



5

, 400m

2011 - 2015

10.02.2024

: FINA 2023

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5, , 400m , (11-13 )

										R.T.		
11.				2011 II				-		+0,70	<b>5:05.76</b>	462
	50m: 33.63	33.63	150m: 1:51.27	39.10	250m: 3:09.86	39.33	350m: 4:28.31	39.02				
	100m: 1:12.17	38.54	200m: 2:30.53	39.26	300m: 3:49.29	39.43	400m: 5:05.76	37.45				
12.			2011 II		10 "	"				+0,84	<b>5:07.39</b>	454
	50m: 33.75	33.75	150m: 1:50.69	39.33	250m: 3:10.61	40.15	350m: 4:31.11	39.80				
	100m: 1:11.36	37.61	200m: 2:30.46	39.77	300m: 3:51.31	40.70	400m: 5:07.39	36.28				
13.			2011 II		10 "	"				+0,89	<b>5:10.39</b>	441
	50m: 33.97	33.97	150m: 1:50.92	38.80	250m: 3:12.15	41.21	350m: 4:32.00	38.85				
	100m: 1:12.12	38.15	200m: 2:30.94	40.02	300m: 3:53.15	41.00	400m: 5:10.39	38.39				
14.			2012 I							+0,85	<b>5:10.95</b>	439
	50m: 34.34	34.34	150m: 1:52.45	39.41	250m: 3:12.02	40.08	350m: 4:31.88	39.81				
	100m: 1:13.04	38.70	200m: 2:31.94	39.49	300m: 3:52.07	40.05	400m: 5:10.95	39.07				
15.			2011 I		" "					+0,91	<b>5:11.24</b>	438
	50m: 35.66	35.66	150m: 1:53.42	39.26	250m: 3:13.33	40.11	350m: 4:34.71	40.59				
	100m: 1:14.16	38.50	200m: 2:33.22	39.80	300m: 3:54.12	40.79	400m: 5:11.24	36.53				
16.			2011 I		" "					+0,64	<b>5:13.85</b>	427
	50m: 33.55	33.55	150m: 1:50.85	39.33	250m: 3:12.18	41.30	350m: 4:34.01	40.76				
	100m: 1:11.52	37.97	200m: 2:30.88	40.03	300m: 3:53.25	41.07	400m: 5:13.85	39.84				
17.			2012 II		" "					+0,75	<b>5:18.05</b>	410
	50m: 36.15	36.15	150m: 1:56.26	39.89	250m: 3:17.12	40.45	350m: 4:38.50	42.34				
	100m: 1:16.37	40.22	200m: 2:36.67	40.41	300m: 3:56.16	39.04	400m: 5:18.05	39.55				
18.			2012 II		" "					+0,76	<b>5:20.04</b>	403
	50m: 36.49	36.49	150m: 1:57.28	40.35	250m: 3:18.88	40.48	350m: 4:41.15	42.34				
	100m: 1:16.93	40.44	200m: 2:38.40	41.12	300m: 3:58.81	39.93	400m: 5:20.04	38.89				
19.			2012 II		" "					+0,76	<b>5:20.66</b>	400
	50m: 36.86	36.86	150m: 1:58.81	41.12	250m: 3:20.64	41.09	350m: 4:41.43	39.58				
	100m: 1:17.69	40.83	200m: 2:39.55	40.74	300m: 4:01.85	41.21	400m: 5:20.66	39.23				
20.			2011 II		1					+0,73	<b>5:22.36</b>	394
	50m: 34.73	34.73	150m: 1:52.50	39.34	250m: 3:14.79	41.60	350m: 4:41.18	42.81				
	100m: 1:13.16	38.43	200m: 2:33.19	40.69	300m: 3:58.37	43.58	400m: 5:22.36	41.18				
21.			2012 II							+0,80	<b>5:23.47</b>	390
	50m: 35.95	35.95	150m: 1:56.26	40.64	250m: 3:18.85	41.44	350m: 4:42.59	42.10				
	100m: 1:15.62	39.67	200m: 2:37.41	41.15	300m: 4:00.49	41.64	400m: 5:23.47	40.88				
22.			2013 II		" "					+0,88	<b>5:23.64</b>	389
	50m: 36.33	36.33	150m: 1:57.16	41.09	250m: 3:21.05	41.80	350m: 4:43.89	40.67				
	100m: 1:16.07	39.74	200m: 2:39.25	42.09	300m: 4:03.22	42.17	400m: 5:23.64	39.75				
23.			2012 II		" "					+0,96	<b>5:27.12</b>	377
	50m: 36.13	36.13	150m: 2:00.64	43.58	250m: 3:26.18	43.18	350m: 4:50.61	42.73				
	100m: 1:17.06	40.93	200m: 2:43.00	42.36	300m: 4:07.88	41.70	400m: 5:27.12	36.51				
24.			2012 II		" "					+0,91	<b>5:28.16</b>	373
	50m: 37.68	37.68	150m: 1:59.41	41.33	250m: 3:22.60	41.55	350m: 4:47.09	42.42				
	100m: 1:18.08	40.40	200m: 2:41.05	41.64	300m: 4:04.67	42.07	400m: 5:28.16	41.07				
25.			2011 II		1					+0,61	<b>5:30.38</b>	366
	50m: 36.85	36.85	150m: 1:59.18	41.65	250m: 3:24.57	42.58	350m: 4:49.72	42.05				
	100m: 1:17.53	40.68	200m: 2:41.99	42.81	300m: 4:07.67	43.10	400m: 5:30.38	40.66				
26.			2012 II		" "					+0,79	<b>5:40.50</b>	334
	50m: 37.55	37.55	150m: 2:04.18	44.52	250m: 3:32.63	44.59	350m: 4:59.81	44.33				
	100m: 1:19.66	42.11	200m: 2:48.04	43.86	300m: 4:15.48	42.85	400m: 5:40.50	40.69				
27.			2012 III		" "					+0,79	<b>5:50.57</b>	306
	50m: 38.51	38.51	150m: 2:07.67	45.42	250m: 3:38.59	45.80	350m: 5:09.74	46.19				
	100m: 1:22.25	43.74	200m: 2:52.79	45.12	300m: 4:23.55	44.96	400m: 5:50.57	40.83				
28.			2013 III							+0,82	<b>5:56.05</b>	292
	50m: 37.33	37.33	150m: 2:08.52	46.41	250m: 3:41.09	46.46	350m: 5:13.05	45.63				
	100m: 1:22.11	44.78	200m: 2:54.63	46.11	300m: 4:27.42	46.33	400m: 5:56.05	43.00				



ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ  
**MAD WAVE CLASSIC**

10-11 ФЕВРАЛЯ 2024  
**КАЗАНЬ**



5, , 400m (11-13 )

										R.T.		
29.	/			2013 II	10 "	"				<b>5:57.25</b>	289	
	50m:	40.28	40.28	150m:	2:13.25	46.79	250m:	3:45.65	46.07	350m:	5:16.50	44.96
	100m:	1:26.46	46.18	200m:	2:59.58	46.33	300m:	4:31.54	45.89	400m:	5:57.25	40.75
30.				2012 III	"	"				+0,78	<b>6:02.52</b>	277
	50m:	38.23	38.23	150m:	2:08.25	46.39	250m:	3:44.25	48.07	350m:	5:18.74	47.72
	100m:	1:21.86	43.63	200m:	2:56.18	47.93	300m:	4:31.02	46.77	400m:	6:02.52	43.78
31.				2011 III	-	-				+0,71	<b>6:03.46</b>	275
	50m:	37.56	37.56	150m:	2:07.93	46.84	250m:	3:44.20	48.38	350m:	5:20.03	48.14
	100m:	1:21.09	43.53	200m:	2:55.82	47.89	300m:	4:31.89	47.69	400m:	6:03.46	43.43
32.				2012 III	-1	-				+0,80	<b>6:04.11</b>	273
	50m:	38.49	38.49	150m:	2:08.46	45.76	250m:	3:43.58	47.28	350m:	5:20.87	47.34
	100m:	1:22.70	44.21	200m:	2:56.30	47.84	300m:	4:33.53	49.95	400m:	6:04.11	43.24
33.				2011 III	2	-				+0,87	<b>6:15.43</b>	249
	50m:	40.27	40.27	150m:	2:15.23	48.39	250m:	3:53.36	50.10	350m:	5:30.27	48.62
	100m:	1:26.84	46.57	200m:	3:03.26	48.03	300m:	4:41.65	48.29	400m:	6:15.43	45.16

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<https://swim4you.ru/>

OMEGA ARES 21

Splash Meet Manager, 11.77033

Registered to Volga Federal District/Republic of Tatarstan

10.02.2024 13:58 -

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