



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

, 26. - 29.9.2023

37
29.09.2023 - 14:50

, 400m

		4:24.28								11.09.2020		
		4:33.65								14.12.2015		
: FINA 2023												
								R.T.		FINA		
1.				2008 I				+0,81	4:52.85 I		492	
	50m:	32.35	32.35	150m:	1:46.14	37.64	250m:	3:01.48	37.49	350m:	4:16.59	37.62
	100m:	1:08.50	36.15	200m:	2:23.99	37.85	300m:	3:38.97	37.49	400m:	4:52.85	36.26
2.				2007 I				-1	+0,74	4:57.43 II	470	
	50m:	33.06	33.06	150m:	1:46.86	37.47	250m:	3:03.48	38.49	350m:	4:20.81	38.66
	100m:	1:09.39	36.33	200m:	2:24.99	38.13	300m:	3:42.15	38.67	400m:	4:57.43	36.62
3.				2009 I				-2		4:57.83 II	468	
	50m:	32.30	32.30	150m:	1:46.15	37.71	250m:	3:02.68	38.44	350m:	4:20.43	39.09
	100m:	1:08.44	36.14	200m:	2:24.24	38.09	300m:	3:41.34	38.66	400m:	4:57.83	37.40
4.				2009 I				-2		4:58.42 II	465	
	50m:	31.68	31.68	150m:	1:45.82	37.88	250m:	3:02.82	38.53	350m:	4:20.60	39.19
	100m:	1:07.94	36.26	200m:	2:24.29	38.47	300m:	3:41.41	38.59	400m:	4:58.42	37.82
5.				2010 II				-2	+0,75	5:03.82 II	441	
	50m:	35.14	35.14	150m:	1:52.99	38.61	250m:	3:10.73	38.93	350m:	4:27.82	38.52
	100m:	1:14.38	39.24	200m:	2:31.80	38.81	300m:	3:49.30	38.57	400m:	5:03.82	36.00
6.				2009 II				-2	+0,70	5:10.67 II	412	
	50m:	34.58	34.58	150m:	1:52.38	39.21	250m:	3:12.12	40.23	350m:	4:31.71	39.25
	100m:	1:13.17	38.59	200m:	2:31.89	39.51	300m:	3:52.46	40.34	400m:	5:10.67	38.96
7.				2009 II				-4	+0,77	5:12.19 II	406	
	50m:	35.11	35.11	150m:	1:53.68	39.79	250m:	3:12.62	39.49	350m:	4:33.30	40.16
	100m:	1:13.89	38.78	200m:	2:33.13	39.45	300m:	3:53.14	40.52	400m:	5:12.19	38.89
8.				2007 II				-3	+0,86	5:15.44 II	394	
	50m:	34.91	34.91	150m:	1:54.21	40.50	250m:	3:14.12	40.06	350m:	4:36.73	41.58
	100m:	1:13.71	38.80	200m:	2:34.06	39.85	300m:	3:55.15	41.03	400m:	5:15.44	38.71
9.				2003 I						5:16.39 II	390	
	50m:	32.79	32.79	150m:	1:48.38	38.93	250m:	3:09.68	41.10	350m:	4:33.70	42.71
	100m:	1:09.45	36.66	200m:	2:28.58	40.20	300m:	3:50.99	41.31	400m:	5:16.39	42.69
10.				2008 II					+0,85	5:19.11 II	380	
	50m:	34.26	34.26	150m:	1:53.62	40.59	250m:	3:16.59	41.81	350m:	4:39.78	41.32
	100m:	1:13.03	38.77	200m:	2:34.78	41.16	300m:	3:58.46	41.87	400m:	5:19.11	39.33
11.				2009 II						5:19.72 II	378	
	50m:	32.08	32.08	150m:	1:49.27	39.47	250m:	3:12.11	42.06	350m:	4:37.12	42.94
	100m:	1:09.80	37.72	200m:	2:30.05	40.78	300m:	3:54.18	42.07	400m:	5:19.72	42.60
12.				2010 II					-1	5:42.99	306	
	50m:	35.58	35.58	150m:	2:01.67	44.52	250m:	3:32.53	45.01	350m:	5:02.52	45.07
	100m:	1:17.15	41.57	200m:	2:47.52	45.85	300m:	4:17.45	44.92	400m:	5:42.99	40.47
13.				2008 III					-1	+0,83	5:51.11	285
	50m:	39.54	39.54	150m:	2:08.08	44.93	250m:	3:37.18	44.71	350m:	5:08.09	45.54
	100m:	1:23.15	43.61	200m:	2:52.47	44.39	300m:	4:22.55	45.37	400m:	5:51.11	43.02
14.				2009 1					-3	6:00.18	264	
	50m:	37.18	37.18	150m:	2:02.19	43.36	250m:	3:34.90	45.92	350m:	5:12.22	49.00
	100m:	1:18.83	41.65	200m:	2:48.98	46.79	300m:	4:23.22	48.32	400m:	6:00.18	47.96

