



Кубок Астраханской области по плаванию (25м)-2023 г

, 26. - 29.9.2023

12
27.09.2023 - 14:30

, 400m

		4:04.28								14.12.2016			
		4:04.28								14.12.2016			
: FINA 2023													
		/						R.T.		FINA			
1.				2006						4:14.65	I	579	
	50m:	29.06	29.06	150m:	1:32.62	32.30	250m:	2:38.49	32.95	350m:	3:44.49	32.88	
	100m:	1:00.32	31.26	200m:	2:05.54	32.92	300m:	3:11.61	33.12	400m:	4:14.65	30.16	
2.				2008						4:15.14	I	575	
	50m:	28.95	28.95	150m:	1:32.59	32.31	250m:	2:38.42	32.99	350m:	3:44.53	32.96	
	100m:	1:00.28	31.33	200m:	2:05.43	32.84	300m:	3:11.57	33.15	400m:	4:15.14	30.61	
3.				2008					+0,68	4:15.53	I	573	
	50m:	29.30	29.30	150m:	1:33.21	32.22	250m:	2:38.77	32.81	350m:	3:44.83	32.83	
	100m:	1:00.99	31.69	200m:	2:05.96	32.75	300m:	3:12.00	33.23	400m:	4:15.53	30.70	
4.				2007					-2	+0,51	4:28.19	II	495
	50m:	28.92	28.92	150m:	1:35.52	34.18	250m:	2:44.85	34.64	350m:	3:54.76	34.91	
	100m:	1:01.34	32.42	200m:	2:10.21	34.69	300m:	3:19.85	35.00	400m:	4:28.19	33.43	
5.				2008	I				-3	4:29.41	II	488	
	50m:	30.49	30.49	150m:	1:37.90	34.32	250m:	2:46.61	34.37	350m:	3:55.96	34.85	
	100m:	1:03.58	33.09	200m:	2:12.24	34.34	300m:	3:21.11	34.50	400m:	4:29.41	33.45	
6.				2007	I				-3	+0,77	4:30.37	II	483
	50m:	29.92	29.92	150m:	1:36.64	33.48	250m:	2:44.89	34.23	350m:	3:55.39	35.07	
	100m:	1:03.16	33.24	200m:	2:10.66	34.02	300m:	3:20.32	35.43	400m:	4:30.37	34.98	
7.				2008	II				-3	+0,67	4:34.62	II	461
	50m:	29.76	29.76	150m:	1:38.39	34.72	250m:	2:48.93	35.34	350m:	4:00.18	35.11	
	100m:	1:03.67	33.91	200m:	2:13.59	35.20	300m:	3:25.07	36.14	400m:	4:34.62	34.44	
8.				2008	II					4:44.14	II	416	
	50m:	33.40	33.40	150m:	1:43.66	35.11	250m:	2:55.20	35.15	350m:	4:08.94	36.52	
	100m:	1:08.55	35.15	200m:	2:20.05	36.39	300m:	3:32.42	37.22	400m:	4:44.14	35.20	
9.				2008	II					4:44.25	II	416	
	50m:	32.25	32.25	150m:	1:43.82	36.27	250m:	2:56.20	36.25	350m:	4:10.37	36.76	
	100m:	1:07.55	35.30	200m:	2:19.95	36.13	300m:	3:33.61	37.41	400m:	4:44.25	33.88	
10.				2007	I				-1	+0,67	4:45.42	II	411
	50m:	1:05.93	1:05.93	150m:	2:17.69	36.64	250m:	3:31.46	37.35	350m:	4:45.36	35.80	
	100m:	1:41.05	35.12	200m:	2:54.11	36.42	300m:	4:09.56	38.10	400m:	4:45.42	0.06	
11.				2002					-1	+0,67	4:49.80	II	392
	50m:	30.27	30.27	150m:	1:40.91	36.53	250m:	2:56.85	38.24	350m:	4:12.92	38.11	
	100m:	1:04.38	34.11	200m:	2:18.61	37.70	300m:	3:34.81	37.96	400m:	4:49.80	36.88	
12.				2007	II				-2	+0,74	4:50.47	II	390
	50m:	30.98	30.98	150m:	1:41.90	36.37	250m:	2:56.24	37.39	350m:	4:14.37	39.58	
	100m:	1:05.53	34.55	200m:	2:18.85	36.95	300m:	3:34.79	38.55	400m:	4:50.47	36.10	
13.				2008	II				+0,74	4:52.88	II	380	
	50m:	32.20	32.20	150m:	1:46.76	37.33	250m:	3:01.41	37.30	350m:	4:16.75	37.67	
	100m:	1:09.43	37.23	200m:	2:24.11	37.35	300m:	3:39.08	37.67	400m:	4:52.88	36.13	
14.				2008	II				-2	+0,38	5:02.84	II	344
	50m:	32.72	32.72	150m:	1:47.42	37.84	250m:	3:05.28	39.17	350m:	4:24.04	39.61	
	100m:	1:09.58	36.86	200m:	2:26.11	38.69	300m:	3:44.43	39.15	400m:	5:02.84	38.80	
15.				2008	II				+0,64	5:11.10		317	
	50m:	31.85	31.85	150m:	1:48.40	39.60	250m:	3:09.39	40.83	350m:	4:31.95	41.54	
	100m:	1:08.80	36.95	200m:	2:28.56	40.16	300m:	3:50.41	41.02	400m:	5:11.10	39.15	
16.				2008	III				-1	+0,90	5:19.63		292
	50m:	33.32	33.32	150m:	1:49.07	38.66	250m:	3:10.29	41.54	350m:	4:36.81	43.83	
	100m:	1:10.41	37.09	200m:	2:28.75	39.68	300m:	3:52.98	42.69	400m:	5:19.63	42.82	

