

# КУБОК ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

28-30 июня 2022 года

"Акватория ЗИЛ", 50 метров



37  
30.06.2022 - 12:07

, 400m

3:46.17

03.04.2021

: FINA 2022

											FINA			
1.											2001	3	<b>3:53.01</b>	842
	50m:	27.40	27.40	150m:	1:25.90	29.46	250m:	2:25.21	29.84	350m:	3:24.19	29.28		
	100m:	56.44	29.04	200m:	1:55.37	29.47	300m:	2:54.91	29.70	400m:	3:53.01	28.82		
2.											1999	3	<b>3:56.80</b>	802
	50m:	28.09	28.09	150m:	1:27.81	29.70	250m:	2:27.83	29.90	350m:	3:28.08	30.11		
	100m:	58.11	30.02	200m:	1:57.93	30.12	300m:	2:57.97	30.14	400m:	3:56.80	28.72		
3.											2002	3	<b>4:01.73</b>	754
	50m:	28.63	28.63	150m:	1:29.85	30.58	250m:	2:31.13	30.32	350m:	3:32.38	30.76		
	100m:	59.27	30.64	200m:	2:00.81	30.96	300m:	3:01.62	30.49	400m:	4:01.73	29.35		
4.											2001	"	<b>4:02.55</b>	746
	50m:	27.51	27.51	150m:	1:29.22	30.89	250m:	2:31.30	30.81	350m:	3:32.94	30.55		
	100m:	58.33	30.82	200m:	2:00.49	31.27	300m:	3:02.39	31.09	400m:	4:02.55	29.61		
5.											2004	3	<b>4:03.79</b>	735
	50m:	27.82	27.82	150m:	1:29.44	31.00	250m:	2:31.20	31.00	350m:	3:33.12	31.15		
	100m:	58.44	30.62	200m:	2:00.20	30.76	300m:	3:01.97	30.77	400m:	4:03.79	30.67		
6.											2002	3	<b>4:04.31</b>	730
	50m:	28.60	28.60	150m:	1:30.43	31.23	250m:	2:32.57	31.22	350m:	3:35.62	31.59		
	100m:	59.20	30.60	200m:	2:01.35	30.92	300m:	3:04.03	31.46	400m:	4:04.31	28.69		
7.											2005	3	<b>4:05.05</b>	724
	50m:	28.05	28.05	150m:	1:29.83	31.02	250m:	2:31.72	30.81	350m:	3:35.09	32.08		
	100m:	58.81	30.76	200m:	2:00.91	31.08	300m:	3:03.01	31.29	400m:	4:05.05	29.96		
8.											2004	3	<b>4:06.78</b>	709
	50m:	28.52	28.52	150m:	1:30.91	31.34	250m:	2:33.61	31.43	350m:	3:37.16	31.87		
	100m:	59.57	31.05	200m:	2:02.18	31.27	300m:	3:05.29	31.68	400m:	4:06.78	29.62		
9.											2004	"	<b>4:07.07</b>	706
	50m:	28.91	28.91	150m:	1:31.25	31.92	250m:	2:34.00	31.07	350m:	3:36.53	31.13		
	100m:	59.33	30.42	200m:	2:02.93	31.68	300m:	3:05.40	31.40	400m:	4:07.07	30.54		
10.											1997	"	<b>4:08.04</b>	698
	50m:	28.11	28.11	150m:	1:29.92	31.08	250m:	2:32.58	31.41	350m:	3:36.47	31.91		
	100m:	58.84	30.73	200m:	2:01.17	31.25	300m:	3:04.56	31.98	400m:	4:08.04	31.57		
11.											2004	"	<b>4:08.94</b>	690
	50m:	28.39	28.39	150m:	1:31.38	31.59	250m:	2:35.28	32.02	350m:	3:39.03	31.53		
	100m:	59.79	31.40	200m:	2:03.26	31.88	300m:	3:07.50	32.22	400m:	4:08.94	29.91		
12.											2006	-70 "	<b>4:10.19</b>	680
	50m:	28.29	28.29	150m:	1:30.96	31.52	250m:	2:35.55	31.97	350m:	3:40.15	31.95		
	100m:	59.44	31.15	200m:	2:03.58	32.62	300m:	3:08.20	32.65	400m:	4:10.19	30.04		
13.											2004	3	<b>4:10.20</b>	680
	50m:	28.48	28.48	150m:	1:31.55	31.96	250m:	2:34.79	30.98	350m:	3:38.62	31.58		
	100m:	59.59	31.11	200m:	2:03.81	32.26	300m:	3:07.04	32.25	400m:	4:10.20	31.58		
14.											2005	"	<b>4:10.37</b>	679
	50m:	29.05	29.05	150m:	1:31.58	31.42	250m:	2:36.38	32.43	350m:	3:42.04	32.45		
	100m:	1:00.16	31.11	200m:	2:03.95	32.37	300m:	3:09.59	33.21	400m:	4:10.37	28.33		
15.											2005	"	<b>4:11.92</b>	666
	50m:	28.31	28.31	150m:	1:31.45	31.93	250m:	2:36.24	32.33	350m:	3:41.76	32.43		
	100m:	59.52	31.21	200m:	2:03.91	32.46	300m:	3:09.33	33.09	400m:	4:11.92	30.16		
16.											2002	3	<b>4:13.17</b>	656
	50m:	29.00	29.00	150m:	1:31.95	31.83	250m:	2:36.66	32.35	350m:	3:41.51	32.39		
	100m:	1:00.12	31.12	200m:	2:04.31	32.36	300m:	3:09.12	32.46	400m:	4:13.17	31.66		
17.											2002	"	<b>4:15.56</b>	638
	50m:	28.55	28.55	150m:	1:32.43	32.28	250m:	2:38.40	33.00	350m:	3:44.45	33.08		
	100m:	1:00.15	31.60	200m:	2:05.40	32.97	300m:	3:11.37	32.97	400m:	4:15.56	31.11		

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37,			, 400m										FINA
.					/								
18.					2005		"		"		<b>4:16.16</b>		634
	50m:	28.17	28.17	150m:	1:31.58	32.30	250m:	2:37.49	33.22	350m:	3:44.20	33.29	
	100m:	59.28	31.11	200m:	2:04.27	32.69	300m:	3:10.91	33.42	400m:	4:16.16	31.96	
19.					2004		"		"		<b>4:16.47</b>		631
	50m:	28.63	28.63	150m:	1:31.85	31.93	250m:	2:36.97	33.02	350m:	3:43.81	33.77	
	100m:	59.92	31.29	200m:	2:03.95	32.10	300m:	3:10.04	33.07	400m:	4:16.47	32.66	
					2006		"		"		<b>4:16.47</b>		631
	50m:	29.46	29.46	150m:	1:35.82	33.26	250m:	2:42.17	32.85	350m:	3:47.08	31.88	
	100m:	1:02.56	33.10	200m:	2:09.32	33.50	300m:	3:15.20	33.03	400m:	4:16.47	29.39	
21.					2005		"		"		<b>4:16.94</b>		628
	50m:	29.58	29.58	150m:	1:34.48	32.43	250m:	2:40.51	33.05	350m:	3:46.71	32.56	
	100m:	1:02.05	32.47	200m:	2:07.46	32.98	300m:	3:14.15	33.64	400m:	4:16.94	30.23	
22.					2003		4				<b>4:17.04</b>		627
	50m:	29.21	29.21	150m:	1:34.59	32.73	250m:	2:40.57	32.47	350m:	3:46.26	31.83	
	100m:	1:01.86	32.65	200m:	2:08.10	33.51	300m:	3:14.43	33.86	400m:	4:17.04	30.78	
23.					2004		3				<b>4:17.10</b>		627
	50m:	29.22	29.22	150m:	1:33.89	32.80	250m:	2:39.64	32.66	350m:	3:45.36	32.67	
	100m:	1:01.09	31.87	200m:	2:06.98	33.09	300m:	3:12.69	33.05	400m:	4:17.10	31.74	
24.					2006		"		"		<b>4:17.54</b>		623
	50m:	28.40	28.40	150m:	1:33.11	33.42	250m:	2:40.06	33.27	350m:	3:46.09	32.30	
	100m:	59.69	31.29	200m:	2:06.79	33.68	300m:	3:13.79	33.73	400m:	4:17.54	31.45	
25.					2006		"		"		<b>4:18.25</b>		618
	50m:	28.75	28.75	150m:	1:32.63	32.71	250m:	2:40.22	34.19	350m:	3:47.13	33.16	
	100m:	59.92	31.17	200m:	2:06.03	33.40	300m:	3:13.97	33.75	400m:	4:18.25	31.12	
26.					2002		4				<b>4:18.84</b>		614
	50m:	28.36	28.36	150m:	1:30.84	31.74	250m:	2:36.94	32.99	350m:	3:45.13	34.52	
	100m:	59.10	30.74	200m:	2:03.95	33.11	300m:	3:10.61	33.67	400m:	4:18.84	33.71	
27.					2004		47				<b>4:18.97</b>		613
	50m:	28.99	28.99	150m:	1:33.92	33.09	250m:	2:40.31	33.25	350m:	3:46.48	32.95	
	100m:	1:00.83	31.84	200m:	2:07.06	33.14	300m:	3:13.53	33.22	400m:	4:18.97	32.49	
28.					2003		3				<b>4:21.33</b>		597
	50m:	30.04	30.04	150m:	1:35.69	33.20	250m:	2:42.42	33.60	350m:	3:49.46	33.39	
	100m:	1:02.49	32.45	200m:	2:08.82	33.13	300m:	3:16.07	33.65	400m:	4:21.33	31.87	
29.					2005		"		"		<b>4:21.68</b>		594
	50m:	30.31	30.31	150m:	1:36.26	32.80	250m:	2:42.44	32.71	350m:	3:48.33	32.80	
	100m:	1:03.46	33.15	200m:	2:09.73	33.47	300m:	3:15.53	33.09	400m:	4:21.68	33.35	
30.			I		2007		"		"		<b>4:21.71</b>		594
	50m:	29.55	29.55	150m:	1:34.79	32.69	250m:	2:41.35	32.88	350m:	3:48.88	33.75	
	100m:	1:02.10	32.55	200m:	2:08.47	33.68	300m:	3:15.13	33.78	400m:	4:21.71	32.83	
31.			I		2006		"		"		<b>4:22.79</b>		587
	50m:	29.46	29.46	150m:	1:35.56	33.51	250m:	2:43.79	34.22	350m:	3:51.34	33.27	
	100m:	1:02.05	32.59	200m:	2:09.57	34.01	300m:	3:18.07	34.28	400m:	4:22.79	31.45	
32.					2005		47				<b>4:23.32</b>		583
	50m:	29.88	29.88	150m:	1:36.60	33.82	250m:	2:43.37	33.53	350m:	3:50.61	33.74	
	100m:	1:02.78	32.90	200m:	2:09.84	33.24	300m:	3:16.87	33.50	400m:	4:23.32	32.71	
33.					2007		"		"		<b>4:24.89</b>		573
	50m:	29.38	29.38	150m:	1:34.23	32.75	250m:	2:41.80	33.98	350m:	3:50.28	34.12	
	100m:	1:01.48	32.10	200m:	2:07.82	33.59	300m:	3:16.16	34.36	400m:	4:24.89	34.61	
34.			I		2006		"		"		<b>4:25.89</b>		566
	50m:	30.03	30.03	150m:	1:36.18	33.00	250m:	2:43.21	33.69	350m:	3:51.34	33.61	
	100m:	1:03.18	33.15	200m:	2:09.52	33.34	300m:	3:17.73	34.52	400m:	4:25.89	34.55	
35.					2006		64				<b>4:26.78</b>		561
	50m:	29.60	29.60	150m:	1:35.68	32.86	250m:	2:43.65	34.83	350m:	3:53.48	35.15	
	100m:	1:02.82	33.22	200m:	2:08.82	33.14	300m:	3:18.33	34.68	400m:	4:26.78	33.30	

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37,		, 400m										FINA
36.					2006	"	"		<b>4:26.84</b>			560
	50m:	29.70	29.70	150m:	1:36.33	33.72	250m:	2:44.48	34.00	350m:	3:53.46	34.59
	100m:	1:02.61	32.91	200m:	2:10.48	34.15	300m:	3:18.87	34.39	400m:	4:26.84	33.38
37.					2007	"	"		<b>4:28.50</b>			550
	50m:	29.42	29.42	150m:	1:36.31	33.85	250m:	2:45.37	34.68	350m:	3:55.07	34.90
	100m:	1:02.46	33.04	200m:	2:10.69	34.38	300m:	3:20.17	34.80	400m:	4:28.50	33.43
38.					2006				<b>4:28.99</b>			547
	50m:	30.09	30.09	150m:	1:37.05	34.01	250m:	2:46.28	35.05	350m:	3:56.01	34.55
	100m:	1:03.04	32.95	200m:	2:11.23	34.18	300m:	3:21.46	35.18	400m:	4:28.99	32.98
39.					2007	"	"		<b>4:31.45</b>			532
	50m:	30.49	30.49	150m:	1:38.42	34.38	250m:	2:47.69	34.79	350m:	3:57.46	35.49
	100m:	1:04.04	33.55	200m:	2:12.90	34.48	300m:	3:21.97	34.28	400m:	4:31.45	33.99
40.					2007	"	"		<b>4:32.43</b>			527
	50m:	30.37	30.37	150m:	1:38.59	34.34	250m:	2:47.55	34.00	350m:	3:59.15	36.07
	100m:	1:04.25	33.88	200m:	2:13.55	34.96	300m:	3:23.08	35.53	400m:	4:32.43	33.28
41.					2006	-70	"	"	<b>4:34.33</b>			516
	50m:	30.37	30.37	150m:	1:38.17	34.75	250m:	2:49.13	35.59	350m:	4:01.27	36.08
	100m:	1:03.42	33.05	200m:	2:13.54	35.37	300m:	3:25.19	36.06	400m:	4:34.33	33.06
DNS					2003							
DNS					2003		3					