



# "Первенство Москвы" по плаванию

## юноши 15-16 лет, девушки 13-14 лет

17-20 октября 2023г.



13 , 400m (15-16 )  
 18.10.2023 - 15:45

: FINA 2023

											WA	
1.				07	"	"				<b>4:29.05</b>	664	
	50m:	28.75	28.75	150m:	1:37.70	35.41	250m:	2:49.33	37.23	350m:	3:59.90	32.11
	100m:	1:02.29	33.54	200m:	2:12.10	34.40	300m:	3:27.79	38.46	400m:	4:29.05	29.15
2.				08	"	"				<b>4:29.14</b>	664	
	50m:	28.38	28.38	150m:	1:35.81	34.66	250m:	2:47.88	38.80	350m:	3:59.49	32.00
	100m:	1:01.15	32.77	200m:	2:09.08	33.27	300m:	3:27.49	39.61	400m:	4:29.14	29.65
3.				08	"	-77"-				<b>4:31.81</b>	644	
	50m:	29.03	29.03	150m:	1:38.06	34.81	250m:	2:50.33	38.12	350m:	4:01.06	31.23
	100m:	1:03.25	34.22	200m:	2:12.21	34.15	300m:	3:29.83	39.50	400m:	4:31.81	30.75
4.				08	"	"				<b>4:36.88</b>	609	
	50m:	28.34	28.34	150m:	1:36.14	34.88	250m:	2:51.30	39.30	350m:	4:04.75	33.87
	100m:	1:01.26	32.92	200m:	2:12.00	35.86	300m:	3:30.88	39.58	400m:	4:36.88	32.13
5.				07	"	"				<b>4:39.86</b>	590	
	50m:	29.29	29.29	150m:	1:39.54	35.05	250m:	2:54.19	39.47	350m:	4:07.41	33.17
	100m:	1:04.49	35.20	200m:	2:14.72	35.18	300m:	3:34.24	40.05	400m:	4:39.86	32.45
6.				08	"	"				<b>4:41.11</b>	582	
	50m:	30.69	30.69	150m:	1:43.56	37.70	250m:	2:58.25	37.74	350m:	4:10.79	32.55
	100m:	1:05.86	35.17	200m:	2:20.51	36.95	300m:	3:38.24	39.99	400m:	4:41.11	30.32
7.				08	"	"				<b>4:44.54</b>	561	
	50m:	29.39	29.39	150m:	1:38.58	34.80	250m:	2:53.98	40.64	350m:	4:11.10	35.29
	100m:	1:03.78	34.39	200m:	2:13.34	34.76	300m:	3:35.81	41.83	400m:	4:44.54	33.44
8.				08	"	"				<b>4:44.69</b>	561	
	50m:	29.84	29.84	150m:	1:41.89	36.09	250m:	2:57.86	40.91	350m:	4:13.01	33.85
	100m:	1:05.80	35.96	200m:	2:16.95	35.06	300m:	3:39.16	41.30	400m:	4:44.69	31.68
9.				08	"	"				<b>4:46.30</b>	551	
	50m:	30.64	30.64	150m:	1:42.45	36.43	250m:	2:58.77	40.86	350m:	4:13.40	32.94
	100m:	1:06.02	35.38	200m:	2:17.91	35.46	300m:	3:40.46	41.69	400m:	4:46.30	32.90
10.				07	"	"				<b>4:47.53</b>	544	
	50m:	30.05	30.05	150m:	1:40.35	36.40	250m:	2:57.97	40.87	350m:	4:14.31	34.33
	100m:	1:03.95	33.90	200m:	2:17.10	36.75	300m:	3:39.98	42.01	400m:	4:47.53	33.22
11.				08	"	"				<b>4:51.21</b>	524	
	50m:	29.66	29.66	150m:	1:42.70	37.57	250m:	3:02.12	42.44	350m:	4:19.36	33.36
	100m:	1:05.13	35.47	200m:	2:19.68	36.98	300m:	3:46.00	43.88	400m:	4:51.21	31.85
12.				08	"	"				<b>4:53.64</b>	511	
	50m:	31.18	31.18	150m:	1:46.49	38.99	250m:	3:05.00	41.26	350m:	4:21.17	34.07
	100m:	1:07.50	36.32	200m:	2:23.74	37.25	300m:	3:47.10	42.10	400m:	4:53.64	32.47
13.				08	"	"				<b>4:59.35</b>	482	
	50m:	31.54	31.54	150m:	1:46.22	36.98	250m:	3:04.95	42.36	350m:	4:24.07	35.61
	100m:	1:09.24	37.70	200m:	2:22.59	36.37	300m:	3:48.46	43.51	400m:	4:59.35	35.28
14.				07	"	"				<b>4:59.95</b>	479	
	50m:	30.97	30.97	150m:	1:47.48	39.68	250m:	3:08.37	41.75	350m:	4:26.09	36.01
	100m:	1:07.80	36.83	200m:	2:26.62	39.14	300m:	3:50.08	41.71	400m:	4:59.95	33.86
15.				08	"	"				<b>5:00.75</b>	475	
	50m:	32.35	32.35	250m:	3:05.58	41.09	350m:	4:25.49	36.84			
	200m:	2:24.49	1:52.14	300m:	3:48.65	43.07	400m:	5:00.75	35.26			



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13, , 400m , (15-16 )

											WA			
16.					07	"	"					<b>5:06.91</b>	447	
	50m:	32.29	32.29	150m:	1:50.20	39.90	250m:	3:10.17	42.90	350m:	4:30.06	37.60		
	100m:	1:10.30	38.01	200m:	2:27.27	37.07	300m:	3:52.46	42.29	400m:	5:06.91	36.85		
17.					08	"	"					<b>5:16.42</b>	408	
	50m:	30.86	30.86	150m:	1:50.15	42.11	250m:	3:15.57	44.11	350m:	4:40.04	38.13		
	100m:	1:08.04	37.18	200m:	2:31.46	41.31	300m:	4:01.91	46.34	400m:	5:16.42	36.38		
DSQ					07	"	"							