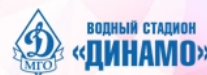




# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

13

, 400m

22.03.2023

: FINA 2023

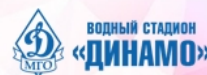
									R.T.			WA
1.	2002				"				+	0,65	<b>4:59.32</b>	704
	50m:	30.74	30.74	150m:	1:44.04	37.76	250m:	3:06.81	45.77	350m:	4:26.14	34.46
	100m:	1:06.28	35.54	200m:	2:21.04	37.00	300m:	3:51.68	44.87	400m:	4:59.32	33.18
2.	2003				3				+	0,66	<b>4:59.58</b>	702
	50m:	31.16	31.16	150m:	1:43.23	36.64	250m:	3:04.83	45.18	350m:	4:24.79	34.83
	100m:	1:06.59	35.43	200m:	2:19.65	36.42	300m:	3:49.96	45.13	400m:	4:59.58	34.79
3.	2006				"				+	0,76	<b>5:03.21</b>	677
	50m:	31.89	31.89	150m:	1:48.28	39.48	250m:	3:09.10	43.71	350m:	4:29.25	35.14
	100m:	1:08.80	36.91	200m:	2:25.39	37.11	300m:	3:54.11	45.01	400m:	5:03.21	33.96
4.	2007				"				+	0,61	<b>5:06.78</b>	654
	50m:	31.56	31.56	150m:	1:47.09	39.70	250m:	3:13.07	46.57	350m:	4:33.25	34.94
	100m:	1:07.39	35.83	200m:	2:26.50	39.41	300m:	3:58.31	45.24	400m:	5:06.78	33.53
5.	2006				3				+	0,89	<b>5:07.76</b>	648
	50m:	30.76	30.76	150m:	1:49.47	40.46	250m:	3:11.31	42.26	350m:	4:31.40	35.44
	100m:	1:09.01	38.25	200m:	2:29.05	39.58	300m:	3:55.96	44.65	400m:	5:07.76	36.36
6.	2008				3				+	0,97	<b>5:09.33</b>	638
	50m:	32.02	32.02	150m:	1:51.17	41.68	250m:	3:16.85	45.88	350m:	4:36.51	34.53
	100m:	1:09.49	37.47	200m:	2:30.97	39.80	300m:	4:01.98	45.13	400m:	5:09.33	32.82
7.	2006				"				+	0,84	<b>5:10.96</b>	628
	50m:	33.21	33.21	150m:	1:49.81	39.89	250m:	3:16.21	46.61	350m:	4:36.98	35.33
	100m:	1:09.92	36.71	200m:	2:29.60	39.79	300m:	4:01.65	45.44	400m:	5:10.96	33.98
8.	2007				"				+	0,76	<b>5:11.50</b>	625
	50m:	32.38	32.38	150m:	1:52.32	42.00	250m:	3:15.69	42.67	350m:	4:36.62	36.28
	100m:	1:10.32	37.94	200m:	2:33.02	40.70	300m:	4:00.34	44.65	400m:	5:11.50	34.88
9.	2008				"				+	0,76	<b>5:11.62</b>	624
	50m:	31.76	31.76	150m:	1:52.45	41.87	250m:	3:17.63	43.03	350m:	4:37.22	34.90
	100m:	1:10.58	38.82	200m:	2:34.60	42.15	300m:	4:02.32	44.69	400m:	5:11.62	34.40
10.	2005				"				+	0,61	<b>5:11.88</b>	622
	50m:	31.86	31.86	150m:	1:50.96	41.42	250m:	3:13.24	42.85	350m:	4:34.80	37.91
	100m:	1:09.54	37.68	200m:	2:30.39	39.43	300m:	3:56.89	43.65	400m:	5:11.88	37.08
11.	2007				"				+	0,76	<b>5:13.94</b>	610
	50m:	33.67	33.67	150m:	1:53.60	41.12	250m:	3:17.89	42.71	350m:	4:39.64	37.10
	100m:	1:12.48	38.81	200m:	2:35.18	41.58	300m:	4:02.54	44.65	400m:	5:13.94	34.30
12.	2005				"				+	0,70	<b>5:15.55</b>	601
	50m:	31.16	31.16	150m:	1:51.81	41.31	250m:	3:16.85	44.48	350m:	4:39.53	37.82
	100m:	1:10.50	39.34	200m:	2:32.37	40.56	300m:	4:01.71	44.86	400m:	5:15.55	36.02
13.	2008				"				+	0,48	<b>5:15.65</b>	600
	50m:	31.45	31.45	150m:	1:49.99	42.12	250m:	3:16.58	45.94	350m:	4:39.72	36.83
	100m:	1:07.87	36.42	200m:	2:30.64	40.65	300m:	4:02.89	46.31	400m:	5:15.65	35.93
14.	2008				"				+	0,69	<b>5:17.78</b>	588
	50m:	33.54	33.54	150m:	1:55.75	42.05	250m:	3:21.44	43.84	350m:	4:43.20	36.70
	100m:	1:13.70	40.16	200m:	2:37.60	41.85	300m:	4:06.50	45.06	400m:	5:17.78	34.58
15.	2007				"				+	0,60	<b>5:18.97</b>	582
	50m:	33.37	33.37	150m:	1:55.83	42.02	250m:	3:21.48	44.52	350m:	4:43.43	37.22
	100m:	1:13.81	40.44	200m:	2:36.96	41.13	300m:	4:06.21	44.73	400m:	5:18.97	35.54
16.	2006				-70				+	0,76	<b>5:22.12</b>	565
	50m:	32.56	32.56	150m:	1:54.30	41.37	250m:	3:23.48	47.13	350m:	4:46.23	37.79
	100m:	1:12.93	40.37	200m:	2:36.35	42.05	300m:	4:08.44	44.96	400m:	5:22.12	35.89
17.	2009				"				+	0,76	<b>5:24.87</b>	551
	50m:	32.99	32.99	150m:	1:56.87	44.00	250m:	3:23.99	45.25	350m:	4:47.51	37.41
	100m:	1:12.87	39.88	200m:	2:38.74	41.87	300m:	4:10.10	46.11	400m:	5:24.87	37.36

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# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

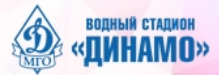
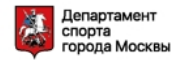
13, , 400m

									R.T.	WA
18.	2008								<b>5:25.18</b>	I 549
	50m: 33.68	33.68	150m: 1:55.71	42.13	250m: 3:25.27	49.06	350m: 4:49.45	36.64		
	100m: 1:13.58	39.90	200m: 2:36.21	40.50	300m: 4:12.81	47.54	400m: 5:25.18	35.73		
19.	2006								<b>+0,52 5:26.32</b>	I 543
	50m: 34.87	34.87	150m: 1:55.24	42.45	250m: 3:24.43	47.33	350m: 4:49.39	37.02		
	100m: 1:12.79	37.92	200m: 2:37.10	41.86	300m: 4:12.37	47.94	400m: 5:26.32	36.93		
20.	2006								<b>+0,58 5:26.44</b>	I 543
	50m: 33.11	33.11	150m: 1:56.89	44.78	250m: 3:23.42	43.72	350m: 4:48.64	40.08		
	100m: 1:12.11	39.00	200m: 2:39.70	42.81	300m: 4:08.56	45.14	400m: 5:26.44	37.80		
21.	2008								<b>+0,86 5:26.99</b>	I 540
	50m: 34.18	34.18	150m: 1:55.20	42.09	250m: 3:24.64	47.42	350m: 4:50.64	37.21		
	100m: 1:13.11	38.93	200m: 2:37.22	42.02	300m: 4:13.43	48.79	400m: 5:26.99	36.35		
22.	2010								<b>+0,75 5:27.69</b>	I 537
	50m: 35.07	35.07	150m: 1:57.44	42.61	250m: 3:25.51	45.74	350m: 4:51.64	38.69		
	100m: 1:14.83	39.76	200m: 2:39.77	42.33	300m: 4:12.95	47.44	400m: 5:27.69	36.05		
23.	2009								<b>5:27.72</b>	I 536
	50m: 31.53	31.53	150m: 1:55.01	43.85	250m: 3:25.17	49.41	350m: 4:51.76	37.77		
	100m: 1:11.16	39.63	200m: 2:35.76	40.75	300m: 4:13.99	48.82	400m: 5:27.72	35.96		
24.	2008								<b>+0,56 5:28.33</b>	I 533
	50m: 33.75	33.75	150m: 1:56.19	42.69	250m: 3:24.43	47.28	350m: 4:51.47	38.94		
	100m: 1:13.50	39.75	200m: 2:37.15	40.96	300m: 4:12.53	48.10	400m: 5:28.33	36.86		
25.	2007								<b>+0,79 5:28.79</b>	I 531
	50m: 33.25	33.25	150m: 1:55.60	42.05	250m: 3:25.68	49.89	350m: 4:52.25	36.88		
	100m: 1:13.55	40.30	200m: 2:35.79	40.19	300m: 4:15.37	49.69	400m: 5:28.79	36.54		
26.	2008								<b>+0,69 5:29.43</b>	I 528
	50m: 32.13	32.13	150m: 1:53.57	44.32	250m: 3:23.23	47.41	350m: 4:51.41	40.11		
	100m: 1:09.25	37.12	200m: 2:35.82	42.25	300m: 4:11.30	48.07	400m: 5:29.43	38.02		
27.	2009								<b>5:29.51</b>	I 528
	50m: 33.72	33.72	150m: 1:57.16	42.83	250m: 3:27.63	48.12	350m: 4:53.42	37.37		
	100m: 1:14.33	40.61	200m: 2:39.51	42.35	300m: 4:16.05	48.42	400m: 5:29.51	36.09		
28.	2009								<b>+0,69 5:31.37</b>	I 519
	50m: 32.60	32.60	150m: 1:57.92	44.86	250m: 3:25.70	44.33	350m: 4:52.50	40.23		
	100m: 1:13.06	40.46	200m: 2:41.37	43.45	300m: 4:12.27	46.57	400m: 5:31.37	38.87		
29.	2006								<b>+0,82 5:33.94</b>	I 507
	50m: 33.11	33.11	150m: 1:55.15	42.67	250m: 3:26.72	48.41	350m: 4:55.96	39.21		
	100m: 1:12.48	39.37	200m: 2:38.31	43.16	300m: 4:16.75	50.03	400m: 5:33.94	37.98		
30.	2007								<b>+0,80 5:34.74</b>	I 503
	50m: 32.39	32.39	150m: 1:54.57	42.05	250m: 3:26.32	49.46	350m: 4:54.00	36.60		
	100m: 1:12.52	40.13	200m: 2:36.86	42.29	300m: 4:17.40	51.08	400m: 5:34.74	40.74		
31.	2009								<b>+0,59 5:34.86</b>	I 503
	50m: 35.45	35.45	150m: 1:59.98	43.09	250m: 3:30.02	47.75	350m: 4:57.60	38.99		
	100m: 1:16.89	41.44	200m: 2:42.27	42.29	300m: 4:18.61	48.59	400m: 5:34.86	37.26		
32.	2006								<b>+0,77 5:38.12</b>	I 488
	50m: 34.06	34.06	150m: 1:58.04	40.77	250m: 3:32.83	53.04	350m: 5:01.55	38.69		
	100m: 1:17.27	43.21	200m: 2:39.79	41.75	300m: 4:22.86	50.03	400m: 5:38.12	36.57		
33.	2008								<b>5:42.46</b>	I 470
	50m: 34.31	34.31	150m: 1:58.45	42.50	250m: 3:33.54	52.03	350m: 5:03.13	39.79		
	100m: 1:15.95	41.64	200m: 2:41.51	43.06	300m: 4:23.34	49.80	400m: 5:42.46	39.33		



# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

13, , 400m

13 , 400m

(15-17 )

22.03.2023

: FINA 2023

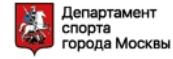
									R.T.			WA
1.			2006		"		"		+0,76	<b>5:03.21</b>		677
	50m:	31.89	31.89	150m:	1:48.28	39.48	250m:	3:09.10	43.71	350m:	4:29.25	35.14
	100m:	1:08.80	36.91	200m:	2:25.39	37.11	300m:	3:54.11	45.01	400m:	5:03.21	33.96
2.			2007		"		"		+0,61	<b>5:06.78</b>		654
	50m:	31.56	31.56	150m:	1:47.09	39.70	250m:	3:13.07	46.57	350m:	4:33.25	34.94
	100m:	1:07.39	35.83	200m:	2:26.50	39.41	300m:	3:58.31	45.24	400m:	5:06.78	33.53
3.			2006		3				+0,89	<b>5:07.76</b>		648
	50m:	30.76	30.76	150m:	1:49.47	40.46	250m:	3:11.31	42.26	350m:	4:31.40	35.44
	100m:	1:09.01	38.25	200m:	2:29.05	39.58	300m:	3:55.96	44.65	400m:	5:07.76	36.36
4.			2008		3				+0,97	<b>5:09.33</b>		638
	50m:	32.02	32.02	150m:	1:51.17	41.68	250m:	3:16.85	45.88	350m:	4:36.51	34.53
	100m:	1:09.49	37.47	200m:	2:30.97	39.80	300m:	4:01.98	45.13	400m:	5:09.33	32.82
5.			2006		"		"		+0,84	<b>5:10.96</b>		628
	50m:	33.21	33.21	150m:	1:49.81	39.89	250m:	3:16.21	46.61	350m:	4:36.98	35.33
	100m:	1:09.92	36.71	200m:	2:29.60	39.79	300m:	4:01.65	45.44	400m:	5:10.96	33.98
6.			2007		"		"		+0,76	<b>5:11.50</b>		625
	50m:	32.38	32.38	150m:	1:52.32	42.00	250m:	3:15.69	42.67	350m:	4:36.62	36.28
	100m:	1:10.32	37.94	200m:	2:33.02	40.70	300m:	4:00.34	44.65	400m:	5:11.50	34.88
7.			2008		"		"		+0,76	<b>5:11.62</b>		624
	50m:	31.76	31.76	150m:	1:52.45	41.87	250m:	3:17.63	43.03	350m:	4:37.22	34.90
	100m:	1:10.58	38.82	200m:	2:34.60	42.15	300m:	4:02.32	44.69	400m:	5:11.62	34.40
8.			2007		"		"		+0,76	<b>5:13.94</b>		610
	50m:	33.67	33.67	150m:	1:53.60	41.12	250m:	3:17.89	42.71	350m:	4:39.64	37.10
	100m:	1:12.48	38.81	200m:	2:35.18	41.58	300m:	4:02.54	44.65	400m:	5:13.94	34.30
9.			2008		"		"		+0,48	<b>5:15.65</b>		600
	50m:	31.45	31.45	150m:	1:49.99	42.12	250m:	3:16.58	45.94	350m:	4:39.72	36.83
	100m:	1:07.87	36.42	200m:	2:30.64	40.65	300m:	4:02.89	46.31	400m:	5:15.65	35.93
10.			2008		-		"		+0,69	<b>5:17.78</b>		588
	50m:	33.54	33.54	150m:	1:55.75	42.05	250m:	3:21.44	43.84	350m:	4:43.20	36.70
	100m:	1:13.70	40.16	200m:	2:37.60	41.85	300m:	4:06.50	45.06	400m:	5:17.78	34.58
11.			2007		"		"		+0,60	<b>5:18.97</b>		582
	50m:	33.37	33.37	150m:	1:55.83	42.02	250m:	3:21.48	44.52	350m:	4:43.43	37.22
	100m:	1:13.81	40.44	200m:	2:36.96	41.13	300m:	4:06.21	44.73	400m:	5:18.97	35.54
12.			2006		-70		"		+0,76	<b>5:22.12</b>		565
	50m:	32.56	32.56	150m:	1:54.30	41.37	250m:	3:23.48	47.13	350m:	4:46.23	37.79
	100m:	1:12.93	40.37	200m:	2:36.35	42.05	300m:	4:08.44	44.96	400m:	5:22.12	35.89
13.			2008		"		"			<b>5:25.18</b>		549
	50m:	33.68	33.68	150m:	1:55.71	42.13	250m:	3:25.27	49.06	350m:	4:49.45	36.64
	100m:	1:13.58	39.90	200m:	2:36.21	40.50	300m:	4:12.81	47.54	400m:	5:25.18	35.73
14.			2006		-		"		+0,52	<b>5:26.32</b>		543
	50m:	34.87	34.87	150m:	1:55.24	42.45	250m:	3:24.43	47.33	350m:	4:49.39	37.02
	100m:	1:12.79	37.92	200m:	2:37.10	41.86	300m:	4:12.37	47.94	400m:	5:26.32	36.93
15.			2006		"		"		+0,58	<b>5:26.44</b>		543
	50m:	33.11	33.11	150m:	1:56.89	44.78	250m:	3:23.42	43.72	350m:	4:48.64	40.08
	100m:	1:12.11	39.00	200m:	2:39.70	42.81	300m:	4:08.56	45.14	400m:	5:26.44	37.80
16.			2008		"		"		+0,86	<b>5:26.99</b>		540
	50m:	34.18	34.18	150m:	1:55.20	42.09	250m:	3:24.64	47.42	350m:	4:50.64	37.21
	100m:	1:13.11	38.93	200m:	2:37.22	42.02	300m:	4:13.43	48.79	400m:	5:26.99	36.35
17.			2008		"		"		+0,56	<b>5:28.33</b>		533
	50m:	33.75	33.75	150m:	1:56.19	42.69	250m:	3:24.43	47.28	350m:	4:51.47	38.94
	100m:	1:13.50	39.75	200m:	2:37.15	40.96	300m:	4:12.53	48.10	400m:	5:28.33	36.86

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# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

13, , 400m , (15-17 )

									R.T.	WA		
18.	/ 2007 " "								+0,79	<b>5:28.79</b>	I	531
	50m:	33.25	33.25	150m:	1:55.60	42.05	250m:	3:25.68	49.89	350m:	4:52.25	36.88
	100m:	1:13.55	40.30	200m:	2:35.79	40.19	300m:	4:15.37	49.69	400m:	5:28.79	36.54
19.	2008 " "								+0,69	<b>5:29.43</b>	I	528
	50m:	32.13	32.13	150m:	1:53.57	44.32	250m:	3:23.23	47.41	350m:	4:51.41	40.11
	100m:	1:09.25	37.12	200m:	2:35.82	42.25	300m:	4:11.30	48.07	400m:	5:29.43	38.02
20.	I 2006 " "								+0,82	<b>5:33.94</b>	I	507
	50m:	33.11	33.11	150m:	1:55.15	42.67	250m:	3:26.72	48.41	350m:	4:55.96	39.21
	100m:	1:12.48	39.37	200m:	2:38.31	43.16	300m:	4:16.75	50.03	400m:	5:33.94	37.98
21.	I 2007 " "								+0,80	<b>5:34.74</b>	I	503
	50m:	32.39	32.39	150m:	1:54.57	42.05	250m:	3:26.32	49.46	350m:	4:54.00	36.60
	100m:	1:12.52	40.13	200m:	2:36.86	42.29	300m:	4:17.40	51.08	400m:	5:34.74	40.74
22.	2006 " "								+0,77	<b>5:38.12</b>	I	488
	50m:	34.06	34.06	150m:	1:58.04	40.77	250m:	3:32.83	53.04	350m:	5:01.55	38.69
	100m:	1:17.27	43.21	200m:	2:39.79	41.75	300m:	4:22.86	50.03	400m:	5:38.12	36.57
23.	2008 " "									<b>5:42.46</b>	I	470
	50m:	34.31	34.31	150m:	1:58.45	42.50	250m:	3:33.54	52.03	350m:	5:03.13	39.79
	100m:	1:15.95	41.64	200m:	2:41.51	43.06	300m:	4:23.34	49.80	400m:	5:42.46	39.33