

, 18-20 2026 .

12		, 400m								2012		
18.02.2026 - 16:40												
: AQUA 2025												
1.	,	06.08.2008								4:12.41	662	
	50m:	28.22	28.22	150m:	1:31.01	31.83	250m:	2:35.34	32.32	350m:	3:40.49	32.64
	100m:	59.18	30.96	200m:	2:03.02	32.01	300m:	3:07.85	32.51	400m:	4:12.41	31.92
2.	,	05.07.2009								4:16.64	630	1
	50m:	29.61	29.61	150m:	1:35.62	33.04	250m:	2:41.88	32.82	350m:	3:46.99	32.28
	100m:	1:02.58	32.97	200m:	2:09.06	33.44	300m:	3:14.71	32.83	400m:	4:16.64	29.65
3.	,	28.01.2011								4:16.86	628	1
	50m:	28.47	28.47	150m:	1:31.69	32.28	250m:	2:39.17	33.96	350m:	3:46.42	33.36
	100m:	59.41	30.94	200m:	2:05.21	33.52	300m:	3:13.06	33.89	400m:	4:16.86	30.44
4.	,	11.12.2009								4:17.00	627	1
	50m:	30.35	30.35	150m:	1:36.00	33.58	250m:	2:41.60	32.45	350m:	3:46.47	32.40
	100m:	1:02.42	32.07	200m:	2:09.15	33.15	300m:	3:14.07	32.47	400m:	4:17.00	30.53
5.	,	14.12.2010								4:20.36	603	1
	50m:	30.67	30.67	150m:	1:37.46	33.48	250m:	2:43.95	33.27	350m:	3:49.68	32.81
	100m:	1:03.98	33.31	200m:	2:10.68	33.22	300m:	3:16.87	32.92	400m:	4:20.36	30.68
6.	,	30.05.2009								4:22.57	588	1
	50m:	30.34	30.34	150m:	1:35.54	33.36	250m:	2:42.30	33.46	350m:	3:49.85	34.03
	100m:	1:02.18	31.84	200m:	2:08.84	33.30	300m:	3:15.82	33.52	400m:	4:22.57	32.72
7.	,	08.07.2011 1								4:22.75	587	1
	50m:	30.51	30.51	150m:	1:37.57	33.98	250m:	2:45.08	33.49	350m:	3:52.32	33.21
	100m:	1:03.59	33.08	200m:	2:11.59	34.02	300m:	3:19.11	34.03	400m:	4:22.75	30.43
8.	,	31.01.2011 1								4:24.61	575	1
	50m:	29.08	29.08	150m:	1:34.63	33.27	250m:	2:42.27	33.95	350m:	3:51.05	34.56
	100m:	1:01.36	32.28	200m:	2:08.32	33.69	300m:	3:16.49	34.22	400m:	4:24.61	33.56
9.	,	20.04.2009 1								4:27.22	558	1
	50m:	30.55	30.55	150m:	1:37.62	33.95	250m:	2:45.82	34.27	350m:	3:54.27	34.25
	100m:	1:03.67	33.12	200m:	2:11.55	33.93	300m:	3:20.02	34.20	400m:	4:27.22	32.95
10.	,	20.01.2009								4:28.35	551	1
	50m:	29.95	29.95	150m:	1:37.69	34.40	250m:	2:46.73	34.24	350m:	3:56.83	35.19
	100m:	1:03.29	33.34	200m:	2:12.49	34.80	300m:	3:21.64	34.91	400m:	4:28.35	31.52
11.	,	02.10.2009 1								4:28.46	550	1
	50m:	29.26	29.26	150m:	1:35.65	33.59	250m:	2:44.76	34.25	350m:	3:54.39	34.59
	100m:	1:02.06	32.80	200m:	2:10.51	34.86	300m:	3:19.80	35.04	400m:	4:28.46	34.07
12.	,	01.09.2009 1								4:29.83	542	1
	50m:	30.13	30.13	150m:	1:37.72	33.93	250m:	2:47.57	34.85	350m:	3:56.57	33.92
	100m:	1:03.79	33.66	200m:	2:12.72	35.00	300m:	3:22.65	35.08	400m:	4:29.83	33.26
13.	,	12.02.2011 1								4:30.35	539	1
	50m:	30.22	30.22	150m:	1:38.56	34.58	250m:	2:47.55	34.47	350m:	3:56.80	34.73
	100m:	1:03.98	33.76	200m:	2:13.08	34.52	300m:	3:22.07	34.52	400m:	4:30.35	33.55
14.	,	27.08.2011 1								4:31.18	534	2
	50m:	30.02	30.02	150m:	1:37.82	33.77	250m:	2:47.71	34.74	350m:	3:57.33	34.52
	100m:	1:04.05	34.03	200m:	2:12.97	35.15	300m:	3:22.81	35.10	400m:	4:31.18	33.85
15.	,	13.11.2010 1								4:31.76	531	2
	50m:	30.14	30.14	150m:	1:37.29	33.28	250m:	2:46.69	34.75	350m:	3:56.93	35.00
	100m:	1:04.01	33.87	200m:	2:11.94	34.65	300m:	3:21.93	35.24	400m:	4:31.76	34.83
16.	,	19.09.2011 1								4:32.59	526	2
	50m:	30.68	30.68	150m:	1:39.48	34.79	250m:	2:49.66	35.15	350m:	3:59.28	34.34
	100m:	1:04.69	34.01	200m:	2:14.51	35.03	300m:	3:24.94	35.28	400m:	4:32.59	33.31

12, , 400m , 2012											
34.					17.06.2012	2				4:49.94	437 2
	50m:	32.93	32.93	150m:	1:46.89	36.93	250m:	3:01.87	37.15	350m:	4:15.85 36.62
	100m:	1:09.96	37.03	200m:	2:24.72	37.83	300m:	3:39.23	37.36	400m:	4:49.94 34.09
35.					11.02.2004	1				4:50.71	433 2
	100m:	1:06.03	1:06.03	200m:	2:18.24	36.56	350m:	4:12.80	38.72		
	150m:	1:41.68	35.65	300m:	3:34.08	1:15.84	400m:	4:50.71	37.91		
36.					13.06.2012	2				4:51.90	428 2
	50m:	32.36	32.36	150m:	1:47.22	37.63	250m:	3:01.15	36.54	350m:	4:15.19 36.29
	100m:	1:09.59	37.23	200m:	2:24.61	37.39	300m:	3:38.90	37.75	400m:	4:51.90 36.71
37.					06.08.2012	2	1			4:52.90	424 2
	50m:	32.08	32.08	150m:	1:44.89	36.95	250m:	3:00.45	37.55	350m:	4:16.53 37.31
	100m:	1:07.94	35.86	200m:	2:22.90	38.01	300m:	3:39.22	38.77	400m:	4:52.90 36.37
38.					12.12.2012	2				4:53.11	423 2
	50m:	34.04	34.04	150m:	1:49.59	37.83	250m:	3:05.21	37.58	350m:	4:18.91 35.86
	100m:	1:11.76	37.72	200m:	2:27.63	38.04	300m:	3:43.05	37.84	400m:	4:53.11 34.20
39.					21.12.2012	2				4:54.62	416 2
	100m:	1:10.26	1:10.26	200m:	2:24.83	1:14.57	250m:	3:40.34	1:15.51	400m:	4:54.62 1:14.28
40.					05.09.2012	2				4:54.75	416 2
	50m:	33.51	33.51	150m:	1:49.07	38.29	250m:	3:04.88	37.91	350m:	4:19.15 36.69
	100m:	1:10.78	37.27	200m:	2:26.97	37.90	300m:	3:42.46	37.58	400m:	4:54.75 35.60
41.					26.07.2012	2				4:58.08	402 2
	50m:	34.20	34.20	150m:	1:50.57	38.73	250m:	3:07.24	38.39	350m:	4:22.76 37.53
	100m:	1:11.84	37.64	200m:	2:28.85	38.28	300m:	3:45.23	37.99	400m:	4:58.08 35.32
42.					09.02.2010	2				4:58.59	400 2
	50m:	33.09	33.09	150m:	1:47.94	38.36	250m:	3:04.81	38.73	350m:	4:22.29 38.92
	100m:	1:09.58	36.49	200m:	2:26.08	38.14	300m:	3:43.37	38.56	400m:	4:58.59 36.30
43.					09.10.2012	2	1			4:58.93	399 2
	50m:	32.99	32.99	150m:	1:49.63	38.49	250m:	3:06.96	38.42	350m:	4:24.25 38.74
	100m:	1:11.14	38.15	200m:	2:28.54	38.91	300m:	3:45.51	38.55	400m:	4:58.93 34.68
44.					28.11.2012	2				4:59.28	397 2
	50m:	33.21	33.21	150m:	1:47.69	38.10	250m:	3:05.01	38.95	350m:	4:21.66 38.80
	100m:	1:09.59	36.38	200m:	2:26.06	38.37	300m:	3:42.86	37.85	400m:	4:59.28 37.62
45.					31.03.2012	2				5:00.90	391 2
	50m:	32.66	32.66	150m:	1:49.68	39.16	250m:	3:07.25	38.35	350m:	4:24.47 38.43
	100m:	1:10.52	37.86	200m:	2:28.90	39.22	300m:	3:46.04	38.79	400m:	5:00.90 36.43
46.					08.07.2005	1				5:02.12	386 2
	50m:	31.00	31.00	150m:	1:43.81	36.62	250m:	2:59.33	37.70	350m:	4:20.52 40.97
	100m:	1:07.19	36.19	200m:	2:21.63	37.82	300m:	3:39.55	40.22	400m:	5:02.12 41.60
47.					26.10.2012	2				5:03.96	379 2
	50m:	33.41	33.41	150m:	1:49.26	38.05	250m:	3:08.32	39.07	350m:	4:27.17 39.12
	100m:	1:11.21	37.80	200m:	2:29.25	39.99	300m:	3:48.05	39.73	400m:	5:03.96 36.79
48.					02.04.2012	2				5:03.97	379 2
	50m:	32.65	32.65	150m:	1:50.00	38.98	250m:	3:07.58	38.47	350m:	4:25.97 38.74
	100m:	1:11.02	38.37	200m:	2:29.11	39.11	300m:	3:47.23	39.65	400m:	5:03.97 38.00
49.					08.04.2012	2				5:04.08	379 2
	50m:	31.97	31.97	150m:	1:48.99	38.74	250m:	3:08.24	39.54	350m:	4:26.72 38.99
	100m:	1:10.25	38.28	200m:	2:28.70	39.71	300m:	3:47.73	39.49	400m:	5:04.08 37.36
50.					05.12.2011	2				5:04.71	376 2
	50m:	33.49	33.49	150m:	1:49.94	38.59	250m:	3:08.82	39.08	350m:	4:27.05 38.76
	100m:	1:11.35	37.86	200m:	2:29.74	39.80	300m:	3:48.29	39.47	400m:	5:04.71 37.66

12, , 400m , 2012		/				
51.			19.08.2010 2	5:07.31	367	3
	50m: 33.84 33.84	150m: 1:52.37 40.04	250m: 3:11.43 39.34	350m: 4:30.51 39.48		
	100m: 1:12.33 38.49	200m: 2:32.09 39.72	300m: 3:51.03 39.60	400m: 5:07.31 36.80		
52.			03.08.2012 2	5:09.80	358	3
	50m: 33.80 33.80	150m: 1:49.71 38.56	250m: 3:09.23 40.10	350m: 4:30.06 40.73		
	100m: 1:11.15 37.35	200m: 2:29.13 39.42	300m: 3:49.33 40.10	400m: 5:09.80 39.74		
53.			19.06.2012 2	5:09.94	357	3
	50m: 35.21 35.21	150m: 1:54.13 39.86	250m: 3:14.05 39.66	350m: 4:33.36 39.31		
	100m: 1:14.27 39.06	200m: 2:34.39 40.26	300m: 3:54.05 40.00	400m: 5:09.94 36.58		
54.			11.11.2012 2	5:10.18	357	3
	50m: 34.41 34.41	150m: 1:52.39 39.35	250m: 3:12.67 40.36	350m: 4:32.44 39.65		
	100m: 1:13.04 38.63	200m: 2:32.31 39.92	300m: 3:52.79 40.12	400m: 5:10.18 37.74		
55.			05.03.2012 2	5:10.23	356	3
	50m: 36.71 36.71	150m: 1:55.84 39.93	250m: 3:14.72 39.82	350m: 4:33.53 39.21		
	100m: 1:15.91 39.20	200m: 2:34.90 39.06	300m: 3:54.32 39.60	400m: 5:10.23 36.70		
56.			08.01.2012 2	5:16.11	337	3
	50m: 33.26 33.26	150m: 1:52.27 39.52	250m: 3:15.66 41.72	350m: 4:38.32 40.77		
	100m: 1:12.75 39.49	200m: 2:33.94 41.67	300m: 3:57.55 41.89	400m: 5:16.11 37.79		
57.			12.01.2012 2	5:16.82	335	3
	50m: 34.13 34.13	150m: 1:56.27 42.31	250m: 3:17.51 40.83	350m: 4:39.01 40.38		
	100m: 1:13.96 39.83	200m: 2:36.68 40.41	300m: 3:58.63 41.12	400m: 5:16.82 37.81		
58.			26.04.2012 2	5:20.51	323	3
	50m: 34.77 34.77	150m: 1:54.62 39.63	250m: 3:17.22 40.87	350m: 4:40.54 41.48		
	100m: 1:14.99 40.22	200m: 2:36.35 41.73	300m: 3:59.06 41.84	400m: 5:20.51 39.97		
59.			22.08.2012 2	5:21.79	319	3
	50m: 34.59 34.59	150m: 1:54.57 40.76	250m: 3:17.98 41.77	350m: 4:42.23 42.18		
	100m: 1:13.81 39.22	200m: 2:36.21 41.64	300m: 4:00.05 42.07	400m: 5:21.79 39.56		
60.			12.06.2011	5:22.21	318	3
	50m: 33.61 33.61	150m: 1:53.58 41.59	250m: 3:17.37 42.07	350m: 4:42.44 42.40		
	100m: 1:11.99 38.38	200m: 2:35.30 41.72	300m: 4:00.04 42.67	400m: 5:22.21 39.77		
61.			07.12.2011	5:23.09	316	3
	50m: 35.43 35.43	150m: 1:58.46 41.98	250m: 3:20.43 41.12	350m: 4:44.24 42.05		
	100m: 1:16.48 41.05	200m: 2:39.31 40.85	300m: 4:02.19 41.76	400m: 5:23.09 38.85		
62.			12.11.2012 2	5:47.70	253	1
	50m: 37.00 37.00	150m: 2:03.11 44.30	250m: 3:32.63 45.38	350m: 5:04.56 46.44		
	100m: 1:18.81 41.81	200m: 2:47.25 44.14	300m: 4:18.12 45.49	400m: 5:47.70 43.14		