

19
07.12.2024

, 400m

14 - 18

										R.T.		
(14-15)												
1.			2010							+0,68	4:32.86	
	50m:	30.97	30.97	150m:	1:41.55	35.36	250m:	2:50.50	34.44	350m:	3:58.66	34.08
	100m:	1:06.19	35.22	200m:	2:16.06	34.51	300m:	3:24.58	34.08	400m:	4:32.86	34.20
2.			2010 I		"	"				+0,74	4:49.19	I
	50m:	32.42	32.42	200m:	2:22.33	1:14.79	400m:	4:49.19	1:11.58			
	100m:	1:07.54	35.12	300m:	3:37.61	1:15.28						
3.			2010 I		"	"				+0,63	4:51.34	I
	50m:	32.18	32.18	150m:	1:45.44	37.42	250m:	3:00.15	37.80	350m:	4:14.87	38.34
	100m:	1:08.02	35.84	200m:	2:22.35	36.91	300m:	3:36.53	36.38	400m:	4:51.34	36.47
4.			2009		"	"				+0,33	4:52.68	I
	50m:	33.40	33.40	150m:	1:45.28	36.34	250m:	2:59.35	37.44	350m:	4:16.30	38.23
	100m:	1:08.94	35.54	200m:	2:21.91	36.63	300m:	3:38.07	38.72	400m:	4:52.68	36.38
5.			2009 I		"	"				+0,69	4:53.32	I
	50m:	33.64	33.64	150m:	1:46.73	36.82	250m:	3:01.12	37.07	350m:	4:16.60	38.08
	100m:	1:09.91	36.27	200m:	2:24.05	37.32	300m:	3:38.52	37.40	400m:	4:53.32	36.72
6.			2010 I		"	"				+0,23	4:56.49	I
	50m:	32.38	32.38	150m:	1:45.73	37.62	250m:	3:03.00	39.04	350m:	4:20.24	38.52
	100m:	1:08.11	35.73	200m:	2:23.96	38.23	300m:	3:41.72	38.72	400m:	4:56.49	36.25
7.			2009		"	"				+0,26	4:56.65	I
	50m:	32.83	32.83	150m:	1:46.90	37.55	250m:	3:02.76	38.10	350m:	4:19.52	38.40
	100m:	1:09.35	36.52	200m:	2:24.66	37.76	300m:	3:41.12	38.36	400m:	4:56.65	37.13
8.			2009		"	"				+0,71	4:57.22	I
	50m:	33.13	33.13	150m:	1:46.99	37.50	250m:	3:03.58	38.51	350m:	4:20.58	38.43
	100m:	1:09.49	36.36	200m:	2:25.07	38.08	300m:	3:42.15	38.57	400m:	4:57.22	36.64
9.			2009 I		"	"				+0,73	4:57.51	I
	50m:	32.19	32.19	150m:	1:44.83	37.39	250m:	3:02.13	39.04	350m:	4:19.88	38.75
	100m:	1:07.44	35.25	200m:	2:23.09	38.26	300m:	3:41.13	39.00	400m:	4:57.51	37.63
10.			2010 I		"	"				+0,76	4:58.46	I
	50m:	33.40	33.40	150m:	1:48.03	38.06	250m:	3:04.14	37.99	350m:	4:21.64	39.21
	100m:	1:09.97	36.57	200m:	2:26.15	38.12	300m:	3:42.43	38.29	400m:	4:58.46	36.82
11.			2010 I		"	"				+0,64	5:01.42	II
	50m:	33.51	33.51	150m:	1:49.48	39.14	250m:	3:08.28	39.26	350m:	4:25.41	38.27
	100m:	1:10.34	36.83	200m:	2:29.02	39.54	300m:	3:47.14	38.86	400m:	5:01.42	36.01
12.			2010 II		"	"				+0,51	5:01.66	II
	50m:	34.07	34.07	150m:	1:50.55	38.93	250m:	3:08.12	39.25	350m:	4:25.39	38.43
	100m:	1:11.62	37.55	200m:	2:28.87	38.32	300m:	3:46.96	38.84	400m:	5:01.66	36.27
13.			2009 II		"	"				+0,60	5:18.52	II
	50m:	35.95	35.95	150m:	1:55.78	40.54	250m:	3:17.44	41.23	350m:	4:38.78	40.68
	100m:	1:15.24	39.29	200m:	2:36.21	40.43	300m:	3:58.10	40.66	400m:	5:18.52	39.74
14.			2010 II		"	- 98"				+0,67	5:20.45	II
	50m:	35.54	35.54	150m:	1:56.60	40.82	250m:	3:19.59	41.17	350m:	4:41.55	40.59
	100m:	1:15.78	40.24	200m:	2:38.42	41.82	300m:	4:00.96	41.37	400m:	5:20.45	38.90
15.			2009 II		"	- 98"				+0,79	5:28.74	II
	50m:	35.60	35.60	150m:	1:59.37	43.04	250m:	3:24.81	42.92	350m:	4:49.75	42.50
	100m:	1:16.33	40.73	200m:	2:41.89	42.52	300m:	4:07.25	42.44	400m:	5:28.74	38.99
16.			2010 II		"	- 98"				+0,64	5:30.35	II
	50m:	38.54	38.54	150m:	2:01.43	41.91	250m:	3:26.88	42.55	350m:	4:50.21	41.61
	100m:	1:19.52	40.98	200m:	2:44.33	42.90	300m:	4:08.60	41.72	400m:	5:30.35	40.14

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MEGA ARES 21



ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ
МЭД ВЕЙВ КЛАССИК

7-8 ДЕКАБРЯ 2024
РУЗА 4 ЭТАП



19, , 400m , (14-15)

							R.T.					
17.	/											
	2010 III "						+0,78 5:46.91 III					
	50m:	35.99	35.99	150m:	2:01.11	43.84	250m:	3:32.36	45.83	350m:	5:04.13	46.12
	100m:	1:17.27	41.28	200m:	2:46.53	45.42	300m:	4:18.01	45.65	400m:	5:46.91	42.78
18.	2009 III "						+0,78 5:57.82 III					
	50m:	40.18	40.18	150m:	2:09.89	45.33	250m:	3:42.47	46.41	350m:	5:13.94	45.50
	100m:	1:24.56	44.38	200m:	2:56.06	46.17	300m:	4:28.44	45.97	400m:	5:57.82	43.88
(16-18)												
1.	2008						+0,69 4:25.18					
	50m:	30.95	30.95	150m:	1:39.17	34.47	250m:	2:47.07	33.57	350m:	3:53.37	33.05
	100m:	1:04.70	33.75	200m:	2:13.50	34.33	300m:	3:20.32	33.25	400m:	4:25.18	31.81
2.	2008						+0,66 4:26.33					
	50m:	31.10	31.10	150m:	1:39.16	34.22	250m:	2:46.90	33.36	350m:	3:53.89	33.59
	100m:	1:04.94	33.84	200m:	2:13.54	34.38	300m:	3:20.30	33.40	400m:	4:26.33	32.44
3.	2008						+0,83 4:46.09 I					
	50m:	31.25	31.25	150m:	1:43.38	36.85	250m:	2:57.44	36.83	350m:	4:11.20	36.69
	100m:	1:06.53	35.28	200m:	2:20.61	37.23	300m:	3:34.51	37.07	400m:	4:46.09	34.89
4.	2007 "						+0,21 4:55.39 I					
	50m:	31.99	31.99	150m:	1:45.33	37.26	250m:	3:01.86	38.22	350m:	4:18.27	37.85
	100m:	1:08.07	36.08	200m:	2:23.64	38.31	300m:	3:40.42	38.56	400m:	4:55.39	37.12
5.	2008 I						+0,23 5:00.86 II					
	50m:	33.63	33.63	150m:	1:48.02	37.35	250m:	3:04.72	38.43	350m:	4:22.20	38.76
	100m:	1:10.67	37.04	200m:	2:26.29	38.27	300m:	3:43.44	38.72	400m:	5:00.86	38.66

