

СТАНИСЛАВА ПОПУХОВА



УЛ. ЛЕНИНА Д.57
«ДВОРЕЦ СПОРТА «ЦЕНТРАЛЬНЫЙ»»

13-15 МАЯ 2026
КАЛУГА



8
13.05.2026 - 13:18

, 400m

10 - 15

: AQUA 2025

14 - 15

1.				11	"	"	"		4:36.49	I	577	
	50m:	31.23	31.23	150m:	1:40.57	34.92	250m:	2:51.63	35.59	350m:	4:02.50	35.71
	100m:	1:05.65	34.42	200m:	2:16.04	35.47	300m:	3:26.79	35.16	400m:	4:36.49	33.99
2.				12	"	"	"		5:22.53	II	363	
	50m:	35.38	35.38	150m:	1:57.42	41.99	250m:	3:19.88	40.95	350m:	4:42.85	41.50
	100m:	1:15.43	40.05	200m:	2:38.93	41.51	300m:	4:01.35	41.47	400m:	5:22.53	39.68
3.				11	"	"	"		6:59.28	1	165	
	50m:	43.91	43.91	150m:	2:27.27	52.61	250m:	4:17.25	55.62	350m:	6:06.60	54.31
	100m:	1:34.66	50.75	200m:	3:21.63	54.36	300m:	5:12.29	55.04	400m:	6:59.28	52.68
4.				12	"	"	"		7:08.46	1	155	
	50m:	44.32	44.32	150m:	2:27.41	52.99	250m:	4:21.44	58.10	350m:	6:15.09	56.40
	100m:	1:34.42	50.10	200m:	3:23.34	55.93	300m:	5:18.69	57.25	400m:	7:08.46	53.37

12 - 13

1.				14	"	"	"		4:50.26	I	499	
	50m:	33.03	33.03	150m:	1:46.28	37.03	250m:	3:01.46	37.86	350m:	4:16.40	36.82
	100m:	1:09.25	36.22	200m:	2:23.60	37.32	300m:	3:39.58	38.12	400m:	4:50.26	33.86
2.				14	"	"	"		4:51.49	I	492	
	50m:	34.46	34.46	150m:	1:48.51	37.37	250m:	3:03.01	37.31	350m:	4:16.46	36.47
	100m:	1:11.14	36.68	200m:	2:25.70	37.19	300m:	3:39.99	36.98	400m:	4:51.49	35.03
3.				13	"	"	"		5:09.14	II	413	
	50m:	34.13	34.13	150m:	1:51.62	39.03	250m:	3:11.40	40.36	350m:	4:31.39	39.99
	100m:	1:12.59	38.46	200m:	2:31.04	39.42	300m:	3:51.40	40.00	400m:	5:09.14	37.75
4.				13	"	"	"		5:36.85	III	319	
	50m:	36.55	36.55	150m:	2:01.10	43.05	250m:	3:27.71	43.54	350m:	4:55.86	44.05
	100m:	1:18.05	41.50	200m:	2:44.17	43.07	300m:	4:11.81	44.10	400m:	5:36.85	40.99
5.				14	"	"	"		5:37.93	III	316	
	50m:	37.33	37.33	150m:	2:02.97	44.29	250m:	3:31.13	44.25	350m:	4:57.16	43.18
	100m:	1:18.68	41.35	200m:	2:46.88	43.91	300m:	4:13.98	42.85	400m:	5:37.93	40.77
6.				14	"	"	"		5:51.90	III	280	
	50m:	37.32	37.32	150m:	2:05.14	45.09	250m:	3:38.01	46.73	350m:	5:08.98	44.84
	100m:	1:20.05	42.73	200m:	2:51.28	46.14	300m:	4:24.14	46.13	400m:	5:51.90	42.92
7.				14	"	"	"		5:54.90	III	273	
	50m:	40.95	40.95	150m:	2:11.37	45.73	250m:	3:42.47	44.96	350m:	5:12.66	43.82
	100m:	1:25.64	44.69	200m:	2:57.51	46.14	300m:	4:28.84	46.37	400m:	5:54.90	42.24

" , 25

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СТАНИСЛАВА ПОПУХОВА



Ул. ЛЕНИНА Д.57
«ДВОРЕЦ СПОРТА «ЦЕНТРАЛЬНЫЙ»»

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8, , 400m

10 - 11

1.			15	"	"	"		5:41.43	III	306		
	50m:	38.14	38.14	150m:	2:04.95	43.30	250m:	3:32.42	43.64	350m:	5:00.80	44.27
	100m:	1:21.65	43.51	200m:	2:48.78	43.83	300m:	4:16.53	44.11	400m:	5:41.43	40.63
2.			15	"	"	"		5:44.40	III	298		
	50m:	37.66	37.66	150m:	2:06.79	45.71	250m:	3:35.62	43.95	350m:	5:04.08	43.76
	100m:	1:21.08	43.42	200m:	2:51.67	44.88	300m:	4:20.32	44.70	400m:	5:44.40	40.32
3.			15	"	"	"		5:49.23	III	286		
	50m:	39.37	39.37	150m:	2:08.95	45.04	250m:	3:38.56	45.18	350m:	5:08.76	44.21
	100m:	1:23.91	44.54	200m:	2:53.38	44.43	300m:	4:24.55	45.99	400m:	5:49.23	40.47
4.			15	"	"	"		5:59.54	III	262		
	50m:	40.97	40.97	150m:	2:11.41	45.40	250m:	3:44.03	46.29	350m:	5:15.88	45.56
	100m:	1:26.01	45.04	200m:	2:57.74	46.33	300m:	4:30.32	46.29	400m:	5:59.54	43.66
5.			16	"	"	"		6:00.10	III	261		
	50m:	42.57	42.57	150m:	2:14.52	46.27	250m:	3:44.59	44.97	350m:	5:16.34	45.77
	100m:	1:28.25	45.68	200m:	2:59.62	45.10	300m:	4:30.57	45.98	400m:	6:00.10	43.76
6.			15	"	"	"		6:34.35	1	199		
	50m:	44.75	44.75	150m:	2:26.43	52.21	250m:	4:07.76	50.53	350m:	5:46.96	49.05
	100m:	1:34.22	49.47	200m:	3:17.23	50.80	300m:	4:57.91	50.15	400m:	6:34.35	47.39

" , 25

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