

"ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

среди мужчин и женщин

19-22 марта 2024г.



СК "Акватория ЗИЛ"
бассейн 50 м.

42

, 1500m

22.03.2024 - 13:50

16:25.69

31.07.2023

: FINA 2024

WA

1.			06					17:43.34	648			
	50m:	31.04	31.04	450m:	5:11.27	35.68	850m:	9:57.44	36.12	1250m:	14:45.44	35.76
	100m:	1:05.19	34.15	500m:	5:46.78	35.51	900m:	10:33.61	36.17	1300m:	15:21.32	35.88
	150m:	1:39.89	34.70	550m:	6:22.14	35.36	950m:	11:09.71	36.10	1350m:	15:57.56	36.24
	200m:	2:14.91	35.02	600m:	6:57.77	35.63	1000m:	11:45.62	35.91	1400m:	16:33.69	36.13
	250m:	2:50.40	35.49	650m:	7:33.61	35.84	1050m:	12:21.56	35.94	1450m:	17:08.81	35.12
	300m:	3:25.30	34.90	700m:	8:09.32	35.71	1100m:	12:57.60	36.04	1500m:	17:43.34	34.53
	350m:	4:00.49	35.19	750m:	8:45.29	35.97	1150m:	13:33.82	36.22			
	400m:	4:35.59	35.10	800m:	9:21.32	36.03	1200m:	14:09.68	35.86			
2.			08				3			17:57.20	623	
	50m:	31.96	31.96	450m:	5:17.12	35.72	850m:	10:07.74	36.86	1250m:	15:00.64	37.02
	100m:	1:07.09	35.13	500m:	5:52.97	35.85	900m:	10:43.97	36.23	1300m:	15:36.93	36.29
	150m:	1:42.49	35.40	550m:	6:29.14	36.17	950m:	11:20.85	36.88	1350m:	16:13.28	36.35
	200m:	2:18.79	36.30	600m:	7:04.98	35.84	1000m:	11:57.37	36.52	1400m:	16:49.25	35.97
	250m:	2:53.83	35.04	650m:	7:41.71	36.73	1050m:	12:34.08	36.71	1450m:	17:24.87	35.62
	300m:	3:29.25	35.42	700m:	8:17.60	35.89	1100m:	13:10.43	36.35	1500m:	17:57.20	32.33
	350m:	4:05.20	35.95	750m:	8:54.32	36.72	1150m:	13:46.86	36.43			
	400m:	4:41.40	36.20	800m:	9:30.88	36.56	1200m:	14:23.62	36.76			
3.			06							18:04.67	611	
	50m:	32.38	32.38	450m:	5:17.21	36.13	850m:	10:08.27	36.63	1250m:	15:01.90	36.78
	100m:	1:07.26	34.88	500m:	5:53.40	36.19	900m:	10:44.97	36.70	1300m:	15:38.76	36.86
	150m:	1:42.31	35.05	550m:	6:29.65	36.25	950m:	11:21.65	36.68	1350m:	16:15.70	36.94
	200m:	2:17.86	35.55	600m:	7:05.96	36.31	1000m:	11:58.28	36.63	1400m:	16:52.44	36.74
	250m:	2:53.34	35.48	650m:	7:42.32	36.36	1050m:	12:35.05	36.77	1450m:	17:28.90	36.46
	300m:	3:29.09	35.75	700m:	8:18.56	36.24	1100m:	13:11.83	36.78	1500m:	18:04.67	35.77
	350m:	4:04.98	35.89	750m:	8:55.01	36.45	1150m:	13:48.51	36.68			
	400m:	4:41.08	36.10	800m:	9:31.64	36.63	1200m:	14:25.12	36.61			
4.			09				"			18:15.19	593	
	50m:	32.24	32.24	450m:	5:20.76	36.78	850m:	10:18.41	37.25	1250m:	15:14.48	36.90
	100m:	1:07.36	35.12	500m:	5:57.79	37.03	900m:	10:55.66	37.25	1300m:	15:52.00	37.52
	150m:	1:42.95	35.59	550m:	6:35.12	37.33	950m:	11:33.37	37.71	1350m:	16:29.21	37.21
	200m:	2:19.03	36.08	600m:	7:12.29	37.17	1000m:	12:10.64	37.27	1400m:	17:05.76	36.55
	250m:	2:54.93	35.90	650m:	7:49.42	37.13	1050m:	12:46.99	36.35	1450m:	17:40.67	34.91
	300m:	3:30.99	36.06	700m:	8:26.60	37.18	1100m:	13:23.63	36.64	1500m:	18:15.19	34.52
	350m:	4:07.32	36.33	750m:	9:04.11	37.51	1150m:	14:00.79	37.16			
	400m:	4:43.98	36.66	800m:	9:41.16	37.05	1200m:	14:37.58	36.79			
5.			08				"			18:21.44	583	
	50m:	31.95	31.95	450m:	5:22.66	36.77	850m:	10:19.27	37.13	1250m:	15:18.68	36.75
	100m:	1:07.42	35.47	500m:	5:59.59	36.93	900m:	10:56.59	37.32	1300m:	15:55.55	36.87
	150m:	1:43.43	36.01	550m:	6:36.62	37.03	950m:	11:34.32	37.73	1350m:	16:32.28	36.73
	200m:	2:19.97	36.54	600m:	7:13.74	37.12	1000m:	12:11.44	37.12	1400m:	17:09.52	37.24
	250m:	2:56.74	36.77	650m:	7:50.85	37.11	1050m:	12:49.05	37.61	1450m:	17:46.29	36.77
	300m:	3:33.15	36.41	700m:	8:27.87	37.02	1100m:	13:26.39	37.34	1500m:	18:21.44	35.15
	350m:	4:09.80	36.65	750m:	9:05.10	37.23	1150m:	14:03.80	37.41			
	400m:	4:45.89	36.09	800m:	9:42.14	37.04	1200m:	14:41.93	38.13			
6.			07							18:23.28	580	
	50m:	32.43	32.43	450m:	5:25.33	37.02	850m:	10:20.16	37.06	1250m:	15:17.89	37.35
	100m:	1:07.60	35.17	500m:	6:02.43	37.10	900m:	10:57.04	36.88	1300m:	15:55.32	37.43
	150m:	1:44.00	36.40	550m:	6:39.41	36.98	950m:	11:34.07	37.03	1350m:	16:32.83	37.51
	200m:	2:20.67	36.67	600m:	7:16.39	36.98	1000m:	12:11.26	37.19	1400m:	17:10.13	37.30
	250m:	2:57.56	36.89	650m:	7:53.06	36.67	1050m:	12:48.20	36.94	1450m:	17:47.19	37.06
	300m:	3:34.35	36.79	700m:	8:29.95	36.89	1100m:	13:25.60	37.40	1500m:	18:23.28	36.09
	350m:	4:11.31	36.96	750m:	9:06.54	36.59	1150m:	14:02.96	37.36			
	400m:	4:48.31	37.00	800m:	9:43.10	36.56	1200m:	14:40.54	37.58			

19-22 2024 .

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СК "Акватория ЗИЛ"
бассейн 50 м.

42, , 1500m

WA

7.			08					18:34.47	563			
	50m:	32.25	32.25	450m:	5:23.84	37.22	850m:	10:24.43	37.63	1250m:	15:27.06	38.01
	100m:	1:07.41	35.16	500m:	6:01.42	37.58	900m:	11:02.23	37.80	1300m:	16:05.39	38.33
	150m:	1:43.31	35.90	550m:	6:38.88	37.46	950m:	11:39.61	37.38	1350m:	16:43.09	37.70
	200m:	2:19.41	36.10	600m:	7:16.80	37.92	1000m:	12:17.44	37.83	1400m:	17:20.52	37.43
	250m:	2:55.79	36.38	650m:	7:54.06	37.26	1050m:	12:55.13	37.69	1450m:	17:57.98	37.46
	300m:	3:32.65	36.86	700m:	8:31.32	37.26	1100m:	13:33.42	38.29	1500m:	18:34.47	36.49
	350m:	4:09.45	36.80	750m:	9:08.99	37.67	1150m:	14:11.30	37.88			
	400m:	4:46.62	37.17	800m:	9:46.80	37.81	1200m:	14:49.05	37.75			
8.			08				" "	18:56.23	531	I		
	50m:	33.01	33.01	450m:	5:29.71	37.40	850m:	10:34.49	38.36	1250m:	15:43.85	38.54
	100m:	1:08.87	35.86	500m:	6:08.08	38.37	900m:	11:13.28	38.79	1300m:	16:23.00	39.15
	150m:	1:45.36	36.49	550m:	6:45.24	37.16	950m:	11:51.50	38.22	1350m:	17:01.47	38.47
	200m:	2:22.62	37.26	600m:	7:23.72	38.48	1000m:	12:30.45	38.95	1400m:	17:40.30	38.83
	250m:	2:59.91	37.29	650m:	8:01.84	38.12	1050m:	13:08.77	38.32	1450m:	18:18.34	38.04
	300m:	3:37.45	37.54	700m:	8:39.90	38.06	1100m:	13:47.60	38.83	1500m:	18:56.23	37.89
	350m:	4:14.69	37.24	750m:	9:17.63	37.73	1150m:	14:26.07	38.47			
	400m:	4:52.31	37.62	800m:	9:56.13	38.50	1200m:	15:05.31	39.24			
9.			10	I				18:56.62	531	I		
	50m:	33.76	33.76	450m:	5:36.63	37.66	850m:	10:40.31	38.52	1250m:	15:47.68	38.84
	100m:	1:11.01	37.25	500m:	6:14.22	37.59	900m:	11:17.69	37.38	1300m:	16:26.47	38.79
	150m:	1:48.60	37.59	550m:	6:51.61	37.39	950m:	11:56.41	38.72	1350m:	17:05.60	39.13
	200m:	2:26.40	37.80	600m:	7:29.57	37.96	1000m:	12:34.75	38.34	1400m:	17:43.73	38.13
	250m:	3:04.95	38.55	650m:	8:07.37	37.80	1050m:	13:13.15	38.40	1450m:	18:21.45	37.72
	300m:	3:42.67	37.72	700m:	8:45.47	38.10	1100m:	13:51.81	38.66	1500m:	18:56.62	35.17
	350m:	4:20.81	38.14	750m:	9:23.64	38.17	1150m:	14:30.27	38.46			
	400m:	4:58.97	38.16	800m:	10:01.79	38.15	1200m:	15:08.84	38.57			
10.			08					18:58.91	527	I		
	50m:	31.75	31.75	450m:	5:29.29	37.91	850m:	10:35.39	38.48	1250m:	15:45.46	38.46
	100m:	1:07.14	35.39	500m:	6:07.34	38.05	900m:	11:13.80	38.41	1300m:	16:24.63	39.17
	150m:	1:43.48	36.34	550m:	6:45.57	38.23	950m:	11:52.68	38.88	1350m:	17:03.73	39.10
	200m:	2:20.63	37.15	600m:	7:23.42	37.85	1000m:	12:31.50	38.82	1400m:	17:42.34	38.61
	250m:	2:57.73	37.10	650m:	8:02.10	38.68	1050m:	13:10.21	38.71	1450m:	18:20.93	38.59
	300m:	3:35.69	37.96	700m:	8:40.20	38.10	1100m:	13:49.14	38.93	1500m:	18:58.91	37.98
	350m:	4:13.35	37.66	750m:	9:18.59	38.39	1150m:	14:28.00	38.86			
	400m:	4:51.38	38.03	800m:	9:56.91	38.32	1200m:	15:07.00	39.00			
11.			08	I				19:10.43	512	I		
	50m:	34.44	34.44	450m:	5:41.57	38.45	850m:	10:49.68	38.27	1250m:	15:57.45	38.72
	100m:	1:11.98	37.54	500m:	6:20.54	38.97	900m:	11:27.95	38.27	1300m:	16:36.28	38.83
	150m:	1:50.25	38.27	550m:	6:58.98	38.44	950m:	12:06.30	38.35	1350m:	17:14.96	38.68
	200m:	2:28.76	38.51	600m:	7:37.58	38.60	1000m:	12:44.81	38.51	1400m:	17:54.22	39.26
	250m:	3:07.29	38.53	650m:	8:16.31	38.73	1050m:	13:22.83	38.02	1450m:	18:32.32	38.10
	300m:	3:45.80	38.51	700m:	8:54.89	38.58	1100m:	14:01.68	38.85	1500m:	19:10.43	38.11
	350m:	4:24.25	38.45	750m:	9:33.07	38.18	1150m:	14:40.61	38.93			
	400m:	5:03.12	38.87	800m:	10:11.41	38.34	1200m:	15:18.73	38.12			
12.			10					19:13.41	508	I		
	50m:	34.41	34.41	450m:	5:43.06	39.38	850m:	10:52.09	38.75	1250m:	16:03.79	38.59
	100m:	1:12.15	37.74	500m:	6:21.67	38.61	900m:	11:30.91	38.82	1300m:	16:43.84	40.05
	150m:	1:50.59	38.44	550m:	6:59.75	38.08	950m:	12:09.38	38.47	1350m:	17:22.72	38.88
	200m:	2:29.72	39.13	600m:	7:37.69	37.94	1000m:	12:48.80	39.42	1400m:	18:01.07	38.35
	250m:	3:07.89	38.17	650m:	8:16.23	38.54	1050m:	13:27.63	38.83	1450m:	18:37.97	36.90
	300m:	3:46.73	38.84	700m:	8:55.00	38.77	1100m:	14:06.16	38.53	1500m:	19:13.41	35.44
	350m:	4:25.23	38.50	750m:	9:33.95	38.95	1150m:	14:45.60	39.44			
	400m:	5:03.68	38.45	800m:	10:13.34	39.39	1200m:	15:25.20	39.60			

19-22 2024 .

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"ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

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19-22 марта 2024г.



СК "Акватория ЗИЛ"
бассейн 50 м.

42, , 1500m

WA

13.			07		"	"	19:19.28	500	I			
	50m:	33.83	33.83	450m:	5:40.49	38.34	850m:	10:51.68	39.09	1250m:	16:05.52	39.90
	100m:	1:10.85	37.02	500m:	6:19.87	39.38	900m:	11:30.34	38.66	1300m:	16:44.86	39.34
	150m:	1:49.01	38.16	550m:	6:58.32	38.45	950m:	12:09.61	39.27	1350m:	17:23.79	38.93
	200m:	2:27.40	38.39	600m:	7:37.04	38.72	1000m:	12:48.80	39.19	1400m:	18:02.96	39.17
	250m:	3:06.35	38.95	650m:	8:15.90	38.86	1050m:	13:27.55	38.75	1450m:	18:41.92	38.96
	300m:	3:44.81	38.46	700m:	8:54.86	38.96	1100m:	14:07.25	39.70	1500m:	19:19.28	37.36
	350m:	4:23.15	38.34	750m:	9:33.63	38.77	1150m:	14:46.12	38.87			
	400m:	5:02.15	39.00	800m:	10:12.59	38.96	1200m:	15:25.62	39.50			
14.			08		"	"	19:22.61	496	I			
	50m:	33.52	33.52	450m:	5:40.09	39.49	850m:	10:53.30	38.73	1250m:	16:07.68	39.57
	100m:	1:10.46	36.94	500m:	6:19.47	39.38	900m:	11:32.63	39.33	1300m:	16:47.54	39.86
	150m:	1:48.78	38.32	550m:	6:58.86	39.39	950m:	12:11.83	39.20	1350m:	17:27.01	39.47
	200m:	2:26.88	38.10	600m:	7:37.97	39.11	1000m:	12:51.05	39.22	1400m:	18:06.36	39.35
	250m:	3:05.28	38.40	650m:	8:16.93	38.96	1050m:	13:30.01	38.96	1450m:	18:45.29	38.93
	300m:	3:43.50	38.22	700m:	8:56.12	39.19	1100m:	14:09.38	39.37	1500m:	19:22.61	37.32
	350m:	4:21.87	38.37	750m:	9:35.17	39.05	1150m:	14:48.50	39.12			
	400m:	5:00.60	38.73	800m:	10:14.57	39.40	1200m:	15:28.11	39.61			
15.			06		"	"	19:26.70	491	I			
	50m:	33.30	33.30	450m:	5:31.92	38.61	850m:	10:51.30	40.95	1250m:	16:14.75	39.95
	100m:	1:09.40	36.10	500m:	6:10.80	38.88	900m:	11:32.15	40.85	1300m:	16:55.06	40.31
	150m:	1:45.94	36.54	550m:	6:50.59	39.79	950m:	12:12.25	40.10	1350m:	17:34.22	39.16
	200m:	2:22.82	36.88	600m:	7:30.22	39.63	1000m:	12:53.34	41.09	1400m:	18:14.30	40.08
	250m:	2:59.85	37.03	650m:	8:09.31	39.09	1050m:	13:33.65	40.31	1450m:	18:51.88	37.58
	300m:	3:37.36	37.51	700m:	8:49.38	40.07	1100m:	14:13.65	40.00	1500m:	19:26.70	34.82
	350m:	4:15.36	38.00	750m:	9:29.34	39.96	1150m:	14:54.32	40.67			
	400m:	4:53.31	37.95	800m:	10:10.35	41.01	1200m:	15:34.80	40.48			
16.			10	I	"	"	19:51.30	461	I			
	50m:	34.19	34.19	450m:	5:46.98	40.73	850m:	11:09.74	40.29	1250m:	16:34.48	41.46
	100m:	1:11.35	37.16	500m:	6:26.75	39.77	900m:	11:50.42	40.68	1300m:	17:15.33	40.85
	150m:	1:49.74	38.39	550m:	7:07.07	40.32	950m:	12:30.19	39.77	1350m:	17:55.86	40.53
	200m:	2:28.61	38.87	600m:	7:47.94	40.87	1000m:	13:10.60	40.41	1400m:	18:35.52	39.66
	250m:	3:07.94	39.33	650m:	8:28.57	40.63	1050m:	13:50.83	40.23	1450m:	19:14.97	39.45
	300m:	3:47.04	39.10	700m:	9:08.99	40.42	1100m:	14:31.19	40.36	1500m:	19:51.30	36.33
	350m:	4:26.55	39.51	750m:	9:49.17	40.18	1150m:	15:12.18	40.99			
	400m:	5:06.25	39.70	800m:	10:29.45	40.28	1200m:	15:53.02	40.84			
17.			09	I	"	"	20:22.11	427	I			
	50m:	34.77	34.77	450m:	5:46.87	39.50	850m:	11:14.56	41.78	1250m:	16:52.27	42.44
	100m:	1:12.46	37.69	500m:	6:27.45	40.58	900m:	11:56.21	41.65	1300m:	17:35.04	42.77
	150m:	1:50.78	38.32	550m:	7:07.51	40.06	950m:	12:38.31	42.10	1350m:	18:17.24	42.20
	200m:	2:29.79	39.01	600m:	7:48.63	41.12	1000m:	13:21.14	42.83	1400m:	18:59.65	42.41
	250m:	3:08.94	39.15	650m:	8:29.38	40.75	1050m:	14:03.05	41.91	1450m:	19:41.06	41.41
	300m:	3:48.46	39.52	700m:	9:10.60	41.22	1100m:	14:44.87	41.82	1500m:	20:22.11	41.05
	350m:	4:27.62	39.16	750m:	9:51.58	40.98	1150m:	15:27.09	42.22			
	400m:	5:07.37	39.75	800m:	10:32.78	41.20	1200m:	16:09.83	42.74			
18.			10	I	"	"	20:26.03	423	I			
	50m:	34.34	34.34	450m:	5:51.22	40.25	850m:	11:22.75	39.96	1250m:	16:58.55	43.14
	100m:	1:11.71	37.37	500m:	6:32.11	40.89	900m:	12:04.99	42.24	1300m:	17:41.45	42.90
	150m:	1:49.79	39.08	550m:	7:13.71	41.60	950m:	12:47.24	42.25	1350m:	18:23.47	42.02
	200m:	2:29.75	38.96	600m:	7:55.37	41.66	1000m:	13:28.73	41.49	1400m:	19:05.82	42.35
	250m:	3:09.96	40.21	650m:	8:37.84	42.47	1050m:	14:11.24	42.51	1450m:	19:46.56	40.74
	300m:	3:49.82	39.86	700m:	9:19.90	42.06	1100m:	14:54.24	43.00	1500m:	20:26.03	39.47
	350m:	4:30.30	40.48	750m:	10:01.74	41.84	1150m:	15:33.87	39.63			
	400m:	5:10.97	40.67	800m:	10:42.79	41.05	1200m:	16:15.41	41.54			