

30 ОКТЯБРЯ - 2 НОЯБРЯ 2023 г.

43  
02.11.2023 - 12:05

, 400m

4:03.92

10.11.2015

: FINA 2023

									R.T.			WA
1.			/		2009		, . " "		+0,69	<b>4:10.63</b>		786
	50m:	28.91	28.91	150m:	1:31.87	31.69	250m:	2:36.09	32.14	350m:	3:39.71	31.51
	100m:	1:00.18	31.27	200m:	2:03.95	32.08	300m:	3:08.20	32.11	400m:	4:10.63	30.92
2.			2007				" "		+0,78	<b>4:16.27</b>		735
	50m:	29.27	29.27	150m:	1:33.58	32.38	250m:	2:38.55	32.35	350m:	3:44.39	32.85
	100m:	1:01.20	31.93	200m:	2:06.20	32.62	300m:	3:11.54	32.99	400m:	4:16.27	31.88
3.			2007				" "		+0,56	<b>4:19.56</b>		707
	50m:	29.47	29.47	150m:	1:34.35	32.77	250m:	2:40.61	33.20	350m:	3:47.55	33.38
	100m:	1:01.58	32.11	200m:	2:07.41	33.06	300m:	3:14.17	33.56	400m:	4:19.56	32.01
4.			2005				" "		+0,66	<b>4:21.16</b>		694
	50m:	30.60	30.60	150m:	1:35.87	32.82	250m:	2:42.75	33.07	350m:	3:49.73	33.63
	100m:	1:03.05	32.45	200m:	2:09.68	33.81	300m:	3:16.10	33.35	400m:	4:21.16	31.43
5.			2007				" "		+0,53	<b>4:22.00</b>		688
	50m:	29.42	29.42	150m:	1:35.12	33.31	250m:	2:42.48	33.90	350m:	3:50.00	33.69
	100m:	1:01.81	32.39	200m:	2:08.58	33.46	300m:	3:16.31	33.83	400m:	4:22.00	32.00
6.			2008				3		+0,73	<b>4:23.61</b>		675
	50m:	30.89	30.89	150m:	1:37.50	33.48	250m:	2:44.66	33.52	350m:	3:51.11	33.14
	100m:	1:04.02	33.13	200m:	2:11.14	33.64	300m:	3:17.97	33.31	400m:	4:23.61	32.50
7.			2008				" "		+0,80	<b>4:24.11</b>		671
	50m:	30.68	30.68	150m:	1:37.14	33.65	250m:	2:44.07	33.63	350m:	3:51.38	33.71
	100m:	1:03.49	32.81	200m:	2:10.44	33.30	300m:	3:17.67	33.60	400m:	4:24.11	32.73
8.			2005				, . " "		+0,78	<b>4:27.10</b>		649
	50m:	29.89	29.89	150m:	1:36.00	33.77	250m:	2:44.89	34.47	350m:	3:53.77	34.23
	100m:	1:02.23	32.34	200m:	2:10.42	34.42	300m:	3:19.54	34.65	400m:	4:27.10	33.33
9.			2008				, . " - "		+0,65	<b>4:27.40</b>		647
	50m:	29.70	29.70	150m:	1:37.43	34.17	250m:	2:45.67	34.15	350m:	3:53.36	34.00
	100m:	1:03.26	33.56	200m:	2:11.52	34.09	300m:	3:19.36	33.69	400m:	4:27.40	34.04
10.			2009				, . " "		+0,60	<b>4:27.85</b>		643
	50m:	30.61	30.61	150m:	1:37.18	33.40	250m:	2:45.08	34.28	350m:	3:54.23	34.45
	100m:	1:03.78	33.17	200m:	2:10.80	33.62	300m:	3:19.78	34.70	400m:	4:27.85	33.62
11.			2007				3		+0,66	<b>4:28.84</b>		636
	50m:	30.35	30.35	150m:	1:36.16	33.17	250m:	2:44.40	34.21	350m:	3:54.60	35.70
	100m:	1:02.99	32.64	200m:	2:10.19	34.03	300m:	3:18.90	34.50	400m:	4:28.84	34.24
12.			2008				3		+0,85	<b>4:31.41</b>		618
	50m:	30.42	30.42	150m:	1:36.48	33.52	250m:	2:45.45	34.59	350m:	3:56.60	35.74
	100m:	1:02.96	32.54	200m:	2:10.86	34.38	300m:	3:20.86	35.41	400m:	4:31.41	34.81
13.			2006				" "		+0,72	<b>4:33.25</b>		606
	50m:	30.99	30.99	150m:	1:38.54	34.10	250m:	2:48.20	34.87	350m:	3:58.89	35.36
	100m:	1:04.44	33.45	200m:	2:13.33	34.79	300m:	3:23.53	35.33	400m:	4:33.25	34.36
14.			2006				, . " "		+0,64	<b>4:33.32</b>		606
	50m:	31.49	31.49	150m:	1:39.76	34.29	250m:	2:48.82	34.43	350m:	3:58.78	35.09
	100m:	1:05.47	33.98	200m:	2:14.39	34.63	300m:	3:23.69	34.87	400m:	4:33.32	34.54
15.			2008				" "		+0,69	<b>4:33.40</b>		605
	50m:	30.84	30.84	150m:	1:39.04	34.68	250m:	2:48.81	34.88	350m:	3:59.45	35.17
	100m:	1:04.36	33.52	200m:	2:13.93	34.89	300m:	3:24.28	35.47	400m:	4:33.40	33.95
16.			2006				" "		+0,69	<b>4:37.16</b>		581
	50m:	30.15	30.15	150m:	1:36.89	33.96	250m:	2:47.32	35.44	350m:	4:00.53	36.89
	100m:	1:02.93	32.78	200m:	2:11.88	34.99	300m:	3:23.64	36.32	400m:	4:37.16	36.63

<https://mosswimming.ru/>

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ALGE Timing

		43,																	
				/				R.T.										WA	
17.				2006			3		+0,71	<b>4:38.13</b>									575
	50m:	30.68	30.68	150m:	1:38.69	34.79	250m:	2:50.34	36.09	350m:	4:02.80	36.22							
	100m:	1:03.90	33.22	200m:	2:14.25	35.56	300m:	3:26.58	36.24	400m:	4:38.13	35.33							
18.				2010			"	"	+0,70	<b>4:38.80</b>									571
	50m:	31.03	31.03	150m:	1:40.97	35.40	250m:	2:52.81	35.96	350m:	4:05.29	36.21							
	100m:	1:05.57	34.54	200m:	2:16.85	35.88	300m:	3:29.08	36.27	400m:	4:38.80	33.51							
19.				2008			"	"	+0,57	<b>4:39.15</b>									568
	50m:	30.50	30.50	150m:	1:40.11	35.43	250m:	2:52.90	36.75	350m:	4:04.18	35.10							
	100m:	1:04.68	34.18	200m:	2:16.15	36.04	300m:	3:29.08	36.18	400m:	4:39.15	34.97							
20.				2007			3		+0,72	<b>4:40.79</b>									558
	50m:	31.58	31.58	150m:	1:41.99	36.04	250m:	2:54.04	35.98	350m:	4:06.32	36.01							
	100m:	1:05.95	34.37	200m:	2:18.06	36.07	300m:	3:30.31	36.27	400m:	4:40.79	34.47							
21.				2009			"	"	+0,82	<b>4:41.30</b>									555
	50m:	32.05	32.05	150m:	1:42.70	35.26	250m:	2:54.86	36.22	350m:	4:07.17	36.08							
	100m:	1:07.44	35.39	200m:	2:18.64	35.94	300m:	3:31.09	36.23	400m:	4:41.30	34.13							
22.				2008			"	"	+0,72	<b>4:41.52</b>									554
	50m:	31.16	31.16	150m:	1:41.31	35.96	250m:	2:54.01	36.23	350m:	4:06.99	36.12							
	100m:	1:05.35	34.19	200m:	2:17.78	36.47	300m:	3:30.87	36.86	400m:	4:41.52	34.53							
23.				2009			"	"	+0,57	<b>4:41.79</b>									553
	50m:	30.56	30.56	150m:	1:38.59	34.48	250m:	2:50.31	36.59	350m:	4:05.13	37.54							
	100m:	1:04.11	33.55	200m:	2:13.72	35.13	300m:	3:27.59	37.28	400m:	4:41.79	36.66							
DNS				1998			"	"											