

30 ОКТЯБРЯ - 2 НОЯБРЯ 2023 г.

26
01.11.2023 - 9:30

, 400m

3:39.54

28.10.2021

: FINA 2023

								R.T.				WA
1.			/	2004			3	+0,64	3:51.78			767
	50m:	27.23	27.23	150m:	1:25.90	29.34	250m:	2:23.99	29.09	350m:	3:23.05	29.71
	100m:	56.56	29.33	200m:	1:54.90	29.00	300m:	2:53.34	29.35	400m:	3:51.78	28.73
2.				2005			3	+0,71	3:52.64			759
	50m:	27.13	27.13	150m:	1:26.25	29.72	250m:	2:25.42	29.37	350m:	3:24.49	29.53
	100m:	56.53	29.40	200m:	1:56.05	29.80	300m:	2:54.96	29.54	400m:	3:52.64	28.15
3.				2004			"	+0,63	3:52.89			756
	50m:	27.36	27.36	150m:	1:26.52	29.75	250m:	2:26.06	29.47	350m:	3:25.21	29.75
	100m:	56.77	29.41	200m:	1:56.59	30.07	300m:	2:55.46	29.40	400m:	3:52.89	27.68
4.				2004			3	+0,68	3:53.31			752
	50m:	27.14	27.14	150m:	1:25.64	29.50	250m:	2:25.32	29.88	350m:	3:25.28	29.78
	100m:	56.14	29.00	200m:	1:55.44	29.80	300m:	2:55.50	30.18	400m:	3:53.31	28.03
5.				2002			3	+0,75	3:56.08			726
	50m:	28.04	28.04	150m:	1:27.66	29.67	250m:	2:27.55	29.70	350m:	3:27.27	29.73
	100m:	57.99	29.95	200m:	1:57.85	30.19	300m:	2:57.54	29.99	400m:	3:56.08	28.81
6.				2004			"	+0,71	3:57.00			718
	50m:	26.57	26.57	150m:	1:25.54	29.71	250m:	2:25.56	30.00	350m:	3:27.31	30.92
	100m:	55.83	29.26	200m:	1:55.56	30.02	300m:	2:56.39	30.83	400m:	3:57.00	29.69
7.				2004			"	+0,71	3:57.69			712
	50m:	27.99	27.99	150m:	1:27.73	29.49	250m:	2:26.77	29.45	350m:	3:27.14	30.41
	100m:	58.24	30.25	200m:	1:57.32	29.59	300m:	2:56.73	29.96	400m:	3:57.69	30.55
8.				2006			3	+0,84	3:57.72			711
	50m:	27.77	27.77	150m:	1:28.06	30.29	250m:	2:28.35	29.68	350m:	3:29.00	30.39
	100m:	57.77	30.00	200m:	1:58.67	30.61	300m:	2:58.61	30.26	400m:	3:57.72	28.72
9.				2006			"	+0,61	3:57.75			711
	50m:	26.29	26.29	150m:	1:25.95	30.25	250m:	2:27.45	30.70	350m:	3:28.93	30.49
	100m:	55.70	29.41	200m:	1:56.75	30.80	300m:	2:58.44	30.99	400m:	3:57.75	28.82
10.				2006			3	+0,62	3:59.32			697
	50m:	27.47	27.47	150m:	1:27.68	30.32	250m:	2:29.05	30.43	350m:	3:30.93	30.89
	100m:	57.36	29.89	200m:	1:58.62	30.94	300m:	3:00.04	30.99	400m:	3:59.32	28.39
11.				2005			3	+0,62	4:00.46			687
	50m:	28.14	28.14	150m:	1:29.35	30.71	250m:	2:30.80	30.58	350m:	3:31.49	30.21
	100m:	58.64	30.50	200m:	2:00.22	30.87	300m:	3:01.28	30.48	400m:	4:00.46	28.97
				2003			"	+0,78	4:00.46			687
	50m:	27.92	27.92	150m:	1:28.40	30.39	250m:	2:29.42	30.40	350m:	3:30.51	30.12
	100m:	58.01	30.09	200m:	1:59.02	30.62	300m:	3:00.39	30.97	400m:	4:00.46	29.95
13.				2006			"	+0,73	4:01.17			681
	50m:	26.79	26.79	150m:	1:26.36	30.32	250m:	2:27.84	31.02	350m:	3:30.82	31.69
	100m:	56.04	29.25	200m:	1:56.82	30.46	300m:	2:59.13	31.29	400m:	4:01.17	30.35
14.				2002			"	+0,82	4:02.83			667
	50m:	27.25	27.25	150m:	1:27.03	30.41	250m:	2:28.39	30.87	350m:	3:31.25	31.40
	100m:	56.62	29.37	200m:	1:57.52	30.49	300m:	2:59.85	31.46	400m:	4:02.83	31.58
15.				2006			3	+0,70	4:02.99			666
	50m:	27.92	27.92	150m:	1:29.45	30.87	250m:	2:31.40	30.93	350m:	3:33.46	31.03
	100m:	58.58	30.66	200m:	2:00.47	31.02	300m:	3:02.43	31.03	400m:	4:02.99	29.53
16.				2005			"	+0,72	4:03.57			661
	50m:	27.64	27.64	150m:	1:28.07	30.44	250m:	2:29.39	30.84	350m:	3:31.61	31.85
	100m:	57.63	29.99	200m:	1:58.55	30.48	300m:	2:59.76	30.37	400m:	4:03.57	31.96

<https://mosswimming.ru/>

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ALGE Timing

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		26, , 400m						R.T.				WA
17.				2006		3		+0,60	4:04.04			657
	50m:	28.72	28.72	150m:	1:28.89	30.21	250m:	2:30.51	31.05	350m:	3:33.51	31.63
	100m:	58.68	29.96	200m:	1:59.46	30.57	300m:	3:01.88	31.37	400m:	4:04.04	30.53
18.				2006		"		+0,53	4:04.62			653
	50m:	28.81	28.81	150m:	1:31.55	31.15	250m:	2:34.26	31.37	350m:	3:36.06	30.57
	100m:	1:00.40	31.59	200m:	2:02.89	31.34	300m:	3:05.49	31.23	400m:	4:04.62	28.56
19.				2007		3		+0,73	4:04.69			652
	50m:	28.25	28.25	150m:	1:29.60	30.95	250m:	2:31.69	30.92	350m:	3:34.35	31.41
	100m:	58.65	30.40	200m:	2:00.77	31.17	300m:	3:02.94	31.25	400m:	4:04.69	30.34
20.				2007		3		+0,71	4:04.75			652
	50m:	27.33	27.33	150m:	1:28.14	30.89	250m:	2:30.98	31.61	350m:	3:34.37	31.70
	100m:	57.25	29.92	200m:	1:59.37	31.23	300m:	3:02.67	31.69	400m:	4:04.75	30.38
21.				2006		"		+0,71	4:05.20			648
	50m:	28.42	28.42	150m:	1:30.11	31.14	250m:	2:33.76	31.85	350m:	3:35.89	30.51
	100m:	58.97	30.55	200m:	2:01.91	31.80	300m:	3:05.38	31.62	400m:	4:05.20	29.31
22.				2006		3		+0,72	4:05.24			648
	50m:	28.12	28.12	150m:	1:29.56	30.90	250m:	2:32.20	31.31	350m:	3:35.90	31.83
	100m:	58.66	30.54	200m:	2:00.89	31.33	300m:	3:04.07	31.87	400m:	4:05.24	29.34
23.				2004		3		+0,73	4:06.35			639
	50m:	27.35	27.35	150m:	1:29.30	31.40	250m:	2:33.09	31.97	350m:	3:35.67	30.54
	100m:	57.90	30.55	200m:	2:01.12	31.82	300m:	3:05.13	32.04	400m:	4:06.35	30.68
24.				2006		-70 "		+0,71	4:08.16			625
	50m:	27.94	27.94	150m:	1:29.99	30.96	250m:	2:33.39	31.59	350m:	3:37.26	32.03
	100m:	59.03	31.09	200m:	2:01.80	31.81	300m:	3:05.23	31.84	400m:	4:08.16	30.90
25.				2007		"		+0,82	4:10.39			609
	50m:	28.83	28.83	150m:	1:31.25	31.65	250m:	2:35.28	32.13	350m:	3:39.16	31.64
	100m:	59.60	30.77	200m:	2:03.15	31.90	300m:	3:07.52	32.24	400m:	4:10.39	31.23
26.				2007		"		+0,69	4:10.47			608
	50m:	28.29	28.29	150m:	1:31.25	31.97	250m:	2:35.55	32.28	350m:	3:39.47	31.89
	100m:	59.28	30.99	200m:	2:03.27	32.02	300m:	3:07.58	32.03	400m:	4:10.47	31.00
27.				2005		"		+0,70	4:11.10			603
	50m:	27.41	27.41	150m:	1:29.22	31.75	250m:	2:33.84	32.44	350m:	3:39.66	32.93
	100m:	57.47	30.06	200m:	2:01.40	32.18	300m:	3:06.73	32.89	400m:	4:11.10	31.44
28.				2006		"		+0,75	4:12.10			596
	50m:	27.73	27.73	150m:	1:30.63	32.02	250m:	2:35.48	32.30	350m:	3:40.33	32.16
	100m:	58.61	30.88	200m:	2:03.18	32.55	300m:	3:08.17	32.69	400m:	4:12.10	31.77
29.				2007		"		+0,61	4:12.58			593
	50m:	27.51	27.51	150m:	1:30.15	31.89	250m:	2:35.52	33.22	350m:	3:41.01	32.58
	100m:	58.26	30.75	200m:	2:02.30	32.15	300m:	3:08.43	32.91	400m:	4:12.58	31.57
30.				2006		"		+0,58	4:13.89			584
	50m:	27.99	27.99	150m:	1:32.21	32.70	250m:	2:37.72	32.78	350m:	3:42.48	32.33
	100m:	59.51	31.52	200m:	2:04.94	32.73	300m:	3:10.15	32.43	400m:	4:13.89	31.41
DNS				2007		"		"				
DNS				2007		"		"				
DNS				2006		"		"				