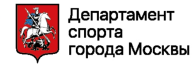




ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

25-28 октября 2022 года
ГБУ МСК "Янтарь" Москомспорта



24
27.10.2022 - 9:23

, 400m

3:39.54

28.10.2021

: FINA 2022

									R.T.				FINA
1.			1999			3			+0,72	3:49.28			793
	50m:	26.79	26.79	150m:	1:25.23	29.30	250m:	2:24.23	29.11	350m:	3:21.91	28.56	
	100m:	55.93	29.14	200m:	1:55.12	29.89	300m:	2:53.35	29.12	400m:	3:49.28	27.37	
2.			2001			3			+0,68	3:49.36			792
	50m:	27.21	27.21	150m:	1:25.32	28.80	250m:	2:23.96	29.00	350m:	3:21.63	28.92	
	100m:	56.52	29.31	200m:	1:54.96	29.64	300m:	2:52.71	28.75	400m:	3:49.36	27.73	
3.			2004			3			+0,75	3:51.92			766
	50m:	27.40	27.40	150m:	1:26.72	29.67	250m:	2:25.11	28.78	350m:	3:23.44	29.30	
	100m:	57.05	29.65	200m:	1:56.33	29.61	300m:	2:54.14	29.03	400m:	3:51.92	28.48	
4.			2004			"		"	+0,56	3:54.09			745
	50m:	27.36	27.36	150m:	1:26.46	29.62	250m:	2:25.89	29.43	350m:	3:25.52	29.93	
	100m:	56.84	29.48	200m:	1:56.46	30.00	300m:	2:55.59	29.70	400m:	3:54.09	28.57	
5.			2002			3			+0,78	3:54.23			744
	50m:	27.62	27.62	150m:	1:26.15	29.24	250m:	2:24.97	29.39	350m:	3:24.52	29.84	
	100m:	56.91	29.29	200m:	1:55.58	29.43	300m:	2:54.68	29.71	400m:	3:54.23	29.71	
6.			2004			"		"	+0,67	3:54.58			740
	50m:	27.92	27.92	150m:	1:27.45	29.64	250m:	2:26.71	29.20	350m:	3:25.61	29.59	
	100m:	57.81	29.89	200m:	1:57.51	30.06	300m:	2:56.02	29.31	400m:	3:54.58	28.97	
7.			2004			3			+0,72	3:54.67			739
	50m:	27.13	27.13	150m:	1:26.84	30.09	250m:	2:27.63	30.12	350m:	3:27.69	29.99	
	100m:	56.75	29.62	200m:	1:57.51	30.67	300m:	2:57.70	30.07	400m:	3:54.67	26.98	
8.			2005			3			+0,67	3:54.73			739
	50m:	27.27	27.27	150m:	1:26.93	30.02	250m:	2:27.17	29.56	350m:	3:26.66	29.51	
	100m:	56.91	29.64	200m:	1:57.61	30.68	300m:	2:57.15	29.98	400m:	3:54.73	28.07	
9.			2003			3			+0,69	3:55.24			734
	50m:	27.92	27.92	150m:	1:26.94	29.87	250m:	2:26.34	29.58	350m:	3:26.42	30.11	
	100m:	57.07	29.15	200m:	1:56.76	29.82	300m:	2:56.31	29.97	400m:	3:55.24	28.82	
10.			2004			3			+0,59	3:56.36			724
	50m:	27.29	27.29	150m:	1:27.53	30.14	250m:	2:27.67	29.82	350m:	3:27.15	29.78	
	100m:	57.39	30.10	200m:	1:57.85	30.32	300m:	2:57.37	29.70	400m:	3:56.36	29.21	
11.			2002			3			+0,74	3:57.34			715
	50m:	27.25	27.25	150m:	1:25.99	29.92	250m:	2:26.47	30.04	350m:	3:27.59	30.67	
	100m:	56.07	28.82	200m:	1:56.43	30.44	300m:	2:56.92	30.45	400m:	3:57.34	29.75	
12.			2004			"		"	+0,70	3:57.37			714
	50m:	26.91	26.91	150m:	1:27.30	30.09	250m:	2:27.95	30.19	350m:	3:27.94	30.09	
	100m:	57.21	30.30	200m:	1:57.76	30.46	300m:	2:57.85	29.90	400m:	3:57.37	29.43	
13.			2005			3			+0,64	3:59.97			691
	50m:	27.32	27.32	150m:	1:27.88	30.50	250m:	2:28.55	29.76	350m:	3:30.04	30.79	
	100m:	57.38	30.06	200m:	1:58.79	30.91	300m:	2:59.25	30.70	400m:	3:59.97	29.93	
14.			2002			3			+0,69	4:00.10			690
	50m:	27.75	27.75	150m:	1:28.14	30.35	250m:	2:29.04	30.48	350m:	3:30.09	30.51	
	100m:	57.79	30.04	200m:	1:58.56	30.42	300m:	2:59.58	30.54	400m:	4:00.10	30.01	
15.			2003			"		"	+0,70	4:00.30			689
	50m:	28.03	28.03	150m:	1:30.04	31.31	250m:	2:31.71	30.59	350m:	3:31.79	29.85	
	100m:	58.73	30.70	200m:	2:01.12	31.08	300m:	3:01.94	30.23	400m:	4:00.30	28.51	
16.			2006			"		"	+0,71	4:01.77			676
	50m:	26.87	26.87	150m:	1:27.94	30.85	250m:	2:30.40	31.22	350m:	3:32.64	30.93	
	100m:	57.09	30.22	200m:	1:59.18	31.24	300m:	3:01.71	31.31	400m:	4:01.77	29.13	

<https://mosswimming.ru/>

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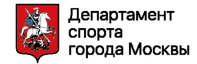
ALGE Timing



ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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24, , 400m

									R.T.		FINA	
17.			2006		3				+0,75	4:02.27	672	
	50m:	28.08	28.08	150m:	1:28.11	30.25	250m:	2:30.31	31.08	350m:	3:32.85	31.28
	100m:	57.86	29.78	200m:	1:59.23	31.12	300m:	3:01.57	31.26	400m:	4:02.27	29.42
18.			2002		"	"			+0,75	4:02.98	666	
	50m:	27.79	27.79	150m:	1:28.99	30.91	250m:	2:31.62	31.27	350m:	3:33.59	31.00
	100m:	58.08	30.29	200m:	2:00.35	31.36	300m:	3:02.59	30.97	400m:	4:02.98	29.39
19.			2004		"	"	"		+0,76	4:03.26	664	
	50m:	27.63	27.63	150m:	1:27.98	30.09	250m:	2:29.26	30.81	350m:	3:32.84	31.93
	100m:	57.89	30.26	200m:	1:58.45	30.47	300m:	3:00.91	31.65	400m:	4:03.26	30.42
20.			2004		"	"			+0,74	4:03.41	663	
	50m:	27.45	27.45	150m:	1:28.49	30.66	250m:	2:29.90	30.59	350m:	3:32.45	31.69
	100m:	57.83	30.38	200m:	1:59.31	30.82	300m:	3:00.76	30.86	400m:	4:03.41	30.96
21.			2005		"	"			+0,74	4:03.72	660	
	50m:	27.26	27.26	150m:	1:27.47	30.48	250m:	2:29.28	30.93	350m:	3:33.01	32.14
	100m:	56.99	29.73	200m:	1:58.35	30.88	300m:	3:00.87	31.59	400m:	4:03.72	30.71
22.			2002		"	"			+0,77	4:04.37	655	
	50m:	27.69	27.69	150m:	1:28.47	30.69	250m:	2:30.56	31.18	350m:	3:33.59	31.70
	100m:	57.78	30.09	200m:	1:59.38	30.91	300m:	3:01.89	31.33	400m:	4:04.37	30.78
23.			2006		"	"			+0,65	4:05.60	645	
	50m:	28.08	28.08	150m:	1:30.36	31.71	250m:	2:33.84	31.88	350m:	3:36.50	31.20
	100m:	58.65	30.57	200m:	2:01.96	31.60	300m:	3:05.30	31.46	400m:	4:05.60	29.10
24.			2006		"	"			+0,70	4:05.83	643	
	50m:	27.64	27.64	150m:	1:29.86	31.07	250m:	2:32.89	31.51	350m:	3:35.57	31.06
	100m:	58.79	31.15	200m:	2:01.38	31.52	300m:	3:04.51	31.62	400m:	4:05.83	30.26
25.			2003		4	.	.	.	+0,69	4:06.24	640	
	50m:	27.16	27.16	150m:	1:27.91	30.78	250m:	2:31.21	31.86	350m:	3:35.51	31.88
	100m:	57.13	29.97	200m:	1:59.35	31.44	300m:	3:03.63	32.42	400m:	4:06.24	30.73
26.			2005		-	.	"	"	+0,68	4:06.61	637	
	50m:	27.68	27.68	150m:	1:29.71	31.28	250m:	2:32.39	31.38	350m:	3:35.83	31.85
	100m:	58.43	30.75	200m:	2:01.01	31.30	300m:	3:03.98	31.59	400m:	4:06.61	30.78
27.			2006		3					4:07.59	630	
	50m:	28.49	28.49	150m:	1:31.60	31.84	250m:	2:34.08	30.38	350m:	3:36.98	31.59
	100m:	59.76	31.27	200m:	2:03.70	32.10	300m:	3:05.39	31.31	400m:	4:07.59	30.61
28.			2003		"	"			+0,72	4:07.62	629	
	50m:	28.04	28.04	150m:	1:30.23	31.55	250m:	2:34.52	32.25	350m:	3:38.06	31.47
	100m:	58.68	30.64	200m:	2:02.27	32.04	300m:	3:06.59	32.07	400m:	4:07.62	29.56
29.			1999		"	"			+0,82	4:07.76	628	
	50m:	28.39	28.39	150m:	1:30.41	31.59	250m:	2:34.39	31.89	350m:	3:38.64	32.11
	100m:	58.82	30.43	200m:	2:02.50	32.09	300m:	3:06.53	32.14	400m:	4:07.76	29.12
30.			2006		"	"			+0,54	4:08.29	624	
	50m:	29.05	29.05	150m:	1:34.00	32.75	250m:	2:38.02	31.55	350m:	3:40.29	30.55
	100m:	1:01.25	32.20	200m:	2:06.47	32.47	300m:	3:09.74	31.72	400m:	4:08.29	28.00
31.			2006		-70	.	"	"	+0,71	4:08.63	622	
	50m:	27.83	27.83	150m:	1:30.12	31.59	250m:	2:33.92	32.00	350m:	3:38.15	31.85
	100m:	58.53	30.70	200m:	2:01.92	31.80	300m:	3:06.30	32.38	400m:	4:08.63	30.48
32.			2004		3				+0,75	4:08.97	619	
	50m:	27.71	27.71	150m:	1:29.88	31.59	250m:	2:34.08	32.03	350m:	3:38.06	31.73
	100m:	58.29	30.58	200m:	2:02.05	32.17	300m:	3:06.33	32.25	400m:	4:08.97	30.91
33.			2007		"	"			+0,58	4:09.05	618	
	50m:	27.90	27.90	150m:	1:28.84	31.14	250m:	2:32.30	32.01	350m:	3:36.99	32.63
	100m:	57.70	29.80	200m:	2:00.29	31.45	300m:	3:04.36	32.06	400m:	4:09.05	32.06
34.			2007		.	"	"		+0,78	4:09.11	618	
	50m:	28.43	28.43	150m:	1:31.76	31.93	250m:	2:35.43	31.55	350m:	3:38.95	31.69
	100m:	59.83	31.40	200m:	2:03.88	32.12	300m:	3:07.26	31.83	400m:	4:09.11	30.16

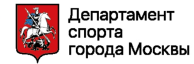
<https://mosswimming.ru/>



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24, , 400m

			/					R.T.				FINA	
35.			2003	"	"	"		+0,72	4:09.69			614	
	50m:	27.49	27.49	150m:	1:29.37	31.71	250m:	2:33.68	31.89	350m:	3:38.18	32.28	
	100m:	57.66	30.17	200m:	2:01.79	32.42	300m:	3:05.90	32.22	400m:	4:09.69	31.51	
36.			2002			4		+0,62	4:09.70			614	
	50m:	27.30	27.30	150m:	1:28.93	31.10	250m:	2:32.53	32.15	350m:	3:37.65	32.53	
	100m:	57.83	30.53	200m:	2:00.38	31.45	300m:	3:05.12	32.59	400m:	4:09.70	32.05	
37.			2006	"	"	"		+0,75	4:09.93			612	
	50m:	27.80	27.80	150m:	1:31.09	32.08	250m:	2:35.58	32.24	350m:	3:40.08	32.22	
	100m:	59.01	31.21	200m:	2:03.34	32.25	300m:	3:07.86	32.28	400m:	4:09.93	29.85	
38.			2006	"	"	"		+0,64	4:09.99			612	
	50m:	27.67	27.67	150m:	1:30.23	31.84	250m:	2:34.55	32.31	350m:	3:38.90	31.94	
	100m:	58.39	30.72	200m:	2:02.24	32.01	300m:	3:06.96	32.41	400m:	4:09.99	31.09	
39.			2007	"	"	"		+0,75	4:10.10			611	
	50m:	28.64	28.64	150m:	1:31.59	31.62	250m:	2:35.04	31.62	350m:	3:39.04	32.10	
	100m:	59.97	31.33	200m:	2:03.42	31.83	300m:	3:06.94	31.90	400m:	4:10.10	31.06	
40.			2006			"	"	+0,63	4:10.72			606	
	50m:	28.99	28.99	150m:	1:32.82	32.12	250m:	2:36.94	32.10	350m:	3:40.64	31.73	
	100m:	1:00.70	31.71	200m:	2:04.84	32.02	300m:	3:08.91	31.97	400m:	4:10.72	30.08	
41.			2005	"	"	"		+0,64	4:10.79			606	
	50m:	27.87	27.87	150m:	1:29.66	31.02	250m:	2:34.04	32.42	350m:	3:39.13	32.38	
	100m:	58.64	30.77	200m:	2:01.62	31.96	300m:	3:06.75	32.71	400m:	4:10.79	31.66	
42.			2005	"	"	"		+0,73	4:11.94			597	
	50m:	28.23	28.23	150m:	1:31.49	31.65	250m:	2:35.97	32.17	350m:	3:40.93	32.65	
	100m:	59.84	31.61	200m:	2:03.80	32.31	300m:	3:08.28	32.31	400m:	4:11.94	31.01	
43.			2003			4		+0,77	4:12.06			597	
	50m:	28.19	28.19	150m:	1:31.17	32.02	250m:	2:35.69	32.30	350m:	3:40.46	32.01	
	100m:	59.15	30.96	200m:	2:03.39	32.22	300m:	3:08.45	32.76	400m:	4:12.06	31.60	
44.			2006			"		+0,68	4:14.57			579	
	50m:	28.88	28.88	150m:	1:32.40	32.29	250m:	2:37.40	32.53	350m:	3:42.49	33.16	
	100m:	1:00.11	31.23	200m:	2:04.87	32.47	300m:	3:09.33	31.93	400m:	4:14.57	32.08	
45.			2007	"	"	"		+0,61	4:14.76			578	
	50m:	28.62	28.62	150m:	1:31.70	32.01	250m:	2:36.98	32.77	350m:	3:42.81	32.87	
	100m:	59.69	31.07	200m:	2:04.21	32.51	300m:	3:09.94	32.96	400m:	4:14.76	31.95	
46.			2007		"	"	"	+0,74	4:15.92			570	
	50m:	29.14	29.14	150m:	1:32.83	32.10	250m:	2:38.19	32.87	350m:	3:43.53	32.73	
	100m:	1:00.73	31.59	200m:	2:05.32	32.49	300m:	3:10.80	32.61	400m:	4:15.92	32.39	
47.			2006	"	"	"		+0,68	4:17.36			560	
	50m:	30.81	30.81	150m:	1:35.32	32.31	250m:	2:41.77	33.02	350m:	3:46.23	32.19	
	100m:	1:03.01	32.20	200m:	2:08.75	33.43	300m:	3:14.04	32.27	400m:	4:17.36	31.13	
48.			2007	"	"	"		+0,61	4:20.86			538	
	50m:	28.90	28.90	150m:	1:33.54	32.74	250m:	2:40.92	33.45	350m:	3:48.71	33.89	
	100m:	1:00.80	31.90	200m:	2:07.47	33.93	300m:	3:14.82	33.90	400m:	4:20.86	32.15	
49.			2007		"	"	"	+0,87	4:21.11			537	
	50m:	29.54	29.54	150m:	1:35.21	32.22	250m:	2:40.53	32.77	350m:	3:47.31	33.49	
	100m:	1:02.99	33.45	200m:	2:07.76	32.55	300m:	3:13.82	33.29	400m:	4:21.11	33.80	
50.			2007		"	"	"	+0,67	4:21.20			536	
	50m:	29.38	29.38	150m:	1:34.79	33.26	250m:	2:40.85	33.14	350m:	3:47.78	33.49	
	100m:	1:01.53	32.15	200m:	2:07.71	32.92	300m:	3:14.29	33.44	400m:	4:21.20	33.42	
51.			2007	-	"	"	"	+0,79	4:21.62			533	
	50m:	29.37	29.37	150m:	1:35.20	33.32	250m:	2:42.74	34.03	350m:	3:49.59	33.38	
	100m:	1:01.88	32.51	200m:	2:08.71	33.51	300m:	3:16.21	33.47	400m:	4:21.62	32.03	
52.			2007	"	"	"		+0,79	4:24.98			513	
	50m:	28.89	28.89	150m:	1:33.62	33.01	250m:	2:42.61	34.69	350m:	3:51.77	34.71	
	100m:	1:00.61	31.72	200m:	2:07.92	34.30	300m:	3:17.06	34.45	400m:	4:24.98	33.21	

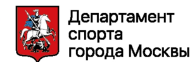
<https://mosswimming.ru/>



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ГБУ МСК "Янтарь" Москомспорта



24, , 400m

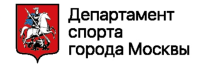
										R.T.		FINA	
53.				2007	I					+0,76	4:26.15	I	507
	50m:	29.02	29.02	150m:	1:33.52	32.68	250m:	2:41.90	34.36	350m:	3:51.75	34.83	
	100m:	1:00.84	31.82	200m:	2:07.54	34.02	300m:	3:16.92	35.02	400m:	4:26.15	34.40	
54.				2006	I	"	"	"		+0,68	4:26.19	I	506
	50m:	29.05	29.05	150m:	1:34.49	33.12	250m:	2:41.95	33.54	350m:	3:51.22	34.94	
	100m:	1:01.37	32.32	200m:	2:08.41	33.92	300m:	3:16.28	34.33	400m:	4:26.19	34.97	
55.				2006	I	"	"	"		+0,73	4:32.19		474
	50m:	30.02	30.02	150m:	1:37.90	34.36	250m:	2:47.08	34.30	350m:	3:57.30	35.29	
	100m:	1:03.54	33.52	200m:	2:12.78	34.88	300m:	3:22.01	34.93	400m:	4:32.19	34.89	
DSQ				2003		"	"	"					
DNS				2006					3				



ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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ГБУ МСК "Янтарь" Москомспорта



24, , 400m

17-18

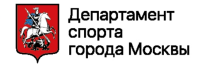
1.				2004			3		+0,75	3:51.92		766
	50m:	27.40	27.40	150m:	1:26.72	29.67	250m:	2:25.11	28.78	350m:	3:23.44	29.30
	100m:	57.05	29.65	200m:	1:56.33	29.61	300m:	2:54.14	29.03	400m:	3:51.92	28.48
2.				2004		"	"		+0,56	3:54.09		745
	50m:	27.36	27.36	150m:	1:26.46	29.62	250m:	2:25.89	29.43	350m:	3:25.52	29.93
	100m:	56.84	29.48	200m:	1:56.46	30.00	300m:	2:55.59	29.70	400m:	3:54.09	28.57
3.				2004		"	"		+0,67	3:54.58		740
	50m:	27.92	27.92	150m:	1:27.45	29.64	250m:	2:26.71	29.20	350m:	3:25.61	29.59
	100m:	57.81	29.89	200m:	1:57.51	30.06	300m:	2:56.02	29.31	400m:	3:54.58	28.97
4.				2004			3		+0,72	3:54.67		739
	50m:	27.13	27.13	150m:	1:26.84	30.09	250m:	2:27.63	30.12	350m:	3:27.69	29.99
	100m:	56.75	29.62	200m:	1:57.51	30.67	300m:	2:57.70	30.07	400m:	3:54.67	26.98
5.				2005			3		+0,67	3:54.73		739
	50m:	27.27	27.27	150m:	1:26.93	30.02	250m:	2:27.17	29.56	350m:	3:26.66	29.51
	100m:	56.91	29.64	200m:	1:57.61	30.68	300m:	2:57.15	29.98	400m:	3:54.73	28.07
6.				2004			3		+0,59	3:56.36		724
	50m:	27.29	27.29	150m:	1:27.53	30.14	250m:	2:27.67	29.82	350m:	3:27.15	29.78
	100m:	57.39	30.10	200m:	1:57.85	30.32	300m:	2:57.37	29.70	400m:	3:56.36	29.21
7.				2004		"	"		+0,70	3:57.37		714
	50m:	26.91	26.91	150m:	1:27.30	30.09	250m:	2:27.95	30.19	350m:	3:27.94	30.09
	100m:	57.21	30.30	200m:	1:57.76	30.46	300m:	2:57.85	29.90	400m:	3:57.37	29.43
8.				2005			3		+0,64	3:59.97		691
	50m:	27.32	27.32	150m:	1:27.88	30.50	250m:	2:28.55	29.76	350m:	3:30.04	30.79
	100m:	57.38	30.06	200m:	1:58.79	30.91	300m:	2:59.25	30.70	400m:	3:59.97	29.93
9.				2004		"	"	"	+0,76	4:03.26		664
	50m:	27.63	27.63	150m:	1:27.98	30.09	250m:	2:29.26	30.81	350m:	3:32.84	31.93
	100m:	57.89	30.26	200m:	1:58.45	30.47	300m:	3:00.91	31.65	400m:	4:03.26	30.42
10.				2004		"	"	"	+0,74	4:03.41		663
	50m:	27.45	27.45	150m:	1:28.49	30.66	250m:	2:29.90	30.59	350m:	3:32.45	31.69
	100m:	57.83	30.38	200m:	1:59.31	30.82	300m:	3:00.76	30.86	400m:	4:03.41	30.96
11.				2005		"	"	"	+0,74	4:03.72		660
	50m:	27.26	27.26	150m:	1:27.47	30.48	250m:	2:29.28	30.93	350m:	3:33.01	32.14
	100m:	56.99	29.73	200m:	1:58.35	30.88	300m:	3:00.87	31.59	400m:	4:03.72	30.71
12.				2005		-	"	"	+0,68	4:06.61		637
	50m:	27.68	27.68	150m:	1:29.71	31.28	250m:	2:32.39	31.38	350m:	3:35.83	31.85
	100m:	58.43	30.75	200m:	2:01.01	31.30	300m:	3:03.98	31.59	400m:	4:06.61	30.78
13.				2004			3		+0,75	4:08.97		619
	50m:	27.71	27.71	150m:	1:29.88	31.59	250m:	2:34.08	32.03	350m:	3:38.06	31.73
	100m:	58.29	30.58	200m:	2:02.05	32.17	300m:	3:06.33	32.25	400m:	4:08.97	30.91
14.				2005		"	"	"	+0,64	4:10.79		606
	50m:	27.87	27.87	150m:	1:29.66	31.02	250m:	2:34.04	32.42	350m:	3:39.13	32.38
	100m:	58.64	30.77	200m:	2:01.62	31.96	300m:	3:06.75	32.71	400m:	4:10.79	31.66
15.				2005		"	"	"	+0,73	4:11.94		597
	50m:	28.23	28.23	150m:	1:31.49	31.65	250m:	2:35.97	32.17	350m:	3:40.93	32.65
	100m:	59.84	31.61	200m:	2:03.80	32.31	300m:	3:08.28	32.31	400m:	4:11.94	31.01



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(бассейн 25 метров)

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24, , 400m

15-16

1.				2006	"	"			+0,71	4:01.77		676
	50m:	26.87	26.87	150m:	1:27.94	30.85	250m:	2:30.40	31.22	350m:	3:32.64	30.93
	100m:	57.09	30.22	200m:	1:59.18	31.24	300m:	3:01.71	31.31	400m:	4:01.77	29.13
2.				2006			3		+0,75	4:02.27		672
	50m:	28.08	28.08	150m:	1:28.11	30.25	250m:	2:30.31	31.08	350m:	3:32.85	31.28
	100m:	57.86	29.78	200m:	1:59.23	31.12	300m:	3:01.57	31.26	400m:	4:02.27	29.42
3.				2006		"	"		+0,65	4:05.60		645
	50m:	28.08	28.08	150m:	1:30.36	31.71	250m:	2:33.84	31.88	350m:	3:36.50	31.20
	100m:	58.65	30.57	200m:	2:01.96	31.60	300m:	3:05.30	31.46	400m:	4:05.60	29.10
4.				2006		"	"		+0,70	4:05.83		643
	50m:	27.64	27.64	150m:	1:29.86	31.07	250m:	2:32.89	31.51	350m:	3:35.57	31.06
	100m:	58.79	31.15	200m:	2:01.38	31.52	300m:	3:04.51	31.62	400m:	4:05.83	30.26
5.				2006			3			4:07.59		630
	50m:	28.49	28.49	150m:	1:31.60	31.84	250m:	2:34.08	30.38	350m:	3:36.98	31.59
	100m:	59.76	31.27	200m:	2:03.70	32.10	300m:	3:05.39	31.31	400m:	4:07.59	30.61
6.				2006		"	"		+0,54	4:08.29		624
	50m:	29.05	29.05	150m:	1:34.00	32.75	250m:	2:38.02	31.55	350m:	3:40.29	30.55
	100m:	1:01.25	32.20	200m:	2:06.47	32.47	300m:	3:09.74	31.72	400m:	4:08.29	28.00
7.				2006		-70	"	"	+0,71	4:08.63		622
	50m:	27.83	27.83	150m:	1:30.12	31.59	250m:	2:33.92	32.00	350m:	3:38.15	31.85
	100m:	58.53	30.70	200m:	2:01.92	31.80	300m:	3:06.30	32.38	400m:	4:08.63	30.48
8.				2007		"	"		+0,58	4:09.05		618
	50m:	27.90	27.90	150m:	1:28.84	31.14	250m:	2:32.30	32.01	350m:	3:36.99	32.63
	100m:	57.70	29.80	200m:	2:00.29	31.45	300m:	3:04.36	32.06	400m:	4:09.05	32.06
9.				2007			"	"	+0,78	4:09.11		618
	50m:	28.43	28.43	150m:	1:31.76	31.93	250m:	2:35.43	31.55	350m:	3:38.95	31.69
	100m:	59.83	31.40	200m:	2:03.88	32.12	300m:	3:07.26	31.83	400m:	4:09.11	30.16
10.				2006		"	"		+0,75	4:09.93		612
	50m:	27.80	27.80	150m:	1:31.09	32.08	250m:	2:35.58	32.24	350m:	3:40.08	32.22
	100m:	59.01	31.21	200m:	2:03.34	32.25	300m:	3:07.86	32.28	400m:	4:09.93	29.85
11.				2006		"	"		+0,64	4:09.99		612
	50m:	27.67	27.67	150m:	1:30.23	31.84	250m:	2:34.55	32.31	350m:	3:38.90	31.94
	100m:	58.39	30.72	200m:	2:02.24	32.01	300m:	3:06.96	32.41	400m:	4:09.99	31.09
12.				2007		"	"		+0,75	4:10.10		611
	50m:	28.64	28.64	150m:	1:31.59	31.62	250m:	2:35.04	31.62	350m:	3:39.04	32.10
	100m:	59.97	31.33	200m:	2:03.42	31.83	300m:	3:06.94	31.90	400m:	4:10.10	31.06
13.				2006			"	"	+0,63	4:10.72		606
	50m:	28.99	28.99	150m:	1:32.82	32.12	250m:	2:36.94	32.10	350m:	3:40.64	31.73
	100m:	1:00.70	31.71	200m:	2:04.84	32.02	300m:	3:08.91	31.97	400m:	4:10.72	30.08
14.				2006					+0,68	4:14.57		579
	50m:	28.88	28.88	150m:	1:32.40	32.29	250m:	2:37.40	32.53	350m:	3:42.49	33.16
	100m:	1:00.11	31.23	200m:	2:04.87	32.47	300m:	3:09.33	31.93	400m:	4:14.57	32.08
15.				2007		"	"		+0,61	4:14.76		578
	50m:	28.62	28.62	150m:	1:31.70	32.01	250m:	2:36.98	32.77	350m:	3:42.81	32.87
	100m:	59.69	31.07	200m:	2:04.21	32.51	300m:	3:09.94	32.96	400m:	4:14.76	31.95
16.				2007			"	"	+0,74	4:15.92		570
	50m:	29.14	29.14	150m:	1:32.83	32.10	250m:	2:38.19	32.87	350m:	3:43.53	32.73
	100m:	1:00.73	31.59	200m:	2:05.32	32.49	300m:	3:10.80	32.61	400m:	4:15.92	32.39
17.				2006		"	"	"	+0,68	4:17.36		560
	50m:	30.81	30.81	150m:	1:35.32	32.31	250m:	2:41.77	33.02	350m:	3:46.23	32.19
	100m:	1:03.01	32.20	200m:	2:08.75	33.43	300m:	3:14.04	32.27	400m:	4:17.36	31.13
18.				2007		"	"	"	+0,61	4:20.86		538
	50m:	28.90	28.90	150m:	1:33.54	32.74	250m:	2:40.92	33.45	350m:	3:48.71	33.89
	100m:	1:00.80	31.90	200m:	2:07.47	33.93	300m:	3:14.82	33.90	400m:	4:20.86	32.15

<https://mosswimming.ru/>

25

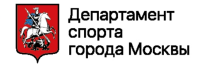
ALGE Timing



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24, , 400m

15-16

										R.T.			FINA
19.				2007	I	"	"	"		+0,87	4:21.11	I	537
	50m:	29.54	29.54	150m:	1:35.21	32.22	250m:	2:40.53	32.77	350m:	3:47.31	33.49	
	100m:	1:02.99	33.45	200m:	2:07.76	32.55	300m:	3:13.82	33.29	400m:	4:21.11	33.80	
20.				2007	I	"	"	"		+0,67	4:21.20	I	536
	50m:	29.38	29.38	150m:	1:34.79	33.26	250m:	2:40.85	33.14	350m:	3:47.78	33.49	
	100m:	1:01.53	32.15	200m:	2:07.71	32.92	300m:	3:14.29	33.44	400m:	4:21.20	33.42	
21.				2007		-	,	"	"	+0,79	4:21.62	I	533
	50m:	29.37	29.37	150m:	1:35.20	33.32	250m:	2:42.74	34.03	350m:	3:49.59	33.38	
	100m:	1:01.88	32.51	200m:	2:08.71	33.51	300m:	3:16.21	33.47	400m:	4:21.62	32.03	
22.				2007		"		"		+0,79	4:24.98	I	513
	50m:	28.89	28.89	150m:	1:33.62	33.01	250m:	2:42.61	34.69	350m:	3:51.77	34.71	
	100m:	1:00.61	31.72	200m:	2:07.92	34.30	300m:	3:17.06	34.45	400m:	4:24.98	33.21	
23.				2007	I		,	"	"	+0,76	4:26.15	I	507
	50m:	29.02	29.02	150m:	1:33.52	32.68	250m:	2:41.90	34.36	350m:	3:51.75	34.83	
	100m:	1:00.84	31.82	200m:	2:07.54	34.02	300m:	3:16.92	35.02	400m:	4:26.15	34.40	
24.				2006	I	"	"	"		+0,68	4:26.19	I	506
	50m:	29.05	29.05	150m:	1:34.49	33.12	250m:	2:41.95	33.54	350m:	3:51.22	34.94	
	100m:	1:01.37	32.32	200m:	2:08.41	33.92	300m:	3:16.28	34.33	400m:	4:26.19	34.97	
25.				2006	I	"		"		+0,73	4:32.19		474
	50m:	30.02	30.02	150m:	1:37.90	34.36	250m:	2:47.08	34.30	350m:	3:57.30	35.29	
	100m:	1:03.54	33.52	200m:	2:12.78	34.88	300m:	3:22.01	34.93	400m:	4:32.19	34.89	
DNS				2006									3