

Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

							%	PB
KGZ								10
								1
50m								
100m								
200m		55.	2:16.85	414	2:04.00		82%	
50m								
100m		12.	59.64	570	1:00.00		101%	
50m								2
100m								
200m		6.	2:10.16	641	2:11.00		101%	
400m								
800m		6.	9:51.55	548	9:57.00		102%	
50m		29.	39.06	416	36.00		85%	
50m								2
100m								
200m		51.	2:15.18	429	2:08.60		91%	
50m								
100m		19.	1:01.45	521	1:00.50		97%	
200m		11.	2:20.30	486	2:26.00		108%	
50m								-
100m								
50m		34.	39.95	388	37.00		86%	
100m		27.	1:28.74	377	1:26.00		94%	
50m								
50m								-
100m								
200m		29.	2:05.19	540	2:03.00		97%	
50m								
100m		44.	1:08.26	380	1:04.00		88%	
50m								1
100m								
50m		41.	35.14	402	35.50		102%	
50m								
50m								-
100m								
200m		53.	2:15.96	422	2:10.00		91%	
50m								
200m		23.	2:43.35	308	2:38.00		94%	
400m								
100m								-
200m		40.	2:10.12	481	2:07.00		95%	
400m								
50m		30.	29.51	508	29.30		99%	
100m		23.	1:05.03	499	1:02.00		91%	
200m								
100m								1
200m		12.	1:58.13	643	1:56.50		97%	
400m								
800m								
1500m		3.	16:25.37	689	16:28.00		101%	
50m		27.	29.32	518	28.40		94%	
200m								
200m		16.	2:01.31	594	1:58.00		95%	
800m								
1500m		6.	17:07.50	608	16:58.00		98%	
200m								
400m								



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

200m	, 2009 (17)	23.	2:03.45	564	1:58.00	91%	1
400m				-	4:07.00	-	
800m				-	8:24.00	-	
1500m		2.	16:02.17	740	16:18.00	103%	
50m	, 2012 (14)			-	30.00	-	-
100m				-	1:06.00	-	
200m		39.	2:34.36	384	2:30.00	94%	
400m				-	5:05.00	-	
50m		49.	39.12	323	36.00	85%	
100m	, 2010 (16)			-	57.00	-	-
50m				-	30.90	-	
100m		11.	1:07.70	593	1:07.00	98%	
200m				-	2:28.00	-	
50m	, 2009 (17)			-	28.00	-	2
100m				-	1:03.00	-	
50m		23.	37.64	464	36.00	91%	
100m		23.	1:25.69	419	1:24.00	96%	
50m				-	30.00	-	
200m		10.	2:43.36	455	2:47.00	105%	
50m	, 2011 (15)			-	27.50	-	-
100m				-	1:02.00	-	
50m		48.	39.08	292	38.00	95%	
50m				-	32.00	-	
50m	, 2012 (14)			-	25.00	-	-
200m		15.	2:00.97	599	2:00.00	98%	
400m				-	4:20.00	-	
800m				-	8:48.00	-	
50m	, 2010 (16)			-	25.50	-	-
200m				-	1:57.00	-	
400m				-	4:15.00	-	
800m				-	8:50.00	-	
50m		47.	31.36	423	29.50	88%	
RUS							
100m	, 2005 (21)			-	58.00	-	3
200m		2.	2:07.21	686	2:10.00	104%	3
50m		7.	35.50	554	36.00	103%	
TJK							
50m	, 2008 (18)			-	26.29	-	1
100m				-	1:00.00	-	-
50m	, 2011 (15)			-	32.01	-	-
100m				-	1:14.00	-	
50m		55.	40.50	291	36.08	79%	
50m		39.	42.69	318	37.07	75%	
50m				-	36.04	-	
50m	, 2010 (16)			-	28.37	-	-
100m				-	1:04.32	-	
50m				-	31.06	-	
50m	, 2010 (16)			-	27.20	-	1
100m				-	1:00.00	-	
200m		68.	2:22.94	363	2:30.00	110%	
50m	, 2007 (19)			-	32.10	-	-
100m				-	1:14.12	-	

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Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m	, 2011 (15),	12.	1:20.66	502	1:18.50	95%	-
200m				-	2:54.10	-	
							3
50m	, 2009 (17),			-	25.70	-	-
50m				-	25.40	-	-
100m		16.	1:01.03	531	58.10	91%	-
200m		7.	2:20.54	483	2:11.00	87%	-
	, 2012 (14),						-
50m				-	27.90	-	-
100m				-	1:01.70	-	-
50m		3.	33.87	638	33.80	100%	-
100m		5.	1:16.43	590	1:15.80	98%	-
200m				-	2:45.00	-	-
	, 2008 (18),						1
50m				-	24.00	-	-
50m				-	25.50	-	-
100m		6.	57.96	621	58.00	100%	-
200m		4.	2:14.53	551	2:10.00	93%	-
200m		10.	2:21.14	508	2:20.00	98%	-
	, 2011 (15),						-
50m				-	27.90	-	-
100m				-	1:01.50	-	-
200m		24.	2:22.77	485	2:18.50	94%	-
400m				-	5:10.00	-	-
50m				-	30.50	-	-
	, 2010 (16),						-
50m		28.	35.03	450	32.00	83%	-
50m				-	31.88	-	-
100m		11.	1:10.92	456	1:09.00	95%	-
200m		11.	2:47.68	383	2:35.00	85%	-
	, 2009 (17),						2
50m		14.	31.69	549	31.80	101%	-
100m				-	1:08.70	-	-
200m				-	2:36.00	-	-
200m		27.	2:31.95	407	2:28.00	95%	-
	, 2008 (18),						-
50m				-	25.50	-	-
100m				-	54.70	-	-
200m		26.	2:03.77	559	2:03.00	99%	-
50m				-	26.00	-	-
100m		9.	58.44	605	58.00	98%	-
200m		5.	2:16.06	533	2:10.50	92%	-
	, 2010 (16),						-
50m				-	28.50	-	-
100m				-	1:02.50	-	-
200m		27.	2:26.59	448	2:24.00	96%	-
50m		45.	37.60	364	33.00	77%	-
50m				-	31.80	-	-
	, 2011 (15),						-
50m				-	25.00	-	-
100m				-	55.50	-	-
200m		41.	2:10.67	475	2:08.00	96%	-
50m		48.	31.39	422	30.00	91%	-
100m		30.	1:07.63	444	1:05.50	94%	-
1							22
	, 2011 (15),						2
50m				-	25.10	-	-
50m		7.	27.45	631	27.80	103%	-
100m		3.	59.25	660	59.00	99%	-
200m				-	2:12.00	-	-
	, 2013 (13),						-
100m				-	1:04.10	-	-
50m		11.	36.45	512	36.00	98%	-
100m		8.	1:19.45	525	1:18.20	97%	-
200m				-	2:47.80	-	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m									
100m									
50m			7.	29.15	705		29.03		99%
100m			7.	1:06.20	634		1:05.00		96%
200m							2:27.30		
100m							56.66		
50m			4.	28.82	730		30.00		108%
100m			6.	1:06.14	636		1:07.00		103%
200m							2:32.00		
50m							27.40		
100m							1:00.00		
50m			13.	32.21	579		31.50		96%
50m							36.00		
50m							28.90		
50m							29.77		
100m			9.	1:09.22	490		1:09.00		99%
200m			12.	2:51.67	357		2:49.00		97%
200m			22.	2:22.13	492		2:18.00		94%
400m							5:00.00		
800m			9.	10:24.41	466		10:25.00		100%
1500m							20:35.00		
50m			5.	28.92	722		29.29		103%
100m			3.	1:03.25	727		1:04.44		104%
200m							2:22.22		
50m							23.40		
50m			2.	28.76	734		28.07		95%
100m			4.	1:04.45	687		1:01.90		92%
50m							23.00		
100m							52.00		
50m							25.07		
50m							29.90		
200m							3:04.67		
50m							30.00		
100m			10.	1:09.60	482		1:08.90		98%
200m			13.	2:58.31	318		2:50.00		91%
50m							28.80		
50m			24.	34.22	483		32.77		92%
100m			14.	1:13.73	465		1:11.90		95%
200m							2:40.00		
50m							30.00		
50m							22.45		
100m							51.00		
200m			65.	2:20.72	380		2:00.00		73%
50m			1.	25.43	794		25.80		103%
50m			2.	28.54	751		28.50		100%
100m			2.	1:03.08	733		1:02.00		97%
200m							2:18.00		
100m							51.00		
50m			1.	27.73	819		28.04		102%
100m			1.	1:01.71	783		1:00.88		97%
200m							2:15.22		
50m							27.90		
100m							1:01.00		
200m			21.	2:21.59	497		2:19.00		96%
50m							30.00		



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m					28.00	-	-
100m					1:01.00	-	-
200m	13.	2:14.55	580		2:13.00	98%	-
50m					27.80	-	1
100m					59.30	-	-
200m	4.	2:09.72	647		2:10.00	100%	-
50m	16.	32.44	567		31.50	94%	-
100m					1:00.50	-	4
50m	1.	33.27	673		34.00	104%	-
100m	3.	1:15.79	605		1:16.50	102%	-
200m					2:48.00	-	-
50m					27.45	-	-
50m					30.00	-	-
100m	4.	1:05.76	655		1:05.70	100%	-
200m					2:25.00	-	-
400m					4:15.00	-	1
50m	3.	27.17	651		27.20	100%	-
100m	1.	58.66	680		58.50	99%	-
200m					2:06.40	-	-
400m					4:48.00	-	1
800m	5.	9:30.93	609		9:55.00	109%	-
50m	17.	32.51	563		31.70	95%	-
100m	8.	1:06.63	630		1:06.30	99%	-
200m					2:22.50	-	-
50m					28.50	-	-
50m					30.20	-	-
100m	7.	1:06.52	633		1:04.60	94%	-
200m					2:22.00	-	-
50m					27.00	-	-
100m					59.00	-	-
200m	7.	2:11.31	624		2:10.00	98%	-
50m					23.90	-	-
100m					53.00	-	-
50m	4.	27.12	654		27.00	99%	-
100m	8.	1:00.06	634		58.00	93%	-
400m					4:17.00	-	-
50m	10.	28.09	589		27.00	92%	-
100m	6.	59.77	643		58.50	96%	-
200m					2:08.00	-	-
200m	14.	1:59.45	622		1:54.79	92%	-
400m					4:01.75	-	-
800m					8:15.23	-	-
1500m	1.	15:57.95	750		15:41.86	97%	-
50m	5.	27.24	646		27.80	104%	3
200m					2:07.50	-	-
200m	1.	2:07.91	683		2:06.50	98%	-
400m					4:36.00	-	-
2							3
50m					25.00	-	-
50m	11.	28.31	575		27.20	92%	-
100m	3.	59.25	660		59.00	99%	-
200m					2:08.00	-	-
400m					4:45.00	-	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m									
50m	38.	30.45	462					100%	
50m									
100m	24.	1:02.70	490					89%	
									1
50m									
100m									
50m									
100m	5.	57.93	621					97%	
200m	2.	2:10.82	600					100%	
400m									
									1
50m									
100m									
50m	24.	29.18	525					92%	
50m	20.	31.96	535					100%	
100m	33.	1:13.95	455					95%	
50m									
50m									
100m									
50m	33.	39.83	392					91%	
50m									
									1
50m									
100m									
200m	49.	2:15.10	430					103%	
50m	42.	35.15	402					99%	
50m									
100m	37.	1:05.37	432					96%	
50m									
100m									
200m	16.	2:16.49	555					94%	
50m									
200m	5.	2:43.90	410					85%	
400m									
100m									
50m	28.	29.46	510					90%	
100m	21.	1:04.75	506					86%	
50m									
200m	10.	2:20.43	516					90%	
400m									
50m									
100m									
200m	33.	2:07.09	516					86%	
50m									
100m									
200m	25.	2:03.50	563					90%	
400m									
50m									
100m	12.	59.91	562					92%	
200m	9.	2:18.90	501					94%	
50m									
50m	14.	28.54	561					95%	
100m	3.	59.74	644					99%	
200m									
50m									
50m	28.	35.03	450					83%	
100m	15.	1:14.84	444					87%	
50m									
50m									
50m	12.	28.38	571					96%	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m		10.	1:01.37	594	1:00.00	96%	
200m				-	2:10.00	-	
50m	, , 2009 (17) ,			-	24.50	-	-
100m				-	54.30	-	
200m		32.	2:06.08	529	1:59.00	89%	
400m	, , 2009 (17) ,			-	4:16.00	-	-
800m				-	8:55.00	-	
50m		25.	29.28	520	27.90	91%	
100m		11.	1:01.23	598	1:00.00	96%	
100m	, , 2010 (16) ,			-	54.00	-	-
200m		22.	2:03.21	567	1:58.00	92%	
100m		27.	1:12.56	481	1:09.00	90%	
200m		4.	2:13.46	602	2:11.00	96%	
400m				-	4:50.00	-	
100m	, , 2011 (15) ,			-	1:00.00	-	-
400m				-	5:00.00	-	
50m		29.	32.63	502	31.50	93%	
100m		29.	1:12.81	476	1:09.00	90%	
200m				-	2:34.00	-	
50m	, , 2010 (16) ,			-	25.50	-	-
100m				-	55.90	-	
50m		34.	30.05	481	30.00	100%	
50m				-	26.50	-	
100m				-	1:01.00	-	
50m	, , 2008 (18) ,			-	25.20	-	-
100m				-	57.40	-	
50m		44.	30.66	453	29.50	93%	
50m				-	26.70	-	
50m	, , 2011 (15) ,			-	30.00	-	-
50m		15.	36.68	502	35.89	96%	
100m		19.	1:23.74	449	1:22.00	96%	
50m				-	32.00	-	
3							2
100m	, , 2006 (20) ,			-	1:00.35	-	-
200m		60.	2:18.97	395	2:17.36	98%	
100m		40.	1:18.41	381	1:18.21	99%	
200m				-	2:47.51	-	
200m		30.	2:35.20	382	2:28.16	91%	
400m				-	5:37.42	-	
50m	, , 2008 (18) ,			-	27.86	-	-
100m				-	1:05.55	-	
100m		47.	1:28.50	265	1:20.00	82%	
50m				-	38.00	-	
200m		38.	2:58.65	250	2:20.00	61%	
50m	, , 2006 (20) ,			-	24.50	-	-
100m				-	56.66	-	
200m		48.	2:14.33	437	2:09.00	92%	
50m				-	26.50	-	
100m	, , 2013 (13) ,			-	1:07.00	-	-
400m				-	5:15.00	-	
800m		17.	11:18.67	362	10:45.00	90%	
50m				-	33.00	-	
100m		20.	1:22.20	293	1:13.50	80%	
50m	, , 2007 (19) ,			-	26.80	-	-
100m				-	59.70	-	
50m		39.	34.31	432	33.00	93%	
100m		39.	1:17.99	387	1:13.50	89%	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m					28.00	-	
100m		46.	1:08.64	373	1:06.00	92%	
50m	, 2008 (18)						-
50m					26.40	-	
100m					1:00.00	-	
50m					27.76	-	
50m	, 2009 (17)						1
50m					25.90	-	
100m					58.90	-	
200m		56.	2:17.55	407	2:17.55	100%	
50m		37.	30.39	465	31.25	106%	
50m	, 2009 (17)						-
50m					28.50	-	
100m					1:02.50	-	
200m		20.	2:21.44	499	2:15.00	91%	
800m		7.	10:13.43	491	9:50.00	93%	
50m		36.	41.78	339	37.50	81%	
50m					31.00	-	
100m	, 2008 (18)						-
50m		39.	36.88	386	34.00	85%	
200m					2:29.00	-	
50m		35.	41.31	351	38.00	85%	
50m					32.00	-	
50m	, 2012 (14)						1
50m					27.00	-	
100m					1:01.90	-	
400m					4:45.00	-	
50m					29.40	-	
100m		45.	1:08.28	379	1:07.00	96%	
200m					2:38.00	-	
50m	, 2011 (15)						-
50m					28.90	-	
100m					1:03.00	-	
200m		28.	2:26.63	448	2:23.00	95%	
50m					33.00	-	
50m	, 2010 (16)						2
50m					26.90	-	1
50m		20.	31.96	535	31.90	100%	
100m		35.	1:14.89	438	1:10.00	87%	
50m					27.50	-	
100m		35.	1:05.27	434	1:06.90	105%	
400m	, 2012 (14)						-
400m					4:40.00	-	
800m					9:40.00	-	
100m		43.	1:07.64	390	1:06.00	95%	
200m		22.	2:40.07	327	2:30.00	88%	
50m	, 2008 (18)						-
50m					26.50	-	
100m					58.00	-	
50m					28.00	-	
200m	, 2011 (15)						1
400m		42.	2:10.85	473	2:07.00	94%	
800m					4:30.00	-	
1500m					9:40.00	-	
1500m		15.	18:28.31	484	18:40.00	102%	
50m	, 2011 (15)						-
50m					30.23	-	
100m					1:09.46	-	
50m		51.	39.65	310	36.32	84%	
50m					32.50	-	
100m		23.	1:31.41	213	1:20.34	77%	
50m	, 2009 (17)						-
50m					25.60	-	
50m					28.16	-	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m										
100m										
50m			57.	32.53	379				90%	
50m			38.	34.13	439				86%	
100m			38.	1:17.16	400				89%	
200m										
50m			27.	38.51	434				87%	
100m			24.	1:26.93	401				85%	
200m										
100m										
400m										
50m			49.	39.81	276				73%	
100m			46.	1:27.86	271				73%	
										2
50m										
200m			10.	2:19.40	495				90%	
200m			6.	2:17.63	548				91%	
400m										
50m										
50m			59.	48.18	173				53%	
50m										
50m										
400m										
800m										
1500m			20.	19:04.92	439				96%	
50m										
50m										
100m										
50m			47.	38.16	348				84%	
50m										
50m										
100m										
100m										
50m			12.	36.61	505				97%	
50m										
100m										
200m			15.	1:08.92	562				101%	2
50m										
100m										
50m			30.	32.71	499				96%	
50m										
50m										
50m			46.	36.95	346				90%	
100m			42.	1:21.56	339				96%	
200m										
50m										
50m			34.	35.82	421				95%	
100m										
50m										
50m										
50m			52.	39.73	309				82%	
100m			22.	1:29.77	225				66%	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m					28.00	-	-
50m	33.	35.62	428		33.50	88%	-
50m					30.50	-	-
200m	16.	2:49.33	409		2:46.00	96%	-
1							4
50m					25.55	-	-
200m	34.	2:07.60	510		2:00.00	88%	-
400m					4:16.00	-	-
800m					8:49.00	-	-
1500m	13.	18:07.05	513		16:55.00	87%	-
50m	4.	34.48	604		35.00	103%	2
100m	2.	1:15.72	607		1:14.80	98%	-
200m					2:48.00	-	-
100m					1:02.00	-	-
200m	6.	2:45.31	400		2:33.00	86%	-
200m	7.	2:35.36	529		2:30.00	93%	-
400m					5:25.00	-	-
100m					1:00.00	-	-
100m	10.	1:19.53	524		1:14.70	88%	-
200m					2:43.00	-	-
200m	4.	2:30.43	583		2:27.00	95%	-
400m					5:17.00	-	-
50m					25.00	-	-
50m	8.	27.71	613		27.50	98%	-
50m					25.00	-	-
100m	5.	57.96	621		56.00	93%	-
50m					28.30	-	-
50m	15.	32.37	571		31.50	95%	-
100m	10.	1:09.10	565		1:08.00	97%	-
100m					1:04.00	-	-
50m	8.	35.65	547		34.90	96%	-
100m	7.	1:17.90	557		1:15.00	93%	-
200m					2:45.00	-	-
50m					31.50	-	-
400m					4:12.00	-	-
50m	13.	28.71	551		27.90	94%	-
100m	5.	59.75	644		59.00	98%	-
200m					2:05.00	-	-
50m					25.00	-	-
100m					53.00	-	-
200m	24.	2:03.49	563		1:59.00	93%	-
50m					28.25	-	-
100m					1:01.00	-	-
200m	10.	2:13.50	594		2:11.39	97%	-
50m	32.	35.52	432		33.50	89%	1
50m					23.90	-	-
100m					52.50	-	-
50m	2.	26.67	688		26.60	99%	-
100m	2.	58.85	674		59.10	101%	-
50m					27.15	-	-
100m					1:02.00	-	-
50m	21.	33.68	507		32.15	91%	-
50m	12.	36.49	510		34.90	91%	-
50m					29.20	-	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

	, 2007 (19),									
50m		6.	34.86	585	34.00		95%			-
100m		4.	1:16.21	595	1:14.00		94%			-
200m				-	2:45.00					-
	, 2010 (16),									-
50m					23.80					-
100m					52.00					-
50m					24.80					-
100m		4.	57.04	651	55.50		95%			-
	, 2008 (18),									-
50m		11.	30.82	596	30.00		95%			-
100m		12.	1:08.10	582	1:06.50		95%			-
200m					2:29.00					-
50m					27.00					-
200m		6.	2:18.16	542	2:14.00		94%			-
	, 1999 (27),									-
50m					22.80					-
50m					23.50					-
100m		1.	52.81	821	52.00		97%			-
	, 2011 (15),									-
50m					27.50					-
200m					2:26.50					-
50m					29.00					-
100m		5.	1:07.15	537	1:05.98		97%			-
200m		3.	2:33.69	497	2:29.00		94%			-
	, 2011 (15),									1
50m					31.00					-
100m		12.	1:08.69	567	1:08.00		98%			-
200m					2:26.50					-
200m		3.	2:11.87	624	2:14.00		103%			-
400m					4:47.00					-
	, 2009 (17),									-
50m					27.00					-
50m		11.	31.65	611	31.00		96%			-
50m					28.40					-
100m		2.	1:03.24	643	1:02.70		98%			-
200m		2.	2:30.28	585	2:26.00		94%			-
	, 2011 (15),									-
200m		27.	2:04.34	552	1:59.00		92%			-
400m					4:17.00					-
800m					8:57.00					-
1500m		9.	17:28.89	571	17:27.00		100%			-
	2									4
	, 2009 (17),									2
50m					24.50					-
100m					55.00					-
50m		29.	29.48	509	29.00		97%			-
100m		14.	1:02.33	567	1:04.00		105%			-
200m					2:19.00					-
	, 2011 (15),									-
50m					29.90					-
100m					1:06.50					-
200m		41.	2:35.33	377	2:24.00		86%			-
50m		46.	37.89	356	34.50		83%			-
100m		19.	1:20.17	361	1:15.00		88%			-
200m					2:40.00					-
	, 2008 (18),									-
50m					24.50					-
100m					54.40					-
200m		30.	2:05.44	537	2:00.00		92%			-
400m					4:19.00					-
	, 2011 (15),									-
50m					30.20					-
100m					1:07.00					-
50m		54.	40.48	292	34.20		71%			-
100m		22.	1:24.32	311	1:15.00		79%			-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m	, 2007 (19)	20.	29.02	534	28.00	93%	-
100m				-	1:01.00	-	-
50m	, 2010 (16)			-	29.80	-	-
100m				-	1:05.90	-	-
200m		35.	2:32.11	401	2:24.00	90%	-
50m		30.	35.24	442	34.20	94%	-
50m	, 2013 (13)			-	31.00	-	-
100m				-	1:08.00	-	-
50m				-	33.25	-	-
100m		21.	1:25.76	258	1:13.00	72%	-
50m	, 2008 (18)			-	31.00	89%	-
100m		31.	32.83	493	31.00	89%	-
200m		24.	1:11.79	497	1:09.00	92%	-
200m				-	2:30.00	-	-
200m		32.	2:36.55	372	2:25.00	86%	-
50m	, 2013 (13)			-	29.90	-	-
100m				-	1:07.50	-	-
50m		39.	36.88	386	34.40	87%	-
100m		20.	1:21.76	341	1:15.00	84%	-
50m	, 2009 (17)			-	25.00	-	-
50m		35.	30.31	469	29.00	92%	-
50m				-	26.00	-	-
100m		20.	1:01.52	519	1:00.00	95%	-
800m	, 2008 (18)			-	9:15.00	-	2
50m		19.	31.92	537	31.50	97%	-
100m		32.	1:13.62	461	1:10.00	90%	-
200m				-	2:32.00	-	-
50m				-	26.15	-	-
200m		13.	2:21.39	475	2:19.00	97%	-
200m		14.	2:20.95	511	2:24.00	104%	-
400m				-	5:16.00	-	-
50m	, 2012 (14)			-	30.25	-	-
100m				-	1:07.00	-	-
50m		32.	39.79	393	39.00	96%	-
100m		28.	1:29.21	371	1:24.00	89%	-
50m	, 2011 (15)			-	29.90	-	-
100m				-	1:07.00	-	-
50m		53.	40.36	294	34.90	75%	-
100m		24.	1:26.64	286	1:15.00	75%	-
50m				-	31.90	-	-
50m	, 2009 (17)			-	24.80	-	-
100m				-	54.50	-	-
50m		45.	30.97	439	29.00	88%	-
50m		32.	32.84	493	32.00	95%	-
50m				-	26.00	-	-
50m	, 2010 (16)			-	23.50	-	-
100m				-	54.00	-	-
200m		35.	2:07.72	509	2:00.00	88%	-
50m				-	25.00	-	-
100m		28.	1:03.53	471	1:00.00	89%	-
50m	, 2012 (14)			-	29.00	-	-
100m				-	1:06.00	-	-
200m		43.	2:37.48	361	2:24.50	84%	-
50m		56.	40.61	289	34.00	70%	-
50m				-	32.50	-	-
50m	, 2010 (16)			-	27.90	-	-
100m				-	1:01.00	-	-
200m		30.	2:27.27	442	2:26.00	98%	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

400m				-	5:20.00	-	
50m		26.	34.60	467	33.30	93%	
	, 2008 (18),						
50m				-	25.00	-	
100m				-	56.50	-	
50m		50.	31.54	416	31.00	97%	
50m		22.	31.98	534	31.00	94%	
50m				-	29.10	-	
200m		33.	2:37.47	366	2:26.00	86%	
	, 2011 (15),						
50m				-	30.00	-	
100m				-	1:07.50	-	
50m		41.	37.09	379	34.00	84%	
	, 2008 (18),						
50m		24.	32.05	530	31.00	94%	
100m		19.	1:10.18	532	1:07.99	94%	
200m				-	2:29.00	-	
200m		24.	2:28.82	434	2:21.00	90%	
400m				-	5:10.00	-	
3							5
	, 2012 (14),						
50m				-	25.60	-	
100m				-	58.90	-	
50m		52.	32.03	397	31.00	94%	
100m		32.	1:10.82	386	1:07.00	90%	
50m		43.	35.47	391	31.80	80%	
100m		44.	1:24.55	304	1:15.00	79%	
	, 2010 (16),						1
50m				-	25.90	-	
100m				-	58.80	-	
400m				-	4:43.00	-	
1500m		24.	20:04.05	378	18:45.00	87%	
50m				-	27.80	-	
100m		31.	1:04.78	444	1:06.00	104%	
	, 2011 (15),						
50m				-	26.20	-	
200m		69.	2:24.10	354	2:12.00	84%	
50m		58.	32.70	373	31.00	90%	
100m		33.	1:12.10	366	1:07.00	86%	
200m				-	2:24.00	-	
50m				-	29.25	-	
200m		36.	2:45.02	318	2:30.00	83%	
	, 2012 (14),						
50m				-	26.30	-	
100m				-	1:00.00	-	
200m		74.	2:26.35	338	2:12.00	81%	
50m		66.	36.40	270	31.20	73%	
	, 2012 (14),						1
50m				-	26.20	-	
100m				-	59.20	-	
50m				-	28.80	-	
100m		34.	1:05.24	435	1:06.00	102%	
	, 2011 (15),						1
50m				-	26.20	-	
50m		42.	30.59	456	30.00	96%	
100m		27.	1:06.72	462	1:07.50	102%	
200m				-	2:24.00	-	
50m				-	29.10	-	
	, 2012 (14),						
50m				-	26.20	-	
50m		46.	31.20	430	29.90	92%	
200m				-	2:24.00	-	
50m				-	28.00	-	
100m		32.	1:04.92	441	1:03.00	94%	
	, 2011 (15),						
50m				-	26.25	-	
100m				-	1:00.00	-	
50m		65.	35.11	301	31.10	78%	
50m				-	28.70	-	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m			40.	1:06.77	406	1:06.00	98%	
50m	, 2007 (19)					26.00	-	
100m						59.90	-	
200m			69.	2:24.10	354	2:11.00	83%	
400m						4:40.00	-	
800m						9:45.00	-	
1500m			26.	20:43.65	343	18:30.00	80%	
50m			68.	37.98	238	31.00	67%	
50m						29.20	-	
50m	, 2011 (15)					26.10	-	
100m						1:00.00	-	
50m			69.	38.16	235	31.00	66%	
50m	, 2011 (15)					26.25	-	
100m						1:00.00	-	
50m			47.	38.14	314	34.00	79%	
100m			43.	1:22.26	330	1:15.00	83%	
50m	, 2009 (17)					26.20	-	
100m						59.90	-	
200m			64.	2:20.36	383	2:12.00	88%	
400m						4:43.00	-	
800m						9:45.00	-	
1500m			22.	19:49.72	391	18:40.00	89%	
100m			49.	1:11.31	333	1:06.00	86%	
100m	, 2009 (17)					59.00	-	
200m			62.	2:20.09	385	2:12.00	89%	
400m						4:42.00	-	
800m						9:45.00	-	
1500m			23.	19:58.48	383	18:45.00	88%	
200m			37.	2:46.83	308	2:29.00	80%	
50m	, 2009 (17)					26.20	-	2
100m						57.00	-	
200m			37.	2:09.06	493	2:12.00	105%	
800m						9:45.00	-	
50m						29.00	-	
100m			47.	1:09.13	366	1:04.00	86%	
200m			19.	2:27.59	445	2:28.00	101%	
50m	, 2008 (18)					26.25	-	
100m						59.00	-	
200m			71.	2:25.05	347	2:10.00	80%	
50m						29.00	-	
50m	, 2011 (15)					26.25	-	
100m						1:00.00	-	
50m			40.	34.35	431	34.00	98%	
100m			41.	1:19.88	361	1:15.00	88%	
50m						29.20	-	
50m	, 2010 (16)					26.10	-	
100m						59.00	-	
400m						4:40.00	-	
800m						9:40.00	-	
1500m			21.	19:17.80	425	18:40.00	94%	
50m						29.10	-	
100m			42.	1:07.44	394	1:06.00	96%	
200m			28.	2:33.28	397	2:28.00	93%	
50m	, 2012 (14)					32.00	-	
100m			19.	1:17.52	349	1:14.00	91%	
200m						2:43.00	-	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m	, 2012 (14)	-	-	1:06.50	-	-
50m		-	-	36.50	-	-
100m		-	-	1:21.00	-	-
200m		-	-	2:57.00	-	-
200m	, 2012 (14)	54.	2:16.16	420	2:15.00	98%
400m		-	-	-	4:50.00	-
800m		-	-	-	10:00.00	-
50m		64.	34.30	323	34.00	98%
200m		31.	2:35.53	380	2:33.00	97%
50m	, 2009 (17)	-	-	-	26.50	-
50m		-	-	-	26.50	-
100m		41.	1:07.06	400	1:03.00	88%
50m	, 2012 (14)	-	-	-	28.00	-
100m		-	-	-	1:01.00	-
200m		67.	2:21.41	375	2:17.00	94%
800m		-	-	-	10:05.00	-
200m		35.	2:43.39	328	2:35.00	90%
400m	, 2012 (14)	-	-	-	4:51.00	-
800m		13.	10:36.73	439	10:05.00	90%
1500m		-	-	-	19:40.00	-
50m	, 2011 (15)	-	-	-	26.50	-
100m		-	-	-	58.00	-
50m		-	-	-	28.50	-
800m	, 2012 (14)	-	-	-	10:00.00	-
50m		45.	36.77	351	35.53	93%
200m		-	-	-	2:42.50	-
50m	, 2010 (16)	-	-	-	29.50	-
200m		34.	2:31.22	408	2:25.00	92%
800m		18.	11:45.40	323	10:40.00	82%
50m		25.	34.24	482	33.50	96%
50m		-	-	-	33.00	-
50m	, 2011 (15)	-	-	-	29.00	-
100m		-	-	-	1:06.00	-
200m		37.	2:32.77	396	2:25.00	90%
50m	, 2009 (17)	-	-	-	26.00	-
50m		18.	28.90	541	28.00	94%
50m		-	-	-	25.90	-
100m		15.	1:00.38	549	58.50	94%
50m	, 2011 (15)	-	-	-	25.50	-
100m		-	-	-	57.50	-
50m		25.	32.22	522	31.50	96%
100m		26.	1:12.52	482	1:11.50	97%
200m		-	-	-	2:38.00	-
50m		-	-	-	27.00	-
100m	, 2012 (14)	-	-	-	58.00	-
200m		52.	2:15.74	424	2:10.00	92%
400m		-	-	-	4:38.00	-
50m		54.	32.34	386	31.00	92%
100m		31.	1:10.20	397	1:08.00	94%
50m		-	-	-	29.00	-
50m	, 2008 (18)	-	-	-	27.80	-
100m		-	-	-	1:00.50	-
50m		2.	29.79	733	29.60	99%
100m		5.	1:05.84	653	1:05.00	97%



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m										
100m										
100m	8.	1:06.27	632		1:05.91		99%			
200m	2.	2:10.09	650		2:08.96		98%			
										2
50m										
100m										
50m	10.	36.15	524		36.05		99%			
100m	9.	1:20.01	514		1:21.00		102%			
50m										
50m	14.	32.32	573		31.80		97%			
100m	11.	1:10.68	528		1:09.10		96%			
200m										
50m										
100m	15.	1:12.64	424		1:10.70		95%			
100m										
200m										
400m										
800m	11.	10:28.98	455		10:20.00		97%			
50m										
100m										
800m	10.	10:24.59	465		10:22.00		99%			
1500m										
100m	15.	1:21.91	479		1:20.00		95%			
200m										
200m	9.	2:40.41	481		2:40.00		99%			
50m										
100m										
50m										
100m	9.	1:07.26	604		1:08.08		102%			
200m										
50m										
50m	6.	31.01	649		31.34		102%			
200m										
50m										
100m										
50m										
100m	36.	1:05.35	433		1:04.50		97%			
50m	6.	30.57	678		30.71		101%			
100m	6.	1:06.12	645		1:05.27		97%			
200m										
400m										
100m										
50m										
100m	11.	1:20.28	509		1:21.00		102%			
200m										
50m										
100m										
200m	72.	2:25.11	347		2:20.40		94%			
50m	59.	33.31	353		33.00		98%			
50m										
400m										
800m										
1500m	8.	17:13.50	597		17:08.00		99%			
50m										
100m	10.	1:01.20	599		1:01.32		100%			
200m										



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m										
50m	22.	29.13	528		24.80					
100m	13.	1:02.13	572		27.90		92%			
200m					1:00.98		96%			
50m					2:16.00					
					26.70					
50m	3.	28.68	740		28.76		101%			1
100m	4.	1:04.86	674		1:04.10		98%			
200m					2:18.69					
100m					1:05.00					
200m	23.	2:22.28	490		2:18.00		94%			
400m					4:57.00					
800m	14.	10:48.87	415		10:25.00		93%			
50m	27.	32.38	514		32.20		99%			
100m	25.	1:12.41	484		1:10.20		94%			
200m					2:39.00					
50m					27.30					
100m	25.	1:02.71	490		1:02.50		99%			
50m					25.55					
100m					55.70					
400m					4:35.00					
50m	23.	32.03	531		31.70		98%			
100m	21.	1:11.05	513		1:10.90		100%			1
50m	2.	33.46	661		33.47		100%			
100m	1.	1:14.56	636		1:14.15		99%			
200m					2:46.00					
100m					1:03.00					
50m	5.	34.81	587		34.34		97%			
100m	6.	1:16.68	584		1:16.49		100%			
200m					2:50.00					
50m					26.50					2
50m	36.	30.33	468		30.00		98%			
200m					2:20.00					
50m					27.50					
100m	11.	59.47	574		1:02.00		109%			
										6
50m					25.50					
100m					56.00					
200m	31.	2:05.76	533		2:03.00		96%			
400m					4:26.00					
1500m	17.	18:41.18	468		18:00.00		93%			
50m					29.00					
50m					32.00					
100m	11.	1:12.34	492		1:12.00		99%			
200m					2:40.00					
50m					31.00					
50m					23.05					1
100m					51.19					
200m	61.	2:20.08	386		2:40.00		130%			
50m					28.00					2
100m					1:00.00					
400m					4:50.00					
50m	63.	33.81	337		34.00		101%			
50m					29.00					
100m	48.	1:09.95	353		1:10.00		100%			
200m	34.	2:40.74	344		2:40.00		99%			



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m									
50m	33.	29.77	495		25.50				
50m								95%	
100m	22.	1:02.63	492		26.50				
					1:00.00			92%	
100m									
50m	37.	34.03	443		58.00				
100m	37.	1:16.33	413		32.00			88%	
200m					1:12.00			89%	
					2:40.00				
50m									
200m	20.	2:02.75	573		24.00				
50m					1:59.00			94%	
					25.80				
50m									
50m									
100m	6.	1:07.49	529		28.00				
					28.90				
50m									
100m									
200m	31.	2:28.35	432		29.00				
50m	44.	37.55	366		1:06.00				
									1
100m									
50m									
100m									
200m									
50m									
200m									
100m									
50m	26.	32.32	517		57.00				
100m	30.	1:12.88	475		31.80			97%	
200m					1:10.00			92%	
50m									
200m									
50m									
200m	13.	2:20.94	511		2:36.00				
					26.80				
50m									
50m									
50m	23.	29.17	526		25.20				
200m					28.00			92%	
					26.00				
200m	5.	2:17.90	545		2:19.00			102%	
50m									
100m									
200m	5.	2:14.24	591		24.00				
					54.00				
					2:12.00			97%	
1									
200m									
400m									
800m	9.	2:10.23	640		2:09.02			98%	
					4:27.05				
800m	4.	9:30.61	610		9:27.07			99%	
50m									
100m									
800m	12.	10:35.17	442		29.00				
200m	13.	2:45.37	439		1:03.00				
					10:04.00			90%	
					2:36.00			89%	
50m									
100m									
200m	47.	2:14.31	438		25.00				
50m	53.	32.33	386		57.00				
50m					2:12.50			97%	
100m					31.00			92%	
					27.50				
100m	39.	1:06.70	407		1:02.00			86%	
50m									
100m	21.	29.09	530		28.50			96%	
200m	29.	1:07.13	454		1:03.00			88%	
					2:25.00				
50m									
100m									
200m	11.	2:14.13	585		27.00				
					58.00				
					2:07.00			90%	
200m									
400m	57.	2:18.31	401		2:12.00			91%	
800m					4:40.00				
					9:30.00				



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

1500m			19.	18:59.67	445	18:30.00	95%	
	, 2011 (15)							2
50m					-	30.00	-	
100m					-	1:02.00	-	
50m			7.	35.62	548	36.00	102%	
	, 2009 (17)							-
200m			8.	2:11.80	617	2:09.80	97%	
400m					-	4:31.00	-	
800m			2.	9:29.75	613	9:28.00	99%	
1500m					-	17:55.00	-	
	, 2009 (17)							1
50m					-	26.90	-	
50m					-	28.30	-	
100m			23.	1:02.65	491	1:02.20	99%	
200m			21.	2:39.04	333	2:40.00	101%	
	, 2012 (14)							-
50m					-	29.00	-	
100m					-	1:05.00	-	
200m			33.	2:29.59	422	2:25.00	94%	
400m					-	5:15.00	-	
50m			37.	36.50	398	36.50	100%	
	, 2010 (16)							-
50m					-	29.00	-	
100m					-	1:05.00	-	
200m			36.	2:32.48	398	2:25.00	90%	
50m					-	31.90	-	
	, 2013 (13)							-
50m					-	29.00	-	
100m					-	1:05.00	-	
50m			38.	36.57	396	35.00	92%	
50m			37.	41.89	337	37.00	78%	
	, 2009 (17)							-
50m					-	24.90	-	
100m					-	54.70	-	
50m			16.	31.74	546	30.50	92%	
100m			20.	1:10.40	527	1:05.80	87%	
	, 2012 (14)							-
50m					-	25.90	-	
	, 2007 (19)							-
200m			26.	2:24.47	468	2:12.00	83%	
100m			14.	1:21.63	484	1:17.00	89%	
50m					-	28.90	-	
200m			5.	2:33.53	548	2:30.00	95%	
400m					-	5:15.00	-	
	, 2011 (15)							1
100m					-	1:03.00	-	
200m			12.	2:14.50	580	2:16.00	102%	
400m					-	4:44.00	-	
	, 2010 (16)							-
800m					-	9:25.00	-	
1500m			14.	18:10.12	509	18:00.00	98%	
200m			21.	2:28.25	439	2:20.00	89%	
	, 2012 (14)							-
50m					-	29.00	-	
100m					-	1:05.00	-	
200m			42.	2:35.70	374	2:25.00	87%	
50m			42.	37.44	369	35.00	87%	
	, 2004 (22)							2
200m			6.	1:56.70	667	1:57.00	101%	
400m					-	4:10.00	-	
800m					-	8:30.00	-	
1500m			7.	17:08.10	607	16:30.00	93%	
	, 1999 (27)							1
200m			3.	2:08.60	664	2:09.00	101%	
400m					-	4:26.00	-	
800m			1.	9:19.44	648	9:16.00	99%	
1500m					-	17:39.00	-	
2								-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m	, 2012 (14)	-	-	-	26.50	-	-
100m		-	-	-	59.50	-	-
50m		-	-	-	29.50	-	-
50m	, 2013 (13)	-	-	-	30.00	-	-
100m		-	-	-	1:06.00	-	-
50m		58.	42.53	251	36.50	74%	-
50m	, 2012 (14)	-	-	-	26.00	-	-
100m		-	-	-	59.00	-	-
200m		79.	2:38.51	266	2:25.00	84%	-
50m	, 2013 (13)	-	-	-	26.00	-	-
100m		-	-	-	59.90	-	-
200m		77.	2:30.78	309	2:18.00	84%	-
50m	, 2012 (14)	-	-	-	26.90	-	-
100m		-	-	-	59.50	-	-
200m		59.	2:18.88	396	2:10.00	88%	-
50m	, 2013 (13)	-	-	-	29.50	-	-
100m		-	-	-	1:06.00	-	-
50m		38.	42.22	329	40.00	90%	-
100m		30.	1:36.99	289	1:25.00	77%	-
50m	, 2009 (17)	-	-	-	29.00	-	-
50m		-	-	-	33.00	-	-
50m	, 2010 (16)	-	-	-	25.90	-	-
100m		-	-	-	59.50	-	-
50m		-	-	-	29.50	-	-
50m	, 2011 (15)	-	-	-	25.90	-	-
50m		-	-	-	26.50	-	-
100m		51.	1:12.14	322	1:05.00	81%	-
50m	, 2011 (15)	-	-	-	25.90	-	-
100m		45.	1:27.51	274	1:15.00	73%	-
50m	, 2013 (13)	-	-	-	29.90	-	-
100m		-	-	-	1:08.00	-	-
50m		57.	41.62	268	36.50	77%	-
50m		40.	43.08	310	39.20	83%	-
50m	, 2013 (13)	-	-	-	29.00	-	-
100m		-	-	-	1:06.00	-	-
200m		44.	2:39.42	348	2:25.00	83%	-
50m	, 2012 (14)	-	-	-	38.00	94%	-
200m		30.	39.20	411	3:05.00	-	-
50m	, 2013 (13)	-	-	-	26.00	-	-
100m		-	-	-	59.50	-	-
200m		75.	2:27.28	332	2:20.00	90%	-
50m	, 2013 (13)	-	-	-	25.90	-	-
50m		-	-	-	28.00	-	-
100m		50.	1:11.68	328	1:07.00	87%	-
50m	, 2012 (14)	-	-	-	25.90	-	-
100m		-	-	-	59.50	-	-
50m		44.	35.91	377	34.00	90%	-
50m	, 2013 (13)	-	-	-	29.00	-	-
100m		-	-	-	1:05.00	-	-
200m		45.	2:42.38	330	2:25.00	80%	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m	, 2012 (14)				29.00	-	-
100m					1:05.00	-	-
200m		40.	2:35.14	378	2:25.00	87%	-
50m	, 2011 (15)				25.90	-	-
50m		67.	36.54	267	30.00	67%	-
50m	, 2012 (14)				36.00	88%	-
100m		21.	1:23.06	325	1:08.00	67%	-
200m					2:45.00	-	-
200m	, 2011 (15)				2:23.00	104%	1
400m		63.	2:20.10	385	4:40.00	-	1
800m					10:00.00	-	-
1500m		18.	18:50.20	457	18:38.00	98%	-
50m	, 2012 (14)				30.00	-	-
100m					1:10.00	-	-
50m		50.	39.27	319	36.00	84%	-
100m		23.	1:26.22	290	1:25.00	97%	-
200m					2:55.00	-	-
50m		41.	44.74	276	43.00	92%	-
800m	, 2003 (23)				8:25.00	-	-
100m		12.	1:01.76	583	58.50	90%	-
100m	, 2012 (14)				1:01.00	-	-
200m		73.	2:25.96	341	2:20.00	92%	-
400m					5:20.00	-	-
1500m		27.	21:16.15	317	20:30.00	93%	-
50m		62.	33.77	339	32.00	90%	-
100m		34.	1:12.93	354	1:10.00	92%	-
200m					2:40.00	-	-
200m	, 2011 (15)				2:20.00	79%	-
400m		78.	2:37.68	270	5:05.00	-	-
800m					10:00.00	-	-
400m	, 2009 (17)				4:27.00	-	-
800m					9:30.00	-	-
200m		26.	2:30.86	416	2:29.00	98%	-
50m	, 2008 (18)				26.00	-	-
100m					57.00	-	-
50m		35.	33.13	480	33.00	99%	-
100m		36.	1:15.76	423	1:15.00	98%	-
50m					27.50	-	-
50m	, 2012 (14)				27.00	-	-
100m					1:02.00	-	-
200m		76.	2:28.00	327	2:20.00	89%	-
1500m		25.	20:25.27	358	19:20.00	90%	-
50m					30.00	-	-
50m	, 2009 (17)				28.00	-	13
100m		33.	1:05.01	440	1:03.00	94%	-
200m					2:25.00	-	-
400m					5:15.00	-	-
50m	, 2011 (15)				29.80	-	-
100m					1:05.00	-	-
400m					5:15.00	-	-
50m		36.	35.95	417	33.00	84%	-
50m		26.	38.33	440	36.00	88%	-



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m		25.	1:27.27	396	1:25.00	95%	
	, 2009 (17),						4
50m				-	26.16	-	
100m				-	56.98	-	
400m				-	4:25.05	-	
50m				-	27.41	-	
100m		13.	59.77	566	1:01.46	106%	
200m		4.	2:17.22	519	2:20.91	105%	
	, 2008 (18),						-
200m		28.	2:04.76	546	1:59.90	92%	
400m				-	4:24.00	-	
800m				-	8:34.00	-	
	, 2010 (16),						-
50m		28.	32.58	505	30.95	90%	
100m		22.	1:11.14	511	1:07.01	89%	
200m				-	2:27.50	-	
	, 2010 (16),						3
800m				-	9:20.00	-	
1500m		12.	17:52.96	534	17:30.00	96%	
50m				-	29.00	-	
100m		29.	1:03.85	464	1:06.00	107%	
200m		9.	2:19.93	522	2:28.00	112%	
400m				-	5:00.00	-	
	, 2005 (21),						1
400m				-	4:20.00	-	
50m		1.	28.90	802	27.95	94%	
100m		1.	1:01.51	801	1:01.45	100%	
200m				-	2:12.91	-	
200m		1.	2:17.40	765	2:17.60	100%	
	, 2007 (19),						-
50m				-	25.00	-	
100m				-	56.00	-	
50m				-	27.00	-	
100m		26.	1:02.92	485	1:00.00	91%	
	, 2005 (21),						-
50m				-	25.00	-	
100m				-	55.00	-	
50m		5.	29.17	704	29.00	99%	
100m		10.	1:07.35	602	1:05.00	93%	
	, 2009 (17),						-
50m				-	28.00	-	
50m				-	31.00	-	
100m		9.	1:08.47	580	1:08.00	99%	
200m				-	2:30.00	-	
	, 2013 (13),						-
200m		29.	2:26.88	446	2:22.00	93%	
400m				-	4:50.00	-	
800m		8.	10:13.49	491	10:00.00	96%	
1500m				-	19:10.00	-	
200m		11.	2:44.77	443	2:40.00	94%	
	, 2011 (15),						2
100m				-	59.16	-	
200m		39.	2:09.75	485	2:08.25	98%	
400m				-	4:29.71	-	
800m				-	9:31.59	-	
1500m		11.	17:52.24	535	18:18.59	105%	
200m		23.	2:28.75	434	2:31.01	103%	
	, 2010 (16),						-
100m				-	55.00	-	
200m		19.	2:02.64	575	2:01.00	97%	
400m				-	4:20.00	-	
800m				-	9:20.00	-	
	, 2013 (13),						1
50m				-	28.70	-	
100m				-	1:04.00	-	
50m		20.	37.39	474	35.90	92%	
100m		20.	1:24.17	442	1:25.00	102%	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m									
100m									
50m	54.	32.34	386					92%	
50m									
200m	22.	2:28.39	437					98%	
400m									
50m									
100m									
50m	31.	29.57	505					96%	
100m	24.	1:05.54	488					95%	
200m									
50m									
50m									
100m									
400m									
50m									
100m	8.	1:08.86	498					98%	
200m	4.	2:35.78	478					105%	
50m									
50m	16.	28.76	549					90%	
100m	14.	1:02.21	570					91%	
50m									
100m									
50m	33.	32.87	492					89%	
100m	28.	1:12.79	477					92%	
200m									
50m									
100m									
50m	35.	35.94	417					85%	
100m	16.	1:16.34	419					99%	
50m									
100m	9.	1:18.99	535					98%	
200m									
50m									
50m									
50m	26.	29.29	519					86%	
50m									
50m									
50m									
50m									
100m									
50m	23.	34.18	485					88%	
100m	12.	1:11.98	499					92%	
200m									
100m	22.	1:25.67	419					97%	
200m	8.	2:35.58	527					97%	
50m									
50m									
100m	27.	1:03.13	480					93%	
200m	12.	2:21.14	477					97%	
200m									
50m									
100m									
50m	32.	29.61	503					96%	
100m	20.	1:03.95	525					100%	
50m	34.	32.93	489					92%	
50m									



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

400m					5:20.00	-	
	,	, 2010 (16)				-	
50m					28.90	-	
100m					1:03.50	-	
200m			25.	2:23.35	479	91%	
400m					4:55.00	-	
50m					31.50	-	
	,	, 2010 (16)				-	2
50m					26.60	-	
50m					26.85	-	
100m			21.	1:02.56	493	95%	
200m			14.	2:23.65	453	104%	
	,	, 2010 (16)				-	
50m					25.80	-	
50m					27.60	-	
100m			9.	1:00.05	634	100%	
200m					2:16.50	-	
	,	, 2010 (16)				-	
50m			27.	34.67	465	93%	
100m					1:12.50	-	
200m					2:41.20	-	
200m			14.	2:47.28	424	94%	
	,	, 2009 (17)				-	1
50m			22.	37.48	470	100%	
100m					1:21.00	-	
200m					2:58.00	-	
	,	, 2012 (14)				-	
50m					29.00	-	
50m					31.50	-	
100m			13.	1:12.13	433	96%	
200m			10.	2:46.13	394	95%	
200m			13.	2:46.10	433	95%	
	,	, 2011 (15)				-	
50m					26.75	-	
50m			39.	30.46	462	93%	
100m			19.	1:03.88	527	97%	
200m					2:18.00	-	
	,	, 2013 (13)				-	
50m					30.50	-	
100m					1:05.60	-	
200m			32.	2:29.39	423	94%	
400m					5:05.00	-	
800m			16.	10:57.33	399	92%	
200m					2:50.00	-	
	,	, 2012 (14)				-	
50m			21.	37.41	473	95%	
100m			29.	1:29.51	367	87%	
200m					3:05.90	-	
50m					33.50	-	
	,	, 2010 (16)				-	
50m					25.75	-	
50m					26.70	-	
200m			15.	2:22.24	497	99%	
400m					5:14.00	-	
	,	, 2010 (16)				-	
50m					26.00	-	
100m					57.30	-	
200m			46.	2:13.95	441	96%	
50m			49.	31.46	419	90%	
50m					28.20	-	
	,	, 2009 (17)				-	
50m					26.80	-	
100m					59.20	-	
50m					28.50	-	
	,	, 2010 (16)				-	
50m			28.	38.76	425	94%	
100m			15.	1:22.21	474	97%	
200m					2:50.00	-	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

50m					32.00				
	, 2009 (17)								1
50m					26.00				
50m					26.75				
100m		10.	59.19	583	58.75			99%	
200m		6.	2:19.78	491	2:20.00			100%	
	, 2011 (15)								
50m					23.80				
100m					53.13				
200m					2:02.00				
50m					27.52				
									1
	, 1999 (27)								
200m		3.	1:52.84	738	1:50.83			96%	
400m					3:55.04				
800m					8:21.50				
	, 2010 (16)								
50m					35.00				
100m					57.50				
	, 2008 (18)								
200m		10.	1:57.57	652	1:55.00			96%	
400m					4:07.55				
1500m		10.	17:50.61	537	16:40.00			87%	
	, 2006 (20)								
100m					53.00				
200m		7.	1:56.88	664	1:56.00			98%	
400m					4:10.00				
	, 2009 (17)								
50m		25.	38.22	444	36.20			90%	
200m					2:55.00				
50m					30.30				
100m		14.	1:12.39	429	1:07.20			86%	
200m		14.	3:02.53	297	2:35.45			73%	
	, 2008 (18)								
200m					2:23.00				
200m					2:41.50				
200m		2.	2:32.01	514	2:28.00			95%	
200m		2.	2:25.67	642	2:21.50			94%	
400m					4:59.00				
	, 2009 (17)								
100m					52.20				
200m		11.	1:58.03	645	1:54.00			93%	
200m		10.	2:21.60	473	2:11.00			86%	
400m					4:38.00				
	, 2007 (19)								
50m					27.80				
100m					59.00				
50m		24.	38.15	446	38.00			99%	
50m					30.00				
	, 2007 (19)								
50m					27.50				
100m					1:01.70				
200m					2:14.50				
50m		12.	32.13	584	31.70			97%	
	, 2010 (16)								1
200m		66.	2:21.07	378	2:16.90			94%	
400m					4:55.00				
1500m		28.	21:19.89	314	19:27.20			83%	
50m		61.	33.75	339	34.50			104%	
200m					2:33.00				
	, 1998 (28)								
50m					26.50				
50m		3.	30.55	679	30.00			96%	
50m					26.54				
100m		1.	1:01.77	690	1:00.00			94%	
	, 2009 (17)								
50m		4.	30.51	682	29.80			95%	
200m					2:18.00				



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

200m		3.	2:27.64	617	2:20.00	90%	
400m				-	5:02.00	-	
	, , 2007 (19) ,						3
50m				-	23.70	-	1
100m				-	51.80	-	
200m		9.	1:53.76	720	1:55.00	102%	
	, , 2010 (16) ,						-
200m				-	2:38.00	-	
50m				-	32.00	-	
	, , 2011 (15) ,						-
50m				-	24.90	-	
100m				-	54.70	-	
200m		38.	2:09.46	489	2:04.00	92%	
400m				-	4:22.00	-	
	, , 2011 (15) ,						-
50m				-	25.30	-	
50m				-	26.00	-	
100m		8.	58.14	615	57.50	98%	
200m		3.	2:14.46	552	2:14.00	99%	
	, , 2011 (15) ,						-
50m				-	28.80	-	
50m				-	30.30	-	
200m		29.	2:34.33	389	2:31.35	96%	
	, , 2010 (16) ,						-
50m		31.	39.24	410	38.00	94%	
100m		21.	1:24.25	441	1:23.00	97%	
200m				-	2:57.00	-	
	, , 2006 (20) ,						-
400m				-	4:00.00	-	
800m				-	8:15.00	-	
1500m		5.	16:53.33	634	16:05.00	91%	
	, , 2005 (21) ,						-
50m				-	24.00	-	
50m				-	27.00	-	
200m		17.	2:31.38	387	2:03.79	67%	
	, , 2007 (19) ,						-
50m				-	27.70	-	
100m				-	59.70	-	
200m		14.	2:14.70	578	2:10.00	93%	
	, , 2001 (25) ,						-
50m				-	27.10	-	
50m		7.	30.90	656	30.50	97%	
100m		2.	1:04.80	685	1:04.50	99%	
200m				-	2:18.20	-	
400m				-	5:10.60	-	
	, , 2009 (17) ,						-
50m				-	28.50	-	
100m				-	1:00.50	-	
50m				-	30.00	-	
	, , 2008 (18) ,						-
50m				-	24.80	-	
100m				-	54.75	-	
200m		50.	2:15.11	430	2:04.00	84%	
	, , 2003 (23) ,						-
100m				-	59.50	-	
200m		9.	2:13.13	599	2:08.50	93%	
400m				-	4:31.00	-	
800m		3.	9:30.47	611	9:17.00	95%	
1500m				-	17:44.00	-	
	, , 2007 (19) ,						1
100m				-	58.00	-	
200m		43.	2:11.22	469	2:12.00	101%	
400m				-	4:36.00	-	
	, , 2005 (21) ,						-
50m				-	24.00	-	
100m				-	52.00	-	
200m		9.	1:57.45	655	1:55.50	97%	



Kazakhstan National Swimming Championships 2026
, 5. - 8.5.2026

100m	, , 2006 (20),								1
200m		1.	1:51.68	761	1:52.00		101%		
100m	, , 2005 (21),	2.	53.58	786	53.50		100%		-
200m		1.	2:03.58	711	2:01.50		97%		

