



Чемпионат и Первенство Калужской области по плаванию (25 м)



«Дворец спорта «Центральный»

КАЛУГА 16-18 сентября 2025

38			, 400m			11			
18.09.2025 - 12:45									
: AQUA 2024									
R.T.									
14									
1.			2008			" "	+0,70	4:03.21	664
	50m:	28.14	28.14	150m:	1:29.64	30.57	250m:	2:33.94	32.39
	100m:	59.07	30.93	200m:	2:01.55	31.91	300m:	3:05.08	31.14
							350m:	3:34.51	29.43
							400m:	4:03.21	28.70
2.			2009			" "	+0,77	4:05.38	647
	50m:	29.07	29.07	150m:	1:32.02	31.63	250m:	2:35.14	31.52
	100m:	1:00.39	31.32	200m:	2:03.62	31.60	300m:	3:06.53	31.39
							350m:	3:36.51	29.98
							400m:	4:05.38	28.87
3.			2008			" "	+0,82	4:05.68	644
	50m:	29.01	29.01	150m:	1:30.75	30.68	250m:	2:33.73	31.83
	100m:	1:00.07	31.06	200m:	2:01.90	31.15	300m:	3:05.49	31.76
							350m:	3:35.68	30.19
							400m:	4:05.68	30.00
4.			2009			" "	+0,87	4:06.80	636
	50m:	28.63	28.63	150m:	1:31.55	31.64	250m:	2:34.27	31.27
	100m:	59.91	31.28	200m:	2:03.00	31.45	300m:	3:05.77	31.50
							350m:	3:36.72	30.95
							400m:	4:06.80	30.08
5.			2008			" "	+0,83	4:07.66	629
	50m:	29.91	29.91	150m:	1:33.18	31.61	250m:	2:35.78	31.10
	100m:	1:01.57	31.66	200m:	2:04.68	31.50	300m:	3:06.97	31.19
							350m:	3:37.42	30.45
							400m:	4:07.66	30.24
6.			2010			" "	+0,79	4:09.08	I 618
	50m:	29.04	29.04	150m:	1:32.35	31.90	250m:	2:35.14	30.55
	100m:	1:00.45	31.41	200m:	2:04.59	32.24	300m:	3:06.33	31.19
							350m:	3:38.18	31.85
							400m:	4:09.08	30.90
7.			2010			" "	+0,68	4:17.13	I 562
	50m:	29.35	29.35	150m:	1:33.48	32.25	250m:	2:38.60	32.48
	100m:	1:01.23	31.88	200m:	2:06.12	32.64	300m:	3:11.67	33.07
							350m:	3:44.68	33.01
							400m:	4:17.13	32.45
8.			2007			" "	+0,68	4:20.41	I 541
	50m:	29.30	29.30	150m:	2:07.59	32.99	250m:	3:14.60	33.74
	100m:	1:34.60	1:05.30	200m:	2:40.86	33.27	300m:	3:47.86	33.26
							350m:	4:20.41	32.55
							400m:	4:20.41	
9.			2010 I			" "	+0,79	4:21.41	I 535
	50m:	30.04	30.04	150m:	1:35.47	33.02	250m:	2:42.09	32.97
	100m:	1:02.45	32.41	200m:	2:09.12	33.65	300m:	3:14.98	32.89
							350m:	3:48.71	33.73
							400m:	4:21.41	32.70
10.			2009 I			" "	+0,73	4:21.86	I 532
	50m:	29.60	29.60	150m:	1:34.32	32.58	250m:	2:41.23	33.72
	100m:	1:01.74	32.14	200m:	2:07.51	33.19	300m:	3:15.13	33.90
							350m:	3:48.85	33.72
							400m:	4:21.86	33.01
11.			2011 I			" "	+0,80	4:22.80	I 526
	50m:	29.39	29.39	150m:	1:35.15	33.38	250m:	2:42.73	33.90
	100m:	1:01.77	32.38	200m:	2:08.83	33.68	300m:	3:17.49	34.76
							350m:	3:52.21	34.72
							400m:	4:22.80	30.59
12.			2008			" "	+0,71	4:25.64	II 510
	50m:	30.75	30.75	150m:	1:37.18	33.47	250m:	2:43.87	33.46
	100m:	1:03.71	32.96	200m:	2:10.41	33.23	300m:	3:17.78	33.91
							350m:	3:51.93	34.15
							400m:	4:25.64	33.71
13.			2009 I			" "	+0,73	4:26.90	II 502
	50m:	30.78	30.78	150m:	1:37.15	33.32	250m:	2:44.48	33.84
	100m:	1:03.83	33.05	200m:	2:10.64	33.49	300m:	3:18.66	34.18
							350m:	3:53.29	34.63
							400m:	4:26.90	33.61
14.			2011 I			" "	+0,74	4:29.89	II 486
	50m:	30.64	30.64	150m:	1:38.58	33.98	250m:	2:47.26	34.34
	100m:	1:04.60	33.96	200m:	2:12.92	34.34	300m:	3:21.86	34.60
							350m:	3:56.16	34.30
							400m:	4:29.89	33.73
15.			2011 II			" "	+0,69	4:37.69	II 446
	50m:	30.83	30.83	150m:	1:41.80	36.37	250m:	2:52.69	35.28
	100m:	1:05.43	34.60	200m:	2:17.41	35.61	300m:	3:28.45	35.76
							350m:	4:03.72	35.27
							400m:	4:37.69	33.97
16.			2011 II			" "	+0,78	4:53.67	II 377
	50m:	32.71	32.71	150m:	1:46.20	37.43	250m:	3:00.98	37.27
	100m:	1:08.77	36.06	200m:	2:23.71	37.51	300m:	3:39.14	38.16
							350m:	4:17.45	38.31
							400m:	4:53.67	36.22
17.			2010 II			" "	+0,79	5:03.06	III 343
	50m:	32.82	32.82	150m:	1:47.19	37.70	250m:	3:05.41	39.46
	100m:	1:09.49	36.67	200m:	2:25.95	38.76	300m:	3:44.84	39.43
							350m:	4:24.18	39.34
							400m:	5:03.06	38.88
18.			2011 III			" "	+0,82	5:18.15	III 296
	50m:	35.44	35.44	150m:	1:55.13	40.30	250m:	3:16.75	40.58
	100m:	1:14.83	39.39	200m:	2:36.17	41.04	300m:	3:57.93	41.18
							350m:	4:39.80	41.87
							400m:	5:18.15	38.35



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38, , 400m , 14

R.T.

19.				2011 III	"			" +0,71	5:23.73	III	281	
	50m:	35.18	35.18	150m:	1:56.84	41.29	250m:	3:20.27	41.88	350m:	4:44.48	42.13
	100m:	1:15.55	40.37	200m:	2:38.39	41.55	300m:	4:02.35	42.08	400m:	5:23.73	39.25

(2007-2009 . .)

1.				2008	"	"		+0,70	4:03.21		664	
	50m:	28.14	28.14	150m:	1:29.64	30.57	250m:	2:33.94	32.39	350m:	3:34.51	29.43
	100m:	59.07	30.93	200m:	2:01.55	31.91	300m:	3:05.08	31.14	400m:	4:03.21	28.70
2.				2009	"	"		+0,77	4:05.38		647	
	50m:	29.07	29.07	150m:	1:32.02	31.63	250m:	2:35.14	31.52	350m:	3:36.51	29.98
	100m:	1:00.39	31.32	200m:	2:03.62	31.60	300m:	3:06.53	31.39	400m:	4:05.38	28.87
3.				2008	"	"		+0,82	4:05.68		644	
	50m:	29.01	29.01	150m:	1:30.75	30.68	250m:	2:33.73	31.83	350m:	3:35.68	30.19
	100m:	1:00.07	31.06	200m:	2:01.90	31.15	300m:	3:05.49	31.76	400m:	4:05.68	30.00
4.				2009	"	"		+0,87	4:06.80		636	
	50m:	28.63	28.63	150m:	1:31.55	31.64	250m:	2:34.27	31.27	350m:	3:36.72	30.95
	100m:	59.91	31.28	200m:	2:03.00	31.45	300m:	3:05.77	31.50	400m:	4:06.80	30.08
5.				2008	"	"		+0,83	4:07.66		629	
	50m:	29.91	29.91	150m:	1:33.18	31.61	250m:	2:35.78	31.10	350m:	3:37.42	30.45
	100m:	1:01.57	31.66	200m:	2:04.68	31.50	300m:	3:06.97	31.19	400m:	4:07.66	30.24
6.				2007	"	"		+0,68	4:20.41	I	541	
	50m:	29.30	29.30	150m:	2:07.59	32.99	250m:	3:14.60	33.74	350m:	4:20.41	32.55
	100m:	1:34.60	1:05.30	200m:	2:40.86	33.27	300m:	3:47.86	33.26	400m:	4:20.41	
7.				2009 I	"	"		+0,73	4:21.86	I	532	
	50m:	29.60	29.60	150m:	1:34.32	32.58	250m:	2:41.23	33.72	350m:	3:48.85	33.72
	100m:	1:01.74	32.14	200m:	2:07.51	33.19	300m:	3:15.13	33.90	400m:	4:21.86	33.01
8.				2008	"	"		+0,71	4:25.64	II	510	
	50m:	30.75	30.75	150m:	1:37.18	33.47	250m:	2:43.87	33.46	350m:	3:51.93	34.15
	100m:	1:03.71	32.96	200m:	2:10.41	33.23	300m:	3:17.78	33.91	400m:	4:25.64	33.71
9.				2009 I	"	"		+0,73	4:26.90	II	502	
	50m:	30.78	30.78	150m:	1:37.15	33.32	250m:	2:44.48	33.84	350m:	3:53.29	34.63
	100m:	1:03.83	33.05	200m:	2:10.64	33.49	300m:	3:18.66	34.18	400m:	4:26.90	33.61

(2010-2011 . .)

1.				2010	"	"		+0,79	4:09.08	I	618	
	50m:	29.04	29.04	150m:	1:32.35	31.90	250m:	2:35.14	30.55	350m:	3:38.18	31.85
	100m:	1:00.45	31.41	200m:	2:04.59	32.24	300m:	3:06.33	31.19	400m:	4:09.08	30.90
2.				2010	"	"		+0,68	4:17.13	I	562	
	50m:	29.35	29.35	150m:	1:33.48	32.25	250m:	2:38.60	32.48	350m:	3:44.68	33.01
	100m:	1:01.23	31.88	200m:	2:06.12	32.64	300m:	3:11.67	33.07	400m:	4:17.13	32.45
3.				2010 I	"	"		+0,79	4:21.41	I	535	
	50m:	30.04	30.04	150m:	1:35.47	33.02	250m:	2:42.09	32.97	350m:	3:48.71	33.73
	100m:	1:02.45	32.41	200m:	2:09.12	33.65	300m:	3:14.98	32.89	400m:	4:21.41	32.70
4.				2011 I	"	"		+0,80	4:22.80	I	526	
	50m:	29.39	29.39	150m:	1:35.15	33.38	250m:	2:42.73	33.90	350m:	3:52.21	34.72
	100m:	1:01.77	32.38	200m:	2:08.83	33.68	300m:	3:17.49	34.76	400m:	4:22.80	30.59
5.				2011 I	"	"		+0,74	4:29.89	II	486	
	50m:	30.64	30.64	150m:	1:38.58	33.98	250m:	2:47.26	34.34	350m:	3:56.16	34.30
	100m:	1:04.60	33.96	200m:	2:12.92	34.34	300m:	3:21.86	34.60	400m:	4:29.89	33.73
6.				2011 II	"	"		+0,69	4:37.69	II	446	
	50m:	30.83	30.83	150m:	1:41.80	36.37	250m:	2:52.69	35.28	350m:	4:03.72	35.27
	100m:	1:05.43	34.60	200m:	2:17.41	35.61	300m:	3:28.45	35.76	400m:	4:37.69	33.97
7.				2011 II	"	"		+0,78	4:53.67	II	377	
	50m:	32.71	32.71	150m:	1:46.20	37.43	250m:	3:00.98	37.27	350m:	4:17.45	38.31
	100m:	1:08.77	36.06	200m:	2:23.71	37.51	300m:	3:39.14	38.16	400m:	4:53.67	36.22

