



КУБОК МОСКВЫ ПО ПЛАВАНИЮ ФИНАЛ

Юноши 11-12 лет, девушки 9-10 лет

12-14 ДЕКАБРЯ 2023
ГБУ МСК-ЯНТАРЬ 25М

14				, 400m				11-12			
14.12.2023											
1.			2011	I	"	"				4:24.52	I 50,00
	50m:	29.23	29.23	150m:	1:34.33	32.99	250m:	2:41.24	33.61	350m:	3:50.67 34.87
	100m:	1:01.34	32.11	200m:	2:07.63	33.30	300m:	3:15.80	34.56	400m:	4:24.52 33.85
2.			2011	II		(1)				4:31.87	II 45,00
	50m:	30.15	30.15	150m:	1:36.73	33.96	250m:	2:45.60	34.86	350m:	3:56.56 35.73
	100m:	1:02.77	32.62	200m:	2:10.74	34.01	300m:	3:20.83	35.23	400m:	4:31.87 35.31
3.			2011	II	"	"				4:33.17	II 41,00
	50m:	30.84	30.84	150m:	1:40.72	35.38	250m:	2:50.83	34.83	350m:	4:00.37 34.50
	100m:	1:05.34	34.50	200m:	2:16.00	35.28	300m:	3:25.87	35.04	400m:	4:33.17 32.80
4.			2011	II		(1)				4:35.63	II 38,00
	50m:	30.82	30.82	150m:	1:40.30	35.86	250m:	2:51.45	35.47	350m:	4:00.37 34.02
	100m:	1:04.44	33.62	200m:	2:15.98	35.68	300m:	3:26.35	34.90	400m:	4:35.63 35.26
5.			2011	II	"	"				4:38.23	II 35,00
	50m:	31.04	31.04	150m:	1:40.28	35.14	250m:	2:51.41	35.68	350m:	4:03.02 36.10
	100m:	1:05.14	34.10	200m:	2:15.73	35.45	300m:	3:26.92	35.51	400m:	4:38.23 35.21
6.			2012	II		(1)				4:39.37	II 32,00
	50m:	30.75	30.75	150m:	1:41.58	36.08	250m:	2:52.94	35.22	350m:	4:04.91 36.19
	100m:	1:05.50	34.75	200m:	2:17.72	36.14	300m:	3:28.72	35.78	400m:	4:39.37 34.46
7.			2011	II	"	"				4:41.70	II 29,00
	50m:	30.20	30.20	150m:	1:40.54	35.84	250m:	2:53.09	36.32	350m:	4:06.32 36.47
	100m:	1:04.70	34.50	200m:	2:16.77	36.23	300m:	3:29.85	36.76	400m:	4:41.70 35.38
8.			2011	II		(1)				4:42.47	II 26,00
	50m:	30.95	30.95	150m:	1:42.83	36.60	250m:	2:56.75	36.95	350m:	4:09.51 36.53
	100m:	1:06.23	35.28	200m:	2:19.80	36.97	300m:	3:32.98	36.23	400m:	4:42.47 32.96
9.			2011	II		(1)				4:42.94	II 24,00
	50m:	30.86	30.86	150m:	1:41.59	36.21	250m:	2:54.50	36.59	350m:	4:07.54 37.03
	100m:	1:05.38	34.52	200m:	2:17.91	36.32	300m:	3:30.51	36.01	400m:	4:42.94 35.40
10.			2011	II						4:45.80	II 22,00
	50m:	31.75	31.75	150m:	1:44.23	36.78	250m:	2:57.51	36.51	350m:	4:10.64 36.47
	100m:	1:07.45	35.70	200m:	2:21.00	36.77	300m:	3:34.17	36.66	400m:	4:45.80 35.16
11.			2012	II	"	" 1				4:46.15	II 20,00
	50m:	32.14	32.14	150m:	1:45.53	37.02	250m:	2:57.69	36.20	350m:	4:09.74 35.30
	100m:	1:08.51	36.37	200m:	2:21.49	35.96	300m:	3:34.44	36.75	400m:	4:46.15 36.41
12.			2011	II	"	"				4:46.29	II 18,00
	50m:	30.96	30.96	150m:	1:40.29	35.82	250m:	2:55.87	38.08	350m:	4:10.12 37.05
	100m:	1:04.47	33.51	200m:	2:17.79	37.50	300m:	3:33.07	37.20	400m:	4:46.29 36.17
13.			2012	II	"	"				4:47.88	II 16,00
	50m:	32.53	32.53	150m:	1:45.17	36.58	250m:	2:59.66	37.45	350m:	4:12.66 36.39
	100m:	1:08.59	36.06	200m:	2:22.21	37.04	300m:	3:36.27	36.61	400m:	4:47.88 35.22
14.			2011	II						4:48.98	II 14,00
	50m:	32.75	32.75	150m:	1:45.66	37.06	250m:	3:00.09	37.22	350m:	4:13.65 37.05
	100m:	1:08.60	35.85	200m:	2:22.87	37.21	300m:	3:36.60	36.51	400m:	4:48.98 35.33
15.			2011	II	"	"				4:49.83	II 12,00
	50m:	32.07	32.07	150m:	1:44.68	36.82	250m:	2:58.81	36.94	350m:	4:13.13 37.52
	100m:	1:07.86	35.79	200m:	2:21.87	37.19	300m:	3:35.61	36.80	400m:	4:49.83 36.70
16.			2011	II		-70 "	" (1)			4:50.11	II 10,00
	50m:	32.14	32.14	150m:	1:45.64	36.75	250m:	2:59.35	36.92	350m:	4:14.21 37.64
	100m:	1:08.89	36.75	200m:	2:22.43	36.79	300m:	3:36.57	37.22	400m:	4:50.11 35.90
17.			2011	II	"	"				4:50.12	II 9,00
	50m:	32.52	32.52	150m:	1:46.12	37.05	250m:	3:00.96	37.80	350m:	4:15.69 36.69
	100m:	1:09.07	36.55	200m:	2:23.16	37.04	300m:	3:39.00	38.04	400m:	4:50.12 34.43



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юноши 11-12 лет, девушки 9-10 лет

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ГБУ МСК-ЯНТАРЬ 25М

14, , 400m , 11-12

18.				2011	II	"	"			4:51.49	II	8,00
	50m:	31.47	31.47	150m:	1:45.36	37.15	250m:	3:00.41	37.71	350m:	4:16.30	37.48
	100m:	1:08.21	36.74	200m:	2:22.70	37.34	300m:	3:38.82	38.41	400m:	4:51.49	35.19
19.				2011	II	"	"			4:51.66	II	7,00
	50m:	31.34	31.34	150m:	1:43.55	36.60	250m:	2:58.99	37.87	350m:	4:14.95	37.98
	100m:	1:06.95	35.61	200m:	2:21.12	37.57	300m:	3:36.97	37.98	400m:	4:51.66	36.71
20.				2011	II	"	-77"-			4:52.50	II	6,00
	50m:	32.19	32.19	150m:	1:46.86	37.26	250m:	3:01.95	37.43	350m:	4:16.44	37.40
	100m:	1:09.60	37.41	200m:	2:24.52	37.66	300m:	3:39.04	37.09	400m:	4:52.50	36.06
21.				2011	II	"	-			4:52.54	II	5,00
	50m:	31.46	31.46	150m:	1:44.23	37.30	250m:	2:59.52	38.10	350m:	4:16.11	38.31
	100m:	1:06.93	35.47	200m:	2:21.42	37.19	300m:	3:37.80	38.28	400m:	4:52.54	36.43
22.				2011	II		(1)			4:53.53	II	4,00
	50m:	34.32	34.32	150m:	1:48.45	37.21	250m:	3:03.07	37.51	350m:	4:17.25	36.90
	100m:	1:11.24	36.92	200m:	2:25.56	37.11	300m:	3:40.35	37.28	400m:	4:53.53	36.28
23.				2011	II		(2)			4:54.76	II	3,00
	50m:	32.20	32.20	150m:	1:46.59	37.70	250m:	3:03.23	38.50	350m:	4:19.82	37.98
	100m:	1:08.89	36.69	200m:	2:24.73	38.14	300m:	3:41.84	38.61	400m:	4:54.76	34.94
24.				2011	II	"	"			4:54.91	II	2,00
	50m:	32.76	32.76	150m:	1:46.80	37.70	250m:	3:03.06	38.46	350m:	4:19.42	37.57
	100m:	1:09.10	36.34	200m:	2:24.60	37.80	300m:	3:41.85	38.79	400m:	4:54.91	35.49
25.				2011	II	"	-77"-			4:55.08	II	1,00
	50m:	32.78	32.78	150m:	1:48.45	38.42	250m:	3:03.88	37.38	350m:	4:18.34	36.65
	100m:	1:10.03	37.25	200m:	2:26.50	38.05	300m:	3:41.69	37.81	400m:	4:55.08	36.74
26.				2011	II					4:55.17	II	-
	50m:	30.66	30.66	150m:	1:45.73	37.97	250m:	3:02.24	38.15	350m:	4:19.17	38.21
	100m:	1:07.76	37.10	200m:	2:24.09	38.36	300m:	3:40.96	38.72	400m:	4:55.17	36.00
27.				2011	II	"	"			4:55.27	II	-
	50m:	32.36	32.36	150m:	1:46.58	37.61	250m:	3:02.21	38.08	350m:	4:18.76	37.84
	100m:	1:08.97	36.61	200m:	2:24.13	37.55	300m:	3:40.92	38.71	400m:	4:55.27	36.51
28.				2011	II	"	-77"-			4:55.43	II	-
	50m:	31.88	31.88	150m:	1:44.65	37.02	250m:	3:00.98	38.37	350m:	4:18.25	37.98
	100m:	1:07.63	35.75	200m:	2:22.61	37.96	300m:	3:40.27	39.29	400m:	4:55.43	37.18
29.				2011	II	"	"			4:56.53	II	-
	50m:	33.66	33.66	150m:	1:49.87	38.56	250m:	3:03.63	35.91	350m:	4:19.13	37.84
	100m:	1:11.31	37.65	200m:	2:27.72	37.85	300m:	3:41.29	37.66	400m:	4:56.53	37.40
30.				2011	II	"	"			4:57.34	II	-
	50m:	32.64	32.64	150m:	1:47.55	37.84	250m:	3:04.07	38.61	350m:	4:21.03	38.47
	100m:	1:09.71	37.07	200m:	2:25.46	37.91	300m:	3:42.56	38.49	400m:	4:57.34	36.31
31.				2011	II	"	"			4:58.22	II	-
	50m:	32.78	32.78	150m:	1:47.84	37.89	250m:	3:04.83	38.38	350m:	4:21.58	38.50
	100m:	1:09.95	37.17	200m:	2:26.45	38.61	300m:	3:43.08	38.25	400m:	4:58.22	36.64
32.				2011	II		-70 "	" (1)		4:58.97	II	-
	50m:	33.00	33.00	150m:	1:47.92	37.69	250m:	3:05.87	38.98	350m:	4:23.90	38.64
	100m:	1:10.23	37.23	200m:	2:26.89	38.97	300m:	3:45.26	39.39	400m:	4:58.97	35.07
33.				2011	II		(2)			4:59.20	II	-
	50m:	32.38	32.38	150m:	1:46.14	37.39	250m:	3:02.86	38.49	350m:	4:17.22	35.90
	100m:	1:08.75	36.37	200m:	2:24.37	38.23	300m:	3:41.32	38.46	400m:	4:59.20	41.98
34.				2011	III					5:00.08	II	-
	50m:	32.17	32.17	150m:	1:47.43	38.14	250m:	3:04.69	38.90	350m:	4:22.90	39.08
	100m:	1:09.29	37.12	200m:	2:25.79	38.36	300m:	3:43.82	39.13	400m:	5:00.08	37.18
35.				2012	II	"	"			5:01.05	II	-
	50m:	34.27	34.27	150m:	1:51.03	38.80	250m:	3:07.50	37.98	350m:	4:24.71	38.57
	100m:	1:12.23	37.96	200m:	2:29.52	38.49	300m:	3:46.14	38.64	400m:	5:01.05	36.34



КУБОК МОСКВЫ ПО ПЛАВАНИЮ ФИНАЛ

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ГБУ МСК-ЯНТАРЬ 25М

14, , 400m , 11-12

36.				2012	II			(2)			5:01.12	II	-
	50m:	33.40	33.40	150m:	1:48.62	38.04	250m:	3:05.41	38.54	350m:	4:23.53	39.02	
	100m:	1:10.58	37.18	200m:	2:26.87	38.25	300m:	3:44.51	39.10	400m:	5:01.12	37.59	
37.				2011	II			"	"		5:01.15	II	-
	50m:	32.91	32.91	150m:	1:47.96	37.01	250m:	3:05.73	38.80	350m:	4:24.39	39.18	
	100m:	1:10.95	38.04	200m:	2:26.93	38.97	300m:	3:45.21	39.48	400m:	5:01.15	36.76	
38.				2011	II			"	"		5:01.46	II	-
	50m:	33.46	33.46	150m:	1:50.16	38.80	250m:	3:08.49	38.83	350m:	4:25.23	38.35	
	100m:	1:11.36	37.90	200m:	2:29.66	39.50	300m:	3:46.88	38.39	400m:	5:01.46	36.23	
39.				2011	II			-70 "	" (1)		5:02.64	II	-
	50m:	32.81	32.81	150m:	1:50.74	39.71	250m:	3:10.10	39.61	350m:	4:27.89	38.39	
	100m:	1:11.03	38.22	200m:	2:30.49	39.75	300m:	3:49.50	39.40	400m:	5:02.64	34.75	
40.				2011	II			"	"		5:02.65	II	-
	50m:	33.99	33.99	150m:	1:50.75	38.91	250m:	3:09.14	39.42	350m:	4:25.66	37.92	
	100m:	1:11.84	37.85	200m:	2:29.72	38.97	300m:	3:47.74	38.60	400m:	5:02.65	36.99	
41.				2011	II			-70 "	"		5:03.00	II	-
	50m:	33.48	33.48	150m:	1:50.61	39.41	250m:	3:08.72	39.02	350m:	4:26.83	38.85	
	100m:	1:11.20	37.72	200m:	2:29.70	39.09	300m:	3:47.98	39.26	400m:	5:03.00	36.17	
42.				2011	II			"	"		5:03.02		-
	50m:	34.01	34.01	150m:	1:51.20	38.89	250m:	3:10.05	38.96	350m:	4:27.93	38.72	
	100m:	1:12.31	38.30	200m:	2:31.09	39.89	300m:	3:49.21	39.16	400m:	5:03.02	35.09	
43.				2011	III			"	"		5:03.15		-
	50m:	33.54	33.54	150m:	1:48.82	38.23	250m:	3:07.39	39.35	350m:	4:25.96	39.08	
	100m:	1:10.59	37.05	200m:	2:28.04	39.22	300m:	3:46.88	39.49	400m:	5:03.15	37.19	
44.				2012	II			4			5:03.54		-
	50m:	12.22	12.22	150m:	1:13.72	38.12	250m:	2:31.93	39.12	350m:	3:48.51	37.99	
	100m:	35.60	23.38	200m:	1:52.81	39.09	300m:	3:10.52	38.59	400m:	5:03.54	1:15.03	
45.				2011	III			"	"		5:03.75		-
	50m:	10.78	10.78	150m:	1:14.54	39.11	250m:	2:32.50	38.86	350m:	3:49.69	38.17	
	100m:	35.43	24.65	200m:	1:53.64	39.10	300m:	3:11.52	39.02	400m:	5:03.75	1:14.06	
46.				2011	II			"	"		5:04.07		-
	50m:	33.58	33.58	150m:	1:49.81	38.33	250m:	3:07.91	39.25	350m:	4:26.69	39.56	
	100m:	1:11.48	37.90	200m:	2:28.66	38.85	300m:	3:47.13	39.22	400m:	5:04.07	37.38	
47.				2011	III			"	"		5:04.46		-
	50m:	35.09	35.09	150m:	1:50.29	38.35	250m:	3:07.75	38.66	350m:	4:26.62	39.78	
	100m:	1:11.94	36.85	200m:	2:29.09	38.80	300m:	3:46.84	39.09	400m:	5:04.46	37.84	
48.				2011	III			"	"		5:04.70		-
	50m:	33.40	33.40	150m:	1:48.75	37.86	250m:	3:06.16	39.04	350m:	4:25.23	39.64	
	100m:	1:10.89	37.49	200m:	2:27.12	38.37	300m:	3:45.59	39.43	400m:	5:04.70	39.47	
49.				2011	III			-70 "	" (2)		5:05.76		-
	50m:	33.48	33.48	150m:	1:51.81	39.54	250m:	3:11.01	39.31	350m:	4:30.26	39.53	
	100m:	1:12.27	38.79	200m:	2:31.70	39.89	300m:	3:50.73	39.72	400m:	5:05.76	35.50	
50.				2011	II						5:07.17		-
	50m:	33.67	33.67	150m:	1:51.43	39.27	250m:	3:10.80	39.76	350m:	4:29.58	39.01	
	100m:	1:12.16	38.49	200m:	2:31.04	39.61	300m:	3:50.57	39.77	400m:	5:07.17	37.59	
51.				2011	III			"	"		5:08.88		-
	50m:	33.13	33.13	150m:	1:50.40	39.34	250m:	3:10.13	39.84	350m:	4:30.27	40.02	
	100m:	1:11.06	37.93	200m:	2:30.29	39.89	300m:	3:50.25	40.12	400m:	5:08.88	38.61	
52.				2011	II			4			5:09.25		-
	50m:	34.56	34.56	150m:	1:51.69	38.87	250m:	3:10.39	39.52	350m:	4:29.64	39.14	
	100m:	1:12.82	38.26	200m:	2:30.87	39.18	300m:	3:50.50	40.11	400m:	5:09.25	39.61	
53.				2011	II			"	"		5:09.49		-
	50m:	34.85	34.85	150m:	1:53.59	39.95	250m:	3:13.81	39.86	350m:	4:32.81	39.59	
	100m:	1:13.64	38.79	200m:	2:33.95	40.36	300m:	3:53.22	39.41	400m:	5:09.49	36.68	

" " " 25

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54.				2012	II			"	-77"-			5:09.93	-
	50m:	33.79	33.79	150m:	1:53.89	40.34	250m:	3:13.99	39.70	350m:	4:33.72	39.85	
	100m:	1:13.55	39.76	200m:	2:34.29	40.40	300m:	3:53.87	39.88	400m:	5:09.93	36.21	
55.				2011	III			"	"			5:09.96	-
	50m:	33.74	33.74	150m:	1:52.92	40.37	250m:	3:14.22	41.17	350m:	4:33.41	39.53	
	100m:	1:12.55	38.81	200m:	2:33.05	40.13	300m:	3:53.88	39.66	400m:	5:09.96	36.55	
56.				2011	II			"	"			5:10.73	-
	50m:	34.98	34.98	150m:	1:52.29	39.30	250m:	3:11.94	39.89	350m:	4:32.50	40.58	
	100m:	1:12.99	38.01	200m:	2:32.05	39.76	300m:	3:51.92	39.98	400m:	5:10.73	38.23	
57.				2011	III			"	"			5:11.14	-
	50m:	32.73	32.73	150m:	1:51.38	39.80	250m:	3:12.11	40.54	350m:	4:32.83	40.11	
	100m:	1:11.58	38.85	200m:	2:31.57	40.19	300m:	3:52.72	40.61	400m:	5:11.14	38.31	
58.				2011	III			"	"			5:11.23	-
	50m:	33.09	33.09	150m:	1:50.99	39.83	250m:	3:12.05	40.39	350m:	4:33.22	40.28	
	100m:	1:11.16	38.07	200m:	2:31.66	40.67	300m:	3:52.94	40.89	400m:	5:11.23	38.01	
59.				2011	III			"	"			5:12.50	-
	50m:	34.55	34.55	150m:	1:52.12	39.05	250m:	3:12.39	40.08	350m:	4:32.76	39.97	
	100m:	1:13.07	38.52	200m:	2:32.31	40.19	300m:	3:52.79	40.40	400m:	5:12.50	39.74	
60.				2011	III			"	"			5:13.12	-
	50m:	34.49	34.49	150m:	1:52.51	39.71	250m:	3:12.92	40.11	350m:	4:34.38	41.01	
	100m:	1:12.80	38.31	200m:	2:32.81	40.30	300m:	3:53.37	40.45	400m:	5:13.12	38.74	
61.				2011	II			"	"			5:13.19	-
	50m:	33.87	33.87	150m:	1:50.85	39.15	250m:	3:13.60	41.47	350m:	4:35.35	41.10	
	100m:	1:11.70	37.83	200m:	2:32.13	41.28	300m:	3:54.25	40.65	400m:	5:13.19	37.84	
62.				2011	II				-70 "	"		5:13.65	-
	50m:	10.13	10.13	150m:	1:12.55	38.86	250m:	2:32.62	40.31	350m:	4:34.42	1:21.07	
	100m:	33.69	23.56	200m:	1:52.31	39.76	300m:	3:13.35	40.73	400m:	5:13.65	39.23	
63.				2012	II				(3)			5:13.95	-
	50m:	34.82	34.82	150m:	1:53.79	40.33	250m:	3:14.94	41.01	350m:	4:35.52	39.90	
	100m:	1:13.46	38.64	200m:	2:33.93	40.14	300m:	3:55.62	40.68	400m:	5:13.95	38.43	
64.				2011	II			"	"			5:14.21	-
	50m:	34.08	34.08	150m:	1:53.59	40.55	250m:	3:14.45	40.14	350m:	4:35.53	40.23	
	100m:	1:13.04	38.96	200m:	2:34.31	40.72	300m:	3:55.30	40.85	400m:	5:14.21	38.68	
65.				2012	II			"	"			5:14.72	-
	50m:	35.06	35.06	150m:	1:54.09	40.05	250m:	3:15.00	39.95	350m:	4:35.86	40.62	
	100m:	1:14.04	38.98	200m:	2:35.05	40.96	300m:	3:55.24	40.24	400m:	5:14.72	38.86	
66.				2012	III			"	"	1		5:14.75	-
	50m:	36.23	36.23	150m:	1:56.73	40.53	250m:	3:16.28	39.52	350m:	4:36.66	39.92	
	100m:	1:16.20	39.97	200m:	2:36.76	40.03	300m:	3:56.74	40.46	400m:	5:14.75	38.09	
67.				2011	III			"	"			5:15.31	-
	50m:	34.35	34.35	150m:	1:52.07	39.11	250m:	3:13.33	40.85	350m:	4:35.73	41.29	
	100m:	1:12.96	38.61	200m:	2:32.48	40.41	300m:	3:54.44	41.11	400m:	5:15.31	39.58	
68.				2011	II			"	"			5:15.45	-
	50m:	34.84	34.84	150m:	1:53.70	40.27	250m:	3:14.79	40.16	350m:	4:36.24	41.02	
	100m:	1:13.43	38.59	200m:	2:34.63	40.93	300m:	3:55.22	40.43	400m:	5:15.45	39.21	
69.				2011	II							5:15.54	-
	50m:	34.78	34.78	150m:	1:55.26	40.30	250m:	3:16.10	40.55	350m:	4:36.53	40.15	
	100m:	1:14.96	40.18	200m:	2:35.55	40.29	300m:	3:56.38	40.28	400m:	5:15.54	39.01	
70.				2012	III				(3)			5:16.12	-
	50m:	36.21	36.21	150m:	1:56.34	39.29	250m:	3:16.60	40.32	350m:	4:37.09	40.02	
	100m:	1:17.05	40.84	200m:	2:36.28	39.94	300m:	3:57.07	40.47	400m:	5:16.12	39.03	
71.				2012	III				-70 "	" (2)		5:16.36	-
	50m:	34.94	34.94	150m:	1:55.41	40.84	250m:	3:16.80	40.79	350m:	4:37.67	40.67	
	100m:	1:14.57	39.63	200m:	2:36.01	40.60	300m:	3:57.00	40.20	400m:	5:16.36	38.69	



КУБОК МОСКВЫ ПО ПЛАВАНИЮ ФИНАЛ

Юноши 11-12 лет, девушки 9-10 лет

12-14 ДЕКАБРЯ 2023
ГБУ МСК-ЯНТАРЬ 25М

14, , 400m , 11-12

72.				2011	II			-70 "	" (2)		5:17.04	-
	50m:	36.61	36.61	150m:	1:57.00	40.05	250m:	3:19.03	40.64	350m:	4:39.25	39.79
	100m:	1:16.95	40.34	200m:	2:38.39	41.39	300m:	3:59.46	40.43	400m:	5:17.04	37.79
73.				2011	III			-70 "	"		5:17.21	-
	50m:	14.15	14.15	150m:	1:13.80	39.19	250m:	2:35.71	40.91	350m:	3:58.15	40.54
	100m:	34.61	20.46	200m:	1:54.80	41.00	300m:	3:17.61	41.90	400m:	5:17.21	1:19.06
74.				2012	II			"	"		5:17.59	-
	50m:	36.15	36.15	150m:	1:56.19	40.30	250m:	3:17.34	40.66	350m:	4:38.49	40.66
	100m:	1:15.89	39.74	200m:	2:36.68	40.49	300m:	3:57.83	40.49	400m:	5:17.59	39.10
75.				2011	III			"	"		5:17.75	-
	50m:	35.49	35.49	150m:	1:56.72	41.27	250m:	3:18.05	40.66	350m:	4:38.99	40.36
	100m:	1:15.45	39.96	200m:	2:37.39	40.67	300m:	3:58.63	40.58	400m:	5:17.75	38.76
76.				2011	III			"	"		5:18.82	-
	50m:	33.58	33.58	150m:	1:53.27	40.69	250m:	3:15.92	41.05	350m:	4:39.11	41.86
	100m:	1:12.58	39.00	200m:	2:34.87	41.60	300m:	3:57.25	41.33	400m:	5:18.82	39.71
77.				2011	III			"	"		5:19.46	-
	50m:	34.67	34.67	150m:	1:54.07	40.45	250m:	3:17.12	41.46	350m:	4:40.67	41.95
	100m:	1:13.62	38.95	200m:	2:35.66	41.59	300m:	3:58.72	41.60	400m:	5:19.46	38.79
78.				2012	III			"	" 1		5:20.12	-
	50m:	35.75	35.75	150m:	1:57.22	41.04	250m:	3:19.54	41.19	350m:	4:41.99	41.64
	100m:	1:16.18	40.43	200m:	2:38.35	41.13	300m:	4:00.35	40.81	400m:	5:20.12	38.13
79.				2012	II			-70 "	"		5:20.47	-
	50m:	35.49	35.49	150m:	1:56.31	40.97	250m:	3:19.38	41.66	350m:	4:41.91	40.97
	100m:	1:15.34	39.85	200m:	2:37.72	41.41	300m:	4:00.94	41.56	400m:	5:20.47	38.56
80.				2011	III			"	"		5:20.51	-
	50m:	34.67	34.67	150m:	1:53.36	39.91	250m:	3:15.78	41.44	350m:	4:40.00	42.29
	100m:	1:13.45	38.78	200m:	2:34.34	40.98	300m:	3:57.71	41.93	400m:	5:20.51	40.51
81.				2012	II			"	"		5:21.66	-
	50m:	34.93	34.93	150m:	1:55.92	41.37	250m:	3:18.51	41.13	350m:	4:41.82	40.92
	100m:	1:14.55	39.62	200m:	2:37.38	41.46	300m:	4:00.90	42.39	400m:	5:21.66	39.84
82.				2011	III			"	"-		5:21.73	-
	50m:	36.01	36.01	150m:	1:57.54	40.94	250m:	3:21.09	41.63	350m:	4:41.70	40.70
	100m:	1:16.60	40.59	200m:	2:39.46	41.92	300m:	4:01.00	39.91	400m:	5:21.73	40.03
83.				2011	III			"	"		5:22.39	-
	50m:	35.94	35.94	150m:	1:57.33	41.74	250m:	3:22.07	43.35	350m:	4:43.91	39.14
	100m:	1:15.59	39.65	200m:	2:38.72	41.39	300m:	4:04.77	42.70	400m:	5:22.39	38.48
84.				2011	II			"	"		5:22.98	-
	50m:	35.40	35.40	150m:	1:54.64	40.38	250m:	3:17.09	41.76	350m:	4:41.65	42.66
	100m:	1:14.26	38.86	200m:	2:35.33	40.69	300m:	3:58.99	41.90	400m:	5:22.98	41.33
85.				2011	III			"	-82"-		5:23.27	-
	50m:	35.03	35.03	150m:	1:55.17	40.51	250m:	3:18.74	41.76	350m:	4:43.00	41.97
	100m:	1:14.66	39.63	200m:	2:36.98	41.81	300m:	4:01.03	42.29	400m:	5:23.27	40.27
86.				2012	III			4	"		5:23.79	-
	50m:	38.15	38.15	150m:	2:01.01	41.42	250m:	3:24.15	41.15	350m:	4:45.97	40.24
	100m:	1:19.59	41.44	200m:	2:43.00	41.99	300m:	4:05.73	41.58	400m:	5:23.79	37.82
87.				2012	III			"	"-		5:23.99	-
	50m:	34.96	34.96	150m:	1:56.28	41.71	250m:	3:19.68	41.25	350m:	4:43.09	41.60
	100m:	1:14.57	39.61	200m:	2:38.43	42.15	300m:	4:01.49	41.81	400m:	5:23.99	40.90
88.				2012	III			"	"		5:26.13	-
	50m:	35.63	35.63	150m:	1:57.76	41.50	250m:	3:21.51	42.32	350m:	4:46.73	42.43
	100m:	1:16.26	40.63	200m:	2:39.19	41.43	300m:	4:04.30	42.79	400m:	5:26.13	39.40
89.				2011	III			"	-82"-		5:26.90	-
	50m:	36.85	36.85	150m:	1:59.55	40.90	250m:	3:23.04	41.44	350m:	4:46.67	41.06
	100m:	1:18.65	41.80	200m:	2:41.60	42.05	300m:	4:05.61	42.57	400m:	5:26.90	40.23

