



16 , 200m 2006 - 2011
08.11.2020 - 11:16

III	9 +: 4:28.00 /	II	9 +: 3:48.00 /	I	9 +: 3:08.00 /
III	9 +: 2:42.50 /	II	9 +: 2:24.00 /	I	9 +: 2:09.75 /
	10 +: 2:01.45 /		12 +: 1:54.75		

: FINA 2020

						R.T.			FINA					
2006														
1.	50m:	29.04	29.04	2006	100m:	1:00.33	31.29	150m:	1:32.88	+0,64	2:06.28	I	526	
										32.55		200m:	2:06.28	33.40
2.	50m:	29.01	29.01	2006	100m:	1:01.86	32.85	150m:	1:35.57		2:09.39	I	489	
										33.71		200m:	2:09.39	33.82
3.	50m:	29.99	29.99	2006	100m:	1:03.89	33.90	150m:	1:37.45	+0,79	2:11.36	II	468	
										33.56		200m:	2:11.36	33.91
4.	50m:	29.60	29.60	2006	100m:	1:02.89	33.29	150m:	1:37.77		2:11.43	II	467	
										34.88		200m:	2:11.43	33.66
5.	50m:	29.52	29.52	2006	100m:	1:03.62	34.10	150m:	1:38.94	+0,70	2:13.87	II	442	
										35.32		200m:	2:13.87	34.93
6.	50m:	32.15	32.15	2006	100m:	1:07.51	35.36	150m:	1:43.84		2:18.16	II	402	
										36.33		200m:	2:18.16	34.32
7.	50m:	31.58	31.58	2006	100m:	1:06.14	34.56	150m:	1:42.69		2:18.73	II	397	
										36.55		200m:	2:18.73	36.04
8.	50m:	30.89	30.89	2006	100m:	1:06.47	35.58	150m:	1:43.10	"SPT+0,77	2:19.10	II	394	
										36.63		200m:	2:19.10	36.00
9.	50m:	31.27	31.27	2006	100m:	1:07.40	36.13	150m:	1:44.64	+0,77	2:21.97	II	370	
										37.24		200m:	2:21.97	37.33
10.	50m:	32.47	32.47	2006	100m:	1:08.36	35.89	150m:	1:48.31	+0,84	2:27.55	III	330	
										39.95		200m:	2:27.55	39.24
11.	50m:	32.53	32.53	2006	100m:	1:10.54	38.01	150m:	1:50.62	+0,74	2:28.31	III	325	
										40.08		200m:	2:28.31	37.69
12.	50m:	34.07	34.07	2006	100m:	1:12.71	38.64	150m:	1:52.66		2:31.26	III	306	
										39.95		200m:	2:31.26	38.60
13.	50m:	33.39	33.39	2006	100m:	1:11.83	38.44	150m:	1:51.71	+0,69	2:31.38	III	305	
										39.88		200m:	2:31.38	39.67
14.	50m:	34.05	34.05	2006	100m:	1:13.21	39.16	150m:	1:54.50		2:34.12	III	289	
										41.29		200m:	2:34.12	39.62
2007														
1.	50m:	29.51	29.51	2007	100m:	1:02.72	33.21	150m:	1:37.16	+0,67	2:08.17	I	504	
										34.44		200m:	2:08.17	31.01
2.	50m:	29.59	29.59	2007	100m:	1:03.06	33.47	150m:	1:37.34	8	+0,65	2:11.32	II	468
										34.28		200m:	2:11.32	33.98
3.	50m:	30.03	30.03	2007	100m:	1:04.45	34.42	150m:	1:39.32	+0,76	2:12.06	II	460	
										34.87		200m:	2:12.06	32.74
4.	50m:	31.27	31.27	2007	100m:	1:05.17	33.90	150m:	1:39.92	+0,63	2:13.03	II	450	
										34.75		200m:	2:13.03	33.11
5.	50m:	31.03	31.03	2007	100m:	1:05.04	34.01	150m:	1:40.41	+0,72	2:14.72	II	434	
										35.37		200m:	2:14.72	34.31
6.	50m:	30.38	30.38	2007	100m:	1:05.76	35.38	150m:	1:40.79	+0,59	2:16.08	II	421	
										35.03		200m:	2:16.08	35.29





		16,		, 200m				2007					
				/				R.T.				FINA	
7.				2007	.			+0,92	2:16.53	II		416	
	50m:	29.97	29.97	100m:	1:04.00	34.03	150m:	1:39.96	35.96	200m:	2:16.53	36.57	
8.				2007	.			+0,63	2:17.57	II		407	
	50m:	30.05	30.05	100m:	1:04.26	34.21	150m:	1:41.04	36.78	200m:	2:17.57	36.53	
9.				2007	.			+0,79	2:20.13	II		385	
	50m:	31.42	31.42	100m:	1:06.42	35.00	150m:	1:43.04	36.62	200m:	2:20.13	37.09	
10.				2007	.		8	+0,89	2:21.83	II		371	
	50m:	31.40	31.40	100m:	1:07.22	35.82	150m:	1:44.47	37.25	200m:	2:21.83	37.36	
11.				2007	.			+0,75	2:25.98	III		341	
	50m:	33.31	33.31	100m:	1:10.24	36.93	150m:	1:49.27	39.03	200m:	2:25.98	36.71	
12.				2007	.			"SPT+0,81	2:35.44	III		282	
	50m:	35.12	35.12	100m:	1:15.34	40.22	150m:	1:55.84	40.50	200m:	2:35.44	39.60	
13.				2007	.				2:35.62	III		281	
	50m:	35.38	35.38	100m:	1:15.29	39.91	150m:	1:56.53	41.24	200m:	2:35.62	39.09	
14.				2007	.			+0,69	2:38.13	III		268	
	50m:	33.72	33.72	100m:	1:13.84	40.12	150m:	1:55.63	41.79	200m:	2:38.13	42.50	
DNS				2007	.								
2008													
1.				2008	.			+0,61	2:18.56	II		398	
	50m:	31.90	31.90	100m:	1:07.54	35.64	150m:	1:43.31	35.77	200m:	2:18.56	35.25	
2.				2008	.			+0,80	2:21.74	II		372	
	50m:	33.34	33.34	100m:	1:10.44	37.10	150m:	1:47.87	37.43	200m:	2:21.74	33.87	
3.				2008	.			+0,41	2:21.97	II		370	
	50m:	33.53	33.53	100m:	1:10.44	36.91	150m:	1:47.97	37.53	200m:	2:21.97	34.00	
4.				2008	.		" "		2:23.42	II		359	
	50m:	32.83	32.83	100m:	1:10.87	38.04	150m:	1:48.25	37.38	200m:	2:23.42	35.17	
5.				2008	.				2:23.43	II		359	
	50m:	34.76	34.76	100m:	1:11.76	37.00	150m:	1:49.41	37.65	200m:	2:23.43	34.02	
6.				2008	.			+0,67	2:23.70	II		357	
	50m:	34.20	34.20	100m:	1:12.76	38.56	150m:	1:48.95	36.19	200m:	2:23.70	34.75	
7.				2008	.			"SPT+0,76	2:28.64	III		323	
	50m:	33.78	33.78	100m:	1:11.70	37.92	150m:	1:50.84	39.14	200m:	2:28.64	37.80	
8.				2008	.			+0,68	2:30.56	III		310	
	50m:	33.96	33.96	100m:	1:13.39	39.43	150m:	1:52.57	39.18	200m:	2:30.56	37.99	
9.				2008	.		8	+0,58	2:31.34	III		306	
	50m:	33.80	33.80	100m:	1:13.54	39.74	150m:	1:53.49	39.95	200m:	2:31.34	37.85	
10.				2008	.			+0,64	2:31.53	III		305	
	50m:	34.80	34.80	100m:	1:13.48	38.68	150m:	1:54.12	40.64	200m:	2:31.53	37.41	
11.				2008	.			+0,60	2:32.96	III		296	
	50m:	34.75	34.75	100m:	1:15.10	40.35	150m:	1:55.87	40.77	200m:	2:32.96	37.09	
12.				2008	.		" "	+0,53	2:33.58	III		292	
	50m:	34.82	34.82	100m:	1:14.68	39.86	150m:	1:55.92	41.24	200m:	2:33.58	37.66	
13.				2008	.			"SPT+0,85	2:33.66	III		292	
	50m:	34.28	34.28	100m:	1:12.51	38.23	150m:	1:53.79	41.28	200m:	2:33.66	39.87	
14.				2008	.		8		2:35.27	III		283	
	50m:	34.18	34.18	100m:	1:14.01	39.83	150m:	1:55.32	41.31	200m:	2:35.27	39.95	
15.				2008	.		" "		2:40.16	III		258	
	50m:	34.48	34.48	100m:	1:15.08	40.60	150m:	1:56.99	41.91	200m:	2:40.16	43.17	



		16,		, 200m				2008					
				/				R.T.				FINA	
16.				2008		"	"	+0,85	2:40.93	III		254	
	50m:	36.23	36.23	100m:	1:19.29	43.06	150m:	2:02.36	43.07	200m:	2:40.93	38.57	
17.				2008				+0,85	2:41.26	III		253	
	50m:	36.32	36.32	100m:	1:18.47	42.15	150m:	2:01.25	42.78	200m:	2:41.26	40.01	
18.				2008		-		"SPN"		2:43.30	I	243	
	50m:	36.09	36.09	100m:	1:18.00	41.91	150m:	2:01.50	43.50	200m:	2:43.30	41.80	
19.				2008		-	"	+0,71	2:53.08	I		204	
	50m:	38.28	38.28	100m:	1:23.50	45.22	150m:	2:10.94	47.44	200m:	2:53.08	42.14	
20.				2008		-		"SPN"		3:08.21	II	159	
	50m:	40.94	40.94	100m:	1:29.19	48.25	150m:	2:19.77	50.58	200m:	3:08.21	48.44	
2009													
1.				2009		-	"	+0,87	2:23.92	II		355	
	50m:	32.93	32.93	100m:	1:10.33	37.40	150m:	1:49.34	39.01	200m:	2:23.92	34.58	
2.				2009		-	"	+0,61	2:24.15	III		354	
	50m:	32.26	32.26	100m:	1:08.03	35.77	150m:	1:46.72	38.69	200m:	2:24.15	37.43	
3.				2009		-	8	+0,90	2:26.47	III		337	
	50m:	34.54	34.54	100m:	1:11.99	37.45	150m:	1:49.94	37.95	200m:	2:26.47	36.53	
4.				2009		-	-			2:27.81	III	328	
	50m:	34.76	34.76	100m:	1:13.16	38.40	150m:	1:51.81	38.65	200m:	2:27.81	36.00	
5.				2009		-	8	+0,65	2:27.85	III		328	
	50m:	32.85	32.85	100m:	1:10.63	37.78	150m:	1:49.82	39.19	200m:	2:27.85	38.03	
6.				2009		-		+0,86	2:34.34	III		288	
	50m:	34.82	34.82	100m:	1:13.70	38.88	150m:	1:54.44	40.74	200m:	2:34.34	39.90	
7.				2009		-	8			2:35.19	III	283	
	50m:	34.61	34.61	100m:	1:13.93	39.32	150m:	1:55.52	41.59	200m:	2:35.19	39.67	
8.				2009		-		+0,75	2:35.28	III		283	
	50m:	33.84	33.84	100m:	1:13.99	40.15	150m:	1:56.57	42.58	200m:	2:35.28	38.71	
9.				2009		-		"SPN"		2:35.81	III	280	
	50m:	35.01	35.01	100m:	1:15.44	40.43	150m:	1:56.01	40.57	200m:	2:35.81	39.80	
10.				2009		-				2:36.89	III	274	
	50m:	35.64	35.64	100m:	1:16.61	40.97	150m:	1:57.32	40.71	200m:	2:36.89	39.57	
11.				2009		-		+0,68	2:41.19	III		253	
	50m:	35.98	35.98	100m:	1:16.80	40.82	150m:	2:00.38	43.58	200m:	2:41.19	40.81	
12.				2009		-		+0,61	2:42.10	III		249	
	50m:	36.46	36.46	100m:	1:18.51	42.05	150m:	2:02.09	43.58	200m:	2:42.10	40.01	
13.				2009		-		+0,76	2:42.85	I		245	
	50m:	36.82	36.82	100m:	1:18.13	41.31	150m:	2:03.07	44.94	200m:	2:42.85	39.78	
14.				2009		-				2:44.90	I	236	
	50m:	36.06	36.06	100m:	1:18.96	42.90	150m:	2:02.61	43.65	200m:	2:44.90	42.29	
15.				2009		-		+0,71	2:46.05	I		231	
	50m:	37.73	37.73	100m:	1:20.31	42.58	150m:	2:04.06	43.75	200m:	2:46.05	41.99	
16.				2009		-		+0,82	2:47.28	I		226	
	50m:	38.49	38.49	100m:	1:21.41	42.92	150m:	2:05.33	43.92	200m:	2:47.28	41.95	
17.				2009		-		+0,71	2:47.52	I		225	
	50m:	37.64	37.64	100m:	1:20.46	42.82	150m:	2:04.71	44.25	200m:	2:47.52	42.81	
18.				2009		-		"SPT"+0,56		2:54.67	I	199	
	50m:	38.12	38.12	100m:	1:23.64	45.52	150m:	2:09.55	45.91	200m:	2:54.67	45.12	
19.				2009		-	8			3:00.44	I	180	
	50m:	38.80	38.80	100m:	1:26.98	48.18	150m:	2:14.80	47.82	200m:	3:00.44	45.64	

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2020
Саранск

Республиканские соревнования по плаванию
в рамках турнира
«Кубок Золотого Кольца»



		16, , 200m				2009		R.T.		FINA		
20.				2009	.	-	"	"	+0,89	3:03.03	I	173
	50m:	40.08	40.08	100m:	1:26.01	45.93	150m:	2:14.80	48.79	200m:	3:03.03	48.23
21.				2009	.	-		"SPN"		3:03.74	I	171
	50m:	41.45	41.45	100m:	1:28.62	47.17	150m:	2:17.45	48.83	200m:	3:03.74	46.29
22.				2009	.				+1,07	3:11.19	II	151
	50m:	42.50	42.50	100m:	1:31.91	49.41	150m:	2:22.66	50.75	200m:	3:11.19	48.53
23.				2009	.	-			+0,58	3:13.76	II	145
	50m:	41.97	41.97	100m:	1:31.58	49.61	150m:	2:23.39	51.81	200m:	3:13.76	50.37
2010												
1.				2010	.	-	4		+0,57	2:29.03	III	320
	50m:	33.81	33.81	100m:	1:11.69	37.88	150m:	1:51.50	39.81	200m:	2:29.03	37.53
2.				2010	.	-			+0,61	2:31.34	III	306
	50m:	35.01	35.01	100m:	1:13.66	38.65	150m:	1:53.46	39.80	200m:	2:31.34	37.88
3.				2010	.				+0,68	2:35.54	III	282
	50m:	35.04	35.04	100m:	1:14.94	39.90	150m:	1:56.63	41.69	200m:	2:35.54	38.91
4.				2010	.	-				2:37.68	III	270
	50m:	35.41	35.41	100m:	1:16.87	41.46	150m:	1:59.96	43.09	200m:	2:37.68	37.72
5.				2010	.	-			"SP"+0,54	2:40.48	III	256
	50m:	36.48	36.48	100m:	1:17.78	41.30	150m:	1:59.56	41.78	200m:	2:40.48	40.92
6.				2010	.					2:43.06	I	244
	50m:	35.16	35.16	100m:	1:17.30	42.14	150m:	2:01.37	44.07	200m:	2:43.06	41.69
7.				2010	.					2:43.54	I	242
	50m:	37.31	37.31	100m:	1:19.12	41.81	150m:	2:02.35	43.23	200m:	2:43.54	41.19
8.				2010	.	-	4			2:43.73	I	241
	50m:	35.43	35.43	100m:	1:18.14	42.71	150m:	2:02.06	43.92	200m:	2:43.73	41.67
9.				2010	.					2:45.34	I	234
	50m:	38.10	38.10	100m:	1:20.93	42.83	150m:	2:04.91	43.98	200m:	2:45.34	40.43
10.				2010	.				+0,57	2:49.01	I	219
	50m:	37.43	37.43	100m:	1:21.50	44.07	150m:	2:05.00	43.50	200m:	2:49.01	44.01
11.				2010	.				+0,54	2:49.20	I	219
	50m:	36.98	36.98	100m:	1:20.99	44.01	150m:	2:06.50	45.51	200m:	2:49.20	42.70
12.				2010	.	-			"SPN"	2:50.70	I	213
	50m:	38.34	38.34	100m:	1:22.58	44.24	150m:	2:08.70	46.12	200m:	2:50.70	42.00
13.				2010	.	-				2:51.72	I	209
	50m:	38.55	38.55	100m:	1:22.90	44.35	150m:	2:08.39	45.49	200m:	2:51.72	43.33
14.				2010	.				+0,67	2:57.51	I	189
	50m:	38.49	38.49	100m:	1:23.69	45.20	150m:	2:11.53	47.84	200m:	2:57.51	45.98
15.				2010	.					2:58.02	I	188
	50m:	38.29	38.29	100m:	1:23.26	44.97	150m:	2:12.20	48.94	200m:	2:58.02	45.82
16.				2010	.	"	"			3:00.16	I	181
	50m:	40.79	40.79	100m:	1:27.96	47.17	150m:	2:15.75	47.79	200m:	3:00.16	44.41
17.				2010	.					3:09.02	II	157
	50m:	42.03	42.03	100m:	1:32.35	50.32	150m:	2:21.73	49.38	200m:	3:09.02	47.29
18.				2010	.				+0,73	3:09.60	II	155
	50m:	40.32	40.32	100m:	1:27.04	46.72	150m:	2:17.61	50.57	200m:	3:09.60	51.99
DNS				2010	.							

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Саранск

Республиканские соревнования по плаванию

В рамках турнира

«Кубок Золотого Кольца»



16, , 200m

2011

1.	50m:	40.87	40.87	2011	.	-	100m:	1:28.12	47.25	150m:	2:14.82	46.70	200m:	2:59.38	I	183	44.56
2.	50m:	43.06	43.06	2011	.		100m:	1:30.40	47.34	150m:	2:19.65	49.25	200m:	3:00.53	I	180	40.88
3.	50m:	41.41	41.41	2011	.		100m:	1:28.25	46.84	150m:	2:17.00	48.75	200m:	3:01.19	I	178	44.19
4.	50m:	39.85	39.85	2011	.		100m:	1:28.10	48.25	150m:	2:17.56	49.46	200m:	3:05.33	I	166	47.77
5.	50m:	40.16	40.16	2011	.		100m:	1:29.01	48.85	150m:	2:19.38	50.37	200m:	3:07.19	I	161	47.81
6.	50m:	42.33	42.33	2011	.	-	100m:	1:34.60	52.27	150m:	2:27.18	52.58	200m:	3:15.33	II	142	48.15
7.	50m:	43.74	43.74	2011	.		100m:	1:38.19	54.45	150m:	2:36.31	58.12	200m:	3:31.36	II	112	55.05
EXH	50m:	29.01	29.01	2004	.		100m:	1:01.51	32.50	150m:	1:35.21	33.70	200m:	2:08.95	I	494	33.74
EXH	50m:	30.60	30.60	2005	.		100m:	1:06.15	35.55	150m:	1:43.23	37.08	200m:	2:19.71	II	389	36.48