

20-22 июня 2018 года г. Обнинск

31, 400m 2003 - 2008
22.06.2018 - 14:51

" RENA - WATER INSTINCT»"	4:38.98	RUS	2013
" RENA - WATER INSTINCT»"	4:58.10	RUS	2016
" RENA - WATER INSTINCT»"	5:33.01	RUS	2015

: FINA 2018

2003 - 2004

FINA

1.	50m: 28.97	28.97	150m: 1:38.85	36.64	250m: 2:52.55	37.76	350m: 4:03.46	32.15	4:35.04	696
	100m: 1:02.21	33.24	200m: 2:14.79	35.94	300m: 3:31.31	38.76	400m: 4:35.04	31.58		
2.	50m: 29.09	29.09	150m: 1:42.28	39.06	250m: 2:57.69	38.87	350m: 4:11.28	34.32	4:43.98	633
	100m: 1:03.22	34.13	200m: 2:18.82	36.54	300m: 3:36.96	39.27	400m: 4:43.98	32.70		
3.	50m: 29.79	29.79	150m: 1:44.84	39.63	250m: 3:04.72	42.00	350m: 4:24.55	36.70	4:54.31 I	568
	100m: 1:05.21	35.42	200m: 2:22.72	37.88	300m: 3:47.85	43.13	400m: 4:54.31	29.76		
4.	50m: 32.67	32.67	150m: 1:48.85	40.34	250m: 3:08.72	41.40	350m: 4:27.01	37.54	4:56.27 I	557
	100m: 1:08.84	36.17	200m: 2:24.29	1:15.45	300m: 3:50.86	1:26.57	400m: 4:56.27	1:05.41		
5.	50m: 31.32	31.32	150m: 1:48.65	40.34	250m: 3:08.72	41.40	350m: 4:27.01	37.54	5:03.37 I	519
	100m: 1:08.31	36.99	200m: 2:27.32	38.67	300m: 3:49.47	40.75	400m: 5:03.37	36.36		
6.	50m: 30.26	30.26	150m: 1:45.58	40.10	250m: 3:10.14	46.05	350m: 4:30.95	35.90	5:05.84 I	506
	100m: 1:05.48	35.22	200m: 2:24.09	38.51	300m: 3:55.05	44.91	400m: 5:05.84	34.89		
7.	50m: 32.23	32.23	150m: 1:52.51	41.63	250m: 3:16.03	43.21	350m: 4:36.96	36.47	5:11.02 II	481
	100m: 1:10.88	38.65	200m: 2:32.82	40.31	300m: 4:00.49	44.46	400m: 5:11.02	34.06		
8.	50m: 32.51	32.51	150m: 1:52.80	41.34	250m: 3:18.10	44.47	350m: 4:39.34	36.14	5:12.66 II	474
	100m: 1:11.46	38.95	200m: 2:33.63	40.83	300m: 4:03.20	45.10	400m: 5:12.66	33.32		
9.	50m: 32.26	32.26	150m: 1:51.57	42.50	250m: 3:19.06	45.98	350m: 4:40.21	35.97	5:13.93 II	468
	100m: 1:09.07	36.81	200m: 2:33.08	41.51	300m: 4:04.24	45.18	400m: 5:13.93	33.72		
10.	50m: 32.13	32.13	150m: 1:49.21	39.24	250m: 3:13.70	45.86	350m: 4:38.51	37.47	5:14.04 II	468
	100m: 1:09.97	37.84	200m: 2:27.84	38.63	300m: 4:01.04	47.34	400m: 5:14.04	35.53		
11.	50m: 33.63	33.63	150m: 1:54.67	42.36	250m: 3:19.73	44.22	350m: 4:39.86	36.85	5:14.99 II	463
	100m: 1:12.31	38.68	200m: 2:35.51	40.84	300m: 4:03.01	43.28	400m: 5:14.99	35.13		
12.	50m: 31.86	31.86	150m: 1:51.12	42.36	250m: 3:17.19	45.46	350m: 4:41.74	37.89	5:16.37 II	457
	100m: 1:08.76	36.90	200m: 2:31.73	40.61	300m: 4:03.85	46.66	400m: 5:16.37	34.63		
13.	50m: 34.13	34.13	150m: 1:53.65	41.58	250m: 3:19.20	45.25	350m: 4:43.01	38.09	5:19.16 II	445
	100m: 1:12.07	37.94	200m: 2:33.95	40.30	300m: 4:04.92	45.72	400m: 5:19.16	36.15		
14.	50m: 33.00	33.00	150m: 1:57.45	44.03	250m: 3:22.12	42.83	350m: 4:42.78	37.59	5:19.27 II	445
	100m: 1:13.42	40.42	200m: 2:39.29	41.84	300m: 4:05.19	43.07	400m: 5:19.27	36.49		

"ALGE-TIMING"

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		31,		, 400m				2003 - 2004				FINA	
15.						2004 I				5:19.73 II	443		
	50m:	32.23	32.23	150m:	1:51.51		-	250m:	3:18.99	47.83	350m:	4:45.18	37.26
	100m:	1:11.01	38.78	200m:	2:31.16		39.65	300m:	4:07.92	48.93	400m:	5:19.73	34.55
16.						2003 I			4		5:20.87 II	438	
	50m:	34.02	34.02	150m:	1:53.23		40.50	250m:	3:19.96	46.93	350m:	4:44.16	37.46
	100m:	1:12.73	38.71	200m:	2:33.03		39.80	300m:	4:06.70	46.74	400m:	5:20.87	36.71
17.						2004 II			"	82"	5:22.92 II	430	
	50m:	32.55	32.55	150m:	1:52.71		42.85	250m:	3:20.51	46.62	350m:	4:45.60	38.65
	100m:	1:09.86	37.31	200m:	2:33.89		41.18	300m:	4:06.95	46.44	400m:	5:22.92	37.32
18.						2004 II					5:30.48 II	401	
	50m:	37.12	37.12	150m:	2:04.32		44.33	250m:	3:31.05	43.69	350m:	4:53.98	38.65
	100m:	1:19.99	42.87	200m:	2:47.36		43.04	300m:	4:15.33	44.28	400m:	5:30.48	36.50
19.						2004 II			"	"	5:34.51 II	387	
	50m:	33.88	33.88	150m:	1:57.98		44.54	250m:	3:27.63	46.89	350m:	4:55.68	40.26
	100m:	1:13.44	39.56	200m:	2:40.74		42.76	300m:	4:15.42	47.79	400m:	5:34.51	38.83
20.						2004					5:37.61 II	376	
	50m:	33.59	33.59	150m:	1:59.51		44.37	250m:	3:32.32	50.91	350m:	5:00.81	38.17
	100m:	1:15.14	41.55	200m:	2:41.41		41.90	300m:	4:22.64	50.32	400m:	5:37.61	36.80
21.						2004			"	"	5:46.36 II	348	
	50m:	37.58	37.58	150m:	2:09.24		46.43	250m:	3:41.31	46.64	350m:	5:08.25	39.24
	100m:	1:22.81	45.23	200m:	2:54.67		45.43	300m:	4:29.01	47.70	400m:	5:46.36	38.11
22.						2004 II			"	2"	5:49.41 II	339	
	50m:	34.40	34.40	150m:	2:03.16		44.97	250m:	3:34.64	47.71	350m:	5:07.19	44.10
	100m:	1:18.19	43.79	200m:	2:46.93		43.77	300m:	4:23.09	48.45	400m:	5:49.41	42.22
23.						2004 II			"	"	6:19.63 III	264	
	50m:	36.84	36.84	150m:	2:12.04		51.35	250m:	3:55.62	52.49	350m:	5:32.81	45.21
	100m:	1:20.69	43.85	200m:	3:03.13		51.09	300m:	4:47.60	51.98	400m:	6:19.63	46.82
DSQ						2004			"	"			
DSQ						2004			"	"			
DSQ						2004 I			"	"			

2005 - 2006

1.						2005 I			10	5:13.75 II	469		
	50m:	32.22	32.22	150m:	1:51.28		40.34	250m:	3:17.28	45.96	350m:	4:39.17	35.47
	100m:	1:10.94	38.72	200m:	2:31.32		40.04	300m:	4:03.70	46.42	400m:	5:13.75	34.58
2.						2005 II					5:14.86 II	464	
	50m:	32.67	32.67	150m:	1:50.62		40.47	250m:	3:15.00	45.32	350m:	4:39.38	38.54
	100m:	1:10.15	37.48	200m:	2:29.68		39.06	300m:	4:00.84	45.84	400m:	5:14.86	35.48
3.						2005 II					5:25.79 II	419	
	50m:	36.91	36.91	150m:	2:02.10		43.25	250m:	3:27.68	43.17	350m:	4:50.78	38.73
	100m:	1:18.85	41.94	200m:	2:44.51		42.41	300m:	4:12.05	44.37	400m:	5:25.79	35.01
4.						2005 II					5:26.18 II	417	
	100m:	1:11.36	1:11.36	200m:	2:35.52		41.62	350m:	4:49.23	38.20			
	150m:	1:53.90	42.54	300m:	4:11.03		1:35.51	400m:	5:26.18	36.95			
5.						2005 II					5:28.67 II	408	
	50m:	35.17	35.17	150m:	1:59.81		43.83	250m:	3:28.71	46.23	350m:	4:52.64	39.04
	100m:	1:15.98	40.81	200m:	2:42.48		42.67	300m:	4:13.60	44.89	400m:	5:28.67	36.03

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		31,		, 400m				2005 - 2006				FINA
6.		50m: 35.70	35.70	150m: 2:01.40	45.05	250m: 3:32.20	47.58	350m: 4:56.13	36.17	400m: 5:32.15	36.02	395
		100m: 1:16.35	40.65	200m: 2:44.62	43.22	300m: 4:19.96	47.76					
7.		50m: 35.53	35.53	150m: 2:03.29	45.04	250m: 3:32.70	46.44	350m: 4:58.04	38.17	400m: 5:33.89	35.85	389
		100m: 1:18.25	42.72	200m: 2:46.26	42.97	300m: 4:19.87	47.17					
8.		50m: 35.65	35.65	150m: 1:59.47	43.13	250m: 3:31.67	49.85	350m: 4:58.51	36.95	400m: 5:34.14	35.63	388
		100m: 1:16.34	40.69	200m: 2:41.82	42.35	300m: 4:21.56	49.89					
9.		50m: 36.24	36.24	150m: 2:04.22	45.32	250m: 3:34.22	46.22	350m: 4:58.76	37.14	400m: 5:34.70	35.94	386
		100m: 1:18.90	42.66	200m: 2:48.00	43.78	300m: 4:21.62	47.40					
10.		50m: 35.00	35.00	150m: 2:01.27	44.36	250m: 3:32.37	49.15	350m: 4:59.10	39.32	400m: 5:36.82	37.72	379
		100m: 1:16.91	41.91	200m: 2:43.22	41.95	300m: 4:19.78	47.41					
11.		50m: 36.91	36.91	150m: 2:08.27	47.23	250m: 3:39.32	46.90	350m: 5:04.13	38.07	400m: 5:39.14	35.01	371
		100m: 1:21.04	44.13	200m: 2:52.42	44.15	300m: 4:26.06	46.74					
12.		50m: 36.58	36.58	150m: 2:09.49	47.44	250m: 3:43.83	49.46	350m: 5:09.36	37.89	400m: 5:44.94	35.58	353
		100m: 1:22.05	45.47	200m: 2:54.37	44.88	300m: 4:31.47	47.64					
13.		50m: 37.67	37.67	150m: 2:05.13	44.10	250m: 3:41.63	53.20	350m: 5:11.91	38.17	400m: 5:48.07	36.16	343
		100m: 1:21.03	43.36	200m: 2:48.43	43.30	300m: 4:33.74	52.11					
14.		100m: 1:22.74	1:22.74	200m: 2:52.99	1:30.25	300m: 4:32.60	1:39.61	400m: 5:49.94	1:17.34			338
15.		50m: 35.58	35.58	150m: 2:10.08	49.57	250m: 3:45.25	48.05	350m: 5:16.72	42.75	400m: 5:53.11	36.39	329
		100m: 1:20.51	44.93	200m: 2:57.20	47.12	300m: 4:33.97	48.72					
16.		50m: 36.28	36.28	150m: 2:06.60	47.07	250m: 3:42.13	50.43	350m: 5:13.94	41.06	400m: 5:53.59	39.65	327
		100m: 1:19.53	43.25	200m: 2:51.70	45.10	300m: 4:32.88	50.75					
17.		100m: 1:22.35	1:22.35	200m: 2:54.95	1:32.60	300m: 4:40.45	1:45.50	400m: 5:57.53	1:17.08			317
18.		50m: 40.14	40.14	150m: 2:15.98	47.22	250m: 3:50.37	48.68	350m: 5:20.84	41.99	400m: 6:01.02	40.18	308
		100m: 1:28.76	48.62	200m: 3:01.69	45.71	300m: 4:38.85	48.48					
19.		50m: 37.36	37.36	150m: 2:15.89	51.98	250m: 4:00.31	53.23	350m: 5:40.27	41.59	400m: 6:20.33	40.06	263
		100m: 1:23.91	46.55	200m: 3:07.08	51.19	300m: 4:58.68	58.37					
20.		50m: 41.23	41.23	150m: 2:19.22	49.99	250m: 4:01.70	55.02	350m: 5:41.33	43.57	400m: 6:21.33	40.00	261
		100m: 1:29.23	48.00	200m: 3:06.68	47.46	300m: 4:57.76	56.06					
21.		50m: 40.15	40.15	150m: 2:18.82	47.33	250m: 4:02.43	55.91	350m: 5:41.14	42.22	400m: 6:21.97	40.83	260
		100m: 1:31.49	51.34	200m: 3:06.52	47.70	300m: 4:58.92	56.49					
DSQ				2006 II								

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31, , 400m , 2005 - 2006

FINA

DSQ
DSQ

2006 I
2005 III

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2007 - 2008

1.				2007 II						5:24.19 II	425	
	50m:	35.61	35.61	150m:	1:57.74	42.67	250m:	3:26.01	48.02	350m:	4:49.96	36.89
	100m:	1:15.07	39.46	200m:	2:37.99	40.25	300m:	4:13.07	47.06	400m:	5:24.19	34.23
2.				2007 II						5:29.63 II	404	
	50m:	35.86	35.86	150m:	1:58.65	43.17	250m:	3:28.84	48.97	350m:	4:52.74	37.99
	100m:	1:15.48	39.62	200m:	2:39.87	41.22	300m:	4:14.75	45.91	400m:	5:29.63	36.89
3.				2007 II						5:43.16 II	358	
	50m:	36.26	36.26	150m:	2:04.01	44.73	250m:	3:37.22	49.39	350m:	5:05.54	37.87
	100m:	1:19.28	43.02	200m:	2:47.83	43.82	300m:	4:27.67	50.45	400m:	5:43.16	37.62
4.				2008 III						6:10.74 III	284	
	50m:	41.17	41.17	150m:	2:17.26	47.29	250m:	3:55.98	53.29	350m:	5:29.74	43.29
	100m:	1:29.97	48.80	200m:	3:02.69	45.43	300m:	4:46.45	50.47	400m:	6:10.74	41.00
5.				2007 III						6:12.14 III	281	
	50m:	38.73	38.73	150m:	2:14.59	47.79	250m:	3:57.29	55.48	350m:	5:32.21	39.70
	100m:	1:26.80	48.07	200m:	3:01.81	47.22	300m:	4:52.51	55.22	400m:	6:12.14	39.93
6.				2007						6:18.12 III	268	
	100m:	1:26.66	1:26.66	200m:	3:05.35	1:38.69	300m:	4:56.75	1:51.40	400m:	6:18.12	1:21.37
7.				2007 III						6:20.73 III	262	
	50m:	42.11	42.11	150m:	2:19.53	48.42	250m:	4:00.65	53.29	350m:	5:37.97	44.16
	100m:	1:31.11	49.00	200m:	3:07.36	47.83	300m:	4:53.81	53.16	400m:	6:20.73	42.76
8.				2007 III						6:26.35 III	251	
	50m:	42.20	42.20	150m:	2:27.28	48.80	250m:	4:09.63	52.75	350m:	5:44.29	42.18
	100m:	1:38.48	56.28	200m:	3:16.88	49.60	300m:	5:02.11	52.48	400m:	6:26.35	42.06
9.				2007						6:52.42 1	206	
	50m:	44.30	44.30	150m:	2:30.93	51.00	250m:	4:21.15	1:01.62	350m:	6:10.05	47.35
	100m:	1:39.93	55.63	200m:	3:19.53	48.60	300m:	5:22.70	1:01.55	400m:	6:52.42	42.37
10.				2008 III						6:56.19 1	201	
	50m:	48.92	48.92	150m:	2:33.34	50.78	250m:	4:27.00	1:03.75	350m:	6:12.40	44.44
	100m:	1:42.56	53.64	200m:	3:23.25	49.91	300m:	5:27.96	1:00.96	400m:	6:56.19	43.79
DSQ				2007 III								
DSQ				2007 II								

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