



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39  
28.10.2022 - 12:30

, 400m

4:03.92

10.11.2015

: FINA 2022

									R.T.		FINA	
1.			1998	"	"			+0,71	<b>4:12.52</b>			794
	50m:	28.21	28.21	150m:	1:31.09	31.84	250m:	2:35.70	32.26	350m:	3:40.15	32.31
	100m:	59.25	31.04	200m:	2:03.44	32.35	300m:	3:07.84	32.14	400m:	4:12.52	32.37
2.			2007	"	"			+0,74	<b>4:14.76</b>			774
	50m:	29.28	29.28	150m:	1:33.45	32.30	250m:	2:38.04	32.07	350m:	3:43.15	32.49
	100m:	1:01.15	31.87	200m:	2:05.97	32.52	300m:	3:10.66	32.62	400m:	4:14.76	31.61
3.			2009	"	"			+0,92	<b>4:21.09</b>			719
	50m:	29.77	29.77	150m:	1:35.58	33.38	250m:	2:42.68	33.56	350m:	3:49.44	33.52
	100m:	1:02.20	32.43	200m:	2:09.12	33.54	300m:	3:15.92	33.24	400m:	4:21.09	31.65
4.			2007	"	"			+0,69	<b>4:22.01</b>			711
	50m:	30.44	30.44	150m:	1:36.48	32.71	250m:	2:43.28	33.37	350m:	3:50.53	33.69
	100m:	1:03.77	33.33	200m:	2:09.91	33.43	300m:	3:16.84	33.56	400m:	4:22.01	31.48
5.			2008		3			+0,94	<b>4:22.02</b>			711
	50m:	30.57	30.57	150m:	1:36.30	33.20	250m:	2:43.34	33.43	350m:	3:50.21	32.99
	100m:	1:03.10	32.53	200m:	2:09.91	33.61	300m:	3:17.22	33.88	400m:	4:22.02	31.81
6.			2005		"		"	+0,72	<b>4:22.55</b>			707
	50m:	30.37	30.37	150m:	1:36.79	33.59	250m:	2:44.23	33.62	350m:	3:51.24	33.44
	100m:	1:03.20	32.83	200m:	2:10.61	33.82	300m:	3:17.80	33.57	400m:	4:22.55	31.31
7.			2006	"	"			+0,73	<b>4:22.70</b>			706
	50m:	29.96	29.96	150m:	1:36.89	33.73	250m:	2:44.08	33.25	350m:	3:51.28	33.37
	100m:	1:03.16	33.20	200m:	2:10.83	33.94	300m:	3:17.91	33.83	400m:	4:22.70	31.42
8.			2005	"	"				<b>4:24.48</b>			691
	50m:	30.32	30.32	150m:	1:36.03	33.01	250m:	2:42.98	33.54	350m:	3:51.32	34.15
	100m:	1:03.02	32.70	200m:	2:09.44	33.41	300m:	3:17.17	34.19	400m:	4:24.48	33.16
9.			2006		"		"	+0,59	<b>4:24.81</b>			689
	50m:	30.63	30.63	150m:	1:37.83	34.05	250m:	2:45.17	33.38	350m:	3:52.21	33.50
	100m:	1:03.78	33.15	200m:	2:11.79	33.96	300m:	3:18.71	33.54	400m:	4:24.81	32.60
10.			2006		3			+0,84	<b>4:25.77</b>			681
	50m:	30.68	30.68	150m:	1:36.72	33.37	250m:	2:43.94	33.51	350m:	3:51.99	34.02
	100m:	1:03.35	32.67	200m:	2:10.43	33.71	300m:	3:17.97	34.03	400m:	4:25.77	33.78
11.			2007		3			+0,53	<b>4:26.38</b>			677
	50m:	30.12	30.12	150m:	1:36.49	33.57	250m:	2:44.81	34.28	350m:	3:53.38	34.20
	100m:	1:02.92	32.80	200m:	2:10.53	34.04	300m:	3:19.18	34.37	400m:	4:26.38	33.00
12.			2005		"		"	+0,67	<b>4:27.95</b>			665
	50m:	30.61	30.61	150m:	1:37.54	34.02	250m:	2:46.01	34.31	350m:	3:54.45	34.31
	100m:	1:03.52	32.91	200m:	2:11.70	34.16	300m:	3:20.14	34.13	400m:	4:27.95	33.50
13.			2008	"	"			+0,64	<b>4:28.33</b>			662
	50m:	30.43	30.43	150m:	1:37.15	33.77	250m:	2:46.03	34.74	350m:	3:55.45	34.91
	100m:	1:03.38	32.95	200m:	2:11.29	34.14	300m:	3:20.54	34.51	400m:	4:28.33	32.88
14.			2006	"	"			+0,65	<b>4:28.46</b>			661
	50m:	29.89	29.89	150m:	1:37.24	34.00	250m:	2:45.10	34.08	350m:	3:54.25	34.61
	100m:	1:03.24	33.35	200m:	2:11.02	33.78	300m:	3:19.64	34.54	400m:	4:28.46	34.21
15.			2006		3			+0,59	<b>4:28.93</b>			658
	50m:	30.57	30.57	150m:	1:37.64	33.77	250m:	2:46.25	34.28	350m:	3:55.52	34.80
	100m:	1:03.87	33.30	200m:	2:11.97	34.33	300m:	3:20.72	34.47	400m:	4:28.93	33.41
16.			2005		"		"	+0,63	<b>4:30.11</b>			649
	50m:	31.02	31.02	150m:	1:38.87	34.35	250m:	2:47.53	34.21	350m:	3:56.89	34.78
	100m:	1:04.52	33.50	200m:	2:13.32	34.45	300m:	3:22.11	34.58	400m:	4:30.11	33.22

<https://mosswimming.ru/>

25

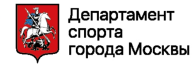
ALGE Timing



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

									R.T.			FINA
17.			2008						+0,73	<b>4:31.57</b>		639
	50m:	30.28	30.28	150m:	1:38.07	34.35	250m:	2:47.85	34.74	350m:	3:57.41	34.68
	100m:	1:03.72	33.44	200m:	2:13.11	35.04	300m:	3:22.73	34.88	400m:	4:31.57	34.16
18.			2008						+0,79	<b>4:33.32</b>		626
	50m:	30.89	30.89	150m:	1:39.23	34.39	250m:	2:49.18	35.05	350m:	3:59.22	34.83
	100m:	1:04.84	33.95	200m:	2:14.13	34.90	300m:	3:24.39	35.21	400m:	4:33.32	34.10
19.			2008						+0,73	<b>4:34.10</b>		621
	50m:	30.80	30.80	150m:	1:38.78	34.15	250m:	2:48.49	35.19	350m:	3:57.81	34.69
	100m:	1:04.63	33.83	200m:	2:13.30	34.52	300m:	3:23.12	34.63	400m:	4:34.10	36.29
20.			2006						+0,66	<b>4:35.21</b>		614
	50m:	31.73	31.73	150m:	1:40.07	34.49	250m:	2:50.22	35.13	350m:	4:00.62	35.24
	100m:	1:05.58	33.85	200m:	2:15.09	35.02	300m:	3:25.38	35.16	400m:	4:35.21	34.59
21.			2006						+0,73	<b>4:35.30</b>		613
	50m:	31.32	31.32	150m:	1:40.46	34.81	250m:	2:50.73	35.36	350m:	4:01.08	34.90
	100m:	1:05.65	34.33	200m:	2:15.37	34.91	300m:	3:26.18	35.45	400m:	4:35.30	34.22
22.			2008						+0,56	<b>4:35.34</b>		613
	50m:	31.28	31.28	150m:	1:40.04	34.57	250m:	2:50.49	35.13	350m:	4:00.89	34.89
	100m:	1:05.47	34.19	200m:	2:15.36	35.32	300m:	3:26.00	35.51	400m:	4:35.34	34.45
23.			2008						+0,75	<b>4:35.37</b>		612
	50m:	31.28	31.28	150m:	1:40.18	34.58	250m:	2:50.43	35.52	350m:	4:01.96	35.67
	100m:	1:05.60	34.32	200m:	2:14.91	34.73	300m:	3:26.29	35.86	400m:	4:35.37	33.41
24.			2009						+0,70	<b>4:36.12</b>		608
	50m:	31.99	31.99	150m:	1:41.55	34.96	250m:	2:52.34	35.76	350m:	4:02.85	34.79
	100m:	1:06.59	34.60	200m:	2:16.58	35.03	300m:	3:28.06	35.72	400m:	4:36.12	33.27
25.			2009						+0,72	<b>4:36.52</b>		605
	50m:	32.02	32.02	150m:	1:41.27	34.87	250m:	2:51.38	35.07	350m:	4:02.14	35.64
	100m:	1:06.40	34.38	200m:	2:16.31	35.04	300m:	3:26.50	35.12	400m:	4:36.52	34.38
26.			2008						+0,72	<b>4:37.33</b>		600
	50m:	31.48	31.48	150m:	1:40.41	34.86	250m:	2:51.20	35.40	350m:	4:02.34	35.64
	100m:	1:05.55	34.07	200m:	2:15.80	35.39	300m:	3:26.70	35.50	400m:	4:37.33	34.99
27.			2008						+0,56	<b>4:38.13</b>		594
	50m:	29.92	29.92	150m:	1:37.50	34.35	250m:	2:49.05	36.16	350m:	4:02.30	36.43
	100m:	1:03.15	33.23	200m:	2:12.89	35.39	300m:	3:25.87	36.82	400m:	4:38.13	35.83
28.			2009						+0,70	<b>4:38.97</b>		589
	50m:	31.28	31.28	150m:	1:39.87	34.57	250m:	2:50.76	35.55	350m:	4:03.33	36.52
	100m:	1:05.30	34.02	200m:	2:15.21	35.34	300m:	3:26.81	36.05	400m:	4:38.97	35.64
29.			2008						+0,72	<b>4:40.26</b>		581
	50m:	31.44	31.44	150m:	1:42.24	36.01	250m:	2:54.66	36.10	350m:	4:05.56	35.22
	100m:	1:06.23	34.79	200m:	2:18.56	36.32	300m:	3:30.34	35.68	400m:	4:40.26	34.70
30.			2009						+0,79	<b>4:41.06</b>		576
	50m:	30.24	30.24	150m:	1:39.61	35.47	250m:	2:52.36	36.45	350m:	4:06.05	36.60
	100m:	1:04.14	33.90	200m:	2:15.91	36.30	300m:	3:29.45	37.09	400m:	4:41.06	35.01
31.			2009						+0,59	<b>4:41.35</b>		574
	50m:	31.17	31.17	150m:	1:40.84	35.41	250m:	2:52.84	35.78	350m:	4:05.51	36.46
	100m:	1:05.43	34.26	200m:	2:17.06	36.22	300m:	3:29.05	36.21	400m:	4:41.35	35.84
32.			2007						+0,63	<b>4:42.88</b>		565
	50m:	32.03	32.03	150m:	1:42.76	35.86	250m:	2:54.91	36.21	350m:	4:07.34	36.32
	100m:	1:06.90	34.87	200m:	2:18.70	35.94	300m:	3:31.02	36.11	400m:	4:42.88	35.54
33.			2008						+0,69	<b>4:44.00</b>		558
	50m:	31.63	31.63	150m:	1:43.07	35.75	250m:	2:55.71	36.10	350m:	4:08.36	35.89
	100m:	1:07.32	35.69	200m:	2:19.61	36.54	300m:	3:32.47	36.76	400m:	4:44.00	35.64
34.			2009						+0,62	<b>4:45.23</b>		551
	50m:	30.80	30.80	150m:	1:41.15	35.47	250m:	2:55.16	37.18	350m:	4:09.02	36.73
	100m:	1:05.68	34.88	200m:	2:17.98	36.83	300m:	3:32.29	37.13	400m:	4:45.23	36.21

<https://mosswimming.ru/>



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

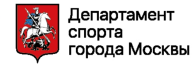
										R.T.		FINA	
35.			2008		"	"				+0,68	<b>4:47.85</b>		536
	50m:	31.56	31.56	150m:	1:45.29	37.43	250m:	2:58.60	36.69	350m:	4:12.09	36.69	
	100m:	1:07.86	36.30	200m:	2:21.91	36.62	300m:	3:35.40	36.80	400m:	4:47.85	35.76	
36.			2008		"	"	"			+0,81	<b>4:48.59</b>		532
	50m:	31.82	31.82	150m:	1:44.58	36.45	250m:	2:56.77	35.85	350m:	4:10.15	37.31	
	100m:	1:08.13	36.31	200m:	2:20.92	36.34	300m:	3:32.84	36.07	400m:	4:48.59	38.44	
37.			2008		"	"	"			+0,63	<b>4:48.70</b>		531
	50m:	31.09	31.09	150m:	1:42.57	36.33	250m:	2:56.80	36.92	350m:	4:11.48	37.35	
	100m:	1:06.24	35.15	200m:	2:19.88	37.31	300m:	3:34.13	37.33	400m:	4:48.70	37.22	
38.			2008		"	"	"			+0,69	<b>4:48.95</b>		530
	50m:	33.22	33.22	150m:	1:45.91	36.95	250m:	2:59.19	36.86	350m:	4:12.91	36.94	
	100m:	1:08.96	35.74	200m:	2:22.33	36.42	300m:	3:35.97	36.78	400m:	4:48.95	36.04	
DSQ			2009		"	"							
DNS			2005		"	"	"	"					
DNS			2007		"	"	"	"					
DNS			2009		"	"	"	"					



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

15-17

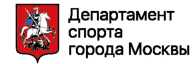
1.				2007	"	"			+0,74	<b>4:14.76</b>		774
	50m:	29.28	29.28	150m:	1:33.45	32.30	250m:	2:38.04	32.07	350m:	3:43.15	32.49
	100m:	1:01.15	31.87	200m:	2:05.97	32.52	300m:	3:10.66	32.62	400m:	4:14.76	31.61
2.				2007	"	"			+0,69	<b>4:22.01</b>		711
	50m:	30.44	30.44	150m:	1:36.48	32.71	250m:	2:43.28	33.37	350m:	3:50.53	33.69
	100m:	1:03.77	33.33	200m:	2:09.91	33.43	300m:	3:16.84	33.56	400m:	4:22.01	31.48
3.				2005	"	"			+0,72	<b>4:22.55</b>		707
	50m:	30.37	30.37	150m:	1:36.79	33.59	250m:	2:44.23	33.62	350m:	3:51.24	33.44
	100m:	1:03.20	32.83	200m:	2:10.61	33.82	300m:	3:17.80	33.57	400m:	4:22.55	31.31
4.				2006	"	"			+0,73	<b>4:22.70</b>		706
	50m:	29.96	29.96	150m:	1:36.89	33.73	250m:	2:44.08	33.25	350m:	3:51.28	33.37
	100m:	1:03.16	33.20	200m:	2:10.83	33.94	300m:	3:17.91	33.83	400m:	4:22.70	31.42
5.				2005	"	"				<b>4:24.48</b>		691
	50m:	30.32	30.32	150m:	1:36.03	33.01	250m:	2:42.98	33.54	350m:	3:51.32	34.15
	100m:	1:03.02	32.70	200m:	2:09.44	33.41	300m:	3:17.17	34.19	400m:	4:24.48	33.16
6.				2006	"	"			+0,59	<b>4:24.81</b>		689
	50m:	30.63	30.63	150m:	1:37.83	34.05	250m:	2:45.17	33.38	350m:	3:52.21	33.50
	100m:	1:03.78	33.15	200m:	2:11.79	33.96	300m:	3:18.71	33.54	400m:	4:24.81	32.60
7.				2006	"	"	3		+0,84	<b>4:25.77</b>		681
	50m:	30.68	30.68	150m:	1:36.72	33.37	250m:	2:43.94	33.51	350m:	3:51.99	34.02
	100m:	1:03.35	32.67	200m:	2:10.43	33.71	300m:	3:17.97	34.03	400m:	4:25.77	33.78
8.				2007	"	"	3		+0,53	<b>4:26.38</b>		677
	50m:	30.12	30.12	150m:	1:36.49	33.57	250m:	2:44.81	34.28	350m:	3:53.38	34.20
	100m:	1:02.92	32.80	200m:	2:10.53	34.04	300m:	3:19.18	34.37	400m:	4:26.38	33.00
9.				2005	"	"	"		+0,67	<b>4:27.95</b>		665
	50m:	30.61	30.61	150m:	1:37.54	34.02	250m:	2:46.01	34.31	350m:	3:54.45	34.31
	100m:	1:03.52	32.91	200m:	2:11.70	34.16	300m:	3:20.14	34.13	400m:	4:27.95	33.50
10.				2006	"	"	"		+0,65	<b>4:28.46</b>		661
	50m:	29.89	29.89	150m:	1:37.24	34.00	250m:	2:45.10	34.08	350m:	3:54.25	34.61
	100m:	1:03.24	33.35	200m:	2:11.02	33.78	300m:	3:19.64	34.54	400m:	4:28.46	34.21
11.				2006	"	"	3		+0,59	<b>4:28.93</b>		658
	50m:	30.57	30.57	150m:	1:37.64	33.77	250m:	2:46.25	34.28	350m:	3:55.52	34.80
	100m:	1:03.87	33.30	200m:	2:11.97	34.33	300m:	3:20.72	34.47	400m:	4:28.93	33.41
12.				2005	"	"	"		+0,63	<b>4:30.11</b>		649
	50m:	31.02	31.02	150m:	1:38.87	34.35	250m:	2:47.53	34.21	350m:	3:56.89	34.78
	100m:	1:04.52	33.50	200m:	2:13.32	34.45	300m:	3:22.11	34.58	400m:	4:30.11	33.22
13.				2006	"	"	"		+0,66	<b>4:35.21</b>		614
	50m:	31.73	31.73	150m:	1:40.07	34.49	250m:	2:50.22	35.13	350m:	4:00.62	35.24
	100m:	1:05.58	33.85	200m:	2:15.09	35.02	300m:	3:25.38	35.16	400m:	4:35.21	34.59
14.				2006	"	"	"		+0,73	<b>4:35.30</b>		613
	50m:	31.32	31.32	150m:	1:40.46	34.81	250m:	2:50.73	35.36	350m:	4:01.08	34.90
	100m:	1:05.65	34.33	200m:	2:15.37	34.91	300m:	3:26.18	35.45	400m:	4:35.30	34.22
15.				2007	"	"	"		+0,63	<b>4:42.88</b>		565
	50m:	32.03	32.03	150m:	1:42.76	35.86	250m:	2:54.91	36.21	350m:	4:07.34	36.32
	100m:	1:06.90	34.87	200m:	2:18.70	35.94	300m:	3:31.02	36.11	400m:	4:42.88	35.54
DNS				2005	"	"	"					
DNS				2007	"	"	"					



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

13-14

1.				2009						+0,92	<b>4:21.09</b>		719
	50m:	29.77	29.77	150m:	1:35.58	33.38	250m:	2:42.68	33.56	350m:	3:49.44	33.52	
	100m:	1:02.20	32.43	200m:	2:09.12	33.54	300m:	3:15.92	33.24	400m:	4:21.09	31.65	
2.				2008			3			+0,94	<b>4:22.02</b>		711
	50m:	30.57	30.57	150m:	1:36.30	33.20	250m:	2:43.34	33.43	350m:	3:50.21	32.99	
	100m:	1:03.10	32.53	200m:	2:09.91	33.61	300m:	3:17.22	33.88	400m:	4:22.02	31.81	
3.				2008		"	"			+0,64	<b>4:28.33</b>		662
	50m:	30.43	30.43	150m:	1:37.15	33.77	250m:	2:46.03	34.74	350m:	3:55.45	34.91	
	100m:	1:03.38	32.95	200m:	2:11.29	34.14	300m:	3:20.54	34.51	400m:	4:28.33	32.88	
4.				2008		"	"			+0,73	<b>4:31.57</b>		639
	50m:	30.28	30.28	150m:	1:38.07	34.35	250m:	2:47.85	34.74	350m:	3:57.41	34.68	
	100m:	1:03.72	33.44	200m:	2:13.11	35.04	300m:	3:22.73	34.88	400m:	4:31.57	34.16	
5.				2008		"	"			+0,79	<b>4:33.32</b>		626
	50m:	30.89	30.89	150m:	1:39.23	34.39	250m:	2:49.18	35.05	350m:	3:59.22	34.83	
	100m:	1:04.84	33.95	200m:	2:14.13	34.90	300m:	3:24.39	35.21	400m:	4:33.32	34.10	
6.				2008		"	"			+0,73	<b>4:34.10</b>		621
	50m:	30.80	30.80	150m:	1:38.78	34.15	250m:	2:48.49	35.19	350m:	3:57.81	34.69	
	100m:	1:04.63	33.83	200m:	2:13.30	34.52	300m:	3:23.12	34.63	400m:	4:34.10	36.29	
7.				2008		"	"			+0,56	<b>4:35.34</b>		613
	50m:	31.28	31.28	150m:	1:40.04	34.57	250m:	2:50.49	35.13	350m:	4:00.89	34.89	
	100m:	1:05.47	34.19	200m:	2:15.36	35.32	300m:	3:26.00	35.51	400m:	4:35.34	34.45	
8.				2008		"	"			+0,75	<b>4:35.37</b>		612
	50m:	31.28	31.28	150m:	1:40.18	34.58	250m:	2:50.43	35.52	350m:	4:01.96	35.67	
	100m:	1:05.60	34.32	200m:	2:14.91	34.73	300m:	3:26.29	35.86	400m:	4:35.37	33.41	
9.				2009		"	"			+0,70	<b>4:36.12</b>		608
	50m:	31.99	31.99	150m:	1:41.55	34.96	250m:	2:52.34	35.76	350m:	4:02.85	34.79	
	100m:	1:06.59	34.60	200m:	2:16.58	35.03	300m:	3:28.06	35.72	400m:	4:36.12	33.27	
10.				2009		"	"			+0,72	<b>4:36.52</b>		605
	50m:	32.02	32.02	150m:	1:41.27	34.87	250m:	2:51.38	35.07	350m:	4:02.14	35.64	
	100m:	1:06.40	34.38	200m:	2:16.31	35.04	300m:	3:26.50	35.12	400m:	4:36.52	34.38	
11.				2008		"	"			+0,72	<b>4:37.33</b>		600
	50m:	31.48	31.48	150m:	1:40.41	34.86	250m:	2:51.20	35.40	350m:	4:02.34	35.64	
	100m:	1:05.55	34.07	200m:	2:15.80	35.39	300m:	3:26.70	35.50	400m:	4:37.33	34.99	
12.				2008		"	"			+0,56	<b>4:38.13</b>		594
	50m:	29.92	29.92	150m:	1:37.50	34.35	250m:	2:49.05	36.16	350m:	4:02.30	36.43	
	100m:	1:03.15	33.23	200m:	2:12.89	35.39	300m:	3:25.87	36.82	400m:	4:38.13	35.83	
13.				2009		"	"			+0,70	<b>4:38.97</b>		589
	50m:	31.28	31.28	150m:	1:39.87	34.57	250m:	2:50.76	35.55	350m:	4:03.33	36.52	
	100m:	1:05.30	34.02	200m:	2:15.21	35.34	300m:	3:26.81	36.05	400m:	4:38.97	35.64	
14.				2008		"	"			+0,72	<b>4:40.26</b>		581
	50m:	31.44	31.44	150m:	1:42.24	36.01	250m:	2:54.66	36.10	350m:	4:05.56	35.22	
	100m:	1:06.23	34.79	200m:	2:18.56	36.32	300m:	3:30.34	35.68	400m:	4:40.26	34.70	
15.				2009		"	"			+0,79	<b>4:41.06</b>		576
	50m:	30.24	30.24	150m:	1:39.61	35.47	250m:	2:52.36	36.45	350m:	4:06.05	36.60	
	100m:	1:04.14	33.90	200m:	2:15.91	36.30	300m:	3:29.45	37.09	400m:	4:41.06	35.01	
16.				2009		"	"			+0,59	<b>4:41.35</b>		574
	50m:	31.17	31.17	150m:	1:40.84	35.41	250m:	2:52.84	35.78	350m:	4:05.51	36.46	
	100m:	1:05.43	34.26	200m:	2:17.06	36.22	300m:	3:29.05	36.21	400m:	4:41.35	35.84	
17.				2008		"	"			+0,69	<b>4:44.00</b>		558
	50m:	31.63	31.63	150m:	1:43.07	35.75	250m:	2:55.71	36.10	350m:	4:08.36	35.89	
	100m:	1:07.32	35.69	200m:	2:19.61	36.54	300m:	3:32.47	36.76	400m:	4:44.00	35.64	
18.				2009		"	"			+0,62	<b>4:45.23</b>		551
	50m:	30.80	30.80	150m:	1:41.15	35.47	250m:	2:55.16	37.18	350m:	4:09.02	36.73	
	100m:	1:05.68	34.88	200m:	2:17.98	36.83	300m:	3:32.29	37.13	400m:	4:45.23	36.21	

<https://mosswimming.ru/>

25

ALGE Timing



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

13-14

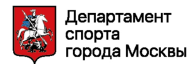
									R.T.		FINA	
19.									+0,68	<b>4:47.85</b>		536
	50m:	31.56	31.56	150m:	1:45.29	37.43	250m:	2:58.60	36.69	350m:	4:12.09	36.69
	100m:	1:07.86	36.30	200m:	2:21.91	36.62	300m:	3:35.40	36.80	400m:	4:47.85	35.76
20.									+0,81	<b>4:48.59</b>		532
	50m:	31.82	31.82	150m:	1:44.58	36.45	250m:	2:56.77	35.85	350m:	4:10.15	37.31
	100m:	1:08.13	36.31	200m:	2:20.92	36.34	300m:	3:32.84	36.07	400m:	4:48.59	38.44
21.									+0,63	<b>4:48.70</b>		531
	50m:	31.09	31.09	150m:	1:42.57	36.33	250m:	2:56.80	36.92	350m:	4:11.48	37.35
	100m:	1:06.24	35.15	200m:	2:19.88	37.31	300m:	3:34.13	37.33	400m:	4:48.70	37.22
22.									+0,69	<b>4:48.95</b>		530
	50m:	33.22	33.22	150m:	1:45.91	36.95	250m:	2:59.19	36.86	350m:	4:12.91	36.94
	100m:	1:08.96	35.74	200m:	2:22.33	36.42	300m:	3:35.97	36.78	400m:	4:48.95	36.04
DSQ												
DNS												



# ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

(бассейн 25 метров)

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



39, , 400m

ЕХН

			2009						+0,87	<b>4:36.99</b>		602
50m:	31.77	31.77	150m:	1:40.95	34.79	250m:	2:51.44	35.29	350m:	4:02.61	35.55	
100m:	1:06.16	34.39	200m:	2:16.15	35.20	300m:	3:27.06	35.62	400m:	4:36.99	34.38	