

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА



13 , 400m  
22.09.2021 - 9:36

: FINA 2021

											FINA	
1.						2003		3		<b>4:49.13</b>	718	
	50m:	29.73	29.73	150m:	1:40.31	35.35	250m:	2:58.07	42.62	350m:	4:15.42	33.89
	100m:	1:04.96	35.23	200m:	2:15.45	35.14	300m:	3:41.53	43.46	400m:	4:49.13	33.71
2.						2005		"	"	<b>4:52.89</b>	691	
	50m:	30.91	30.91	150m:	1:42.71	36.30	250m:	3:01.06	42.41	350m:	4:18.97	35.59
	100m:	1:06.41	35.50	200m:	2:18.65	35.94	300m:	3:43.38	42.32	400m:	4:52.89	33.92
3.						2002		64		<b>4:55.95</b>	669	
	50m:	31.77	31.77	150m:	1:45.38	36.70	250m:	3:05.90	44.12	350m:	4:23.17	33.54
	100m:	1:08.68	36.91	200m:	2:21.78	36.40	300m:	3:49.63	43.73	400m:	4:55.95	32.78
4.						2004		"	"	<b>4:58.88</b>	650	
	50m:	30.95	30.95	150m:	1:44.24	37.46	250m:	3:05.09	44.08	350m:	4:24.51	35.65
	100m:	1:06.78	35.83	200m:	2:21.01	36.77	300m:	3:48.86	43.77	400m:	4:58.88	34.37
5.						2005		"	"	<b>5:00.02</b>	642	
	50m:	29.77	29.77	150m:	1:43.42	39.33	250m:	3:06.32	44.34	350m:	4:27.25	34.99
	100m:	1:04.09	34.32	200m:	2:21.98	38.56	300m:	3:52.26	45.94	400m:	5:00.02	32.77
6.						2006		"	"	<b>5:01.80</b>	631	
	50m:	33.24	33.24	150m:	1:49.84	38.59	250m:	3:10.64	43.82	350m:	4:28.50	34.55
	100m:	1:11.25	38.01	200m:	2:26.82	36.98	300m:	3:53.95	43.31	400m:	5:01.80	33.30
7.						2006		4		<b>5:01.94</b>	630	
	50m:	32.40	32.40	150m:	1:49.54	40.17	250m:	3:10.24	41.78	350m:	4:28.30	35.10
	100m:	1:09.37	36.97	200m:	2:28.46	38.92	300m:	3:53.20	42.96	400m:	5:01.94	33.64
8.						2006		3		<b>5:02.07</b>	629	
	50m:	31.26	31.26	150m:	1:45.52	36.95	250m:	3:08.49	46.69	350m:	4:28.61	33.71
	100m:	1:08.57	37.31	200m:	2:21.80	36.28	300m:	3:54.90	46.41	400m:	5:02.07	33.46
9.						2005		4		<b>5:04.46</b>	615	
	50m:	32.31	32.31	150m:	1:45.44	36.59	250m:	3:05.94	44.52	350m:	4:29.00	36.87
	100m:	1:08.85	36.54	200m:	2:21.42	35.98	300m:	3:52.13	46.19	400m:	5:04.46	35.46
10.						2007		3		<b>5:04.62</b>	614	
	50m:	31.44	31.44	150m:	1:46.81	38.46	250m:	3:09.95	45.05	350m:	4:29.86	35.37
	100m:	1:08.35	36.91	200m:	2:24.90	38.09	300m:	3:54.49	44.54	400m:	5:04.62	34.76
11.						2006		"	"	<b>5:04.72</b>	613	
	50m:	30.76	30.76	150m:	1:47.21	40.67	250m:	3:10.01	44.35	350m:	4:30.80	36.31
	100m:	1:06.54	35.78	200m:	2:25.66	38.45	300m:	3:54.49	44.48	400m:	5:04.72	33.92
12.						2006		104		<b>5:06.80</b>	601	
	50m:	32.15	32.15	150m:	1:48.25	38.43	250m:	3:08.79	42.72	350m:	4:30.13	37.13
	100m:	1:09.82	37.67	200m:	2:26.07	37.82	300m:	3:53.00	44.21	400m:	5:06.80	36.67
13.						2005		"	"	<b>5:09.21</b>	587	
	50m:	31.36	31.36	150m:	1:48.18	40.23	250m:	3:12.18	44.37	350m:	4:33.72	36.27
	100m:	1:07.95	36.59	200m:	2:27.81	39.63	300m:	3:57.45	45.27	400m:	5:09.21	35.49
14.						2006		1		<b>5:12.03</b>	571	
	50m:	32.04	32.04	150m:	1:52.58	41.90	250m:	3:17.75	45.37	350m:	4:37.59	34.71
	100m:	1:10.68	38.64	200m:	2:32.38	39.80	300m:	4:02.88	45.13	400m:	5:12.03	34.44
15.						2003		4		<b>5:12.84</b>	567	
	50m:	33.63	33.63	150m:	1:51.15	40.01	250m:	3:15.73	44.63	350m:	4:38.59	37.06
	100m:	1:11.14	37.51	200m:	2:31.10	39.95	300m:	4:01.53	45.80	400m:	5:12.84	34.25
16.						2006		"	"	<b>5:12.86</b>	566	
	50m:	31.66	31.66	150m:	1:49.92	40.23	250m:	3:13.85	44.79	350m:	4:37.73	37.59
	100m:	1:09.69	38.03	200m:	2:29.06	39.14	300m:	4:00.14	46.29	400m:	5:12.86	35.13
17.						2006		"	"	<b>5:13.26</b>	564	
	50m:	31.40	31.40	150m:	1:51.11	40.53	250m:	3:16.97	46.45	350m:	4:38.66	35.70
	100m:	1:10.58	39.18	200m:	2:30.52	39.41	300m:	4:02.96	45.99	400m:	5:13.26	34.60

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА

Ассоциация спорта  
*Алге Тиминг*



		13, , 400m										FINA
18.					2008	"	"	<b>5:13.42</b>				563
	50m:	32.26	32.26	150m:	1:50.77	40.37	250m:	3:15.19	46.01	350m:	4:38.84	37.28
	100m:	1:10.40	38.14	200m:	2:29.18	38.41	300m:	4:01.56	46.37	400m:	5:13.42	34.58
19.					2008	"	"	<b>5:13.52</b>				563
	50m:	31.80	31.80	150m:	1:50.26	40.99	250m:	3:15.27	45.72	350m:	4:38.01	36.31
	100m:	1:09.27	37.47	200m:	2:29.55	39.29	300m:	4:01.70	46.43	400m:	5:13.52	35.51
20.					2007	-70 "	"	<b>5:13.79</b>				561
	50m:	30.79	30.79	150m:	1:48.07	40.45	250m:	3:13.10	45.05	350m:	4:38.64	38.75
	100m:	1:07.62	36.83	200m:	2:28.05	39.98	300m:	3:59.89	46.79	400m:	5:13.79	35.15
21.					2004	-70 "	"	<b>5:14.75</b>				556
	50m:	33.07	33.07	150m:	1:53.50	41.91	250m:	3:18.88	44.59	350m:	4:39.11	36.27
	100m:	1:11.59	38.52	200m:	2:34.29	40.79	300m:	4:02.84	43.96	400m:	5:14.75	35.64
22.					2007	"	"	<b>5:16.21</b>				549
	50m:	30.04	30.04	150m:	1:47.16	40.71	250m:	3:12.26	46.73	350m:	4:38.81	38.75
	100m:	1:06.45	36.41	200m:	2:25.53	38.37	300m:	4:00.06	47.80	400m:	5:16.21	37.40
23.					2007	"	" 77	<b>5:16.47</b>				547
	50m:	33.39	33.39	150m:	1:54.24	41.33	250m:	3:19.61	45.65	350m:	4:42.14	36.41
	100m:	1:12.91	39.52	200m:	2:33.96	39.72	300m:	4:05.73	46.12	400m:	5:16.47	34.33
24.					2006	-70 "	"	<b>5:16.66</b>				546
	50m:	31.75	31.75	150m:	1:48.65	38.54	250m:	3:13.16	45.58	350m:	4:38.49	38.86
	100m:	1:10.11	38.36	200m:	2:27.58	38.93	300m:	3:59.63	46.47	400m:	5:16.66	38.17
25.					2006	"	"	<b>5:17.16</b>				544
	50m:	30.80	30.80	150m:	1:48.75	41.30	250m:	3:15.89	47.16	350m:	4:40.73	37.41
	100m:	1:07.45	36.65	200m:	2:28.73	39.98	300m:	4:03.32	47.43	400m:	5:17.16	36.43
26.					2007	"	"	<b>5:20.95</b>				525
	50m:	33.08	33.08	150m:	1:56.18	42.01	250m:	3:21.98	45.63	350m:	4:44.70	37.15
	100m:	1:14.17	41.09	200m:	2:36.35	40.17	300m:	4:07.55	45.57	400m:	5:20.95	36.25
27.					2008	1		<b>5:22.04</b>				519
	50m:	34.38	34.38	150m:	1:55.91	41.64	250m:	3:24.15	46.78	350m:	4:47.11	36.14
	100m:	1:14.27	39.89	200m:	2:37.37	41.46	300m:	4:10.97	46.82	400m:	5:22.04	34.93
28.					2007	"	"	<b>5:23.16</b>				514
	50m:	33.84	33.84	150m:	1:54.74	40.83	250m:	3:21.82	47.70	350m:	4:48.62	37.60
	100m:	1:13.91	40.07	200m:	2:34.12	39.38	300m:	4:11.02	49.20	400m:	5:23.16	34.54
29.					2006	"	"	<b>5:25.21</b>				504
	50m:	33.47	33.47	150m:	1:54.11	42.37	250m:	3:22.70	46.87	350m:	4:48.35	38.55
	100m:	1:11.74	38.27	200m:	2:35.83	41.72	300m:	4:09.80	47.10	400m:	5:25.21	36.86
30.					2006	"	"	<b>5:25.31</b>				504
	50m:	32.89	32.89	150m:	1:53.54	42.04	250m:	3:21.61	46.85	350m:	4:48.14	38.67
	100m:	1:11.50	38.61	200m:	2:34.76	41.22	300m:	4:09.47	47.86	400m:	5:25.31	37.17
31.					2005	10		<b>5:25.88</b>				501
	50m:	33.39	33.39	150m:	1:54.32	41.67	250m:	3:22.55	47.48	350m:	4:49.00	37.34
	100m:	1:12.65	39.26	200m:	2:35.07	40.75	300m:	4:11.66	49.11	400m:	5:25.88	36.88
32.					2007	4		<b>5:26.37</b>				499
	50m:	33.54	33.54	150m:	1:52.77	41.31	250m:	3:21.98	48.58	350m:	4:49.35	38.87
	100m:	1:11.46	37.92	200m:	2:33.40	40.63	300m:	4:10.48	48.50	400m:	5:26.37	37.02
33.					2007	"	"	<b>5:26.61</b>				498
	50m:	34.15	34.15	150m:	1:58.27	42.79	250m:	3:27.94	48.18	350m:	4:51.67	36.70
	100m:	1:15.48	41.33	200m:	2:39.76	41.49	300m:	4:14.97	47.03	400m:	5:26.61	34.94
34.					2008	2		<b>5:29.88</b>				483
	50m:	34.89	34.89	150m:	1:57.19	41.69	250m:	3:23.12	46.04	350m:	4:50.99	40.10
	100m:	1:15.50	40.61	200m:	2:37.08	39.89	300m:	4:10.89	47.77	400m:	5:29.88	38.89
35.					2008	"	"	<b>5:33.84</b>				466
	50m:	32.12	32.12	150m:	1:53.35	41.39	250m:	3:26.72	51.69	350m:	4:56.54	38.96
	100m:	1:11.96	39.84	200m:	2:35.03	41.68	300m:	4:17.58	50.86	400m:	5:33.84	37.30

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ

ПО ПЛАВАНИЮ  
(25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА

Абсолют спорта  
*Timing*



13, , 400m

											FINA	
36.					2008			"	" 82	<b>5:36.31</b>		456
	50m:	33.12	33.12	150m:	1:58.81	42.39	250m:	3:29.41	49.25	350m:	4:59.98	39.48
	100m:	1:16.42	43.30	200m:	2:40.16	41.35	300m:	4:20.50	51.09	400m:	5:36.31	36.33
37.					2007			"	"	<b>5:36.38</b>		456
	50m:	35.23	35.23	150m:	2:01.39	45.10	250m:	3:29.08	45.59	350m:	4:57.67	40.08
	100m:	1:16.29	41.06	200m:	2:43.49	42.10	300m:	4:17.59	48.51	400m:	5:36.38	38.71
38.					2008			"	"	<b>5:38.18</b>		448
	50m:	36.72	36.72	150m:	2:03.88	43.16	250m:	3:33.95	46.55	350m:	5:00.42	38.70
	100m:	1:20.72	44.00	200m:	2:47.40	43.52	300m:	4:21.72	47.77	400m:	5:38.18	37.76
39.					2008			"	"	<b>5:42.48</b>		432
	50m:	34.68	34.68	150m:	2:03.92	45.08	250m:	3:34.57	48.49	350m:	5:04.43	40.14
	100m:	1:18.84	44.16	200m:	2:46.08	42.16	300m:	4:24.29	49.72	400m:	5:42.48	38.05
40.					2008			"	"	<b>5:45.46</b>		421
	50m:	33.22	33.22	150m:	2:00.00	43.22	250m:	3:33.65	51.21	350m:	5:07.01	41.76
	100m:	1:16.78	43.56	200m:	2:42.44	42.44	300m:	4:25.25	51.60	400m:	5:45.46	38.45
41.					2006			2		<b>5:50.43</b>		403
	50m:	37.36	37.36	150m:	2:05.86	44.66	250m:	3:41.21	52.05	350m:	5:12.27	39.40
	100m:	1:21.20	43.84	200m:	2:49.16	43.30	300m:	4:32.87	51.66	400m:	5:50.43	38.16
DSQ					2004			"	"			
DSQ					2004			"	"			
DSQ					2007			"	"			

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА



13, , 400m

13-14

1.					2007		3			<b>5:04.62</b>		614
	50m:	31.44	31.44	150m:	1:46.81	38.46	250m:	3:09.95	45.05	350m:	4:29.86	35.37
	100m:	1:08.35	36.91	200m:	2:24.90	38.09	300m:	3:54.49	44.54	400m:	5:04.62	34.76
2.					2008		"			<b>5:13.42</b>		563
	50m:	32.26	32.26	150m:	1:50.77	40.37	250m:	3:15.19	46.01	350m:	4:38.84	37.28
	100m:	1:10.40	38.14	200m:	2:29.18	38.41	300m:	4:01.56	46.37	400m:	5:13.42	34.58
3.					2008		"			<b>5:13.52</b>		563
	50m:	31.80	31.80	150m:	1:50.26	40.99	250m:	3:15.27	45.72	350m:	4:38.01	36.31
	100m:	1:09.27	37.47	200m:	2:29.55	39.29	300m:	4:01.70	46.43	400m:	5:13.52	35.51
4.					2007		-70 "	"		<b>5:13.79</b>		561
	50m:	30.79	30.79	150m:	1:48.07	40.45	250m:	3:13.10	45.05	350m:	4:38.64	38.75
	100m:	1:07.62	36.83	200m:	2:28.05	39.98	300m:	3:59.89	46.79	400m:	5:13.79	35.15
5.					2007		"	"		<b>5:16.21</b>		549
	50m:	30.04	30.04	150m:	1:47.16	40.71	250m:	3:12.26	46.73	350m:	4:38.81	38.75
	100m:	1:06.45	36.41	200m:	2:25.53	38.37	300m:	4:00.06	47.80	400m:	5:16.21	37.40
6.					2007		"	" 77		<b>5:16.47</b>		547
	50m:	33.39	33.39	150m:	1:54.24	41.33	250m:	3:19.61	45.65	350m:	4:42.14	36.41
	100m:	1:12.91	39.52	200m:	2:33.96	39.72	300m:	4:05.73	46.12	400m:	5:16.47	34.33
7.					2007		"	"		<b>5:20.95</b>		525
	50m:	33.08	33.08	150m:	1:56.18	42.01	250m:	3:21.98	45.63	350m:	4:44.70	37.15
	100m:	1:14.17	41.09	200m:	2:36.35	40.17	300m:	4:07.55	45.57	400m:	5:20.95	36.25
8.					2008		1			<b>5:22.04</b>		519
	50m:	34.38	34.38	150m:	1:55.91	41.64	250m:	3:24.15	46.78	350m:	4:47.11	36.14
	100m:	1:14.27	39.89	200m:	2:37.37	41.46	300m:	4:10.97	46.82	400m:	5:22.04	34.93
9.					2007		"	"		<b>5:23.16</b>		514
	50m:	33.84	33.84	150m:	1:54.74	40.83	250m:	3:21.82	47.70	350m:	4:48.62	37.60
	100m:	1:13.91	40.07	200m:	2:34.12	39.38	300m:	4:11.02	49.20	400m:	5:23.16	34.54
10.					2007		4			<b>5:26.37</b>		499
	50m:	33.54	33.54	150m:	1:52.77	41.31	250m:	3:21.98	48.58	350m:	4:49.35	38.87
	100m:	1:11.46	37.92	200m:	2:33.40	40.63	300m:	4:10.48	48.50	400m:	5:26.37	37.02
11.					2007		"	"		<b>5:26.61</b>		498
	50m:	34.15	34.15	150m:	1:58.27	42.79	250m:	3:27.94	48.18	350m:	4:51.67	36.70
	100m:	1:15.48	41.33	200m:	2:39.76	41.49	300m:	4:14.97	47.03	400m:	5:26.61	34.94
12.					2008		2			<b>5:29.88</b>		483
	50m:	34.89	34.89	150m:	1:57.19	41.69	250m:	3:23.12	46.04	350m:	4:50.99	40.10
	100m:	1:15.50	40.61	200m:	2:37.08	39.89	300m:	4:10.89	47.77	400m:	5:29.88	38.89
13.					2008		"	"		<b>5:33.84</b>		466
	50m:	32.12	32.12	150m:	1:53.35	41.39	250m:	3:26.72	51.69	350m:	4:56.54	38.96
	100m:	1:11.96	39.84	200m:	2:35.03	41.68	300m:	4:17.58	50.86	400m:	5:33.84	37.30
14.					2008		"	" 82		<b>5:36.31</b>		456
	50m:	33.12	33.12	150m:	1:58.81	42.39	250m:	3:29.41	49.25	350m:	4:59.98	39.48
	100m:	1:16.42	43.30	200m:	2:40.16	41.35	300m:	4:20.50	51.09	400m:	5:36.31	36.33
15.					2007		"	"		<b>5:36.38</b>		456
	50m:	35.23	35.23	150m:	2:01.39	45.10	250m:	3:29.08	45.59	350m:	4:57.67	40.08
	100m:	1:16.29	41.06	200m:	2:43.49	42.10	300m:	4:17.59	48.51	400m:	5:36.38	38.71
16.					2008		"	"		<b>5:38.18</b>		448
	50m:	36.72	36.72	150m:	2:03.88	43.16	250m:	3:33.95	46.55	350m:	5:00.42	38.70
	100m:	1:20.72	44.00	200m:	2:47.40	43.52	300m:	4:21.72	47.77	400m:	5:38.18	37.76
17.					2008		"	"		<b>5:42.48</b>		432
	50m:	34.68	34.68	150m:	2:03.92	45.08	250m:	3:34.57	48.49	350m:	5:04.43	40.14
	100m:	1:18.84	44.16	200m:	2:46.08	42.16	300m:	4:24.29	49.72	400m:	5:42.48	38.05
18.					2008		"	"		<b>5:45.46</b>		421
	50m:	33.22	33.22	150m:	2:00.00	43.22	250m:	3:33.65	51.21	350m:	5:07.01	41.76
	100m:	1:16.78	43.56	200m:	2:42.44	42.44	300m:	4:25.25	51.60	400m:	5:45.46	38.45

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА

Ассоциация спорта  
*Стим*



13, ,400m

13-14

DSQ

2007

FINA

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
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1.				2005	"	"	<b>4:52.89</b>	691				
	50m:	30.91	30.91	150m:	1:42.71	36.30	250m:	3:01.06	42.41	350m:	4:18.97	35.59
	100m:	1:06.41	35.50	200m:	2:18.65	35.94	300m:	3:43.38	42.32	400m:	4:52.89	33.92
2.				2004	"	"	<b>4:58.88</b>	650				
	50m:	30.95	30.95	150m:	1:44.24	37.46	250m:	3:05.09	44.08	350m:	4:24.51	35.65
	100m:	1:06.78	35.83	200m:	2:21.01	36.77	300m:	3:48.86	43.77	400m:	4:58.88	34.37
3.				2005	"	"	<b>5:00.02</b>	642				
	50m:	29.77	29.77	150m:	1:43.42	39.33	250m:	3:06.32	44.34	350m:	4:27.25	34.99
	100m:	1:04.09	34.32	200m:	2:21.98	38.56	300m:	3:52.26	45.94	400m:	5:00.02	32.77
4.				2006	"	"	<b>5:01.80</b>	631				
	50m:	33.24	33.24	150m:	1:49.84	38.59	250m:	3:10.64	43.82	350m:	4:28.50	34.55
	100m:	1:11.25	38.01	200m:	2:26.82	36.98	300m:	3:53.95	43.31	400m:	5:01.80	33.30
5.				2006	4		<b>5:01.94</b>	630				
	50m:	32.40	32.40	150m:	1:49.54	40.17	250m:	3:10.24	41.78	350m:	4:28.30	35.10
	100m:	1:09.37	36.97	200m:	2:28.46	38.92	300m:	3:53.20	42.96	400m:	5:01.94	33.64
6.				2006	3		<b>5:02.07</b>	629				
	50m:	31.26	31.26	150m:	1:45.52	36.95	250m:	3:08.49	46.69	350m:	4:28.61	33.71
	100m:	1:08.57	37.31	200m:	2:21.80	36.28	300m:	3:54.90	46.41	400m:	5:02.07	33.46
7.				2005	4		<b>5:04.46</b>	615				
	50m:	32.31	32.31	150m:	1:45.44	36.59	250m:	3:05.94	44.52	350m:	4:29.00	36.87
	100m:	1:08.85	36.54	200m:	2:21.42	35.98	300m:	3:52.13	46.19	400m:	5:04.46	35.46
8.				2006	"	"	<b>5:04.72</b>	613				
	50m:	30.76	30.76	150m:	1:47.21	40.67	250m:	3:10.01	44.35	350m:	4:30.80	36.31
	100m:	1:06.54	35.78	200m:	2:25.66	38.45	300m:	3:54.49	44.48	400m:	5:04.72	33.92
9.				2006	104		<b>5:06.80</b>	601				
	50m:	32.15	32.15	150m:	1:48.25	38.43	250m:	3:08.79	42.72	350m:	4:30.13	37.13
	100m:	1:09.82	37.67	200m:	2:26.07	37.82	300m:	3:53.00	44.21	400m:	5:06.80	36.67
10.				2005	"	"	<b>5:09.21</b>	587				
	50m:	31.36	31.36	150m:	1:48.18	40.23	250m:	3:12.18	44.37	350m:	4:33.72	36.27
	100m:	1:07.95	36.59	200m:	2:27.81	39.63	300m:	3:57.45	45.27	400m:	5:09.21	35.49
11.				2006	1		<b>5:12.03</b>	571				
	50m:	32.04	32.04	150m:	1:52.58	41.90	250m:	3:17.75	45.37	350m:	4:37.59	34.71
	100m:	1:10.68	38.64	200m:	2:32.38	39.80	300m:	4:02.88	45.13	400m:	5:12.03	34.44
12.				2006	"	"	<b>5:12.86</b>	566				
	50m:	31.66	31.66	150m:	1:49.92	40.23	250m:	3:13.85	44.79	350m:	4:37.73	37.59
	100m:	1:09.69	38.03	200m:	2:29.06	39.14	300m:	4:00.14	46.29	400m:	5:12.86	35.13
13.				2006	"	"	<b>5:13.26</b>	564				
	50m:	31.40	31.40	150m:	1:51.11	40.53	250m:	3:16.97	46.45	350m:	4:38.66	35.70
	100m:	1:10.58	39.18	200m:	2:30.52	39.41	300m:	4:02.96	45.99	400m:	5:13.26	34.60
14.				2004	-70 "	"	<b>5:14.75</b>	556				
	50m:	33.07	33.07	150m:	1:53.50	41.91	250m:	3:18.88	44.59	350m:	4:39.11	36.27
	100m:	1:11.59	38.52	200m:	2:34.29	40.79	300m:	4:02.84	43.96	400m:	5:14.75	35.64
15.				2006	-70 "	"	<b>5:16.66</b>	546				
	50m:	31.75	31.75	150m:	1:48.65	38.54	250m:	3:13.16	45.58	350m:	4:38.49	38.86
	100m:	1:10.11	38.36	200m:	2:27.58	38.93	300m:	3:59.63	46.47	400m:	5:16.66	38.17
16.				2006	"	"	<b>5:17.16</b>	544				
	50m:	30.80	30.80	150m:	1:48.75	41.30	250m:	3:15.89	47.16	350m:	4:40.73	37.41
	100m:	1:07.45	36.65	200m:	2:28.73	39.98	300m:	4:03.32	47.43	400m:	5:17.16	36.43
17.				2006	"	"	<b>5:25.21</b>	504				
	50m:	33.47	33.47	150m:	1:54.11	42.37	250m:	3:22.70	46.87	350m:	4:48.35	38.55
	100m:	1:11.74	38.27	200m:	2:35.83	41.72	300m:	4:09.80	47.10	400m:	5:25.21	36.86
18.				2006	"	"	<b>5:25.31</b>	504				
	50m:	32.89	32.89	150m:	1:53.54	42.04	250m:	3:21.61	46.85	350m:	4:48.14	38.67
	100m:	1:11.50	38.61	200m:	2:34.76	41.22	300m:	4:09.47	47.86	400m:	5:25.31	37.17

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

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13, , 400m

15-17

		/								FINA		
19.		2005				10	<b>5:25.88</b>				501	
	50m:	33.39	33.39	150m:	1:54.32	41.67	250m:	3:22.55	47.48	350m:	4:49.00	37.34
	100m:	1:12.65	39.26	200m:	2:35.07	40.75	300m:	4:11.66	49.11	400m:	5:25.88	36.88
20.		2006				2	<b>5:50.43</b>				403	
	50m:	37.36	37.36	150m:	2:05.86	44.66	250m:	3:41.21	52.05	350m:	5:12.27	39.40
	100m:	1:21.20	43.84	200m:	2:49.16	43.30	300m:	4:32.87	51.66	400m:	5:50.43	38.16
DSQ		2004				"	"					
DSQ		2004				"	"					

# ЧЕМПИОНАТ ГОРОДА МОСКВЫ

## ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ  
2021 ГОДА

*Академия спорта*  
Академия спорта



13, , 400m

ЕХН			I	2008		"	"		<b>5:44.73</b>	423		
	50m:	34.31	34.31	150m:	2:00.22	44.64	250m:	3:36.08	52.52	350m:	5:07.57	38.32
	100m:	1:15.58	41.27	200m:	2:43.56	43.34	300m:	4:29.25	53.17	400m:	5:44.73	37.16