

# КУБОК ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

28-30 июня 2022 года

"Акватория ЗИЛ", 50 метров



38  
30.06.2022 - 12:37

, 400m

4:06.30

(MEX)

11.07.2008

: FINA 2022

	/				3				FINA				
1.	2004				3				4:29.56				675
	50m:	29.82	29.82	150m:	1:37.88	34.41	250m:	2:47.06	34.54	350m:	3:56.47	34.42	
	100m:	1:03.47	33.65	200m:	2:12.52	34.64	300m:	3:22.05	34.99	400m:	4:29.56	33.09	
2.	2005				-				4:30.24				669
	50m:	31.72	31.72	150m:	1:40.23	34.24	250m:	2:49.64	34.56	350m:	3:58.19	33.87	
	100m:	1:05.99	34.27	200m:	2:15.08	34.85	300m:	3:24.32	34.68	400m:	4:30.24	32.05	
3.	2005				"				4:33.25				648
	50m:	31.80	31.80	150m:	1:39.82	34.03	250m:	2:49.33	34.77	350m:	3:58.82	34.38	
	100m:	1:05.79	33.99	200m:	2:14.56	34.74	300m:	3:24.44	35.11	400m:	4:33.25	34.43	
4.	2006				"				4:35.21				634
	50m:	31.74	31.74	150m:	1:40.92	34.81	250m:	2:50.67	34.89	350m:	4:00.47	34.72	
	100m:	1:06.11	34.37	200m:	2:15.78	34.86	300m:	3:25.75	35.08	400m:	4:35.21	34.74	
5.	2005				-				4:36.91				622
	50m:	32.49	32.49	150m:	1:42.28	35.26	250m:	2:53.00	35.37	350m:	4:03.47	34.84	
	100m:	1:07.02	34.53	200m:	2:17.63	35.35	300m:	3:28.63	35.63	400m:	4:36.91	33.44	
6.	2006				3				4:38.26				613
	50m:	31.79	31.79	150m:	1:40.62	34.81	250m:	2:50.48	35.07	350m:	4:01.67	35.91	
	100m:	1:05.81	34.02	200m:	2:15.41	34.79	300m:	3:25.76	35.28	400m:	4:38.26	36.59	
7.	2005				-				4:39.47				605
	50m:	31.38	31.38	150m:	1:41.27	35.09	250m:	2:52.80	36.15	350m:	4:05.41	36.15	
	100m:	1:06.18	34.80	200m:	2:16.65	35.38	300m:	3:29.26	36.46	400m:	4:39.47	34.06	
8.	2008				"				4:39.93				602
	50m:	32.32	32.32	150m:	1:43.34	35.52	250m:	2:55.05	35.68	350m:	4:06.15	35.05	
	100m:	1:07.82	35.50	200m:	2:19.37	36.03	300m:	3:31.10	36.05	400m:	4:39.93	33.78	
9.	2009				"				4:41.97				589
	50m:	32.70	32.70	150m:	1:43.80	35.95	250m:	2:55.49	35.52	350m:	4:07.86	35.61	
	100m:	1:07.85	35.15	200m:	2:19.97	36.17	300m:	3:32.25	36.76	400m:	4:41.97	34.11	
10.	2006				"				4:44.38				574
	50m:	32.67	32.67	150m:	1:43.55	35.81	250m:	2:56.23	36.18	350m:	4:09.04	36.53	
	100m:	1:07.74	35.07	200m:	2:20.05	36.50	300m:	3:32.51	36.28	400m:	4:44.38	35.34	
11.	2006				"				4:44.67				573
	50m:	32.11	32.11	150m:	1:42.98	35.70	250m:	2:55.66	36.60	350m:	4:08.83	36.38	
	100m:	1:07.28	35.17	200m:	2:19.06	36.08	300m:	3:32.45	36.79	400m:	4:44.67	35.84	
12.	2007				"				4:45.45				568
	50m:	32.63	32.63	150m:	1:44.42	35.86	250m:	2:55.68	35.48	350m:	4:09.20	37.05	
	100m:	1:08.56	35.93	200m:	2:20.20	35.78	300m:	3:32.15	36.47	400m:	4:45.45	36.25	
13.	2008				"				4:45.95				565
	50m:	32.17	32.17	150m:	1:43.77	36.11	250m:	2:56.83	36.76	350m:	4:10.12	36.50	
	100m:	1:07.66	35.49	200m:	2:20.07	36.30	300m:	3:33.62	36.79	400m:	4:45.95	35.83	
14.	2008				"				4:48.09				552
	50m:	31.88	31.88	150m:	1:44.82	36.95	250m:	2:59.15	36.82	350m:	4:12.64	35.86	
	100m:	1:07.87	35.99	200m:	2:22.33	37.51	300m:	3:36.78	37.63	400m:	4:48.09	35.45	
15.	2006				"				4:49.40				545
	50m:	32.70	32.70	150m:	1:44.96	36.53	250m:	2:59.73	37.37	350m:	4:14.57	37.12	
	100m:	1:08.43	35.73	200m:	2:22.36	37.40	300m:	3:37.45	37.72	400m:	4:49.40	34.83	
16.	2006				"				4:49.82				543
	50m:	32.26	32.26	150m:	1:44.18	35.88	250m:	2:58.13	36.82	350m:	4:13.29	37.32	
	100m:	1:08.30	36.04	200m:	2:21.31	37.13	300m:	3:35.97	37.84	400m:	4:49.82	36.53	
17.	2006				4				4:50.11				541
	50m:	31.74	31.74	150m:	1:42.85	36.36	250m:	2:57.65	37.71	350m:	4:13.09	37.54	
	100m:	1:06.49	34.75	200m:	2:19.94	37.09	300m:	3:35.55	37.90	400m:	4:50.11	37.02	

<https://mosswimming.ru/>

50

SEIKO

# КУБОК ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ

28-30 июня 2022 года

"Акватория ЗИЛ", 50 метров



38,		, 400m										FINA
18.					2008	"	"	<b>4:50.87</b>			537	
	50m:	32.58	32.58	150m:	1:46.80	37.64	250m:	3:01.90	37.52	350m:	4:16.70	37.13
	100m:	1:09.16	36.58	200m:	2:24.38	37.58	300m:	3:39.57	37.67	400m:	4:50.87	34.17
19.					2008	"	"	<b>4:52.81</b>			526	
	50m:	32.29	32.29	150m:	1:44.17	36.64	250m:	3:00.39	38.46	350m:	4:16.13	37.47
	100m:	1:07.53	35.24	200m:	2:21.93	37.76	300m:	3:38.66	38.27	400m:	4:52.81	36.68
20.					2007	"	"	<b>4:55.19</b>			514	
	50m:	32.67	32.67	150m:	1:46.86	37.52	250m:	3:02.71	37.70	350m:	4:18.74	37.90
	100m:	1:09.34	36.67	200m:	2:25.01	38.15	300m:	3:40.84	38.13	400m:	4:55.19	36.45
21.					2009	104		<b>4:55.30</b>			513	
	50m:	33.03	33.03	150m:	1:47.59	37.77	250m:	3:03.58	38.21	350m:	4:19.02	37.42
	100m:	1:09.82	36.79	200m:	2:25.37	37.78	300m:	3:41.60	38.02	400m:	4:55.30	36.28
22.					2008	64		<b>4:55.48</b>			512	
	50m:	32.99	32.99	150m:	1:48.09	38.01	250m:	3:04.27	37.31	350m:	4:19.91	37.62
	100m:	1:10.08	37.09	200m:	2:26.96	38.87	300m:	3:42.29	38.02	400m:	4:55.48	35.57
23.					2006			<b>5:01.64</b>			481	
	50m:	34.28	34.28	150m:	1:48.18	37.30	250m:	3:03.65	37.97	350m:	4:22.59	39.64
	100m:	1:10.88	36.60	200m:	2:25.68	37.50	300m:	3:42.95	39.30	400m:	5:01.64	39.05