



# Кубок Астраханской области по плаванию (25М)

13 - 16  
сентября 2022

, 13. - 16.9.2022

37  
16.09.2022 - 15:00

, 400m

4:33.65  
4:24.28

14.12.2015  
11.09.2020

: FINA 2022

								R.T.		FINA		
1.			1999					-1	<b>4:28.94</b>	658		
	50m:	31.33	31.33	150m:	1:39.04	34.50	250m:	2:48.00	34.67	350m:	3:56.24	33.94
	100m:	1:04.54	33.21	200m:	2:13.33	34.29	300m:	3:22.30	34.30	400m:	4:28.94	32.70
2.			2003					-2	<b>4:30.98</b>	643		
	50m:	30.38	30.38	150m:	1:38.94	34.89	250m:	2:48.33	34.69	350m:	3:57.41	34.45
	100m:	1:04.05	33.67	200m:	2:13.64	34.70	300m:	3:22.96	34.63	400m:	4:30.98	33.57
3.			2006 I					-2	+0,72 <b>4:51.17</b> I	518		
	50m:	32.98	32.98	150m:	1:45.38	36.79	250m:	2:59.83	37.34	350m:	4:14.84	37.62
	100m:	1:08.59	35.61	200m:	2:22.49	37.11	300m:	3:37.22	37.39	400m:	4:51.17	36.33
4.			2006					+0,89	<b>4:51.81</b> I	515		
	50m:	32.13	32.13	150m:	1:44.80	36.99	250m:	2:59.45	37.59	350m:	4:15.15	37.81
	100m:	1:07.81	35.68	200m:	2:21.86	37.06	300m:	3:37.34	37.89	400m:	4:51.81	36.66
5.			2003 I					+0,78	<b>4:53.56</b> I	505		
	50m:	32.37	32.37	150m:	1:44.89	37.07	250m:	3:00.65	37.87	350m:	4:16.72	37.89
	100m:	1:07.82	35.45	200m:	2:22.78	37.89	300m:	3:38.83	38.18	400m:	4:53.56	36.84
6.			2007 I					-2	<b>4:55.96</b> I	493		
	50m:	33.29	33.29	150m:	1:47.38	37.28	250m:	3:03.11	37.81	350m:	4:19.41	38.07
	100m:	1:10.10	36.81	200m:	2:25.30	37.92	300m:	3:41.34	38.23	400m:	4:55.96	36.55
7.			2007 I					-3	<b>4:58.07</b> II	483		
	50m:	33.44	33.44	150m:	1:48.72	38.21	250m:	3:05.70	38.38	350m:	4:22.92	38.14
	100m:	1:10.51	37.07	200m:	2:27.32	38.60	300m:	3:44.78	39.08	400m:	4:58.07	35.15
8.			2007 II					-1	+0,76 <b>5:07.84</b> II	438		
	50m:	33.83	33.83	150m:	1:48.91	38.36	250m:	3:07.54	40.09	350m:	4:29.23	40.99
	100m:	1:10.55	36.72	200m:	2:27.45	38.54	300m:	3:48.24	40.70	400m:	5:07.84	38.61
9.			2007 I					+0,68	<b>5:15.01</b> II	409		
	50m:	34.23	34.23	150m:	1:52.70	39.65	250m:	3:13.42	40.54	350m:	4:35.77	41.36
	100m:	1:13.05	38.82	200m:	2:32.88	40.18	300m:	3:54.41	40.99	400m:	5:15.01	39.24
10.			2007 II					-3	+0,74 <b>5:28.86</b> II	359		
	50m:	35.44	35.44	150m:	1:55.80	41.25	250m:	3:20.43	42.13	350m:	4:46.82	43.44
	100m:	1:14.55	39.11	200m:	2:38.30	42.50	300m:	4:03.38	42.95	400m:	5:28.86	42.04
11.			2006 I					-1	+0,72 <b>5:34.21</b> II	342		
	50m:	36.12	36.12	150m:	1:59.71	42.10	250m:	3:26.14	43.54	350m:	4:53.16	43.32
	100m:	1:17.61	41.49	200m:	2:42.60	42.89	300m:	4:09.84	43.70	400m:	5:34.21	41.05
1.			2009 I					-3	+0,73 <b>4:50.98</b> I	519		
	50m:	31.89	31.89	150m:	1:44.99	37.22	250m:	3:00.09	37.42	350m:	4:14.79	37.22
	100m:	1:07.77	35.88	200m:	2:22.67	37.68	300m:	3:37.57	37.48	400m:	4:50.98	36.19
2.			2008 I						<b>4:55.26</b> I	497		
	50m:	31.73	31.73	150m:	1:45.36	37.56	250m:	3:02.13	38.26	350m:	4:19.81	38.30
	100m:	1:07.80	36.07	200m:	2:23.87	38.51	300m:	3:41.51	39.38	400m:	4:55.26	35.45
3.			2009 I					-3	<b>4:57.73</b> II	484		
	50m:	32.81	32.81	150m:	1:48.24	38.00	250m:	3:04.74	38.30	350m:	4:21.36	38.12
	100m:	1:10.24	37.43	200m:	2:26.44	38.20	300m:	3:43.24	38.50	400m:	4:57.73	36.37
4.			2009 I					-3	+0,74 <b>5:06.64</b> II	443		
	50m:	33.86	33.86	150m:	1:51.63	39.53	250m:	3:09.68	39.74	350m:	4:27.78	38.69
	100m:	1:12.10	38.24	200m:	2:29.94	38.31	300m:	3:49.09	39.41	400m:	5:06.64	38.86
5.			2009 II					-4	+0,70 <b>5:15.99</b> II	405		
	50m:	36.07	36.07	150m:	1:56.78	40.71	250m:	3:17.68	40.43	350m:	4:38.36	39.89
	100m:	1:16.07	40.00	200m:	2:37.25	40.47	300m:	3:58.47	40.79	400m:	5:15.99	37.63



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13 - 16  
сентября 2022

, 13. - 16.9.2022

37,		, 400m						R.T.	FINA			
6.				2009 II				-3	<b>5:18.64</b> II	395		
	50m:	35.12	35.12	150m:	1:54.22	39.78	250m:	3:14.66	39.72	350m:	4:37.81	41.45
	100m:	1:14.44	39.32	200m:	2:34.94	40.72	300m:	3:56.36	41.70	400m:	5:18.64	40.83
7.				2008 II				+0,84	<b>5:21.46</b> II	385		
	50m:	32.85	32.85	150m:	1:51.06	40.40	250m:	3:15.80	42.52	350m:	4:41.39	42.12
	100m:	1:10.66	37.81	200m:	2:33.28	42.22	300m:	3:59.27	43.47	400m:	5:21.46	40.07
8.				2008 II				-1	<b>5:24.44</b> II	374		
	50m:	35.08	35.08	150m:	1:57.45	42.17	250m:	3:21.01	42.18	350m:	4:45.31	41.53
	100m:	1:15.28	40.20	200m:	2:38.83	41.38	300m:	4:03.78	42.77	400m:	5:24.44	39.13
9.				2010 II				-3	+0,59 <b>5:33.01</b> II	346		
	50m:	35.45	35.45	150m:	1:57.99	41.98	250m:	3:22.34	42.71	350m:	4:46.07	41.13
	100m:	1:16.01	40.56	200m:	2:39.63	41.64	300m:	4:04.94	42.60	400m:	5:33.01	46.94
10.				2009 II				+0,80	<b>5:49.56</b>	299		
	50m:	38.06	38.06	150m:	2:06.53	44.82	250m:	3:37.30	45.46	350m:	5:08.06	45.16
	100m:	1:21.71	43.65	200m:	2:51.84	45.31	300m:	4:22.90	45.60	400m:	5:49.56	41.50
11.				2009 III				-3	<b>5:53.65</b>	289		
	50m:	38.25	38.25	150m:	2:08.13	44.93	250m:	3:38.32	45.58	350m:	5:09.03	45.25
	100m:	1:23.20	44.95	200m:	2:52.74	44.61	300m:	4:23.78	45.46	400m:	5:53.65	44.62
12.				2010 II				-3	+0,74 <b>5:55.34</b>	285		
	50m:	39.03	39.03	150m:	2:06.55	44.72	250m:	3:38.11	46.49	350m:	5:13.41	46.54
	100m:	1:21.83	42.80	200m:	2:51.62	45.07	300m:	4:26.87	48.76	400m:	5:55.34	41.93
13.				2008 III				-2	+0,84 <b>5:56.46</b>	282		
	50m:	38.74	38.74	150m:	2:07.26	45.16	250m:	3:38.49	45.86	350m:	5:11.61	46.27
	100m:	1:22.10	43.36	200m:	2:52.63	45.37	300m:	4:25.34	46.85	400m:	5:56.46	44.85
14.				2010 III				-2	<b>5:58.19</b>	278		
	50m:	38.88	38.88	150m:	2:09.94	46.52	250m:	3:42.78	46.40	350m:	5:16.24	46.47
	100m:	1:23.42	44.54	200m:	2:56.38	46.44	300m:	4:29.77	46.99	400m:	5:58.19	41.95
15.				2009 II				-3	<b>5:58.37</b>	278		
	50m:	39.44	39.44	150m:	2:09.38	45.51	250m:	3:42.46	47.05	350m:	5:15.34	45.82
	100m:	1:23.87	44.43	200m:	2:55.41	46.03	300m:	4:29.52	47.06	400m:	5:58.37	43.03
16.				2010 III				-3	<b>6:40.79</b>	198		
	50m:	40.19	40.19	150m:	2:18.51	50.96	250m:	4:03.05	52.90	350m:	5:48.53	52.86
	100m:	1:27.55	47.36	200m:	3:10.15	51.64	300m:	4:55.67	52.62	400m:	6:40.79	52.26
EXH				2011 II				+0,59	<b>5:35.54</b> II	338		
	50m:	37.24	37.24	150m:	2:01.58	43.50	250m:	3:28.59	43.43	350m:	4:54.89	42.63
	100m:	1:18.08	40.84	200m:	2:45.16	43.58	300m:	4:12.26	43.67	400m:	5:35.54	40.65