

29 МАРТА 2026

1 , 400m (10-11 )  
29.03.2026

: AQUA 2026

	/				R.T.							
1.	24.04.2015				<b>5:09.61</b>				II	432		
	50m:	35.52	35.52	150m:	1:56.46	41.06	250m:	3:16.81	40.13	350m:	4:34.86	38.73
	100m:	1:15.40	39.88	200m:	2:36.68	40.22	300m:	3:56.13	39.32	400m:	5:09.61	34.75
2.	03.06.2015				<b>5:37.47</b>				II	334		
	50m:	37.39	37.39	150m:	2:03.33	43.65	250m:	3:30.95	44.07	350m:	4:58.64	43.50
	100m:	1:19.68	42.29	200m:	2:46.88	43.55	300m:	4:15.14	44.19	400m:	5:37.47	38.83
3.	21.11.2015				<b>6:03.40</b>				III	267		
	50m:	40.49	40.49	150m:	2:12.36	46.75	250m:	3:47.74	48.02	350m:	5:20.63	45.46
	100m:	1:25.61	45.12	200m:	2:59.72	47.36	300m:	4:35.17	47.43	400m:	6:03.40	42.77
4.	08.03.2015				<b>6:23.50</b>				III	227		
	50m:	39.88	39.88	150m:	2:13.88	48.40	250m:	3:53.90	50.05	350m:	5:36.53	51.62
	100m:	1:25.48	45.60	200m:	3:03.85	49.97	300m:	4:44.91	51.01	400m:	6:23.50	46.97
5.	05.04.2016				<b>7:11.01</b>				I	160		
	50m:	45.82	45.82	150m:	2:35.18	55.34	250m:	4:27.59	56.40	350m:	6:17.84	55.95
	100m:	1:39.84	54.02	200m:	3:31.19	56.01	300m:	5:21.89	54.30	400m:	7:11.01	53.17
6.	08.01.2015				<b>7:26.41</b>				I	144		
	50m:	48.84	48.84	150m:	2:43.74	58.54	250m:	4:39.71	58.53	350m:	6:34.61	57.23
	100m:	1:45.20	56.36	200m:	3:41.18	57.44	300m:	5:37.38	57.67	400m:	7:26.41	51.80

1 , 400m (12-13 )  
29.03.2026

: AQUA 2026

	/				R.T.							
1.	16.05.2013				<b>5:00.94</b>				II	471		
	50m:	32.77	32.77	150m:	1:47.60	38.28	250m:	3:05.56	39.25	350m:	4:23.13	38.96
	100m:	1:09.32	36.55	200m:	2:26.31	38.71	300m:	3:44.17	38.61	400m:	5:00.94	37.81
2.	15.05.2013				<b>5:25.05</b>				II	373		
	50m:	35.53	35.53	150m:	1:59.54	42.51	250m:	3:25.55	42.72	350m:	4:47.81	40.01
	100m:	1:17.03	41.50	200m:	2:42.83	43.29	300m:	4:07.80	42.25	400m:	5:25.05	37.24
3.	15.01.2014				<b>5:30.13</b>				II	356		
	50m:	36.32	36.32	150m:	1:59.60	41.99	250m:	3:25.96	43.37	350m:	4:50.50	41.85
	100m:	1:17.61	41.29	200m:	2:42.59	42.99	300m:	4:08.65	42.69	400m:	5:30.13	39.63
4.	09.03.2014				<b>5:33.84</b>				II	345		
	50m:	37.43	37.43	150m:	2:01.28	42.77	250m:	3:26.86	43.36	350m:	4:52.68	41.29
	100m:	1:18.51	41.08	200m:	2:43.50	42.22	300m:	4:11.39	44.53	400m:	5:33.84	41.16
5.	23.07.2014				<b>5:51.59</b>				III	295		
	50m:	37.72	37.72	150m:	2:06.98	46.03	250m:	3:38.57	46.31	350m:	5:09.67	45.90
	100m:	1:20.95	43.23	200m:	2:52.26	45.28	300m:	4:23.77	45.20	400m:	5:51.59	41.92
6.	22.05.2013				<b>6:19.19</b>				III	235		
	50m:	36.75	36.75	150m:	2:10.86	48.45	250m:	3:50.06	48.04	350m:	5:31.35	50.58
	100m:	1:22.41	45.66	200m:	3:02.02	51.16	300m:	4:40.77	50.71	400m:	6:19.19	47.84
7.	04.02.2014				<b>6:26.71</b>				I	222		
	50m:	38.14	38.14	150m:	2:17.64	52.21	250m:	3:58.14	50.36	350m:	5:39.68	50.58
	100m:	1:25.43	47.29	200m:	3:07.78	50.14	300m:	4:49.10	50.96	400m:	6:26.71	47.03
8.	03.09.2014				<b>6:28.10</b>				I	219		
	50m:	42.48	42.48	150m:	2:19.23	49.70	250m:	3:59.00	50.04	350m:	5:40.07	50.97
	100m:	1:29.53	47.05	200m:	3:08.96	49.73	300m:	4:49.10	50.10	400m:	6:28.10	48.03

29 МАРТА 2026

1, , 400m

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(14-15 )

29.03.2026

: AQUA 2026

			/		R.T.							
1.			10.12.2011				<b>5:08.72</b>		II 436			
	50m:	33.55	33.55	150m:	1:49.99	39.33	250m:	3:10.50	40.13	350m:	4:30.52	40.17
	100m:	1:10.66	37.11	200m:	2:30.37	40.38	300m:	3:50.35	39.85	400m:	5:08.72	38.20
2.			11.04.2011				<b>5:39.82</b>		II 327			
	50m:	35.87	35.87	150m:	2:00.31	44.00	250m:	3:29.01	45.18	350m:	4:58.78	45.44
	100m:	1:16.31	40.44	200m:	2:43.83	43.52	300m:	4:13.34	44.33	400m:	5:39.82	41.04
3.			24.12.2011				<b>6:05.23</b>		III 263			
	50m:	35.86	35.86	150m:	2:04.75	45.59	250m:	3:41.23	48.58	350m:	5:18.37	48.12
	100m:	1:19.16	43.30	200m:	2:52.65	47.90	300m:	4:30.25	49.02	400m:	6:05.23	46.86
4.			03.12.2012				<b>6:45.76</b>		I 192			
	50m:	40.59	40.59	150m:	2:21.45	52.67	250m:	4:10.41	54.59	350m:	5:55.46	51.83
	100m:	1:28.78	48.19	200m:	3:15.82	54.37	300m:	5:03.63	53.22	400m:	6:45.76	50.30

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(16-18 )

29.03.2026

: AQUA 2026

			/		R.T.							
1.			12.11.2009				<b>4:47.37</b>		I 541			
	50m:	32.09	32.09	150m:	1:45.67	37.73	250m:	3:00.07	37.71	350m:	4:13.59	36.58
	100m:	1:07.94	35.85	200m:	2:22.36	36.69	300m:	3:37.01	36.94	400m:	4:47.37	33.78

1 , 400m

19

29.03.2026

: AQUA 2026

			/		R.T.							
1.			25.06.1995				<b>4:54.45</b>		I 503			
	50m:	32.32	32.32	150m:	1:45.49	37.40	250m:	3:01.26	38.39	350m:	4:17.57	38.50
	100m:	1:08.09	35.77	200m:	2:22.87	37.38	300m:	3:39.07	37.81	400m:	4:54.45	36.88