

# КУБОК МОСКВЫ

## ПО ПЛАВАНИЮ

18 - 21 ИЮНЯ  
2024 Г.

30  
20.06.2024 - 12:55

, 1500m

14

14:57.72  
15:30.26

09.04.2021  
10.03.2022

: FINA 2024

		/		2002		3		15:41.32		WA		
1.										792		
	50m:	29.92	29.92	450m:	4:41.22	31.35	850m:	8:51.20	31.55	1250m:	13:04.28	31.74
	100m:	1:01.20	31.28	500m:	5:12.31	31.09	900m:	9:22.54	31.34	1300m:	13:36.05	31.77
	150m:	1:32.94	31.74	550m:	5:43.55	31.24	950m:	9:54.20	31.66	1350m:	14:07.46	31.41
	200m:	2:04.43	31.49	600m:	6:14.67	31.12	1000m:	10:25.88	31.68	1400m:	14:39.29	31.83
	250m:	2:36.04	31.61	650m:	6:45.91	31.24	1050m:	10:56.88	31.00	1450m:	15:10.85	31.56
	300m:	3:07.33	31.29	700m:	7:16.99	31.08	1100m:	11:28.96	32.08	1500m:	15:41.32	30.47
	350m:	3:38.62	31.29	750m:	7:48.54	31.55	1150m:	12:00.74	31.78			
	400m:	4:09.87	31.25	800m:	8:19.65	31.11	1200m:	12:32.54	31.80			
2.										16:06.58	731	
	50m:	27.89	27.89	450m:	4:44.68	32.63	850m:	9:03.92	32.20	1250m:	13:26.01	32.59
	100m:	58.91	31.02	500m:	5:17.32	32.64	900m:	9:36.74	32.82	1300m:	13:59.06	33.05
	150m:	1:30.52	31.61	550m:	5:49.45	32.13	950m:	10:09.13	32.39	1350m:	14:31.59	32.53
	200m:	2:02.73	32.21	600m:	6:21.91	32.46	1000m:	10:41.98	32.85	1400m:	15:04.50	32.91
	250m:	2:34.80	32.07	650m:	6:54.02	32.11	1050m:	11:14.57	32.59	1450m:	15:36.50	32.00
	300m:	3:07.41	32.61	700m:	7:26.80	32.78	1100m:	11:47.90	33.33	1500m:	16:06.58	30.08
	350m:	3:39.49	32.08	750m:	7:59.24	32.44	1150m:	12:20.36	32.46			
	400m:	4:12.05	32.56	800m:	8:31.72	32.48	1200m:	12:53.42	33.06			
3.										16:07.95	728	
	50m:	29.64	29.64	450m:	4:47.50	32.68	850m:	9:08.76	32.62	1250m:	13:28.49	32.32
	100m:	1:01.45	31.81	500m:	5:20.40	32.90	900m:	9:41.33	32.57	1300m:	14:01.08	32.59
	150m:	1:33.18	31.73	550m:	5:52.84	32.44	950m:	10:13.57	32.24	1350m:	14:33.56	32.48
	200m:	2:05.02	31.84	600m:	6:25.52	32.68	1000m:	10:46.09	32.52	1400m:	15:06.49	32.93
	250m:	2:36.98	31.96	650m:	6:58.04	32.52	1050m:	11:18.59	32.50	1450m:	15:38.34	31.85
	300m:	3:09.33	32.35	700m:	7:30.87	32.83	1100m:	11:51.13	32.54	1500m:	16:07.95	29.61
	350m:	3:42.14	32.81	750m:	8:03.60	32.73	1150m:	12:23.52	32.39			
	400m:	4:14.82	32.68	800m:	8:36.14	32.54	1200m:	12:56.17	32.65			
4.										16:37.01	666	
	50m:	29.64	29.64	450m:	4:49.80	33.30	850m:	9:16.91	33.78	1250m:	13:48.65	34.38
	100m:	1:01.32	31.68	500m:	5:22.55	32.75	900m:	9:50.70	33.79	1300m:	14:23.10	34.45
	150m:	1:33.35	32.03	550m:	5:55.89	33.34	950m:	10:24.72	34.02	1350m:	14:57.31	34.21
	200m:	2:05.45	32.10	600m:	6:29.11	33.22	1000m:	10:58.29	33.57	1400m:	15:31.38	34.07
	250m:	2:38.10	32.65	650m:	7:02.72	33.61	1050m:	11:32.25	33.96	1450m:	16:05.15	33.77
	300m:	3:10.75	32.65	700m:	7:36.04	33.32	1100m:	12:06.08	33.83	1500m:	16:37.01	31.86
	350m:	3:43.84	33.09	750m:	8:09.55	33.51	1150m:	12:40.24	34.16			
	400m:	4:16.50	32.66	800m:	8:43.13	33.58	1200m:	13:14.27	34.03			
5.										17:02.41	618	
	50m:	30.49	30.49	450m:	4:59.66	33.94	850m:	9:33.74	33.84	1250m:	14:10.84	34.78
	100m:	1:03.57	33.08	500m:	5:33.84	34.18	900m:	10:08.46	34.72	1300m:	14:45.77	34.93
	150m:	1:36.24	32.67	550m:	6:08.02	34.18	950m:	10:43.10	34.64	1350m:	15:20.75	34.98
	200m:	2:09.92	33.68	600m:	6:42.43	34.41	1000m:	11:17.65	34.55	1400m:	15:55.25	34.50
	250m:	2:43.68	33.76	650m:	7:16.69	34.26	1050m:	11:51.66	34.01	1450m:	16:29.59	34.34
	300m:	3:17.55	33.87	700m:	7:51.40	34.71	1100m:	12:26.21	34.55	1500m:	17:02.41	32.82
	350m:	3:51.15	33.60	750m:	8:25.59	34.19	1150m:	13:01.16	34.95			
	400m:	4:25.72	34.57	800m:	8:59.90	34.31	1200m:	13:36.06	34.90			
6.										17:13.95	597	
	50m:	30.07	30.07	450m:	5:03.56	34.54	850m:	9:43.54	35.14	1250m:	14:23.40	34.29
	100m:	1:03.36	33.29	500m:	5:38.34	34.78	900m:	10:18.61	35.07	1300m:	14:57.95	34.55
	150m:	1:37.45	34.09	550m:	6:13.14	34.80	950m:	10:54.21	35.60	1350m:	15:32.69	34.74
	200m:	2:11.76	34.31	600m:	6:47.82	34.68	1000m:	11:29.32	35.11	1400m:	16:07.43	34.74
	250m:	2:46.26	34.50	650m:	7:23.07	35.25	1050m:	12:04.21	34.89	1450m:	16:41.91	34.48
	300m:	3:20.08	33.82	700m:	7:57.89	34.82	1100m:	12:39.44	35.23	1500m:	17:13.95	32.04
	350m:	3:54.69	34.61	750m:	8:33.14	35.25	1150m:	13:14.16	34.72			
	400m:	4:29.02	34.33	800m:	9:08.40	35.26	1200m:	13:49.11	34.95			

# КУБОК МОСКВЫ

## ПО ПЛАВАНИЮ

**18 - 21 ИЮНЯ**  
**2024 г.**

30, , 1500m , 14

														WA
7.				2007						17:22.50				583
	50m:	29.67	29.67	450m:	5:04.14	34.63	850m:	9:44.74	35.41	1250m:	14:29.98	35.33		
	100m:	1:03.44	33.77	500m:	5:38.98	34.84	900m:	10:20.22	35.48	1300m:	15:05.66	35.68		
	150m:	1:37.72	34.28	550m:	6:13.45	34.47	950m:	10:55.11	34.89	1350m:	15:40.47	34.81		
	200m:	2:11.93	34.21	600m:	6:48.60	35.15	1000m:	11:31.07	35.96	1400m:	16:14.96	34.49		
	250m:	2:46.28	34.35	650m:	7:23.82	35.22	1050m:	12:06.91	35.84	1450m:	16:49.27	34.31		
	300m:	3:20.50	34.22	700m:	7:58.84	35.02	1100m:	12:42.89	35.98	1500m:	17:22.50	33.23		
	350m:	3:54.80	34.30	750m:	8:33.75	34.91	1150m:	13:18.65	35.76					
	400m:	4:29.51	34.71	800m:	9:09.33	35.58	1200m:	13:54.65	36.00					
8.				2007			"	"		17:23.10				582
	50m:	30.55	30.55	450m:	5:05.22	34.90	850m:	9:47.09	35.65	1250m:	14:31.21	35.90		
	100m:	1:03.56	33.01	500m:	5:39.93	34.71	900m:	10:22.72	35.63	1300m:	15:06.67	35.46		
	150m:	1:37.93	34.37	550m:	6:15.68	35.75	950m:	10:57.03	34.31	1350m:	15:40.88	34.21		
	200m:	2:12.11	34.18	600m:	6:50.92	35.24	1000m:	11:32.78	35.75	1400m:	16:16.25	35.37		
	250m:	2:46.59	34.48	650m:	7:26.54	35.62	1050m:	12:08.27	35.49	1450m:	16:50.29	34.04		
	300m:	3:21.40	34.81	700m:	8:01.58	35.04	1100m:	12:43.96	35.69	1500m:	17:23.10	32.81		
	350m:	3:55.64	34.24	750m:	8:36.33	34.75	1150m:	13:19.77	35.81					
	400m:	4:30.32	34.68	800m:	9:11.44	35.11	1200m:	13:55.31	35.54					
9.				2010						17:26.36				576
	50m:	30.76	30.76	450m:	5:06.38	34.86	850m:	9:49.02	35.32	1250m:	14:34.79	35.26		
	100m:	1:04.24	33.48	500m:	5:41.46	35.08	900m:	10:24.81	35.79	1300m:	15:10.45	35.66		
	150m:	1:38.57	34.33	550m:	6:16.55	35.09	950m:	11:00.56	35.75	1350m:	15:45.73	35.28		
	200m:	2:12.91	34.34	600m:	6:51.81	35.26	1000m:	11:36.11	35.55	1400m:	16:21.00	35.27		
	250m:	2:47.52	34.61	650m:	7:26.77	34.96	1050m:	12:11.90	35.79	1450m:	16:54.79	33.79		
	300m:	3:21.76	34.24	700m:	8:02.22	35.45	1100m:	12:47.78	35.88	1500m:	17:26.36	31.57		
	350m:	3:56.25	34.49	750m:	8:38.19	35.97	1150m:	13:23.44	35.66					
	400m:	4:31.52	35.27	800m:	9:13.70	35.51	1200m:	13:59.53	36.09					
10.				2008	I					17:28.06				574
	50m:	30.41	30.41	450m:	5:08.28	34.93	850m:	9:49.75	34.96	1250m:	14:33.39	35.17		
	100m:	1:03.98	33.57	500m:	5:43.60	35.32	900m:	10:25.23	35.48	1300m:	15:09.06	35.67		
	150m:	1:38.72	34.74	550m:	6:18.57	34.97	950m:	11:00.34	35.11	1350m:	15:44.69	35.63		
	200m:	2:13.42	34.70	600m:	6:54.00	35.43	1000m:	11:36.03	35.69	1400m:	16:19.99	35.30		
	250m:	2:48.19	34.77	650m:	7:29.28	35.28	1050m:	12:11.46	35.43	1450m:	16:54.95	34.96		
	300m:	3:23.01	34.82	700m:	8:04.59	35.31	1100m:	12:47.19	35.73	1500m:	17:28.06	33.11		
	350m:	3:57.98	34.97	750m:	8:39.34	34.75	1150m:	13:22.49	35.30					
	400m:	4:33.35	35.37	800m:	9:14.79	35.45	1200m:	13:58.22	35.73					
11.				2008	I		-			17:28.60				573
	50m:	29.32	29.32	450m:	5:04.64	34.54	850m:	9:45.20	35.34	1250m:	14:30.07	35.27		
	100m:	1:03.39	34.07	500m:	5:39.48	34.84	900m:	10:21.01	35.81	1300m:	15:06.30	36.23		
	150m:	1:38.06	34.67	550m:	6:13.86	34.38	950m:	10:55.84	34.83	1350m:	15:42.18	35.88		
	200m:	2:12.47	34.41	600m:	6:49.22	35.36	1000m:	11:31.97	36.13	1400m:	16:19.30	37.12		
	250m:	2:46.93	34.46	650m:	7:24.36	35.14	1050m:	12:07.36	35.39	1450m:	16:54.77	35.47		
	300m:	3:20.82	33.89	700m:	7:59.29	34.93	1100m:	12:43.37	36.01	1500m:	17:28.60	33.83		
	350m:	3:55.32	34.50	750m:	8:34.56	35.27	1150m:	13:18.77	35.40					
	400m:	4:30.10	34.78	800m:	9:09.86	35.30	1200m:	13:54.80	36.03					
12.				2009			"	"		17:46.55	I			544
	50m:	30.41	30.41	450m:	5:10.75	35.80	850m:	9:57.46	36.01	1250m:	14:48.05	37.08		
	100m:	1:04.81	34.40	500m:	5:45.96	35.21	900m:	10:33.34	35.88	1300m:	15:23.75	35.70		
	150m:	1:39.75	34.94	550m:	6:21.96	36.00	950m:	11:09.68	36.34	1350m:	16:00.21	36.46		
	200m:	2:14.49	34.74	600m:	6:57.89	35.93	1000m:	11:45.54	35.86	1400m:	16:35.59	35.38		
	250m:	2:49.92	35.43	650m:	7:33.81	35.92	1050m:	12:22.22	36.68	1450m:	17:12.27	36.68		
	300m:	3:25.07	35.15	700m:	8:09.91	36.10	1100m:	12:58.39	36.17	1500m:	17:46.55	34.28		
	350m:	3:59.86	34.79	750m:	8:45.95	36.04	1150m:	13:34.94	36.55					
	400m:	4:34.95	35.09	800m:	9:21.45	35.50	1200m:	14:10.97	36.03					

# КУБОК МОСКВЫ

## ПО ПЛАВАНИЮ

18 - 21 ИЮНЯ  
2024 г.

30, , 1500m , 14

		/								WA			
13.			2009	I					<b>17:51.76</b>		I	536	
	50m:	28.78	28.78	450m:	5:12.13	35.95	850m:	10:01.20	36.56	1250m:	14:53.86	36.36	
	100m:	1:02.09	33.31	500m:	5:47.31	35.18	900m:	10:37.95	36.75	1300m:	15:30.79	36.93	
	150m:	1:37.47	35.38	550m:	6:23.50	36.19	950m:	11:14.16	36.21	1350m:	16:07.02	36.23	
	200m:	2:12.80	35.33	600m:	6:59.72	36.22	1000m:	11:50.47	36.31	1400m:	16:43.50	36.48	
	250m:	2:47.99	35.19	650m:	7:35.68	35.96	1050m:	12:27.58	37.11	1450m:	17:18.37	34.87	
	300m:	3:24.13	36.14	700m:	8:12.17	36.49	1100m:	13:03.93	36.35	1500m:	17:51.76	33.39	
	350m:	4:00.31	36.18	750m:	8:48.35	36.18	1150m:	13:40.66	36.73				
	400m:	4:36.18	35.87	800m:	9:24.64	36.29	1200m:	14:17.50	36.84				
	14.			2008	I	3					<b>17:56.00</b>		I
50m:		29.96	29.96	450m:	5:04.44	34.71	850m:	9:53.90	36.87	1250m:	14:52.55	37.04	
100m:		1:03.50	33.54	500m:	5:39.69	35.25	900m:	10:31.19	37.29	1300m:	15:30.14	37.59	
150m:		1:37.45	33.95	550m:	6:15.10	35.41	950m:	11:08.27	37.08	1350m:	16:07.48	37.34	
200m:		2:11.52	34.07	600m:	6:51.08	35.98	1000m:	11:46.04	37.77	1400m:	16:44.81	37.33	
250m:		2:46.06	34.54	650m:	7:27.47	36.39	1050m:	12:23.00	36.96	1450m:	17:21.05	36.24	
300m:		3:20.30	34.24	700m:	8:04.02	36.55	1100m:	13:00.53	37.53	1500m:	17:56.00	34.95	
350m:		3:55.09	34.79	750m:	8:40.27	36.25	1150m:	13:37.77	37.24				
400m:		4:29.73	34.64	800m:	9:17.03	36.76	1200m:	14:15.51	37.74				
15.				2010	I	"	"			<b>17:57.08</b>		I	528
	50m:	32.74	32.74	450m:	5:20.83	35.95	850m:	10:09.20	36.42	1250m:	14:59.75	36.03	
	100m:	1:08.64	35.90	500m:	5:57.01	36.18	900m:	10:45.44	36.24	1300m:	15:36.15	36.40	
	150m:	1:44.74	36.10	550m:	6:32.63	35.62	950m:	11:21.50	36.06	1350m:	16:11.85	35.70	
	200m:	2:20.59	35.85	600m:	7:08.41	35.78	1000m:	11:57.80	36.30	1400m:	16:48.49	36.64	
	250m:	2:56.47	35.88	650m:	7:44.36	35.95	1050m:	12:33.93	36.13	1450m:	17:23.61	35.12	
	300m:	3:32.82	36.35	700m:	8:20.63	36.27	1100m:	13:10.66	36.73	1500m:	17:57.08	33.47	
	350m:	4:08.55	35.73	750m:	8:56.66	36.03	1150m:	13:47.12	36.46				
	400m:	4:44.88	36.33	800m:	9:32.78	36.12	1200m:	14:23.72	36.60				
	16.			2010	I	"	"			<b>18:03.87</b>		I	518
50m:		31.84	31.84	450m:	5:18.39	35.73	850m:	10:09.68	36.72	1250m:	15:01.63	36.42	
100m:		1:07.57	35.73	500m:	5:54.39	36.00	900m:	10:45.83	36.15	1300m:	15:38.51	36.88	
150m:		1:43.60	36.03	550m:	6:30.63	36.24	950m:	11:22.44	36.61	1350m:	16:15.12	36.61	
200m:		2:19.38	35.78	600m:	7:07.07	36.44	1000m:	11:58.73	36.29	1400m:	16:51.81	36.69	
250m:		2:55.12	35.74	650m:	7:43.16	36.09	1050m:	12:35.18	36.45	1450m:	17:28.07	36.26	
300m:		3:30.92	35.80	700m:	8:19.73	36.57	1100m:	13:11.42	36.24	1500m:	18:03.87	35.80	
350m:		4:06.79	35.87	750m:	8:56.22	36.49	1150m:	13:48.47	37.05				
400m:		4:42.66	35.87	800m:	9:32.96	36.74	1200m:	14:25.21	36.74				
17.				2009	I					<b>18:06.75</b>		I	514
	50m:	30.47	30.47	450m:	5:14.10	36.79	850m:	10:11.17	36.77	1250m:	15:09.24	37.05	
	100m:	1:05.03	34.56	500m:	5:51.42	37.32	900m:	10:48.23	37.06	1300m:	15:45.98	36.74	
	150m:	1:39.78	34.75	550m:	6:27.99	36.57	950m:	11:25.70	37.47	1350m:	16:21.58	35.60	
	200m:	2:14.67	34.89	600m:	7:05.32	37.33	1000m:	12:03.29	37.59	1400m:	16:57.48	35.90	
	250m:	2:49.78	35.11	650m:	7:42.31	36.99	1050m:	12:38.50	35.21	1450m:	17:32.62	35.14	
	300m:	3:25.11	35.33	700m:	8:19.31	37.00	1100m:	13:16.65	38.15	1500m:	18:06.75	34.13	
	350m:	4:01.25	36.14	750m:	8:56.95	37.64	1150m:	13:54.30	37.65				
	400m:	4:37.31	36.06	800m:	9:34.40	37.45	1200m:	14:32.19	37.89				
	18.			2010	I					<b>18:11.98</b>		I	507
50m:		32.59	32.59	450m:	5:22.44	36.70	850m:	10:15.34	36.55	1250m:	15:09.99	36.77	
100m:		1:08.04	35.45	500m:	5:59.02	36.58	900m:	10:52.16	36.82	1300m:	15:46.79	36.80	
150m:		1:44.11	36.07	550m:	6:35.86	36.84	950m:	11:29.11	36.95	1350m:	16:23.62	36.83	
200m:		2:20.14	36.03	600m:	7:12.45	36.59	1000m:	12:05.46	36.35	1400m:	17:00.06	36.44	
250m:		2:56.43	36.29	650m:	7:48.96	36.51	1050m:	12:42.74	37.28	1450m:	17:36.49	36.43	
300m:		3:32.65	36.22	700m:	8:25.63	36.67	1100m:	13:19.08	36.34	1500m:	18:11.98	35.49	
350m:		4:09.38	36.73	750m:	9:02.40	36.77	1150m:	13:56.25	37.17				
400m:		4:45.74	36.36	800m:	9:38.79	36.39	1200m:	14:33.22	36.97				

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			/								WA		
19.			2010		I		"		"		<b>18:18.05</b>	I	499
	50m:	33.07	33.07	450m:	5:22.97	36.69	850m:	10:16.97	37.02	1250m:	15:13.54	37.40	
	100m:	1:08.14	35.07	500m:	5:59.07	36.10	900m:	10:53.58	36.61	1300m:	15:50.83	37.29	
	150m:	1:44.55	36.41	550m:	6:36.11	37.04	950m:	11:30.43	36.85	1350m:	16:28.24	37.41	
	200m:	2:21.15	36.60	600m:	7:12.62	36.51	1000m:	12:07.36	36.93	1400m:	17:05.36	37.12	
	250m:	2:57.09	35.94	650m:	7:49.87	37.25	1050m:	12:44.84	37.48	1450m:	17:42.08	36.72	
	300m:	3:33.43	36.34	700m:	8:26.08	36.21	1100m:	13:21.65	36.81	1500m:	18:18.05	35.97	
	350m:	4:09.98	36.55	750m:	9:03.50	37.42	1150m:	13:58.85	37.20				
	400m:	4:46.28	36.30	800m:	9:39.95	36.45	1200m:	14:36.14	37.29				
20.			2006		I		"		"		<b>18:20.34</b>	I	496
	50m:	29.98	29.98	450m:	5:16.60	36.93	850m:	10:13.72	37.46	1250m:	15:15.62	37.86	
	100m:	1:04.12	34.14	500m:	5:53.44	36.84	900m:	10:50.98	37.26	1300m:	15:53.55	37.93	
	150m:	1:39.29	35.17	550m:	6:30.42	36.98	950m:	11:28.75	37.77	1350m:	16:30.77	37.22	
	200m:	2:14.91	35.62	600m:	7:07.70	37.28	1000m:	12:06.45	37.70	1400m:	17:08.01	37.24	
	250m:	2:50.62	35.71	650m:	7:44.80	37.10	1050m:	12:44.30	37.85	1450m:	17:44.62	36.61	
	300m:	3:26.83	36.21	700m:	8:22.27	37.47	1100m:	13:22.05	37.75	1500m:	18:20.34	35.72	
	350m:	4:03.18	36.35	750m:	8:59.36	37.09	1150m:	13:59.98	37.93				
	400m:	4:39.67	36.49	800m:	9:36.26	36.90	1200m:	14:37.76	37.78				
21.			2008								<b>18:21.61</b>	I	494
	50m:	31.97	31.97	450m:	5:22.50	37.27	850m:	10:15.15	37.69	1250m:	15:17.49	38.18	
	100m:	1:06.77	34.80	500m:	5:58.40	35.90	900m:	10:52.14	36.99	1300m:	15:53.90	36.41	
	150m:	1:42.54	35.77	550m:	6:34.50	36.10	950m:	11:29.05	36.91	1350m:	16:31.85	37.95	
	200m:	2:18.68	36.14	600m:	7:10.47	35.97	1000m:	12:07.09	38.04	1400m:	17:09.19	37.34	
	250m:	2:54.88	36.20	650m:	7:47.79	37.32	1050m:	12:45.13	38.04	1450m:	17:45.59	36.40	
	300m:	3:31.50	36.62	700m:	8:24.40	36.61	1100m:	13:23.21	38.08	1500m:	18:21.61	36.02	
	350m:	4:08.14	36.64	750m:	9:00.91	36.51	1150m:	14:00.81	37.60				
	400m:	4:45.23	37.09	800m:	9:37.46	36.55	1200m:	14:39.31	38.50				
22.			2009		I						<b>18:26.65</b>	I	487
	50m:	30.55	30.55	450m:	5:15.70	36.54	850m:	10:15.34	37.67	1250m:	15:20.25	37.94	
	100m:	1:04.87	34.32	500m:	5:53.04	37.34	900m:	10:53.85	38.51	1300m:	15:58.53	38.28	
	150m:	1:39.58	34.71	550m:	6:29.96	36.92	950m:	11:31.89	38.04	1350m:	16:36.22	37.69	
	200m:	2:14.72	35.14	600m:	7:07.67	37.71	1000m:	12:10.05	38.16	1400m:	17:13.77	37.55	
	250m:	2:50.34	35.62	650m:	7:44.79	37.12	1050m:	12:47.51	37.46	1450m:	17:50.84	37.07	
	300m:	3:26.55	36.21	700m:	8:22.21	37.42	1100m:	13:25.50	37.99	1500m:	18:26.65	35.81	
	350m:	4:02.72	36.17	750m:	8:59.69	37.48	1150m:	14:03.74	38.24				
	400m:	4:39.16	36.44	800m:	9:37.67	37.98	1200m:	14:42.31	38.57				
23.			2010		II		"		"		<b>18:27.88</b>	I	485
	50m:	32.01	32.01	450m:	5:23.30	37.36	850m:	10:22.76	37.40	1250m:	15:23.43	37.62	
	100m:	1:07.44	35.43	500m:	6:00.26	36.96	900m:	11:00.33	37.57	1300m:	16:01.00	37.57	
	150m:	1:43.62	36.18	550m:	6:37.24	36.98	950m:	11:38.23	37.90	1350m:	16:38.37	37.37	
	200m:	2:20.10	36.48	600m:	7:14.96	37.72	1000m:	12:15.87	37.64	1400m:	17:15.70	37.33	
	250m:	2:56.52	36.42	650m:	7:52.24	37.28	1050m:	12:53.07	37.20	1450m:	17:52.21	36.51	
	300m:	3:32.52	36.00	700m:	8:30.24	38.00	1100m:	13:30.71	37.64	1500m:	18:27.88	35.67	
	350m:	4:09.02	36.50	750m:	9:07.67	37.43	1150m:	14:08.16	37.45				
	400m:	4:45.94	36.92	800m:	9:45.36	37.69	1200m:	14:45.81	37.65				
24.			2010		II		"		"		<b>18:34.45</b>	II	477
	50m:	32.12	32.12	450m:	5:29.22	36.95	850m:	10:28.17	37.30	1250m:	15:28.29	37.77	
	100m:	1:08.85	36.73	500m:	6:06.47	37.25	900m:	11:05.49	37.32	1300m:	16:06.42	38.13	
	150m:	1:46.23	37.38	550m:	6:43.93	37.46	950m:	11:42.80	37.31	1350m:	16:44.23	37.81	
	200m:	2:23.53	37.30	600m:	7:21.34	37.41	1000m:	12:20.06	37.26	1400m:	17:21.88	37.65	
	250m:	3:00.83	37.30	650m:	7:58.61	37.27	1050m:	12:57.61	37.55	1450m:	17:58.89	37.01	
	300m:	3:38.10	37.27	700m:	8:36.07	37.46	1100m:	13:35.07	37.46	1500m:	18:34.45	35.56	
	350m:	4:14.98	36.88	750m:	9:13.52	37.45	1150m:	14:12.97	37.90				
	400m:	4:52.27	37.29	800m:	9:50.87	37.35	1200m:	14:50.52	37.55				

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## ПО ПЛАВАНИЮ

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2024 г.

30, , 1500m , 14

														WA
25.			/	2008	I	"	"			<b>18:38.72</b>	II			471
	50m:	32.16	32.16	450m:	5:29.62	38.48	850m:	10:33.56	38.18	1250m:	15:33.94	37.65		
	100m:	1:07.41	35.25	500m:	6:07.51	37.89	900m:	11:10.66	37.10	1300m:	16:11.05	37.11		
	150m:	1:44.06	36.65	550m:	6:45.97	38.46	950m:	11:48.34	37.68	1350m:	16:48.58	37.53		
	200m:	2:20.65	36.59	600m:	7:23.96	37.99	1000m:	12:25.45	37.11	1400m:	17:25.29	36.71		
	250m:	2:58.11	37.46	650m:	8:01.97	38.01	1050m:	13:02.90	37.45	1450m:	18:02.15	36.86		
	300m:	3:35.37	37.26	700m:	8:39.54	37.57	1100m:	13:40.72	37.82	1500m:	18:38.72	36.57		
	350m:	4:13.47	38.10	750m:	9:17.74	38.20	1150m:	14:18.74	38.02					
	400m:	4:51.14	37.67	800m:	9:55.38	37.64	1200m:	14:56.29	37.55					
26.				2007	I					<b>18:53.21</b>	II			454
	50m:	32.68	32.68	450m:	5:27.30	38.10	850m:	10:33.12	38.28	1250m:	15:46.20	39.64		
	100m:	1:08.16	35.48	500m:	6:05.39	38.09	900m:	11:12.15	39.03	1300m:	16:23.57	37.37		
	150m:	1:44.25	36.09	550m:	6:43.51	38.12	950m:	11:50.67	38.52	1350m:	17:01.06	37.49		
	200m:	2:20.64	36.39	600m:	7:21.78	38.27	1000m:	12:30.98	40.31	1400m:	17:38.62	37.56		
	250m:	2:57.24	36.60	650m:	8:00.43	38.65	1050m:	13:09.77	38.79	1450m:	18:16.76	38.14		
	300m:	3:34.29	37.05	700m:	8:38.39	37.96	1100m:	13:48.48	38.71	1500m:	18:53.21	36.45		
	350m:	4:11.63	37.34	750m:	9:16.15	37.76	1150m:	14:26.96	38.48					
	400m:	4:49.20	37.57	800m:	9:54.84	38.69	1200m:	15:06.56	39.60					
27.				2008	I	"	"			<b>19:07.73</b>	II			437
	50m:	32.46	32.46	450m:	5:34.85	37.79	850m:	10:43.08	38.87	1250m:	15:56.45	38.72		
	100m:	1:09.80	37.34	500m:	6:13.02	38.17	900m:	11:22.09	39.01	1300m:	16:35.60	39.15		
	150m:	1:47.07	37.27	550m:	6:51.26	38.24	950m:	12:01.05	38.96	1350m:	17:14.15	38.55		
	200m:	2:25.40	38.33	600m:	7:29.73	38.47	1000m:	12:40.09	39.04	1400m:	17:52.66	38.51		
	250m:	3:03.61	38.21	650m:	8:08.33	38.60	1050m:	13:19.16	39.07	1450m:	18:30.69	38.03		
	300m:	3:41.45	37.84	700m:	8:47.22	38.89	1100m:	13:58.54	39.38	1500m:	19:07.73	37.04		
	350m:	4:19.14	37.69	750m:	9:25.88	38.66	1150m:	14:38.02	39.48					
	400m:	4:57.06	37.92	800m:	10:04.21	38.33	1200m:	15:17.73	39.71					
DNS				2010	II									
DNS				2006			3							
DNS				2009	I	"	"							