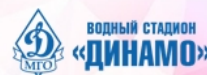




# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

2

, 400m

21.03.2023

: FINA 2023

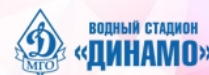
									R.T.		WA	
1.				2001		3			+0,52	<b>3:54.17</b>	830	
	50m:	27.46	27.46	150m:	1:26.71	29.60	250m:	2:25.89	29.69	350m:	3:25.33	29.72
	100m:	57.11	29.65	200m:	1:56.20	29.49	300m:	2:55.61	29.72	400m:	3:54.17	28.84
2.				2004		3			+0,54	<b>3:55.13</b>	819	
	50m:	27.83	27.83	150m:	1:27.39	29.66	250m:	2:26.62	29.51	350m:	3:26.03	29.44
	100m:	57.73	29.90	200m:	1:57.11	29.72	300m:	2:56.59	29.97	400m:	3:55.13	29.10
3.				1999		3			+0,52	<b>3:57.43</b>	796	
	50m:	28.01	28.01	150m:	1:28.38	30.41	250m:	2:28.42	30.06	350m:	3:28.99	30.46
	100m:	57.97	29.96	200m:	1:58.36	29.98	300m:	2:58.53	30.11	400m:	3:57.43	28.44
4.				2004		"			+0,70	<b>3:58.24</b>	788	
	50m:	27.38	27.38	150m:	1:27.77	30.54	250m:	2:29.02	30.58	350m:	3:29.46	30.03
	100m:	57.23	29.85	200m:	1:58.44	30.67	300m:	2:59.43	30.41	400m:	3:58.24	28.78
5.				2004		"			+0,73	<b>3:58.70</b>	783	
	50m:	27.34	27.34	150m:	1:27.47	29.83	250m:	2:28.32	30.08	350m:	3:29.54	30.07
	100m:	57.64	30.30	200m:	1:58.24	30.77	300m:	2:59.47	31.15	400m:	3:58.70	29.16
6.				1995		"			+0,56	<b>4:00.58</b>	765	
	50m:	27.32	27.32	150m:	1:28.46	30.62	250m:	2:29.09	30.15	350m:	3:30.88	30.75
	100m:	57.84	30.52	200m:	1:58.94	30.48	300m:	3:00.13	31.04	400m:	4:00.58	29.70
7.				2002		3			+0,81	<b>4:00.76</b>	763	
	50m:	28.91	28.91	150m:	1:29.98	30.56	250m:	2:30.97	30.48	350m:	3:31.70	30.61
	100m:	59.42	30.51	200m:	2:00.49	30.51	300m:	3:01.09	30.12	400m:	4:00.76	29.06
8.				2004		3				<b>4:01.65</b>	755	
	50m:	28.25	28.25	150m:	1:29.99	30.93	250m:	2:31.08	30.37	350m:	3:32.02	30.65
	100m:	59.06	30.81	200m:	2:00.71	30.72	300m:	3:01.37	30.29	400m:	4:01.65	29.63
9.				2005		"			+0,45	<b>4:02.05</b>	751	
	50m:	28.18	28.18	150m:	1:29.67	31.06	250m:	2:31.88	30.86	350m:	3:33.29	30.23
	100m:	58.61	30.43	200m:	2:01.02	31.35	300m:	3:03.06	31.18	400m:	4:02.05	28.76
10.				2003		3			+0,83	<b>4:02.16</b>	750	
	50m:	27.53	27.53	150m:	1:28.51	30.59	250m:	2:30.23	30.72	350m:	3:32.06	31.05
	100m:	57.92	30.39	200m:	1:59.51	31.00	300m:	3:01.01	30.78	400m:	4:02.16	30.10
11.				2004		"			+0,67	<b>4:03.01</b>	742	
	50m:	28.53	28.53	150m:	1:30.07	30.80	250m:	2:31.34	30.36	350m:	3:32.66	30.39
	100m:	59.27	30.74	200m:	2:00.98	30.91	300m:	3:02.27	30.93	400m:	4:03.01	30.35
12.				2004		3			+0,67	<b>4:03.05</b>	742	
	50m:	28.34	28.34	150m:	1:31.35	31.65	250m:	2:33.73	30.94	350m:	3:34.82	30.60
	100m:	59.70	31.36	200m:	2:02.79	31.44	300m:	3:04.22	30.49	400m:	4:03.05	28.23
13.				2006		"			+0,71	<b>4:03.91</b>	734	
	50m:	27.24	27.24	150m:	1:28.64	30.61	250m:	2:30.79	31.07	350m:	3:33.48	31.11
	100m:	58.03	30.79	200m:	1:59.72	31.08	300m:	3:02.37	31.58	400m:	4:03.91	30.43
14.				2006		3			+0,81	<b>4:04.86</b>	725	
	50m:	28.99	28.99	150m:	1:30.95	30.76	250m:	2:32.65	30.69	350m:	3:34.58	31.07
	100m:	1:00.19	31.20	200m:	2:01.96	31.01	300m:	3:03.51	30.86	400m:	4:04.86	30.28
15.				2005		3			+0,68	<b>4:06.11</b>	714	
	50m:	28.98	28.98	150m:	1:31.49	31.48	250m:	2:33.72	30.82	350m:	3:35.95	30.95
	100m:	1:00.01	31.03	200m:	2:02.90	31.41	300m:	3:05.00	31.28	400m:	4:06.11	30.16
16.				2004		"			+0,79	<b>4:06.34</b>	712	
	50m:	26.65	26.65	150m:	1:27.47	30.64	250m:	2:30.63	31.69	350m:	3:35.22	32.30
	100m:	56.83	30.18	200m:	1:58.94	31.47	300m:	3:02.92	32.29	400m:	4:06.34	31.12
17.				2005		3			+0,68	<b>4:06.98</b>	707	
	50m:	28.25	28.25	150m:	1:31.13	31.45	250m:	2:33.73	30.87	350m:	3:36.96	31.37
	100m:	59.68	31.43	200m:	2:02.86	31.73	300m:	3:05.59	31.86	400m:	4:06.98	30.02

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# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

2, , 400m

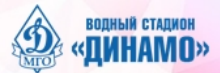
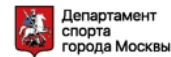
									R.T.			WA	
18.	2006								+0,71	<b>4:08.33</b>			695
	50m:	27.66	27.66	150m:	1:30.06	31.62	250m:	2:34.15	32.16	350m:	3:38.25	31.89	
	100m:	58.44	30.78	200m:	2:01.99	31.93	300m:	3:06.36	32.21	400m:	4:08.33	30.08	
19.	2006								+0,53	<b>4:08.34</b>			695
	50m:	28.96	28.96	150m:	1:34.51	32.78	250m:	2:38.41	30.97	350m:	3:39.32	30.38	
	100m:	1:01.73	32.77	200m:	2:07.44	32.93	300m:	3:08.94	30.53	400m:	4:08.34	29.02	
20.	2006								+0,87	<b>4:11.00</b>			674
	50m:	28.68	28.68	150m:	1:31.96	31.25	250m:	2:35.91	31.58	350m:	3:40.31	32.08	
	100m:	1:00.71	32.03	200m:	2:04.33	32.37	300m:	3:08.23	32.32	400m:	4:11.00	30.69	
21.	2005								+0,74	<b>4:12.57</b>			661
	50m:	28.47	28.47	150m:	1:30.75	31.75	250m:	2:36.32	32.68	350m:	3:41.43	32.16	
	100m:	59.00	30.53	200m:	2:03.64	32.89	300m:	3:09.27	32.95	400m:	4:12.57	31.14	
22.	2003								+0,71	<b>4:13.02</b>			657
	50m:	27.78	27.78	150m:	1:30.48	31.79	250m:	2:35.39	32.69	350m:	3:41.51	32.68	
	100m:	58.69	30.91	200m:	2:02.70	32.22	300m:	3:08.83	33.44	400m:	4:13.02	31.51	
23.	2006									<b>4:14.36</b>			647
	50m:	28.82	28.82	150m:	1:31.80	32.00	250m:	2:37.02	32.87	350m:	3:42.55	32.98	
	100m:	59.80	30.98	200m:	2:04.15	32.35	300m:	3:09.57	32.55	400m:	4:14.36	31.81	
24.	2005								+0,71	<b>4:15.13</b>			641
	50m:	27.87	27.87	150m:	1:31.13	32.18	250m:	2:36.97	33.30	350m:	3:43.97	33.73	
	100m:	58.95	31.08	200m:	2:03.67	32.54	300m:	3:10.24	33.27	400m:	4:15.13	31.16	
25.	2008								+0,67	<b>4:15.28</b>			640
	50m:	29.10	29.10	150m:	1:33.59	32.80	250m:	2:40.09	33.26	350m:	3:44.83	31.89	
	100m:	1:00.79	31.69	200m:	2:06.83	33.24	300m:	3:12.94	32.85	400m:	4:15.28	30.45	
26.	2007									<b>4:15.68</b>			637
	50m:	29.04	29.04	150m:	1:32.82	32.25	250m:	2:37.88	32.35	350m:	3:43.94	33.14	
	100m:	1:00.57	31.53	200m:	2:05.53	32.71	300m:	3:10.80	32.92	400m:	4:15.68	31.74	
27.	2005									<b>4:15.71</b>			637
	50m:	28.52	28.52	150m:	1:32.80	32.62	250m:	2:38.26	32.97	350m:	3:44.42	33.19	
	100m:	1:00.18	31.66	200m:	2:05.29	32.49	300m:	3:11.23	32.97	400m:	4:15.71	31.29	
28.	2006								+0,77	<b>4:15.76</b>			637
	50m:	28.20	28.20	150m:	1:32.50	32.51	250m:	2:38.57	33.18	350m:	3:44.02	32.72	
	100m:	59.99	31.79	200m:	2:05.39	32.89	300m:	3:11.30	32.73	400m:	4:15.76	31.74	
29.	2002								+0,80	<b>4:15.93</b>			635
	50m:	28.19	28.19	150m:	1:31.65	32.25	250m:	2:37.95	33.39	350m:	3:44.31	33.28	
	100m:	59.40	31.21	200m:	2:04.56	32.91	300m:	3:11.03	33.08	400m:	4:15.93	31.62	
30.	2006								+0,66	<b>4:17.22</b>			626
	50m:	29.93	29.93	150m:	1:33.92	31.87	250m:	2:39.41	32.50	350m:	3:45.33	33.19	
	100m:	1:02.05	32.12	200m:	2:06.91	32.99	300m:	3:12.14	32.73	400m:	4:17.22	31.89	
31.	2007									<b>4:17.45</b>			624
	50m:	29.24	29.24	150m:	1:34.51	32.65	250m:	2:40.09	33.33	350m:	3:46.22	33.17	
	100m:	1:01.86	32.62	200m:	2:06.76	32.25	300m:	3:13.05	32.96	400m:	4:17.45	31.23	
32.	2006								+0,75	<b>4:17.55</b>	I	623	
	50m:	28.86	28.86	150m:	1:34.25	32.94	250m:	2:40.18	33.04	350m:	3:45.70	32.94	
	100m:	1:01.31	32.45	200m:	2:07.14	32.89	300m:	3:12.76	32.58	400m:	4:17.55	31.85	
33.	2008								+0,77	<b>4:18.45</b>	I	617	
	50m:	29.31	29.31	150m:	1:34.72	32.87	250m:	2:40.76	33.08	350m:	3:46.77	32.92	
	100m:	1:01.85	32.54	200m:	2:07.68	32.96	300m:	3:13.85	33.09	400m:	4:18.45	31.68	
34.	2002								+0,77	<b>4:18.59</b>	I	616	
	50m:	28.81	28.81	150m:	1:32.35	32.35	250m:	2:38.45	33.32	350m:	3:45.59	33.74	
	100m:	1:00.00	31.19	200m:	2:05.13	32.78	300m:	3:11.85	33.40	400m:	4:18.59	33.00	
35.	2007								+0,79	<b>4:18.69</b>	I	615	
	50m:	30.26	30.26	150m:	1:35.58	32.34	250m:	2:41.45	32.94	350m:	3:48.31	33.67	
	100m:	1:03.24	32.98	200m:	2:08.51	32.93	300m:	3:14.64	33.19	400m:	4:18.69	30.38	

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# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

2, , 400m

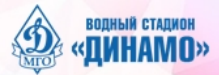
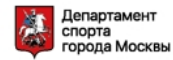
							R.T.	WA				
36.	2006						+0,82	<b>4:19.29</b>	I	611		
	50m:	28.96	28.96	150m:	1:33.27	32.69	250m:	2:39.70	33.24	350m:	3:46.69	33.47
	100m:	1:00.58	31.62	200m:	2:06.46	33.19	300m:	3:13.22	33.52	400m:	4:19.29	32.60
37.	2006						+0,79	<b>4:19.33</b>	I	611		
	50m:	29.06	29.06	150m:	1:34.23	32.71	250m:	2:40.47	33.27	350m:	3:47.26	33.44
	100m:	1:01.52	32.46	200m:	2:07.20	32.97	300m:	3:13.82	33.35	400m:	4:19.33	32.07
38.	2002						3	+0,57	<b>4:19.34</b>	I	611	
	50m:	28.91	28.91	150m:	1:33.55	32.75	250m:	2:39.70	33.33	350m:	3:46.72	33.81
	100m:	1:00.80	31.89	200m:	2:06.37	32.82	300m:	3:12.91	33.21	400m:	4:19.34	32.62
39.	2003						" "	+0,68	<b>4:19.60</b>	I	609	
	50m:	28.76	28.76	150m:	1:33.27	32.84	250m:	2:40.25	33.74	350m:	3:47.35	33.13
	100m:	1:00.43	31.67	200m:	2:06.51	33.24	300m:	3:14.22	33.97	400m:	4:19.60	32.25
40.	2007						" "	+0,68	<b>4:20.12</b>	I	605	
	50m:	29.70	29.70	150m:	1:33.89	32.49	250m:	2:40.54	33.41	350m:	3:47.79	34.03
	100m:	1:01.40	31.70	200m:	2:07.13	33.24	300m:	3:13.76	33.22	400m:	4:20.12	32.33
41.	2006						" "	+0,84	<b>4:20.67</b>	I	601	
	50m:	28.67	28.67	150m:	1:33.59	32.98	250m:	2:41.29	33.96	350m:	3:48.28	33.07
	100m:	1:00.61	31.94	200m:	2:07.33	33.74	300m:	3:15.21	33.92	400m:	4:20.67	32.39
42.	2007						" "	+0,51	<b>4:21.48</b>	I	596	
	50m:	29.63	29.63	150m:	1:34.90	32.94	250m:	2:41.05	33.06	350m:	3:48.57	33.80
	100m:	1:01.96	32.33	200m:	2:07.99	33.09	300m:	3:14.77	33.72	400m:	4:21.48	32.91
43.	2007						" "	+0,65	<b>4:21.74</b>	I	594	
	50m:	30.50	30.50	150m:	1:36.32	33.66	250m:	2:43.27	33.65	350m:	3:49.92	33.07
	100m:	1:02.66	32.16	200m:	2:09.62	33.30	300m:	3:16.85	33.58	400m:	4:21.74	31.82
44.	2007						" "	+0,69	<b>4:22.59</b>	I	588	
	50m:	28.95	28.95	150m:	1:34.73	33.32	250m:	2:42.07	33.60	350m:	3:50.09	33.71
	100m:	1:01.41	32.46	200m:	2:08.47	33.74	300m:	3:16.38	34.31	400m:	4:22.59	32.50
45.	2006						" "	+0,68	<b>4:22.83</b>	I	587	
	50m:	28.14	28.14	150m:	1:32.70	32.89	250m:	2:40.42	34.29	350m:	3:49.15	34.42
	100m:	59.81	31.67	200m:	2:06.13	33.43	300m:	3:14.73	34.31	400m:	4:22.83	33.68
46.	2006						" "	+0,68	<b>4:22.89</b>	I	586	
	50m:	29.81	29.81	150m:	1:37.18	34.01	250m:	2:44.26	33.14	350m:	3:51.20	33.16
	100m:	1:03.17	33.36	200m:	2:11.12	33.94	300m:	3:18.04	33.78	400m:	4:22.89	31.69
47.	2006						" "	+0,84	<b>4:23.12</b>	I	585	
	50m:	29.98	29.98	150m:	1:35.55	33.01	250m:	2:42.11	32.84	350m:	3:50.10	34.16
	100m:	1:02.54	32.56	200m:	2:09.27	33.72	300m:	3:15.94	33.83	400m:	4:23.12	33.02
48.	2007						" "	+0,80	<b>4:24.11</b>	I	578	
	50m:	29.84	29.84	150m:	1:36.56	33.59	250m:	2:44.49	34.02	350m:	3:52.13	33.71
	100m:	1:02.97	33.13	200m:	2:10.47	33.91	300m:	3:18.42	33.93	400m:	4:24.11	31.98
49.	2007						" "	+0,76	<b>4:24.52</b>	I	575	
	50m:	29.70	29.70	150m:	1:36.46	33.72	250m:	2:44.35	33.70	350m:	3:52.40	34.23
	100m:	1:02.74	33.04	200m:	2:10.65	34.19	300m:	3:18.17	33.82	400m:	4:24.52	32.12
50.	2002						3	+0,77	<b>4:28.24</b>	I	552	
	50m:	29.37	29.37	150m:	1:31.82	31.39	250m:	2:39.52	34.65	350m:	3:51.88	36.47
	100m:	1:00.43	31.06	200m:	2:04.87	33.05	300m:	3:15.41	35.89	400m:	4:28.24	36.36
51.	2006						" "	+0,71	<b>4:29.95</b>	I	541	
	50m:	29.07	29.07	150m:	1:35.35	33.62	250m:	2:44.48	34.90	350m:	3:55.59	35.86
	100m:	1:01.73	32.66	200m:	2:09.58	34.23	300m:	3:19.73	35.25	400m:	4:29.95	34.36
52.	2006						" "	+0,80	<b>4:30.00</b>	I	541	
	50m:	29.40	29.40	150m:	1:36.68	34.21	250m:	2:47.07	35.38	350m:	3:57.33	34.64
	100m:	1:02.47	33.07	200m:	2:11.69	35.01	300m:	3:22.69	35.62	400m:	4:30.00	32.67
53.	2005						" "	+0,88	<b>4:30.34</b>	I	539	
	50m:	30.33	30.33	150m:	1:38.37	34.43	250m:	2:48.46	35.06	350m:	3:56.92	33.75
	100m:	1:03.94	33.61	200m:	2:13.40	35.03	300m:	3:23.17	34.71	400m:	4:30.34	33.42

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# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

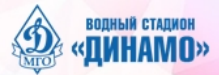
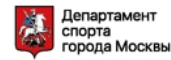
2, , 400m

									R.T.	WA		
54.				2005	"	"			+0,67	<b>4:30.42</b>		538
	50m:	29.34	29.34	150m:	1:36.50	33.74	250m:	2:45.81	34.34	350m:	3:55.60	34.63
	100m:	1:02.76	33.42	200m:	2:11.47	34.97	300m:	3:20.97	35.16	400m:	4:30.42	34.82
55.				2006	"	"	"		+0,86	<b>4:31.18</b>		534
	50m:	30.11	30.11	150m:	1:38.86	35.14	250m:	2:48.67	34.73	350m:	3:59.26	35.06
	100m:	1:03.72	33.61	200m:	2:13.94	35.08	300m:	3:24.20	35.53	400m:	4:31.18	31.92
56.				2004	-70	"	"			<b>4:32.57</b>		526
	50m:	28.94	28.94	150m:	1:34.69	33.72	250m:	2:45.28	35.22	350m:	3:57.74	36.11
	100m:	1:00.97	32.03	200m:	2:10.06	35.37	300m:	3:21.63	36.35	400m:	4:32.57	34.83
57.				2006		"	"	-	"	+0,70	<b>4:34.28</b>	516
	50m:	29.26	29.26	150m:	1:36.16	34.40	250m:	2:46.65	35.60	350m:	3:58.78	36.28
	100m:	1:01.76	32.50	200m:	2:11.05	34.89	300m:	3:22.50	35.85	400m:	4:34.28	35.50
58.				2006		"	"	-	"	+0,65	<b>4:45.34</b>	458
	50m:	31.43	31.43	150m:	1:43.16	36.97	250m:	2:59.81	38.86	350m:	4:12.41	35.78
	100m:	1:06.19	34.76	200m:	2:20.95	37.79	300m:	3:36.63	36.82	400m:	4:45.34	32.93
DSQ				2005			3					
DNS				2008								



# ЧЕМПИОНАТ МОСКВЫ

## ПО ПЛАВАНИЮ СРЕДИ МУЖЧИН И ЖЕНЩИН



21-24 марта 2023г.  
ЦРВС "ДИНАМО"

2, , 400m

2 , 400m

(17-18 )

21.03.2023

: FINA 2023

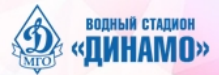
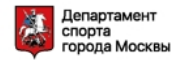
									R.T.			WA	
1.	2005				"				+0,45	<b>4:02.05</b>			751
	50m:	28.18	28.18	150m:	1:29.67	31.06	250m:	2:31.88	30.86	350m:	3:33.29	30.23	
	100m:	58.61	30.43	200m:	2:01.02	31.35	300m:	3:03.06	31.18	400m:	4:02.05	28.76	
2.	2006				"				+0,71	<b>4:03.91</b>			734
	50m:	27.24	27.24	150m:	1:28.64	30.61	250m:	2:30.79	31.07	350m:	3:33.48	31.11	
	100m:	58.03	30.79	200m:	1:59.72	31.08	300m:	3:02.37	31.58	400m:	4:03.91	30.43	
3.	2006				3				+0,81	<b>4:04.86</b>			725
	50m:	28.99	28.99	150m:	1:30.95	30.76	250m:	2:32.65	30.69	350m:	3:34.58	31.07	
	100m:	1:00.19	31.20	200m:	2:01.96	31.01	300m:	3:03.51	30.86	400m:	4:04.86	30.28	
4.	2005				3				+0,68	<b>4:06.11</b>			714
	50m:	28.98	28.98	150m:	1:31.49	31.48	250m:	2:33.72	30.82	350m:	3:35.95	30.95	
	100m:	1:00.01	31.03	200m:	2:02.90	31.41	300m:	3:05.00	31.28	400m:	4:06.11	30.16	
5.	2005				3				+0,68	<b>4:06.98</b>			707
	50m:	28.25	28.25	150m:	1:31.13	31.45	250m:	2:33.73	30.87	350m:	3:36.96	31.37	
	100m:	59.68	31.43	200m:	2:02.86	31.73	300m:	3:05.59	31.86	400m:	4:06.98	30.02	
6.	2006				"				+0,71	<b>4:08.33</b>			695
	50m:	27.66	27.66	150m:	1:30.06	31.62	250m:	2:34.15	32.16	350m:	3:38.25	31.89	
	100m:	58.44	30.78	200m:	2:01.99	31.93	300m:	3:06.36	32.21	400m:	4:08.33	30.08	
7.	2006				"				+0,53	<b>4:08.34</b>			695
	50m:	28.96	28.96	150m:	1:34.51	32.78	250m:	2:38.41	30.97	350m:	3:39.32	30.38	
	100m:	1:01.73	32.77	200m:	2:07.44	32.93	300m:	3:08.94	30.53	400m:	4:08.34	29.02	
8.	2006				3				+0,87	<b>4:11.00</b>			674
	50m:	28.68	28.68	150m:	1:31.96	31.25	250m:	2:35.91	31.58	350m:	3:40.31	32.08	
	100m:	1:00.71	32.03	200m:	2:04.33	32.37	300m:	3:08.23	32.32	400m:	4:11.00	30.69	
9.	2005				"				+0,74	<b>4:12.57</b>			661
	50m:	28.47	28.47	150m:	1:30.75	31.75	250m:	2:36.32	32.68	350m:	3:41.43	32.16	
	100m:	59.00	30.53	200m:	2:03.64	32.89	300m:	3:09.27	32.95	400m:	4:12.57	31.14	
10.	2006				3					<b>4:14.36</b>			647
	50m:	28.82	28.82	150m:	1:31.80	32.00	250m:	2:37.02	32.87	350m:	3:42.55	32.98	
	100m:	59.80	30.98	200m:	2:04.15	32.35	300m:	3:09.57	32.55	400m:	4:14.36	31.81	
11.	2005				"				+0,71	<b>4:15.13</b>			641
	50m:	27.87	27.87	150m:	1:31.13	32.18	250m:	2:36.97	33.30	350m:	3:43.97	33.73	
	100m:	58.95	31.08	200m:	2:03.67	32.54	300m:	3:10.24	33.27	400m:	4:15.13	31.16	
12.	2005				"					<b>4:15.71</b>			637
	50m:	28.52	28.52	150m:	1:32.80	32.62	250m:	2:38.26	32.97	350m:	3:44.42	33.19	
	100m:	1:00.18	31.66	200m:	2:05.29	32.49	300m:	3:11.23	32.97	400m:	4:15.71	31.29	
13.	2006				-70				+0,77	<b>4:15.76</b>			637
	50m:	28.20	28.20	150m:	1:32.50	32.51	250m:	2:38.57	33.18	350m:	3:44.02	32.72	
	100m:	59.99	31.79	200m:	2:05.39	32.89	300m:	3:11.30	32.73	400m:	4:15.76	31.74	
14.	2006				"				+0,66	<b>4:17.22</b>			626
	50m:	29.93	29.93	150m:	1:33.92	31.87	250m:	2:39.41	32.50	350m:	3:45.33	33.19	
	100m:	1:02.05	32.12	200m:	2:06.91	32.99	300m:	3:12.14	32.73	400m:	4:17.22	31.89	
15.	2006				3				+0,75	<b>4:17.55</b>			623
	50m:	28.86	28.86	150m:	1:34.25	32.94	250m:	2:40.18	33.04	350m:	3:45.70	32.94	
	100m:	1:01.31	32.45	200m:	2:07.14	32.89	300m:	3:12.76	32.58	400m:	4:17.55	31.85	
16.	2006				"				+0,82	<b>4:19.29</b>			611
	50m:	28.96	28.96	150m:	1:33.27	32.69	250m:	2:39.70	33.24	350m:	3:46.69	33.47	
	100m:	1:00.58	31.62	200m:	2:06.46	33.19	300m:	3:13.22	33.52	400m:	4:19.29	32.60	
17.	2006				"				+0,79	<b>4:19.33</b>			611
	50m:	29.06	29.06	150m:	1:34.23	32.71	250m:	2:40.47	33.27	350m:	3:47.26	33.44	
	100m:	1:01.52	32.46	200m:	2:07.20	32.97	300m:	3:13.82	33.35	400m:	4:19.33	32.07	

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# ЧЕМПИОНАТ МОСКВЫ

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21-24 марта 2023г.  
ЦРВС "ДИНАМО"

2, , 400m , (17-18 )

									R.T.	WA		
18.	/ 2006 " "								+0,84	<b>4:20.67</b>	I	601
	50m:	28.67	28.67	150m:	1:33.59	32.98	250m:	2:41.29	33.96	350m:	3:48.28	33.07
	100m:	1:00.61	31.94	200m:	2:07.33	33.74	300m:	3:15.21	33.92	400m:	4:20.67	32.39
19.	2006 " "								+0,68	<b>4:22.83</b>	I	587
	50m:	28.14	28.14	150m:	1:32.70	32.89	250m:	2:40.42	34.29	350m:	3:49.15	34.42
	100m:	59.81	31.67	200m:	2:06.13	33.43	300m:	3:14.73	34.31	400m:	4:22.83	33.68
20.	2006 " " "								+0,68	<b>4:22.89</b>	I	586
	50m:	29.81	29.81	150m:	1:37.18	34.01	250m:	2:44.26	33.14	350m:	3:51.20	33.16
	100m:	1:03.17	33.36	200m:	2:11.12	33.94	300m:	3:18.04	33.78	400m:	4:22.89	31.69
21.	2006 , " "								+0,84	<b>4:23.12</b>	I	585
	50m:	29.98	29.98	150m:	1:35.55	33.01	250m:	2:42.11	32.84	350m:	3:50.10	34.16
	100m:	1:02.54	32.56	200m:	2:09.27	33.72	300m:	3:15.94	33.83	400m:	4:23.12	33.02
22.	2006 . . .								+0,71	<b>4:29.95</b>	I	541
	50m:	29.07	29.07	150m:	1:35.35	33.62	250m:	2:44.48	34.90	350m:	3:55.59	35.86
	100m:	1:01.73	32.66	200m:	2:09.58	34.23	300m:	3:19.73	35.25	400m:	4:29.95	34.36
23.	2006 " "								+0,80	<b>4:30.00</b>	I	541
	50m:	29.40	29.40	150m:	1:36.68	34.21	250m:	2:47.07	35.38	350m:	3:57.33	34.64
	100m:	1:02.47	33.07	200m:	2:11.69	35.01	300m:	3:22.69	35.62	400m:	4:30.00	32.67
24.	2005 " "								+0,88	<b>4:30.34</b>	I	539
	50m:	30.33	30.33	150m:	1:38.37	34.43	250m:	2:48.46	35.06	350m:	3:56.92	33.75
	100m:	1:03.94	33.61	200m:	2:13.40	35.03	300m:	3:23.17	34.71	400m:	4:30.34	33.42
25.	2005 " "								+0,67	<b>4:30.42</b>	I	538
	50m:	29.34	29.34	150m:	1:36.50	33.74	250m:	2:45.81	34.34	350m:	3:55.60	34.63
	100m:	1:02.76	33.42	200m:	2:11.47	34.97	300m:	3:20.97	35.16	400m:	4:30.42	34.82
26.	2006 " " "								+0,86	<b>4:31.18</b>	I	534
	50m:	30.11	30.11	150m:	1:38.86	35.14	250m:	2:48.67	34.73	350m:	3:59.26	35.06
	100m:	1:03.72	33.61	200m:	2:13.94	35.08	300m:	3:24.20	35.53	400m:	4:31.18	31.92
27.	2006 , " - "								+0,70	<b>4:34.28</b>		516
	50m:	29.26	29.26	150m:	1:36.16	34.40	250m:	2:46.65	35.60	350m:	3:58.78	36.28
	100m:	1:01.76	32.50	200m:	2:11.05	34.89	300m:	3:22.50	35.85	400m:	4:34.28	35.50
28.	2006 , " - "								+0,65	<b>4:45.34</b>		458
	50m:	31.43	31.43	150m:	1:43.16	36.97	250m:	2:59.81	38.86	350m:	4:12.41	35.78
	100m:	1:06.19	34.76	200m:	2:20.95	37.79	300m:	3:36.63	36.82	400m:	4:45.34	32.93
DSQ	2005 3										I	