



# Кубок Астраханской области по плаванию (25м)

13 - 16  
сентября 2022

, 13. - 16.9.2022

14  
14.09.2022 - 15:00

, 400m

		4:26.40								19.01.2006		
		4:34.01								09.10.2019		
: FINA 2022												
		/				R.T.				FINA		
1.				2003				-2	+0,55	<b>4:38.79</b>	597	
	50m:	29.58	29.58	150m:	1:39.34	35.65	250m:	2:55.28	40.76	350m:	4:07.91	31.81
	100m:	1:03.69	34.11	200m:	2:14.52	35.18	300m:	3:36.10	40.82	400m:	4:38.79	30.88
2.				2003 I				-2	+0,71	<b>4:50.91</b> I	525	
	50m:	31.14	31.14	150m:	1:45.28	37.83	250m:	3:04.00	42.79	350m:	4:18.87	32.82
	100m:	1:07.45	36.31	200m:	2:21.21	35.93	300m:	3:46.05	42.05	400m:	4:50.91	32.04
1.				2008 II					+0,69	<b>5:09.82</b> II	435	
	50m:	32.79	32.79	150m:	1:50.63	39.62	250m:	3:13.06	43.92	350m:	4:34.39	37.08
	100m:	1:11.01	38.22	200m:	2:29.14	38.51	300m:	3:57.31	44.25	400m:	5:09.82	35.43
2.				2007 I					+0,75	<b>5:11.10</b> II	429	
	50m:	32.48	32.48	150m:	1:53.56	41.17	250m:	3:16.14	42.66	350m:	4:36.55	36.40
	100m:	1:12.39	39.91	200m:	2:33.48	39.92	300m:	4:00.15	44.01	400m:	5:11.10	34.55
3.				2006 I					-3	+0,61	<b>5:11.34</b> II	428
	50m:	33.53	33.53	150m:	1:53.29	40.80	250m:	3:14.36	40.27	350m:	4:34.90	37.80
	100m:	1:12.49	38.96	200m:	2:34.09	40.80	300m:	3:57.10	42.74	400m:	5:11.34	36.44
4.				2007 II					+0,70	<b>5:19.98</b> II	395	
	50m:	31.32	31.32	150m:	1:55.91	44.49	250m:	3:20.78	42.88	350m:	4:42.75	37.69
	100m:	1:11.42	40.10	200m:	2:37.90	41.99	300m:	4:05.06	44.28	400m:	5:19.98	37.23
5.				2008 II					-1	<b>5:25.37</b> II	375	
	50m:	35.29	35.29	150m:	1:59.57	41.41	250m:	3:27.11	45.83	350m:	5:25.80	36.64
	100m:	1:18.16	42.87	200m:	2:41.28	41.71	300m:	4:49.16	1:22.05	400m:	5:25.37	
6.				2007 II					+0,86	<b>5:28.05</b> II	366	
	50m:	32.47	32.47	150m:	1:59.69	46.39	250m:	3:26.54	41.82	350m:	4:51.20	39.89
	100m:	1:13.30	40.83	200m:	2:44.72	45.03	300m:	4:11.31	44.77	400m:	5:28.05	36.85
7.				2008 II						<b>5:40.74</b> II	327	
	50m:	36.00	36.00	150m:	2:02.99	45.59	250m:	3:35.23	46.79	350m:	5:02.91	38.56
	100m:	1:17.40	41.40	200m:	2:48.44	45.45	300m:	4:24.35	49.12	400m:	5:40.74	37.83
8.				2007 II						<b>5:45.06</b> II	315	
	50m:	34.56	34.56	150m:	2:02.69	45.36	250m:	4:25.90	49.78	350m:	5:45.11	38.21
	100m:	1:17.33	42.77	200m:	3:36.12	1:33.43	300m:	5:06.90	41.00	400m:	5:45.06	
9.				2008 II						<b>5:51.14</b>	299	
	50m:	34.18	34.18	150m:	2:01.81	48.92	250m:	3:41.54	50.60	350m:	5:11.42	41.52
	100m:	1:12.89	38.71	200m:	2:50.94	49.13	300m:	4:29.90	48.36	400m:	5:51.14	39.72
EXH				2009 II					+0,72	<b>5:02.80</b> I	466	
	50m:	32.27	32.27	150m:	1:52.03	41.14	250m:	3:12.63	39.95	350m:	4:29.06	35.18
	100m:	1:10.89	38.62	200m:	2:32.68	40.65	300m:	3:53.88	41.25	400m:	5:02.80	33.74
EXH				2009 II					-3	+0,62	<b>5:22.83</b> II	384
	50m:	34.89	34.89	150m:	2:37.20	41.19	250m:	4:10.21	46.46	350m:	5:23.19	36.75
	100m:	1:56.01	1:21.12	200m:	3:23.75	46.55	300m:	4:46.44	36.23	400m:	5:22.83	