

19
28.06.2023 - 12:10

, 400m

4:13.14

26.04.2009

: FINA 2023

												WA
1.				2000		3			4:34.37			701
	50m:	28.77	28.77	150m:	1:38.92	36.57	250m:	2:52.12	37.43	350m:	4:03.32	32.75
	100m:	1:02.35	33.58	200m:	2:14.69	35.77	300m:	3:30.57	38.45	400m:	4:34.37	31.05
2.				2005		"	"		4:37.02			681
	50m:	29.94	29.94	150m:	1:39.30	34.60	250m:	2:52.78	39.37	350m:	4:05.70	32.82
	100m:	1:04.70	34.76	200m:	2:13.41	34.11	300m:	3:32.88	40.10	400m:	4:37.02	31.32
3.				2001		"	"		4:38.96			667
	50m:	29.37	29.37	150m:	1:39.03	36.33	250m:	2:53.55	38.63	350m:	4:06.81	32.89
	100m:	1:02.70	33.33	200m:	2:14.92	35.89	300m:	3:33.92	40.37	400m:	4:38.96	32.15
4.				2004		"	"		4:42.75			641
	50m:	29.30	29.30	150m:	1:39.66	36.03	250m:	2:57.29	42.32	350m:	4:12.18	32.11
	100m:	1:03.63	34.33	200m:	2:14.97	35.31	300m:	3:40.07	42.78	400m:	4:42.75	30.57
5.				2006		"	"		4:47.37			610
	50m:	29.01	29.01	150m:	1:40.46	37.28	250m:	2:56.91	38.89	350m:	4:13.54	34.99
	100m:	1:03.18	34.17	200m:	2:18.02	37.56	300m:	3:38.55	41.64	400m:	4:47.37	33.83
6.				2006		3			4:47.52			609
	50m:	29.91	29.91	150m:	1:42.29	36.99	250m:	2:59.79	42.16	350m:	4:15.51	32.94
	100m:	1:05.30	35.39	200m:	2:17.63	35.34	300m:	3:42.57	42.78	400m:	4:47.52	32.01
7.				2007		"	"		4:49.80			595
	50m:	30.51	30.51	150m:	1:41.62	36.38	250m:	3:01.55	42.03	350m:	4:18.10	32.81
	100m:	1:05.24	34.73	200m:	2:19.52	37.90	300m:	3:45.29	43.74	400m:	4:49.80	31.70
8.				2006		"	"		4:50.01			594
	50m:	29.74	29.74	150m:	1:43.50	38.68	250m:	3:02.94	42.87	350m:	4:18.44	33.32
	100m:	1:04.82	35.08	200m:	2:20.07	36.57	300m:	3:45.12	42.18	400m:	4:50.01	31.57
9.				2006		"	"		4:50.84			589
	50m:	28.25	28.25	150m:	1:40.15	38.33	250m:	2:59.24	41.02	350m:	4:17.11	35.88
	100m:	1:01.82	33.57	200m:	2:18.22	38.07	300m:	3:41.23	41.99	400m:	4:50.84	33.73
10.				2006		"	"		4:51.75			583
	50m:	29.55	29.55	150m:	1:41.68	37.76	250m:	3:00.29	42.20	350m:	4:17.92	34.86
	100m:	1:03.92	34.37	200m:	2:18.09	36.41	300m:	3:43.06	42.77	400m:	4:51.75	33.83
11.				2008		"	"		4:55.81			560
	50m:	30.83	30.83	150m:	1:44.24	37.42	250m:	3:04.54	43.92	350m:	4:22.29	34.02
	100m:	1:06.82	35.99	200m:	2:20.62	36.38	300m:	3:48.27	43.73	400m:	4:55.81	33.52
12.				2008		"	"		4:56.07			558
	50m:	30.72	30.72	150m:	1:44.15	39.01	250m:	3:04.59	44.26	350m:	4:23.06	34.03
	100m:	1:05.14	34.42	200m:	2:20.33	36.18	300m:	3:49.03	44.44	400m:	4:56.07	33.01
13.				2006		"	"		5:01.22			530
	50m:	30.69	30.69	150m:	1:46.57	40.04	250m:	3:08.55	43.43	350m:	4:27.76	36.03
	100m:	1:06.53	35.84	200m:	2:25.12	38.55	300m:	3:51.73	43.18	400m:	5:01.22	33.46
14.				2007		"	"		5:01.91			526
	50m:	29.74	29.74	150m:	1:43.16	38.04	250m:	3:04.69	44.56	350m:	4:26.95	36.30
	100m:	1:05.12	35.38	200m:	2:20.13	36.97	300m:	3:50.65	45.96	400m:	5:01.91	34.96
15.				2007		"	"		5:06.12			505
	50m:	30.76	30.76	150m:	1:46.57	38.99	250m:	3:08.76	43.94	350m:	4:30.58	36.04
	100m:	1:07.58	36.82	200m:	2:24.82	38.25	300m:	3:54.54	45.78	400m:	5:06.12	35.54
16.				2006		3			5:06.96			501
	50m:	31.21	31.21	150m:	1:47.24	39.14	250m:	3:08.98	45.36	350m:	4:30.17	36.69
	100m:	1:08.10	36.89	200m:	2:23.62	36.38	300m:	3:53.48	44.50	400m:	5:06.96	36.79
17.				2008		"	"		5:12.47			475
	50m:	32.77	32.77	150m:	1:52.24	39.63	250m:	3:15.40	44.98	350m:	4:37.28	37.01
	100m:	1:12.61	39.84	200m:	2:30.42	38.18	300m:	4:00.27	44.87	400m:	5:12.47	35.19

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ОФИЦИАЛЬНОЕ СПОРТИВНОЕ СОРЕВНОВАНИЕ ПО ПЛАВАНИЮ

27-29 июня 2023 года

"Акватория ЗИЛ", 50 метров

КУБОК МОСКВЫ



19, , 400m

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