

30			, 400m						10 - 15
03.12.2016 - 12:18	" RENA - WATER INSTINCT»"	4:57.44		RUS					24.06.2016
	" RENA - WATER INSTINCT»"	4:38.32		RUS					24.06.2016
	" RENA - WATER INSTINCT»"	4:32.99		RUS					26.06.2015

: FINA 2014

FINA

14 - 15

1.			2002				10		4:31.20	685
	50m:	30.13	30.13	200m:	2:13.81	1:09.82	300m:	3:25.17	36.67	
	100m:	1:03.99	33.86	250m:	2:48.50	34.69	400m:	4:31.20	1:06.03	
2.			2002				10		4:35.78	652
	50m:	31.05	31.05	150m:	1:39.54	34.81	250m:	2:50.10	35.29	350m: 4:35.78 1:10.05
	100m:	1:04.73	33.68	200m:	2:14.81	35.27	300m:	3:25.73	35.63	400m: 4:35.78
3.			2002				10		4:45.02 I	590
	50m:	32.23	32.23	150m:	1:43.05	35.32	250m:	2:55.44	36.21	350m: 4:10.05 36.69
	100m:	1:07.73	35.50	200m:	2:19.23	36.18	300m:	3:33.36	37.92	400m: 4:45.02 34.97
4.			2001						4:47.57 I	575
	50m:	32.00	32.00	150m:	1:44.24	36.54	250m:	2:57.57	37.17	350m: 4:11.69 37.28
	100m:	1:07.70	35.70	200m:	2:20.40	36.16	300m:	3:34.41	36.84	400m: 4:47.57 35.88
5.			2001						4:48.77 I	568
	50m:	31.61	31.61	150m:	1:43.36	36.37	250m:	2:57.81	37.28	350m: 4:12.74 37.25
	100m:	1:06.99	35.38	200m:	2:20.53	37.17	300m:	3:35.49	37.68	400m: 4:48.77 36.03
6.			2001 I				64		4:49.88 I	561
	50m:	31.74	31.74	150m:	1:43.70	37.07	250m:	2:57.98	37.00	350m: 4:12.89 36.97
	100m:	1:06.63	34.89	200m:	2:20.98	37.28	300m:	3:35.92	37.94	400m: 4:49.88 36.99
7.			2001 I				64		5:05.13 II	481
	50m:	32.66	32.66	150m:	1:48.11	38.84	250m:	3:07.69	39.79	350m: 4:26.67 39.41
	100m:	1:09.27	36.61	200m:	2:27.90	39.79	300m:	3:47.26	39.57	400m: 5:05.13 38.46
8.			2002 II				10		5:08.84 II	464
	50m:	33.55	33.55	150m:	1:49.10	38.26	250m:	3:08.69	40.38	350m: 4:28.44 39.49
	100m:	1:10.84	37.29	200m:	2:28.31	39.21	300m:	3:48.95	40.26	400m: 5:08.84 40.40
9.			2002 II				" "		5:38.07 II	353
	50m:	36.41	36.41	150m:	2:02.88	44.26	250m:	3:30.81	44.36	350m: 4:58.02 44.08
	100m:	1:18.62	42.21	200m:	2:46.45	43.57	300m:	4:13.94	43.13	400m: 5:38.07 40.05
10.			2001 II						5:38.33 II	353
	50m:	36.23	36.23	150m:	2:01.46	42.81	250m:	3:29.85	43.79	350m: 4:57.73 43.06
	100m:	1:18.65	42.42	200m:	2:46.06	44.60	300m:	4:14.67	44.82	400m: 5:38.33 40.60

12 - 13

1.			2004						4:55.25 I	531
	50m:	32.48	32.48	150m:	1:45.88	37.03	250m:	3:02.85	38.56	350m: 4:18.59 38.07
	100m:	1:08.85	36.37	200m:	2:24.29	38.41	300m:	3:40.52	37.67	400m: 4:55.25 36.66
2.			2004 II			C	8		4:55.70 I	529
	50m:	33.35	33.35	250m:	1:46.77	37.27	350m:	4:18.48	1:53.99	
	100m:	1:09.50	36.15	300m:	2:24.49	37.72	400m:	4:55.70	37.22	
3.			2003 I			C	8		4:56.87 I	522
	50m:	33.76	33.76	150m:	1:47.86	37.16	250m:	3:04.35	38.36	350m: 4:20.15 37.36
	100m:	1:10.70	36.94	200m:	2:25.99	38.13	300m:	3:42.79	38.44	400m: 4:56.87 36.72

30, , 400m , 12 - 13

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4.				2003 I	C	8		4:57.19 I	521		
	50m:	35.03	35.03	150m:	1:50.18	38.25	250m:	3:06.36	38.43	350m:	4:21.70
	100m:	1:11.93	36.90	200m:	2:27.93	37.75	300m:	3:44.03	37.67	400m:	4:57.19
5.				2003 I				5:05.10 II	481		
	50m:	34.50	34.50	150m:	1:52.68	39.70	250m:	3:12.46	40.41	350m:	4:28.53
	100m:	1:12.98	38.48	200m:	2:32.05	39.37	300m:	3:50.47	38.01	400m:	5:05.10
6.				2003 II				5:13.31 II	444		
	50m:	34.94	34.94	150m:	1:54.45	40.43	250m:	3:14.10	39.76	350m:	4:34.81
	100m:	1:14.02	39.08	200m:	2:34.34	39.89	300m:	3:54.59	40.49	400m:	5:13.31
7.				2004 III				5:14.54 II	439		
	50m:	33.51	33.51	150m:	1:51.30	40.05	250m:	3:13.59	41.37	350m:	4:35.10
	100m:	1:11.25	37.74	200m:	2:32.22	40.92	300m:	3:54.96	41.37	400m:	5:14.54
8.				2003 II				5:18.19 II	424		
	50m:	36.22	36.22	150m:	1:56.27	40.79	250m:	3:17.99	41.00	350m:	4:39.78
	100m:	1:15.48	39.26	200m:	2:36.99	40.72	300m:	3:59.19	41.20	400m:	5:18.19
9.				2004 II				5:27.96 II	387		
	50m:	34.95	34.95	150m:	1:58.57	42.08	250m:	3:23.58	42.51	350m:	4:47.83
	100m:	1:16.49	41.54	200m:	2:41.07	42.50	300m:	4:05.94	42.36	400m:	5:27.96
10.				2004 III				5:39.19 II	350		
	50m:	36.91	36.91	150m:	2:03.72	43.53	250m:	3:29.98	43.02	350m:	4:57.41
	100m:	1:20.19	43.28	200m:	2:46.96	43.24	300m:	4:14.94	44.96	400m:	5:39.19
11.				2003 III			" 2"	5:54.62 III	306		
	50m:	38.58	38.58	150m:	2:07.52	45.43	250m:	3:39.81	46.49	350m:	5:11.23
	100m:	1:22.09	43.51	200m:	2:53.32	45.80	300m:	4:25.37	45.56	400m:	5:54.62
12.				2004 II			64	5:59.02 III	295		
	50m:	39.19	39.19	150m:	2:07.45	44.64	250m:	3:39.39	45.93	350m:	5:13.29
	100m:	1:22.81	43.62	200m:	2:53.46	46.01	300m:	4:26.40	47.01	400m:	5:59.02
13.				2004 III				6:10.90 III	268		
	100m:	1:22.85	1:22.85	200m:	2:57.95	47.87	300m:	4:35.28	49.24	400m:	6:10.90
	150m:	2:10.08	47.23	250m:	3:46.04	48.09	350m:	5:23.85	48.57		47.05
10 - 11											
1.				2005			" "	5:11.42 II	452		
	50m:	34.18	34.18	200m:	2:29.92	1:18.17	300m:	3:52.22	41.00	400m:	5:11.42
	100m:	1:11.75	37.57	250m:	3:11.22	41.30	350m:	4:33.13	40.91		38.29
2.				2005 II				5:16.66 II	430		
	50m:	34.62	34.62	150m:	1:54.42	40.83	250m:	3:16.22	41.03	350m:	4:37.51
	100m:	1:13.59	38.97	200m:	2:35.19	40.77	300m:	3:56.80	40.58	400m:	5:16.66
3.				2006 II				5:21.96 II	409		
	100m:	11.89	11.89	200m:	1:15.13	40.37	300m:	2:38.79	42.08	400m:	5:21.96
	150m:	34.76	22.87	250m:	1:56.71	41.58	350m:	3:20.01	41.22		2:01.95
4.				2005 II			10	5:23.76 II	403		
	50m:	35.16	35.16	150m:	1:55.06	40.52	250m:	3:19.07	41.84	350m:	4:43.34
	100m:	1:14.54	39.38	200m:	2:37.23	42.17	300m:	4:01.69	42.62	400m:	5:23.76
5.				2005				5:25.40 II	396		
	50m:	35.33	35.33	150m:	1:58.24	42.51	250m:	3:23.59	42.48	350m:	4:47.45
	100m:	1:15.73	40.40	200m:	2:41.11	42.87	300m:	4:05.57	41.98	400m:	5:25.40

1 – 3 декабря 2016 года г. Тольятти

30, , 400m , 10 - 11

										FINA
6.				2005 II					5:29.44 II	382
	100m:	1:17.83	1:17.83	200m:	2:42.42	42.26	350m:	4:48.82	42.22	
	150m:	2:00.16	42.33	300m:	4:06.60	1:24.18	400m:	5:29.44	40.62	
7.				2006 III					5:32.12 II	373
	50m:	36.61	36.61	150m:	2:00.15	42.62	250m:	3:25.60	42.58	41.96
	100m:	1:17.53	40.92	200m:	2:43.02	42.87	300m:	4:09.02	43.42	41.14
8.				2005 II			" "		5:37.79 II	354
	50m:	36.55	36.55	150m:	2:00.66	42.89	250m:	3:30.25	44.40	42.78
	100m:	1:17.77	41.22	200m:	2:45.85	45.19	300m:	4:15.46	45.21	39.55
9.				2005 III			10		5:39.74 II	348
	50m:	36.15	36.15	150m:	2:01.39	43.82	250m:	3:29.72	44.88	44.36
	100m:	1:17.57	41.42	200m:	2:44.84	43.45	300m:	4:13.76	44.04	41.62
10.				2005 II		" "	" "		5:44.70 III	333
	50m:	38.11	38.11	150m:	2:06.42	44.30	250m:	3:33.95	43.04	1:26.01
	100m:	1:22.12	44.01	200m:	2:50.91	44.49	300m:	4:18.69	44.74	
11.				2006 1			10		6:17.80 III	253
	50m:	44.32	44.32	150m:	2:21.16	48.26	250m:	3:57.85	48.46	47.54
	100m:	1:32.90	48.58	200m:	3:09.39	48.23	300m:	4:45.73	47.88	44.53
12.				2005 III			10		6:59.22 1	185
	50m:	44.63	44.63	150m:	2:29.05	53.33	250m:	4:17.33	53.52	1:46.70
	100m:	1:35.72	51.09	200m:	3:23.81	54.76	350m:	5:12.52	55.19	
13.				2005 1			10		7:21.80 1	158
	50m:	43.30	43.30	150m:	2:32.82	57.05	250m:	4:31.55	59.27	
	100m:	1:35.77	52.47	200m:	3:32.28	59.46	400m:	7:21.80	2:50.25	