



# Первенство Астраханской области по плаванию

, 12. - 15.12.2023

33				, 400m				(11-12 )				
15.12.2023		4:46.83						28.06.2019				
: FINA 2023												
R.T.												
1.			2012	I			+0,79	<b>4:59.06</b>	II	462		
	50m:	33.67	33.67	150m:	1:51.07	38.54	250m:	3:07.85	38.85	350m:	4:23.45	37.25
	100m:	1:12.53	38.86	200m:	2:29.00	37.93	300m:	3:46.20	38.35	400m:	4:59.06	35.61
2.			2012	III			+0,70	<b>5:30.87</b>	II	341		
	50m:	36.01	36.01	150m:	1:59.52	42.84	250m:	3:24.58	42.90	350m:	4:50.99	42.86
	100m:	1:16.68	40.67	200m:	2:41.68	42.16	300m:	4:08.13	43.55	400m:	5:30.87	39.88
3.			2012	III				<b>5:49.30</b>		290		
	50m:	36.76	36.76	150m:	2:06.04	45.52	250m:	3:37.44	46.88	350m:	5:08.10	44.65
	100m:	1:20.52	43.76	200m:	2:50.56	44.52	300m:	4:23.45	46.01	400m:	5:49.30	41.20
4.			2012	2				<b>6:58.72</b>		168		
	50m:	49.50	49.50	150m:	2:51.12	1:02.77	250m:	6:59.61	58.08	350m:		
	100m:	1:48.35	58.85	200m:	6:01.53	3:10.41	300m:			400m:	6:58.72	
5.			2012	1				<b>7:01.46</b>		165		
	50m:	44.12	44.12	150m:	2:27.08	51.91	250m:	4:14.96	54.47	350m:	6:01.92	52.58
	100m:	1:35.17	51.05	200m:	3:20.49	53.41	300m:	5:09.34	54.38	400m:	7:01.46	59.54
DSQ			2011	1			+0,95					
	50m:	39.24	39.24	150m:	2:12.91	47.53	250m:	3:49.48	48.95	350m:	5:27.59	48.54
	100m:	1:25.38	46.14	200m:	3:00.53	47.62	300m:	4:39.05	49.57	400m:		

