



Кубок Астраханской области по плаванию (25м)

13 - 16
сентября 2022

, 13. - 16.9.2022

12
14.09.2022 - 14:30

, 400m

		4:04.28								14.12.2016		
		4:05.29								04.11.2020		
: FINA 2022												
		/						R.T.		FINA		
1.				2002				-2	+0,47	4:10.34	609	
	50m:	27.54	27.54	150m:	1:31.24	32.32	250m:	2:36.30	32.61	350m:	3:41.36	32.27
	100m:	58.92	31.38	200m:	2:03.69	32.45	300m:	3:09.09	32.79	400m:	4:10.34	28.98
2.				2005						4:12.92 I	591	
	50m:	28.29	28.29	150m:	1:31.57	32.01	250m:	2:36.50	32.72	350m:	3:41.34	32.34
	100m:	59.56	31.27	200m:	2:03.78	32.21	300m:	3:09.00	32.50	400m:	4:12.92	31.58
3.				2002				-2	+0,68	4:53.59 II	377	
	50m:	32.23	32.23	150m:	1:45.76	37.62	250m:	3:01.45	37.97	350m:	4:17.55	38.00
	100m:	1:08.14	35.91	200m:	2:23.48	37.72	300m:	3:39.55	38.10	400m:	4:53.59	36.04
1.				2006 I				-3	+0,69	4:21.63 I	533	
	50m:	29.07	29.07	150m:	1:32.63	32.06	250m:	2:38.89	33.19	350m:	3:47.29	34.67
	100m:	1:00.57	31.50	200m:	2:05.70	33.07	300m:	3:12.62	33.73	400m:	4:21.63	34.34
2.				2007				-3	+0,67	4:25.73 I	509	
	50m:	30.11	30.11	150m:	1:36.95	33.94	250m:	2:45.24	34.05	350m:	3:53.47	34.16
	100m:	1:03.01	32.90	200m:	2:11.19	34.24	300m:	3:19.31	34.07	400m:	4:25.73	32.26
3.				2006 I				-3	+0,61	4:25.80 I	509	
	50m:	28.83	28.83	150m:	1:35.01	33.39	250m:	2:44.35	34.58	350m:	3:53.52	34.66
	100m:	1:01.62	32.79	200m:	2:09.77	34.76	300m:	3:18.86	34.51	400m:	4:25.80	32.28
4.				2006 I				-3	+0,70	4:32.01 II	475	
	50m:	30.54	30.54	150m:	1:39.27	34.54	250m:	2:49.06	34.82	350m:	3:58.46	34.44
	100m:	1:04.73	34.19	200m:	2:14.24	34.97	300m:	3:24.02	34.96	400m:	4:32.01	33.55
5.				2007 II				-1	+0,81	4:39.44 II	438	
	50m:	32.67	32.67	150m:	1:41.65	33.99	250m:	2:51.73	34.62	350m:	4:04.14	36.65
	100m:	1:07.66	34.99	200m:	2:17.11	35.46	300m:	3:27.49	35.76	400m:	4:39.44	35.30
6.				2006 I					+0,75	4:40.22 II	434	
	50m:	30.35	30.35	150m:	1:39.10	35.28	250m:	2:50.83	36.05	350m:	4:04.32	37.09
	100m:	1:03.82	33.47	200m:	2:14.78	35.68	300m:	3:27.23	36.40	400m:	4:40.22	35.90
7.				2008 II				-1	+0,62	4:40.61 II	432	
	50m:	31.38	31.38	150m:	1:41.43	35.50	250m:	2:54.21	36.39	350m:	4:06.70	35.84
	100m:	1:05.93	34.55	200m:	2:17.82	36.39	300m:	3:30.86	36.65	400m:	4:40.61	33.91
8.				2008 I				-1		4:41.39 II	429	
	50m:	31.14	31.14	150m:	1:41.54	35.70	250m:	2:53.99	36.29	350m:	4:06.63	36.50
	100m:	1:05.84	34.70	200m:	2:17.70	36.16	300m:	3:30.13	36.14	400m:	4:41.39	34.76
9.				2007 I				-1	+0,80	4:43.30 II	420	
	50m:	30.59	30.59	150m:	1:41.27	35.78	250m:	2:54.06	36.61	350m:	4:07.89	36.73
	100m:	1:05.49	34.90	200m:	2:17.45	36.18	300m:	3:31.16	37.10	400m:	4:43.30	35.41
10.				2007 II				-2	+0,63	4:48.50 II	398	
	50m:	32.57	32.57	150m:	1:43.34	35.73	250m:	2:57.68	37.50	350m:	4:13.36	38.08
	100m:	1:07.61	35.04	200m:	2:20.18	36.84	300m:	3:35.28	37.60	400m:	4:48.50	35.14
11.				2006 II					+0,76	4:49.06 II	395	
	50m:	31.56	31.56	150m:	1:42.79	36.51	250m:	2:57.13	37.80	350m:	4:13.03	37.72
	100m:	1:06.28	34.72	200m:	2:19.33	36.54	300m:	3:35.31	38.18	400m:	4:49.06	36.03
12.				2008 II					+0,80	4:55.89 II	369	
	50m:	34.13	34.13	150m:	1:47.34	36.88	250m:	3:02.44	37.82	350m:	4:18.91	38.00
	100m:	1:10.46	36.33	200m:	2:24.62	37.28	300m:	3:40.91	38.47	400m:	4:55.89	36.98
13.				2007 II				-1		4:57.64 II	362	
	50m:	31.62	31.62	150m:	1:46.19	37.97	250m:	3:03.37	38.98	350m:	4:20.67	38.64
	100m:	1:08.22	36.60	200m:	2:24.39	38.20	300m:	3:42.03	38.66	400m:	4:57.64	36.97



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12,		, 400m						R.T.		FINA		
14.				2007 II				+0,68	5:03.17		343	
	50m:	33.04	33.04	150m:	1:47.78	38.52	250m:	3:05.25	38.80	350m:	4:25.56	40.28
	100m:	1:09.26	36.22	200m:	2:26.45	38.67	300m:	3:45.28	40.03	400m:	5:03.17	37.61
15.				2007 II				+0,68	5:07.15		329	
	50m:	30.11	30.11	150m:	1:44.60	38.37	250m:	3:04.45	39.96	350m:	4:27.55	42.15
	100m:	1:06.23	36.12	200m:	2:24.49	39.89	300m:	3:45.40	40.95	400m:	5:07.15	39.60
16.				2008 II				-1	+0,74	5:08.38	326	
	50m:	34.63	34.63	150m:	1:52.42	39.65	250m:	3:11.66	39.50	350m:	4:30.46	39.30
	100m:	1:12.77	38.14	200m:	2:32.16	39.74	300m:	3:51.16	39.50	400m:	5:08.38	37.92
17.				2008 II						5:11.92	315	
	50m:	33.48	33.48	150m:	1:48.90	39.17	250m:	3:09.83	41.09	350m:	4:32.47	41.19
	100m:	1:09.73	36.25	200m:	2:28.74	39.84	300m:	3:51.28	41.45	400m:	5:11.92	39.45
18.				2008 II						5:15.39	304	
	50m:	33.53	33.53	150m:	1:50.37	39.32	250m:	3:11.65	40.56	350m:	4:35.63	41.26
	100m:	1:11.05	37.52	200m:	2:31.09	40.72	300m:	3:54.37	42.72	400m:	5:15.39	39.76
19.				2008 III				-3		5:19.00	294	
	50m:	34.65	34.65	150m:	1:54.08	40.78	250m:	3:16.63	41.13	350m:	4:38.60	40.83
	100m:	1:13.30	38.65	200m:	2:35.50	41.42	300m:	3:57.77	41.14	400m:	5:19.00	40.40
20.				2007 II				-2	+0,64	5:19.49	293	
	50m:	31.57	31.57	150m:	1:47.97	39.35	250m:	3:11.34	42.43	350m:	4:38.43	44.01
	100m:	1:08.62	37.05	200m:	2:28.91	40.94	300m:	3:54.42	43.08	400m:	5:19.49	41.06
21.				2008 III				-1	+0,93	5:27.30	272	
	50m:	35.09	35.09	150m:	1:57.68	41.98	250m:	3:22.99	43.08	350m:	4:48.14	41.95
	100m:	1:15.70	40.61	200m:	2:39.91	42.23	300m:	4:06.19	43.20	400m:	5:27.30	39.16
22.				2008 III				-3		5:46.59	229	
	50m:	37.17	37.17	150m:	2:03.76	44.30	250m:	3:33.89	45.83	350m:	5:03.88	44.54
	100m:	1:19.46	42.29	200m:	2:48.06	44.30	300m:	4:19.34	45.45	400m:	5:46.59	42.71
EXH				2009 I				-1		4:27.69 I	498	
	50m:	29.48	29.48	150m:	1:36.31	33.44	250m:	2:44.58	34.07	350m:	3:53.42	34.60
	100m:	1:02.87	33.39	200m:	2:10.51	34.20	300m:	3:18.82	34.24	400m:	4:27.69	34.27
EXH				2009 I				-3	+0,66	4:30.95 II	480	
	50m:	29.85	29.85	150m:	1:36.56	33.92	250m:	2:46.33	35.07	350m:	3:56.82	35.57
	100m:	1:02.64	32.79	200m:	2:11.26	34.70	300m:	3:21.25	34.92	400m:	4:30.95	34.13
EXH				2009 II				-3	+0,49	4:36.96 II	450	
	50m:	29.95	29.95	150m:	1:37.93	34.58	250m:	2:49.22	35.98	350m:	4:01.70	36.40
	100m:	1:03.35	33.40	200m:	2:13.24	35.31	300m:	3:25.30	36.08	400m:	4:36.96	35.26
EXH				2009 II				-3	+0,58	4:57.12 II	364	
	50m:	30.24	30.24	150m:	1:41.53	36.34	250m:	3:00.05	39.52	350m:	4:18.89	39.63
	100m:	1:05.19	34.95	200m:	2:20.53	39.00	300m:	3:39.26	39.21	400m:	4:57.12	38.23