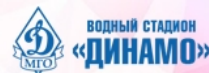




ЧЕМПИОНАТ МОСКВЫ

ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.
ЦРВС "ДИНАМО"

14

, 400m

22.03.2023

: FINA 2023

									R.T.		WA	
1.			2000						+0,65	4:21.24	813	
	50m:	27.59	27.59	150m:	1:33.33	34.62	250m:	2:43.81	37.08	350m:	3:52.09	30.69
	100m:	58.71	31.12	200m:	2:06.73	33.40	300m:	3:21.40	37.59	400m:	4:21.24	29.15
2.			2006							4:32.63	715	
	50m:	27.91	27.91	150m:	1:37.40	35.43	250m:	2:51.15	38.05	350m:	4:02.02	31.14
	100m:	1:01.97	34.06	200m:	2:13.10	35.70	300m:	3:30.88	39.73	400m:	4:32.63	30.61
3.			2000				3			+0,71	4:34.01	704
	50m:	29.54	29.54	150m:	1:40.10	36.15	250m:	2:53.55	38.77	350m:	4:04.39	32.79
	100m:	1:03.95	34.41	200m:	2:14.78	34.68	300m:	3:31.60	38.05	400m:	4:34.01	29.62
4.			2005				3			4:34.44	701	
	50m:	28.67	28.67	150m:	1:39.21	37.53	250m:	2:54.62	38.46	350m:	4:04.85	32.50
	100m:	1:01.68	33.01	200m:	2:16.16	36.95	300m:	3:32.35	37.73	400m:	4:34.44	29.59
5.			2005				"			+0,62	4:34.65	699
	50m:	30.05	30.05	150m:	1:41.62	37.24	250m:	2:55.92	38.67	350m:	4:06.04	30.86
	100m:	1:04.38	34.33	200m:	2:17.25	35.63	300m:	3:35.18	39.26	400m:	4:34.65	28.61
6.			2003				"			+0,53	4:39.76	662
	50m:	29.46	29.46	150m:	1:42.08	37.08	250m:	2:57.35	39.14	350m:	4:07.32	31.07
	100m:	1:05.00	35.54	200m:	2:18.21	36.13	300m:	3:36.25	38.90	400m:	4:39.76	32.44
7.			2005				"			+0,65	4:41.62	649
	50m:	29.28	29.28	150m:	1:39.14	37.26	250m:	2:55.71	40.24	350m:	4:08.46	33.04
	100m:	1:01.88	32.60	200m:	2:15.47	36.33	300m:	3:35.42	39.71	400m:	4:41.62	33.16
8.			2004				"			+0,67	4:43.05	639
	50m:	29.11	29.11	150m:	1:40.23	35.97	250m:	2:56.50	39.82	350m:	4:11.59	33.15
	100m:	1:04.26	35.15	200m:	2:16.68	36.45	300m:	3:38.44	41.94	400m:	4:43.05	31.46
9.			2004				"			+0,68	4:43.77	634
	50m:	28.57	28.57	150m:	1:38.20	35.65	250m:	2:55.03	40.99	350m:	4:11.35	34.87
	100m:	1:02.55	33.98	200m:	2:14.04	35.84	300m:	3:36.48	41.45	400m:	4:43.77	32.42
10.			2006				"			+0,66	4:45.07	625
	50m:	28.01	28.01	150m:	1:38.97	37.48	250m:	2:56.53	41.62	350m:	4:12.50	34.17
	100m:	1:01.49	33.48	200m:	2:14.91	35.94	300m:	3:38.33	41.80	400m:	4:45.07	32.57
11.			2006				"			+0,61	4:45.21	624
	50m:	27.72	27.72	150m:	1:36.23	36.51	250m:	2:56.24	43.64	350m:	4:13.41	33.04
	100m:	59.72	32.00	200m:	2:12.60	36.37	300m:	3:40.37	44.13	400m:	4:45.21	31.80
12.			2003				"			+0,76	4:49.13	599
	50m:	28.35	28.35	150m:	1:41.16	38.95	250m:	3:00.61	41.67	350m:	4:16.36	33.01
	100m:	1:02.21	33.86	200m:	2:18.94	37.78	300m:	3:43.35	42.74	400m:	4:49.13	32.77
13.			2006				"			+0,67	4:49.83	595
	50m:	29.39	29.39	150m:	1:41.04	38.56	250m:	3:02.18	43.79	350m:	4:17.93	33.13
	100m:	1:02.48	33.09	200m:	2:18.39	37.35	300m:	3:44.80	42.62	400m:	4:49.83	31.90
14.			2007				"			+0,78	4:50.06	594
	50m:	31.00	31.00	150m:	1:44.39	38.26	250m:	3:04.50	42.39	350m:	4:19.50	32.59
	100m:	1:06.13	35.13	200m:	2:22.11	37.72	300m:	3:46.91	42.41	400m:	4:50.06	30.56
15.			2008				"			+0,74	4:51.32	586
	50m:	30.38	30.38	150m:	1:41.50	37.14	250m:	3:01.50	42.86	350m:	4:18.27	33.73
	100m:	1:04.36	33.98	200m:	2:18.64	37.14	300m:	3:44.54	43.04	400m:	4:51.32	33.05
16.			2004				"			+0,58	4:52.22	581
	50m:	28.79	28.79	150m:	1:39.65	36.25	250m:	2:56.39	39.95	350m:	4:15.88	35.85
	100m:	1:03.40	34.61	200m:	2:16.44	36.79	300m:	3:40.03	43.64	400m:	4:52.22	36.34
17.			2006				"			+0,66	4:54.02	570
	50m:	28.52	28.52	150m:	1:41.95	39.01	250m:	3:02.37	41.42	350m:	4:20.49	35.72
	100m:	1:02.94	34.42	200m:	2:20.95	39.00	300m:	3:44.77	42.40	400m:	4:54.02	33.53

<http://mosswimming.ru/>

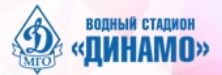
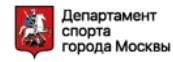
50

ALGE Timing



ЧЕМПИОНАТ МОСКВЫ

ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.
ЦРВС "ДИНАМО"

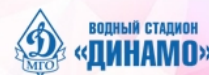
14, , 400m ,

										R.T.	WA		
18.			I	2008	"	"				+1,06	5:01.59	I	528
	50m:	32.03	32.03	150m:	1:44.90	37.68	250m:	3:04.56	42.96	350m:	4:25.68	36.19	
	100m:	1:07.22	35.19	200m:	2:21.60	36.70	300m:	3:49.49	44.93	400m:	5:01.59	35.91	
DSQ				2005	"	"							
DSQ				2007	"	"						I	



ЧЕМПИОНАТ МОСКВЫ

ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.
ЦРВС "ДИНАМО"

14, , 400m

14 , 400m

(17-18)

22.03.2023

: FINA 2023

									R.T.	WA
1.	2006				"				4:32.63	715
	50m: 27.91	27.91	150m: 1:37.40	35.43	250m: 2:51.15	38.05	350m: 4:02.02	31.14		
	100m: 1:01.97	34.06	200m: 2:13.10	35.70	300m: 3:30.88	39.73	400m: 4:32.63	30.61		
2.	2005				3				4:34.44	701
	50m: 28.67	28.67	150m: 1:39.21	37.53	250m: 2:54.62	38.46	350m: 4:04.85	32.50		
	100m: 1:01.68	33.01	200m: 2:16.16	36.95	300m: 3:32.35	37.73	400m: 4:34.44	29.59		
3.	2005				"				+0,62 4:34.65	699
	50m: 30.05	30.05	150m: 1:41.62	37.24	250m: 2:55.92	38.67	350m: 4:06.04	30.86		
	100m: 1:04.38	34.33	200m: 2:17.25	35.63	300m: 3:35.18	39.26	400m: 4:34.65	28.61		
4.	2005				"				+0,65 4:41.62	649
	50m: 29.28	29.28	150m: 1:39.14	37.26	250m: 2:55.71	40.24	350m: 4:08.46	33.04		
	100m: 1:01.88	32.60	200m: 2:15.47	36.33	300m: 3:35.42	39.71	400m: 4:41.62	33.16		
5.	2006				"				+0,66 4:45.07	625
	50m: 28.01	28.01	150m: 1:38.97	37.48	250m: 2:56.53	41.62	350m: 4:12.50	34.17		
	100m: 1:01.49	33.48	200m: 2:14.91	35.94	300m: 3:38.33	41.80	400m: 4:45.07	32.57		
6.	2006				"				+0,61 4:45.21	624
	50m: 27.72	27.72	150m: 1:36.23	36.51	250m: 2:56.24	43.64	350m: 4:13.41	33.04		
	100m: 59.72	32.00	200m: 2:12.60	36.37	300m: 3:40.37	44.13	400m: 4:45.21	31.80		
7.	2006				"				+0,67 4:49.83	595
	50m: 29.39	29.39	150m: 1:41.04	38.56	250m: 3:02.18	43.79	350m: 4:17.93	33.13		
	100m: 1:02.48	33.09	200m: 2:18.39	37.35	300m: 3:44.80	42.62	400m: 4:49.83	31.90		
8.	2006				"				+0,66 4:54.02	I 570
	50m: 28.52	28.52	150m: 1:41.95	39.01	250m: 3:02.37	41.42	350m: 4:20.49	35.72		
	100m: 1:02.94	34.42	200m: 2:20.95	39.00	300m: 3:44.77	42.40	400m: 4:54.02	33.53		
DSQ	2005				"					