2009					+0,67	2:26.05		580	
	50m:	32.14	32.14	100m:	1:08.85	36.71	150m:	1:46.93	38.08	200m:	2:26.05	39.12
9.			29.04.2009					+0,43	2:26.25		577	
	50m:	31.60	31.60	100m:	1:08.57	36.97	150m:	1:46.67	38.10	200m:	2:26.25	39.58
10.			29.09.2011					+0,29	2:35.30	I	482	
	50m:	33.45	33.45	100m:	1:13.39	39.94	150m:	1:54.02	40.63	200m:	2:35.30	41.28
11.			10.03.2011					+0,55	2:38.22		456	
	50m:	32.98	32.98	100m:	1:12.78	39.80	150m:	1:54.65	41.87	200m:	2:38.22	43.57

8
18.02.2026 - 11:38

, 50m

	23.55	-1		27.07.2023
	24.00		(GBR)	04.08.2018
: AQUA 2025				
			R.T.	
1.	25.04.2006	-	+0,56	24.99 836
	27.08.2008		+0,59	24.99 836
3.	25.07.2007		+0,60	25.17 819
4.	08.07.2005		+0,62	25.52 785
5.	05.02.2006	-	+0,60	25.53 784
6.	10.08.2009		+0,57	25.72 767
7.	28.04.2001		+0,59	26.05 738
8.	19.10.2007		+0,59	26.06 737
9.	06.03.2008		+0,61	26.15 730
10.	06.01.2007	-	+0,66	26.19 727
11.	27.07.2001		+0,65	26.48 703
12.	12.04.2010		+0,58	26.59 694
13.	13.09.2006		+0,61	26.62 692
14.	05.01.2007		+0,54	26.70 686
15.	27.01.2005		+0,61	26.71 685
16.	05.03.2009		+0,59	26.77 680
17.	17.12.2008		+0,58	26.82 677
18.	27.09.2006		+0,58	26.97 665
19.	20.10.2009		+0,78	27.07 658
20.	10.06.2009		+0,53	27.14 653
21.	29.07.2008		+0,58	27.32 640
22.	28.07.2008		+0,62	27.48 629
23.	24.01.2009		+0,60	27.50 628
24.	12.04.2006		+0,61	27.65 617
25.	19.10.2009		+0,63	27.67 616
26.	09.02.2008		+0,53	27.69 615
27.	20.07.2004	Swimming Club Uster	+0,58	27.89 602
28.	28.11.2008		+0,63	27.95 598
29.	24.08.2010		+0,57	27.99 595
30.	04.06.2008		+0,62	28.00 594
31.	13.09.2008		+0,68	28.09 589
32.	03.11.2009		+0,55	28.10 588
33.	16.06.2010		+0,58	28.11 588
34.	18.05.2008		+0,58	28.12 587
35.	22.06.2005		+0,61	28.20 582
	11.01.1996		+0,63	28.20 582
	10.03.2010	-	+0,64	28.20 582
38.	15.01.2009		+0,56	28.31 575
39.	11.08.2009		+0,61	28.32 575
40.	14.02.2009		+0,67	28.36 572
41.	11.02.2008		+0,58	28.46 566
42.	03.06.2003		+0,52	28.55 561
43.	03.10.2009		+0,63	28.57 560
44.	11.06.2011		+0,70	28.59 558
45.	05.02.2009		+0,62	28.63 556

8, , 50m ,

			R.T.		
46.	18.05.2007		+0,70	28.67	554
47.	05.04.2003		+0,67	28.81	546
48.	18.09.2010		+1,65	28.84	544
	20.03.2009		+0,71	28.84	544
50.	04.04.2011		+0,73	28.97	537
51.	06.04.2009		+0,60	28.99	536
52.	15.06.2010		+0,59	29.09	530
53.	25.10.2010		+0,57	29.20	524
54.	16.01.2009		+0,58	29.42	512
55.	17.11.2009		+0,69	29.59	504
56.	15.03.2011		+0,60	29.60	503
57.	11.04.2009		+0,61	29.68	499
58.	30.04.2009		+0,58	29.94	486
59.	07.04.2011		+0,69	30.18	475
60.	31.05.2010		+0,58	30.24	472
61.	14.12.2011		+0,62	30.41	464
62.	02.02.2009		+0,71	30.44	463
63.	24.11.2010		+0,53	30.51	459
64.	25.01.2011		+0,66	30.74	449
65.	07.03.2011	-	+0,60	31.63	412
66.	30.11.2009		+0,79	31.74	408
67.	04.07.2010	-	+0,67	33.83	337
DSQ	14.09.2009				
DSQ	04.08.2010				

9
18.02.2026 - 11:52

, 200m

		2:17.55						(JPN)		21.04.2023		
		2:20.57								29.07.2021		
: AQUA 2025												
								R.T.				
1.			10.01.2009					+0,29	2:33.31		722	
	50m:	34.36	34.36	100m:	1:12.76	38.40	150m:	1:52.57	39.81	200m:	2:33.31	40.74
2.			11.11.2003					+0,27	2:33.86		714	
	50m:	35.78	35.78	100m:	1:15.26	39.48	150m:	1:54.36	39.10	200m:	2:33.86	39.50
3.			11.07.2009					+0,60	2:34.32		708	
	50m:	34.97	34.97	100m:	1:13.98	39.01	150m:	1:53.77	39.79	200m:	2:34.32	40.55
4.			08.07.2009					+0,25	2:35.77		688	
	50m:	36.58	36.58	100m:	1:15.66	39.08	150m:	1:56.32	40.66	200m:	2:35.77	39.45
5.			11.03.2008					+0,27	2:35.80		688	
	50m:	35.53	35.53	100m:	1:15.84	40.31	150m:	1:55.62	39.78	200m:	2:35.80	40.18
6.			04.07.2005					+1,15	2:36.99		672	
	50m:	35.63	35.63	100m:	1:15.61	39.98	150m:	1:55.51	39.90	200m:	2:36.99	41.48
7.			29.11.2010					+0,66	2:37.07		671	
	50m:	36.38	36.38	100m:	1:16.85	40.47	150m:	1:56.77	39.92	200m:	2:37.07	40.30
8.			03.04.2008					+0,87	2:38.13		658	
	50m:	36.35	36.35	100m:	1:17.99	41.64	150m:	1:58.69	40.70	200m:	2:38.13	39.44
9.			15.03.2009					+1,95	2:38.86		649	
	50m:	35.95	35.95	100m:	1:17.39	41.44	150m:	1:58.16	40.77	200m:	2:38.86	40.70
10.			14.12.2009 I					+1,02	2:39.30		643	
	50m:	36.49	36.49	100m:	1:17.28	40.79	150m:	1:57.70	40.42	200m:	2:39.30	41.60
11.			21.06.2006					+0,24	2:39.51		641	
	50m:	36.52	36.52	100m:	1:17.82	41.30	150m:	1:58.62	40.80	200m:	2:39.51	40.89
12.			05.06.2010					+0,71	2:39.64		639	
	50m:	36.45	36.45	100m:	1:17.01	40.56	150m:	1:57.91	40.90	200m:	2:39.64	41.73
13.			30.12.2010					+0,57	2:40.69		627	
	50m:	35.75	35.75	100m:	1:16.49	40.74	150m:	1:58.56	42.07	200m:	2:40.69	42.13
14.			27.05.2009					+0,63	2:40.91		624	
	50m:	36.25	36.25	100m:	1:16.71	40.46	150m:	1:58.04	41.33	200m:	2:40.91	42.87
15.			29.08.2009					+0,59	2:40.94		624	
	50m:	36.75	36.75	100m:	1:17.90	41.15	150m:	1:59.45	41.55	200m:	2:40.94	41.49
16.			11.04.2008					+0,68	2:41.39		619	
	50m:	36.77	36.77	100m:	1:18.95	42.18	150m:	1:59.41	40.46	200m:	2:41.39	41.98
17.			27.12.2010					+0,64	2:43.50		595	
	50m:	36.77	36.77	100m:	1:19.01	42.24	150m:	2:01.74	42.73	200m:	2:43.50	41.76
18.			23.05.2005					+0,58	2:43.73		592	
	50m:	37.69	37.69	100m:	1:19.35	41.66	150m:	2:01.08	41.73	200m:	2:43.73	42.65
19.			17.08.2008					+0,72	2:44.83		581	
	50m:	39.32	39.32	100m:	1:21.76	42.44	150m:	2:03.42	41.66	200m:	2:44.83	41.41
20.			20.04.2012 I					+0,65	2:45.01		579	
	50m:	36.47	36.47	100m:	1:18.57	42.10	150m:	2:01.92	43.35	200m:	2:45.01	43.09

		9, , 200m ,						R.T.				
21.		/	20.03.2010	-				+0,69	2:45.71		571	
	50m:	37.27	37.27	100m:	1:20.08	42.81	150m:	2:02.47	42.39	200m:	2:45.71	43.24
22.		/	17.01.2012					+0,24	2:45.87		570	
	50m:	38.00	38.00	100m:	1:20.94	42.94	150m:	2:03.48	42.54	200m:	2:45.87	42.39
23.		/	30.04.2008					+0,49	2:46.44		564	
	50m:	38.14	38.14	100m:	1:21.04	42.90	150m:	2:04.16	43.12	200m:	2:46.44	42.28
24.		/	23.12.2010					+0,65	2:47.00		558	
	50m:	38.27	38.27	100m:	1:20.81	42.54	150m:	2:04.79	43.98	200m:	2:47.00	42.21
25.		/	30.06.2006					+0,67	2:47.12		557	
	50m:	37.58	37.58	100m:	1:20.15	42.57	150m:	2:03.53	43.38	200m:	2:47.12	43.59
26.		/	07.02.2012					+0,63	2:49.06		538	
	50m:	38.43	38.43	100m:	1:21.94	43.51	150m:	2:05.64	43.70	200m:	2:49.06	43.42
27.		/	26.08.2011					+0,70	2:52.28		508	
	50m:	39.13	39.13	100m:	1:24.10	44.97	150m:	2:08.46	44.36	200m:	2:52.28	43.82
28.		/	12.09.2007					+0,32	2:52.77		504	
	50m:	39.45	39.45	100m:	1:23.56	44.11	150m:	2:07.38	43.82	200m:	2:52.77	45.39
29.		/	10.08.2007					+0,70	2:53.27		500	
	50m:	39.68	39.68	100m:	1:24.15	44.47	150m:	2:08.20	44.05	200m:	2:53.27	45.07
30.		/	25.05.2012					+0,36	2:53.62		497	
	50m:	39.48	39.48	100m:	1:25.05	45.57	150m:	2:10.60	45.55	200m:	2:53.62	43.02
31.		/	28.01.2011					+0,73	2:55.27		483	
	50m:	39.39	39.39	100m:	1:24.52	45.13	150m:	2:09.96	45.44	200m:	2:55.27	45.31
32.		/	27.08.2011					+0,62	2:55.31		483	
	50m:	39.55	39.55	100m:	1:25.08	45.53	150m:	2:10.53	45.45	200m:	2:55.31	44.78
33.		/	17.05.2012					+0,58	2:55.55		481	
	50m:	39.09	39.09	100m:	1:24.74	45.65	150m:	2:10.81	46.07	200m:	2:55.55	44.74
34.		/	22.06.2011					+0,66	2:56.74		471	
	50m:	39.87	39.87	100m:	1:25.15	45.28	150m:	2:10.68	45.53	200m:	2:56.74	46.06
35.		/	16.08.2012					+0,74	2:58.55		457	
	50m:	41.19	41.19	100m:	1:27.39	46.20	150m:	2:12.66	45.27	200m:	2:58.55	45.89
36.		/	04.01.2012					+0,62	2:58.72		455	
	50m:	40.67	40.67	100m:	1:26.42	45.75	150m:	2:13.30	46.88	200m:	2:58.72	45.42
37.		/	03.11.2012					+0,77	3:00.96		439	
	50m:	42.53	42.53	100m:	1:30.88	48.35	150m:	2:15.89	45.01	200m:	3:00.96	45.07
38.		/	09.04.2011					+0,62	3:01.78		433	
	50m:	40.38	40.38	100m:	1:26.99	46.61	150m:	2:15.09	48.10	200m:	3:01.78	46.69
39.		/	25.08.2011					+0,66	3:02.75		426	
	50m:	41.79	41.79	100m:	1:28.22	46.43	150m:	2:15.42	47.20	200m:	3:02.75	47.33
40.		/	06.09.2011					+0,71	3:07.35		395	
	50m:	41.69	41.69	100m:	1:30.14	48.45	150m:	2:19.69	49.55	200m:	3:07.35	47.66
41.		/	12.09.2011					+0,67	3:12.82		363	
	50m:	43.55	43.55	100m:	1:33.56	50.01	150m:	2:23.73	50.17	200m:	3:12.82	49.09

10
18.02.2026 - 12:15

, 200m

		1:56.75				RUS		(ROU)		24.07.2024		
		1:57.25								20.08.2025		
: AQUA 2025												
R.T.												
1.			02.02.2003	-			+0,24	2:01.43			827	
	50m:	26.28	26.28	100m:	57.84	31.56	150m:	1:32.61	34.77	200m:	2:01.43	28.82
2.			01.07.2009	-				2:03.12			793	
	50m:	26.19	26.19	100m:	58.89	32.70	150m:	1:33.51	34.62	200m:	2:03.12	29.61
3.			26.02.2006				+0,61	2:03.28			790	
	50m:	26.35	26.35	100m:	59.30	32.95	150m:	1:33.97	34.67	200m:	2:03.28	29.31
4.			17.09.1999				+0,55	2:06.11			738	
	50m:	26.82	26.82	100m:	59.31	32.49	150m:	1:35.15	35.84	200m:	2:06.11	30.96
5.			02.08.1994				+0,31	2:06.23			736	
	50m:	25.95	25.95	100m:	1:00.63	34.68	150m:	1:35.27	34.64	200m:	2:06.23	30.96
6.			03.06.2007				+1,15	2:06.31			735	
	50m:	26.67	26.67	100m:	1:00.06	33.39	150m:	1:37.15	37.09	200m:	2:06.31	29.16
7.			18.04.2007				+0,63	2:07.32			717	
	50m:	26.18	26.18	100m:	59.73	33.55	150m:	1:37.88	38.15	200m:	2:07.32	29.44
8.			15.01.2009				+0,23	2:08.03			705	
	50m:	26.73	26.73	100m:	59.42	32.69	150m:	1:37.99	38.57	200m:	2:08.03	30.04
9.			27.02.2010	-				2:08.37			700	
	50m:	27.26	27.26	100m:	1:01.35	34.09	150m:	1:37.57	36.22	200m:	2:08.37	30.80
10.			09.02.2006	-			+0,22	2:10.02			674	
	50m:	28.28	28.28	100m:	1:02.18	33.90	150m:	1:38.53	36.35	200m:	2:10.02	31.49
11.			25.03.2010				+0,26	2:10.77			662	
	50m:	27.36	27.36	100m:	59.79	32.43	150m:	1:40.56	40.77	200m:	2:10.77	30.21
12.			27.10.2008				+0,53	2:11.60			650	
	50m:	27.74	27.74	100m:	1:02.69	34.95	150m:	1:40.65	37.96	200m:	2:11.60	30.95
13.			25.03.2011				+0,67	2:11.85			646	
	50m:	27.45	27.45	100m:	1:01.66	34.21	150m:	1:39.99	38.33	200m:	2:11.85	31.86
14.			12.04.2008				+0,59	2:11.95			644	
	50m:	28.44	28.44	100m:	1:02.80	34.36	150m:	1:40.86	38.06	200m:	2:11.95	31.09
15.			27.08.2006				+0,95	2:11.97			644	
	50m:	28.00	28.00	100m:	1:02.49	34.49	150m:	1:40.32	37.83	200m:	2:11.97	31.65
16.			24.10.2008				+0,27	2:12.08			642	
	50m:	28.31	28.31	100m:	1:02.00	33.69	150m:	1:41.69	39.69	200m:	2:12.08	30.39
17.			03.07.1997				+0,29	2:12.51			636	
	50m:	28.32	28.32	100m:	1:02.59	34.27	150m:	1:41.66	39.07	200m:	2:12.51	30.85
18.			02.03.2008				+0,58	2:12.55			636	
	50m:	27.68	27.68	100m:	1:04.24	36.56	150m:	1:39.66	35.42	200m:	2:12.55	32.89
19.			11.01.2007				+1,65	2:13.05			629	
	50m:	28.11	28.11	100m:	1:04.03	35.92	150m:	1:42.34	38.31	200m:	2:13.05	30.71
20.			17.05.2006				+0,54	2:13.33			625	
	50m:	27.37	27.37	100m:	1:01.73	34.36	150m:	1:41.17	39.44	200m:	2:13.33	32.16

		10, , 200m						R.T.			
21.		28.04.2001						+0,49	2:13.46		623
	50m:	27.51	27.51	100m:	59.77	32.26	150m:	1:40.47	40.70	200m:	2:13.46 32.99
22.		21.11.2005						+0,22	2:13.78		618
	50m:	27.53	27.53	100m:	1:02.78	35.25	150m:	1:41.45	38.67	200m:	2:13.78 32.33
23.		20.01.2009						+0,55	2:14.26		612
	50m:	27.78	27.78	100m:	1:03.58	35.80	150m:	1:43.21	39.63	200m:	2:14.26 31.05
24.		18.03.2010						+0,61	2:15.57		594
	50m:	28.07	28.07	100m:	1:04.63	36.56	150m:	1:43.37	38.74	200m:	2:15.57 32.20
25.		30.04.2008						+0,21	2:15.70		592
	50m:	26.55	26.55	100m:	1:01.21	34.66	150m:	1:42.80	41.59	200m:	2:15.70 32.90
26.		07.06.2011						+0,63	2:16.49		582
	50m:	28.06	28.06	100m:	1:03.77	35.71	150m:	1:45.66	41.89	200m:	2:16.49 30.83
27.		07.08.2010						+0,69	2:16.89		577
	50m:	29.19	29.19	100m:	1:03.81	34.62	150m:	1:44.61	40.80	200m:	2:16.89 32.28
28.		28.05.2003						+0,22	2:16.90		577
	50m:	29.03	29.03	100m:	1:05.58	36.55	150m:	1:45.69	40.11	200m:	2:16.90 31.21
29.		07.07.2006						+0,52	2:17.27		572
	50m:	28.53	28.53	100m:	1:05.65	37.12	150m:	1:45.14	39.49	200m:	2:17.27 32.13
30.		27.09.2011						+0,60	2:17.47		570
	50m:	29.09	29.09	100m:	1:04.53	35.44	150m:	1:46.43	41.90	200m:	2:17.47 31.04
31.		03.07.2010						+0,28	2:17.62		568
	50m:	29.64	29.64	100m:	1:04.37	34.73	150m:	1:46.63	42.26	200m:	2:17.62 30.99
32.		06.03.2008						+1,25	2:17.63		568
	50m:	28.17	28.17	100m:	1:06.24	38.07	150m:	1:44.92	38.68	200m:	2:17.63 32.71
33.		25.05.2010						+0,31	2:18.54		557
	50m:	29.94	29.94	100m:	1:04.18	34.24	150m:	1:46.61	42.43	200m:	2:18.54 31.93
34.		12.07.2011						+0,54	2:19.50		545
	50m:	28.76	28.76	100m:	1:06.89	38.13	150m:	1:48.63	41.74	200m:	2:19.50 30.87
35.		04.03.2010						+0,66	2:19.90		541
	50m:	29.07	29.07	100m:	1:04.73	35.66	150m:	1:45.63	40.90	200m:	2:19.90 34.27
36.		28.05.2010						+0,25	2:20.56		533
	50m:	29.75	29.75	100m:	1:07.74	37.99	150m:	1:47.17	39.43	200m:	2:20.56 33.39
37.		07.08.2009						+0,30	2:20.66		532
	50m:	28.86	28.86	100m:	1:07.06	38.20	150m:	1:47.04	39.98	200m:	2:20.66 33.62
38.		03.03.2011						+1,45	2:21.19		526
	50m:	30.19	30.19	100m:	1:07.75	37.56	150m:	1:50.90	43.15	200m:	2:21.19 30.29
39.		23.03.2009						+0,47	2:21.87		518
	50m:	28.84	28.84	100m:	1:05.46	36.62	150m:	1:48.37	42.91	200m:	2:21.87 33.50
40.		16.02.2009						+0,44	2:21.92		518
	50m:	30.39	30.39	100m:	1:07.73	37.34	150m:	1:49.33	41.60	200m:	2:21.92 32.59
41.		27.12.2008						+0,62	2:22.82		508
	50m:	29.33	29.33	100m:	1:06.68	37.35	150m:	1:49.55	42.87	200m:	2:22.82 33.27
42.		01.04.2009						+0,58	2:23.49		501
	50m:	29.96	29.96	100m:	1:07.00	37.04	150m:	1:49.05	42.05	200m:	2:23.49 34.44
43.		24.03.2010						+1,60	2:23.82		498
	50m:	29.74	29.74	100m:	1:08.39	38.65	150m:	1:48.23	39.84	200m:	2:23.82 35.59

10, , 200m

		/				R.T.					
44.		27.07.2010	I			+0,63	2:24.16	I		494	
50m:	29.80	29.80	100m:	1:07.50	37.70	150m:	1:51.37	43.87	200m:	2:24.16	32.79
45.		25.06.2011	I			+0,28	2:24.33	I		492	
50m:	30.56	30.56	100m:	1:08.00	37.44	150m:	1:51.89	43.89	200m:	2:24.33	32.44
46.		06.07.2010				+0,27	2:24.73	I		488	
50m:	29.08	29.08	100m:	1:07.52	38.44	150m:	1:51.79	44.27	200m:	2:24.73	32.94
47.		18.04.2009				+0,26	2:25.76			478	
50m:	28.71	28.71	100m:	1:08.13	39.42	150m:	1:50.92	42.79	200m:	2:25.76	34.84
48.		14.01.2008				+0,37	2:26.64			469	
50m:	28.00	28.00	100m:	1:05.65	37.65	150m:	1:50.14	44.49	200m:	2:26.64	36.50
49.		11.01.2010	I			+0,22	2:27.92			457	
50m:	29.86	29.86	100m:	1:09.16	39.30	150m:	1:52.11	42.95	200m:	2:27.92	35.81
50.		29.01.2010	I			+0,70	2:27.98			457	
50m:	29.12	29.12	100m:	1:07.73	38.61	150m:	1:52.63	44.90	200m:	2:27.98	35.35
51.		27.12.2008	I			+0,65	2:28.00			457	
50m:	29.50	29.50	100m:	1:07.62	38.12	150m:	1:52.13	44.51	200m:	2:28.00	35.87
52.		13.10.2010	I			+0,29	2:28.37			453	
50m:	30.26	30.26	100m:	1:08.18	37.92	150m:	1:52.63	44.45	200m:	2:28.37	35.74
53.		29.04.2009	I			+0,28	2:28.68			450	
50m:	29.77	29.77	100m:	1:09.78	40.01	150m:	1:53.43	43.65	200m:	2:28.68	35.25
54.		23.02.2010	I			+0,56	2:29.09			447	
50m:	32.41	32.41	100m:	1:13.27	40.86	150m:	1:54.65	41.38	200m:	2:29.09	34.44
55.		09.03.2010	I			+0,53	2:29.92			439	
50m:	29.58	29.58	100m:	1:10.73	41.15	150m:	1:55.00	44.27	200m:	2:29.92	34.92
56.		30.11.2009				+0,30	2:30.00			438	
50m:	29.18	29.18	100m:	1:11.73	42.55	150m:	1:53.49	41.76	200m:	2:30.00	36.51
57.		16.11.2011				+0,84	2:32.45			418	
50m:	32.87	32.87	100m:	1:15.02	42.15	150m:	1:56.32	41.30	200m:	2:32.45	36.13
58.		09.11.2008	I			+0,22	2:33.77			407	
50m:	31.70	31.70	100m:	1:13.21	41.51	150m:	1:57.08	43.87	200m:	2:33.77	36.69
59.		27.05.2012	I			+0,27	2:41.16			353	
50m:	33.54	33.54	100m:	1:17.73	44.19	150m:	2:02.23	44.50	200m:	2:41.16	38.93
DSQ		06.06.2010		-							
DSQ		24.02.2009							I		
DSQ		13.05.2009	I								
DNS		25.08.2008									

11
18.02.2026 - 13:08

, 400m

		4:04.10				-		04.04.2021	
		4:05.16				-1		26.07.2024	
: AQUA 2025									
R.T.									
1.		02.08.2006		-		+0,65		4:15.54	781
	50m:	29.39	29.39	150m:	1:33.17	32.20	250m:	2:38.48	32.58
	100m:	1:00.97	31.58	200m:	2:05.90	32.73	300m:	3:11.29	32.81
							350m:	3:43.85	32.56
							400m:	4:15.54	31.69
2.		10.03.2011				+0,60		4:17.09	767
	50m:	29.71	29.71	150m:	1:35.43	32.93	250m:	2:40.52	32.00
	100m:	1:02.50	32.79	200m:	2:08.52	33.09	300m:	3:13.61	33.09
							350m:	3:45.75	32.14
							400m:	4:17.09	31.34
3.		11.02.2005				+0,64		4:17.51	763
	50m:	29.76	29.76	150m:	1:34.69	32.60	250m:	2:40.72	32.87
	100m:	1:02.09	32.33	200m:	2:07.85	33.16	300m:	3:14.54	33.82
							350m:	3:47.17	32.63
							400m:	4:17.51	30.34
4.		03.05.2000		-		+1,82		4:19.19	748
	50m:	29.31	29.31	150m:	1:36.08	33.67	250m:	2:42.46	32.63
	100m:	1:02.41	33.10	200m:	2:09.83	33.75	300m:	3:15.30	32.84
							350m:	3:47.64	32.34
							400m:	4:19.19	31.55
5.		31.05.2007		-		+0,23		4:23.28	714
	50m:	30.24	30.24	150m:	1:36.61	33.07	250m:	2:44.22	33.50
	100m:	1:03.54	33.30	200m:	2:10.72	34.11	300m:	3:18.00	33.78
							350m:	3:51.33	33.33
							400m:	4:23.28	31.95
6.		21.07.2008				+0,25		4:23.47	713
	50m:	30.32	30.32	150m:	1:36.67	33.23	250m:	2:44.11	33.26
	100m:	1:03.44	33.12	200m:	2:10.85	34.18	300m:	3:18.10	33.99
							350m:	3:51.36	33.26
							400m:	4:23.47	32.11
7.		06.11.2011				+0,40		4:24.27	706
	50m:	30.42	30.42	150m:	1:37.11	33.38	250m:	2:44.39	33.58
	100m:	1:03.73	33.31	200m:	2:10.81	33.70	300m:	3:18.31	33.92
							350m:	3:51.65	33.34
							400m:	4:24.27	32.62
8.		12.09.2005		-		+1,09		4:24.66	703
	50m:	29.61	29.61	150m:	1:35.47	33.17	250m:	2:42.56	33.49
	100m:	1:02.30	32.69	200m:	2:09.07	33.60	300m:	3:16.69	34.13
							350m:	3:50.97	34.28
							400m:	4:24.66	33.69
9.		13.09.2005				+0,83		4:25.25	698
	50m:	31.34	31.34	150m:	1:37.97	32.97	250m:	2:45.13	33.10
	100m:	1:05.00	33.66	200m:	2:12.03	34.06	300m:	3:18.84	33.71
							350m:	3:52.26	33.42
							400m:	4:25.25	32.99
10.		03.01.2009				+0,61		4:26.32	690
	50m:	29.29	29.29	150m:	1:36.25	34.01	250m:	2:44.95	34.27
	100m:	1:02.24	32.95	200m:	2:10.68	34.43	300m:	3:19.45	34.50
							350m:	3:53.73	34.28
							400m:	4:26.32	32.59
11.		12.01.2009				+0,73		4:27.55	680
	50m:	29.95	29.95	150m:	1:38.06	34.40	250m:	2:47.07	34.46
	100m:	1:03.66	33.71	200m:	2:12.61	34.55	300m:	3:22.05	34.98
							350m:	3:55.28	33.23
							400m:	4:27.55	32.27
12.		16.03.2007				+0,37		4:27.74	679
	50m:	30.31	30.31	150m:	1:37.85	34.22	250m:	2:45.67	33.48
	100m:	1:03.63	33.32	200m:	2:12.19	34.34	300m:	3:19.92	34.25
							350m:	3:54.17	34.25
							400m:	4:27.74	33.57
13.		28.03.2008				+0,33		4:28.26	675
	50m:	30.13	30.13	150m:	1:36.98	34.04	250m:	2:45.44	34.34
	100m:	1:02.94	32.81	200m:	2:11.10	34.12	300m:	3:19.85	34.41
							350m:	3:54.87	35.02
							400m:	4:28.26	33.39
14.		26.04.2010				+0,52		4:29.03	669
	50m:	31.54	31.54	150m:	1:40.25	34.47	250m:	2:49.44	34.52
	100m:	1:05.78	34.24	200m:	2:14.92	34.67	300m:	3:23.53	34.09
							350m:	3:56.95	33.42
							400m:	4:29.03	32.08
15.		17.08.2009				+0,69		4:29.23	668
	50m:	30.85	30.85	150m:	1:39.49	34.53	250m:	2:48.62	34.17
	100m:	1:04.96	34.11	200m:	2:14.45	34.96	300m:	3:23.05	34.43
							350m:	3:56.59	33.54
							400m:	4:29.23	32.64

		11, , 400m						R.T.				
16.		03.02.2012						+0,56	4:29.28		667	
	50m:	30.48	30.48	150m:	1:38.56	34.40	250m:	2:47.71	34.67	350m:	3:56.64	34.39
	100m:	1:04.16	33.68	200m:	2:13.04	34.48	300m:	3:22.25	34.54	400m:	4:29.28	32.64
17.		13.12.2011				-		+0,61	4:29.50		666	
	50m:	30.44	30.44	150m:	1:38.28	33.79	250m:	2:47.53	34.46	350m:	3:57.36	34.73
	100m:	1:04.49	34.05	200m:	2:13.07	34.79	300m:	3:22.63	35.10	400m:	4:29.50	32.14
18.		30.04.2009						+0,64	4:29.79		664	
	50m:	1:37.90	1:37.90	150m:	2:46.98	1:43.20	250m:	3:56.19	1:43.79	400m:	4:29.79	1:08.06
	100m:	1:03.78		200m:	2:12.40		300m:	3:21.73				
19.		24.07.2009						+0,64	4:30.10		661	
	50m:	30.76	30.76	150m:	1:37.98	33.86	250m:	2:47.36	34.63	350m:	3:56.83	34.51
	100m:	1:04.12	33.36	200m:	2:12.73	34.75	300m:	3:22.32	34.96	400m:	4:30.10	33.27
20.		30.10.2009						+0,53	4:30.39		659	
	50m:	30.33	30.33	150m:	1:37.88	33.83	250m:	2:46.65	34.22	350m:	3:55.93	34.44
	100m:	1:04.05	33.72	200m:	2:12.43	34.55	300m:	3:21.49	34.84	400m:	4:30.39	34.46
21.		07.02.2012						+1,05	4:30.52		658	
	50m:	29.41	29.41	150m:	1:37.10	34.27	250m:	2:46.73	34.62	350m:	3:56.61	34.75
	100m:	1:02.83	33.42	200m:	2:12.11	35.01	300m:	3:21.86	35.13	400m:	4:30.52	33.91
22.		30.07.2009						+0,55	4:31.10		654	
	50m:	29.45	29.45	150m:	1:36.12	33.60	250m:	2:45.48	34.69	350m:	3:56.19	35.41
	100m:	1:02.52	33.07	200m:	2:10.79	34.67	300m:	3:20.78	35.30	400m:	4:31.10	34.91
23.		15.11.2012						+0,79	4:32.78		642	
	50m:	30.83	30.83	150m:	1:38.55	34.03	250m:	2:48.32	34.95	350m:	3:58.84	35.25
	100m:	1:04.52	33.69	200m:	2:13.37	34.82	300m:	3:23.59	35.27	400m:	4:32.78	33.94
24.		08.10.2011						+0,65	4:33.11		640	
	50m:	31.15	31.15	150m:	1:40.52	34.80	250m:	2:50.46	34.56	350m:	3:59.76	34.05
	100m:	1:05.72	34.57	200m:	2:15.90	35.38	300m:	3:25.71	35.25	400m:	4:33.11	33.35
25.		17.12.2009						+0,39	4:33.53		637	
	50m:	31.84	31.84	150m:	1:41.09	34.66	250m:	2:51.10	34.74	350m:	4:00.44	34.15
	100m:	1:06.43	34.59	200m:	2:16.36	35.27	300m:	3:26.29	35.19	400m:	4:33.53	33.09
26.		12.11.2011						+0,64	4:34.10		633	
	100m:	1:06.80	1:06.80	200m:	2:16.91	1:10.11	300m:	3:27.07	1:10.16	400m:	4:34.10	1:07.03
27.		20.12.2010						+0,34	4:34.91		627	
	50m:	31.77	31.77	150m:	1:41.10	35.03	250m:	2:51.11	34.93	350m:	4:01.39	35.13
	100m:	1:06.07	34.30	200m:	2:16.18	35.08	300m:	3:26.26	35.15	400m:	4:34.91	33.52
28.		13.08.2010						+1,69	4:34.97		627	
	50m:	31.13	31.13	150m:	1:40.84	35.12	250m:	2:51.67	35.11	350m:	4:01.43	34.42
	100m:	1:05.72	34.59	200m:	2:16.56	35.72	300m:	3:27.01	35.34	400m:	4:34.97	33.54
29.		26.08.2010						+0,54	4:35.36		624	
	50m:	31.48	31.48	150m:	1:40.47	34.69	250m:	2:50.20	35.10	350m:	4:00.84	35.38
	100m:	1:05.78	34.30	200m:	2:15.10	34.63	300m:	3:25.46	35.26	400m:	4:35.36	34.52
30.		30.01.2010				-		+1,00	4:36.83		614	
	50m:	31.18	31.18	150m:	1:40.46	34.80	250m:	2:51.40	35.91	350m:	4:04.07	36.62
	100m:	1:05.66	34.48	200m:	2:15.49	35.03	300m:	3:27.45	36.05	400m:	4:36.83	32.76
31.		28.04.2006				-		+0,36	4:37.06		613	
	50m:	30.80	30.80	150m:	1:39.59	34.56	250m:	2:50.06	35.39	350m:	4:02.09	35.58
	100m:	1:05.03	34.23	200m:	2:14.67	35.08	300m:	3:26.51	36.45	400m:	4:37.06	34.97
32.		04.06.2007						+0,27	4:37.07		613	
	50m:	31.21	31.21	150m:	1:40.89	34.55	250m:	2:52.02	35.39	350m:	4:03.43	35.17
	100m:	1:06.34	35.13	200m:	2:16.63	35.74	300m:	3:28.26	36.24	400m:	4:37.07	33.64

		11, , 400m						R.T.				
33.		18.01.2012						+0,57	4:38.41		604	
	50m:	31.32	31.32	150m:	1:40.59	34.94	250m:	2:52.14	35.56	350m:	4:03.56	35.70
	100m:	1:05.65	34.33	200m:	2:16.58	35.99	300m:	3:27.86	35.72	400m:	4:38.41	34.85
34.		24.08.2007						+0,30	4:40.30		592	
	50m:	30.83	30.83	150m:	1:40.54	35.03	250m:	2:53.01	36.44	350m:	4:05.53	35.65
	100m:	1:05.51	34.68	200m:	2:16.57	36.03	300m:	3:29.88	36.87	400m:	4:40.30	34.77
35.		03.04.2009 I						+0,29	4:40.45		591	
	50m:	32.87	32.87	150m:	1:44.72	35.88	250m:	2:55.99	35.32	350m:	4:06.73	35.09
	100m:	1:08.84	35.97	200m:	2:20.67	35.95	300m:	3:31.64	35.65	400m:	4:40.45	33.72
36.		03.10.2010						+0,68	4:40.60		590	
	50m:	31.60	31.60	150m:	1:42.22	35.70	250m:	2:53.16	35.39	350m:	4:05.25	36.15
	100m:	1:06.52	34.92	200m:	2:17.77	35.55	300m:	3:29.10	35.94	400m:	4:40.60	35.35
37.		26.07.2011						+0,63	4:40.67		589	
	50m:	32.38	32.38	150m:	1:42.77	35.30	250m:	2:55.04	35.99	350m:	4:06.86	35.50
	100m:	1:07.47	35.09	200m:	2:19.05	36.28	300m:	3:31.36	36.32	400m:	4:40.67	33.81
38.		18.06.2012						+0,65	4:41.23	I	586	
	50m:	31.64	31.64	150m:	1:42.24	35.74	250m:	2:54.59	35.88	350m:	4:06.61	35.42
	100m:	1:06.50	34.86	200m:	2:18.71	36.47	300m:	3:31.19	36.60	400m:	4:41.23	34.62
39.		03.05.2011						+0,54	4:41.73	I	583	
	50m:	31.70	31.70	150m:	1:43.15	36.37	250m:	2:56.22	36.41	350m:	4:07.75	35.16
	100m:	1:06.78	35.08	200m:	2:19.81	36.66	300m:	3:32.59	36.37	400m:	4:41.73	33.98
40.		21.02.2012						+0,70	4:42.75	I	576	
	50m:	32.50	32.50	150m:	1:45.34	36.19	250m:	2:57.60	35.85	350m:	4:09.36	35.54
	100m:	1:09.15	36.65	200m:	2:21.75	36.41	300m:	3:33.82	36.22	400m:	4:42.75	33.39
41.		11.01.2007						+0,59	4:43.44	I	572	
	50m:	30.95	30.95	150m:	1:41.75	35.87	250m:	2:54.83	36.64	350m:	4:08.31	35.96
	100m:	1:05.88	34.93	200m:	2:18.19	36.44	300m:	3:32.35	37.52	400m:	4:43.44	35.13
42.		26.11.2008 I						+0,23	4:43.50	I	572	
	50m:	31.99	31.99	150m:	1:43.29	35.72	250m:	2:55.43	35.83	350m:	4:08.00	36.05
	100m:	1:07.57	35.58	200m:	2:19.60	36.31	300m:	3:31.95	36.52	400m:	4:43.50	35.50
43.		11.08.2010						+1,91	4:43.80	I	570	
	50m:	31.86	31.86	150m:	1:44.21	36.45	250m:	2:57.04	36.00	350m:	4:09.59	36.08
	100m:	1:07.76	35.90	200m:	2:21.04	36.83	300m:	3:33.51	36.47	400m:	4:43.80	34.21
44.		12.09.2009						+0,33	4:43.82	I	570	
	50m:	31.21	31.21	150m:	1:42.05	36.09	250m:	2:55.83	37.14	350m:	4:09.66	36.41
	100m:	1:05.96	34.75	200m:	2:18.69	36.64	300m:	3:33.25	37.42	400m:	4:43.82	34.16
45.		05.09.2011						+0,64	4:43.88	I	570	
	50m:	31.73	31.73	200m:	2:18.94	1:12.04	400m:	4:43.88	1:11.80			
	100m:	1:06.90	35.17	300m:	3:32.08	1:13.14						
46.		04.12.2009						+0,26	4:44.13	I	568	
	50m:	31.72	31.72	150m:	1:43.19	36.16	250m:	2:55.52	35.98	350m:	4:08.24	36.08
	100m:	1:07.03	35.31	200m:	2:19.54	36.35	300m:	3:32.16	36.64	400m:	4:44.13	35.89
47.		04.04.2009						+0,63	4:44.38	I	567	
	50m:	32.18	32.18	150m:	1:44.34	36.10	250m:	2:57.18	36.00	350m:	4:09.91	35.99
	100m:	1:08.24	36.06	200m:	2:21.18	36.84	300m:	3:33.92	36.74	400m:	4:44.38	34.47
48.		04.08.2010						+0,62	4:45.87	I	558	
	50m:	30.78	30.78	150m:	1:41.11	35.25	250m:	2:53.97	36.36	350m:	4:08.36	37.00
	100m:	1:05.86	35.08	200m:	2:17.61	36.50	300m:	3:31.36	37.39	400m:	4:45.87	37.51
49.		05.02.2009 I						+0,58	4:45.90	I	558	
	50m:	33.05	33.05	150m:	1:46.37	36.73	250m:	2:59.41	36.49	350m:	4:11.34	35.13
	100m:	1:09.64	36.59	200m:	2:22.92	36.55	300m:	3:36.21	36.80	400m:	4:45.90	34.56

		11, , 400m						R.T.				
50.		24.02.2011						+0,63	4:47.03		551	
	50m:	31.96	31.96	150m:	1:44.59	36.07	250m:	2:58.11	36.51	350m:	4:11.57	36.25
	100m:	1:08.52	36.56	200m:	2:21.60	37.01	300m:	3:35.32	37.21	400m:	4:47.03	35.46
51.		09.03.2008						+0,57	4:47.81		547	
	50m:	33.66	33.66	150m:	1:46.99	36.55	250m:	3:00.20	36.25	350m:	4:12.69	35.81
	100m:	1:10.44	36.78	200m:	2:23.95	36.96	300m:	3:36.88	36.68	400m:	4:47.81	35.12
52.		13.07.2012							4:48.28		544	
	50m:	33.35	33.35	150m:	1:46.86	36.69	250m:	3:00.69	36.33	350m:	4:13.20	35.92
	100m:	1:10.17	36.82	200m:	2:24.36	37.50	300m:	3:37.28	36.59	400m:	4:48.28	35.08
53.		25.03.2010						+0,78	4:49.87		535	
	50m:	31.87	31.87	150m:	1:44.81	36.37	250m:	2:59.19	36.66	350m:	4:13.85	36.82
	100m:	1:08.44	36.57	200m:	2:22.53	37.72	300m:	3:37.03	37.84	400m:	4:49.87	36.02
54.		31.03.2009						+0,98	4:51.23		527	
	50m:	33.07	33.07	150m:	1:45.89	36.41	250m:	2:59.35	36.45	350m:	4:14.18	37.26
	100m:	1:09.48	36.41	200m:	2:22.90	37.01	300m:	3:36.92	37.57	400m:	4:51.23	37.05
55.		26.05.2011						+0,65	4:51.27		527	
	50m:	32.21	32.21	150m:	1:43.12	35.43	250m:	2:57.22	36.87	350m:	4:13.25	37.62
	100m:	1:07.69	35.48	200m:	2:20.35	37.23	300m:	3:35.63	38.41	400m:	4:51.27	38.02
56.		01.07.2009						+0,77	4:51.42		526	
	50m:	32.93	32.93	150m:	1:46.88	37.33	250m:	3:01.93	37.21	350m:	4:16.24	36.96
	100m:	1:09.55	36.62	200m:	2:24.72	37.84	300m:	3:39.28	37.35	400m:	4:51.42	35.18
57.		09.12.2011						+0,65	4:54.83		508	
	50m:	32.88	32.88	150m:	1:47.75	37.80	250m:	3:04.08	38.57	350m:	4:19.27	36.98
	100m:	1:09.95	37.07	200m:	2:25.51	37.76	300m:	3:42.29	38.21	400m:	4:54.83	35.56
58.		17.02.2011						+1,46	4:55.73		504	
	50m:	33.47	33.47	150m:	1:48.27	37.47	250m:	3:02.78	36.49	350m:	4:17.87	37.37
	100m:	1:10.80	37.33	200m:	2:26.29	38.02	300m:	3:40.50	37.72	400m:	4:55.73	37.86
59.		26.04.2012						+0,70	4:56.41		500	
	50m:	33.45	33.45	150m:	1:48.01	37.13	250m:	3:02.80	37.10	350m:	4:19.05	37.93
	100m:	1:10.88	37.43	200m:	2:25.70	37.69	300m:	3:41.12	38.32	400m:	4:56.41	37.36
60.		07.07.2009						+0,67	4:57.16		496	
	50m:	33.02	33.02	150m:	1:47.71	37.26	250m:	3:03.56	37.27	350m:	4:19.87	37.51
	100m:	1:10.45	37.43	200m:	2:26.29	38.58	300m:	3:42.36	38.80	400m:	4:57.16	37.29
61.		21.12.2009						+0,75	4:57.17		496	
	50m:	32.48	32.48	150m:	1:47.52	37.94	250m:	3:03.96	37.96	350m:	4:20.13	37.38
	100m:	1:09.58	37.10	200m:	2:26.00	38.48	300m:	3:42.75	38.79	400m:	4:57.17	37.04
62.		06.08.2008						+0,29	4:57.58		494	
	50m:	32.01	32.01	150m:	1:45.55	37.35	250m:	3:03.42	38.58	350m:	4:20.35	37.94
	100m:	1:08.20	36.19	200m:	2:24.84	39.29	300m:	3:42.41	38.99	400m:	4:57.58	37.23
63.		18.02.2011						+0,74	5:00.56		480	
	50m:	32.84	32.84	150m:	1:47.34	37.47	250m:	3:05.25	38.90	350m:	4:23.05	38.77
	100m:	1:09.87	37.03	200m:	2:26.35	39.01	300m:	3:44.28	39.03	400m:	5:00.56	37.51
64.		29.04.2010						+0,73	5:01.00		478	
	50m:	34.33	34.33	150m:	1:50.41	38.14	250m:	3:07.28	38.00	350m:	4:24.39	38.36
	100m:	1:12.27	37.94	200m:	2:29.28	38.87	300m:	3:46.03	38.75	400m:	5:01.00	36.61
65.		24.07.2008						+0,59	5:01.65		475	
	50m:	33.46	33.46	150m:	1:49.80	38.42	250m:	3:07.28	38.47	350m:	4:24.67	37.71
	100m:	1:11.38	37.92	200m:	2:28.81	39.01	300m:	3:46.96	39.68	400m:	5:01.65	36.98
66.		28.02.2012						+0,24	5:10.12		437	
	50m:	34.04	34.04	150m:	1:51.05	38.80	250m:	3:10.53	39.56	350m:	4:30.91	39.93
	100m:	1:12.25	38.21	200m:	2:30.97	39.92	300m:	3:50.98	40.45	400m:	5:10.12	39.21

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

РУЗА

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

1 ЭТАП

11, , 400m ,

R.T.

67.			25.05.2012 I					+0,77	5:23.61		384	
	50m:	36.16	36.16	150m:	1:58.73	40.85	250m:	3:21.78	40.87	350m:	4:43.88	40.21
	100m:	1:17.88	41.72	200m:	2:40.91	42.18	300m:	4:03.67	41.89	400m:	5:23.61	39.73

Спонсоры соревнований:

12
18.02.2026 - 14:00

, 200m

		1:53.23								08.04.2021		
		1:55.14								28.07.2017		
										(HUN)		
: AQUA 2025												
								R.T.				
1.			05.02.2006	-			+0,59	1:59.05		830		
	50m:	27.19	27.19	100m:	57.25	30.06	150m:	1:28.33	31.08	200m:	1:59.05	30.72
2.			09.01.2006	-			+0,59	2:00.13		808		
	50m:	28.34	28.34	100m:	58.95	30.61	150m:	1:29.78	30.83	200m:	2:00.13	30.35
3.			18.12.2003	-			+0,65	2:00.29		805		
	50m:	27.77	27.77	100m:	58.36	30.59	150m:	1:29.60	31.24	200m:	2:00.29	30.69
4.			27.07.2001				+0,66	2:02.65		759		
	50m:	28.19	28.19	100m:	58.84	30.65	150m:	1:30.55	31.71	200m:	2:02.65	32.10
5.			04.10.2008				+0,62	2:03.24		748		
	50m:	28.61	28.61	100m:	1:00.10	31.49	150m:	1:32.05	31.95	200m:	2:03.24	31.19
6.			06.03.2008				+0,62	2:03.73		740		
	50m:	28.97	28.97	100m:	1:00.52	31.55	150m:	1:32.85	32.33	200m:	2:03.73	30.88
7.			17.11.2004				+0,65	2:04.80		721		
	50m:	29.55	29.55	100m:	1:01.78	32.23	150m:	1:34.06	32.28	200m:	2:04.80	30.74
8.			21.01.2009	-			+0,60	2:05.98		701		
	50m:	29.56	29.56	100m:	1:01.47	31.91	150m:	1:33.86	32.39	200m:	2:05.98	32.12
9.			24.03.2008				+0,69	2:06.19		697		
	50m:	29.16	29.16	100m:	1:01.67	32.51	150m:	1:34.36	32.69	200m:	2:06.19	31.83
10.			24.08.2010				+0,60	2:07.39		678		
	50m:	30.12	30.12	100m:	1:03.14	33.02	150m:	1:35.57	32.43	200m:	2:07.39	31.82
11.			03.11.2009				+0,54	2:07.43		677		
	50m:	31.11	31.11	100m:	1:02.43	31.32	150m:	1:34.86	32.43	200m:	2:07.43	32.57
12.			03.07.2004				+0,64	2:08.57		659		
	50m:	30.97	30.97	100m:	1:03.82	32.85	150m:	1:36.72	32.90	200m:	2:08.57	31.85
13.			18.05.2006				+0,56	2:08.58		659		
	50m:	30.53	30.53	100m:	1:03.20	32.67	150m:	1:36.09	32.89	200m:	2:08.58	32.49
14.			20.10.2009				+0,70	2:09.21		649		
	50m:	30.07	30.07	100m:	1:03.31	33.24	150m:	1:36.53	33.22	200m:	2:09.21	32.68
15.			19.10.2007				+0,63	2:09.45		646		
	50m:	30.42	30.42	100m:	1:03.20	32.78	150m:	1:36.53	33.33	200m:	2:09.45	32.92
16.			18.05.2010				+0,70	2:09.70		642		
	50m:	30.10	30.10	100m:	1:02.74	32.64	150m:	1:36.16	33.42	200m:	2:09.70	33.54
17.			24.01.2009				+0,60	2:09.81		640		
	50m:	30.08	30.08	100m:	1:03.38	33.30	150m:	1:36.96	33.58	200m:	2:09.81	32.85
18.			07.05.2009				+0,60	2:09.94		638		
	50m:	29.38	29.38	100m:	1:01.73	32.35	150m:	1:34.98	33.25	200m:	2:09.94	34.96
19.			17.12.2008				+0,61	2:10.19		635		
	50m:	30.21	30.21	100m:	1:03.19	32.98	150m:	1:36.36	33.17	200m:	2:10.19	33.83
20.			19.10.2009				+0,66	2:10.22		634		
	50m:	30.47	30.47	100m:	1:04.05	33.58	150m:	1:38.04	33.99	200m:	2:10.22	32.18

		12, , 200m						R.T.				
21.			28.11.2008					+0,63	2:10.90		625	
	50m:	29.95	29.95	100m:	1:03.16	33.21	150m:	1:36.66	33.50	200m:	2:10.90	34.24
22.			14.09.2009					+0,88	2:10.96		624	
	50m:	29.93	29.93	100m:	1:03.51	33.58	150m:	1:36.57	33.06	200m:	2:10.96	34.39
23.			28.07.2008					+0,67	2:11.08		622	
	50m:	30.90	30.90	100m:	1:04.31	33.41	150m:	1:38.03	33.72	200m:	2:11.08	33.05
24.			24.11.2010					+0,53	2:12.14		607	
	50m:	31.07	31.07	100m:	1:04.90	33.83	150m:	1:38.77	33.87	200m:	2:12.14	33.37
25.			18.02.2008					+0,57	2:12.24		606	
	50m:	31.10	31.10	100m:	1:05.31	34.21	150m:	1:39.83	34.52	200m:	2:12.24	32.41
26.			25.03.2010					+0,58	2:12.32		605	
	50m:	30.50	30.50	100m:	1:03.48	32.98	150m:	1:37.44	33.96	200m:	2:12.32	34.88
27.			01.10.2009					+0,54	2:12.42		603	
	50m:	30.74	30.74	100m:	1:04.49	33.75	150m:	1:38.50	34.01	200m:	2:12.42	33.92
28.			17.05.2006					+0,60	2:13.37		590	
	50m:	30.98	30.98	100m:	1:05.10	34.12	150m:	1:40.10	35.00	200m:	2:13.37	33.27
29.			11.08.2009					+0,68	2:14.31		578	
	50m:	32.67	32.67	100m:	1:07.53	34.86	150m:	1:41.81	34.28	200m:	2:14.31	32.50
30.			09.02.2009					+0,61	2:14.38		577	
	50m:	30.55	30.55	100m:	1:04.62	34.07	150m:	1:39.56	34.94	200m:	2:14.38	34.82
31.			22.05.2010					+0,64	2:14.62		574	
	50m:	30.74	30.74	100m:	1:05.38	34.64	150m:	1:41.03	35.65	200m:	2:14.62	33.59
32.			21.10.2010					+0,62	2:14.86		571	
	50m:	32.20	32.20	100m:	1:07.31	35.11	150m:	1:42.06	34.75	200m:	2:14.86	32.80
33.			03.10.2009					+0,66	2:15.35		565	
	50m:	31.38	31.38	100m:	1:06.42	35.04	150m:	1:41.43	35.01	200m:	2:15.35	33.92
34.			05.04.2003					+0,72	2:15.54		563	
	50m:	32.25	32.25	100m:	1:07.19	34.94	150m:	1:42.04	34.85	200m:	2:15.54	33.50
35.			24.10.2008					+0,62	2:15.82		559	
	50m:	31.41	31.41	100m:	1:06.86	35.45	150m:	1:41.67	34.81	200m:	2:15.82	34.15
36.			10.03.2010					+0,65	2:15.93		558	
	50m:	30.77	30.77	100m:	1:04.90	34.13	150m:	1:40.41	35.51	200m:	2:15.93	35.52
37.			30.04.2009					+0,57	2:16.52		550	
	50m:	1:42.45	1:42.45	100m:	1:07.33		200m:	2:16.52	1:09.19			
38.			05.02.2009					+0,61	2:17.76		536	
	50m:	31.22	31.22	100m:	1:06.11	34.89	200m:	2:17.76	1:11.65			
39.			07.04.2011					+0,71	2:18.19		531	
	50m:	32.54	32.54	100m:	1:08.19	35.65	150m:	1:43.79	35.60	200m:	2:18.19	34.40
40.			04.04.2011					+0,68	2:18.44		528	
	50m:	31.45	31.45	100m:	1:06.27	34.82	150m:	1:43.10	36.83	200m:	2:18.44	35.34
41.			25.10.2010					+0,57	2:18.49		527	
	50m:	32.12	32.12	100m:	1:07.86	35.74	150m:	1:43.44	35.58	200m:	2:18.49	35.05
			01.04.2010					+0,70	2:18.49		527	
	50m:	32.07	32.07	100m:	1:07.14	35.07	150m:	1:43.41	36.27	200m:	2:18.49	35.08
43.			20.06.2006					+0,64	2:18.58		526	
	50m:	32.25	32.25	100m:	1:08.14	35.89	150m:	1:43.55	35.41	200m:	2:18.58	35.03

		12, , 200m						R.T.			
44.		/	17.08.2009					+0,72	2:18.63		526
	50m:	32.79	32.79	100m:	1:08.29	35.50	150m:	1:44.10	35.81	200m:	2:18.63 34.53
45.			29.07.2008					+0,64	2:18.78		524
	50m:	32.88	32.88	100m:	1:09.12	36.24	150m:	1:45.20	36.08	200m:	2:18.78 33.58
46.			10.06.2008					+0,59	2:19.08		521
	50m:	32.12	32.12	100m:	1:07.50	35.38	150m:	1:43.62	36.12	200m:	2:19.08 35.46
47.			02.02.2009					+0,72	2:19.14		520
	50m:	31.80	31.80	100m:	1:07.14	35.34	150m:	1:43.26	36.12	200m:	2:19.14 35.88
48.			15.03.2011					+0,62	2:20.21		508
	50m:	32.40	32.40	100m:	1:08.55	36.15	150m:	1:45.23	36.68	200m:	2:20.21 34.98
49.			25.01.2011					+0,66	2:22.11		488
	50m:	32.61	32.61	100m:	1:08.93	36.32	150m:	1:45.92	36.99	200m:	2:22.11 36.19
50.			04.03.2010					+0,67	2:25.02		459
	50m:	1:46.58	1:46.58	100m:	1:09.17		200m:	2:25.02	1:15.85		
51.			16.01.2009					+0,58	2:25.70		453
	50m:	32.90	32.90	100m:	1:11.31	38.41	150m:	1:49.95	38.64	200m:	2:25.70 35.75
52.			14.12.2011					+0,63	2:26.55		445
	50m:	32.97	32.97	100m:	1:10.61	37.64	150m:	1:48.27	37.66	200m:	2:26.55 38.28
53.			19.10.2010					+0,64	2:26.82		442
	50m:	33.84	33.84	100m:	1:11.61	37.77	150m:	1:49.68	38.07	200m:	2:26.82 37.14
54.			18.09.2010					+0,49	2:28.67		426
	50m:	33.61	33.61	100m:	1:11.38	37.77	150m:	1:50.15	38.77	200m:	2:28.67 38.52

13
18.02.2026 - 14:23

, 100m

		58.18				(ITA)		28.07.2009	
		59.46						12.04.2019	
: AQUA 2025									
		/				R.T.			
1.			28.05.2006			+0,56	1:01.44		803
	50m:	29.68	29.68	100m:	1:01.44	31.76			
2.			05.03.2007			+0,66	1:02.24		773
	50m:	30.49	30.49	100m:	1:02.24	31.75			
3.			20.04.2006			+0,60	1:02.30		771
	50m:	29.93	29.93	100m:	1:02.30	32.37			
4.			06.10.2007			+0,60	1:02.83		751
	50m:	29.76	29.76	100m:	1:02.83	33.07			
5.			18.08.2008			+0,68	1:03.03		744
	50m:	31.18	31.18	100m:	1:03.03	31.85			
6.			24.01.2006			+0,61	1:03.31		734
	50m:	30.13	30.13	100m:	1:03.31	33.18			
7.			18.02.2006			+0,65	1:03.61		724
	50m:	30.65	30.65	100m:	1:03.61	32.96			
8.			04.01.2010			+0,61	1:03.76		719
	50m:	30.85	30.85	100m:	1:03.76	32.91			
9.			06.12.2008			+0,78	1:03.80		718
	50m:	31.22	31.22	100m:	1:03.80	32.58			
10.			13.04.2010			+0,64	1:03.84		716
	50m:	30.99	30.99	100m:	1:03.84	32.85			
11.			29.08.2007			+0,59	1:03.85		716
	50m:	30.58	30.58	100m:	1:03.85	33.27			
12.			28.04.2007			+0,61	1:03.86		715
	50m:	30.39	30.39	100m:	1:03.86	33.47			
13.			21.02.2008			+0,66	1:04.17		705
	50m:	31.19	31.19	100m:	1:04.17	32.98			
14.			04.08.2009			+0,62	1:04.27		702
	50m:	31.48	31.48	100m:	1:04.27	32.79			
15.			30.11.2010			+0,64	1:05.20		672
	50m:	31.48	31.48	100m:	1:05.20	33.72			
16.			20.11.2009			+0,60	1:05.48		664
	50m:	32.52	32.52	100m:	1:05.48	32.96			
17.			15.03.2007 I			+0,58	1:05.94		650
	50m:	31.66	31.66	100m:	1:05.94	34.28			
18.			14.01.2011			+0,66	1:05.99		648
	50m:	31.64	31.64	100m:	1:05.99	34.35			
19.			17.08.2011			+0,63	1:06.01		648
	50m:	31.87	31.87	100m:	1:06.01	34.14			
20.			07.11.2009			+0,68	1:06.02		647
	50m:	31.56	31.56	100m:	1:06.02	34.46			

		13, , 100m				R.T.		
		/						
21.			05.10.2007			+0,58	1:06.12	645
	50m:	31.76	31.76	100m:	1:06.12	34.36		
22.			16.12.2011			+0,70	1:06.35	638
	50m:	32.04	32.04	100m:	1:06.35	34.31		
23.			01.09.2010		-	+0,65	1:06.68	628
	50m:	31.85	31.85	100m:	1:06.68	34.83		
24.			26.08.2006			+0,68	1:06.85	624
	50m:	32.27	32.27	100m:	1:06.85	34.58		
25.			22.02.2011			+0,74	1:06.87	623
	50m:	32.15	32.15	100m:	1:06.87	34.72		
26.			06.11.2011			+0,64	1:06.91	622
	50m:	32.50	32.50	100m:	1:06.91	34.41		
27.			25.11.2009			+0,64	1:06.96	621
	50m:	32.55	32.55	100m:	1:06.96	34.41		
28.			27.09.2009			+0,61	1:07.16	615
	50m:	32.73	32.73	100m:	1:07.16	34.43		
29.			27.03.2009			+0,55	1:07.37	609
	50m:	32.08	32.08	100m:	1:07.37	35.29		
30.			19.02.2008			+0,61	1:07.78	598
	50m:	32.37	32.37	100m:	1:07.78	35.41		
31.			04.07.2010			+0,70	1:07.88	596
	50m:	32.65	32.65	100m:	1:07.88	35.23		
32.			28.02.2009			+0,66	1:08.11	590
	50m:	32.57	32.57	100m:	1:08.11	35.54		
33.			27.04.2012			+0,63	1:08.29	585
34.			16.11.2012			+0,80	1:08.36	583
	50m:	33.30	33.30	100m:	1:08.36	35.06		
35.			27.02.2009			+0,60	1:08.67	575
	50m:	32.84	32.84	100m:	1:08.67	35.83		
36.			01.06.2011			+0,63	1:08.70	575
	50m:	32.32	32.32	100m:	1:08.70	36.38		
37.			09.02.2011			+0,63	1:08.93	569
	50m:	33.06	33.06	100m:	1:08.93	35.87		
38.			10.01.2009		-	+0,71	1:09.03	566
	50m:	33.96	33.96	100m:	1:09.03	35.07		
39.			12.11.2011			+0,76	1:09.25	561
40.			19.07.2008			+0,63	1:09.29	560
	50m:	33.76	33.76	100m:	1:09.29	35.53		
41.			02.11.2010			+0,63	1:09.57	553
	50m:	33.23	33.23	100m:	1:09.57	36.34		
42.			03.09.2010			+0,64	1:09.94	545
	50m:	34.11	34.11	100m:	1:09.94	35.83		
43.			28.10.2011			+0,64	1:10.11	541
	50m:	32.87	32.87	100m:	1:10.11	37.24		
44.			28.12.2010			+0,69	1:10.18	539
	50m:	33.85	33.85	100m:	1:10.18	36.33		

		13, , 100m				R.T.		
		/						
45.		29.04.2010				+0,60	1:10.43	533
	50m:	32.86	32.86	100m:	1:10.43			
46.		05.07.2011				+0,59	1:10.51	531
	50m:	33.61	33.61	100m:	1:10.51			
		17.10.2007				+0,49	1:10.51	531
	50m:	33.38	33.38	100m:	1:10.51			
48.		06.08.2009				+0,67	1:10.52	531
	50m:	33.58	33.58	100m:	1:10.52			
49.		26.08.2011				+0,69	1:10.56	530
	50m:	34.72	34.72	100m:	1:10.56			
50.		10.05.2011				+0,53	1:10.64	528
	50m:	33.85	33.85	100m:	1:10.64			
51.		18.01.2012				+0,71	1:11.10	518
	50m:	34.21	34.21	100m:	1:11.10			
52.		31.05.2009				+0,73	1:11.23	515
	50m:	33.58	33.58	100m:	1:11.23			
53.		23.07.2011				+0,77	1:11.47	510
	50m:	34.67	34.67	100m:	1:11.47			
54.		12.12.2012				+0,68	1:11.57	508
	50m:	33.91	33.91	100m:	1:11.57			
55.		14.04.2008				+0,65	1:11.83	503
	50m:	34.25	34.25	100m:	1:11.83			
56.		15.07.2012				+0,62	1:11.92	501
	50m:	34.88	34.88	100m:	1:11.92			
57.		02.10.2010				+0,65	1:12.37	491
	50m:	35.37	35.37	100m:	1:12.37			
58.		29.03.2011				+0,69	1:12.70	485
	50m:	34.77	34.77	100m:	1:12.70			
59.		05.03.2011				+0,66	1:12.76	484
	50m:	34.39	34.39	100m:	1:12.76			
60.		25.03.2010				+0,68	1:12.92	480
	50m:	34.92	34.92	100m:	1:12.92			
61.		14.01.2011				+0,59	1:13.34	472
	50m:	35.55	35.55	100m:	1:13.34			
62.		04.11.2010				+0,69	1:13.35	472
	50m:	34.66	34.66	100m:	1:13.35			
63.		09.02.2012				+0,69	1:13.39	471
	50m:	35.95	35.95	100m:	1:13.39			
64.		31.07.2012				+0,64	1:13.41	471
	50m:	35.39	35.39	100m:	1:13.41			
65.		17.07.2012				+0,73	1:13.50	469
	50m:	36.14	36.14	100m:	1:13.50			
66.		05.10.2012				+0,65	1:14.61	448
67.		13.11.2010				+0,83	1:15.02	441
	50m:	36.34	36.34	100m:	1:15.02			

КУБОК по плаванию РОССИИ

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2026

РУЗА

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

1 ЭТАП

		13,	, 100m			R.T.		
68.			/			+0,78	1:15.18	438
	50m:	36.01	36.01	100m:	1:15.18			
69.			04.06.2010 I			+0,56	1:15.38	435
	50m:	35.61	35.61	100m:	1:15.38			
70.			25.01.2011 I			+0,71	1:15.68	430
	50m:	36.08	36.08	100m:	1:15.68			
71.			26.06.2012 I			+0,74	1:19.76	367
	50m:	39.12	39.12	100m:	1:19.76			
DSQ			27.07.2011		-			
DSQ			10.07.2011					

Спонсоры соревнований:

14
18.02.2026 - 14:46

, 100m

		50.70				-1				24.06.2025	
		50.83						(KOR)		27.07.2019	
: AQUA 2025											
								R.T.			
1.		05.08.1998						53.03		810	
	50m:	24.60	24.60	100m:	53.03	28.43					
2.		26.08.1998						+0,24		53.18	
	50m:	24.43	24.43	100m:	53.18	28.75					803
3.		18.09.2003						+0,52		53.31	
	50m:	24.32	24.32	100m:	53.31	28.99					798
4.		24.05.2005						+0,66		53.49	
	50m:	24.07	24.07	100m:	53.49	29.42					790
5.		24.08.2008						+0,66		53.93	
	50m:	25.28	25.28	100m:	53.93	28.65					770
6.		09.10.1999						+0,63		54.23	
	50m:	24.54	24.54	100m:	54.23	29.69					758
7.		05.12.1995						+0,62		54.36	
	50m:	25.35	25.35	100m:	54.36	29.01					752
8.		26.01.2009						+0,57		54.96	
	50m:	25.72	25.72	100m:	54.96	29.24					728
9.		12.05.2005						+0,57		55.04	
	50m:	25.36	25.36	100m:	55.04	29.68					725
		11.02.2002						+0,54		55.04	
	50m:	25.43	25.43	100m:	55.04	29.61					725
11.		18.04.2007						+0,53		55.14	
	50m:	25.69	25.69	100m:	55.14	29.45					721
12.		05.12.2006						+0,29		55.45	
	50m:	25.32	25.32	100m:	55.45	30.13					709
13.		21.04.2000						+0,43		55.47	
	50m:	24.86	24.86	100m:	55.47	30.61					708
14.		04.09.2008						+0,45		55.68	
	50m:	26.83	26.83	100m:	55.68	28.85					700
15.		16.02.2009						+0,53		56.13	
	50m:	26.20	26.20	100m:	56.13	29.93					683
16.		10.06.2004						+0,28		56.19	
	50m:	25.43	25.43	100m:	56.19	30.76					681
17.		03.06.2006						+0,22		56.36	
	50m:	25.98	25.98	100m:	56.36	30.38					675
18.		17.12.2003						+0,54		56.44	
	50m:	25.46	25.46	100m:	56.44	30.98					672
19.		30.09.2001						+0,67		56.47	
	50m:	26.23	26.23	100m:	56.47	30.24					671
20.		27.08.2006						+0,61		56.59	
	50m:	26.52	26.52	100m:	56.59	30.07					667

14, , 100m						R.T.		
21.		/	19.01.2005			+0,60	56.68	664
	50m:	26.81	26.81	100m:	56.68	29.87		
22.			03.12.2007			+0,24	56.73	662
	50m:	25.97	25.97	100m:	56.73	30.76		
23.			09.07.2006			+0,59	57.15	647
	50m:	26.32	26.32	100m:	57.15	30.83		
24.			09.02.2009			+0,56	57.28	643
	50m:	26.90	26.90	100m:	57.28	30.38		
25.			16.07.2009			+0,25	57.46	637
	50m:	26.77	26.77	100m:	57.46	30.69		
26.			05.01.2007			+0,63	57.77	627
	50m:	26.33	26.33	100m:	57.77	31.44		
27.			14.07.2010			+0,58	57.99	620
	50m:	26.86	26.86	100m:	57.99	31.13		
28.			12.04.2006			+0,33	58.01	619
	50m:	26.54	26.54	100m:	58.01	31.47		
29.			25.09.2007			+0,48	58.22	612
	50m:	26.57	26.57	100m:	58.22	31.65		
30.			13.09.2006				58.40	607
	50m:	27.25	27.25	100m:	58.40	31.15		
31.			25.03.2011			+0,36	58.82	594
	50m:	27.42	27.42	100m:	58.82	31.40		
32.			03.03.2008			+0,21	58.96	589
	50m:	27.96	27.96	100m:	58.96	31.00		
33.			09.01.2010 I			+0,56	58.99	589
	50m:	26.91	26.91	100m:	58.99	32.08		
34.			30.04.2010		-	+0,61	59.09	586
	50m:	27.34	27.34	100m:	59.09	31.75		
35.			15.03.2009 I			+0,22	59.15	584
	50m:	27.72	27.72	100m:	59.15	31.43		
36.			21.11.2007			+0,26	59.18	583
	50m:	27.28	27.28	100m:	59.18	31.90		
37.			27.10.2008			+0,48	59.20	582
	50m:	27.68	27.68	100m:	59.20	31.52		
38.			11.05.2008			+0,25	59.29	580
	50m:	27.87	27.87	100m:	59.29	31.42		
39.			11.09.2008 I			+0,30	59.35	578
	50m:	27.54	27.54	100m:	59.35	31.81		
40.			05.02.2010 I			+0,64	59.44	575
	50m:	27.64	27.64	100m:	59.44	31.80		
41.			19.03.2006			+0,63	59.45	575
	50m:	26.58	26.58	100m:	59.45	32.87		
42.			04.10.2008			+0,56	59.65	569
	50m:	28.04	28.04	100m:	59.65	31.61		
43.			26.04.2009			+0,26	59.72	567
	50m:	27.52	27.52	100m:	59.72	32.20		

14, , 100m						R.T.		
44.		/	02.01.2004			+0,63	59.86	563
	50m:	27.61	27.61	100m:	59.86	32.25		
45.			13.04.2011			+0,51	59.88	563
	50m:	28.13	28.13	100m:	59.88	31.75		
46.			24.12.2007			+0,42	59.95	561
	50m:	28.27	28.27	100m:	59.95	31.68		
47.			18.03.2010			+0,66	1:00.31	551
	50m:	27.63	27.63	100m:	1:00.31	32.68		
48.			29.04.2004			+0,58	1:00.38	549
	50m:	26.95	26.95	100m:	1:00.38	33.43		
49.			24.02.2007			+0,21	1:00.43	547
	50m:	27.90	27.90	100m:	1:00.43	32.53		
50.			21.10.2008 I			+0,51	1:00.46	547
	50m:	27.62	27.62	100m:	1:00.46	32.84		
51.			09.07.2007			+0,60	1:00.74	539
	50m:	28.08	28.08	100m:	1:00.74	32.66		
52.			25.11.2007			+0,56	1:00.77	538
	50m:	27.48	27.48	100m:	1:00.77	33.29		
53.			07.04.2009 I			+0,24	1:00.83	537
	50m:	27.66	27.66	100m:	1:00.83	33.17		
54.			11.12.2008			+0,54	1:00.84	536
	50m:	28.05	28.05	100m:	1:00.84	32.79		
55.			13.06.2007			+0,26	1:01.20	527
	50m:	27.55	27.55	100m:	1:01.20	33.65		
56.			22.02.2007		-	+0,68	1:01.61	517
	50m:	29.15	29.15	100m:	1:01.61	32.46		
57.			11.01.2004 I			+0,59	1:01.87	510
	50m:	28.46	28.46	100m:	1:01.87	33.41		
58.			10.01.2009			+0,23	1:01.94	508
	50m:	27.51	27.51	100m:	1:01.94	34.43		
59.			31.08.2010 I			+0,65	1:02.17	503
	50m:	28.70	28.70	100m:	1:02.17	33.47		
60.			12.02.2010			+0,21	1:02.50	495
	50m:	27.80	27.80	100m:	1:02.50	34.70		
61.			23.05.2012 I			+0,27	1:02.91	485
	50m:	29.91	29.91	100m:	1:02.91	33.00		
62.			05.08.2010			+0,56	1:03.78	466
	50m:	29.02	29.02	100m:	1:03.78	34.76		
63.			05.01.2007			+0,21	1:03.90	463
	50m:	32.19	32.19	100m:	1:03.90	31.71		
64.			11.01.2010 I			+0,64	1:04.25	455
	50m:	28.89	28.89	100m:	1:04.25	35.36		
65.			13.02.2010 I			+0,33	1:05.04	439
	50m:	29.22	29.22	100m:	1:05.04	35.82		
66.			13.02.2009 I			+0,26	1:05.15	437
	50m:	29.85	29.85	100m:	1:05.15	35.30		

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

1 ЭТАП

14, , 100m ,

R.T.

67. , / +0,46 **1:06.59** 409

50m: 28.76 28.76 100m: 1:06.59 37.83

DSQ 22.11.2005
DSQ 01.03.2009 -
DSQ 10.01.2000
DSQ 30.06.2008

Спонсоры соревнований:

15
18.02.2026 - 15:03

, 50m

25.30
25.79

19.04.2023
16.04.2025

: AQUA 2025

R.T.

1.	20.04.2006	-	+0,22	26.22	808
2.	10.03.2000		+0,53	26.43	789
3.	15.01.2008		+0,48	27.21	723
4.	06.08.2009			27.25	720
5.	17.09.2002		+0,60	27.44	705
6.	01.02.2010		+0,28	27.53	698
7.	05.05.2006		+0,69	27.65	689
8.	17.08.2006	-	+0,61	27.96	667
9.	05.11.2009		+0,63	28.02	662
10.	06.10.2007	-	+0,24	28.04	661
11.	10.12.2000		+0,21	28.05	660
12.	18.05.2010		+0,67	28.15	653
13.	27.07.2011	-	+0,64	28.35	639
14.	06.06.2006	-	+0,57	28.36	639
15.	09.03.2012		+0,58	28.45	633
16.	13.04.2010		+0,39	28.65	620
17.	25.06.2009		+0,64	28.66	619
18.	23.05.2005		+0,24	28.68	618
19.	19.11.2009		+0,24	28.87	605
20.	05.10.2007		+0,26	28.92	602
21.	21.07.2008		+0,69	29.01	597
22.	10.06.2010		+0,62	29.09	592
23.	16.03.2007		+0,69	29.25	582
24.	20.06.2010	-	+0,30	29.29	580
25.	28.09.2011		+0,30	29.38	574
26.	06.02.2010		+0,64	29.48	569
27.	20.02.2012		+0,51	29.52	566
28.	29.04.2009		+0,68	29.56	564
29.	19.05.2010	-	+0,63	29.58	563
30.	07.03.2007		+0,27	29.59	562
31.	29.12.2007		+0,67	29.76	553
32.	30.09.2008		+0,56	29.91	544
33.	16.02.2007		+0,25	29.92	544
34.	24.05.2011		+0,26	29.94	543
35.	18.01.2008		+0,67	29.95	542
36.	27.02.2009		+0,31	30.13	533
37.	28.05.2003		+0,55	30.15	531
38.	10.03.2011		+0,52	30.17	530
39.	07.08.2010		+0,29	30.51	513
40.	04.08.2010		+0,68	30.53	512
41.	29.04.2010		+0,68	30.67	505
42.	30.08.2011		+0,77	30.75	501
43.	05.03.2011		+0,54	30.89	494
44.	08.12.2005		+0,26	30.90	494
45.	23.07.2009		+0,60	30.91	493

15, , 50m ,

			R.T.		
46.	15.05.2010	-	+0,66	30.92	493
47.	29.12.2011		+0,70	30.97	490
48.	04.11.2010		+0,60	31.02	488
49.	08.07.2009		+0,61	31.03	488
50.	15.03.2009		+0,67	31.07	486
51.	13.04.2012		+0,72	31.10	484
52.	27.11.2008		+0,30	31.15	482
53.	25.03.2010		+0,23	31.26	477
54.	17.12.2011		+0,67	31.28	476
55.	17.10.2007		+0,61	31.40	470
56.	02.10.2010		+0,63	31.42	470
	05.08.2012		+0,26	31.42	470
58.	14.07.2011		+0,32	31.62	461
59.	27.04.2012		+0,81	31.69	458
60.	20.06.2011		+0,68	32.02	444
61.	12.01.2010		+0,44	32.39	429
62.	24.02.2011		+0,63	32.68	417
63.	25.03.2011		+0,69	32.74	415
64.	19.02.2008		+0,68	32.80	413
65.	12.05.2010		+0,57	33.18	399
66.	04.06.2010		+0,59	33.34	393
67.	08.12.2011		+0,40	33.40	391
68.	05.03.2010		+0,65	33.80	377
DSQ	26.11.2007				
DNS	12.08.2008				

16
18.02.2026 - 15:33

, 1500m

		14:41.13				(CHN)		15.08.2008				
		14:59.56				-		(BRA) 12.08.2016				
: AQUA 2025												
		/				R.T.						
1.		16.10.2003				+0,61		15:21.64		843		
	50m:	27.14	27.14	450m:	4:34.88	31.36	850m:	8:43.69	30.49	1250m:	12:51.61	31.54
	100m:	57.80	30.66	500m:	5:06.23	31.35	900m:	9:14.55	30.86	1300m:	13:22.65	31.04
	150m:	1:28.51	30.71	550m:	5:37.33	31.10	950m:	9:45.15	30.60	1350m:	13:53.15	30.50
	200m:	1:59.42	30.91	600m:	6:08.48	31.15	1000m:	10:15.97	30.82	1400m:	14:23.90	30.75
	250m:	2:30.01	30.59	650m:	6:39.67	31.19	1050m:	10:46.64	30.67	1450m:	14:53.81	29.91
	300m:	3:01.23	31.22	700m:	7:10.79	31.12	1100m:	11:17.45	30.81	1500m:	15:21.64	27.83
	350m:	3:32.21	30.98	750m:	7:41.86	31.07	1150m:	11:48.84	31.39			
	400m:	4:03.52	31.31	800m:	8:13.20	31.34	1200m:	12:20.07	31.23			
2.		11.11.2002						+0,80		15:23.65		837
	50m:	28.76	28.76	450m:	4:36.57	31.02	850m:	8:44.92	31.08	1250m:	12:51.65	31.38
	100m:	59.40	30.64	500m:	5:07.63	31.06	900m:	9:15.76	30.84	1300m:	13:22.20	30.55
	150m:	1:30.42	31.02	550m:	5:38.78	31.15	950m:	9:46.71	30.95	1350m:	13:53.06	30.86
	200m:	2:01.69	31.27	600m:	6:09.79	31.01	1000m:	10:17.71	31.00	1400m:	14:23.75	30.69
	250m:	2:32.62	30.93	650m:	6:40.79	31.00	1050m:	10:48.24	30.53	1450m:	14:54.31	30.56
	300m:	3:03.55	30.93	700m:	7:11.83	31.04	1100m:	11:18.89	30.65	1500m:	15:23.65	29.34
	350m:	3:34.86	31.31	750m:	7:42.87	31.04	1150m:	11:49.55	30.66			
	400m:	4:05.55	30.69	800m:	8:13.84	30.97	1200m:	12:20.27	30.72			
3.		28.07.2004						+0,23		16:00.95		743
	50m:	28.67	28.67	450m:	4:44.17	32.14	850m:	9:00.56	32.04	1250m:	13:22.06	33.03
	100m:	59.55	30.88	500m:	5:16.08	31.91	900m:	9:32.64	32.08	1300m:	13:55.15	33.09
	150m:	1:31.43	31.88	550m:	5:48.16	32.08	950m:	10:05.27	32.63	1350m:	14:28.19	33.04
	200m:	2:03.27	31.84	600m:	6:20.34	32.18	1000m:	10:38.15	32.88	1400m:	14:59.70	31.51
	250m:	2:35.27	32.00	650m:	6:52.28	31.94	1050m:	11:11.05	32.90	1450m:	15:30.86	31.16
	300m:	3:07.65	32.38	700m:	7:24.18	31.90	1100m:	11:43.66	32.61	1500m:	16:00.95	30.09
	350m:	3:39.78	32.13	750m:	7:56.21	32.03	1150m:	12:16.68	33.02			
	400m:	4:12.03	32.25	800m:	8:28.52	32.31	1200m:	12:49.03	32.35			
4.		14.02.2003						+0,74		16:03.03		738
	50m:	28.44	28.44	450m:	4:48.81	32.45	850m:	9:08.94	32.12	1250m:	13:23.98	31.34
	100m:	1:00.67	32.23	500m:	5:21.48	32.67	900m:	9:41.58	32.64	1300m:	13:55.67	31.69
	150m:	1:33.01	32.34	550m:	5:53.76	32.28	950m:	10:13.81	32.23	1350m:	14:27.35	31.68
	200m:	2:05.88	32.87	600m:	6:26.49	32.73	1000m:	10:45.91	32.10	1400m:	14:59.34	31.99
	250m:	2:38.32	32.44	650m:	6:58.82	32.33	1050m:	11:18.29	32.38	1450m:	15:31.28	31.94
	300m:	3:11.06	32.74	700m:	7:31.52	32.70	1100m:	11:49.94	31.65	1500m:	16:03.03	31.75
	350m:	3:43.52	32.46	750m:	8:03.92	32.40	1150m:	12:20.97	31.03			
	400m:	4:16.36	32.84	800m:	8:36.82	32.90	1200m:	12:52.64	31.67			
5.		18.01.2005						+0,31		16:04.23		736
	50m:	28.41	28.41	400m:	4:10.58	32.12	750m:	10:05.60	2:40.95	1100m:	11:43.93	
	100m:	59.52	31.11	450m:	6:52.42	2:41.84	800m:	8:28.90		1150m:	14:28.17	2:44.24
	150m:	1:30.98	31.46	500m:	5:15.16		850m:	11:11.07	2:42.17	1200m:	12:49.37	
	200m:	2:02.48	31.50	550m:	7:56.80	2:41.64	900m:	9:33.30		1250m:	15:32.55	2:43.18
	250m:	2:34.22	31.74	600m:	6:19.95		950m:	12:16.73	2:43.43	1300m:	13:55.25	
	300m:	3:06.40	32.18	650m:	9:00.92	2:40.97	1000m:	10:38.37		1400m:	15:00.80	1:05.55
	350m:	3:38.46	32.06	700m:	7:24.65		1050m:	13:22.12	2:43.75	1500m:	16:04.23	1:03.43
6.		05.03.2008						+0,62		16:05.93		732
	50m:	28.06	28.06	450m:	4:42.14	32.40	850m:	9:01.80	32.91	1250m:	13:26.76	32.55
	100m:	59.12	31.06	500m:	5:14.53	32.39	900m:	9:35.15	33.35	1300m:	13:59.97	33.21
	150m:	1:30.95	31.83	550m:	5:46.61	32.08	950m:	10:08.22	33.07	1350m:	14:32.21	32.24
	200m:	2:02.13	31.18	600m:	6:18.65	32.04	1000m:	10:41.53	33.31	1400m:	15:05.47	33.26
	250m:	2:33.57	31.44	650m:	6:51.20	32.55	1050m:	11:14.43	32.90	1450m:	15:37.05	31.58
	300m:	3:05.79	32.22	700m:	7:23.82	32.62	1100m:	11:46.72	32.29	1500m:	16:05.93	28.88
	350m:	3:37.99	32.20	750m:	7:56.15	32.33	1150m:	12:20.56	33.84			
	400m:	4:09.74	31.75	800m:	8:28.89	32.74	1200m:	12:54.21	33.65			

16, , 1500m

R.T.

7.	24.09.2006										+0,68	16:06.26	731		
	50m:	1:32.64	1:32.64	500m:	5:19.02	1:05.28	900m:	9:39.97	1:05.19	1400m:	15:06.42	1:05.22	1500m:	16:06.26	59.84
	100m:	1:00.62		550m:	9:07.14	3:48.12	1000m:	10:45.27	1:05.30						
	200m:	2:04.83	1:04.21	600m:	6:24.22		1100m:	11:50.30	1:05.03						
	300m:	3:09.37	1:04.54	700m:	7:29.30	1:05.08	1200m:	12:55.76	1:05.46						
	400m:	4:13.74	1:04.37	800m:	8:34.78	1:05.48	1300m:	14:01.20	1:05.44						
8.	31.08.2007										+0,28	16:09.01	725		
	50m:	28.48	28.48	350m:	10:16.87	7:06.79	650m:	13:30.83	7:03.37	1100m:	11:53.93	1:04.14			
	100m:	1:00.30	31.82	400m:	4:15.23		700m:	7:32.67		1200m:	12:58.15	1:04.22			
	150m:	8:05.44	7:05.14	450m:	11:21.71	7:06.48	750m:	15:38.69	8:06.02	1300m:	14:02.67	1:04.52			
	200m:	2:04.93		500m:	5:21.40		800m:	8:38.58		1400m:	15:06.75	1:04.08			
	250m:	9:11.30	7:06.37	550m:	12:26.08	7:04.68	900m:	9:44.36	1:05.78	1500m:	16:09.01	1:02.26			
	300m:	3:10.08		600m:	6:27.46		1000m:	10:49.79	1:05.43						
9.	01.05.2008										+0,27	16:10.99	720		
	50m:	28.99	28.99	450m:	4:49.61	32.24	850m:	9:09.90	32.49	1250m:	13:29.55	32.94			
	100m:	1:01.73	32.74	500m:	5:22.34	32.73	900m:	9:42.48	32.58	1300m:	14:02.55	33.00			
	150m:	1:34.43	32.70	550m:	5:54.81	32.47	950m:	10:14.80	32.32	1350m:	14:35.33	32.78			
	200m:	2:07.40	32.97	600m:	6:27.45	32.64	1000m:	10:47.62	32.82	1400m:	15:08.67	33.34			
	250m:	2:39.96	32.56	650m:	7:00.03	32.58	1050m:	11:19.41	31.79	1450m:	15:39.29	30.62			
	300m:	3:12.42	32.46	700m:	7:32.52	32.49	1100m:	11:51.63	32.22	1500m:	16:10.99	31.70			
	350m:	3:44.70	32.28	750m:	8:05.03	32.51	1150m:	12:23.57	31.94						
	400m:	4:17.37	32.67	800m:	8:37.41	32.38	1200m:	12:56.61	33.04						
10.	12.07.2007										+0,68	16:13.63	715		
	50m:	29.04	29.04	450m:	4:48.03	32.54	850m:	9:09.73	32.87	1250m:	13:31.45	32.65			
	100m:	1:00.60	31.56	500m:	5:20.93	32.90	900m:	9:42.53	32.80	1300m:	14:04.02	32.57			
	150m:	1:32.76	32.16	550m:	5:53.58	32.65	950m:	10:15.11	32.58	1350m:	14:36.48	32.46			
	200m:	2:05.25	32.49	600m:	6:26.47	32.89	1000m:	10:48.08	32.97	1400m:	15:09.24	32.76			
	250m:	2:37.73	32.48	650m:	6:58.84	32.37	1050m:	11:20.65	32.57	1450m:	15:41.65	32.41			
	300m:	3:10.32	32.59	700m:	7:31.63	32.79	1100m:	11:53.43	32.78	1500m:	16:13.63	31.98			
	350m:	3:42.73	32.41	750m:	8:04.05	32.42	1150m:	12:26.06	32.63						
	400m:	4:15.49	32.76	800m:	8:36.86	32.81	1200m:	12:58.80	32.74						
11.	04.02.2008										+0,37	16:21.96	697		
	50m:	27.60	27.60	450m:	4:42.35	32.58	850m:	9:05.36	33.50	1250m:	13:34.15	34.04			
	100m:	58.89	31.29	500m:	5:14.78	32.43	900m:	9:38.92	33.56	1300m:	14:07.75	33.60			
	150m:	1:30.36	31.47	550m:	5:47.21	32.43	950m:	10:12.55	33.63	1350m:	14:41.62	33.87			
	200m:	2:01.61	31.25	600m:	6:19.21	32.00	1000m:	10:45.72	33.17	1400m:	15:15.45	33.83			
	250m:	2:33.51	31.90	650m:	6:52.10	32.89	1050m:	11:19.11	33.39	1450m:	15:49.10	33.65			
	300m:	3:05.42	31.91	700m:	7:24.85	32.75	1100m:	11:52.63	33.52	1500m:	16:21.96	32.86			
	350m:	3:37.95	32.53	750m:	7:58.18	33.33	1150m:	12:26.74	34.11						
	400m:	4:09.77	31.82	800m:	8:31.86	33.68	1200m:	13:00.11	33.37						
12.	29.09.2010										+0,61	16:23.69	693		
	50m:	29.05	29.05	450m:	4:47.26	32.58	850m:	9:11.01	33.26	1250m:	13:41.47	33.90			
	100m:	1:01.24	32.19	500m:	5:20.17	32.91	900m:	9:44.74	33.73	1300m:	14:15.55	34.08			
	150m:	1:33.18	31.94	550m:	5:52.92	32.75	950m:	10:18.27	33.53	1350m:	14:48.59	33.04			
	200m:	2:05.31	32.13	600m:	6:25.59	32.67	1000m:	10:52.36	34.09	1400m:	15:21.64	33.05			
	250m:	2:37.30	31.99	650m:	6:58.57	32.98	1050m:	11:25.82	33.46	1450m:	15:53.12	31.48			
	300m:	3:09.65	32.35	700m:	7:31.63	33.06	1100m:	11:59.58	33.76	1500m:	16:23.69	30.57			
	350m:	3:41.97	32.32	750m:	8:04.59	32.96	1150m:	12:33.28	33.70						
	400m:	4:14.68	32.71	800m:	8:37.75	33.16	1200m:	13:07.57	34.29						
13.	12.02.2007										+0,29	16:24.03	692		
	50m:	27.78	27.78	450m:	4:49.15	32.85	850m:	9:12.59	33.05	1250m:	14:48.93	1:42.84			
	100m:	1:00.46	32.68	500m:	5:21.71	32.56	900m:	9:45.36	32.77	1300m:	14:14.69				
	150m:	1:33.20	32.74	550m:	5:54.65	32.94	950m:	10:18.76	33.40	1350m:	15:53.67	1:38.98			
	200m:	2:05.92	32.72	600m:	6:27.29	32.64	1000m:	10:52.01	33.25	1400m:	15:21.68				
	250m:	2:38.42	32.50	650m:	7:00.11	32.82	1050m:	11:25.62	33.61	1500m:	16:24.03	1:02.35			
	300m:	3:11.29	32.87	700m:	7:32.93	32.82	1100m:	11:58.93	33.31						
	350m:	3:44.39	33.10	750m:	8:06.31	33.38	1150m:	13:40.54	1:41.61						
	400m:	4:16.30	31.91	800m:	8:39.54	33.23	1200m:	13:06.09							

16, , 1500m

R.T.

14.			05.08.2008					+0,63	16:25.22		690	
	50m:	29.91	29.91	450m:	4:56.48	33.23	850m:	9:21.66	32.49	1250m:	13:44.21	32.76
	100m:	1:02.92	33.01	500m:	5:29.87	33.39	900m:	9:54.65	32.99	1300m:	14:16.77	32.56
	150m:	1:35.84	32.92	550m:	6:03.16	33.29	950m:	10:27.43	32.78	1350m:	14:49.82	33.05
	200m:	2:09.20	33.36	600m:	6:36.54	33.38	1000m:	11:00.34	32.91	1400m:	15:22.32	32.50
	250m:	2:42.18	32.98	650m:	7:09.57	33.03	1050m:	11:33.10	32.76	1450m:	15:54.47	32.15
	300m:	3:15.77	33.59	700m:	7:42.93	33.36	1100m:	12:05.91	32.81	1500m:	16:25.22	30.75
	350m:	3:49.42	33.65	750m:	8:16.04	33.11	1150m:	12:38.70	32.79			
	400m:	4:23.25	33.83	800m:	8:49.17	33.13	1200m:	13:11.45	32.75			
15.			07.05.2006					+0,33	16:31.06		678	
	50m:	28.32	28.32	450m:	4:49.23	32.88	850m:	9:16.68	33.85	1250m:	13:45.64	33.85
	100m:	1:00.22	31.90	500m:	5:22.24	33.01	900m:	9:50.49	33.81	1300m:	14:19.27	33.63
	150m:	1:32.93	32.71	550m:	5:55.16	32.92	950m:	10:24.17	33.68	1350m:	14:52.59	33.32
	200m:	2:05.89	32.96	600m:	6:28.34	33.18	1000m:	10:57.57	33.40	1400m:	15:26.08	33.49
	250m:	2:38.42	32.53	650m:	7:01.65	33.31	1050m:	11:31.14	33.57	1450m:	15:59.12	33.04
	300m:	3:11.04	32.62	700m:	7:35.39	33.74	1100m:	12:04.64	33.50	1500m:	16:31.06	31.94
	350m:	3:43.64	32.60	750m:	8:09.12	33.73	1150m:	12:38.23	33.59			
	400m:	4:16.35	32.71	800m:	8:42.83	33.71	1200m:	13:11.79	33.56			
16.			16.06.2010					+0,26	16:32.92		674	
	50m:	30.16	30.16	450m:	4:59.39	33.36	850m:	9:27.38	33.38	1250m:	13:54.77	32.93
	100m:	1:03.93	33.77	500m:	5:32.82	33.43	900m:	10:00.97	33.59	1300m:	14:27.81	33.04
	150m:	1:37.78	33.85	550m:	6:06.25	33.43	950m:	10:34.55	33.58	1350m:	15:00.78	32.97
	200m:	2:11.53	33.75	600m:	6:39.93	33.68	1000m:	11:08.32	33.77	1400m:	15:33.78	33.00
	250m:	2:44.98	33.45	650m:	7:13.65	33.72	1050m:	11:41.83	33.51	1450m:	16:04.28	30.50
	300m:	3:18.64	33.66	700m:	7:47.15	33.50	1100m:	12:15.25	33.42	1500m:	16:32.92	28.64
	350m:	3:52.18	33.54	750m:	8:20.58	33.43	1150m:	12:48.54	33.29			
	400m:	4:26.03	33.85	800m:	8:54.00	33.42	1200m:	13:21.84	33.30			
17.			04.11.2011					+0,60	16:33.21		673	
	50m:	30.13	30.13	450m:	4:57.21	33.46	850m:	9:26.23	33.65	1250m:	13:53.47	33.10
	100m:	1:03.97	33.84	500m:	5:30.80	33.59	900m:	10:00.06	33.83	1300m:	14:27.43	33.96
	150m:	1:37.15	33.18	550m:	6:04.23	33.43	950m:	10:33.72	33.66	1350m:	15:00.40	32.97
	200m:	2:10.76	33.61	600m:	6:38.32	34.09	1000m:	11:07.38	33.66	1400m:	15:33.36	32.96
	250m:	2:43.85	33.09	650m:	7:12.01	33.69	1050m:	11:40.76	33.38	1450m:	16:04.17	30.81
	300m:	3:17.42	33.57	700m:	7:45.42	33.41	1100m:	12:14.20	33.44	1500m:	16:33.21	29.04
	350m:	3:50.38	32.96	750m:	8:19.08	33.66	1150m:	12:47.59	33.39			
	400m:	4:23.75	33.37	800m:	8:52.58	33.50	1200m:	13:20.37	32.78			
18.			03.11.2009						16:40.74		658	
	50m:	33.00	33.00	450m:	5:03.17	33.54	850m:	9:30.01	33.05	1250m:	13:55.49	33.41
	100m:	1:07.57	34.57	500m:	5:36.77	33.60	900m:	10:03.53	33.52	1300m:	14:28.85	33.36
	150m:	1:41.15	33.58	550m:	6:10.49	33.72	950m:	10:36.68	33.15	1350m:	15:02.53	33.68
	200m:	2:15.31	34.16	600m:	6:43.62	33.13	1000m:	11:09.37	32.69	1400m:	15:35.74	33.21
	250m:	2:48.73	33.42	650m:	7:17.31	33.69	1050m:	11:42.31	32.94	1450m:	16:08.54	32.80
	300m:	3:22.63	33.90	700m:	7:50.47	33.16	1100m:	12:15.30	32.99	1500m:	16:40.74	32.20
	350m:	3:55.89	33.26	750m:	8:24.28	33.81	1150m:	12:49.12	33.82			
	400m:	4:29.63	33.74	800m:	8:56.96	32.68	1200m:	13:22.08	32.96			
19.			01.07.2008					+0,27	16:42.13		655	
	50m:	29.75	29.75	450m:	4:54.38	33.93	850m:	9:23.77	33.93	1250m:	13:54.07	33.63
	100m:	1:01.63	31.88	500m:	5:28.13	33.75	900m:	9:57.38	33.61	1300m:	14:28.09	34.02
	150m:	1:34.11	32.48	550m:	6:01.51	33.38	950m:	10:31.10	33.72	1350m:	15:02.15	34.06
	200m:	2:06.98	32.87	600m:	6:35.15	33.64	1000m:	11:05.20	34.10	1400m:	15:36.14	33.99
	250m:	2:40.26	33.28	650m:	7:08.76	33.61	1050m:	11:38.82	33.62	1450m:	16:09.53	33.39
	300m:	3:13.64	33.38	700m:	7:42.39	33.63	1100m:	12:12.75	33.93	1500m:	16:42.13	32.60
	350m:	3:46.73	33.09	750m:	8:15.95	33.56	1150m:	12:46.29	33.54			
	400m:	4:20.45	33.72	800m:	8:49.84	33.89	1200m:	13:20.44	34.15			

16, , 1500m

R.T.

20.	08.04.2007				+0,71 16:51.76				637		
50m:	30.22	30.22	450m:	4:56.51	33.72	850m:	9:29.07	34.13	1250m:	14:04.05	34.20
100m:	1:03.55	33.33	500m:	5:30.65	34.14	900m:	10:03.75	34.68	1300m:	14:38.30	34.25
150m:	1:36.41	32.86	550m:	6:04.46	33.81	950m:	10:37.82	34.07	1350m:	15:12.37	34.07
200m:	2:09.56	33.15	600m:	6:38.54	34.08	1000m:	11:12.35	34.53	1400m:	15:46.87	34.50
250m:	2:42.67	33.11	650m:	7:12.43	33.89	1050m:	11:46.53	34.18	1450m:	16:20.08	33.21
300m:	3:16.22	33.55	700m:	7:46.55	34.12	1100m:	12:21.19	34.66	1500m:	16:51.76	31.68
350m:	3:49.21	32.99	750m:	8:20.52	33.97	1150m:	12:55.26	34.07			
400m:	4:22.79	33.58	800m:	8:54.94	34.42	1200m:	13:29.85	34.59			
21.	23.06.2010				+0,25 16:55.99				629		
50m:	30.79	30.79	450m:	5:02.09	33.95	850m:	9:33.27	33.91	1250m:	14:05.89	34.22
100m:	1:04.61	33.82	500m:	5:36.23	34.14	900m:	10:07.28	34.01	1300m:	14:40.43	34.54
150m:	1:38.17	33.56	550m:	6:10.04	33.81	950m:	10:41.38	34.10	1350m:	15:14.97	34.54
200m:	2:12.31	34.14	600m:	6:43.78	33.74	1000m:	11:16.00	34.62	1400m:	15:49.21	34.24
250m:	2:46.32	34.01	650m:	7:17.58	33.80	1050m:	11:49.10	33.10	1450m:	16:23.59	34.38
300m:	3:20.26	33.94	700m:	7:51.54	33.96	1100m:	12:23.65	34.55	1500m:	16:55.99	32.40
350m:	3:54.17	33.91	750m:	8:25.23	33.69	1150m:	12:57.18	33.53			
400m:	4:28.14	33.97	800m:	8:59.36	34.13	1200m:	13:31.67	34.49			
22.	24.07.2010				+0,77 16:58.72				624		
50m:	1:37.21	1:37.21	400m:	4:26.61		750m:	13:02.56	5:09.83	1200m:	13:36.61	1:08.43
100m:	1:03.15		450m:	8:26.85	4:00.24	800m:	9:00.98		1300m:	14:45.03	1:08.42
150m:	2:44.82	1:41.67	500m:	5:35.14		850m:	15:18.89	6:17.91	1400m:	15:52.96	1:07.93
200m:	2:11.03		550m:	9:35.04	3:59.90	900m:	10:09.40		1500m:	16:58.72	1:05.76
250m:	5:00.86	2:49.83	600m:	6:43.81		950m:	16:26.17	6:16.77			
300m:	3:18.37		650m:	11:53.65	5:09.84	1000m:	11:19.23				
350m:	7:18.03	3:59.66	700m:	7:52.73		1100m:	12:28.18	1:08.95			
23.	03.02.2012 I				+0,25 17:01.15				619		
50m:	29.48	29.48	450m:	5:01.46	34.11	850m:	9:36.55	34.63	1250m:	14:12.24	34.31
100m:	1:02.84	33.36	500m:	5:35.78	34.32	900m:	10:11.25	34.70	1300m:	14:47.02	34.78
150m:	1:36.13	33.29	550m:	6:10.53	34.75	950m:	10:45.99	34.74	1350m:	15:21.35	34.33
200m:	2:10.32	34.19	600m:	6:44.38	33.85	1000m:	11:19.88	33.89	1400m:	15:55.00	33.65
250m:	2:44.12	33.80	650m:	7:18.72	34.34	1050m:	11:54.13	34.25	1450m:	16:28.92	33.92
300m:	3:18.34	34.22	700m:	7:53.13	34.41	1100m:	12:28.81	34.68	1500m:	17:01.15	32.23
350m:	3:52.26	33.92	750m:	8:27.65	34.52	1150m:	13:03.32	34.51			
400m:	4:27.35	35.09	800m:	9:01.92	34.27	1200m:	13:37.93	34.61			
24.	13.07.2008				+0,29 17:04.87				613		
50m:	29.93	29.93	450m:	5:00.17	33.88	850m:	9:34.53	34.55	1250m:	14:11.97	34.50
100m:	1:03.29	33.36	500m:	5:34.28	34.11	900m:	10:09.24	34.71	1300m:	14:47.08	35.11
150m:	1:36.74	33.45	550m:	6:08.41	34.13	950m:	10:43.83	34.59	1350m:	15:21.98	34.90
200m:	2:10.68	33.94	600m:	6:42.58	34.17	1000m:	11:18.56	34.73	1400m:	15:56.86	34.88
250m:	2:44.47	33.79	650m:	7:16.76	34.18	1050m:	11:53.27	34.71	1450m:	16:31.52	34.66
300m:	3:18.46	33.99	700m:	7:51.01	34.25	1100m:	12:27.92	34.65	1500m:	17:04.87	33.35
350m:	3:52.48	34.02	750m:	8:25.41	34.40	1150m:	13:02.46	34.54			
400m:	4:26.29	33.81	800m:	8:59.98	34.57	1200m:	13:37.47	35.01			
25.	26.02.2009				+0,80 17:06.26				610		
50m:	3:55.99	3:55.99	300m:	3:21.46		600m:	6:47.45	1:08.37	1100m:	12:30.91	1:08.97
100m:	1:04.18		350m:	15:24.50	12:03.04	700m:	7:55.93	1:08.48	1200m:	13:40.01	1:09.10
150m:	10:47.60	9:43.42	400m:	4:30.64		800m:	9:04.50	1:08.57	1300m:	14:49.43	1:09.42
200m:	2:12.74		450m:	16:32.93	12:02.29	900m:	10:13.44	1:08.94	1400m:	15:58.73	1:09.30
250m:	13:05.42	10:52.68	500m:	5:39.08		1000m:	11:21.94	1:08.50	1500m:	17:06.26	1:07.53

16, , 1500m

		/				R.T.						
26.		11.02.2008				+0,60 17:06.27 610						
	50m:	30.74	30.74	450m:	5:05.30	34.44	850m:	9:40.88	34.54	1250m:	14:16.93	34.92
	100m:	1:05.31	34.57	500m:	5:40.00	34.70	900m:	10:15.26	34.38	1300m:	14:51.93	35.00
	150m:	1:39.23	33.92	550m:	6:14.32	34.32	950m:	10:49.47	34.21	1350m:	15:26.62	34.69
	200m:	2:13.78	34.55	600m:	6:48.79	34.47	1000m:	11:24.01	34.54	1400m:	16:01.24	34.62
	250m:	2:47.99	34.21	650m:	7:22.97	34.18	1050m:	11:58.65	34.64	1450m:	16:33.68	32.44
	300m:	3:22.22	34.23	700m:	7:57.43	34.46	1100m:	12:33.22	34.57	1500m:	17:06.27	32.59
	350m:	3:56.26	34.04	750m:	8:31.88	34.45	1150m:	13:07.31	34.09			
	400m:	4:30.86	34.60	800m:	9:06.34	34.46	1200m:	13:42.01	34.70			
27.		22.12.2010 I				+0,42 17:07.03 609						
	50m:	30.59	30.59	450m:	5:04.76	34.39	850m:	9:40.62	34.25	1250m:	14:16.27	34.45
	100m:	1:04.72	34.13	500m:	5:39.59	34.83	900m:	10:15.19	34.57	1300m:	14:51.12	34.85
	150m:	1:38.56	33.84	550m:	6:14.04	34.45	950m:	10:49.38	34.19	1350m:	15:25.38	34.26
	200m:	2:13.28	34.72	600m:	6:48.49	34.45	1000m:	11:23.90	34.52	1400m:	16:00.23	34.85
	250m:	2:47.21	33.93	650m:	7:22.72	34.23	1050m:	11:58.24	34.34	1450m:	16:33.90	33.67
	300m:	3:21.55	34.34	700m:	7:57.36	34.64	1100m:	12:32.74	34.50	1500m:	17:07.03	33.13
	350m:	3:55.74	34.19	750m:	8:31.62	34.26	1150m:	13:07.02	34.28			
	400m:	4:30.37	34.63	800m:	9:06.37	34.75	1200m:	13:41.82	34.80			
28.		02.05.2007				+0,45 17:09.33 605						
	50m:	29.60	29.60	450m:	4:58.23	34.25	850m:	9:46.89	1:44.93	1250m:	15:27.04	1:44.25
	100m:	1:01.83	32.23	500m:	5:32.71	34.48	900m:	10:12.16		1300m:	14:52.60	
	150m:	1:34.44	32.61	550m:	6:07.32	34.61	950m:	11:57.10	1:44.94	1350m:	16:36.04	1:43.44
	200m:	2:07.77	33.33	600m:	6:42.30	34.98	1000m:	11:22.19		1400m:	16:01.93	
	250m:	2:41.26	33.49	650m:	7:26.77	1:44.47	1050m:	13:07.37	1:45.18	1500m:	17:09.33	1:07.40
	300m:	3:15.25	33.99	700m:	7:51.92		1100m:	12:32.66				
	350m:	3:49.26	34.01	750m:	8:36.68	1:44.76	1150m:	14:17.47	1:44.81			
	400m:	4:23.98	34.72	800m:	9:01.96		1200m:	13:42.79				
29.		11.11.2010 I				+0,58 17:11.50 601						
	50m:	29.36	29.36	450m:	5:02.04	34.55	850m:	9:39.18	34.78	1250m:	14:19.48	35.18
	100m:	1:02.43	33.07	500m:	5:36.92	34.88	900m:	10:14.27	35.09	1300m:	14:55.00	35.52
	150m:	1:36.19	33.76	550m:	6:10.90	33.98	950m:	10:49.03	34.76	1350m:	15:29.95	34.95
	200m:	2:10.30	34.11	600m:	6:45.42	34.52	1000m:	11:24.06	35.03	1400m:	16:04.71	34.76
	250m:	2:44.64	34.34	650m:	7:19.89	34.47	1050m:	11:58.92	34.86	1450m:	16:38.61	33.90
	300m:	3:19.23	34.59	700m:	7:54.81	34.92	1100m:	12:34.08	35.16	1500m:	17:11.50	32.89
	350m:	3:52.93	33.70	750m:	8:29.56	34.75	1150m:	13:09.12	35.04			
	400m:	4:27.49	34.56	800m:	9:04.40	34.84	1200m:	13:44.30	35.18			
30.		14.03.2010 I				+0,36 17:11.69 601						
	50m:	29.22	29.22	450m:	5:01.36	34.49	850m:	9:40.11	34.79	1250m:	14:21.25	35.11
	100m:	1:01.78	32.56	500m:	5:36.35	34.99	900m:	10:15.51	35.40	1300m:	14:56.76	35.51
	150m:	1:34.87	33.09	550m:	6:10.93	34.58	950m:	10:50.55	35.04	1350m:	15:31.53	34.77
	200m:	2:08.70	33.83	600m:	6:45.85	34.92	1000m:	11:26.03	35.48	1400m:	16:06.35	34.82
	250m:	2:42.77	34.07	650m:	7:20.33	34.48	1050m:	12:00.74	34.71	1450m:	16:39.95	33.60
	300m:	3:17.33	34.56	700m:	7:55.27	34.94	1100m:	12:35.86	35.12	1500m:	17:11.69	31.74
	350m:	3:52.16	34.83	750m:	8:30.11	34.84	1150m:	13:10.69	34.83			
	400m:	4:26.87	34.71	800m:	9:05.32	35.21	1200m:	13:46.14	35.45			
31.		23.02.2008				+0,27 17:12.57 599						
	50m:	28.68	28.68	400m:	4:20.77	33.93	750m:	10:41.48	2:55.42	1100m:	12:27.74	
	100m:	1:00.38	31.70	450m:	4:54.52	33.75	800m:	8:55.71		1150m:	15:26.92	2:59.18
	150m:	1:32.83	32.45	500m:	5:28.75	34.23	850m:	11:52.40	2:56.69	1200m:	13:39.14	
	200m:	2:05.89	33.06	550m:	6:02.85	2:52.10	900m:	10:06.16		1250m:	16:37.89	2:58.75
	250m:	2:39.21	33.32	600m:	6:37.09		950m:	13:03.30	2:57.14	1300m:	14:51.14	
	300m:	3:13.05	33.84	650m:	7:10.78	2:53.69	1000m:	11:17.00		1400m:	16:02.55	1:11.41
	350m:	3:46.84	33.79	700m:	7:46.06		1050m:	14:14.90	2:57.90	1500m:	17:12.57	1:10.02

16, , 1500m

R.T.

32.	04.07.2010				-	+0,34 17:13.37				598	
50m:	29.85	29.85	450m:	5:03.02	34.30	850m:	9:39.57	34.27	1250m:	14:18.87	35.30
100m:	1:02.99	33.14	500m:	5:37.64	34.62	900m:	10:14.24	34.67	1300m:	14:54.29	35.42
150m:	1:36.99	34.00	550m:	6:11.67	34.03	950m:	10:48.97	34.73	1350m:	15:29.43	35.14
200m:	2:11.45	34.46	600m:	6:46.08	34.41	1000m:	11:23.90	34.93	1400m:	16:04.70	35.27
250m:	2:45.64	34.19	650m:	7:20.61	34.53	1050m:	11:58.65	34.75	1450m:	16:39.15	34.45
300m:	3:20.17	34.53	700m:	7:55.51	34.90	1100m:	12:33.36	34.71	1500m:	17:13.37	34.22
350m:	3:54.34	34.17	750m:	8:30.07	34.56	1150m:	13:08.19	34.83			
400m:	4:28.72	34.38	800m:	9:05.30	35.23	1200m:	13:43.57	35.38			
33.	12.10.2010 I					+0,68 17:14.26				596	
50m:	29.81	29.81	450m:	5:05.02	34.65	850m:	9:44.95	35.03	1250m:	14:25.85	34.56
100m:	1:03.99	34.18	500m:	5:39.91	34.89	900m:	10:20.24	35.29	1300m:	15:00.97	35.12
150m:	1:37.82	33.83	550m:	6:14.77	34.86	950m:	10:55.66	35.42	1350m:	15:35.33	34.36
200m:	2:12.41	34.59	600m:	6:50.03	35.26	1000m:	11:31.30	35.64	1400m:	16:10.04	34.71
250m:	2:46.73	34.32	650m:	7:24.80	34.77	1050m:	12:06.45	35.15	1450m:	16:42.67	32.63
300m:	3:21.33	34.60	700m:	7:59.70	34.90	1100m:	12:41.62	35.17	1500m:	17:14.26	31.59
350m:	3:55.32	33.99	750m:	8:34.61	34.91	1150m:	13:16.25	34.63			
400m:	4:30.37	35.05	800m:	9:09.92	35.31	1200m:	13:51.29	35.04			
34.	14.09.2009					+0,79 17:17.11				591	
50m:	29.48	29.48	450m:	5:00.18	34.43	850m:	9:41.77	35.28	1250m:	14:24.90	35.23
100m:	1:02.51	33.03	500m:	5:34.88	34.70	900m:	10:17.43	35.66	1300m:	15:00.61	35.71
150m:	1:35.71	33.20	550m:	6:10.00	35.12	950m:	10:53.17	35.74	1350m:	15:35.78	35.17
200m:	2:09.61	33.90	600m:	6:44.76	34.76	1000m:	11:27.72	34.55	1400m:	16:10.92	35.14
250m:	2:43.14	33.53	650m:	7:19.56	34.80	1050m:	12:02.81	35.09	1450m:	16:44.65	33.73
300m:	3:17.42	34.28	700m:	7:54.72	35.16	1100m:	12:38.68	35.87	1500m:	17:17.11	32.46
350m:	3:51.24	33.82	750m:	8:31.02	36.30	1150m:	13:14.13	35.45			
400m:	4:25.75	34.51	800m:	9:06.49	35.47	1200m:	13:49.67	35.54			
35.	31.07.2006					+0,37 17:18.32				589	
50m:	29.78	29.78	450m:	4:57.64	33.89	850m:	9:37.90	35.17	1250m:	14:21.10	35.43
100m:	1:02.39	32.61	500m:	5:32.44	34.80	900m:	10:13.21	35.31	1300m:	14:56.42	35.32
150m:	1:35.23	32.84	550m:	6:07.14	34.70	950m:	10:48.60	35.39	1350m:	15:31.95	35.53
200m:	2:08.63	33.40	600m:	6:42.34	35.20	1000m:	11:24.06	35.46	1400m:	16:07.66	35.71
250m:	2:42.18	33.55	650m:	7:17.19	34.85	1050m:	11:59.33	35.27	1450m:	16:43.13	35.47
300m:	3:15.88	33.70	700m:	7:52.39	35.20	1100m:	12:34.95	35.62	1500m:	17:18.32	35.19
350m:	3:49.67	33.79	750m:	8:27.27	34.88	1150m:	13:10.10	35.15			
400m:	4:23.75	34.08	800m:	9:02.73	35.46	1200m:	13:45.67	35.57			
36.	24.12.2007					+0,59 17:19.51				587	
50m:	29.65	29.65	450m:	5:06.59	35.09	850m:	9:49.15	34.81	1250m:	14:29.88	34.13
100m:	1:03.03	33.38	500m:	5:42.22	35.63	900m:	10:24.86	35.71	1300m:	15:04.57	34.69
150m:	1:37.39	34.36	550m:	6:17.31	35.09	950m:	10:59.72	34.86	1350m:	15:38.41	33.84
200m:	2:11.89	34.50	600m:	6:52.93	35.62	1000m:	11:35.13	35.41	1400m:	16:13.12	34.71
250m:	2:46.38	34.49	650m:	7:28.24	35.31	1050m:	12:10.21	35.08	1450m:	16:46.68	33.56
300m:	3:21.37	34.99	700m:	8:03.71	35.47	1100m:	12:45.74	35.53	1500m:	17:19.51	32.83
350m:	3:56.25	34.88	750m:	8:38.71	35.00	1150m:	13:20.63	34.89			
400m:	4:31.50	35.25	800m:	9:14.34	35.63	1200m:	13:55.75	35.12			
37.	19.12.2010 I					+0,60 17:19.72				587	
50m:	31.61	31.61	450m:	5:08.21	35.07	850m:	9:46.11	35.11	1250m:	14:26.48	35.30
100m:	1:05.54	33.93	500m:	5:42.73	34.52	900m:	10:20.89	34.78	1300m:	15:02.15	35.67
150m:	1:40.48	34.94	550m:	6:17.11	34.38	950m:	10:56.36	35.47	1350m:	15:37.60	35.45
200m:	2:15.14	34.66	600m:	6:51.93	34.82	1000m:	11:31.08	34.72	1400m:	16:12.76	35.16
250m:	2:49.94	34.80	650m:	7:26.61	34.68	1050m:	12:05.63	34.55	1450m:	16:46.50	33.74
300m:	3:24.38	34.44	700m:	8:01.17	34.56	1100m:	12:40.80	35.17	1500m:	17:19.72	33.22
350m:	3:58.84	34.46	750m:	8:36.25	35.08	1150m:	13:15.64	34.84			
400m:	4:33.14	34.30	800m:	9:11.00	34.75	1200m:	13:51.18	35.54			

16, , 1500m

R.T.

38.	05.10.2010 I				+0,72 17:20.46				585		
50m:	31.68	31.68	450m:	5:06.99	34.59	850m:	9:45.79	34.91	1250m:	14:26.59	34.89
100m:	1:06.29	34.61	500m:	5:41.73	34.74	900m:	10:21.13	35.34	1300m:	15:02.30	35.71
150m:	1:40.15	33.86	550m:	6:16.50	34.77	950m:	10:55.89	34.76	1350m:	15:37.10	34.80
200m:	2:15.15	35.00	600m:	6:51.37	34.87	1000m:	11:31.42	35.53	1400m:	16:12.33	35.23
250m:	2:48.91	33.76	650m:	7:25.77	34.40	1050m:	12:06.00	34.58	1450m:	16:46.69	34.36
300m:	3:23.40	34.49	700m:	8:00.66	34.89	1100m:	12:41.43	35.43	1500m:	17:20.46	33.77
350m:	3:57.69	34.29	750m:	8:35.55	34.89	1150m:	13:16.33	34.90			
400m:	4:32.40	34.71	800m:	9:10.88	35.33	1200m:	13:51.70	35.37			
39.	28.05.2010 I				+0,34 17:20.81				585		
50m:	30.56	30.56	450m:	5:06.53	35.28	850m:	9:47.21	35.31	1250m:	14:28.09	34.88
100m:	1:04.32	33.76	500m:	5:41.37	34.84	900m:	10:22.36	35.15	1300m:	15:03.38	35.29
150m:	1:38.75	34.43	550m:	6:16.08	34.71	950m:	10:57.75	35.39	1350m:	15:38.35	34.97
200m:	2:12.88	34.13	600m:	6:51.05	34.97	1000m:	11:32.97	35.22	1400m:	16:13.25	34.90
250m:	2:47.26	34.38	650m:	7:26.32	35.27	1050m:	12:07.66	34.69	1450m:	16:47.33	34.08
300m:	3:22.09	34.83	700m:	8:01.75	35.43	1100m:	12:42.78	35.12	1500m:	17:20.81	33.48
350m:	3:56.56	34.47	750m:	8:36.90	35.15	1150m:	13:18.00	35.22			
400m:	4:31.25	34.69	800m:	9:11.90	35.00	1200m:	13:53.21	35.21			
40.	30.01.2012 I				+0,67 17:21.31				584		
50m:	31.21	31.21	450m:	5:11.89	35.03	850m:	9:49.46	34.76	1250m:	14:29.15	35.06
100m:	1:05.73	34.52	500m:	5:46.43	34.54	900m:	10:24.26	34.80	1300m:	15:04.41	35.26
150m:	1:41.03	35.30	550m:	6:21.26	34.83	950m:	10:58.87	34.61	1350m:	15:39.22	34.81
200m:	2:16.38	35.35	600m:	6:56.22	34.96	1000m:	11:34.08	35.21	1400m:	16:14.05	34.83
250m:	2:51.64	35.26	650m:	7:30.83	34.61	1050m:	12:08.80	34.72	1450m:	16:48.28	34.23
300m:	3:27.15	35.51	700m:	8:05.52	34.69	1100m:	12:44.17	35.37	1500m:	17:21.31	33.03
350m:	4:01.85	34.70	750m:	8:39.97	34.45	1150m:	13:18.82	34.65			
400m:	4:36.86	35.01	800m:	9:14.70	34.73	1200m:	13:54.09	35.27			
41.	12.11.2009				+0,69 17:23.15				581		
50m:	29.24	29.24	450m:	5:03.69	34.97	850m:	9:47.00	35.33	1250m:	14:29.47	34.67
100m:	1:02.04	32.80	500m:	5:38.87	35.18	900m:	10:22.36	35.36	1300m:	15:04.32	34.85
150m:	1:35.48	33.44	550m:	6:13.84	34.97	950m:	10:57.99	35.63	1350m:	15:39.28	34.96
200m:	2:09.92	34.44	600m:	6:48.90	35.06	1000m:	11:33.35	35.36	1400m:	16:14.81	35.53
250m:	2:44.03	34.11	650m:	7:24.24	35.34	1050m:	12:08.33	34.98	1450m:	16:49.01	34.20
300m:	3:18.76	34.73	700m:	8:00.08	35.84	1100m:	12:43.34	35.01	1500m:	17:23.15	34.14
350m:	3:53.98	35.22	750m:	8:35.67	35.59	1150m:	13:18.76	35.42			
400m:	4:28.72	34.74	800m:	9:11.67	36.00	1200m:	13:54.80	36.04			
42.	07.03.2012 I				+0,57 17:23.30				581		
50m:	29.96	29.96	450m:	5:05.69	33.80	850m:	9:44.81	34.85	1250m:	14:29.00	35.19
100m:	1:05.05	35.09	500m:	5:40.25	34.56	900m:	10:20.54	35.73	1300m:	15:05.39	36.39
150m:	1:38.84	33.79	550m:	6:14.51	34.26	950m:	10:55.85	35.31	1350m:	15:40.55	35.16
200m:	2:13.77	34.93	600m:	6:49.56	35.05	1000m:	11:31.71	35.86	1400m:	16:16.48	35.93
250m:	2:48.05	34.28	650m:	7:24.30	34.74	1050m:	12:06.42	34.71	1450m:	16:50.90	34.42
300m:	3:23.12	35.07	700m:	7:59.71	35.41	1100m:	12:42.41	35.99	1500m:	17:23.30	32.40
350m:	3:57.18	34.06	750m:	8:34.38	34.67	1150m:	13:17.21	34.80			
400m:	4:31.89	34.71	800m:	9:09.96	35.58	1200m:	13:53.81	36.60			
43.	07.04.2010 I				+0,38 17:24.05				579		
50m:	30.37	30.37	450m:	6:17.35	1:45.17	850m:	10:58.67	1:45.51	1250m:	15:40.14	1:45.86
100m:	1:03.87	33.50	500m:	5:42.20		900m:	10:23.39		1300m:	15:04.61	
150m:	1:38.36	34.49	550m:	7:27.45	1:45.25	950m:	12:08.85	1:45.46	1350m:	16:49.97	1:45.36
200m:	2:12.68	34.32	600m:	6:52.24		1000m:	11:33.44		1400m:	16:15.64	
250m:	2:47.19	34.51	650m:	8:37.99	1:45.75	1050m:	13:19.01	1:45.57	1500m:	17:24.05	1:08.41
300m:	3:22.01	34.82	700m:	8:02.59		1100m:	12:43.79				
350m:	3:57.04	35.03	750m:	9:48.50	1:45.91	1150m:	14:29.40	1:45.61			
400m:	4:32.18	35.14	800m:	9:13.16		1200m:	13:54.28				

16, , 1500m

R.T.

44.	07.08.2010				+0,38 17:28.24				573		
50m:	30.36	30.36	450m:	5:03.57	34.99	850m:	9:48.25	35.72	1250m:	14:33.61	35.71
100m:	1:03.42	33.06	500m:	5:38.63	35.06	900m:	10:23.56	35.31	1300m:	15:09.42	35.81
150m:	1:37.25	33.83	550m:	6:14.31	35.68	950m:	10:58.87	35.31	1350m:	15:45.15	35.73
200m:	2:11.09	33.84	600m:	6:49.56	35.25	1000m:	11:34.74	35.87	1400m:	16:20.78	35.63
250m:	2:45.53	34.44	650m:	7:25.22	35.66	1050m:	12:10.44	35.70	1450m:	16:55.01	34.23
300m:	3:19.46	33.93	700m:	8:00.88	35.66	1100m:	12:46.17	35.73	1500m:	17:28.24	33.23
350m:	3:54.02	34.56	750m:	8:36.57	35.69	1150m:	13:21.85	35.68			
400m:	4:28.58	34.56	800m:	9:12.53	35.96	1200m:	13:57.90	36.05			
45.	22.05.2010				+0,73 17:30.99				568		
50m:	30.74	30.74	450m:	5:04.24	34.63	850m:	9:46.20	35.24	1250m:	14:33.21	35.86
100m:	1:04.30	33.56	500m:	5:39.34	35.10	900m:	10:21.92	35.72	1300m:	15:09.50	36.29
150m:	1:37.71	33.41	550m:	6:14.32	34.98	950m:	10:57.66	35.74	1350m:	15:44.91	35.41
200m:	2:11.82	34.11	600m:	6:49.71	35.39	1000m:	11:33.44	35.78	1400m:	16:21.13	36.22
250m:	2:45.66	33.84	650m:	7:24.70	34.99	1050m:	12:09.12	35.68	1450m:	16:56.58	35.45
300m:	3:20.28	34.62	700m:	7:59.93	35.23	1100m:	12:45.35	36.23	1500m:	17:30.99	34.41
350m:	3:54.66	34.38	750m:	8:35.28	35.35	1150m:	13:21.39	36.04			
400m:	4:29.61	34.95	800m:	9:10.96	35.68	1200m:	13:57.35	35.96			
46.	08.10.2012 I				+0,39 17:35.49				561		
50m:	31.14	31.14	350m:	5:12.50	1:46.47	700m:	8:08.51	1:10.20	1300m:	15:14.99	1:11.77
100m:	1:05.85	34.71	400m:	4:36.49		800m:	9:19.60	1:11.09	1400m:	16:25.99	1:11.00
150m:	2:51.22	1:45.37	450m:	7:33.44	2:56.95	900m:	10:30.91	1:11.31	1500m:	17:35.49	1:09.50
200m:	2:15.78		500m:	5:47.27		1000m:	11:41.74	1:10.83			
250m:	4:01.59	1:45.81	550m:	8:44.37	2:57.10	1100m:	12:52.77	1:11.03			
300m:	3:26.03		600m:	6:58.31		1200m:	14:03.22	1:10.45			
47.	20.01.2012 I				+0,32 17:36.09				560		
50m:	30.59	30.59	450m:	5:10.36	35.55	850m:	9:55.16	35.88	1250m:	14:41.26	35.96
100m:	1:05.04	34.45	500m:	5:46.44	36.08	900m:	10:30.90	35.74	1300m:	15:17.03	35.77
150m:	1:39.64	34.60	550m:	6:21.85	35.41	950m:	11:06.87	35.97	1350m:	15:52.52	35.49
200m:	2:14.41	34.77	600m:	6:57.44	35.59	1000m:	11:42.63	35.76	1400m:	16:28.13	35.61
250m:	2:49.79	35.38	650m:	7:32.96	35.52	1050m:	12:18.51	35.88	1450m:	17:03.03	34.90
300m:	3:24.71	34.92	700m:	8:08.50	35.54	1100m:	12:53.94	35.43	1500m:	17:36.09	33.06
350m:	3:59.29	34.58	750m:	8:43.99	35.49	1150m:	13:29.46	35.52			
400m:	4:34.81	35.52	800m:	9:19.28	35.29	1200m:	14:05.30	35.84			
48.	20.04.2011 I				+0,30 17:36.77				559		
50m:	30.37	30.37	450m:	5:09.14	35.36	850m:	9:56.19	35.56	1250m:	14:43.88	35.59
100m:	1:04.11	33.74	500m:	5:45.23	36.09	900m:	10:32.33	36.14	1300m:	15:19.77	35.89
150m:	1:38.65	34.54	550m:	6:20.85	35.62	950m:	11:08.08	35.75	1350m:	15:55.15	35.38
200m:	2:13.16	34.51	600m:	6:56.83	35.98	1000m:	11:44.19	36.11	1400m:	16:30.62	35.47
250m:	2:47.64	34.48	650m:	7:32.48	35.65	1050m:	12:19.90	35.71	1450m:	17:05.09	34.47
300m:	3:22.71	35.07	700m:	8:08.60	36.12	1100m:	12:56.17	36.27	1500m:	17:36.77	31.68
350m:	3:58.01	35.30	750m:	8:44.41	35.81	1150m:	13:31.98	35.81			
400m:	4:33.78	35.77	800m:	9:20.63	36.22	1200m:	14:08.29	36.31			
49.	31.05.2011 I				+0,71 17:37.57				557		
50m:	30.31	30.31	450m:	5:06.21	34.31	850m:	9:49.03	35.49	1250m:	14:38.07	36.21
100m:	1:04.08	33.77	500m:	5:41.47	35.26	900m:	10:24.78	35.75	1300m:	15:14.41	36.34
150m:	1:37.91	33.83	550m:	6:16.47	35.00	950m:	11:00.57	35.79	1350m:	15:50.57	36.16
200m:	2:12.62	34.71	600m:	6:52.08	35.61	1000m:	11:36.59	36.02	1400m:	16:26.40	35.83
250m:	2:47.19	34.57	650m:	7:27.03	34.95	1050m:	12:12.46	35.87	1450m:	17:02.78	36.38
300m:	3:21.85	34.66	700m:	8:02.64	35.61	1100m:	12:49.13	36.67	1500m:	17:37.57	34.79
350m:	3:56.56	34.71	750m:	8:37.58	34.94	1150m:	13:25.39	36.26			
400m:	4:31.90	35.34	800m:	9:13.54	35.96	1200m:	14:01.86	36.47			

16, , 1500m

						R.T.					
50.		20.05.2010				+0,54 17:38.62				556	
50m:	30.40	30.40	450m:	5:07.35	35.40	850m:	9:51.95	35.81	1250m:	14:41.66	36.19
100m:	1:03.76	33.36	500m:	5:43.06	35.71	900m:	10:27.67	35.72	1300m:	15:18.20	36.54
150m:	1:37.35	33.59	550m:	6:17.82	34.76	950m:	11:03.95	36.28	1350m:	15:54.22	36.02
200m:	2:12.11	34.76	600m:	6:53.44	35.62	1000m:	11:39.98	36.03	1400m:	16:30.01	35.79
250m:	2:46.47	34.36	650m:	7:29.21	35.77	1050m:	12:16.23	36.25	1450m:	17:05.09	35.08
300m:	3:21.51	35.04	700m:	8:04.84	35.63	1100m:	12:52.32	36.09	1500m:	17:38.62	33.53
350m:	3:56.45	34.94	750m:	8:40.30	35.46	1150m:	13:28.73	36.41			
400m:	4:31.95	35.50	800m:	9:16.14	35.84	1200m:	14:05.47	36.74			
51.		26.02.2012				+0,54 17:40.60				553	
50m:	29.99	29.99	450m:	5:07.65	35.71	850m:	9:53.75	35.55	1250m:	14:41.37	35.90
100m:	1:03.11	33.12	500m:	5:43.66	36.01	900m:	10:29.76	36.01	1300m:	15:17.95	36.58
150m:	1:37.11	34.00	550m:	6:19.12	35.46	950m:	11:05.77	36.01	1350m:	15:53.59	35.64
200m:	2:11.88	34.77	600m:	6:54.89	35.77	1000m:	11:41.79	36.02	1400m:	16:29.90	36.31
250m:	2:46.40	34.52	650m:	7:30.90	36.01	1050m:	12:17.63	35.84	1450m:	17:05.65	35.75
300m:	3:21.34	34.94	700m:	8:06.60	35.70	1100m:	12:53.43	35.80	1500m:	17:40.60	34.95
350m:	3:56.55	35.21	750m:	8:42.33	35.73	1150m:	13:29.41	35.98			
400m:	4:31.94	35.39	800m:	9:18.20	35.87	1200m:	14:05.47	36.06			
52.		25.06.2011				+0,30 17:45.92				544	
50m:	32.09	32.09	450m:	5:14.45	35.70	850m:	10:00.76	35.32	1250m:	14:48.64	35.79
100m:	1:06.45	34.36	500m:	5:50.60	36.15	900m:	10:36.53	35.77	1300m:	15:24.92	36.28
150m:	1:41.11	34.66	550m:	6:26.58	35.98	950m:	11:12.09	35.56	1350m:	16:00.88	35.96
200m:	2:16.46	35.35	600m:	7:02.79	36.21	1000m:	11:48.27	36.18	1400m:	16:37.46	36.58
250m:	2:51.71	35.25	650m:	7:38.45	35.66	1050m:	12:23.96	35.69	1450m:	17:13.09	35.63
300m:	3:27.21	35.50	700m:	8:14.40	35.95	1100m:	13:00.28	36.32	1500m:	17:45.92	32.83
350m:	4:02.50	35.29	750m:	8:49.56	35.16	1150m:	13:36.30	36.02			
400m:	4:38.75	36.25	800m:	9:25.44	35.88	1200m:	14:12.85	36.55			
53.		06.07.2011				+0,59 17:50.31				538	
50m:	30.23	30.23	400m:	4:36.82		750m:	10:00.57	1:48.66	1100m:	13:01.86	
100m:	1:05.39	35.16	450m:	6:23.30	1:46.48	800m:	9:24.16		1150m:	16:04.11	3:02.25
150m:	1:40.04	34.65	500m:	5:47.95		850m:	11:13.05	1:48.89	1200m:	14:14.68	
200m:	2:15.11	35.07	550m:	7:35.76	1:47.81	900m:	10:36.68		1250m:	17:16.40	3:01.72
250m:	2:49.71	34.60	600m:	6:59.61		950m:	13:38.03	3:01.35	1300m:	15:27.80	
300m:	3:25.33	35.62	650m:	8:47.80	1:48.19	1000m:	11:49.35		1400m:	16:40.36	1:12.56
350m:	5:12.15	1:46.82	700m:	8:11.91		1050m:	14:51.31	3:01.96	1500m:	17:50.31	1:09.95
54.		28.11.2009				+0,26 18:05.94				515	
50m:	31.20	31.20	450m:	5:18.15	36.54	850m:	10:12.18	36.68	1250m:	15:04.65	36.47
100m:	1:06.37	35.17	500m:	5:54.79	36.64	900m:	10:48.93	36.75	1300m:	15:41.75	37.10
150m:	1:41.04	34.67	550m:	6:31.48	36.69	950m:	11:25.41	36.48	1350m:	16:18.33	36.58
200m:	2:17.02	35.98	600m:	7:08.61	37.13	1000m:	12:01.82	36.41	1400m:	16:55.09	36.76
250m:	2:52.84	35.82	650m:	7:45.64	37.03	1050m:	12:38.44	36.62	1450m:	17:31.27	36.18
300m:	3:28.98	36.14	700m:	8:22.28	36.64	1100m:	13:15.12	36.68	1500m:	18:05.94	34.67
350m:	4:04.88	35.90	750m:	8:58.82	36.54	1150m:	13:51.58	36.46			
400m:	4:41.61	36.73	800m:	9:35.50	36.68	1200m:	14:28.18	36.60			
55.		13.05.2011				+0,75 18:10.37				509	
50m:	31.33	31.33	450m:	5:19.52	37.17	850m:	10:13.69	35.92	1250m:	15:10.71	36.48
100m:	1:06.63	35.30	500m:	5:56.33	36.81	900m:	10:50.97	37.28	1300m:	15:48.45	37.74
150m:	1:42.37	35.74	550m:	6:33.37	37.04	950m:	11:27.35	36.38	1350m:	16:24.28	35.83
200m:	2:17.25	34.88	600m:	7:10.23	36.86	1000m:	12:03.71	36.36	1400m:	17:01.45	37.17
250m:	2:52.88	35.63	650m:	7:46.59	36.36	1050m:	12:41.38	37.67	1450m:	17:36.15	34.70
300m:	3:28.86	35.98	700m:	8:23.47	36.88	1100m:	13:18.98	37.60	1500m:	18:10.37	34.22
350m:	4:05.41	36.55	750m:	9:00.75	37.28	1150m:	13:56.69	37.71			
400m:	4:42.35	36.94	800m:	9:37.77	37.02	1200m:	14:34.23	37.54			

16, , 1500m

R.T.

56.	12.03.2010 I				+0,67 18:17.19 I				499		
50m:	2:52.45	2:52.45	350m:	7:46.94	4:18.16	650m:	17:44.34	10:34.58	1200m:	14:36.25	1:14.84
100m:	1:05.56		400m:	4:41.45		700m:	8:24.00		1300m:	15:52.32	1:16.07
150m:	4:04.86	2:59.30	450m:	10:15.44	5:33.99	800m:	9:38.24	1:14.24	1400m:	17:07.56	1:15.24
200m:	2:15.97		500m:	5:55.47		900m:	10:51.99	1:13.75	1500m:	18:17.19	1:09.63
250m:	6:32.93	4:16.96	550m:	15:14.17	9:18.70	1000m:	12:06.61	1:14.62			
300m:	3:28.78		600m:	7:09.76		1100m:	13:21.41	1:14.80			
57.	25.06.2011 I				+0,39 18:20.94 I				494		
50m:	31.53	31.53	450m:	5:26.06	36.78	850m:	10:21.53	36.79	1250m:	15:18.69	36.92
100m:	1:07.89	36.36	500m:	6:03.18	37.12	900m:	10:58.56	37.03	1300m:	15:56.42	37.73
150m:	1:44.21	36.32	550m:	6:39.88	36.70	950m:	11:35.18	36.62	1350m:	16:32.63	36.21
200m:	2:21.40	37.19	600m:	7:17.20	37.32	1000m:	12:12.69	37.51	1400m:	17:09.89	37.26
250m:	2:58.18	36.78	650m:	7:53.92	36.72	1050m:	12:49.60	36.91	1450m:	17:45.47	35.58
300m:	3:35.42	37.24	700m:	8:30.84	36.92	1100m:	13:27.42	37.82	1500m:	18:20.94	35.47
350m:	4:12.09	36.67	750m:	9:07.51	36.67	1150m:	14:04.01	36.59			
400m:	4:49.28	37.19	800m:	9:44.74	37.23	1200m:	14:41.77	37.76			
58.	18.06.2010 I				+0,32 18:33.69				477		
50m:	30.90	30.90	450m:	5:23.61	37.76	850m:	10:25.44	37.86	1250m:	15:26.84	37.24
100m:	1:06.37	35.47	500m:	6:01.20	37.59	900m:	11:03.21	37.77	1300m:	16:04.95	38.11
150m:	1:42.18	35.81	550m:	6:39.17	37.97	950m:	11:40.90	37.69	1350m:	16:42.10	37.15
200m:	2:18.35	36.17	600m:	7:16.94	37.77	1000m:	12:18.90	38.00	1400m:	17:19.73	37.63
250m:	2:54.57	36.22	650m:	7:54.92	37.98	1050m:	12:56.50	37.60	1450m:	17:57.13	37.40
300m:	3:31.35	36.78	700m:	8:32.20	37.28	1100m:	13:34.67	38.17	1500m:	18:33.69	36.56
350m:	4:08.46	37.11	750m:	9:09.80	37.60	1150m:	14:11.88	37.21			
400m:	4:45.85	37.39	800m:	9:47.58	37.78	1200m:	14:49.60	37.72			

DNS 22.09.2008

17
19.02.2026 - 9:00

, 400m

		4:08.05				Kazan /		25.07.2022				
		4:10.02				(HUN)		23.05.2021				
: AQUA 2025												
R.T.												
1.		26.02.2006				+0,59		4:24.88	767			
	50m:	27.68	27.68	150m:	1:36.12	35.59	250m:	2:48.52	37.01	350m:	3:56.41	31.14
	100m:	1:00.53	32.85	200m:	2:11.51	35.39	300m:	3:25.27	36.75	400m:	4:24.88	28.47
2.		01.07.2009				+0,56		4:27.77	742			
	50m:	28.33	28.33	150m:	1:37.53	35.62	250m:	2:49.45	37.00	350m:	3:58.42	31.42
	100m:	1:01.91	33.58	200m:	2:12.45	34.92	300m:	3:27.00	37.55	400m:	4:27.77	29.35
3.		15.01.2009				+0,25		4:28.25	738			
	50m:	27.97	27.97	150m:	1:36.58	35.16	250m:	2:49.07	38.24	350m:	3:58.36	30.39
	100m:	1:01.42	33.45	200m:	2:10.83	34.25	300m:	3:27.97	38.90	400m:	4:28.25	29.89
4.		04.10.2008				+0,58		4:28.36	737			
	50m:	28.57	28.57	150m:	1:35.41	33.95	250m:	2:47.30	38.83	350m:	3:58.64	31.47
	100m:	1:01.46	32.89	200m:	2:08.47	33.06	300m:	3:27.17	39.87	400m:	4:28.36	29.72
5.		27.10.2008				+0,51		4:33.80	694			
	50m:	28.51	28.51	150m:	1:37.88	35.81	250m:	2:51.56	38.27	350m:	4:02.29	32.16
	100m:	1:02.07	33.56	200m:	2:13.29	35.41	300m:	3:30.13	38.57	400m:	4:33.80	31.51
6.		17.09.1999				+0,25		4:36.83	672			
	50m:	28.04	28.04	150m:	2:50.05	1:49.10	300m:	3:29.60	1:18.13			
	100m:	1:00.95	32.91	200m:	2:11.47		400m:	4:36.83	1:07.23			
7.		21.11.2005				+0,24		4:46.23	608			
	50m:	29.18	29.18	150m:	2:55.64	1:53.03	250m:	4:12.11	1:55.12	400m:	4:46.23	1:09.29
	100m:	1:02.61	33.43	200m:	2:16.99		300m:	3:36.94				
8.		18.05.2006				()		4:47.79	598			
	50m:	29.20	29.20	150m:	1:40.96	37.15	250m:	2:57.74	40.60	350m:	4:13.50	33.40
	100m:	1:03.81	34.61	200m:	2:17.14	36.18	300m:	3:40.10	42.36	400m:	4:47.79	34.29
9.		18.03.2010				+0,69		4:47.91	597			
	50m:	29.64	29.64	150m:	1:42.31	38.44	250m:	2:59.63	39.95	350m:	4:14.94	33.78
	100m:	1:03.87	34.23	200m:	2:19.68	37.37	300m:	3:41.16	41.53	400m:	4:47.91	32.97
10.		27.09.2011				+0,57		4:48.58	I	593		
	50m:	29.67	29.67	150m:	1:40.51	36.55	250m:	2:59.28	42.55	350m:	4:16.13	32.72
	100m:	1:03.96	34.29	200m:	2:16.73	36.22	300m:	3:43.41	44.13	400m:	4:48.58	32.45
11.		24.10.2008				+0,68		4:48.97	I	590		
	50m:	29.62	29.62	150m:	1:43.35	36.54	250m:	2:59.16	41.76	350m:	4:16.80	33.93
	100m:	1:06.81	37.19	200m:	2:17.40	34.05	300m:	3:42.87	43.71	400m:	4:48.97	32.17
12.		07.07.2006				+0,57		4:50.85	I	579		
	50m:	29.74	29.74	150m:	1:44.06	38.27	250m:	3:03.15	41.42	350m:	4:18.00	33.52
	100m:	1:05.79	36.05	200m:	2:21.73	37.67	300m:	3:44.48	41.33	400m:	4:50.85	32.85
13.		17.05.2006				+0,28		4:50.92	I	579		
	50m:	29.77	29.77	150m:	1:41.03	36.15	250m:	2:58.84	40.92	350m:	4:16.74	34.78
	100m:	1:04.88	35.11	200m:	2:17.92	36.89	300m:	3:41.96	43.12	400m:	4:50.92	34.18
14.		06.06.2010				+0,59		4:52.63	I	569		
	50m:	29.23	29.23	150m:	1:43.56	38.49	250m:	3:02.78	41.51	350m:	4:19.78	34.83
	100m:	1:05.07	35.84	200m:	2:21.27	37.71	300m:	3:44.95	42.17	400m:	4:52.63	32.85
15.		02.05.2007				+0,27		4:54.74	I	556		
	50m:	29.91	29.91	150m:	1:43.76	39.22	250m:	3:05.01	42.90	350m:	4:21.63	33.19
	100m:	1:04.54	34.63	200m:	2:22.11	38.35	300m:	3:48.44	43.43	400m:	4:54.74	33.11

		17, , 400m						R.T.			
16.		07.08.2010						+0,61	4:56.05		549
	50m:	29.76	29.76	150m:	1:42.45	37.37	250m:	3:02.63	42.65	350m:	4:21.42
	100m:	1:05.08	35.32	200m:	2:19.98	37.53	300m:	3:46.70	44.07	400m:	4:56.05
17.		30.04.2009						+0,67	4:57.66		540
	50m:	31.11	31.11	150m:	1:41.17	35.67	250m:	3:01.91	44.29	350m:	4:23.12
	100m:	1:05.50	34.39	200m:	2:17.62	36.45	300m:	3:48.42	46.51	400m:	4:57.66
18.		28.05.2003						+0,64	4:57.71		540
	50m:	29.84	29.84	150m:	1:43.26	38.23	250m:	3:04.44	43.53	350m:	4:23.76
	100m:	1:05.03	35.19	200m:	2:20.91	37.65	300m:	3:49.25	44.81	400m:	4:57.71
19.		24.11.2010						+0,58	4:58.42		536
	50m:	30.10	30.10	150m:	1:42.98	36.89	250m:	3:04.54	45.03	350m:	4:25.96
	100m:	1:06.09	35.99	200m:	2:19.51	36.53	300m:	3:50.72	46.18	400m:	4:58.42
20.		04.04.2011						+0,58	4:58.76		534
	50m:	30.81	30.81	150m:	1:45.73	37.27	250m:	3:07.81	45.58	350m:	4:26.90
	100m:	1:08.46	37.65	200m:	2:22.23	36.50	300m:	3:51.92	44.11	400m:	4:58.76
21.		30.01.2012						+0,30	5:02.60		514
	50m:	32.71	32.71	150m:	1:47.96	38.02	250m:	3:09.81	44.20	350m:	4:29.39
	100m:	1:09.94	37.23	200m:	2:25.61	37.65	300m:	3:54.88	45.07	400m:	5:02.60
22.		01.04.2010						+0,66	5:03.93		507
	50m:	31.43	31.43	150m:	1:47.51	38.12	250m:	3:07.65	42.85	350m:	4:28.87
	100m:	1:09.39	37.96	200m:	2:24.80	37.29	300m:	3:51.81	44.16	400m:	5:03.93
23.		25.06.2011						+0,28	5:04.87		503
	50m:	31.42	31.42	150m:	1:46.49	39.05	250m:	3:10.89	46.09	350m:	4:31.63
	100m:	1:07.44	36.02	200m:	2:24.80	38.31	300m:	3:56.65	45.76	400m:	5:04.87
24.		24.07.2010							5:04.88		503
	50m:	31.18	31.18	150m:	1:50.36	41.91	250m:	3:14.23	43.76	350m:	4:32.24
	100m:	1:08.45	37.27	200m:	2:30.47	40.11	300m:	3:59.06	44.83	400m:	5:04.88
25.		27.07.2010						+0,59	5:06.55		495
	50m:	30.22	30.22	150m:	1:46.81	40.41	250m:	3:11.15	45.51	350m:	4:32.48
	100m:	1:06.40	36.18	200m:	2:25.64	38.83	300m:	3:57.96	46.81	400m:	5:06.55
26.		07.04.2010						+0,26	5:08.61		485
	50m:	31.78	31.78	150m:	1:49.84	41.56	250m:	3:14.69	44.31	350m:	4:34.32
	100m:	1:08.28	36.50	200m:	2:30.38	40.54	300m:	3:59.67	44.98	400m:	5:08.61
DSQ		09.02.2006									
DNS		22.09.2008									

18
19.02.2026 - 9:23

, 100m

		47.11				(JPN)		28.07.2021	
		47.57						30.10.2020	
: AQUA 2025									
		/				R.T.			
1.			06.02.2004	-		+0,21	48.11		897
	50m:	22.82	22.82	100m:	48.11	25.29			
2.			29.06.2000			+0,22	49.22		837
	50m:	23.53	23.53	100m:	49.22	25.69			
3.			12.09.2007	-		+0,51	49.45		826
	50m:	23.59	23.59	100m:	49.45	25.86			
4.			02.07.2001			+0,70	49.75		811
	50m:	23.71	23.71	100m:	49.75	26.04			
5.			01.01.2006			+0,24	50.78		762
	50m:	23.98	23.98	100m:	50.78	26.80			
6.			01.03.2009	-		+0,65	50.99		753
	50m:	24.57	24.57	100m:	50.99	26.42			
7.			11.02.2002			+0,52	51.05		750
	50m:	24.09	24.09	100m:	51.05	26.96			
8.			17.12.2003			+0,57	51.08		749
	50m:	24.37	24.37	100m:	51.08	26.71			
9.			18.09.2003			+0,29	51.09		749
	50m:	23.66	23.66	100m:	51.09	27.43			
10.			29.05.2005			+0,59	51.11		748
	50m:	24.78	24.78	100m:	51.11	26.33			
11.			13.09.2006			+0,54	51.21		743
12.			21.03.1999			+0,61	51.24		742
	50m:	24.25	24.25	100m:	51.24	26.99			
13.			11.01.1996			+0,53	51.26		741
	50m:	24.12	24.12	100m:	51.26	27.14			
14.			04.09.2008			+0,23	51.33		738
	50m:	24.85	24.85	100m:	51.33	26.48			
15.			06.11.1999			+0,64	51.35		737
	50m:	24.78	24.78	100m:	51.35	26.57			
16.			03.06.2007			+0,27	51.42		734
	50m:	24.37	24.37	100m:	51.42	27.05			
17.			05.03.2009			+0,23	51.46		733
	50m:	24.59	24.59	100m:	51.46	26.87			
18.			21.04.2000	-		+0,46	51.48		732
	50m:	24.38	24.38	100m:	51.48	27.10			
19.			07.02.2007	-		+0,44	51.54		729
	50m:	24.79	24.79	100m:	51.54	26.75			
20.			27.01.2005			+0,28	51.59		727
	50m:	24.42	24.42	100m:	51.59	27.17			
21.			30.10.2008			+0,26	51.62		726
	50m:	24.47	24.47	100m:	51.62	27.15			

18, , 100m						R.T.		
22.		/	15.11.2001			+0,24	51.66	724
	50m:	24.76	24.76	100m:	51.66	26.90		
23.			08.06.2007			+0,23	51.68	723
	50m:	24.69	24.69	100m:	51.68	26.99		
24.			25.01.2006		-	+0,57	51.69	723
	50m:	24.82	24.82	100m:	51.69	26.87		
25.			20.01.2006			+0,55	51.75	720
	50m:	24.27	24.27	100m:	51.75	27.48		
26.			06.01.2007		-	+0,54	51.76	720
	50m:	24.74	24.74	100m:	51.76	27.02		
27.			28.11.2008				51.78	719
	50m:	24.21	24.21	100m:	51.78	27.57		
			10.11.2003				51.78	719
	50m:	24.23	24.23	100m:	51.78	27.55		
29.			20.04.2002			+0,25	51.94	712
	50m:	24.43	24.43	100m:	51.94	27.51		
30.			10.01.2000			+0,60	51.96	712
	50m:	25.00	25.00	100m:	51.96	26.96		
31.			11.02.2006			+0,52	51.98	711
	50m:	24.59	24.59	100m:	51.98	27.39		
32.			03.12.2007			+0,25	52.01	710
	50m:	24.84	24.84	100m:	52.01	27.17		
33.			13.09.2006			+0,59	52.05	708
	50m:	24.93	24.93	100m:	52.05	27.12		
34.			17.06.2003				52.09	706
	50m:	24.38	24.38	100m:	52.09	27.71		
35.			05.12.2006			+0,21	52.10	706
	50m:	24.18	24.18	100m:	52.10	27.92		
36.			16.04.2008			+0,61	52.12	705
	50m:	24.82	24.82	100m:	52.12	27.30		
37.			12.05.2005			+0,58	52.22	701
	50m:	24.46	24.46	100m:	52.22	27.76		
38.			18.04.2007			+0,52	52.30	698
	50m:	25.07	25.07	100m:	52.30	27.23		
39.			24.08.2008			+0,32	52.32	697
	50m:	25.29	25.29	100m:	52.32	27.03		
40.			24.05.2003			+0,49	52.33	697
	50m:	24.89	24.89	100m:	52.33	27.44		
41.			12.04.2010			+0,25	52.36	695
	50m:	24.67	24.67	100m:	52.36	27.69		
42.			16.02.2009			+0,53	52.42	693
	50m:	25.41	25.41	100m:	52.42	27.01		
			10.06.2004			+0,53	52.42	693
	50m:	24.94	24.94	100m:	52.42	27.48		
44.			18.12.2003		-		52.51	689
	50m:	25.57	25.57	100m:	52.51	26.94		

		18, , 100m				R.T.		
		/						
45.		24.02.2010				+0,27	52.60	686
	50m:	25.45	25.45	100m:	52.60	27.15		
46.		30.09.2001				+0,59	52.61	686
	50m:	25.14	25.14	100m:	52.61	27.47		
47.		15.04.2008				+0,56	52.73	681
	50m:	25.01	25.01	100m:	52.73	27.72		
48.		07.03.2005				+0,58	52.79	679
49.		22.06.2005				+0,52	52.81	678
	50m:	25.18	25.18	100m:	52.81	27.63		
50.		30.03.2005				+0,32	52.90	674
	50m:	25.19	25.19	100m:	52.90	27.71		
51.		13.06.2007				+0,24	52.92	674
	50m:	25.35	25.35	100m:	52.92	27.57		
52.		11.03.2005				+0,25	53.03	669
	50m:	25.59	25.59	100m:	53.03	27.44		
53.		16.07.2009				+0,54	53.07	668
	50m:	25.43	25.43	100m:	53.07	27.64		
54.		20.07.2004		Swimming Club Uster		+0,59	53.11	666
	50m:	25.47	25.47	100m:	53.11	27.64		
55.		18.03.2008				+0,22	53.30	659
	50m:	25.30	25.30	100m:	53.30	28.00		
56.		03.03.2008					53.49	652
	50m:	25.60	25.60	100m:	53.49	27.89		
57.		15.10.2007				+0,62	53.55	650
	50m:	25.15	25.15	100m:	53.55	28.40		
58.		08.05.2010 I				+0,30	53.61	648
	50m:	25.86	25.86	100m:	53.61	27.75		
59.		05.11.2006				+0,21	53.64	647
	50m:	25.61	25.61	100m:	53.64	28.03		
60.		26.04.2009				+0,68	53.66	646
	50m:	25.37	25.37	100m:	53.66	28.29		
61.		15.03.2005				+0,26	53.67	646
	50m:	24.76	24.76	100m:	53.67	28.91		
62.		30.04.2008				+0,54	53.69	645
	50m:	25.38	25.38	100m:	53.69	28.31		
		16.06.2010				+0,53	53.69	645
	50m:	25.29	25.29	100m:	53.69	28.40		
64.		31.08.2007				+0,52	53.70	645
	50m:	25.62	25.62	100m:	53.70	28.08		
65.		25.11.2007				+0,55	53.78	642
	50m:	25.70	25.70	100m:	53.78	28.08		
		13.12.1999				+0,66	53.78	642
	50m:	25.57	25.57	100m:	53.78	28.21		
		27.12.2008				+0,61	53.78	642
	50m:	25.65	25.65	100m:	53.78	28.13		

		18, , 100m				R.T.		
		/						
68.			05.03.2008			+0,62	53.84	640
	50m:	25.27	25.27	100m:	53.84	28.57		
69.			18.05.2007			+0,52	53.87	639
	50m:	25.28	25.28	100m:	53.87	28.59		
70.			28.07.2006			+0,55	53.94	636
	50m:	25.84	25.84	100m:	53.94	28.10		
71.			18.05.2010			+0,24	53.98	635
	50m:	25.92	25.92	100m:	53.98	28.06		
72.			23.06.2010			+0,61	53.99	634
	50m:	25.96	25.96	100m:	53.99	28.03		
73.			15.01.2009			+0,53	54.02	633
	50m:	25.54	25.54	100m:	54.02	28.48		
			09.07.2007			+0,26	54.02	633
	50m:	26.18	26.18	100m:	54.02	27.84		
75.			28.04.2001			+0,71	54.15	629
	50m:	25.67	25.67	100m:	54.15	28.48		
76.			03.07.1997			+0,27	54.16	628
	50m:	25.93	25.93	100m:	54.16	28.23		
77.			17.06.2009 I			+0,58	54.17	628
	50m:	26.13	26.13	100m:	54.17	28.04		
78.			24.02.2009			+0,55	54.21	627
	50m:	25.44	25.44	100m:	54.21	28.77		
79.			24.02.2007			+0,62	54.26	625
	50m:	25.37	25.37	100m:	54.26	28.89		
			01.02.2008 I			+0,27	54.26	625
	50m:	26.62	26.62	100m:	54.26	27.64		
81.			14.07.2010			+0,66	54.34	622
	50m:	26.11	26.11	100m:	54.34	28.23		
82.			07.06.2011			+0,22	54.38	621
	50m:	26.39	26.39	100m:	54.38	27.99		
83.			22.03.2010			+0,61	54.46	618
	50m:	25.82	25.82	100m:	54.46	28.64		
84.			01.10.2009			+0,30	54.47	618
	50m:	25.73	25.73	100m:	54.47	28.74		
85.			31.05.2009			+0,24	54.58	614
	50m:	26.08	26.08	100m:	54.58	28.50		
86.			11.09.2008 I			+0,24	54.59	614
	50m:	26.07	26.07	100m:	54.59	28.52		
87.			11.11.2002			+0,24	54.62	613
	50m:	26.47	26.47	100m:	54.62	28.15		
			14.09.2009			+0,55	54.62	613
	50m:	26.01	26.01	100m:	54.62	28.61		
			05.01.2007			+0,64	54.62	613
	50m:	25.96	25.96	100m:	54.62	28.66		
90.			11.12.2008			+0,31	54.68	611
	50m:	26.28	26.28	100m:	54.68	28.40		

18, , 100m						R.T.		
91.		/	10.03.2006 I			+0,24	54.69	610
	50m:	26.10	26.10	100m:	54.69	28.59		
92.			26.01.2009			+0,56	54.72	609
	50m:	25.57	25.57	100m:	54.72	29.15		
93.			09.07.2006			+0,54	54.78	607
	50m:	25.87	25.87	100m:	54.78	28.91		
94.			03.03.2011			+0,59	54.81	606
	50m:	26.46	26.46	100m:	54.81	28.35		
95.			13.09.2008			+0,65	54.82	606
	50m:	25.73	25.73	100m:	54.82	29.09		
96.			26.06.2008 I			+0,25	54.85	605
	50m:	26.15	26.15	100m:	54.85	28.70		
			22.02.2007			+0,22	54.85	605
	50m:	26.19	26.19	100m:	54.85	28.66		
98.			24.08.2010			+0,57	54.86	605
	50m:	26.76	26.76	100m:	54.86	28.10		
99.			03.06.2006			+0,54	54.87	604
	50m:	26.04	26.04	100m:	54.87	28.83		
100.			06.08.2010			+0,67	54.89	604
	50m:	26.57	26.57	100m:	54.89	28.32		
101.			11.06.2011			+0,28	54.95 I	602
	50m:	25.79	25.79	100m:	54.95	29.16		
102.			04.02.2008			+0,74	55.02 I	599
	50m:	26.31	26.31	100m:	55.02	28.71		
103.			11.01.2010			+0,59	55.03 I	599
	50m:	25.93	25.93	100m:	55.03	29.10		
104.			26.11.2008			+0,51	55.06 I	598
	50m:	25.74	25.74	100m:	55.06	29.32		
105.			23.07.2009 I			+0,63	55.19 I	594
	50m:	26.42	26.42	100m:	55.19	28.77		
			30.06.2011 I			+0,61	55.19 I	594
	50m:	26.77	26.77	100m:	55.19	28.42		
107.			15.04.2011 I			+0,56	55.21 I	593
	50m:	26.36	26.36	100m:	55.21	28.85		
108.			06.04.2009			+0,64	55.23 I	592
	50m:	26.12	26.12	100m:	55.23	29.11		
109.			05.08.2010				55.24 I	592
	50m:	26.84	26.84	100m:	55.24	28.40		
110.			31.01.2009 I			+0,24	55.31 I	590
	50m:	25.94	25.94	100m:	55.31	29.37		
111.			23.03.2009 I			+0,50	55.54 I	583
	50m:	26.02	26.02	100m:	55.54	29.52		
112.			12.02.2007			+0,29	55.67 I	579
	50m:	26.49	26.49	100m:	55.67	29.18		
113.			03.07.2009 I			+0,24	55.74 I	576
	50m:	26.11	26.11	100m:	55.74	29.63		

18, , 100m						R.T.		
113.		/	05.08.2008			+0,55	55.74	576
	50m:	26.91	26.91	100m:	55.74	28.83		
115.			20.01.2009			+0,48	55.76	576
	50m:	26.45	26.45	100m:	55.76	29.31		
116.			14.03.2010 I			+0,56	55.85	573
	50m:	27.11	27.11	100m:	55.85	28.74		
117.			19.10.2009			+0,68	55.90	571
	50m:	27.16	27.16	100m:	55.90	28.74		
118.			20.10.2009			+0,58	55.96	570
	50m:	26.24	26.24	100m:	55.96	29.72		
119.			05.02.2009			+0,60	56.06	567
	50m:	26.61	26.61	100m:	56.06	29.45		
			09.02.2008			+0,61	56.06	567
	50m:	26.30	26.30	100m:	56.06	29.76		
121.			03.06.2003			+0,48	56.23	561
	50m:	26.44	26.44	100m:	56.23	29.79		
122.			06.07.2010			+0,27	56.27	560
	50m:	27.11	27.11	100m:	56.27	29.16		
123.			29.01.2009 I			+0,64	56.28	560
	50m:	26.21	26.21	100m:	56.28	30.07		
124.			19.07.2009 I			+0,51	56.36	558
	50m:	26.46	26.46	100m:	56.36	29.90		
125.			21.11.2007			+0,70	56.44	555
	50m:	26.46	26.46	100m:	56.44	29.98		
126.			04.06.2008			+0,21	56.53	552
	50m:	27.03	27.03	100m:	56.53	29.50		
			21.12.2010			+0,57	56.53	552
	50m:	26.69	26.69	100m:	56.53	29.84		
128.			09.01.2010 I			+0,26	56.56	552
	50m:	26.75	26.75	100m:	56.56	29.81		
129.			23.08.2008 I			+0,54	56.63	550
	50m:	26.98	26.98	100m:	56.63	29.65		
130.			14.02.2009			+0,62	56.70	548
	50m:	26.86	26.86	100m:	56.70	29.84		
			28.11.2008			+0,74	56.70	548
	50m:	26.92	26.92	100m:	56.70	29.78		
132.			28.11.2009			+0,59	56.73	547
	50m:	27.27	27.27	100m:	56.73	29.46		
133.			30.01.2008 I			+0,62	56.79	545
	50m:	26.70	26.70	100m:	56.79	30.09		
134.			03.07.2010			+0,28	56.80	545
	50m:	27.23	27.23	100m:	56.80	29.57		
135.			05.02.2010 I			+0,29	56.90	542
	50m:	26.76	26.76	100m:	56.90	30.14		
136.			24.12.2007			+0,29	56.96	540
	50m:	27.00	27.00	100m:	56.96	29.96		

18, , 100m						R.T.		
137.		/	14.01.2008			+0,55	56.98	539
	50m:	26.26	26.26	100m:	56.98	30.72		
138.			04.11.2011			+0,31	57.03	538
	50m:	27.52	27.52	100m:	57.03	29.51		
139.			07.11.2010 I			+0,59	57.05	538
	50m:	27.21	27.21	100m:	57.05	29.84		
140.			02.01.2004			+0,57	57.06	537
	50m:	27.21	27.21	100m:	57.06	29.85		
			31.08.2010 I			+0,24	57.06	537
	50m:	27.19	27.19	100m:	57.06	29.87		
142.			04.08.2010 I			+0,30	57.08	537
	50m:	27.45	27.45	100m:	57.08	29.63		
143.			03.11.2009			+0,67	57.11	536
	50m:	28.39	28.39	100m:	57.11	28.72		
144.			18.04.2009			+0,28	57.15	535
	50m:	26.70	26.70	100m:	57.15	30.45		
145.			23.05.2012 I			+0,53	57.17	534
	50m:	27.63	27.63	100m:	57.17	29.54		
			17.12.2008			+0,27	57.17	534
	50m:	26.61	26.61	100m:	57.17	30.56		
147.			29.03.2009			+0,65	57.18	534
	50m:	26.63	26.63	100m:	57.18	30.55		
148.			15.06.2010			+0,28	57.20	533
	50m:	26.84	26.84	100m:	57.20	30.36		
149.			22.05.2010			+0,66	57.30	530
	50m:	27.49	27.49	100m:	57.30	29.81		
150.			15.03.2011			+0,30	57.32	530
	50m:	27.36	27.36	100m:	57.32	29.96		
151.			12.02.2010			+0,60	57.36	529
	50m:	26.89	26.89	100m:	57.36	30.47		
152.			14.01.2011			+0,67	57.42	527
	50m:	27.41	27.41	100m:	57.42	30.01		
153.			27.12.2008 I			+0,64	57.68	520
	50m:	26.88	26.88	100m:	57.68	30.80		
154.			02.11.2010 I			+0,58	57.75	518
	50m:	27.22	27.22	100m:	57.75	30.53		
			27.09.2011			+0,57	57.75	518
	50m:	27.41	27.41	100m:	57.75	30.34		
156.			27.12.2008 I			+0,27	57.77	518
	50m:	27.55	27.55	100m:	57.77	30.22		
157.			28.01.2011 I			+0,79	57.78	517
	50m:	27.60	27.60	100m:	57.78	30.18		
158.			07.03.2012 I			+0,49	57.81	517
	50m:	27.35	27.35	100m:	57.81	30.46		
159.			13.05.2009 I			+0,24	57.90	514
	50m:	27.62	27.62	100m:	57.90	30.28		

18, , 100m						R.T.			
160.		/	16.02.2009	I		+0,62	58.13	I	508
	50m:	27.67	27.67	100m:	58.13	30.46			
161.		/	12.07.2011	I		+0,64	58.52		498
	50m:	27.12	27.12	100m:	58.52	31.40			
162.		/	13.10.2010	I		+0,27	58.63		495
	50m:	27.88	27.88	100m:	58.63	30.75			
163.		/	22.12.2010	I		+0,38	58.64		495
	50m:	28.27	28.27	100m:	58.64	30.37			
		/	12.11.2009			+0,66	58.64		495
	50m:	28.05	28.05	100m:	58.64	30.59			
165.		/	16.04.2010	I		+0,69	58.82		490
	50m:	28.10	28.10	100m:	58.82	30.72			
166.		/	05.10.2010	I		+0,61	58.85		490
	50m:	27.70	27.70	100m:	58.85	31.15			
167.		/	03.02.2012	I		+0,67	58.93		488
	50m:	28.43	28.43	100m:	58.93	30.50			
168.		/	07.03.2012	I		+0,65	58.98		486
	50m:	28.28	28.28	100m:	58.98	30.70			
169.		/	13.02.2009	I		+0,59	59.08		484
	50m:	28.40	28.40	100m:	59.08	30.68			
170.		/	04.03.2010	I		+0,65	59.21		481
	50m:	27.87	27.87	100m:	59.21	31.34			
171.		/	20.01.2012	I		+0,65	59.27		479
	50m:	28.56	28.56	100m:	59.27	30.71			
172.		/	13.02.2010	I		+0,70	59.31		478
	50m:	28.11	28.11	100m:	59.31	31.20			
173.		/	14.10.2010	I		+0,63	59.61		471
	50m:	27.83	27.83	100m:	59.61	31.78			
174.		/	15.04.2010	I		+0,25	59.71		469
	50m:	27.97	27.97	100m:	59.71	31.74			
175.		/	18.06.2010	I		+0,66	59.94		463
	50m:	28.84	28.84	100m:	59.94	31.10			
176.		/	10.08.2011	I		+0,24	1:00.01		462
177.		/	11.01.2010	I		+0,70	1:00.03		461
	50m:	28.58	28.58	100m:	1:00.03	31.45			
178.		/	09.06.2008	I		+0,33	1:00.16		458
	50m:	28.17	28.17	100m:	1:00.16	31.99			
179.		/	25.06.2011	I		+0,69	1:00.18		458
	50m:	29.02	29.02	100m:	1:00.18	31.16			
180.		/	25.01.2011	I		+0,25	1:00.23		457
	50m:	28.86	28.86	100m:	1:00.23	31.37			
181.		/	06.07.2011	I		+0,24	1:00.46		452
	50m:	28.68	28.68	100m:	1:00.46	31.78			
182.		/	29.01.2010	I		+0,61	1:00.74		445
	50m:	28.61	28.61	100m:	1:00.74	32.13			

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

РУЗА

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

1 ЭТАП

		18,		, 100m					
			/				R.T.		
183.			28.10.2011	I			+0,32	1:01.52	429
	50m:	29.03	29.03	100m:	1:01.52	32.49			
184.			08.10.2012	I			+0,81	1:01.56	428
	50m:	29.13	29.13	100m:	1:01.56	32.43			
185.			29.04.2009	I			+0,59	1:05.24	359
DSQ			03.11.2009						
DNS			17.07.2003						
DNS			29.07.2008						

Спонсоры соревнований:

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19.02.2026 - 10:06

, 50m

	24.20				09.04.2021
	24.87		(ITA)		11.07.2021
: AQUA 2025					
		/	R.T.		
1.	11.02.2005		+0,62	25.06	836
2.	17.07.2005	-	+0,21	25.10	832
3.	10.04.2005		+0,21	25.21	821
4.	05.11.2009		+0,56	25.38	805
5.	11.05.2005		+0,68	25.43	800
6.	20.04.2006	-		25.63	781
7.	01.02.2010		+0,27	25.68	777
8.	06.12.2008		+0,55	26.21	730
9.	15.01.2008		+0,52	26.30	723
	07.11.2009		+0,60	26.30	723
11.	05.05.2006		+0,63	26.47	709
12.	16.04.2008		+0,61	26.55	703
13.	17.09.2002		+0,23	26.57	701
	06.08.2009			26.57	701
	10.03.2000		+0,58	26.57	701
16.	10.06.2010		+0,27	26.77	686
17.	23.09.2008		+0,22	26.87	678
18.	19.05.2010	-	+0,27	26.90	676
19.	30.11.2010		+0,66	27.02	667
20.	11.07.2010		+0,24	27.09	662
	25.06.2009		+0,61	27.09	662
22.	23.02.2010		+0,22	27.10	661
	03.01.2009		+0,70	27.10	661
24.	17.09.2002		+0,30	27.11	660
25.	31.08.2008		+0,61	27.20	654
26.	04.06.2007		+0,53	27.25	650
	06.06.2006	-	+0,21	27.25	650
28.	11.07.2009		+0,59	27.30	646
29.	20.07.2011		+0,55	27.56	628
30.	30.07.2009		+0,21	27.57	628
31.	09.02.2011		+0,73	27.58	627
32.	19.11.2009		+0,61	27.62	624
33.	20.02.2012		+0,59	27.69	619
34.	27.09.2009		+0,29	27.70	619
	16.05.2008			27.70	619
36.	05.03.2007		+0,69	27.74	616
37.	18.08.2010	-	+0,72	27.86	608
38.	20.06.2010	-	+0,31	27.96	602
39.	09.03.2012		+0,30	27.99	600
	30.08.2011		+0,67	27.99	600
41.	09.03.2008			28.03	597
42.	29.12.2007		+0,25	28.10	593
43.	10.05.2011		+0,67	28.18	588
44.	17.02.2009			28.22	585
45.	26.08.2006		+0,66	28.30	580

19, , 50m

		R.T.		
45.	04.07.2007	+0,62	28.30	580
47.	28.09.2011	+0,67	28.33	578
48.	17.12.2011	+0,61	28.37	576
49.	01.05.2011	+0,59	28.51	567
50.	31.05.2009	+0,24	28.52	567
51.	18.06.2012	+0,65	28.56	564
52.	26.04.2012	+0,63	28.57	564
53.	05.03.2010	+0,34	28.61	561
54.	26.07.2011	+0,57	28.83	549
55.	09.02.2012	+0,55	28.88	546
	10.07.2011	+0,64	28.88	546
57.	17.06.2011	+0,62	28.89	545
58.	29.12.2011	+0,74	28.95	542
59.	26.11.2008		28.96	541
60.	31.07.2012	+0,24	29.02	538
61.	23.08.2011	+0,25	29.05	536
	23.07.2011	+0,64	29.05	536
63.	28.03.2011	+0,59	29.20	528
64.	14.07.2011	+0,30	29.21	528
	07.07.2009	+0,71	29.21	528
66.	17.02.2011	+0,54	29.29	523
67.	27.11.2008	+0,57	29.34	521
	05.03.2011	+0,26	29.34	521
69.	01.10.2009	+0,69	29.43	516
70.	12.09.2009	+0,55	29.48	513
71.	24.02.2011	+0,21	29.49	513
72.	12.12.2012	+0,80	29.53	511
73.	25.03.2011	+0,66	29.56	509
74.	04.11.2010	+0,57	29.58	508
75.	19.07.2008	+0,25	29.60	507
76.	14.04.2012	+0,57	29.63	505
77.	16.03.2007	+0,69	29.65	504
78.	23.07.2009	+0,58	29.69	502
	17.03.2010	+0,31	29.69	502
80.	05.02.2010	+0,68	29.71	501
81.	05.08.2012	+0,24	29.78	498
82.	20.06.2011	+0,68	29.82	496
83.	01.11.2011	+0,62	30.07	484
84.	25.01.2011	+0,32	30.56	461
85.	26.06.2012	+0,71	30.64	457
86.	08.12.2011	+0,70	30.99	442
DNS	12.08.2008			
DNS	30.09.2008			
DNS	18.02.2006			

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19.02.2026 - 10:22

, 50m

	26.46				17.04.2025	
	27.15			Kazan /	23.07.2022	
: AQUA 2025						
		/		R.T.		
1.		23.09.1997		+0,56	26.58	930
2.		02.08.1994			27.16	872
3.		29.12.1995	-		27.35	854
4.		15.06.2005		+0,23	27.60	831
5.		27.07.2001		+0,49	27.74	818
6.		06.05.1992		+0,24	27.79	814
7.		17.05.2007		+0,56	28.08	789
8.		09.02.2006		+0,63	28.17	781
9.		17.08.2006		+0,70	28.23	776
10.		26.04.1992		+0,25	28.25	775
11.		14.05.2008		+0,61	28.37	765
12.		24.08.2006		+0,26	28.42	761
13.		30.12.2009		+0,29	28.47	757
14.		11.02.2006			28.67	741
15.		22.11.2006		+0,72	28.79	732
16.		06.04.2005		+0,53	28.82	730
17.		04.07.2008		+0,55	28.90	723
18.		27.06.2006		+0,22	29.14	706
19.		18.05.2007		+0,22	29.24	699
20.		16.01.2009		+0,51	29.28	696
21.		16.09.2008		+0,59	29.32	693
22.		10.03.2007			29.37	689
23.		08.02.2006		+0,22	29.45	684
		05.08.2005		+0,21	29.45	684
25.		13.06.2006		+0,60	29.73	665
26.		03.04.2008		+0,27	29.87	655
27.		11.01.1996			29.96	649
28.		21.11.2005		+0,55	30.08	642
29.		13.12.2010		+0,30	30.09	641
30.		09.06.2009		+0,26	30.40	622
31.		15.10.2007		+0,44	30.50	615
32.		14.06.2007		+0,28	30.52	614
33.		06.11.2008		+0,54	30.59	610
34.		07.03.2011	-	+0,31	30.78	599
35.		30.11.2009		+0,53	30.84	595
36.		25.08.2008		+0,56	30.87	594
37.		10.01.2007		+0,23	30.95	589
		11.01.2007			30.95	589
39.		06.03.2008		+0,28	30.99	587
40.		15.03.2005			31.00	586
41.		09.09.2012		+0,73	31.18	576
42.		24.04.2009		+0,59	31.21	574
43.		10.01.2009		+0,23	31.22	574
44.		15.04.2010		+0,59	31.51	558
45.		31.05.2009		+0,53	31.73	547

20, , 50m ,

		R.T.		
46.	14.01.2008	+0,22	31.81	542
47.	07.08.2009	+0,56	31.83	541
48.	28.11.2009	+0,48	31.89	538
49.	23.01.2008	+0,66	31.94	536
50.	24.03.2010	+0,38	32.00	533
51.	16.11.2011	+0,27	32.08	529
52.	21.10.2008		32.31	518
53.	30.11.2009	+0,27	32.41	513
54.	23.02.2010	+0,59	32.53	507
55.	20.06.2006	+0,53	32.69	500
56.	27.05.2012	+0,22	32.71	499
57.	09.11.2008		32.76	497
58.	14.10.2010	+0,28	32.77	496
59.	09.03.2010	+0,22	32.83	493
60.	04.01.2010	+0,60	33.23	476
61.	18.04.2009	+0,60	33.31	472
62.	26.03.2011	+0,22	33.44	467
63.	27.12.2008	+0,34	33.64	459
64.	13.05.2009	+0,55	34.10	440
DSQ	13.04.2006			
DSQ	12.04.2006			
DNS	17.07.2003			

21
19.02.2026 - 10:35

, 100m

		1:04.36				(HUN)		24.07.2017	
		1:05.90				(JPN)		27.07.2021	
: AQUA 2025									
		/				R.T.			
1.			10.01.2009			+0,64	1:09.96		770
	50m:	32.41	32.41	100m:	1:09.96	37.55			
2.			17.08.2006			+0,28	1:10.72		745
	50m:	32.54	32.54	100m:	1:10.72	38.18			
3.			08.07.2009			+0,63	1:10.84		741
	50m:	33.55	33.55	100m:	1:10.84	37.29			
4.			03.04.2008			+0,49	1:11.41		724
	50m:	32.72	32.72	100m:	1:11.41	38.69			
5.			22.12.2007			+0,24	1:11.70		715
	50m:	33.30	33.30	100m:	1:11.70	38.40			
6.			11.03.2008			+0,61	1:12.86		681
	50m:	34.47	34.47	100m:	1:12.86	38.39			
7.			18.01.2008			+0,55	1:13.16		673
	50m:	33.52	33.52	100m:	1:13.16	39.64			
			11.07.2009			+0,26	1:13.16		673
	50m:	34.33	34.33	100m:	1:13.16	38.83			
9.			16.06.2007			+0,66	1:13.29		669
	50m:	34.45	34.45	100m:	1:13.29	38.84			
10.			20.03.2010			+0,62	1:13.31		669
	50m:	34.01	34.01	100m:	1:13.31	39.30			
11.			21.06.2006			+0,66	1:13.42		666
	50m:	33.92	33.92	100m:	1:13.42	39.50			
12.			03.06.2008			+0,21	1:13.80		656
	50m:	34.20	34.20	100m:	1:13.80	39.60			
13.			29.11.2010			+0,65	1:14.10		648
	50m:	34.89	34.89	100m:	1:14.10	39.21			
14.			04.07.2005			+0,21	1:14.16		646
	50m:	34.02	34.02	100m:	1:14.16	40.14			
15.			15.03.2009			+0,69	1:14.46		638
	50m:	34.80	34.80	100m:	1:14.46	39.66			
16.			30.06.2006			+0,71	1:14.56		636
	50m:	35.50	35.50	100m:	1:14.56	39.06			
17.			16.02.2007			+0,62	1:14.62		634
	50m:	35.41	35.41	100m:	1:14.62	39.21			
18.			30.12.2010			+0,28	1:15.10		622
	50m:	35.08	35.08	100m:	1:15.10	40.02			
19.			29.08.2009			+0,56	1:15.49		613
	50m:	35.67	35.67	100m:	1:15.49	39.82			
20.			27.05.2009			+0,62	1:15.94		602
	50m:	35.73	35.73	100m:	1:15.94	40.21			

21, , 100m ,		/		R.T.		
21.		14.12.2009	I	+0,30	1:16.01	600
50m:	35.09	35.09	100m:	1:16.01	40.92	
22.		17.08.2008		+0,63	1:16.03	600
50m:	35.12	35.12	100m:	1:16.03	40.91	
23.		12.09.2007		+0,35	1:16.33	593
50m:	34.90	34.90	100m:	1:16.33	41.43	
24.		06.02.2010		+0,65	1:16.77	582
50m:	35.17	35.17	100m:	1:16.77	41.60	
25.		20.04.2012	I	+0,51	1:16.78	582
50m:	35.40	35.40	100m:	1:16.78	41.38	
26.		23.12.2010		+0,39	1:16.90	579
50m:	36.62	36.62	100m:	1:16.90	40.28	
27.		11.04.2008		+0,67	1:17.33	570
50m:	35.22	35.22	100m:	1:17.33	42.11	
28.		16.09.2008		+0,44	1:17.76	I 560
50m:	34.92	34.92	100m:	1:17.76	42.84	
29.		27.12.2010		+0,67	1:17.87	I 558
50m:	36.58	36.58	100m:	1:17.87	41.29	
30.		30.04.2008		+0,54	1:18.20	I 551
50m:	36.73	36.73	100m:	1:18.20	41.47	
31.		07.02.2012	I	+0,31	1:18.62	I 542
50m:	36.75	36.75	100m:	1:18.62	41.87	
32.		22.06.2011	I	+0,70	1:18.85	I 537
50m:	36.92	36.92	100m:	1:18.85	41.93	
33.		10.08.2007		+0,24	1:19.03	I 534
50m:	36.16	36.16	100m:	1:19.03	42.87	
34.		26.08.2011	I	+0,30	1:19.24	I 530
50m:	36.75	36.75	100m:	1:19.24	42.49	
35.		28.05.2003		+0,21	1:19.26	I 529
50m:	37.05	37.05	100m:	1:19.26	42.21	
36.		07.08.2010		+0,36	1:19.45	I 525
50m:	36.81	36.81	100m:	1:19.45	42.64	
37.		10.03.2011		+0,54	1:20.21	I 511
50m:	36.28	36.28	100m:	1:20.21	43.93	
38.		18.07.2007		+0,25	1:20.26	I 510
50m:	37.09	37.09	100m:	1:20.26	43.17	
39.		25.05.2012	I	+0,68	1:20.37	I 508
50m:	37.92	37.92	100m:	1:20.37	42.45	
40.		27.08.2011	I	+0,28	1:20.41	I 507
50m:	37.30	37.30	100m:	1:20.41	43.11	
41.		02.10.2010		+0,65	1:20.50	I 505
50m:	37.18	37.18	100m:	1:20.50	43.32	
42.		14.01.2011		+0,67	1:20.84	I 499
50m:	38.21	38.21	100m:	1:20.84	42.63	
43.		08.07.2009		+0,63	1:21.25	I 491
50m:	38.83	38.83	100m:	1:21.25	42.42	

	21,		, 100m				R.T.		
44.			03.11.2012	I			+0,79	1:21.58	485
	50m:	37.52	37.52	100m:	1:21.58	44.06			
45.			03.08.2010	I			+0,59	1:21.64	484
	50m:	37.27	37.27	100m:	1:21.64	44.37			
46.			04.01.2012	I			+0,76	1:21.68	483
	50m:	38.16	38.16	100m:	1:21.68	43.52			
47.			28.01.2011	I			+0,70	1:21.70	483
	50m:	38.90	38.90	100m:	1:21.70	42.80			
48.			17.05.2012	I			+0,59	1:22.23	474
	50m:	37.98	37.98	100m:	1:22.23	44.25			
49.			09.04.2011	I			+0,65	1:22.84	463
	50m:	36.97	36.97	100m:	1:22.84	45.87			
50.			12.09.2011	I			+0,33	1:24.02	444
	50m:	38.89	38.89	100m:	1:24.02	45.13			
51.			25.08.2011	I			+0,21	1:24.58	435
	50m:	39.79	39.79	100m:	1:24.58	44.79			
52.			16.08.2012	I			+0,34	1:25.01	429
	50m:	39.16	39.16	100m:	1:25.01	45.85			
53.			17.03.2010	I				1:25.06	428
	50m:	39.31	39.31	100m:	1:25.06	45.75			
54.		-	06.09.2011	I			+0,65	1:25.10	427
	50m:	39.81	39.81	100m:	1:25.10	45.29			
55.			05.10.2012	I			+0,62	1:26.00	414
	50m:	40.28	40.28	100m:	1:26.00	45.72			
56.			28.10.2011	I			+0,35	1:26.61	405
	50m:	40.68	40.68	100m:	1:26.61	45.93			
DSQ			31.08.2008	I					

22
19.02.2026 - 10:52

, 200m

		1:55.08						(HUN)		25.07.2017		
		1:58.21						(POL)		13.07.2013		
: AQUA 2025												
		/						R.T.				
1.			01.02.2010					+0,74	2:00.97		798	
	50m:	28.79	28.79	100m:	1:00.13	31.34	150m:	1:31.32	31.19	200m:	2:00.97	29.65
2.			27.01.2006					+0,67	2:01.63		785	
	50m:	28.79	28.79	100m:	1:00.34	31.55	150m:	1:31.31	30.97	200m:	2:01.63	30.32
3.			02.08.2006					+0,27	2:01.80		782	
	50m:	28.55	28.55	100m:	58.97	30.42	150m:	1:30.51	31.54	200m:	2:01.80	31.29
4.			01.04.2006					+0,26	2:04.16		738	
	50m:	28.98	28.98	100m:	1:00.08	31.10	150m:	1:31.58	31.50	200m:	2:04.16	32.58
5.			03.01.2009					+0,62	2:05.16		720	
	50m:	28.62	28.62	100m:	1:00.50	31.88	150m:	1:33.60	33.10	200m:	2:05.16	31.56
6.			30.07.2009					+0,66	2:05.79		710	
	50m:	29.21	29.21	100m:	1:01.02	31.81	150m:	1:33.15	32.13	200m:	2:05.79	32.64
7.			11.05.2005					+0,59	2:06.10		704	
	50m:	28.56	28.56	100m:	1:00.44	31.88	150m:	1:32.68	32.24	200m:	2:06.10	33.42
8.			28.03.2007					+0,63	2:06.27		702	
	50m:	29.80	29.80	100m:	1:02.11	32.31	150m:	1:34.09	31.98	200m:	2:06.27	32.18
9.			15.05.2010					+0,78	2:06.76		694	
	50m:	29.57	29.57	100m:	1:02.63	33.06	150m:	1:35.55	32.92	200m:	2:06.76	31.21
10.			22.02.2011					+0,72	2:07.34		684	
	50m:	29.23	29.23	100m:	1:02.00	32.77	150m:	1:34.78	32.78	200m:	2:07.34	32.56
11.			19.01.2007					+0,27	2:07.82		676	
	50m:	29.79	29.79	100m:	1:02.34	32.55	150m:	1:35.10	32.76	200m:	2:07.82	32.72
12.			18.08.2010					+0,62	2:07.86		676	
	50m:	29.46	29.46	100m:	1:00.67	31.21	150m:	1:33.12	32.45	200m:	2:07.86	34.74
13.			17.08.2011					+0,66	2:07.99		674	
	50m:	29.14	29.14	100m:	1:01.93	32.79	150m:	1:35.90	33.97	200m:	2:07.99	32.09
14.			07.02.2012					+0,56	2:08.57		665	
	50m:	28.38	28.38	100m:	1:00.53	32.15	150m:	1:34.17	33.64	200m:	2:08.57	34.40
15.			01.09.2010					+0,76	2:08.79		661	
	50m:	28.90	28.90	100m:	1:01.03	32.13	150m:	1:34.47	33.44	200m:	2:08.79	34.32
16.			25.06.2009					+0,66	2:08.85		660	
	50m:	29.73	29.73	100m:	1:02.64	32.91	150m:	1:35.60	32.96	200m:	2:08.85	33.25
17.			28.03.2008					+0,65	2:08.91		659	
	50m:	29.22	29.22	100m:	1:01.52	32.30	150m:	1:36.01	34.49	200m:	2:08.91	32.90
18.			16.05.2008					+0,22	2:08.93		659	
	50m:	29.43	29.43	100m:	1:01.88	32.45	150m:	1:35.11	33.23	200m:	2:08.93	33.82
19.			15.11.2012					+0,38	2:09.34		653	
	50m:	29.74	29.74	100m:	1:02.79	33.05	150m:	1:36.09	33.30	200m:	2:09.34	33.25
20.			20.02.2012					+0,72	2:09.50		650	
	50m:	29.76	29.76	100m:	1:02.59	32.83	150m:	1:36.07	33.48	200m:	2:09.50	33.43

		22, , 200m						R.T.				
21.			30.10.2009					+0,61	2:09.77		646	
	50m:	29.45	29.45	100m:	1:02.17	32.72	150m:	1:35.78	33.61	200m:	2:09.77	33.99
22.			24.08.2007					+0,53	2:10.14		641	
	50m:	29.24	29.24	100m:	1:02.30	33.06	150m:	1:36.26	33.96	200m:	2:10.14	33.88
23.			20.12.2010					+0,77	2:10.16		641	
	50m:	30.25	30.25	100m:	1:03.46	33.21	150m:	1:37.47	34.01	200m:	2:10.16	32.69
24.			12.11.2011					+0,68	2:10.30		638	
	50m:	30.58	30.58	100m:	1:04.26	33.68	150m:	1:38.09	33.83	200m:	2:10.30	32.21
25.			29.04.2009					+0,29	2:10.39		637	
	50m:	29.67	29.67	100m:	1:02.37	32.70	150m:	1:36.29	33.92	200m:	2:10.39	34.10
26.			17.02.2009					+0,21	2:10.52		635	
	50m:	29.91	29.91	100m:	1:03.51	33.60	150m:	1:36.84	33.33	200m:	2:10.52	33.68
27.			04.06.2007					+0,67	2:11.22		625	
	50m:	29.72	29.72	100m:	1:02.99	33.27	150m:	1:37.09	34.10	200m:	2:11.22	34.13
			16.03.2007					+0,64	2:11.22		625	
	50m:	29.97	29.97	100m:	1:03.42	33.45	150m:	1:37.26	33.84	200m:	2:11.22	33.96
29.			10.01.2009		-			+0,67	2:11.44		622	
	50m:	30.97	30.97	100m:	1:04.16	33.19	150m:	1:38.19	34.03	200m:	2:11.44	33.25
30.			30.04.2009					+0,25	2:12.04		614	
	50m:	30.21	30.21	100m:	1:04.04	33.83	150m:	1:38.57	34.53	200m:	2:12.04	33.47
31.			01.05.2011					+0,62	2:12.06		613	
	50m:	29.80	29.80	100m:	1:03.90	34.10	150m:	1:37.19	33.29	200m:	2:12.06	34.87
32.			31.05.2007		-			+0,60	2:12.42		608	
	100m:	1:04.53	1:04.53	150m:	1:38.86	34.33	200m:	2:12.42	33.56			
33.			03.05.2011					+0,66	2:12.66		605	
	50m:	29.64	29.64	100m:	1:03.39	33.75	150m:	1:38.16	34.77	200m:	2:12.66	34.50
34.			26.04.2010					+0,36	2:12.91		602	
	50m:	30.25	30.25	100m:	1:03.80	33.55	150m:	1:38.05	34.25	200m:	2:12.91	34.86
35.			26.07.2011					+0,63	2:12.95		601	
	50m:	30.91	30.91	100m:	1:04.55	33.64	150m:	1:39.14	34.59	200m:	2:12.95	33.81
36.			05.09.2011					+0,36	2:13.18		598	
	50m:	30.76	30.76	100m:	1:04.29	33.53	150m:	1:38.63	34.34	200m:	2:13.18	34.55
37.			09.02.2011					+0,69	2:13.50		594	
	50m:	30.06	30.06	100m:	1:04.14	34.08	150m:	1:38.77	34.63	200m:	2:13.50	34.73
38.			08.12.2005					+0,30	2:13.94		588	
	50m:	30.12	30.12	100m:	1:03.71	33.59	150m:	1:38.81	35.10	200m:	2:13.94	35.13
39.			26.11.2008 I					+0,21	2:13.96		588	
	50m:	29.87	29.87	100m:	1:03.62	33.75	150m:	1:38.31	34.69	200m:	2:13.96	35.65
40.			05.02.2009 I					+0,69	2:13.97		587	
	50m:	30.78	30.78	100m:	1:05.29	34.51	150m:	1:39.94	34.65	200m:	2:13.97	34.03
41.			29.09.2011					+0,23	2:14.05		586	
	50m:	30.81	30.81	100m:	1:04.69	33.88	150m:	1:39.46	34.77	200m:	2:14.05	34.59
			20.07.2011					+0,22	2:14.05		586	
	50m:	30.35	30.35	100m:	1:04.25	33.90	150m:	1:37.31	33.06	200m:	2:14.05	36.74
			30.01.2010		-			+0,65	2:14.05		586	
	50m:	31.02	31.02	100m:	1:05.33	34.31	150m:	1:40.52	35.19	200m:	2:14.05	33.53

		22, , 200m						R.T.			
		/									
44.			06.08.2011					+0,60	2:14.08		586
	50m:	30.90	30.90	100m:	1:04.87	33.97	150m:	1:38.93	34.06	200m:	2:14.08 35.15
45.			09.03.2008					+0,51	2:14.13		585
	50m:	30.51	30.51	100m:	1:04.64	34.13	150m:	1:38.80	34.16	200m:	2:14.13 35.33
46.			04.08.2010					+0,66	2:14.22		584
	50m:	30.13	30.13	100m:	1:04.00	33.87	150m:	1:38.85	34.85	200m:	2:14.22 35.37
47.			04.04.2009					+0,57	2:14.38		582
	50m:	29.20	29.20	100m:	1:03.64	34.44	150m:	1:39.47	35.83	200m:	2:14.38 34.91
48.			21.02.2012					+0,43	2:14.47		581
	50m:	30.61	30.61	100m:	1:05.59	34.98	150m:	1:40.86	35.27	200m:	2:14.47 33.61
49.			03.04.2009 I					+0,27	2:14.94 I		575
	50m:	31.79	31.79	100m:	1:06.56	34.77	150m:	1:40.97	34.41	200m:	2:14.94 33.97
50.			04.12.2009					+0,27	2:15.45 I		568
	50m:	31.05	31.05	100m:	1:05.41	34.36	150m:	1:40.08	34.67	200m:	2:15.45 35.37
51.			26.11.2007					+0,60	2:15.51 I		568
	50m:	30.48	30.48	100m:	1:04.58	34.10	150m:	1:40.13	35.55	200m:	2:15.51 35.38
52.			30.08.2011					+0,71	2:15.57 I		567
	50m:	30.53	30.53	100m:	1:04.40	33.87	150m:	1:39.54	35.14	200m:	2:15.57 36.03
53.			26.05.2011 I					+0,75	2:15.86 I		563
	50m:	30.92	30.92	100m:	1:04.56	33.64	150m:	1:39.84	35.28	200m:	2:15.86 36.02
54.			24.02.2011					+0,63	2:16.02 I		561
	50m:	30.72	30.72	100m:	1:05.50	34.78	150m:	1:40.95	35.45	200m:	2:16.02 35.07
55.			24.05.2011					+0,63	2:16.03 I		561
	50m:	30.22	30.22	100m:	1:05.28	35.06	150m:	1:41.26	35.98	200m:	2:16.03 34.77
56.			03.10.2010					+0,35	2:16.17 I		559
	50m:	31.00	31.00	100m:	1:04.64	33.64	150m:	1:40.40	35.76	200m:	2:16.17 35.77
57.			02.10.2011 I					+0,66	2:16.41 I		556
	50m:	30.24	30.24	100m:	1:04.56	34.32	150m:	1:40.04	35.48	200m:	2:16.41 36.37
58.			17.02.2011 I					+0,32	2:17.03 I		549
	50m:	30.81	30.81	100m:	1:05.84	35.03	150m:	1:41.55	35.71	200m:	2:17.03 35.48
59.			06.08.2008					+0,31	2:17.52 I		543
	50m:	30.16	30.16	100m:	1:04.87	34.71	150m:	1:40.98	36.11	200m:	2:17.52 36.54
60.			09.12.2011 I					+0,27	2:17.66 I		541
	50m:	31.38	31.38	100m:	1:06.61	35.23	150m:	1:42.56	35.95	200m:	2:17.66 35.10
61.			31.03.2009					+0,29	2:18.43 I		532
	50m:	31.14	31.14	100m:	1:06.53	35.39	150m:	1:42.61	36.08	200m:	2:18.43 35.82
62.			13.07.2012 I						2:18.72 I		529
	50m:	32.04	32.04	100m:	1:07.43	35.39	150m:	1:43.46	36.03	200m:	2:18.72 35.26
63.			06.08.2009					+0,29	2:18.94 I		527
	50m:	30.63	30.63	100m:	1:05.06	34.43	150m:	1:41.34	36.28	200m:	2:18.94 37.60
64.			05.03.2010 I					+0,65	2:19.30 I		522
	50m:	30.65	30.65	100m:	1:06.29	35.64	150m:	1:42.84	36.55	200m:	2:19.30 36.46
65.			07.07.2009 I					+0,30	2:19.75 I		517
	50m:	31.96	31.96	100m:	1:07.57	35.61	150m:	1:43.26	35.69	200m:	2:19.75 36.49
66.			23.08.2011					+0,65	2:21.19 I		502
	50m:	32.48	32.48	100m:	1:08.32	35.84	150m:	1:44.82	36.50	200m:	2:21.19 36.37

		22, , 200m						R.T.			
67.		24.07.2008						+0,59	2:21.39		500
	50m:	32.45	32.45	100m:	1:08.35	35.90	150m:	1:44.62	36.27	200m:	2:21.39 36.77
68.		21.12.2009						+0,25	2:21.54		498
	50m:	32.22	32.22	100m:	1:08.32	36.10	150m:	1:44.57	36.25	200m:	2:21.54 36.97
69.		18.02.2011						+0,71	2:21.59		497
	50m:	31.11	31.11	100m:	1:07.37	36.26	150m:	1:44.72	37.35	200m:	2:21.59 36.87
70.		01.10.2009						+0,70	2:21.86		495
	50m:	32.04	32.04	100m:	1:07.86	35.82	150m:	1:45.31	37.45	200m:	2:21.86 36.55
71.		26.04.2012							2:22.26		490
	50m:	31.12	31.12	100m:	1:06.43	35.31	150m:	1:43.73	37.30	200m:	2:22.26 38.53
72.		29.04.2010						+0,71	2:22.87		484
	50m:	32.07	32.07	100m:	1:08.68	36.61	150m:	1:46.40	37.72	200m:	2:22.87 36.47
73.		28.02.2012						+0,55	2:23.37		479
	50m:	32.78	32.78	100m:	1:08.54	35.76	150m:	1:45.56	37.02	200m:	2:23.37 37.81
74.		14.04.2012						+0,65	2:23.42		479
	50m:	32.10	32.10	100m:	1:08.12	36.02	150m:	1:45.57	37.45	200m:	2:23.42 37.85
75.		17.06.2011						+0,63	2:23.75		475
	50m:	31.88	31.88	100m:	1:07.98	36.10	150m:	1:46.31	38.33	200m:	2:23.75 37.44
76.		12.05.2010						+0,81	2:23.83		475
	50m:	32.23	32.23	100m:	1:08.37	36.14	150m:	1:45.60	37.23	200m:	2:23.83 38.23
77.		26.06.2012						+0,70	2:26.00		454
	50m:	33.92	33.92	100m:	1:11.51	37.59	150m:	1:49.77	38.26	200m:	2:26.00 36.23
78.		20.06.2011						+0,33	2:27.34		441
	50m:	32.67	32.67	100m:	1:10.79	38.12	150m:	1:49.75	38.96	200m:	2:27.34 37.59
79.		12.01.2010						+0,70	2:28.16		434
	50m:	32.81	32.81	100m:	1:10.64	37.83	150m:	1:48.98	38.34	200m:	2:28.16 39.18
80.		01.11.2011						+0,75	2:28.84		428
	50m:	33.31	33.31	100m:	1:11.41	38.10	150m:	1:49.93	38.52	200m:	2:28.84 38.91
81.		04.02.2011						+0,66	2:29.42		423
	50m:	32.52	32.52	100m:	1:10.59	38.07	150m:	1:50.29	39.70	200m:	2:29.42 39.13
DSQ		29.12.2011									
DNS		23.09.2008									

23
19.02.2026 - 11:27

, 200m

		1:54.31						(CHN)		12.08.2008	
		1:56.50								30.10.2020	
: AQUA 2025											
								R.T.			
1.		05.12.1995						+0,26	1:59.56	786	
	50m:	26.32	26.32	100m:	56.66	30.34	150m:	1:27.17	30.51	200m:	1:59.56 32.39
2.		26.08.1998						+0,54	2:01.75	744	
	50m:	26.83	26.83	100m:	58.03	31.20	150m:	1:29.82	31.79	200m:	2:01.75 31.93
3.		14.02.2003						+0,33	2:03.63	710	
	50m:	27.22	27.22	100m:	59.07	31.85	150m:	1:31.41	32.34	200m:	2:03.63 32.22
4.		18.04.2007						+0,59	2:04.20	701	
	50m:	27.64	27.64	100m:	1:00.87	33.23	150m:	1:32.93	32.06	200m:	2:04.20 31.27
5.		04.09.2008						+0,27	2:06.72	660	
	50m:	28.54	28.54	100m:	1:01.20	32.66	150m:	1:34.03	32.83	200m:	2:06.72 32.69
6.		25.01.2003						+0,24	2:07.59	646	
	50m:	27.62	27.62	100m:	59.63	32.01	150m:	1:32.51	32.88	200m:	2:07.59 35.08
7.		19.01.2005						+0,29	2:09.53	618	
	50m:	28.08	28.08	100m:	1:01.26	33.18	150m:	1:35.29	34.03	200m:	2:09.53 34.24
8.		09.02.2009						+0,54	2:10.00	611	
	50m:	28.64	28.64	100m:	1:01.45	32.81	150m:	1:35.03	33.58	200m:	2:10.00 34.97
9.		27.08.2006							2:10.53	604	
	50m:	28.04	28.04	100m:	1:01.89	33.85	150m:	1:36.31	34.42	200m:	2:10.53 34.22
10.		11.05.2008						+0,59	2:10.68	601	
	50m:	27.67	27.67	100m:	1:00.18	32.51	150m:	1:34.49	34.31	200m:	2:10.68 36.19
11.		25.09.2007							2:11.16	595	
	50m:	27.82	27.82	100m:	1:00.93	33.11	150m:	1:35.20	34.27	200m:	2:11.16 35.96
12.		12.04.2008						+0,61	2:14.86		547
	50m:	29.21	29.21	100m:	1:03.52	34.31	150m:	1:38.74	35.22	200m:	2:14.86 36.12
13.		30.04.2010						+0,59	2:14.93		546
	50m:	28.99	28.99	100m:	1:03.31	34.32	150m:	1:38.77	35.46	200m:	2:14.93 36.16
14.		25.03.2011						+0,66	2:15.80		536
	50m:	29.16	29.16	100m:	1:03.90	34.74	150m:	1:39.22	35.32	200m:	2:15.80 36.58
15.		07.07.2006						+0,24	2:17.48		516
	50m:	29.07	29.07	100m:	1:04.51	35.44	150m:	1:40.72	36.21	200m:	2:17.48 36.76
16.		25.06.2011						+0,26	2:27.40	419	
	50m:	31.93	31.93	100m:	1:09.03	37.10	150m:	1:47.19	38.16	200m:	2:27.40 40.21
DSQ		28.07.2004									
DSQ		19.03.2006									

24
19.02.2026 - 11:36

, 50m

27.23
27.51

(GBR)
(KOR)

04.08.2018
25.07.2019

: AQUA 2025

			R.T.		
1.	10.04.2005		+0,60	27.43	938
2.	17.07.2005	-	+0,56	28.77	813
3.	06.10.2007	-	+0,58	29.08	788
4.	05.11.2009		+0,59	29.09	787
5.	28.04.2007		+0,61	29.28	771
6.	24.01.2006	-	+0,62	29.52	753
7.	13.04.2010		+0,65	29.57	749
8.	18.08.2008		+0,70	29.59	747
9.	06.12.2008		+0,77	29.83	730
10.	07.11.2009		+0,68	30.29	697
11.	04.08.2009		+0,66	30.38	691
	27.07.2011	-	+0,61	30.38	691
13.	05.10.2007		+0,57	30.42	688
14.	19.05.2010	-	+0,62	30.44	687
15.	27.09.2009		+0,61	30.63	674
16.	25.11.2009		+0,64	31.05	647
17.	01.09.2010	-	+0,66	31.22	636
18.	28.02.2009		+0,63	31.35	628
19.	26.08.2006		+0,67	31.36	628
20.	27.04.2012		+0,59	31.58	615
21.	15.03.2007		+0,58	31.59	614
22.	19.02.2008		+0,58	31.61	613
23.	29.04.2010		+0,67	31.66	610
24.	04.07.2010		+0,68	31.80	602
25.	19.07.2008		+0,57	31.96	593
26.	10.07.2011		+0,63	31.97	593
27.	17.10.2007		+0,49	32.09	586
28.	12.12.2012		+0,67	32.15	583
29.	05.07.2011		+0,62	32.40	569
30.	31.05.2009		+0,72	32.53	562
31.	26.08.2011		+0,66	32.68	555
32.	05.03.2011		+0,64	32.72	553
33.	04.11.2010		+0,66	32.81	548
34.	16.11.2012		+0,75	33.14	532
35.	29.03.2011		+0,67	33.29	525
36.	25.03.2010		+0,62	33.44	518
37.	28.12.2010		+0,71	33.72	505
38.	17.12.2011		+0,59	33.77	503
39.	14.04.2008		+0,64	33.95	495
40.	14.01.2011		+0,58	34.09	489
	31.07.2012		+0,64	34.09	489
42.	25.02.2012		+0,81	34.16	486
43.	02.10.2010		+0,68	34.39	476
44.	17.07.2012		+0,69	34.86	457
45.	13.11.2010		+0,72	34.87	457

25
19.02.2026 - 11:46

, 200m

		2:06.12						(KOR)		26.07.2019		
		2:09.64								06.08.2015		
: AQUA 2025												
R.T.												
1.			27.07.2001					+0,53	2:12.83		843	
	50m:	29.95	29.95	100m:	1:03.84	33.89	150m:	1:37.71	33.87	200m:	2:12.83	35.12
2.			29.12.1995			-			2:13.26		834	
	50m:	30.02	30.02	100m:	1:04.14	34.12	150m:	1:39.01	34.87	200m:	2:13.26	34.25
3.			17.05.2007					+0,62	2:13.45		831	
	50m:	30.68	30.68	100m:	1:05.04	34.36	150m:	1:39.16	34.12	200m:	2:13.45	34.29
4.			02.02.2003			-		+0,22	2:13.58		828	
	50m:	30.43	30.43	100m:	1:04.21	33.78	150m:	1:37.92	33.71	200m:	2:13.58	35.66
5.			10.12.1997					+0,25	2:16.52		776	
	50m:	30.54	30.54	100m:	1:04.76	34.22	150m:	1:39.91	35.15	200m:	2:16.52	36.61
6.			08.02.2006					+0,27	2:19.08		734	
	50m:	31.84	31.84	100m:	1:07.80	35.96	150m:	1:43.67	35.87	200m:	2:19.08	35.41
7.			05.07.2007					+0,63	2:19.10		734	
	50m:	31.71	31.71	100m:	1:06.79	35.08	150m:	1:42.85	36.06	200m:	2:19.10	36.25
8.			13.06.2006					+0,58	2:19.19		732	
	50m:	31.93	31.93	100m:	1:07.74	35.81	150m:	1:43.17	35.43	200m:	2:19.19	36.02
9.			02.03.2008					+0,23	2:19.26		731	
	50m:	31.15	31.15	100m:	1:07.35	36.20	150m:	1:42.92	35.57	200m:	2:19.26	36.34
10.			03.04.2008					+0,71	2:19.51		727	
	50m:	31.11	31.11	100m:	1:07.32	36.21	150m:	1:43.83	36.51	200m:	2:19.51	35.68
11.			06.04.2005					+0,22	2:19.71		724	
	50m:	33.79	33.79	100m:	1:08.79	35.00	150m:	1:43.85	35.06	200m:	2:19.71	35.86
12.			13.04.2006					+0,25	2:19.95		720	
	50m:	32.54	32.54	100m:	1:07.85	35.31	150m:	1:43.75	35.90	200m:	2:19.95	36.20
13.			29.04.2004					+0,27	2:20.08		718	
	50m:	32.14	32.14	100m:	1:07.28	35.14	150m:	1:43.50	36.22	200m:	2:20.08	36.58
14.			27.06.2006					+0,28	2:20.46		712	
	50m:	31.29	31.29	100m:	1:07.66	36.37	150m:	1:43.73	36.07	200m:	2:20.46	36.73
15.			06.03.2007						2:21.08		703	
	50m:	30.97	30.97	100m:	1:06.78	35.81	150m:	1:43.67	36.89	200m:	2:21.08	37.41
16.			22.11.2006					+0,73	2:21.22		701	
	50m:	32.85	32.85	100m:	1:08.69	35.84	150m:	1:45.01	36.32	200m:	2:21.22	36.21
17.			27.02.2010			-		+0,51	2:21.90		691	
	50m:	32.56	32.56	100m:	1:09.25	36.69	150m:	1:45.81	36.56	200m:	2:21.90	36.09
18.			24.08.2006					+0,57	2:22.61		681	
	50m:	31.72	31.72	100m:	1:07.43	35.71	150m:	1:44.46	37.03	200m:	2:22.61	38.15
19.			06.03.2008 I					+0,29	2:25.42		642	
	50m:	33.48	33.48	100m:	1:10.47	36.99	150m:	1:47.42	36.95	200m:	2:25.42	38.00
20.			05.01.2007					+0,53	2:25.96		635	
	50m:	33.06	33.06	100m:	1:10.42	37.36	150m:	1:48.01	37.59	200m:	2:25.96	37.95

		25, , 200m						R.T.			
		/									
21.			01.04.2008					+0,62	2:26.07		633
50m:	33.33	33.33	100m:	1:10.62	37.29	150m:	1:47.85	37.23	200m:	2:26.07	38.22
22.			25.01.2003					+0,61	2:26.12		633
50m:	33.49	33.49	100m:	1:10.19	36.70	150m:	1:47.43	37.24	200m:	2:26.12	38.69
23.			10.03.2007					+0,25	2:26.91		623
50m:	32.11	32.11	100m:	1:09.52	37.41	150m:	1:48.19	38.67	200m:	2:26.91	38.72
24.			16.09.2008					+0,59	2:27.39		617
50m:	34.38	34.38	100m:	1:13.50	39.12	150m:	1:50.87	37.37	200m:	2:27.39	36.52
25.			24.03.2010 I		-			+0,53	2:29.68 I		589
50m:	34.15	34.15	100m:	1:12.30	38.15	150m:	1:51.17	38.87	200m:	2:29.68	38.51
26.			16.11.2011						2:29.69 I		589
50m:	34.21	34.21	100m:	1:12.78	38.57	150m:	1:52.47	39.69	200m:	2:29.69	37.22
27.			07.03.2011		-			+0,57	2:30.27 I		582
50m:	34.71	34.71	100m:	1:13.64	38.93	150m:	1:51.87	38.23	200m:	2:30.27	38.40
28.			13.12.2010					+0,59	2:30.35 I		581
50m:	35.74	35.74	100m:	1:15.76	40.02	150m:	1:54.72	38.96	200m:	2:30.35	35.63
29.			27.12.2006			()		+0,30	2:30.38 I		580
50m:	33.63	33.63	100m:	1:11.83	38.20	150m:	1:50.93	39.10	200m:	2:30.38	39.45
30.			05.08.2005					+0,27	2:30.78 I		576
50m:	34.23	34.23	100m:	1:13.57	39.34	150m:	1:52.37	38.80	200m:	2:30.78	38.41
31.			10.01.2007					+0,26	2:31.81 I		564
50m:	35.44	35.44	100m:	1:14.40	38.96	150m:	1:53.01	38.61	200m:	2:31.81	38.80
32.			11.01.2007					+0,22	2:32.77 I		554
50m:	34.86	34.86	100m:	1:14.34	39.48	150m:	1:54.30	39.96	200m:	2:32.77	38.47
33.			07.08.2009					+0,32	2:33.85 I		542
50m:	34.15	34.15	100m:	1:13.94	39.79	150m:	1:53.46	39.52	200m:	2:33.85	40.39
34.			28.05.2010					+0,59	2:34.94 I		531
50m:	34.11	34.11	100m:	1:13.28	39.17	150m:	1:53.24	39.96	200m:	2:34.94	41.70
35.			15.04.2010 I					+0,56	2:37.20 I		508
50m:	34.60	34.60	100m:	1:14.62	40.02	150m:	1:56.34	41.72	200m:	2:37.20	40.86
36.			15.04.2011 I					+0,25	2:37.43 I		506
50m:	35.60	35.60	100m:	1:17.15	41.55	150m:	1:57.57	40.42	200m:	2:37.43	39.86
37.			06.03.2010 I					+0,29	2:37.52 I		505
50m:	36.12	36.12	100m:	1:16.93	40.81	150m:	1:58.06	41.13	200m:	2:37.52	39.46
38.			06.11.2008					+0,24	2:37.84 I		502
50m:	35.39	35.39	100m:	1:15.88	40.49	150m:	1:56.59	40.71	200m:	2:37.84	41.25
39.			26.03.2011 I					+0,28	2:38.69 I		494
50m:	34.67	34.67	100m:	1:13.99	39.32	150m:	1:56.23	42.24	200m:	2:38.69	42.46
40.			30.11.2009 I					+0,65	2:39.47		487
50m:	37.42	37.42	100m:	1:18.14	40.72	150m:	1:59.49	41.35	200m:	2:39.47	39.98
41.			04.01.2010 I					+0,64	2:39.80		484
50m:	36.95	36.95	100m:	1:17.36	40.41	150m:	1:59.05	41.69	200m:	2:39.80	40.75
42.			09.09.2012 I					+0,71	2:41.82		466
50m:	36.29	36.29	100m:	1:18.73	42.44	150m:	2:01.68	42.95	200m:	2:41.82	40.14
43.			09.03.2010 I					+0,23	2:45.83		433
50m:	37.56	37.56	100m:	1:20.20	42.64	150m:	2:03.21	43.01	200m:	2:45.83	42.62

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

РУЗА

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

1 ЭТАП

		25, , 200m						R.T.				
44.			/					+0,72	2:46.64		426	
	50m:	36.51	36.51	100m:	1:19.51	43.00	150m:	2:02.77	43.26	200m:	2:46.64	43.87
45.								+0,27	2:47.21		422	
	50m:	37.23	37.23	100m:	1:20.74	43.51	150m:	2:04.82	44.08	200m:	2:47.21	42.39
DNS												
			02.08.1994									

Спонсоры соревнований:

26
19.02.2026 - 12:06

, 200m

2:09.56
2:12.90

19.04.2016
05.04.2021

: AQUA 2025

R.T.

Rank	Name	50m	100m	150m	200m	200m	Points
1.	28.05.2006	28.78	28.78	1:02.55	33.77	1:41.71	795
2.	17.08.2006	28.72	28.72	1:04.95	36.23	1:45.54	750
3.	17.09.2002	29.91	29.91	1:05.35	35.44	1:47.27	732
4.	08.07.2009	30.15	30.15	1:07.69	37.54	1:46.72	728
5.	28.04.2006	28.93	28.93	1:05.73	36.80	1:47.59	706
6.	05.06.2010	29.92	29.92	1:06.24	36.32	1:47.20	705
7.	20.12.2010	31.70	31.70	1:08.72	37.02	1:49.57	699
8.	23.02.2010	31.04	31.04	1:07.79	36.75	1:51.37	698
9.	12.01.2009	30.26	30.26	1:06.30	36.04	1:50.08	693
10.	21.07.2008	29.92	29.92	1:06.67	36.75	1:49.06	685
11.	17.09.2002	31.10	31.10	1:08.50	37.40	1:51.14	676
12.	16.10.2009	29.38	29.38	1:06.85	37.47	1:51.22	658
13.	02.08.2006	31.98	31.98	1:10.29	38.31	1:53.15	658
14.	30.12.2010	31.67	31.67	1:09.65	37.98	1:50.75	656
15.	18.03.2010	31.00	31.00	1:09.06	38.06	1:50.92	656
16.	03.02.2012	30.87	30.87	1:08.25	37.38	1:52.38	648
17.	01.06.2011	30.36	30.36	1:06.94	36.58	1:50.63	645
18.	23.05.2005	29.55	29.55	1:07.04	37.49	1:49.20	644
	03.06.2008	30.33	30.33	1:09.49	39.16	1:51.36	644
20.	29.11.2010	31.07	31.07	1:10.04	38.97	1:52.56	637

		26, , 200m						R.T.			
		/									
21.			12.05.2006					+0,21	2:27.59		623
	50m:	30.35	30.35	100m:	1:07.82	37.47	150m:	1:52.13	44.31	200m:	2:27.59 35.46
22.			30.09.2008					+0,63	2:27.87		620
	50m:	30.23	30.23	100m:	1:07.93	37.70	150m:	1:52.69	44.76	200m:	2:27.87 35.18
23.			13.08.2010					+0,58	2:28.17		616
	50m:	31.59	31.59	100m:	1:10.97	39.38	150m:	1:53.98	43.01	200m:	2:28.17 34.19
24.			27.03.2009					+0,58	2:28.32		614
	50m:	30.04	30.04	100m:	1:07.91	37.87	150m:	1:52.65	44.74	200m:	2:28.32 35.67
25.			30.04.2008					+0,34	2:29.34		602
	50m:	32.34	32.34	100m:	1:13.01	40.67	150m:	1:55.37	42.36	200m:	2:29.34 33.97
26.			11.04.2008					+0,46	2:29.63		598
	50m:	32.29	32.29	100m:	1:12.25	39.96	150m:	1:53.48	41.23	200m:	2:29.63 36.15
27.			20.03.2010					+0,59	2:29.78		597
	50m:	32.02	32.02	100m:	1:11.72	39.70	150m:	1:53.91	42.19	200m:	2:29.78 35.87
28.			17.08.2008					+0,30	2:31.20		580
	50m:	31.56	31.56	100m:	1:11.87	40.31	150m:	1:55.25	43.38	200m:	2:31.20 35.95
29.			06.08.2008					+0,45	2:31.34		578
	50m:	31.49	31.49	100m:	1:11.73	40.24	150m:	1:56.91	45.18	200m:	2:31.34 34.43
30.			25.11.2009					+0,65	2:31.37		578
	50m:	32.58	32.58	100m:	1:10.60	38.02	150m:	1:55.49	44.89	200m:	2:31.37 35.88
31.			04.07.2007					+0,31	2:31.73		574
	50m:	30.70	30.70	100m:	1:11.80	41.10	150m:	1:57.55	45.75	200m:	2:31.73 34.18
32.			11.08.2010					+0,33	2:31.95		571
	50m:	33.20	33.20	100m:	1:11.59	38.39	150m:	1:59.50	47.91	200m:	2:31.95 32.45
33.			28.09.2011					+0,70	2:32.69		563
	50m:	31.93	31.93	100m:	1:14.51	42.58	150m:	1:57.55	43.04	200m:	2:32.69 35.14
34.			27.12.2010					+0,74	2:33.18		558
	50m:	31.53	31.53	100m:	1:12.66	41.13	150m:	1:56.85	44.19	200m:	2:33.18 36.33
35.			16.02.2007					+0,68	2:33.43		555
	50m:	32.74	32.74	100m:	1:14.71	41.97	150m:	1:56.38	41.67	200m:	2:33.43 37.05
36.			28.10.2011					+0,49	2:34.73		541
	50m:	31.08	31.08	100m:	1:09.40	38.32	150m:	1:57.79	48.39	200m:	2:34.73 36.94
37.			26.11.2007					+0,33	2:34.84		540
	50m:	32.89	32.89	100m:	1:13.13	40.24	150m:	1:59.85	46.72	200m:	2:34.84 34.99
38.			10.08.2007					+0,67	2:35.16		537
	50m:	31.79	31.79	100m:	1:13.68	41.89	150m:	1:58.01	44.33	200m:	2:35.16 37.15
39.			06.08.2009					+0,64	2:35.57		532
	50m:	32.58	32.58	100m:	1:10.82	38.24	150m:	1:58.38	47.56	200m:	2:35.57 37.19
40.			08.07.2009					+0,60	2:35.98		528
	50m:	32.58	32.58	100m:	1:13.20	40.62	150m:	1:58.22	45.02	200m:	2:35.98 37.76
41.			07.08.2010					+0,76	2:36.33		525
	50m:	33.21	33.21	100m:	1:14.34	41.13	150m:	1:59.44	45.10	200m:	2:36.33 36.89
42.			27.08.2011					+0,66	2:36.61		522
	50m:	32.55	32.55	100m:	1:12.29	39.74	150m:	2:00.40	48.11	200m:	2:36.61 36.21
43.			30.01.2012					+0,72	2:36.69		521
	50m:	33.18	33.18	100m:	1:13.35	40.17	150m:	2:00.19	46.84	200m:	2:36.69 36.50

		26,		, 200m				R.T.			
		/									
44.			28.03.2011	I				+0,56	2:36.81	I	520
	50m:	32.59	32.59	100m:	1:14.99	42.40	150m:	1:59.65	44.66	200m:	2:36.81
											37.16
45.			26.05.2011	I				+0,34	2:37.45	I	513
	50m:	32.24	32.24	100m:	1:14.09	41.85	150m:	1:59.87	45.78	200m:	2:37.45
											37.58
46.			15.07.2012	I				+0,47	2:37.52	I	513
	50m:	33.04	33.04	100m:	1:12.03	38.99	150m:	2:00.57	48.54	200m:	2:37.52
											36.95
47.			22.06.2011	I				+0,59	2:38.18	I	506
	50m:	32.60	32.60	100m:	1:14.69	42.09	150m:	1:59.83	45.14	200m:	2:38.18
											38.35
48.			21.12.2009	I				+0,70	2:39.62	I	493
	50m:	32.96	32.96	100m:	1:13.66	40.70	150m:	2:03.53	49.87	200m:	2:39.62
											36.09
49.			09.02.2012	I				+0,54	2:39.99	I	489
	50m:	34.79	34.79	100m:	1:14.80	40.01	150m:	2:04.56	49.76	200m:	2:39.99
											35.43
50.			27.11.2008	I				+0,60	2:40.33	I	486
	50m:	32.58	32.58	100m:	1:13.98	41.40	150m:	2:01.65	47.67	200m:	2:40.33
											38.68
51.			13.04.2012	I				+0,81	2:41.15	I	479
	50m:	32.95	32.95	100m:	1:13.68	40.73	150m:	2:03.69	50.01	200m:	2:41.15
											37.46
52.			04.06.2010	I				+0,26	2:41.16	I	479
	50m:	32.74	32.74	100m:	1:13.88	41.14	150m:	2:02.71	48.83	200m:	2:41.16
											38.45
53.			03.11.2012	I				+0,75	2:41.23	I	478
	50m:	37.55	37.55	100m:	1:18.83	41.28	150m:	2:05.08	46.25	200m:	2:41.23
											36.15
54.			05.02.2010	I				+0,59	2:42.93	I	463
	50m:	33.29	33.29	100m:	1:15.17	41.88	150m:	2:04.06	48.89	200m:	2:42.93
											38.87
55.			25.01.2011	I				+0,52	2:43.19	I	461
	50m:	35.20	35.20	100m:	1:18.62	43.42	150m:	2:05.36	46.74	200m:	2:43.19
											37.83
56.			05.10.2012	I				+0,69	2:44.27	I	452
	50m:	34.73	34.73	100m:	1:15.74	41.01	150m:	2:05.47	49.73	200m:	2:44.27
											38.80
57.			25.03.2011	I				+0,69	2:46.03	I	438
	50m:	34.71	34.71	100m:	1:19.24	44.53	150m:	2:09.62	50.38	200m:	2:46.03
											36.41
58.			14.07.2011	I				+0,63	2:46.28	I	436
	50m:	32.91	32.91	100m:	1:14.39	41.48	150m:	2:06.70	52.31	200m:	2:46.28
											39.58
59.		-	06.09.2011	I				+0,33	2:48.18	I	421
	50m:	37.34	37.34	100m:	1:22.37	45.03	150m:	2:10.39	48.02	200m:	2:48.18
											37.79
60.			09.04.2011	I				+0,69	2:48.42	I	419
	50m:	37.18	37.18	100m:	1:22.05	44.87	150m:	2:09.58	47.53	200m:	2:48.42
											38.84
61.			28.02.2012	I				+0,26	2:52.98	I	387
	50m:	34.96	34.96	100m:	1:19.59	44.63	150m:	2:12.49	52.90	200m:	2:52.98
											40.49
62.			03.08.2010	I				+0,57	2:58.97	I	349
	50m:	35.37	35.37	100m:	1:24.52	49.15	150m:	2:14.71	50.19	200m:	2:58.97
											44.26
DSQ			17.05.2012	I							

19.02.2026 - 13:04

, 400m

		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

		27, , 400m						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

		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		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		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		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		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		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		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		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		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		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		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						+0,31	4:18.52		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

		27, , 400m						R.T.			
50.		03.03.2011						+0,30	4:19.00		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						+0,34	4:20.10		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						+0,59	4:20.12		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		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		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		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						+0,55	4:22.18		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		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		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						+0,73	4:23.29		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						+0,35	4:23.42		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		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						+0,68	4:23.51		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		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		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						+0,55	4:24.28		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		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			

		27, , 400m											
		/				R.T.							
67.		12.10.2010				+0,30				4:25.19		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		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		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				+0,23				4:26.88		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		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				+0,51				4:28.39		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		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		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		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				+0,30				4:29.11		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		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				+0,60				4:29.43		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				+0,24				4:29.91		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				+0,26				4:30.44		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				+0,72				4:30.61		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				+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				+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	

		27, , 400m						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										

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19.02.2026 - 14:13

, 200m

		2:04.94						(ITA)		01.08.2009	
		2:08.02								14.05.2014	
: AQUA 2025											
R.T.											
1.			05.03.2007					+0,69	2:13.45		785
	50m:	31.26	31.26	100m:	1:05.18	33.92	150m:	1:39.34	34.16	200m:	2:13.45 34.11
2.			04.01.2010					+0,71	2:14.52		767
	50m:	31.18	31.18	100m:	1:04.97	33.79	150m:	1:39.46	34.49	200m:	2:14.52 35.06
3.			03.05.2000			-		+0,63	2:16.86		728
	50m:	31.94	31.94	100m:	1:06.79	34.85	150m:	1:42.30	35.51	200m:	2:16.86 34.56
4.			24.01.2006			-		+0,65	2:17.17		723
	50m:	31.70	31.70	100m:	1:05.66	33.96	200m:	2:17.17	1:11.51		
5.			30.11.2010					+0,64	2:18.88		697
	50m:	32.28	32.28	100m:	1:07.41	35.13	150m:	1:43.73	36.32	200m:	2:18.88 35.15
6.			14.03.2010			-		+0,64	2:19.06		694
	50m:	33.21	33.21	100m:	1:08.51	35.30	150m:	1:44.34	35.83	200m:	2:19.06 34.72
7.			21.02.2008					+0,70	2:21.66		656
	50m:	32.31	32.31	100m:	1:08.64	36.33	150m:	1:45.68	37.04	200m:	2:21.66 35.98
8.			04.08.2009					+0,66	2:21.86		654
	50m:	32.94	32.94	100m:	1:09.58	36.64	150m:	1:46.33	36.75	200m:	2:21.86 35.53
9.			25.04.2010			-		+0,76	2:22.21		649
	50m:	34.06	34.06	100m:	1:10.16	36.10	200m:	2:22.21	1:12.05		
10.			29.08.2007					+0,58	2:22.40		646
	50m:	32.15	32.15	100m:	1:07.12	34.97	150m:	1:44.36	37.24	200m:	2:22.40 38.04
11.			17.08.2011					+0,64	2:22.47		645
	50m:	33.15	33.15	100m:	1:09.62	36.47	150m:	1:46.98	37.36	200m:	2:22.47 35.49
12.			27.07.2011			-		+0,64	2:22.52		645
	50m:	33.21	33.21	100m:	1:09.76	36.55	150m:	1:45.94	36.18	200m:	2:22.52 36.58
13.			18.08.2008					+0,72	2:23.14		636
	50m:	32.16	32.16	100m:	1:08.79	36.63	150m:	1:46.10	37.31	200m:	2:23.14 37.04
14.			14.01.2011					+0,67	2:23.98		625
	50m:	33.15	33.15	100m:	1:09.75	36.60	150m:	1:46.88	37.13	200m:	2:23.98 37.10
15.			04.07.2010					+0,69	2:24.53		618
	50m:	33.05	33.05	100m:	1:10.15	37.10	150m:	1:47.76	37.61	200m:	2:24.53 36.77
16.			16.12.2011					+0,73	2:24.65		616
	50m:	32.89	32.89	100m:	1:09.07	36.18	150m:	1:46.68	37.61	200m:	2:24.65 37.97
17.			15.03.2007 I					+0,57	2:25.83		602
	50m:	33.34	33.34	100m:	1:09.77	36.43	150m:	1:47.50	37.73	200m:	2:25.83 38.33
18.			19.02.2008					+0,62	2:26.04		599
	50m:	33.42	33.42	100m:	1:10.68	37.26	150m:	1:48.36	37.68	200m:	2:26.04 37.68
19.			11.01.2007					+0,59	2:26.47		594
	50m:	33.92	33.92	100m:	1:11.14	37.22	150m:	1:49.14	38.00	200m:	2:26.47 37.33
20.			27.04.2012					+0,61	2:27.89		577
	50m:	33.69	33.69	100m:	1:11.40	37.71	150m:	1:50.08	38.68	200m:	2:27.89 37.81

		28, , 200m						R.T.			
21.			/						+0,70	2:27.93	576
	50m:	34.38	34.38	100m:	1:11.76	37.38	150m:	1:50.30	38.54	200m:	2:27.93 37.63
22.									+0,71	2:28.33	572
	50m:	34.11	34.11	100m:	1:11.59	37.48	150m:	1:50.18	38.59	200m:	2:28.33 38.15
23.									+0,65	2:28.61	568
	50m:	35.00	35.00	100m:	1:13.49	38.49	150m:	1:51.47	37.98	200m:	2:28.61 37.14
24.									+0,67	2:30.01	553
	50m:	35.70	35.70	100m:	1:14.53	38.83	150m:	1:53.45	38.92	200m:	2:30.01 36.56
25.									+0,75	2:30.52	547
	50m:	34.79	34.79	100m:	1:13.30	38.51	150m:	1:52.09	38.79	200m:	2:30.52 38.43
26.									+0,63	2:31.43	537
	50m:	34.49	34.49	100m:	1:13.77	39.28	150m:	1:53.61	39.84	200m:	2:31.43 37.82
27.									+0,64	2:31.44	537
	50m:	35.56	35.56	100m:	1:14.44	38.88	200m:	2:31.44	1:17.00		
28.									+0,71	2:32.74	524
	50m:	35.02	35.02	100m:	1:13.18	38.16	150m:	1:53.16	39.98	200m:	2:32.74 39.58
29.									+0,77	2:32.96	521
	50m:	35.07	35.07	100m:	1:14.77	39.70	150m:	1:53.62	38.85	200m:	2:32.96 39.34
30.									+0,58	2:33.57	515
	50m:	35.03	35.03	100m:	1:14.56	39.53	150m:	1:54.14	39.58	200m:	2:33.57 39.43
31.									+0,72	2:34.20	509
	50m:	35.29	35.29	100m:	1:15.20	39.91	150m:	1:55.15	39.95	200m:	2:34.20 39.05
32.									+0,64	2:35.29	498
	50m:	34.64	34.64	100m:	1:14.25	39.61	150m:	1:55.87	41.62	200m:	2:35.29 39.42
33.									+0,70	2:36.03	491
	50m:	35.55	35.55	100m:	1:15.71	40.16	150m:	1:56.61	40.90	200m:	2:36.03 39.42
34.									+0,63	2:36.41	487
	50m:	35.82	35.82	100m:	1:16.11	40.29	150m:	1:56.70	40.59	200m:	2:36.41 39.71
35.									+0,74	2:36.93	483
	100m:	1:17.16	1:17.16	200m:	2:36.93	1:19.77					
36.									+0,67	2:36.94	483
	50m:	36.42	36.42	100m:	1:16.04	39.62	150m:	1:56.50	40.46	200m:	2:36.94 40.44
37.									+0,71	2:38.27	470
	50m:	35.49	35.49	100m:	1:15.63	40.14	150m:	1:56.86	41.23	200m:	2:38.27 41.41
38.									+0,78	2:39.27	462
	50m:	37.66	37.66	100m:	1:19.23	41.57	150m:	2:00.11	40.88	200m:	2:39.27 39.16
39.									+0,81	2:40.32	453
	50m:	35.94	35.94	100m:	1:15.89	39.95	150m:	1:58.89	43.00	200m:	2:40.32 41.43
40.									+0,70	2:43.95	423
	50m:	37.83	37.83	100m:	1:20.31	42.48	150m:	2:03.01	42.70	200m:	2:43.95 40.94
41.									+0,82	2:44.80	417
	50m:	36.89	36.89	100m:	1:19.71	42.82	150m:	2:03.77	44.06	200m:	2:44.80 41.03
DSQ											

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19.02.2026 - 14:35

, 100m

		51.82				-1		26.07.2023	
		52.08				-1		28.07.2024	
: AQUA 2025									
						R.T.			
1.			25.04.2006	-		+0,60	54.27		859
	50m:	26.07	26.07	100m:	54.27	28.20			
2.			05.02.2006	-		+0,61	54.37		854
	50m:	26.25	26.25	100m:	54.37	28.12			
			27.08.2008				+0,61	54.37	854
	50m:	26.29	26.29	100m:	54.37	28.08			
4.			27.07.2001				+0,64	54.98	826
	50m:	26.45	26.45	100m:	54.98	28.53			
5.			18.12.2003	-		+0,66	55.23		815
	50m:	26.97	26.97	100m:	55.23	28.26			
6.			25.07.2007				+0,62	55.52	802
	50m:	27.22	27.22	100m:	55.52	28.30			
7.			10.08.2009				+0,60	56.10	778
	50m:	26.90	26.90	100m:	56.10	29.20			
8.			06.03.2008				+0,63	56.25	771
	50m:	26.86	26.86	100m:	56.25	29.39			
9.			28.04.2001				+0,63	56.58	758
	50m:	27.02	27.02	100m:	56.58	29.56			
10.			09.01.2006	-		+0,58	56.68		754
	50m:	27.24	27.24	100m:	56.68	29.44			
11.			08.07.2005				+0,62	56.79	750
	50m:	26.87	26.87	100m:	56.79	29.92			
12.			27.01.2005				+0,64	56.90	745
	50m:	27.41	27.41	100m:	56.90	29.49			
13.			03.07.2004				+0,59	57.21	733
	50m:	27.63	27.63	100m:	57.21	29.58			
14.			19.10.2007				+0,65	57.73	714
	50m:	27.41	27.41	100m:	57.73	30.32			
15.			21.01.2009	-		+0,59	57.88		708
	50m:	28.37	28.37	100m:	57.88	29.51			
16.			17.12.2008				+0,61	57.90	707
	50m:	27.86	27.86	100m:	57.90	30.04			
17.			06.01.2007	-		+0,67	57.92		707
	50m:	27.65	27.65	100m:	57.92	30.27			
18.			12.04.2010				+0,58	58.02	703
	50m:	28.00	28.00	100m:	58.02	30.02			
19.			17.11.2004				+0,64	58.10	700
	50m:	28.06	28.06	100m:	58.10	30.04			
20.			24.03.2008				+0,67	58.74	677
	50m:	28.06	28.06	100m:	58.74	30.68			

29, , 100m						R.T.		
21.		/				+0,58	58.78	676
	50m:	28.34	28.34	100m:	58.78	30.44		
22.						+0,59	59.19	662
	50m:	28.41	28.41	100m:	59.19	30.78		
						+0,67	59.19	662
	50m:	28.71	28.71	100m:	59.19	30.48		
24.						+0,56	59.22	661
	50m:	28.10	28.10	100m:	59.22	31.12		
						+0,66	59.22	661
	50m:	27.97	27.97	100m:	59.22	31.25		
26.						+0,59	59.33	657
	50m:	28.48	28.48	100m:	59.33	30.85		
27.						+0,58	59.44	654
	50m:	28.64	28.64	100m:	59.44	30.80		
28.						+0,62	59.47	653
	50m:	29.08	29.08	100m:	59.47	30.39		
29.						+0,59	59.49	652
	50m:	28.53	28.53	100m:	59.49	30.96		
						+0,56	59.49	652
	50m:	29.18	29.18	100m:	59.49	30.31		
31.						+0,64	59.80	642
	50m:	28.46	28.46	100m:	59.80	31.34		
32.						+0,54	1:00.04	634
	50m:	28.87	28.87	100m:	1:00.04	31.17		
33.						+0,59	1:00.07	633
	50m:	29.85	29.85	100m:	1:00.07	30.22		
34.						+0,54	1:00.09	633
	50m:	28.84	28.84	100m:	1:00.09	31.25		
35.						+0,55	1:00.13	631
	50m:	28.29	28.29	100m:	1:00.13	31.84		
36.						+0,66	1:00.23	628
	50m:	29.18	29.18	100m:	1:00.23	31.05		
37.						+0,63	1:00.27	627
	50m:	28.97	28.97	100m:	1:00.27	31.30		
38.						+0,63	1:00.29	626
	50m:	28.60	28.60	100m:	1:00.29	31.69		
39.						+0,84	1:00.34	625
	50m:	29.35	29.35	100m:	1:00.34	30.99		
40.						+0,63	1:00.80	611
	50m:	29.37	29.37	100m:	1:00.80	31.43		
41.						+0,65	1:00.81	610
	50m:	28.95	28.95	100m:	1:00.81	31.86		
42.						+0,69	1:00.87	609
	50m:	29.19	29.19	100m:	1:00.87	31.68		
						+0,61	1:00.87	609
	50m:	28.80	28.80	100m:	1:00.87	32.07		

		29,		, 100m			R.T.		
44.			/				+0,54	1:00.89	608
	50m:	29.28	29.28	100m:	1:00.89	31.61			
45.							+0,57	1:01.20	599
	50m:	29.10	29.10	100m:	1:01.20	32.10			
46.							+0,63	1:01.22	598
	50m:	29.70	29.70	100m:	1:01.22	31.52			
47.							+0,55	1:01.23	598
	50m:	29.10	29.10	100m:	1:01.23	32.13			
48.							+0,68	1:01.29	596
	50m:	29.66	29.66	100m:	1:01.29	31.63			
49.							+0,59	1:01.53	589
	50m:	29.35	29.35	100m:	1:01.53	32.18			
50.							+0,65	1:01.58	588
	50m:	30.00	30.00	100m:	1:01.58	31.58			
51.							+0,69	1:01.71	584
	50m:	29.17	29.17	100m:	1:01.71	32.54			
52.							+0,64	1:01.77	582
	50m:	29.67	29.67	100m:	1:01.77	32.10			
53.							+0,57	1:01.80	582
	50m:	29.72	29.72	100m:	1:01.80	32.08			
54.							+0,62	1:01.87	580
	50m:	29.20	29.20	100m:	1:01.87	32.67			
55.							+0,63	1:01.90	579
	50m:	29.66	29.66	100m:	1:01.90	32.24			
56.							+0,59	1:02.04	575
	50m:	29.59	29.59	100m:	1:02.04	32.45			
57.							+0,58	1:02.14	572
	50m:	30.16	30.16	100m:	1:02.14	31.98			
58.							+0,61	1:02.30	568
	50m:	29.91	29.91	100m:	1:02.30	32.39			
59.							+0,55	1:02.71	557
	50m:	30.79	30.79	100m:	1:02.71	31.92			
60.							+0,72	1:02.73	556
	50m:	30.26	30.26	100m:	1:02.73	32.47			
61.							+0,61	1:02.83	553
	50m:	30.96	30.96	100m:	1:02.83	31.87			
62.							+0,69	1:03.03	548
	50m:	30.56	30.56	100m:	1:03.03	32.47			
63.							+0,65	1:03.06	547
	50m:	30.47	30.47	100m:	1:03.06	32.59			
64.							+0,71	1:03.22	543
	50m:	30.16	30.16	100m:	1:03.22	33.06			
							+0,66	1:03.22	543
	50m:	30.26	30.26	100m:	1:03.22	32.96			
66.							+0,58	1:03.36	540
	50m:	30.22	30.22	100m:	1:03.36	33.14			

		29, , 100m				R.T.			
67.		/	04.08.2010	I		+0,67	1:03.37	I	539
	50m:	31.16	31.16	100m:	1:03.37				
68.		/	25.10.2010	I		+0,56	1:03.59	I	534
	50m:	30.11	30.11	100m:	1:03.59				
69.		/	15.03.2011			+0,63	1:03.65	I	532
	50m:	30.24	30.24	100m:	1:03.65				
70.		/	15.06.2010			+0,65	1:03.74	I	530
	50m:	30.67	30.67	100m:	1:03.74				
71.		/	07.04.2011			+0,69	1:03.86	I	527
	50m:	31.22	31.22	100m:	1:03.86				
72.		/	11.06.2011			+0,67	1:03.90	I	526
	50m:	29.94	29.94	100m:	1:03.90				
73.		/	30.04.2009			+0,59	1:03.91	I	526
	50m:	30.37	30.37	100m:	1:03.91				
74.		/	06.04.2009			+0,63	1:04.28	I	517
	50m:	30.40	30.40	100m:	1:04.28				
75.		/	02.02.2009	I		+0,71	1:04.53	I	511
	50m:	30.98	30.98	100m:	1:04.53				
76.		/	28.01.2011	I		+0,71	1:04.70	I	507
	50m:	31.16	31.16	100m:	1:04.70				
77.		/	01.04.2010	I		+0,73	1:04.82	I	504
	50m:	31.56	31.56	100m:	1:04.82				
78.		/	31.08.2010	I		+0,61	1:04.89	I	502
	50m:	31.26	31.26	100m:	1:04.89				
79.		/	25.01.2011	I		+0,68	1:05.45	I	490
	50m:	31.97	31.97	100m:	1:05.45				
		/	14.12.2011	I		+0,57	1:05.45	I	490
	50m:	31.07	31.07	100m:	1:05.45				
81.		/	04.03.2010	I		+0,67	1:05.48	I	489
	50m:	31.25	31.25	100m:	1:05.48				
82.		/	17.11.2009	I		+0,66	1:05.95	I	478
		/	27.12.2008	I		+0,56	1:05.95	I	478
	50m:	31.94	31.94	100m:	1:05.95				
84.		/	16.04.2010	I		+0,72	1:07.03		456
	50m:	32.34	32.34	100m:	1:07.03				
85.		/	31.05.2010	I		+0,62	1:07.16		453
	50m:	32.88	32.88	100m:	1:07.16				
86.		/	19.10.2010	I		+0,67	1:07.88		439
	50m:	32.50	32.50	100m:	1:07.88				
87.		/	13.02.2010	I		+0,67	1:07.99		437
	50m:	31.93	31.93	100m:	1:07.99				
88.		/	28.11.2009			+0,68	1:08.29		431
	50m:	32.45	32.45	100m:	1:08.29				
89.		/	24.03.2010	I		+0,59	1:08.52		427
	50m:	31.21	31.21	100m:	1:08.52				



РУЗА

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

КУБОК по плаванию РОССИИ

18-19
ФЕВРАЛЯ
2026

1 ЭТАП

29, , 100m ,

DSQ

/
05.02.2009

R.T.

Спонсоры соревнований:



30
19.02.2026 - 15:01

, 100m

		56.42			RUS	(SGP)	27.07.2025	
		57.96					04.04.2021	
: AQUA 2025								
		/				R.T.		
1.			11.02.2005			+0,66	59.30	805
	50m:	27.52	27.52	100m:	59.30	31.78		
2.			01.04.2006		-	+0,24	1:00.82	746
	50m:	28.28	28.28	100m:	1:00.82	32.54		
3.			28.12.2008			+0,21	1:01.26	730
	50m:	28.34	28.34	100m:	1:01.26	32.92		
4.			15.01.2008			+0,51	1:01.86	709
	50m:	28.98	28.98	100m:	1:01.86	32.88		
5.			10.03.2000			+0,60	1:01.90	708
	50m:	28.35	28.35	100m:	1:01.90	33.55		
6.			06.06.2006		-	+0,58	1:02.31	694
	50m:	28.60	28.60	100m:	1:02.31	33.71		
7.			28.04.2006		-	+0,27	1:02.51	687
	50m:	28.47	28.47	100m:	1:02.51	34.04		
8.			06.10.2007		-	+0,27	1:02.59	685
	50m:	28.58	28.58	100m:	1:02.59	34.01		
9.			21.06.2006			+0,26	1:03.45	657
	50m:	29.03	29.03	100m:	1:03.45	34.42		
10.			03.04.2008			+0,71	1:03.52	655
	50m:	29.16	29.16	100m:	1:03.52	34.36		
11.			05.10.2007			+0,60	1:04.21	634
	50m:	29.62	29.62	100m:	1:04.21	34.59		
12.			13.04.2010			+0,62	1:04.47	627
	50m:	29.59	29.59	100m:	1:04.47	34.88		
13.			01.06.2011				1:04.58	623
	50m:	29.87	29.87	100m:	1:04.58	34.71		
14.			16.03.2010		-	+0,25	1:04.67	621
	50m:	29.88	29.88	100m:	1:04.67	34.79		
15.			12.01.2009			+0,72	1:04.70	620
	50m:	30.16	30.16	100m:	1:04.70	34.54		
16.			09.03.2012			+0,31	1:05.09	609
	50m:	29.23	29.23	100m:	1:05.09	35.86		
17.			29.04.2009			+0,69	1:05.48	598
	50m:	30.51	30.51	100m:	1:05.48	34.97		
18.			04.07.2007			+0,67	1:05.73	591
	50m:	30.77	30.77	100m:	1:05.73	34.96		
19.			06.02.2010			+0,68	1:05.86	588
	50m:	30.10	30.10	100m:	1:05.86	35.76		
20.			29.12.2007			+0,65	1:05.90	587
	50m:	29.99	29.99	100m:	1:05.90	35.91		

	30,		, 100m				R.T.	
21.		/						
		20.06.2010						
50m:	29.94	29.94	100m:	1:05.92	35.98	-	+0,25	1:05.92 586
22.		27.03.2009						
50m:	29.66	29.66	100m:	1:06.09	36.43		+0,55	1:06.09 582
23.		18.05.2010						
50m:	29.45	29.45	100m:	1:06.26	36.81		+0,26	1:06.26 577
24.		11.11.2003						
50m:	29.53	29.53	100m:	1:07.19	37.66	-	+0,71	1:07.19 553
25.		18.03.2010						
50m:	30.99	30.99	100m:	1:07.42	36.43	-	+0,61	1:07.42 548
26.		10.03.2011						
50m:	30.86	30.86	100m:	1:08.64	37.78		+0,54	1:08.64 519
27.		19.11.2009						
50m:	30.81	30.81	100m:	1:09.07	38.26		+0,60	1:09.07 509
28.		16.03.2007						
50m:	31.31	31.31	100m:	1:11.02	39.71		+0,68	1:11.02 469
29.		05.08.2012						
50m:	32.09	32.09	100m:	1:11.37	39.28		+0,70	1:11.37 462
30.		15.07.2012						
50m:	32.76	32.76	100m:	1:11.63	38.87		+0,26	1:11.63 457
31.		04.08.2010						
50m:	32.00	32.00	100m:	1:11.97	39.97		+0,62	1:11.97 450
32.		13.04.2012						
50m:	32.62	32.62	100m:	1:12.32	39.70		+0,79	1:12.32 444
33.		17.10.2007						
50m:	32.01	32.01	100m:	1:12.91	40.90		+0,64	1:12.91 433
34.		01.11.2011						
50m:	34.43	34.43	100m:	1:13.61	39.18		+0,70	1:13.61 421
35.		23.07.2009						
50m:	34.62	34.62	100m:	1:13.70	39.08		+0,21	1:13.70 419
36.		12.01.2010						
50m:	35.27	35.27	100m:	1:18.12	42.85		+0,58	1:18.12 352

31
19.02.2026 - 15:11

, 50m

22.62
23.05

19.04.2023
28.10.2020

: AQUA 2025

R.T.

1.	06.02.2004	-		23.01	906
2.	06.05.1992	-		23.45	856
3.	24.05.2005	-	+0,64	23.73	826
4.	05.08.1998	-	+0,21	23.75	824
5.	26.08.1998	-	+0,53	23.88	811
6.	23.03.2002	-	+0,63	23.92	807
7.	10.01.2000	-	+0,56	23.93	805
8.	05.03.2009	-		24.10	789
9.	18.09.2003	-	+0,24	24.14	785
10.	21.04.2000	-	+0,28	24.31	768
11.	12.05.2005	-	+0,58	24.49	751
12.	24.08.2008	-	+0,30	24.68	734
13.	11.02.2002	-	+0,52	24.72	731
14.	05.12.2006	-	+0,55	24.77	726
15.	13.09.2006	-	+0,21	24.78	725
16.	10.06.2004	-	+0,66	24.83	721
17.	17.12.2003	-	+0,56	24.85	719
18.	22.11.2005	-	+0,23	24.86	718
19.	03.12.2007	-	+0,59	24.92	713
20.	26.01.2009	-	+0,55	24.93	712
	16.01.2009	-	+0,52	24.93	712
22.	09.02.2006	-	+0,21	24.94	711
23.	05.12.1995	-	+0,21	24.97	709
24.	12.04.2006	-	+0,60	25.00	706
25.	16.04.2008	-	+0,57	25.01	706
26.	30.06.2008	-	+0,52	25.10	698
27.	25.01.2006	-	+0,55	25.24	686
28.	13.09.2006	-	+0,53	25.33	679
	03.06.2007	-		25.33	679
30.	30.10.2008	-	+0,24	25.41	673
31.	07.02.2007	-	+0,59	25.45	670
32.	09.07.2006	-	+0,25	25.48	667
33.	16.07.2009	-	+0,22	25.54	662
34.	29.05.2005	-	+0,23	25.59	659
35.	16.06.2010	-	+0,22	25.67	652
36.	20.01.2006	-	+0,55	25.80	643
37.	14.07.2010	-	+0,60	25.81	642
	05.01.2007	-	+0,59	25.81	642
39.	11.02.2008	-	+0,51	25.90	635
40.	19.03.2006	-	+0,68	26.10	621
41.	11.09.2008	-	+0,54	26.19	614
42.	13.06.2007	-	+0,22	26.21	613
43.	11.12.2007	-	+0,56	26.24	611
44.	22.02.2007	-	+0,26	26.26	609
45.	25.11.2007	-	+0,53	26.36	603

31, , 50m ,

			R.T.		
45.	10.03.2010	-	+0,54	26.36	603
47.	10.12.1997		+0,24	26.52	592
48.	02.01.2004		+0,23	26.59	587
	24.02.2009		+0,21	26.59	587
50.	07.04.2009		+0,56	26.68	581
51.	30.04.2008		+0,39	26.73	578
	15.10.2007		+0,60	26.73	578
53.	11.01.2010		+0,55	26.74	577
54.	09.01.2010		+0,56	26.81	573
55.	29.03.2009		+0,60	26.82	572
56.	11.12.2008			26.87	569
57.	10.01.2009		+0,23	26.88	568
58.	26.04.2009		+0,23	26.91	566
	25.03.2011		+0,66	26.91	566
60.	30.03.2005		+0,24	26.94	564
61.	21.10.2008		+0,49	26.95	564
62.	24.02.2007		+0,65	26.99	561
63.	08.05.2010		+0,25	27.08	556
	23.05.2012		+0,32	27.08	556
65.	12.02.2010		+0,58	27.31	542
66.	23.03.2009		+0,50	27.33	541
67.	14.06.2007		+0,50	27.37	538
68.	14.03.2010		+0,57	27.38	538
69.	14.01.2008		+0,53	27.41	536
70.	05.02.2010		+0,28	27.43	535
71.	11.04.2009		+0,30	27.54	528
72.	17.06.2009			27.64	523
73.	16.01.2009		+0,22	27.86	510
74.	29.04.2009		+0,23	27.87	510
75.	30.06.2011		+0,65	28.02	502
76.	24.04.2009		+0,61	28.14	495
77.	09.06.2008		+0,32	28.20	492
78.	11.01.2010			28.22	491
79.	13.02.2009		+0,23	28.34	485
80.	23.08.2008			28.56	474
81.	24.03.2010		+0,77	28.57	473
82.	29.01.2010		+0,66	28.59	472
83.	08.03.2010	-	+0,74	28.71	466
84.	09.09.2012		+0,39	28.92	456
85.	31.05.2010		+0,26	29.22	442
86.	27.05.2012		+0,50	29.38	435
	31.05.2011		+0,68	29.38	435
88.	04.07.2010	-	+0,21	29.41	434
89.	13.10.2010		+0,28	29.85	415
DNS	12.07.2011				
DNS	01.02.2008				

32
19.02.2026 - 15:44

, 800m

		8:18.77						(JPN)		29.07.2021		
		8:24.93								14.04.2025		
: AQUA 2025												
		/						R.T.				
1.		10.03.2011						+0,59		8:53.72		749
	50m:	29.83	29.83	250m:	2:43.21	33.46	450m:	4:58.24	33.61	650m:	7:14.07	33.46
	100m:	1:02.95	33.12	300m:	3:17.13	33.92	500m:	5:32.43	34.19	700m:	7:48.11	34.04
	150m:	1:36.23	33.28	350m:	3:50.75	33.62	550m:	6:06.35	33.92	750m:	8:21.10	32.99
	200m:	2:09.75	33.52	400m:	4:24.63	33.88	600m:	6:40.61	34.26	800m:	8:53.72	32.62
2.		16.05.2008						+0,25		9:01.50		717
	50m:	30.70	30.70	250m:	2:46.49	33.45	450m:	5:02.24	33.63	650m:	7:18.10	34.25
	100m:	1:04.99	34.29	300m:	3:20.70	34.21	500m:	5:36.02	33.78	700m:	7:52.93	34.83
	150m:	1:38.76	33.77	350m:	3:54.51	33.81	550m:	6:09.74	33.72	750m:	8:27.16	34.23
	200m:	2:13.04	34.28	400m:	4:28.61	34.10	600m:	6:43.85	34.11	800m:	9:01.50	34.34
3.		21.07.2008						+0,27		9:02.32		714
	50m:	31.00	31.00	250m:	2:47.57	33.88	450m:	5:04.32	33.91	650m:	7:21.52	33.99
	100m:	1:05.80	34.80	300m:	3:22.05	34.48	500m:	5:38.97	34.65	700m:	7:55.91	34.39
	150m:	1:39.76	33.96	350m:	3:55.86	33.81	550m:	6:13.04	34.07	750m:	8:29.41	33.50
	200m:	2:13.69	33.93	400m:	4:30.41	34.55	600m:	6:47.53	34.49	800m:	9:02.32	32.91
4.		31.05.2007						+0,58		9:03.69		708
	50m:	30.21	30.21	250m:	2:44.30	33.34	450m:	5:01.39	34.18	650m:	7:20.92	34.52
	100m:	1:03.61	33.40	300m:	3:19.05	34.75	500m:	5:36.49	35.10	700m:	7:56.39	35.47
	150m:	1:36.73	33.12	350m:	3:52.71	33.66	550m:	6:10.89	34.40	750m:	8:30.68	34.29
	200m:	2:10.96	34.23	400m:	4:27.21	34.50	600m:	6:46.40	35.51	800m:	9:03.69	33.01
5.		03.02.2012						+0,61		9:06.11		699
	50m:	31.16	31.16	250m:	2:48.49	33.94	450m:	5:06.21	34.17	650m:	7:24.46	34.36
	100m:	1:05.67	34.51	300m:	3:23.10	34.61	500m:	5:41.09	34.88	700m:	7:59.25	34.79
	150m:	1:39.73	34.06	350m:	3:57.39	34.29	550m:	6:15.30	34.21	750m:	8:32.78	33.53
	200m:	2:14.55	34.82	400m:	4:32.04	34.65	600m:	6:50.10	34.80	800m:	9:06.11	33.33
6.		12.09.2005						+0,22		9:06.86		696
	50m:	29.28	29.28	250m:	2:45.48	34.35	450m:	6:15.35	1:44.53	650m:	8:34.11	1:43.69
	100m:	1:02.53	33.25	300m:	3:20.52	35.04	500m:	5:40.59		700m:	7:59.88	
	150m:	1:36.49	33.96	350m:	3:55.34	34.82	550m:	7:24.78	1:44.19	800m:	9:06.86	1:06.98
	200m:	2:11.13	34.64	400m:	4:30.82	35.48	600m:	6:50.42				
7.		13.09.2005						+0,77		9:07.60		693
	50m:	31.61	31.61	250m:	2:49.98	34.39	450m:	5:08.69	34.66	650m:	7:26.72	34.16
	100m:	1:06.69	35.08	300m:	3:24.77	34.79	500m:	5:43.52	34.83	700m:	8:01.52	34.80
	150m:	1:41.03	34.34	350m:	3:59.30	34.53	550m:	6:17.56	34.04	750m:	8:35.05	33.53
	200m:	2:15.59	34.56	400m:	4:34.03	34.73	600m:	6:52.56	35.00	800m:	9:07.60	32.55
8.		02.11.2007						+0,62		9:09.84		685
	50m:	30.45	30.45	250m:	2:47.84	34.25	450m:	5:06.37	34.58	650m:	7:25.45	34.63
	100m:	1:04.85	34.40	300m:	3:22.76	34.92	500m:	5:41.15	34.78	700m:	8:00.87	35.42
	150m:	1:38.91	34.06	350m:	3:57.25	34.49	550m:	6:15.45	34.30	750m:	8:35.69	34.82
	200m:	2:13.59	34.68	400m:	4:31.79	34.54	600m:	6:50.82	35.37	800m:	9:09.84	34.15
9.		06.08.2009						+0,63		9:10.18		684
	50m:	31.66	31.66	250m:	2:50.88	35.01	450m:	5:10.82	34.51	650m:	7:30.11	34.86
	100m:	1:06.39	34.73	300m:	3:26.17	35.29	500m:	5:45.76	34.94	700m:	8:04.61	34.50
	150m:	1:40.87	34.48	350m:	4:01.13	34.96	550m:	6:20.35	34.59	750m:	8:38.13	33.52
	200m:	2:15.87	35.00	400m:	4:36.31	35.18	600m:	6:55.25	34.90	800m:	9:10.18	32.05
10.		16.03.2007						+0,62		9:12.48		675
	50m:	1:39.90	1:39.90	250m:	3:59.64	1:44.70	450m:	6:19.53	1:44.78	650m:	8:39.30	1:44.94
	100m:	1:05.73		300m:	3:24.43		500m:	5:44.84		700m:	8:04.82	
	150m:	2:49.39	1:43.66	350m:	5:09.71	1:45.28	550m:	7:29.58	1:44.74	800m:	9:12.48	1:07.66
	200m:	2:14.94		400m:	4:34.75		600m:	6:54.36				

		32,		, 800m				R.T.				
11.		17.08.2009				+0,62		9:14.88	666			
	50m:	30.56	30.56	250m:	2:48.64	34.61	450m:	5:07.74	34.82	650m:	7:30.15	35.56
	100m:	1:05.01	34.45	300m:	3:23.23	34.59	500m:	5:42.69	34.95	700m:	8:06.04	35.89
	150m:	1:39.47	34.46	350m:	3:58.01	34.78	550m:	6:18.26	35.57	750m:	8:40.62	34.58
	200m:	2:14.03	34.56	400m:	4:32.92	34.91	600m:	6:54.59	36.33	800m:	9:14.88	34.26
12.		08.10.2011				+0,61		9:19.20	651			
	50m:	31.01	31.01	250m:	2:51.80	35.25	450m:	5:13.39	35.21	650m:	7:34.78	35.24
	100m:	1:06.09	35.08	300m:	3:27.84	36.04	500m:	5:48.82	35.43	700m:	8:10.34	35.56
	150m:	1:40.98	34.89	350m:	4:02.67	34.83	550m:	6:24.08	35.26	750m:	8:45.23	34.89
	200m:	2:16.55	35.57	400m:	4:38.18	35.51	600m:	6:59.54	35.46	800m:	9:19.20	33.97
13.		07.02.2012				+0,31		9:19.28	651			
	50m:	30.72	30.72	250m:	2:49.68	34.66	450m:	5:10.23	35.43	650m:	7:33.86	35.35
	100m:	1:05.40	34.68	300m:	3:24.72	35.04	500m:	5:46.37	36.14	700m:	8:10.10	36.24
	150m:	1:40.00	34.60	350m:	3:59.33	34.61	550m:	6:22.06	35.69	750m:	8:44.98	34.88
	200m:	2:15.02	35.02	400m:	4:34.80	35.47	600m:	6:58.51	36.45	800m:	9:19.28	34.30
14.		06.11.2011				+0,68		9:20.07	648			
	50m:	30.32	30.32	250m:	2:45.77	34.12	450m:	5:08.06	35.58	650m:	7:32.66	36.16
	100m:	1:04.03	33.71	300m:	3:21.23	35.46	500m:	5:44.17	36.11	700m:	8:08.89	36.23
	150m:	1:37.45	33.42	350m:	3:56.74	35.51	550m:	6:20.28	36.11	750m:	8:44.79	35.90
	200m:	2:11.65	34.20	400m:	4:32.48	35.74	600m:	6:56.50	36.22	800m:	9:20.07	35.28
15.		13.12.2011				+0,28		9:20.48	647			
	50m:	30.11	30.11	250m:	2:49.29	34.82	450m:	5:10.64	35.22	650m:	7:34.01	35.60
	100m:	1:04.67	34.56	300m:	3:24.51	35.22	500m:	5:46.60	35.96	700m:	8:10.17	36.16
	150m:	1:39.20	34.53	350m:	3:59.78	35.27	550m:	6:22.14	35.54	750m:	8:45.68	35.51
	200m:	2:14.47	35.27	400m:	4:35.42	35.64	600m:	6:58.41	36.27	800m:	9:20.48	34.80
16.		30.10.2009				+0,60		9:20.83	645			
	50m:	31.26	31.26	250m:	2:50.16	35.08	450m:	5:11.19	35.26	650m:	7:34.50	35.63
	100m:	1:05.63	34.37	300m:	3:25.10	34.94	500m:	5:46.92	35.73	700m:	8:10.42	35.92
	150m:	1:40.33	34.70	350m:	4:00.42	35.32	550m:	6:22.68	35.76	750m:	8:45.92	35.50
	200m:	2:15.08	34.75	400m:	4:35.93	35.51	600m:	6:58.87	36.19	800m:	9:20.83	34.91
17.		24.07.2009						9:21.54	643			
	50m:	31.50	31.50	250m:	2:51.11	35.14	450m:	5:13.77	35.58	650m:	7:36.44	35.39
	100m:	1:06.17	34.67	300m:	3:26.70	35.59	500m:	5:49.82	36.05	700m:	8:12.23	35.79
	150m:	1:40.92	34.75	350m:	4:02.23	35.53	550m:	6:25.11	35.29	750m:	8:47.45	35.22
	200m:	2:15.97	35.05	400m:	4:38.19	35.96	600m:	7:01.05	35.94	800m:	9:21.54	34.09
18.		13.08.2010				+0,70		9:22.47	640			
	50m:	30.38	30.38	250m:	2:51.36	35.61	450m:	5:14.59	35.63	650m:	7:38.08	35.92
	100m:	1:04.98	34.60	300m:	3:27.41	36.05	500m:	5:50.57	35.98	700m:	8:14.31	36.23
	150m:	1:40.15	35.17	350m:	4:02.88	35.47	550m:	6:26.03	35.46	750m:	8:48.48	34.17
	200m:	2:15.75	35.60	400m:	4:38.96	36.08	600m:	7:02.16	36.13	800m:	9:22.47	33.99
19.		18.02.2006				+0,55		9:23.63	636			
	50m:	31.32	31.32	250m:	2:50.37	34.76	450m:	5:11.46	34.89	650m:	7:35.71	36.12
	100m:	1:05.85	34.53	300m:	3:25.82	35.45	500m:	5:47.67	36.21	700m:	8:12.21	36.50
	150m:	1:40.42	34.57	350m:	4:00.77	34.95	550m:	6:23.11	35.44	750m:	8:48.09	35.88
	200m:	2:15.61	35.19	400m:	4:36.57	35.80	600m:	6:59.59	36.48	800m:	9:23.63	35.54
20.		17.12.2009				+0,68		9:23.67	636			
	50m:	31.94	31.94	250m:	2:53.25	35.43	450m:	5:15.16	35.40	650m:	7:38.21	35.60
	100m:	1:07.24	35.30	300m:	3:28.61	35.36	500m:	5:50.83	35.67	700m:	8:14.07	35.86
	150m:	1:42.28	35.04	350m:	4:03.95	35.34	550m:	6:26.43	35.60	750m:	8:49.39	35.32
	200m:	2:17.82	35.54	400m:	4:39.76	35.81	600m:	7:02.61	36.18	800m:	9:23.67	34.28
21.		20.11.2009				+0,32		9:26.05	628			
	50m:	31.82	31.82	250m:	2:54.21	35.60	450m:	5:18.29	35.93	650m:	7:42.15	35.59
	100m:	1:07.22	35.40	300m:	3:30.54	36.33	500m:	5:54.22	35.93	700m:	8:18.30	36.15
	150m:	1:42.56	35.34	350m:	4:06.31	35.77	550m:	6:30.20	35.98	750m:	8:53.25	34.95
	200m:	2:18.61	36.05	400m:	4:42.36	36.05	600m:	7:06.56	36.36	800m:	9:26.05	32.80

		32,		, 800m				R.T.				
22.		08.03.2010						+0,60	9:26.16	627		
	50m:	32.55	32.55	250m:	2:54.03	35.47	450m:	5:18.08	35.52	650m:	8:53.00	1:46.52
	100m:	1:07.53	34.98	300m:	3:30.21	36.18	500m:	5:54.48	36.40	700m:	8:18.04	
	150m:	1:42.79	35.26	350m:	4:06.26	36.05	550m:	7:42.03	1:47.55	800m:	9:26.16	1:08.12
	200m:	2:18.56	35.77	400m:	4:42.56	36.30	600m:	7:06.48				
23.		26.04.2010						+0,77	9:27.27	624		
	50m:	31.65	31.65	250m:	2:51.74	34.84	450m:	5:14.34	35.26	700m:	8:15.80	1:12.85
	100m:	1:06.77	35.12	300m:	3:27.61	35.87	500m:	5:50.29	35.95	800m:	9:27.27	1:11.47
	150m:	1:41.80	35.03	350m:	4:03.08	35.47	550m:	6:26.76	36.47			
	200m:	2:16.90	35.10	400m:	4:39.08	36.00	600m:	7:02.95	36.19			
24.		26.08.2010						+0,90	9:27.50	623		
	50m:	31.92	31.92	250m:	2:51.27	34.96	450m:	5:13.91	36.06	650m:	7:39.29	36.41
	100m:	1:06.61	34.69	300m:	3:26.63	35.36	500m:	5:50.10	36.19	700m:	8:15.82	36.53
	150m:	1:41.25	34.64	350m:	4:02.00	35.37	550m:	6:26.29	36.19	750m:	8:51.98	36.16
	200m:	2:16.31	35.06	400m:	4:37.85	35.85	600m:	7:02.88	36.59	800m:	9:27.50	35.52
25.		17.01.2012						+0,31	9:30.19	614		
	50m:	32.31	32.31	250m:	2:53.69	35.84	450m:	5:17.03	35.98	700m:	8:19.13	1:12.97
	100m:	1:07.18	34.87	300m:	3:29.39	35.70	500m:	5:53.11	36.08	800m:	9:30.19	1:11.06
	150m:	1:42.21	35.03	350m:	4:04.98	35.59	550m:	6:29.65	36.54			
	200m:	2:17.85	35.64	400m:	4:41.05	36.07	600m:	7:06.16	36.51			
26.		23.12.2009						+0,65	9:32.86	606		
	50m:	30.85	30.85	250m:	2:51.23	34.97	450m:	5:15.56	36.11	650m:	7:43.14	35.50
	100m:	1:05.79	34.94	300m:	3:27.27	36.04	500m:	5:52.79	37.23	700m:	8:20.76	37.62
	150m:	1:40.57	34.78	350m:	4:02.69	35.42	550m:	6:30.05	37.26	750m:	8:57.29	36.53
	200m:	2:16.26	35.69	400m:	4:39.45	36.76	600m:	7:07.64	37.59	800m:	9:32.86	35.57
27.		29.09.2011						+0,27	9:36.93	593		
	50m:	31.59	31.59	250m:	2:55.20	36.36	450m:	5:21.90	36.40	650m:	7:49.35	36.84
	100m:	1:06.95	35.36	300m:	3:32.04	36.84	500m:	5:59.00	37.10	700m:	8:26.55	37.20
	150m:	1:42.78	35.83	350m:	4:08.71	36.67	550m:	6:35.41	36.41	750m:	9:01.86	35.31
	200m:	2:18.84	36.06	400m:	4:45.50	36.79	600m:	7:12.51	37.10	800m:	9:36.93	35.07
28.		03.04.2009 I						+0,59	9:38.21	589		
	50m:	32.65	32.65	250m:	2:57.52	36.33	450m:	5:24.12	36.23	650m:	7:51.04	35.96
	100m:	1:08.46	35.81	300m:	3:34.44	36.92	500m:	6:01.61	37.49	700m:	8:27.62	36.58
	150m:	1:44.76	36.30	350m:	4:11.08	36.64	550m:	6:38.26	36.65	750m:	9:03.15	35.53
	200m:	2:21.19	36.43	400m:	4:47.89	36.81	600m:	7:15.08	36.82	800m:	9:38.21	35.06
29.		04.12.2009						+0,75	9:43.49 I	573		
	50m:	32.74	32.74	250m:	3:00.48	37.16	450m:	5:29.91	36.49	650m:	7:56.10	36.23
	100m:	1:09.21	36.47	300m:	3:38.23	37.75	500m:	6:06.89	36.98	700m:	8:32.59	36.49
	150m:	1:45.75	36.54	350m:	4:15.57	37.34	550m:	6:43.11	36.22	750m:	9:07.97	35.38
	200m:	2:23.32	37.57	400m:	4:53.42	37.85	600m:	7:19.87	36.76	800m:	9:43.49	35.52
30.		13.07.2012 I						+0,76	9:45.20 I	568		
	50m:	32.95	32.95	250m:	2:58.32	36.45	450m:	5:25.15	36.61	650m:	7:53.89	37.51
	100m:	1:08.36	35.41	300m:	3:34.92	36.60	500m:	6:02.22	37.07	700m:	8:32.08	38.19
	150m:	1:44.66	36.30	350m:	4:11.72	36.80	550m:	6:39.04	36.82	750m:	9:09.47	37.39
	200m:	2:21.87	37.21	400m:	4:48.54	36.82	600m:	7:16.38	37.34	800m:	9:45.20	35.73
31.		30.01.2010						+0,65	9:46.30 I	565		
	50m:	31.94	31.94	250m:	2:54.80	36.05	450m:	5:23.30	37.51	650m:	7:52.73	36.66
	100m:	1:06.90	34.96	300m:	3:31.23	36.43	500m:	6:00.69	37.39	700m:	8:30.82	38.09
	150m:	1:42.34	35.44	350m:	4:08.44	37.21	550m:	6:38.61	37.92	750m:	9:08.99	38.17
	200m:	2:18.75	36.41	400m:	4:45.79	37.35	600m:	7:16.07	37.46	800m:	9:46.30	37.31
32.		02.11.2010						+0,28	9:48.17 I	559		
	50m:	32.26	32.26	250m:	2:57.81	36.37	450m:	5:27.17	37.64	650m:	7:56.97	37.52
	100m:	1:08.40	36.14	300m:	3:35.22	37.41	500m:	6:04.55	37.38	700m:	8:34.38	37.41
	150m:	1:44.69	36.29	350m:	4:12.24	37.02	550m:	6:41.87	37.32	750m:	9:11.54	37.16
	200m:	2:21.44	36.75	400m:	4:49.53	37.29	600m:	7:19.45	37.58	800m:	9:48.17	36.63

		32,		, 800m									
		/				R.T.							
33.		03.10.2010				+0,42		9:48.24				559	
	50m:	32.90	250m:	2:58.13	36.53	450m:	5:26.69	36.96	650m:	7:57.21		37.50	
	100m:	1:08.74	300m:	3:35.37	37.24	500m:	6:04.25	37.56	700m:	8:34.73		37.52	
	150m:	1:45.08	350m:	4:12.51	37.14	550m:	6:42.22	37.97	750m:	9:12.53		37.80	
	200m:	2:21.60	400m:	4:49.73	37.22	600m:	7:19.71	37.49	800m:	9:48.24		35.71	
34.		11.08.2010				+0,66		9:50.53				553	
	50m:	31.97	250m:	2:59.78	37.58	450m:	5:32.10	38.02	650m:	8:01.32		36.61	
	100m:	1:07.99	300m:	3:37.83	38.05	500m:	6:09.58	37.48	700m:	8:38.53		37.21	
	150m:	1:44.52	350m:	4:15.33	37.50	550m:	6:47.20	37.62	750m:	9:15.21		36.68	
	200m:	2:22.20	400m:	4:54.08	38.75	600m:	7:24.71	37.51	800m:	9:50.53		35.32	
35.		12.09.2009				+0,42		9:54.59				542	
	50m:	31.97	250m:	2:59.20	37.00	450m:	5:30.95	38.08	650m:	8:06.39		38.36	
	100m:	1:08.01	300m:	3:36.60	37.40	500m:	6:10.36	39.41	700m:	8:43.88		37.49	
	150m:	1:44.79	350m:	4:14.18	37.58	550m:	6:48.73	38.37	750m:	9:20.31		36.43	
	200m:	2:22.20	400m:	4:52.87	38.69	600m:	7:28.03	39.30	800m:	9:54.59		34.28	
36.		25.03.2010		I		+0,78		9:54.70				541	
	50m:	32.39	250m:	3:00.55	37.30	450m:	5:30.34	36.57	650m:	8:02.34		37.91	
	100m:	1:08.74	300m:	3:38.65	38.10	500m:	6:08.54	38.20	700m:	8:41.05		38.71	
	150m:	1:45.44	350m:	4:15.80	37.15	550m:	6:46.42	37.88	750m:	9:18.76		37.71	
	200m:	2:23.25	400m:	4:53.77	37.97	600m:	7:24.43	38.01	800m:	9:54.70		35.94	
37.		01.07.2009				+0,75		9:59.90				527	
	50m:	32.94	250m:	3:03.26	37.64	450m:	5:35.85	37.83	650m:	8:08.65		37.92	
	100m:	1:10.09	300m:	3:41.77	38.51	500m:	6:14.58	38.73	700m:	8:46.84		38.19	
	150m:	1:47.37	350m:	4:19.31	37.54	550m:	6:52.63	38.05	750m:	9:24.36		37.52	
	200m:	2:25.62	400m:	4:58.02	38.71	600m:	7:30.73	38.10	800m:	9:59.90		35.54	
38.		02.10.2011		I		+0,42		10:02.82				520	
	50m:	31.38	250m:	2:59.17	37.74	450m:	5:33.53	38.64	650m:	8:09.79		38.56	
	100m:	1:07.39	300m:	3:37.49	38.32	500m:	6:13.07	39.54	700m:	8:48.92		39.13	
	150m:	1:43.65	350m:	4:16.02	38.53	550m:	6:51.87	38.80	750m:	9:26.45		37.53	
	200m:	2:21.43	400m:	4:54.89	38.87	600m:	7:31.23	39.36	800m:	10:02.82		36.37	
39.		18.02.2011		I		+0,75		10:18.63				481	
	50m:	32.81	200m:	2:26.73	38.69	350m:	7:05.85	3:20.51	600m:	7:45.83	1:20.25		
	100m:	1:09.79	250m:	5:45.68	3:18.95	400m:	5:05.08		700m:	9:03.10	1:17.27		
	150m:	1:48.04	300m:	3:45.34		500m:	6:25.58	1:20.50	800m:	10:18.63	1:15.53		
40.		24.07.2008		I		+0,57		10:27.85				460	
	50m:	34.15	250m:	3:09.58	39.02	450m:	5:49.45	39.45	650m:	8:29.62		40.10	
	100m:	1:12.13	300m:	3:50.06	40.48	500m:	6:29.33	39.88	700m:	9:10.73		41.11	
	150m:	1:51.12	350m:	4:30.04	39.98	550m:	7:09.09	39.76	750m:	9:50.09		39.36	
	200m:	2:30.56	400m:	5:10.00	39.96	600m:	7:49.52	40.43	800m:	10:27.85		37.76	
41.		24.05.2011				+0,78		10:28.64				458	
	50m:	33.23	250m:	3:10.62	40.05	450m:	5:51.23	40.04	700m:	9:12.84	1:19.85		
	100m:	1:11.58	300m:	3:50.72	40.10	500m:	6:32.06	40.83	800m:	10:28.64	1:15.80		
	150m:	1:50.72	350m:	4:30.62	39.90	550m:	8:32.90	2:00.84					
	200m:	2:30.57	400m:	5:11.19	40.57	600m:	7:52.99						
42.		12.05.2010		I		+0,81		10:29.88				455	
	50m:	32.61	250m:	3:08.33	39.84	450m:	5:50.09	40.12	650m:	8:31.73		40.24	
	100m:	1:09.98	300m:	3:48.63	40.30	500m:	6:30.39	40.30	700m:	9:12.71		40.98	
	150m:	1:48.65	350m:	4:29.01	40.38	550m:	7:10.50	40.11	750m:	9:51.56		38.85	
	200m:	2:28.49	400m:	5:09.97	40.96	600m:	7:51.49	40.99	800m:	10:29.88		38.32	
43.		25.05.2012		I		+0,60		10:37.12				440	
	50m:	34.79	250m:	3:13.23	39.91	450m:	5:53.08	40.02	650m:	8:37.22		40.95	
	100m:	1:13.53	300m:	3:52.69	39.46	500m:	6:33.79	40.71	700m:	9:18.61		41.39	
	150m:	1:52.96	350m:	4:32.57	39.88	550m:	7:14.65	40.86	750m:	9:58.86		40.25	
	200m:	2:33.32	400m:	5:13.06	40.49	600m:	7:56.27	41.62	800m:	10:37.12		38.26	
DNS		30.04.2009											

1. , 400m

1.	16.05.2008		+0,57	4:57.22	703
2.	17.09.2002		+0,38	4:58.93	691
3.	01.04.2006	-	+0,70	5:02.43	668

2. , 100m

1.	05.11.2009		+0,59	54.82	839
2.	11.02.2005		+0,64	54.85	837
3.	20.04.2006	-	+0,54	55.15	824

3. , 50m

1.	06.02.2004	-	+0,24	21.83	878
2.	12.09.2007	-	+0,28	22.72	779
3.	01.01.2006		+0,56	22.81	770

4. , 50m

1.	28.05.2006		+0,56	31.68	779
2.	03.04.2008		+0,62	31.98	758
3.	07.03.2007		+0,61	32.13	747
3.	17.08.2006	-	+0,33	32.13	747

5. , 100m

1.	23.09.1997		+0,61	59.99	852
2.	02.08.1994		+0,21	1:00.20	843
3.	29.12.1995	-		1:00.61	826

6. , 200m

1.	29.06.2000		+0,21	1:48.63	827
2.	03.06.1995		+0,70	1:51.12	773
3.	18.03.2007		+0,25	1:51.45	766
3.	28.03.2007	-	+0,31	1:51.45	766

7. , 200m

1.	28.12.2008		+0,59	2:15.95	719
2.	10.01.2009	-	+0,27	2:21.08	643
3.	20.11.2009		+0,31	2:21.12	643



8.			, 50m			
1.	25.04.2006	-	+0,56	24.99	836	
1.	27.08.2008		+0,59	24.99	836	
3.	25.07.2007		+0,60	25.17	819	
9.			, 200m			
1.	10.01.2009		+0,29	2:33.31	722	
2.	11.11.2003	-	+0,27	2:33.86	714	
3.	11.07.2009		+0,60	2:34.32	708	
10.			, 200m			
1.	02.02.2003	-	+0,24	2:01.43	827	
2.	01.07.2009	-		2:03.12	793	
3.	26.02.2006		+0,61	2:03.28	790	
11.			, 400m			
1.	02.08.2006	-	+0,65	4:15.54	781	
2.	10.03.2011		+0,60	4:17.09	767	
3.	11.02.2005		+0,64	4:17.51	763	
12.			, 200m			
1.	05.02.2006	-	+0,59	1:59.05	830	
2.	09.01.2006	-	+0,59	2:00.13	808	
3.	18.12.2003	-	+0,65	2:00.29	805	
13.			, 100m			
1.	28.05.2006		+0,56	1:01.44	803	
2.	05.03.2007		+0,66	1:02.24	773	
3.	20.04.2006	-	+0,60	1:02.30	771	
14.			, 100m			
1.	05.08.1998			53.03	810	
2.	26.08.1998	-	+0,24	53.18	803	
3.	18.09.2003		+0,52	53.31	798	
15.			, 50m			
1.	20.04.2006	-	+0,22	26.22	808	
2.	10.03.2000		+0,53	26.43	789	
3.	15.01.2008		+0,48	27.21	723	

16.		, 1500m				
1.	16.10.2003			+0,61	15:21.64	843
2.	11.11.2002			+0,80	15:23.65	837
3.	28.07.2004			+0,23	16:00.95	743
17.		, 400m				
1.	26.02.2006			+0,59	4:24.88	767
2.	01.07.2009		-	+0,56	4:27.77	742
3.	15.01.2009			+0,25	4:28.25	738
18.		, 100m				
1.	06.02.2004		-	+0,21	48.11	897
2.	29.06.2000			+0,22	49.22	837
3.	12.09.2007		-	+0,51	49.45	826
19.		, 50m				
1.	11.02.2005			+0,62	25.06	836
2.	17.07.2005		-	+0,21	25.10	832
3.	10.04.2005			+0,21	25.21	821
20.		, 50m				
1.	23.09.1997			+0,56	26.58	930
2.	02.08.1994				27.16	872
3.	29.12.1995		-		27.35	854
21.		, 100m				
1.	10.01.2009			+0,64	1:09.96	770
2.	17.08.2006		-	+0,28	1:10.72	745
3.	08.07.2009			+0,63	1:10.84	741
22.		, 200m				
1.	01.02.2010			+0,74	2:00.97	798
2.	27.01.2006			+0,67	2:01.63	785
3.	02.08.2006		-	+0,27	2:01.80	782
23.		, 200m				
1.	05.12.1995			+0,26	1:59.56	786
2.	26.08.1998		-	+0,54	2:01.75	744
3.	14.02.2003			+0,33	2:03.63	710

24.									
1.		10.04.2005		+0,60	27.43				938
2.		17.07.2005	-	+0,56	28.77				813
3.		06.10.2007	-	+0,58	29.08				788
25.									
1.		27.07.2001		+0,53	2:12.83				843
2.		29.12.1995	-		2:13.26				834
3.		17.05.2007		+0,62	2:13.45				831
26.									
1.		28.05.2006			2:16.09				795
2.		17.08.2006	-	+0,57	2:18.80				750
3.		17.09.2002		+0,73	2:19.92				732
27.									
1.		16.10.2003		+0,23	3:54.96				821
2.		18.03.2007		+0,60	3:55.59				815
3.		28.03.2007	-	+0,32	3:55.74				813
28.									
1.		05.03.2007		+0,69	2:13.45				785
2.		04.01.2010		+0,71	2:14.52				767
3.		03.05.2000	-	+0,63	2:16.86				728
29.									
1.		25.04.2006	-	+0,60	54.27				859
2.		05.02.2006	-	+0,61	54.37				854
2.		27.08.2008		+0,61	54.37				854
30.									
1.		11.02.2005		+0,66	59.30				805
2.		01.04.2006	-	+0,24	1:00.82				746
3.		28.12.2008		+0,21	1:01.26				730
31.									
1.		06.02.2004	-		23.01				906
2.		06.05.1992			23.45				856
3.		24.05.2005	-	+0,64	23.73				826

32. , 800m

1.	10.03.2011	+0,59	8:53.72	749
2.	16.05.2008	+0,25	9:01.50	717
3.	21.07.2008	+0,27	9:02.32	714

8.	, 50m	08	24.99
29.	, 100m	08	54.37
20.	, 50m	94	27.16
5.	, 100m	94	1:00.20
23.	, 200m	03	2:03.63
27.	, 400m	03	3:54.96
16.	, 1500m	03	15:21.64
19.	, 50m	05	25.06
22.	, 200m	10	2:00.97
30.	, 100m	05	59.30
2.	, 100m	05	54.85
22.	, 200m	06	2:01.63
28.	, 200m	10	2:14.52
1.	, 400m	02	4:58.93
11.	, 400m	05	4:17.51
26.	, 200m	02	2:19.92
14.	, 100m	98	53.03
24.	, 50m	05	27.43
19.	, 50m	05	25.21
8.	, 50m	07	25.17
25.	, 200m	01	2:12.83
32.	, 800m	11	8:53.72
11.	, 400m	11	4:17.09
15.	, 50m	08	27.21

20.	, 50m	97	26.58
5.	, 100m	97	59.99
17.	, 400m	06	4:24.88
7.	, 200m	08	2:15.95
6.	, 200m	95	1:51.12
16.	, 1500m	02	15:23.65
4.	, 50m	08	31.98
3.	, 50m	06	22.81
16.	, 1500m	04	16:00.95
25.	, 200m	07	2:13.45
10.	, 200m	06	2:03.28
4.	, 50m	07	32.13
30.	, 100m	08	1:01.26
6.	, 200m	00	1:48.63
1.	, 400m	08	4:57.22
18.	, 100m	00	49.22
32.	, 800m	08	9:01.50
32.	, 800m	08	9:02.32
21.	, 100m	09	1:10.84
9.	, 200m	09	2:34.32
7.	, 200m	09	2:21.12
-			
9.	, 200m	03	2:33.86
31.	, 50m	92	23.45
27.	, 400m	07	3:55.59
6.	, 200m	07	1:51.45
28.	, 200m	07	2:13.45
13.	, 100m	07	1:02.24
15.	, 50m	00	26.43
14.	, 100m	03	53.31

17.	, 400m	09	4:28.25
2.	, 100m	09	54.82
13.	, 100m	06	1:01.44
4.	, 50m	06	31.68
26.	, 200m	06	2:16.09
23.	, 200m	95	1:59.56
-			
3.	, 50m	04	21.83
18.	, 100m	04	48.11
8.	, 50m	06	24.99
29.	, 100m	06	54.27
12.	, 200m	06	1:59.05
31.	, 50m	04	23.01
10.	, 200m	03	2:01.43
15.	, 50m	06	26.22
3.	, 50m	07	22.72
29.	, 100m	06	54.37
12.	, 200m	06	2:00.13
25.	, 200m	95	2:13.26
14.	, 100m	98	53.18
23.	, 200m	98	2:01.75
10.	, 200m	09	2:03.12
17.	, 400m	09	4:27.77
19.	, 50m	05	25.10
24.	, 50m	05	28.77
21.	, 100m	06	1:10.72
30.	, 100m	06	1:00.82
7.	, 200m	09	2:21.08
26.	, 200m	06	2:18.80
18.	, 100m	07	49.45
6.	, 200m	07	1:51.45
27.	, 400m	07	3:55.74
12.	, 200m	03	2:00.29
20.	, 50m	95	27.35
5.	, 100m	95	1:00.61
31.	, 50m	05	23.73
2.	, 100m	06	55.15
24.	, 50m	07	29.08
13.	, 100m	06	1:02.30
28.	, 200m	00	2:16.86
4.	, 50m	06	32.13
1.	, 400m	06	5:02.43

21.	, 100m	09	1:09.96
9.	, 200m	09	2:33.31
-			
11.	, 400m	06	4:15.54
22.	, 200m	06	2:01.80

Without relay events

1.	04	RUS	-	3	-	-	3
	06	RUS		3	-	-	3
3.	05	RUS		2	1	1	4
4.	09	RUS		2	-	-	2
	97	RUS		2	-	-	2
	06	RUS	-	2	-	-	2
	03	RUS		2	-	-	2
8.	08	RUS		1	1	-	2
	00	RUS		1	1	-	2
	08	BLR		1	1	-	2
	07	RUS		1	1	-	2
	11	RUS		1	1	-	2
	06	RUS	-	1	1	-	2
14.	06	RUS	-	1	-	2	3
15.	06	RUS		1	-	1	2
	08	RUS		1	-	1	2
	05	RUS		1	-	1	2
	06	RUS	-	1	-	1	2
19.	06	RUS	-	-	2	1	3
20.	05	RUS	-	-	2	-	2
	98	RUS	-	-	2	-	2
	94	BLR	-	-	2	-	2
	09	RUS	-	-	2	-	2
24.	95	RUS	-	-	1	2	3
25.	07	RUS	-	-	1	1	2
	07	RUS	-	-	1	1	2
	06	RUS	-	-	1	1	2
	02	RUS	-	-	1	1	2
29.	07	RUS	-	-	-	2	2

Points: AQUA 2025

1.	05		50m	27.43	938
2.	09		100m	54.82	839
3.	05		100m	54.85	837
4.	05	-	50m	25.10	832
5.	06	-	100m	55.15	824
6.	05		100m	55.52	807
7.	06		100m	1:01.44	803
8.	10		200m	2:00.97	798
9.	00		50m	26.43	789
10.	07	-	50m	29.08	788
11.	06		200m	2:01.63	785
	07		200m	2:13.45	785
13.	06	-	200m	2:01.80	782
14.	07		50m	29.28	771
15.	09		100m	1:09.96	770
16.	10		200m	2:14.52	767
	11		400m	4:17.09	767
18.	08		50m	31.98	758
19.	06	-	50m	29.52	753
20.	06	-	200m	2:18.80	750

1.	97		50m	26.58	930
2.	04	-	50m	23.01	906
3.	94		50m	27.16	872
4.	06	-	100m	54.27	859
5.	92		50m	23.45	856
6.	95	-	50m	27.35	854
	06	-	100m	54.37	854
	08		100m	54.37	854
9.	03		1500m	15:21.64	843
	01		200m	2:12.83	843
11.	02		1500m	15:23.65	837
	00		100m	49.22	837
13.	07		200m	2:13.45	831
	05		50m	27.60	831
15.	03	-	200m	2:13.58	828
16.	01		100m	54.98	826
	05	-	50m	23.73	826
	07	-	100m	49.45	826
19.	98		50m	23.75	824
20.	07		50m	25.17	819

1.	-		RUS	7	8	7	1	6	6	8	14	13	35
2.			RUS	-	-	-	3	4	2	3	4	2	9
3.			RUS	-	-	-	3	-	-	3	-	-	3
4.			RUS	1	2	4	1	1	2	2	3	6	11
5.			RUS	1	1	-	1	1	4	2	2	4	8
6.			RUS	1	-	-	1	-	1	2	-	1	3
7.			RUS	2	-	-	-	-	-	2	-	-	2
			RUS	2	-	-	-	-	-	2	-	-	2
			RUS	-	-	-	2	-	-	2	-	-	2
10.		BLR	BLR	1	3	-	-	-	-	1	3	-	4
11.			RUS	-	-	1	1	2	-	1	2	1	4
12.			RUS	-	-	-	1	1	1	1	1	1	3
13.	-	-	RUS	-	-	-	1	-	1	1	-	1	2
14.			RUS	1	-	-	-	-	-	1	-	-	1
			RUS	-	-	-	1	-	-	1	-	-	1
			RUS	1	-	-	-	-	-	1	-	-	1
17.			RUS	-	1	1	-	-	-	-	1	1	2
18.	-	-	RUS	-	-	-	-	1	-	-	1	-	1
		-	RUS	-	1	-	-	-	-	-	1	-	1
20.			RUS	-	-	1	-	-	-	-	-	1	1
			RUS	-	-	1	-	-	-	-	-	1	1
			RUS	-	-	1	-	-	-	-	-	1	1