

КУБОК ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

28-30 июня 2022 года

"Акватория ЗИЛ", 50 метров



19 , 400m
29.06.2022 - 11:45

4:13.14

26.04.2009

: FINA 2022

	/				"				"				FINA
1.	2003				"				4:34.60				700
	50m:	27.48	27.48	150m:	1:34.84	35.48	250m:	2:48.35	38.18	350m:	4:01.89	34.28	
	100m:	59.36	31.88	200m:	2:10.17	35.33	300m:	3:27.61	39.26	400m:	4:34.60	32.71	
2.	2005				"				4:39.81				661
	50m:	28.56	28.56	150m:	1:39.20	37.18	250m:	2:56.13	40.53	350m:	4:09.58	31.95	
	100m:	1:02.02	33.46	200m:	2:15.60	36.40	300m:	3:37.63	41.50	400m:	4:39.81	30.23	
3.	2004				-				4:45.40				623
	50m:	28.68	28.68	150m:	1:37.18	35.51	250m:	2:53.86	41.61	350m:	4:11.44	35.58	
	100m:	1:01.67	32.99	200m:	2:12.25	35.07	300m:	3:35.86	42.00	400m:	4:45.40	33.96	
4.	2005				"				4:46.85				614
	50m:	30.80	30.80	150m:	1:43.45	39.06	250m:	3:00.94	41.06	350m:	4:14.59	33.65	
	100m:	1:04.39	33.59	200m:	2:19.88	36.43	300m:	3:40.94	40.00	400m:	4:46.85	32.26	
5.	2003				"				82 4:47.69				608
	50m:	29.19	29.19	150m:	1:40.41	37.37	250m:	2:58.01	40.75	350m:	4:13.84	33.51	
	100m:	1:03.04	33.85	200m:	2:17.26	36.85	300m:	3:40.33	42.32	400m:	4:47.69	33.85	
6.	2005				"				4:49.76				595
	50m:	28.80	28.80	150m:	1:40.57	35.98	250m:	2:56.25	40.40	350m:	4:16.33	37.21	
	100m:	1:04.59	35.79	200m:	2:15.85	35.28	300m:	3:39.12	42.87	400m:	4:49.76	33.43	
7.	2006				"				4:49.81				595
	50m:	29.14	29.14	150m:	1:39.62	36.89	250m:	2:58.87	42.40	350m:	4:16.82	33.24	
	100m:	1:02.73	33.59	200m:	2:16.47	36.85	300m:	3:43.58	44.71	400m:	4:49.81	32.99	
8.	2006				"				4:51.80				583
	50m:	29.71	29.71	150m:	1:43.13	39.55	250m:	3:01.85	41.48	350m:	4:18.11	34.63	
	100m:	1:03.58	33.87	200m:	2:20.37	37.24	300m:	3:43.48	41.63	400m:	4:51.80	33.69	
9.	2007				"				4:53.50				573
	50m:	30.01	30.01	150m:	1:43.28	38.54	250m:	3:03.41	41.36	350m:	4:20.84	33.83	
	100m:	1:04.74	34.73	200m:	2:22.05	38.77	300m:	3:47.01	43.60	400m:	4:53.50	32.66	
10.	2006				"				4:54.75				566
	50m:	30.63	30.63	150m:	1:44.19	38.14	250m:	3:03.20	42.68	350m:	4:20.63	34.63	
	100m:	1:06.05	35.42	200m:	2:20.52	36.33	300m:	3:46.00	42.80	400m:	4:54.75	34.12	
11.	2006				"				4:55.05				564
	50m:	29.45	29.45	150m:	1:42.82	39.19	250m:	3:02.54	41.17	350m:	4:20.68	35.86	
	100m:	1:03.63	34.18	200m:	2:21.37	38.55	300m:	3:44.82	42.28	400m:	4:55.05	34.37	
12.	2007				"				4:55.50				561
	50m:	32.81	32.81	150m:	1:48.49	39.01	250m:	3:07.96	41.24	350m:	4:23.76	33.72	
	100m:	1:09.48	36.67	200m:	2:26.72	38.23	300m:	3:50.04	42.08	400m:	4:55.50	31.74	
13.	2006				"				5:00.06				536
	50m:	32.30	32.30	150m:	1:49.45	39.69	250m:	3:08.44	39.58	350m:	4:25.43	35.86	
	100m:	1:09.76	37.46	200m:	2:28.86	39.41	300m:	3:49.57	41.13	400m:	5:00.06	34.63	
14.	2007				"				5:03.62				517
	50m:	33.34	33.34	150m:	1:48.94	38.55	250m:	3:11.06	44.83	350m:	4:31.00	34.06	
	100m:	1:10.39	37.05	200m:	2:26.23	37.29	300m:	3:56.94	45.88	400m:	5:03.62	32.62	

<https://mosswimming.ru/>