

1  
21.03.2023

, 400m

: FINA 2023

									R.T.		WA	
1.				1998	"	"			+0,75	<b>4:16.81</b>	780	
	50m:	29.58	29.58	150m:	1:35.04	32.99	250m:	2:39.70	32.55	350m:	3:44.69	32.50
	100m:	1:02.05	32.47	200m:	2:07.15	32.11	300m:	3:12.19	32.49	400m:	4:16.81	32.12
2.				2007	"	"			+0,72	<b>4:21.36</b>	739	
	50m:	30.92	30.92	150m:	1:37.40	33.19	250m:	2:43.61	32.33	350m:	3:49.14	32.25
	100m:	1:04.21	33.29	200m:	2:11.28	33.88	300m:	3:16.89	33.28	400m:	4:21.36	32.22
3.				2007	"	"			+0,77	<b>4:24.73</b>	712	
	50m:	31.56	31.56	150m:	1:38.74	33.90	250m:	2:46.74	34.11	350m:	3:53.33	32.34
	100m:	1:04.84	33.28	200m:	2:12.63	33.89	300m:	3:20.99	34.25	400m:	4:24.73	31.40
4.				2005	"	"				<b>4:25.96</b>	702	
	50m:	31.47	31.47	150m:	1:38.33	33.65	250m:	2:45.73	33.64	350m:	3:52.74	33.14
	100m:	1:04.68	33.21	200m:	2:12.09	33.76	300m:	3:19.60	33.87	400m:	4:25.96	33.22
5.				2006	"	"			+0,72	<b>4:28.69</b>	681	
	50m:	30.15	30.15	150m:	1:37.27	34.23	250m:	2:46.07	34.68	350m:	3:55.41	34.48
	100m:	1:03.04	32.89	200m:	2:11.39	34.12	300m:	3:20.93	34.86	400m:	4:28.69	33.28
6.				2008		3				<b>4:29.61</b>	674	
	50m:	31.17	31.17	150m:	1:39.00	34.05	250m:	2:47.65	33.81	350m:	3:56.18	34.45
	100m:	1:04.95	33.78	200m:	2:13.84	34.84	300m:	3:21.73	34.08	400m:	4:29.61	33.43
7.				2007		3			+0,76	<b>4:29.62</b>	674	
	50m:	30.59	30.59	150m:	1:38.95	34.43	250m:	2:48.34	34.60	350m:	3:56.84	33.78
	100m:	1:04.52	33.93	200m:	2:13.74	34.79	300m:	3:23.06	34.72	400m:	4:29.62	32.78
8.				2006		3			+0,62	<b>4:29.75</b>	673	
	50m:	31.11	31.11	150m:	1:40.12	34.57	250m:	2:48.53	33.91	350m:	3:56.63	33.75
	100m:	1:05.55	34.44	200m:	2:14.62	34.50	300m:	3:22.88	34.35	400m:	4:29.75	33.12
9.				2007	"	"			+0,72	<b>4:30.71</b>	665	
	50m:	29.88	29.88	150m:	1:36.77	34.06	250m:	2:47.05	35.21	350m:	3:57.56	35.32
	100m:	1:02.71	32.83	200m:	2:11.84	35.07	300m:	3:22.24	35.19	400m:	4:30.71	33.15
10.				2004		3				<b>4:31.42</b>	660	
	50m:	30.80	30.80	150m:	1:39.07	34.27	250m:	2:48.05	34.43	350m:	3:57.37	34.51
	100m:	1:04.80	34.00	200m:	2:13.62	34.55	300m:	3:22.86	34.81	400m:	4:31.42	34.05
11.				2002	"	"			+0,67	<b>4:32.15</b>	655	
	50m:	30.14	30.14	150m:	1:37.20	33.92	250m:	2:46.21	34.82	350m:	3:57.72	35.78
	100m:	1:03.28	33.14	200m:	2:11.39	34.19	300m:	3:21.94	35.73	400m:	4:32.15	34.43
12.				2006		"			+0,76	<b>4:32.24</b>	654	
	50m:	30.13	30.13	150m:	1:39.20	34.84	250m:	2:49.09	34.76	350m:	3:58.44	34.31
	100m:	1:04.36	34.23	200m:	2:14.33	35.13	300m:	3:24.13	35.04	400m:	4:32.24	33.80
13.				2008	"	"			+0,77	<b>4:32.46</b>	653	
	50m:	30.88	30.88	150m:	1:39.89	34.61	250m:	2:50.50	35.24	350m:	4:00.40	34.45
	100m:	1:05.28	34.40	200m:	2:15.26	35.37	300m:	3:25.95	35.45	400m:	4:32.46	32.06
14.				2003	"	"			+0,80	<b>4:34.52</b>	638	
	50m:	30.70	30.70	150m:	1:38.74	34.80	250m:	2:49.12	35.45	350m:	4:00.08	35.70
	100m:	1:03.94	33.24	200m:	2:13.67	34.93	300m:	3:24.38	35.26	400m:	4:34.52	34.44
15.				2008	"	"			+0,59	<b>4:35.04</b>	634	
	50m:	30.52	30.52	150m:	1:39.61	35.09	250m:	2:50.67	35.46	350m:	4:01.70	35.09
	100m:	1:04.52	34.00	200m:	2:15.21	35.60	300m:	3:26.61	35.94	400m:	4:35.04	33.34
16.				2005		"			+0,67	<b>4:35.19</b>	633	
	50m:	31.35	31.35	150m:	1:39.93	34.93	250m:	2:50.72	35.12	350m:	4:01.05	34.70
	100m:	1:05.00	33.65	200m:	2:15.60	35.67	300m:	3:26.35	35.63	400m:	4:35.19	34.14
17.				2009	-70	"			+0,71	<b>4:35.41</b>	632	
	50m:	31.45	31.45	150m:	1:41.41	35.54	250m:	2:52.01	35.09	350m:	4:02.28	34.74
	100m:	1:05.87	34.42	200m:	2:16.92	35.51	300m:	3:27.54	35.53	400m:	4:35.41	33.13

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											R.T.	WA	
18.	2005										+0,79	<b>4:35.90</b>	629
	50m:	31.72	31.72	150m:	1:41.58	35.40	250m:	2:52.50	35.33	350m:	4:03.27	35.39	
	100m:	1:06.18	34.46	200m:	2:17.17	35.59	300m:	3:27.88	35.38	400m:	4:35.90	32.63	
19.	2007										+0,56	<b>4:36.22</b>	626
	50m:	30.52	30.52	150m:	1:39.89	35.07	250m:	2:49.34	34.63	350m:	4:00.48	36.16	
	100m:	1:04.82	34.30	200m:	2:14.71	34.82	300m:	3:24.32	34.98	400m:	4:36.22	35.74	
20.	2006										+0,81	<b>4:37.18</b>	620
	50m:	31.44	31.44	150m:	1:39.63	34.49	250m:	2:49.70	35.46	350m:	4:01.61	36.40	
	100m:	1:05.14	33.70	200m:	2:14.24	34.61	300m:	3:25.21	35.51	400m:	4:37.18	35.57	
21.	2008											<b>4:37.70</b>	616
	50m:	30.77	30.77	150m:	1:40.47	35.61	250m:	2:51.90	36.00	350m:	4:03.61	35.85	
	100m:	1:04.86	34.09	200m:	2:15.90	35.43	300m:	3:27.76	35.86	400m:	4:37.70	34.09	
22.	2008										+0,82	<b>4:37.98</b>	615
	50m:	31.99	31.99	150m:	1:40.50	34.88	250m:	2:50.83	35.47	350m:	4:02.99	36.21	
	100m:	1:05.62	33.63	200m:	2:15.36	34.86	300m:	3:26.78	35.95	400m:	4:37.98	34.99	
23.	2006										+0,93	<b>4:38.08</b>	614
	50m:	31.22	31.22	150m:	1:40.37	35.17	250m:	2:51.03	35.50	350m:	4:02.83	35.94	
	100m:	1:05.20	33.98	200m:	2:15.53	35.16	300m:	3:26.89	35.86	400m:	4:38.08	35.25	
24.	2006										+0,81	<b>4:38.79</b>	609
	50m:	31.52	31.52	150m:	1:40.89	34.69	250m:	2:52.23	35.65	350m:	4:04.60	35.74	
	100m:	1:06.20	34.68	200m:	2:16.58	35.69	300m:	3:28.86	36.63	400m:	4:38.79	34.19	
25.	2006										+0,59	<b>4:39.16</b>	607
	50m:	32.01	32.01	150m:	1:41.26	35.01	250m:	2:52.55	35.82	350m:	4:04.32	36.04	
	100m:	1:06.25	34.24	200m:	2:16.73	35.47	300m:	3:28.28	35.73	400m:	4:39.16	34.84	
26.	2008										+0,75	<b>4:39.57</b>	604
	50m:	30.75	30.75	150m:	1:41.42	35.60	250m:	2:53.03	35.91	350m:	4:04.42	35.53	
	100m:	1:05.82	35.07	200m:	2:17.12	35.70	300m:	3:28.89	35.86	400m:	4:39.57	35.15	
27.	2007										+0,55	<b>4:40.05</b>	601
	50m:	31.91	31.91	150m:	1:41.95	35.67	250m:	2:54.03	36.51	350m:	4:06.19	36.12	
	100m:	1:06.28	34.37	200m:	2:17.52	35.57	300m:	3:30.07	36.04	400m:	4:40.05	33.86	
28.	2006										+1,05	<b>4:40.46</b>	598
	50m:	31.50	31.50	150m:	1:40.13	34.74	250m:	2:51.28	35.74	350m:	4:04.12	36.28	
	100m:	1:05.39	33.89	200m:	2:15.54	35.41	300m:	3:27.84	36.56	400m:	4:40.46	36.34	
29.	2008										+0,77	<b>4:40.68</b>	597
	50m:	30.49	30.49	150m:	1:39.99	34.86	250m:	2:51.69	35.79	350m:	4:04.37	35.92	
	100m:	1:05.13	34.64	200m:	2:15.90	35.91	300m:	3:28.45	36.76	400m:	4:40.68	36.31	
30.	2009										+0,92	<b>4:40.98</b>	595
	50m:	32.88	32.88	150m:	1:43.71	35.31	250m:	2:55.47	35.69	350m:	4:07.08	35.47	
	100m:	1:08.40	35.52	200m:	2:19.78	36.07	300m:	3:31.61	36.14	400m:	4:40.98	33.90	
31.	2006										+0,83	<b>4:41.36</b>	593
	50m:	31.86	31.86	150m:	1:41.75	35.78	250m:	2:53.81	36.03	350m:	4:06.32	36.04	
	100m:	1:05.97	34.11	200m:	2:17.78	36.03	300m:	3:30.28	36.47	400m:	4:41.36	35.04	
32.	2006										+0,82	<b>4:41.98</b>	589
	50m:	31.75	31.75	150m:	1:41.69	35.35	250m:	2:53.33	35.95	350m:	4:06.50	36.80	
	100m:	1:06.34	34.59	200m:	2:17.38	35.69	300m:	3:29.70	36.37	400m:	4:41.98	35.48	
33.	2006										+0,77	<b>4:41.99</b>	589
	50m:	32.28	32.28	150m:	1:42.16	35.55	250m:	2:53.70	35.98	350m:	4:06.66	36.53	
	100m:	1:06.61	34.33	200m:	2:17.72	35.56	300m:	3:30.13	36.43	400m:	4:41.99	35.33	
34.	2009											<b>4:42.96</b>	583
	50m:	31.66	31.66	150m:	1:41.85	35.59	250m:	2:54.58	36.81	350m:	4:07.54	36.36	
	100m:	1:06.26	34.60	200m:	2:17.77	35.92	300m:	3:31.18	36.60	400m:	4:42.96	35.42	
35.	2007										+0,75	<b>4:43.14</b>	582
	50m:	31.61	31.61	150m:	1:41.34	35.62	250m:	2:54.52	37.17	350m:	4:08.40	36.82	
	100m:	1:05.72	34.11	200m:	2:17.35	36.01	300m:	3:31.58	37.06	400m:	4:43.14	34.74	

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									R.T.	WA		
36.	2008 " " "								+0,80	<b>4:43.35</b>	580	
	50m:	30.88	30.88	150m:	1:41.24	35.81	250m:	2:54.13	36.36	350m:	4:07.75	36.75
	100m:	1:05.43	34.55	200m:	2:17.77	36.53	300m:	3:31.00	36.87	400m:	4:43.35	35.60
37.	2008 " " "									<b>4:43.78</b>	578	
	50m:	32.11	32.11	150m:	1:42.60	36.16	250m:	2:55.15	36.55	350m:	4:08.55	37.00
	100m:	1:06.44	34.33	200m:	2:18.60	36.00	300m:	3:31.55	36.40	400m:	4:43.78	35.23
38.	2006 " " "								+0,61	<b>4:43.81</b>	577	
	50m:	32.84	32.84	150m:	1:44.38	36.20	250m:	2:57.80	36.75	350m:	4:09.60	35.15
	100m:	1:08.18	35.34	200m:	2:21.05	36.67	300m:	3:34.45	36.65	400m:	4:43.81	34.21
39.	2008 " " "								+0,67	<b>4:44.43</b>	574	
	50m:	31.52	31.52	150m:	1:42.91	36.40	250m:	2:56.45	36.90	350m:	4:09.18	36.43
	100m:	1:06.51	34.99	200m:	2:19.55	36.64	300m:	3:32.75	36.30	400m:	4:44.43	35.25
40.	2009 " " "								+0,68	<b>4:45.11</b>	570	
	50m:	32.18	32.18	150m:	1:43.06	36.05	250m:	2:56.39	36.93	350m:	4:10.06	37.06
	100m:	1:07.01	34.83	200m:	2:19.46	36.40	300m:	3:33.00	36.61	400m:	4:45.11	35.05
41.	2007 " " "								+0,56	<b>4:45.19</b>	569	
	50m:	31.69	31.69	150m:	1:43.44	36.56	250m:	2:56.00	36.52	350m:	4:10.04	37.49
	100m:	1:06.88	35.19	200m:	2:19.48	36.04	300m:	3:32.55	36.55	400m:	4:45.19	35.15
42.	2008 " " "								+0,82	<b>4:45.70</b>	566	
	50m:	31.96	31.96	150m:	1:43.28	35.96	250m:	2:55.78	36.28	350m:	4:09.42	36.72
	100m:	1:07.32	35.36	200m:	2:19.50	36.22	300m:	3:32.70	36.92	400m:	4:45.70	36.28
43.	2008 " " "								+0,60	<b>4:46.21</b>	563	
	50m:	31.36	31.36	150m:	1:43.43	36.81	250m:	2:57.53	37.08	350m:	4:11.40	36.71
	100m:	1:06.62	35.26	200m:	2:20.45	37.02	300m:	3:34.69	37.16	400m:	4:46.21	34.81
44.	2008 " " "									<b>4:46.38</b>	562	
	50m:	31.99	31.99	150m:	1:43.39	36.35	250m:	2:56.51	36.70	350m:	4:10.52	36.91
	100m:	1:07.04	35.05	200m:	2:19.81	36.42	300m:	3:33.61	37.10	400m:	4:46.38	35.86
45.	2006 " " "								+0,79	<b>4:46.82</b>	559	
	50m:	31.03	31.03	150m:	1:43.15	37.31	250m:	2:58.13	37.27	350m:	4:11.81	36.81
	100m:	1:05.84	34.81	200m:	2:20.86	37.71	300m:	3:35.00	36.87	400m:	4:46.82	35.01
46.	2004 " " "								+0,70	<b>4:47.45</b>	556	
	50m:	31.67	31.67	150m:	1:41.51	35.63	250m:	2:55.03	37.41	350m:	4:10.53	38.08
	100m:	1:05.88	34.21	200m:	2:17.62	36.11	300m:	3:32.45	37.42	400m:	4:47.45	36.92
47.	2008 " " "									<b>4:48.17</b>	552	
	50m:	32.58	32.58	150m:	1:44.42	36.42	250m:	2:59.23	37.44	350m:	4:13.44	37.24
	100m:	1:08.00	35.42	200m:	2:21.79	37.37	300m:	3:36.20	36.97	400m:	4:48.17	34.73
48.	2004 " " "									<b>4:48.31</b>	551	
	50m:	32.36	32.36	150m:	1:44.04	36.33	250m:	2:58.32	37.40	350m:	4:12.52	36.94
	100m:	1:07.71	35.35	200m:	2:20.92	36.88	300m:	3:35.58	37.26	400m:	4:48.31	35.79
49.	2008 " " "								+0,73	<b>4:48.54</b>	549	
	50m:	31.86	31.86	150m:	1:46.04	38.21	250m:	2:59.97	36.94	350m:	4:14.73	37.62
	100m:	1:07.83	35.97	200m:	2:23.03	36.99	300m:	3:37.11	37.14	400m:	4:48.54	33.81
50.	2008 " " "									<b>4:48.94</b>	547	
	50m:	32.21	32.21	150m:	1:44.63	36.83	250m:	2:59.50	37.36	350m:	4:14.16	36.87
	100m:	1:07.80	35.59	200m:	2:22.14	37.51	300m:	3:37.29	37.79	400m:	4:48.94	34.78
51.	2008 3 " " "									<b>4:49.15</b>	546	
	50m:	31.21	31.21	150m:	1:43.92	37.08	250m:	2:58.61	37.16	350m:	4:13.04	37.18
	100m:	1:06.84	35.63	200m:	2:21.45	37.53	300m:	3:35.86	37.25	400m:	4:49.15	36.11
52.	2008 4 " " "								+0,65	<b>4:49.89</b>	542	
	50m:	31.27	31.27	150m:	1:44.54	37.29	250m:	2:59.12	37.50	350m:	4:14.26	37.76
	100m:	1:07.25	35.98	200m:	2:21.62	37.08	300m:	3:36.50	37.38	400m:	4:49.89	35.63
53.	2008 - " " "								+0,60	<b>4:50.11</b>	541	
	50m:	32.98	32.98	150m:	1:46.07	36.99	250m:	3:02.55	38.33	350m:	4:15.42	36.21
	100m:	1:09.08	36.10	200m:	2:24.22	38.15	300m:	3:39.21	36.66	400m:	4:50.11	34.69

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										R.T.	WA						
54.	2007										"	"	+0,81	<b>4:50.35</b>		539	
	50m:	33.38	33.38	150m:	1:45.20	36.14	250m:	2:59.97	37.34	350m:	4:14.42	37.34					
	100m:	1:09.06	35.68	200m:	2:22.63	37.43	300m:	3:37.08	37.11	400m:	4:50.35	35.93					
55.	2009										"	"		<b>4:50.91</b>		536	
	50m:	31.94	31.94	150m:	1:43.43	36.44	250m:	2:58.33	37.91	350m:	4:14.12	38.03					
	100m:	1:06.99	35.05	200m:	2:20.42	36.99	300m:	3:36.09	37.76	400m:	4:50.91	36.79					
56.	2007										"	"	+0,85	<b>4:51.23</b>		534	
	50m:	31.93	31.93	150m:	1:45.09	36.87	250m:	3:00.63	37.81	350m:	4:15.77	37.04					
	100m:	1:08.22	36.29	200m:	2:22.82	37.73	300m:	3:38.73	38.10	400m:	4:51.23	35.46					
57.	2009										"	"	+1,04	<b>4:51.95</b>		530	
	50m:	32.93	32.93	150m:	1:46.18	36.71	250m:	3:01.18	37.45	350m:	4:15.83	37.15					
	100m:	1:09.47	36.54	200m:	2:23.73	37.55	300m:	3:38.68	37.50	400m:	4:51.95	36.12					
58.	2006										4	.	.	+0,99	<b>4:52.72</b>		526
	50m:	33.33	33.33	150m:	1:46.14	36.82	250m:	3:01.08	37.54	350m:	4:15.60	36.66					
	100m:	1:09.32	35.99	200m:	2:23.54	37.40	300m:	3:38.94	37.86	400m:	4:52.72	37.12					
59.	2008										"	"	+0,76	<b>4:53.52</b>		522	
	50m:	30.25	30.25	150m:	1:41.82	37.35	250m:	2:59.63	39.48	350m:	4:17.39	38.87					
	100m:	1:04.47	34.22	200m:	2:20.15	38.33	300m:	3:38.52	38.89	400m:	4:53.52	36.13					
60.	2006										-	"	"	+0,53	<b>4:55.75</b>		510
	50m:	32.91	32.91	150m:	1:46.07	37.20	250m:	3:01.26	37.72	350m:	4:18.83	38.89					
	100m:	1:08.87	35.96	200m:	2:23.54	37.47	300m:	3:39.94	38.68	400m:	4:55.75	36.92					
61.	2008										"	"	+0,76	<b>4:55.93</b>		509	
	50m:	31.93	31.93	150m:	1:45.98	38.10	250m:	3:01.81	38.19	350m:	4:19.38	38.51					
	100m:	1:07.88	35.95	200m:	2:23.62	37.64	300m:	3:40.87	39.06	400m:	4:55.93	36.55					
62.	2007										"	"	+0,77	<b>4:56.10</b>		508	
	50m:	33.15	33.15	150m:	1:47.30	37.95	250m:	3:04.63	38.59	350m:	4:20.56	37.75					
	100m:	1:09.35	36.20	200m:	2:26.04	38.74	300m:	3:42.81	38.18	400m:	4:56.10	35.54					
63.	2007										-	"	"	<b>4:57.65</b>		500	
	50m:	32.51	32.51	150m:	1:44.56	36.73	250m:	3:00.92	38.38	350m:	4:19.30	38.88					
	100m:	1:07.83	35.32	200m:	2:22.54	37.98	300m:	3:40.42	39.50	400m:	4:57.65	38.35					
64.	2007										"	"	+0,74	<b>4:58.13</b>		498	
	50m:	32.08	32.08	150m:	1:44.86	37.35	250m:	3:01.59	38.39	350m:	4:19.79	38.48					
	100m:	1:07.51	35.43	200m:	2:23.20	38.34	300m:	3:41.31	39.72	400m:	4:58.13	38.34					
65.	2007										"	"	+0,98	<b>4:58.39</b>		497	
	50m:	32.88	32.88	150m:	1:47.86	38.05	250m:	3:05.27	38.00	350m:	4:22.89	38.19					
	100m:	1:09.81	36.93	200m:	2:27.27	39.41	300m:	3:44.70	39.43	400m:	4:58.39	35.50					
66.	2007										"	"	+0,70	<b>5:01.76</b>		480	
	50m:	32.84	32.84	150m:	1:49.80	39.02	250m:	3:07.93	38.55	350m:	4:25.65	38.94					
	100m:	1:10.78	37.94	200m:	2:29.38	39.58	300m:	3:46.71	38.78	400m:	5:01.76	36.11					
67.	2005										4	.	.	<b>5:30.14</b>		367	
	50m:	34.54	34.54	150m:	1:55.90	41.66	250m:	3:21.46	42.77	350m:	4:49.19	44.14					
	100m:	1:14.24	39.70	200m:	2:38.69	42.79	300m:	4:05.05	43.59	400m:	5:30.14	40.95					

DNS

2006

1, , 400m

1 , 400m

(15-17 )

21.03.2023

: FINA 2023

								R.T.		WA		
1.				2007	"	"		+0,72	<b>4:21.36</b>		739	
	50m:	30.92	30.92	150m:	1:37.40	33.19	250m:	2:43.61	32.33	350m:	3:49.14	32.25
	100m:	1:04.21	33.29	200m:	2:11.28	33.88	300m:	3:16.89	33.28	400m:	4:21.36	32.22
2.				2007	"	"		+0,77	<b>4:24.73</b>		712	
	50m:	31.56	31.56	150m:	1:38.74	33.90	250m:	2:46.74	34.11	350m:	3:53.33	32.34
	100m:	1:04.84	33.28	200m:	2:12.63	33.89	300m:	3:20.99	34.25	400m:	4:24.73	31.40
3.				2006	"	"		+0,72	<b>4:28.69</b>		681	
	50m:	30.15	30.15	150m:	1:37.27	34.23	250m:	2:46.07	34.68	350m:	3:55.41	34.48
	100m:	1:03.04	32.89	200m:	2:11.39	34.12	300m:	3:20.93	34.86	400m:	4:28.69	33.28
4.				2008	"	3				<b>4:29.61</b>	674	
	50m:	31.17	31.17	150m:	1:39.00	34.05	250m:	2:47.65	33.81	350m:	3:56.18	34.45
	100m:	1:04.95	33.78	200m:	2:13.84	34.84	300m:	3:21.73	34.08	400m:	4:29.61	33.43
5.				2007	"	3		+0,76	<b>4:29.62</b>		674	
	50m:	30.59	30.59	150m:	1:38.95	34.43	250m:	2:48.34	34.60	350m:	3:56.84	33.78
	100m:	1:04.52	33.93	200m:	2:13.74	34.79	300m:	3:23.06	34.72	400m:	4:29.62	32.78
6.				2006	"	3		+0,62	<b>4:29.75</b>		673	
	50m:	31.11	31.11	150m:	1:40.12	34.57	250m:	2:48.53	33.91	350m:	3:56.63	33.75
	100m:	1:05.55	34.44	200m:	2:14.62	34.50	300m:	3:22.88	34.35	400m:	4:29.75	33.12
7.				2007	"	"		+0,72	<b>4:30.71</b>		665	
	50m:	29.88	29.88	150m:	1:36.77	34.06	250m:	2:47.05	35.21	350m:	3:57.56	35.32
	100m:	1:02.71	32.83	200m:	2:11.84	35.07	300m:	3:22.24	35.19	400m:	4:30.71	33.15
8.				2006	"	"		+0,76	<b>4:32.24</b>		654	
	50m:	30.13	30.13	150m:	1:39.20	34.84	250m:	2:49.09	34.76	350m:	3:58.44	34.31
	100m:	1:04.36	34.23	200m:	2:14.33	35.13	300m:	3:24.13	35.04	400m:	4:32.24	33.80
9.				2008	"	"		+0,77	<b>4:32.46</b>		653	
	50m:	30.88	30.88	150m:	1:39.89	34.61	250m:	2:50.50	35.24	350m:	4:00.40	34.45
	100m:	1:05.28	34.40	200m:	2:15.26	35.37	300m:	3:25.95	35.45	400m:	4:32.46	32.06
10.				2008	"	"		+0,59	<b>4:35.04</b>		634	
	50m:	30.52	30.52	150m:	1:39.61	35.09	250m:	2:50.67	35.46	350m:	4:01.70	35.09
	100m:	1:04.52	34.00	200m:	2:15.21	35.60	300m:	3:26.61	35.94	400m:	4:35.04	33.34
11.				2007	"	"		+0,56	<b>4:36.22</b>		626	
	50m:	30.52	30.52	150m:	1:39.89	35.07	250m:	2:49.34	34.63	350m:	4:00.48	36.16
	100m:	1:04.82	34.30	200m:	2:14.71	34.82	300m:	3:24.32	34.98	400m:	4:36.22	35.74
12.				2006	"	"		+0,81	<b>4:37.18</b>		620	
	50m:	31.44	31.44	150m:	1:39.63	34.49	250m:	2:49.70	35.46	350m:	4:01.61	36.40
	100m:	1:05.14	33.70	200m:	2:14.24	34.61	300m:	3:25.21	35.51	400m:	4:37.18	35.57
13.				2008	"	"				<b>4:37.70</b>	616	
	50m:	30.77	30.77	150m:	1:40.47	35.61	250m:	2:51.90	36.00	350m:	4:03.61	35.85
	100m:	1:04.86	34.09	200m:	2:15.90	35.43	300m:	3:27.76	35.86	400m:	4:37.70	34.09
14.				2008	"	"		+0,82	<b>4:37.98</b>		615	
	50m:	31.99	31.99	150m:	1:40.50	34.88	250m:	2:50.83	35.47	350m:	4:02.99	36.21
	100m:	1:05.62	33.63	200m:	2:15.36	34.86	300m:	3:26.78	35.95	400m:	4:37.98	34.99
15.				2006	"	3		+0,93	<b>4:38.08</b>		614	
	50m:	31.22	31.22	150m:	1:40.37	35.17	250m:	2:51.03	35.50	350m:	4:02.83	35.94
	100m:	1:05.20	33.98	200m:	2:15.53	35.16	300m:	3:26.89	35.86	400m:	4:38.08	35.25
16.				2006	"	"		+0,81	<b>4:38.79</b>		609	
	50m:	31.52	31.52	150m:	1:40.89	34.69	250m:	2:52.23	35.65	350m:	4:04.60	35.74
	100m:	1:06.20	34.68	200m:	2:16.58	35.69	300m:	3:28.86	36.63	400m:	4:38.79	34.19
17.				2006	"	"		+0,59	<b>4:39.16</b>		607	
	50m:	32.01	32.01	150m:	1:41.26	35.01	250m:	2:52.55	35.82	350m:	4:04.32	36.04
	100m:	1:06.25	34.24	200m:	2:16.73	35.47	300m:	3:28.28	35.73	400m:	4:39.16	34.84

<http://mosswimming.ru/>

1, , 400m , (15-17 )

									R.T.	WA		
18.	2008								+0,75	<b>4:39.57</b>	604	
	50m:	30.75	30.75	150m:	1:41.42	35.60	250m:	2:53.03	35.91	350m:	4:04.42	35.53
	100m:	1:05.82	35.07	200m:	2:17.12	35.70	300m:	3:28.89	35.86	400m:	4:39.57	35.15
19.	2007								+0,55	<b>4:40.05</b>	601	
	50m:	31.91	31.91	150m:	1:41.95	35.67	250m:	2:54.03	36.51	350m:	4:06.19	36.12
	100m:	1:06.28	34.37	200m:	2:17.52	35.57	300m:	3:30.07	36.04	400m:	4:40.05	33.86
20.	2006								+1,05	<b>4:40.46</b>	598	
	50m:	31.50	31.50	150m:	1:40.13	34.74	250m:	2:51.28	35.74	350m:	4:04.12	36.28
	100m:	1:05.39	33.89	200m:	2:15.54	35.41	300m:	3:27.84	36.56	400m:	4:40.46	36.34
21.	2008								+0,77	<b>4:40.68</b>	597	
	50m:	30.49	30.49	150m:	1:39.99	34.86	250m:	2:51.69	35.79	350m:	4:04.37	35.92
	100m:	1:05.13	34.64	200m:	2:15.90	35.91	300m:	3:28.45	36.76	400m:	4:40.68	36.31
22.	2006								+0,83	<b>4:41.36</b>	593	
	50m:	31.86	31.86	150m:	1:41.75	35.78	250m:	2:53.81	36.03	350m:	4:06.32	36.04
	100m:	1:05.97	34.11	200m:	2:17.78	36.03	300m:	3:30.28	36.47	400m:	4:41.36	35.04
23.	2006								+0,82	<b>4:41.98</b>	589	
	50m:	31.75	31.75	150m:	1:41.69	35.35	250m:	2:53.33	35.95	350m:	4:06.50	36.80
	100m:	1:06.34	34.59	200m:	2:17.38	35.69	300m:	3:29.70	36.37	400m:	4:41.98	35.48
24.	2006								+0,77	<b>4:41.99</b>	589	
	50m:	32.28	32.28	150m:	1:42.16	35.55	250m:	2:53.70	35.98	350m:	4:06.66	36.53
	100m:	1:06.61	34.33	200m:	2:17.72	35.56	300m:	3:30.13	36.43	400m:	4:41.99	35.33
25.	2007								+0,75	<b>4:43.14</b>	582	
	50m:	31.61	31.61	150m:	1:41.34	35.62	250m:	2:54.52	37.17	350m:	4:08.40	36.82
	100m:	1:05.72	34.11	200m:	2:17.35	36.01	300m:	3:31.58	37.06	400m:	4:43.14	34.74
26.	2008								+0,80	<b>4:43.35</b>	580	
	50m:	30.88	30.88	150m:	1:41.24	35.81	250m:	2:54.13	36.36	350m:	4:07.75	36.75
	100m:	1:05.43	34.55	200m:	2:17.77	36.53	300m:	3:31.00	36.87	400m:	4:43.35	35.60
27.	2008									<b>4:43.78</b>	578	
	50m:	32.11	32.11	150m:	1:42.60	36.16	250m:	2:55.15	36.55	350m:	4:08.55	37.00
	100m:	1:06.44	34.33	200m:	2:18.60	36.00	300m:	3:31.55	36.40	400m:	4:43.78	35.23
28.	2006								+0,61	<b>4:43.81</b>	577	
	50m:	32.84	32.84	150m:	1:44.38	36.20	250m:	2:57.80	36.75	350m:	4:09.60	35.15
	100m:	1:08.18	35.34	200m:	2:21.05	36.67	300m:	3:34.45	36.65	400m:	4:43.81	34.21
29.	2008								+0,67	<b>4:44.43</b>	574	
	50m:	31.52	31.52	150m:	1:42.91	36.40	250m:	2:56.45	36.90	350m:	4:09.18	36.43
	100m:	1:06.51	34.99	200m:	2:19.55	36.64	300m:	3:32.75	36.30	400m:	4:44.43	35.25
30.	2007								+0,56	<b>4:45.19</b>	569	
	50m:	31.69	31.69	150m:	1:43.44	36.56	250m:	2:56.00	36.52	350m:	4:10.04	37.49
	100m:	1:06.88	35.19	200m:	2:19.48	36.04	300m:	3:32.55	36.55	400m:	4:45.19	35.15
31.	2008								+0,82	<b>4:45.70</b>	566	
	50m:	31.96	31.96	150m:	1:43.28	35.96	250m:	2:55.78	36.28	350m:	4:09.42	36.72
	100m:	1:07.32	35.36	200m:	2:19.50	36.22	300m:	3:32.70	36.92	400m:	4:45.70	36.28
32.	2008								+0,60	<b>4:46.21</b>	563	
	50m:	31.36	31.36	150m:	1:43.43	36.81	250m:	2:57.53	37.08	350m:	4:11.40	36.71
	100m:	1:06.62	35.26	200m:	2:20.45	37.02	300m:	3:34.69	37.16	400m:	4:46.21	34.81
33.	2008									<b>4:46.38</b>	562	
	50m:	31.99	31.99	150m:	1:43.39	36.35	250m:	2:56.51	36.70	350m:	4:10.52	36.91
	100m:	1:07.04	35.05	200m:	2:19.81	36.42	300m:	3:33.61	37.10	400m:	4:46.38	35.86
34.	2006								+0,79	<b>4:46.82</b>	559	
	50m:	31.03	31.03	150m:	1:43.15	37.31	250m:	2:58.13	37.27	350m:	4:11.81	36.81
	100m:	1:05.84	34.81	200m:	2:20.86	37.71	300m:	3:35.00	36.87	400m:	4:46.82	35.01
35.	2008									<b>4:48.17</b>	552	
	50m:	32.58	32.58	150m:	1:44.42	36.42	250m:	2:59.23	37.44	350m:	4:13.44	37.24
	100m:	1:08.00	35.42	200m:	2:21.79	37.37	300m:	3:36.20	36.97	400m:	4:48.17	34.73

1, , 400m , (15-17 )

									R.T.	WA		
36.	2008 " "								+0,73	<b>4:48.54</b>	549	
	50m:	31.86	31.86	150m:	1:46.04	38.21	250m:	2:59.97	36.94	350m:	4:14.73	37.62
	100m:	1:07.83	35.97	200m:	2:23.03	36.99	300m:	3:37.11	37.14	400m:	4:48.54	33.81
37.	2008 " "									<b>4:48.94</b>	547	
	50m:	32.21	32.21	150m:	1:44.63	36.83	250m:	2:59.50	37.36	350m:	4:14.16	36.87
	100m:	1:07.80	35.59	200m:	2:22.14	37.51	300m:	3:37.29	37.79	400m:	4:48.94	34.78
38.	2008 3									<b>4:49.15</b>	546	
	50m:	31.21	31.21	150m:	1:43.92	37.08	250m:	2:58.61	37.16	350m:	4:13.04	37.18
	100m:	1:06.84	35.63	200m:	2:21.45	37.53	300m:	3:35.86	37.25	400m:	4:49.15	36.11
39.	2008 4								+0,65	<b>4:49.89</b>	542	
	50m:	31.27	31.27	150m:	1:44.54	37.29	250m:	2:59.12	37.50	350m:	4:14.26	37.76
	100m:	1:07.25	35.98	200m:	2:21.62	37.08	300m:	3:36.50	37.38	400m:	4:49.89	35.63
40.	2008 - , " "								+0,60	<b>4:50.11</b>	541	
	50m:	32.98	32.98	150m:	1:46.07	36.99	250m:	3:02.55	38.33	350m:	4:15.42	36.21
	100m:	1:09.08	36.10	200m:	2:24.22	38.15	300m:	3:39.21	36.66	400m:	4:50.11	34.69
41.	2007 " "								+0,81	<b>4:50.35</b>	539	
	50m:	33.38	33.38	150m:	1:45.20	36.14	250m:	2:59.97	37.34	350m:	4:14.42	37.34
	100m:	1:09.06	35.68	200m:	2:22.63	37.43	300m:	3:37.08	37.11	400m:	4:50.35	35.93
42.	2007 " "								+0,85	<b>4:51.23</b>	534	
	50m:	31.93	31.93	150m:	1:45.09	36.87	250m:	3:00.63	37.81	350m:	4:15.77	37.04
	100m:	1:08.22	36.29	200m:	2:22.82	37.73	300m:	3:38.73	38.10	400m:	4:51.23	35.46
43.	2006 4								+0,99	<b>4:52.72</b>	526	
	50m:	33.33	33.33	150m:	1:46.14	36.82	250m:	3:01.08	37.54	350m:	4:15.60	36.66
	100m:	1:09.32	35.99	200m:	2:23.54	37.40	300m:	3:38.94	37.86	400m:	4:52.72	37.12
44.	2008 " "								+0,76	<b>4:53.52</b>	522	
	50m:	30.25	30.25	150m:	1:41.82	37.35	250m:	2:59.63	39.48	350m:	4:17.39	38.87
	100m:	1:04.47	34.22	200m:	2:20.15	38.33	300m:	3:38.52	38.89	400m:	4:53.52	36.13
45.	2006 - , " "								+0,53	<b>4:55.75</b>	510	
	50m:	32.91	32.91	150m:	1:46.07	37.20	250m:	3:01.26	37.72	350m:	4:18.83	38.89
	100m:	1:08.87	35.96	200m:	2:23.54	37.47	300m:	3:39.94	38.68	400m:	4:55.75	36.92
46.	2008 " "								+0,76	<b>4:55.93</b>	509	
	50m:	31.93	31.93	150m:	1:45.98	38.10	250m:	3:01.81	38.19	350m:	4:19.38	38.51
	100m:	1:07.88	35.95	200m:	2:23.62	37.64	300m:	3:40.87	39.06	400m:	4:55.93	36.55
47.	2007 , " "								+0,77	<b>4:56.10</b>	508	
	50m:	33.15	33.15	150m:	1:47.30	37.95	250m:	3:04.63	38.59	350m:	4:20.56	37.75
	100m:	1:09.35	36.20	200m:	2:26.04	38.74	300m:	3:42.81	38.18	400m:	4:56.10	35.54
48.	2007 - , " "									<b>4:57.65</b>	500	
	50m:	32.51	32.51	150m:	1:44.56	36.73	250m:	3:00.92	38.38	350m:	4:19.30	38.88
	100m:	1:07.83	35.32	200m:	2:22.54	37.98	300m:	3:40.42	39.50	400m:	4:57.65	38.35
49.	2007 . .								+0,74	<b>4:58.13</b>	498	
	50m:	32.08	32.08	150m:	1:44.86	37.35	250m:	3:01.59	38.39	350m:	4:19.79	38.48
	100m:	1:07.51	35.43	200m:	2:23.20	38.34	300m:	3:41.31	39.72	400m:	4:58.13	38.34
50.	2007 " " "								+0,98	<b>4:58.39</b>	497	
	50m:	32.88	32.88	150m:	1:47.86	38.05	250m:	3:05.27	38.00	350m:	4:22.89	38.19
	100m:	1:09.81	36.93	200m:	2:27.27	39.41	300m:	3:44.70	39.43	400m:	4:58.39	35.50
51.	2007 , " - "								+0,70	<b>5:01.76</b>	480	
	50m:	32.84	32.84	150m:	1:49.80	39.02	250m:	3:07.93	38.55	350m:	4:25.65	38.94
	100m:	1:10.78	37.94	200m:	2:29.38	39.58	300m:	3:46.71	38.78	400m:	5:01.76	36.11

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