

КУБОК МОСКВЫ

ПО ПЛАВАНИЮ

18 - 21 ИЮНЯ
2024 г.

2,	, 400m		, 14								WA	
17.			2009		"	"			4:16.56		631	
	50m:	28.82	28.82	150m:	1:33.00	32.29	250m:	2:38.99	33.12	350m:	3:45.17	32.90
	100m:	1:00.71	31.89	200m:	2:05.87	32.87	300m:	3:12.27	33.28	400m:	4:16.56	31.39
18.			2009	I					4:18.56		616	
	50m:	29.28	29.28	150m:	1:35.47	33.12	250m:	2:42.48	33.12	350m:	3:47.40	31.21
	100m:	1:02.35	33.07	200m:	2:09.36	33.89	300m:	3:16.19	33.71	400m:	4:18.56	31.16
19.			2007		"	"			4:19.97		606	
	50m:	29.97	29.97	150m:	1:35.93	33.16	250m:	2:41.77	32.86	350m:	3:47.41	32.96
	100m:	1:02.77	32.80	200m:	2:08.91	32.98	300m:	3:14.45	32.68	400m:	4:19.97	32.56
20.			2006						4:20.11		605	
	50m:	29.43	29.43	150m:	1:35.41	33.34	250m:	2:41.96	33.10	350m:	3:48.29	32.98
	100m:	1:02.07	32.64	200m:	2:08.86	33.45	300m:	3:15.31	33.35	400m:	4:20.11	31.82
21.			2008	I	"	"			4:20.51		602	
	50m:	28.46	28.46	150m:	1:34.72	33.56	250m:	2:41.37	32.89	350m:	3:47.77	32.67
	100m:	1:01.16	32.70	200m:	2:08.48	33.76	300m:	3:15.10	33.73	400m:	4:20.51	32.74
22.			2008	I		3			4:20.73		601	
	50m:	29.26	29.26	150m:	1:32.81	32.18	250m:	2:40.23	33.89	350m:	3:48.48	33.81
	100m:	1:00.63	31.37	200m:	2:06.34	33.53	300m:	3:14.67	34.44	400m:	4:20.73	32.25
23.			2008		"	"			4:20.76		601	
	50m:	29.52	29.52	150m:	1:35.97	33.57	250m:	2:42.85	33.21	350m:	3:49.33	33.04
	100m:	1:02.40	32.88	200m:	2:09.64	33.67	300m:	3:16.29	33.44	400m:	4:20.76	31.43
24.			2007		"	"			4:21.18		598	
	50m:	29.91	29.91	150m:	1:35.81	33.75	250m:	2:42.75	33.73	350m:	3:48.67	33.16
	100m:	1:02.06	32.15	200m:	2:09.02	33.21	300m:	3:15.51	32.76	400m:	4:21.18	32.51
25.			2009		"	"			4:21.83		593	
	50m:	29.11	29.11	150m:	1:35.64	33.94	250m:	2:43.10	33.86	350m:	3:50.64	33.20
	100m:	1:01.70	32.59	200m:	2:09.24	33.60	300m:	3:17.44	34.34	400m:	4:21.83	31.19
26.			2009	I					4:23.07		585	
	50m:	29.48	29.48	150m:	1:35.30	33.34	250m:	2:42.33	33.22	350m:	3:49.89	33.45
	100m:	1:01.96	32.48	200m:	2:09.11	33.81	300m:	3:16.44	34.11	400m:	4:23.07	33.18
27.			2007		"	"			4:23.77		580	
	50m:	29.73	29.73	150m:	1:35.08	33.18	250m:	2:42.32	33.88	350m:	3:50.37	34.30
	100m:	1:01.90	32.17	200m:	2:08.44	33.36	300m:	3:16.07	33.75	400m:	4:23.77	33.40
28.			2007		"	"			4:24.06		578	
	50m:	29.39	29.39	150m:	1:36.55	34.18	250m:	2:45.29	34.39	350m:	3:52.98	33.13
	100m:	1:02.37	32.98	200m:	2:10.90	34.35	300m:	3:19.85	34.56	400m:	4:24.06	31.08
29.			2010						4:24.10		578	
	50m:	30.16	30.16	150m:	1:37.50	34.00	250m:	2:44.95	33.42	350m:	3:52.62	33.57
	100m:	1:03.50	33.34	200m:	2:11.53	34.03	300m:	3:19.05	34.10	400m:	4:24.10	31.48
30.			2009						4:24.21		577	
	50m:	28.99	28.99	150m:	1:34.78	33.59	250m:	2:43.23	34.93	350m:	3:51.84	33.82
	100m:	1:01.19	32.20	200m:	2:08.30	33.52	300m:	3:18.02	34.79	400m:	4:24.21	32.37
31.			2008		-70	"	"		4:24.41		576	
	50m:	30.37	30.37	150m:	1:37.62	33.78	250m:	2:45.63	33.88	350m:	3:53.37	33.91
	100m:	1:03.84	33.47	200m:	2:11.75	34.13	300m:	3:19.46	33.83	400m:	4:24.41	31.04
32.			2008						4:25.44		569	
	50m:	30.26	30.26	150m:	1:35.90	33.40	250m:	2:42.70	33.69	350m:	3:51.72	34.22
	100m:	1:02.50	32.24	200m:	2:09.01	33.11	300m:	3:17.50	34.80	400m:	4:25.44	33.72
33.			2008						4:25.65		568	
	50m:	28.92	28.92	150m:	1:34.56	32.96	250m:	2:41.82	33.84	350m:	3:52.09	34.95
	100m:	1:01.60	32.68	200m:	2:07.98	33.42	300m:	3:17.14	35.32	400m:	4:25.65	33.56
34.			2008		"	"			4:26.91		560	
	50m:	30.39	30.39	150m:	1:37.14	33.74	250m:	2:45.35	33.83	350m:	3:53.72	34.12
	100m:	1:03.40	33.01	200m:	2:11.52	34.38	300m:	3:19.60	34.25	400m:	4:26.91	33.19

КУБОК МОСКВЫ

ПО ПЛАВАНИЮ

18 - 21 ИЮНЯ
2024 г.

2,	, 400m		, 14								WA	
35.			/		2008				4:27.64		I 555	
	50m:	29.35	29.35	150m:	1:36.01	33.66	250m:	2:44.99	34.80	350m:	3:54.16	34.16
	100m:	1:02.35	33.00	200m:	2:10.19	34.18	300m:	3:20.00	35.01	400m:	4:27.64	33.48
36.			2009		I		"		"		4:27.76 I 555	
	50m:	31.22	31.22	150m:	1:39.46	34.29	250m:	2:48.04	33.72	350m:	3:55.99	33.35
	100m:	1:05.17	33.95	200m:	2:14.32	34.86	300m:	3:22.64	34.60	400m:	4:27.76	31.77
37.			2007		"		"		"		4:28.25 I 552	
	50m:	29.41	29.41	150m:	1:37.47	34.52	250m:	2:46.21	34.01	350m:	3:55.34	34.42
	100m:	1:02.95	33.54	200m:	2:12.20	34.73	300m:	3:20.92	34.71	400m:	4:28.25	32.91
38.			2009		"		"		"		4:28.43 I 551	
	50m:	28.89	28.89	150m:	1:35.80	34.26	250m:	2:45.71	35.01	350m:	3:55.35	35.04
	100m:	1:01.54	32.65	200m:	2:10.70	34.90	300m:	3:20.31	34.60	400m:	4:28.43	33.08
39.			2008		I						4:28.49 I 550	
	50m:	29.47	29.47	150m:	1:35.80	33.99	250m:	2:45.24	34.93	350m:	3:54.95	34.81
	100m:	1:01.81	32.34	200m:	2:10.31	34.51	300m:	3:20.14	34.90	400m:	4:28.49	33.54
40.			2009		I		"		"		4:28.88 I 548	
	50m:	29.87	29.87	150m:	1:35.65	33.57	250m:	2:44.47	34.92	350m:	3:54.88	35.31
	100m:	1:02.08	32.21	200m:	2:09.55	33.90	300m:	3:19.57	35.10	400m:	4:28.88	34.00
41.			2009		I						4:28.98 I 547	
	50m:	30.21	30.21	150m:	1:37.67	33.60	250m:	2:46.03	34.32	350m:	3:56.17	34.59
	100m:	1:04.07	33.86	200m:	2:11.71	34.04	300m:	3:21.58	35.55	400m:	4:28.98	32.81
42.			2008		"		"				4:29.05 I 547	
	50m:	30.10	30.10	150m:	1:37.75	34.26	250m:	2:47.43	34.98	350m:	3:56.91	34.73
	100m:	1:03.49	33.39	200m:	2:12.45	34.70	300m:	3:22.18	34.75	400m:	4:29.05	32.14
43.			2008								4:30.04 I 541	
	50m:	29.90	29.90	150m:	1:37.15	33.99	250m:	2:47.02	35.01	350m:	3:56.31	34.13
	100m:	1:03.16	33.26	200m:	2:12.01	34.86	300m:	3:22.18	35.16	400m:	4:30.04	33.73
44.			2006		"		"				4:30.06 I 541	
	50m:	27.32	27.32	150m:	1:33.36	33.73	250m:	2:43.07	35.36	350m:	3:55.53	36.71
	100m:	59.63	32.31	200m:	2:07.71	34.35	300m:	3:18.82	35.75	400m:	4:30.06	34.53
45.			2008		I						4:30.13 I 540	
	50m:	30.53	30.53	150m:	1:39.28	34.76	250m:	2:48.86	34.60	350m:	3:57.94	34.50
	100m:	1:04.52	33.99	200m:	2:14.26	34.98	300m:	3:23.44	34.58	400m:	4:30.13	32.19
46.			2009		I		"		"		4:30.64 I 537	
	50m:	30.11	30.11	150m:	1:37.17	33.58	250m:	2:46.40	34.74	350m:	3:56.63	35.08
	100m:	1:03.59	33.48	200m:	2:11.66	34.49	300m:	3:21.55	35.15	400m:	4:30.64	34.01
47.			2008		I						4:33.37 II 521	
	50m:	29.80	29.80	150m:	1:35.57	33.62	250m:	2:44.49	35.12	350m:	3:57.61	36.86
	100m:	1:01.95	32.15	200m:	2:09.37	33.80	300m:	3:20.75	36.26	400m:	4:33.37	35.76
48.			2008		I		"		"		4:34.46 II 515	
	50m:	29.55	29.55	150m:	1:38.87	35.15	250m:	2:48.56	34.84	350m:	4:00.13	35.56
	100m:	1:03.72	34.17	200m:	2:13.72	34.85	300m:	3:24.57	36.01	400m:	4:34.46	34.33
49.			2007		"		"		"		4:36.43 II 504	
	50m:	30.01	30.01	150m:	1:37.44	34.60	250m:	2:48.78	35.86	350m:	4:01.21	36.05
	100m:	1:02.84	32.83	200m:	2:12.92	35.48	300m:	3:25.16	36.38	400m:	4:36.43	35.22
50.			2009		I		"		"		4:38.63 II 492	
	50m:	30.29	30.29	150m:	1:39.66	35.05	250m:	2:50.51	35.60	350m:	4:02.33	36.33
	100m:	1:04.61	34.32	200m:	2:14.91	35.25	300m:	3:26.00	35.49	400m:	4:38.63	36.30
DNS			2008		I		"		"			