



Чемпионат и первенство Астраханской области по плаванию (25м)

13 - 16 декабря 2022 г

(25)

, 13. - 16.12.2022

37
16.12.2022 - 14:55

, 400m

		4:24.28								11.09.2020		
		4:33.65								14.12.2015		
: FINA 2022												
		/				R.T.				FINA		
1.			1999						4:31.62		638	
	50m:	29.95	29.95	150m:	1:37.14	34.22	250m:	2:46.61	34.86	350m:	3:57.08	35.38
	100m:	1:02.92	32.97	200m:	2:11.75	34.61	300m:	3:21.70	35.09	400m:	4:31.62	34.54
2.			2009 I						+0,76	4:54.01	I	503
	50m:	33.34	33.34	150m:	1:46.38	37.26	250m:	3:02.37	38.18	350m:	4:18.02	37.76
	100m:	1:09.12	35.78	200m:	2:24.19	37.81	300m:	3:40.26	37.89	400m:	4:54.01	35.99
3.			2007 I						+0,86	4:56.83	II	489
	50m:	32.85	32.85	150m:	1:47.43	37.91	250m:	3:04.67	38.63	350m:	4:21.54	38.34
	100m:	1:09.52	36.67	200m:	2:26.04	38.61	300m:	3:43.20	38.53	400m:	4:56.83	35.29
4.			2006							4:57.24	II	487
	50m:	32.18	32.18	150m:	1:46.34	37.54	250m:	3:02.38	38.23	350m:	4:19.29	38.42
	100m:	1:08.80	36.62	200m:	2:24.15	37.81	300m:	3:40.87	38.49	400m:	4:57.24	37.95
5.			2007 I						+0,75	4:59.18	II	477
	50m:	33.50	33.50	150m:	1:47.98	37.83	250m:	3:04.66	38.55	350m:	4:22.49	38.78
	100m:	1:10.15	36.65	200m:	2:26.11	38.13	300m:	3:43.71	39.05	400m:	4:59.18	36.69
6.			2008 I						+0,50	5:01.43	II	467
	50m:	32.74	32.74	150m:	1:48.19	39.00	250m:	3:06.46	39.39	350m:	4:25.40	39.48
	100m:	1:09.19	36.45	200m:	2:27.07	38.88	300m:	3:45.92	39.46	400m:	5:01.43	36.03
7.			2007 I						+0,66	5:08.42	II	436
	50m:	34.38	34.38	150m:	1:51.45	38.71	250m:	3:09.76	39.41	350m:	4:29.24	39.91
	100m:	1:12.74	38.36	200m:	2:30.35	38.90	300m:	3:49.33	39.57	400m:	5:08.42	39.18
8.			2009 I							5:08.61	II	435
	50m:	34.15	34.15	150m:	1:50.61	38.99	250m:	3:09.55	39.96	350m:	4:29.60	40.19
	100m:	1:11.62	37.47	200m:	2:29.59	38.98	300m:	3:49.41	39.86	400m:	5:08.61	39.01
9.			2009 II							5:08.72	II	435
	50m:	34.50	34.50	150m:	1:52.16	39.54	250m:	3:11.79	39.98	350m:	4:31.74	39.52
	100m:	1:12.62	38.12	200m:	2:31.81	39.65	300m:	3:52.22	40.43	400m:	5:08.72	36.98
10.			2007 II						+0,76	5:10.24	II	428
	50m:	33.99	33.99	150m:	1:49.72	38.71	250m:	3:10.14	40.49	350m:	4:31.34	40.35
	100m:	1:11.01	37.02	200m:	2:29.65	39.93	300m:	3:50.99	40.85	400m:	5:10.24	38.90
11.			2009 I						+0,68	5:10.77	II	426
	50m:	33.52	33.52	150m:	1:52.32	39.79	250m:	3:11.71	39.99	350m:	4:32.38	40.58
	100m:	1:12.53	39.01	200m:	2:31.72	39.40	300m:	3:51.80	40.09	400m:	5:10.77	38.39
12.			2008 II							5:13.44	II	415
	50m:	32.39	32.39	150m:	1:49.31	40.07	250m:	3:11.62	40.96	350m:	4:33.95	41.56
	100m:	1:09.24	36.85	200m:	2:30.66	41.35	300m:	3:52.39	40.77	400m:	5:13.44	39.49
13.			2008 II						+0,73	5:19.26	II	393
	50m:	36.13	36.13	150m:	1:57.38	40.45	250m:	3:21.24	42.54	350m:	4:41.43	39.54
	100m:	1:16.93	40.80	200m:	2:38.70	41.32	300m:	4:01.89	40.65	400m:	5:19.26	37.83
14.			2009 II						+0,69	5:43.49		315
	50m:	36.12	36.12	150m:	2:02.28	43.82	250m:	3:31.67	45.06	350m:	5:00.83	44.42
	100m:	1:18.46	42.34	200m:	2:46.61	44.33	300m:	4:16.41	44.74	400m:	5:43.49	42.66





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37,		, 400m						R.T.		FINA		
15.				2008 III				+0,87	6:05.55		262	
	50m:	40.67	40.67	150m:	2:13.23	46.66	250m:	3:47.14	47.20	350m:	5:21.44	47.39
	100m:	1:26.57	45.90	200m:	2:59.94	46.71	300m:	4:34.05	46.91	400m:	6:05.55	44.11
1.				2009 I				+0,76	4:54.01 I		503	
	50m:	33.34	33.34	150m:	1:46.38	37.26	250m:	3:02.37	38.18	350m:	4:18.02	37.76
	100m:	1:09.12	35.78	200m:	2:24.19	37.81	300m:	3:40.26	37.89	400m:	4:54.01	35.99
2.				2008 I				+0,50	5:01.43 II		467	
	50m:	32.74	32.74	150m:	1:48.19	39.00	250m:	3:06.46	39.39	350m:	4:25.40	39.48
	100m:	1:09.19	36.45	200m:	2:27.07	38.88	300m:	3:45.92	39.46	400m:	5:01.43	36.03
3.				2009 I						5:08.61 II	435	
	50m:	34.15	34.15	150m:	1:50.61	38.99	250m:	3:09.55	39.96	350m:	4:29.60	40.19
	100m:	1:11.62	37.47	200m:	2:29.59	38.98	300m:	3:49.41	39.86	400m:	5:08.61	39.01
4.				2009 II						5:08.72 II	435	
	50m:	34.50	34.50	150m:	1:52.16	39.54	250m:	3:11.79	39.98	350m:	4:31.74	39.52
	100m:	1:12.62	38.12	200m:	2:31.81	39.65	300m:	3:52.22	40.43	400m:	5:08.72	36.98
5.				2009 I				+0,68	5:10.77 II		426	
	50m:	33.52	33.52	150m:	1:52.32	39.79	250m:	3:11.71	39.99	350m:	4:32.38	40.58
	100m:	1:12.53	39.01	200m:	2:31.72	39.40	300m:	3:51.80	40.09	400m:	5:10.77	38.39
6.				2008 II						5:13.44 II	415	
	50m:	32.39	32.39	150m:	1:49.31	40.07	250m:	3:11.62	40.96	350m:	4:33.95	41.56
	100m:	1:09.24	36.85	200m:	2:30.66	41.35	300m:	3:52.39	40.77	400m:	5:13.44	39.49
7.				2008 II				+0,73	5:19.26 II		393	
	50m:	36.13	36.13	150m:	1:57.38	40.45	250m:	3:21.24	42.54	350m:	4:41.43	39.54
	100m:	1:16.93	40.80	200m:	2:38.70	41.32	300m:	4:01.89	40.65	400m:	5:19.26	37.83
8.				2009 II				+0,69	5:43.49		315	
	50m:	36.12	36.12	150m:	2:02.28	43.82	250m:	3:31.67	45.06	350m:	5:00.83	44.42
	100m:	1:18.46	42.34	200m:	2:46.61	44.33	300m:	4:16.41	44.74	400m:	5:43.49	42.66
9.				2008 III				+0,87	6:05.55		262	
	50m:	40.67	40.67	150m:	2:13.23	46.66	250m:	3:47.14	47.20	350m:	5:21.44	47.39
	100m:	1:26.57	45.90	200m:	2:59.94	46.71	300m:	4:34.05	46.91	400m:	6:05.55	44.11
EXH				2011 II				+0,74	5:15.90 II		406	
	50m:	34.20	34.20	150m:	1:55.18	40.83	250m:	3:16.29	41.12	350m:	4:39.21	41.18
	100m:	1:14.35	40.15	200m:	2:35.17	39.99	300m:	3:58.03	41.74	400m:	5:15.90	36.69
EXH				2010 II				+0,64	5:29.44 II		357	
	50m:	34.65	34.65	150m:	1:58.94	42.75	250m:	3:24.49	42.39	350m:	4:49.79	42.05
	100m:	1:16.19	41.54	200m:	2:42.10	43.16	300m:	4:07.74	43.25	400m:	5:29.44	39.65
EXH				2010 II				+0,73	5:33.53 II		344	
	50m:	35.94	35.94	150m:	1:59.03	41.94	250m:	3:25.76	43.79	350m:	4:51.53	43.09
	100m:	1:17.09	41.15	200m:	2:41.97	42.94	300m:	4:08.44	42.68	400m:	5:33.53	42.00

