

6
07.12.2024

, 400m

9 - 13

										R.T.		
(9-10)												
1.				2014 III	" "					+0,78	5:15.19	III
	50m:	34.95	34.95	150m:	1:54.59	40.44	300m:	3:56.56	1:21.46			
	100m:	1:14.15	39.20	200m:	2:35.10	40.51	400m:	5:15.19	1:18.63			
2.				2015 I		1				+0,55	5:27.94	III
	50m:	36.73	36.73	150m:	2:00.71	41.93	250m:	3:25.57	43.03	400m:	5:27.94	1:19.89
	100m:	1:18.78	42.05	200m:	2:42.54	41.83	300m:	4:08.05	42.48			
3.				2014 I						+0,31	5:31.70	III
	50m:	36.57	36.57	150m:	2:02.44	42.80	250m:	3:28.02	42.54	350m:	4:52.21	41.68
	100m:	1:19.64	43.07	200m:	2:45.48	43.04	300m:	4:10.53	42.51	400m:	5:31.70	39.49
4.				2014 III	" "	" "				+0,78	5:32.87	III
	50m:	36.32	36.32	150m:	2:01.84	43.11	250m:	3:28.65	42.75	350m:	4:53.19	41.99
	100m:	1:18.73	42.41	200m:	2:45.90	44.06	300m:	4:11.20	42.55	400m:	5:32.87	39.68
5.				2014 III	" "	" "				+0,73	5:35.48	III
	50m:	37.45	37.45	150m:	2:04.97	44.04	250m:	3:32.33	43.66	350m:	4:56.35	41.01
	100m:	1:20.93	43.48	200m:	2:48.67	43.70	300m:	4:15.34	43.01	400m:	5:35.48	39.13
6.				2014 III						+0,66	5:38.78	III
	50m:	36.91	36.91	150m:	2:04.00	44.44	250m:	3:30.37	43.28	350m:	4:57.30	42.92
	100m:	1:19.56	42.65	200m:	2:47.09	43.09	300m:	4:14.38	44.01	400m:	5:38.78	41.48
7.	e			2015 III						+0,65	5:44.04	III
	50m:	37.95	37.95	150m:	2:04.93	44.18	250m:	3:34.37	44.84	350m:	5:02.83	43.57
	100m:	1:20.75	42.80	200m:	2:49.53	44.60	300m:	4:19.26	44.89	400m:	5:44.04	41.21
8.				2015 I	" "	" "				+0,63	5:44.29	III
	50m:	39.22	39.22	150m:	2:08.08	45.42	250m:	3:36.37	44.03	350m:	5:04.21	43.35
	100m:	1:22.66	43.44	200m:	2:52.34	44.26	300m:	4:20.86	44.49	400m:	5:44.29	40.08
9.				2014 I						+0,88	5:46.91	III
	50m:	38.21	38.21	150m:	2:08.62	45.18	250m:	3:39.17	44.46	350m:	5:08.00	44.01
	100m:	1:23.44	45.23	200m:	2:54.71	46.09	300m:	4:23.99	44.82	400m:	5:46.91	38.91
10.				2014 I	" "	" "					5:47.53	I
	50m:	38.75	38.75	150m:	2:07.54	45.17	250m:	3:37.10	44.49	350m:	5:05.61	44.23
	100m:	1:22.37	43.62	200m:	2:52.61	45.07	300m:	4:21.38	44.28	400m:	5:47.53	41.92
11.				2015 I	" "	" "				+0,70	5:50.76	I
	50m:	37.73	37.73	150m:	2:06.49	44.22	250m:	3:37.81	45.63	350m:	5:07.75	44.86
	100m:	1:22.27	44.54	200m:	2:52.18	45.69	300m:	4:22.89	45.08	400m:	5:50.76	43.01
12.				2014 I	" "	" "					5:58.06	I
	50m:	39.49	39.49	150m:	2:10.62	46.15	250m:	3:43.36	46.15	350m:	5:15.44	45.90
	100m:	1:24.47	44.98	200m:	2:57.21	46.59	300m:	4:29.54	46.18	400m:	5:58.06	42.62
13.				2014 I						+0,87	5:58.94	I
	50m:	37.93	37.93	150m:	2:07.46	46.30	250m:	3:40.59	46.94	350m:	5:12.85	46.11
	100m:	1:21.16	43.23	200m:	2:53.65	46.19	300m:	4:26.74	46.15	400m:	5:58.94	46.09
14.				2015 II						+0,73	6:08.02	I
	50m:	41.63	41.63	150m:	2:14.24	47.04	250m:	3:49.23	46.75	350m:	5:25.45	47.86
	100m:	1:27.20	45.57	200m:	3:02.48	48.24	300m:	4:37.59	48.36	400m:	6:08.02	42.57
15.				2014 I						+0,73	6:28.44	I
	50m:	38.26	38.26	150m:	2:13.66	49.92	250m:	3:55.95	51.49	350m:	5:39.37	51.02
	100m:	1:23.74	45.48	200m:	3:04.46	50.80	300m:	4:48.35	52.40	400m:	6:28.44	49.07
16.				2015 II	World Swim					+0,80	6:57.20	II
	50m:	42.90	42.90	150m:	2:28.39	54.72	250m:	4:19.32	55.87	350m:	6:10.77	55.79
	100m:	1:33.67	50.77	200m:	3:23.45	55.06	300m:	5:14.98	55.66	400m:	6:57.20	46.43

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50

MEGA ARES 21



ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ
МЭД ВЕЙВ КЛАССИК

7-8 ДЕКАБРЯ 2024
РУЗА 4 ЭТАП



6, , 400m

(11-13)

1.				2011 II	"	"				+0,91	4:37.93	II
	50m:	31.06	31.06	150m:	1:41.69	35.49	250m:	2:52.80	35.38	350m:	4:03.95	36.14
	100m:	1:06.20	35.14	200m:	2:17.42	35.73	300m:	3:27.81	35.01	400m:	4:37.93	33.98
2.				2012 II	"	"	"			+0,70	4:40.82	II
	50m:	31.28	31.28	150m:	1:42.36	36.25	250m:	2:54.72	36.33	350m:	4:07.00	35.90
	100m:	1:06.11	34.83	200m:	2:18.39	36.03	300m:	3:31.10	36.38	400m:	4:40.82	33.82
3.				2013 II	"	"	-			+0,59	4:45.39	II
	50m:	30.84	30.84	150m:	1:42.70	36.55	250m:	2:57.68	38.34	350m:	4:11.49	35.85
	100m:	1:06.15	35.31	200m:	2:19.34	36.64	300m:	3:35.64	37.96	400m:	4:45.39	33.90
4.				2012 II	"	"	"			+0,70	4:46.16	II
	50m:	31.44	31.44	150m:	1:42.97	36.55	250m:	2:57.55	37.57	350m:	4:11.79	36.69
	100m:	1:06.42	34.98	200m:	2:19.98	37.01	300m:	3:35.10	37.55	400m:	4:46.16	34.37
5.				2013 II	"	"	"			+0,88	4:55.10	II
	50m:	30.70	30.70	150m:	1:44.87	37.97	250m:	3:02.09	38.44	350m:	4:19.85	38.01
	100m:	1:06.90	36.20	200m:	2:23.65	38.78	300m:	3:41.84	39.75	400m:	4:55.10	35.25
6.				2013 II	"	"	-			+0,68	4:57.90	II
	50m:	33.74	33.74	150m:	1:50.10	38.41	250m:	3:08.07	38.63	350m:	4:23.76	36.96
	100m:	1:11.69	37.95	200m:	2:29.44	39.34	300m:	3:46.80	38.73	400m:	4:57.90	34.14
7.				2012 II	"	1	"			+0,75	4:57.96	II
	50m:	34.16	34.16	150m:	1:53.10	40.11	250m:	3:12.34	38.95	350m:	4:23.55	34.33
	100m:	1:12.99	38.83	200m:	2:33.39	40.29	300m:	3:49.22	36.88	400m:	4:57.96	34.41
8.				2011 II	"	"	"				4:58.99	II
	50m:	33.54	33.54	150m:	1:48.05	37.86	250m:	3:05.67	39.13	350m:	4:22.27	38.11
	100m:	1:10.19	36.65	200m:	2:26.54	38.49	300m:	3:44.16	38.49	400m:	4:58.99	36.72
9.				2013 II	"	"	"			+0,77	4:59.74	II
	50m:	32.25	32.25	150m:	1:47.19	37.92	250m:	3:04.63	38.50	350m:	4:23.07	39.19
	100m:	1:09.27	37.02	200m:	2:26.13	38.94	300m:	3:43.88	39.25	400m:	4:59.74	36.67
10.				2011 II	"	"	"			+0,79	5:00.51	II
	50m:	3:05.51	3:05.51	200m:	2:26.79	1:16.94	400m:	5:00.51	1:15.94			
	100m:	1:09.85		300m:	3:44.57	1:17.78						
11.				2012 II	"	"	"			+0,82	5:03.41	II
	50m:	33.59	33.59	150m:	1:49.54	38.94	250m:	3:09.10	40.55	350m:	4:27.69	38.81
	100m:	1:10.60	37.01	200m:	2:28.55	39.01	300m:	3:48.88	39.78	400m:	5:03.41	35.72
12.				2012 II	"	"	"			+0,63	5:03.78	II
	50m:	32.87	32.87	150m:	1:49.39	38.60	250m:	3:08.15	39.19	350m:	4:27.10	39.04
	100m:	1:10.79	37.92	200m:	2:28.96	39.57	300m:	3:48.06	39.91	400m:	5:03.78	36.68
13.				2012 II	"	"	"			+0,84	5:06.40	III
	50m:	34.40	34.40	150m:	1:51.56	38.71	250m:	3:09.76	38.94	350m:	4:27.93	38.29
	100m:	1:12.85	38.45	200m:	2:30.82	39.26	300m:	3:49.64	39.88	400m:	5:06.40	38.47
14.				2011 II	"	"	"			+0,78	5:07.31	III
	50m:	31.94	31.94	150m:	1:46.94	38.62	250m:	3:07.27	40.39	350m:	4:28.29	40.13
	100m:	1:08.32	36.38	200m:	2:26.88	39.94	300m:	3:48.16	40.89	400m:	5:07.31	39.02
15.				2012 II	"	"	"			+0,71	5:08.86	III
	50m:	34.25	34.25	150m:	1:53.33	40.47	250m:	3:12.98	39.93	350m:	4:32.39	39.45
	100m:	1:12.86	38.61	200m:	2:33.05	39.72	300m:	3:52.94	39.96	400m:	5:08.86	36.47
16.				2011 I	"	"	"			+1,01	5:15.05	III
	50m:	35.57	35.57	150m:	1:54.64	39.91	250m:	3:16.98	41.43	350m:	4:37.63	39.68
	100m:	1:14.73	39.16	200m:	2:35.55	40.91	300m:	3:57.95	40.97	400m:	5:15.05	37.42
17.				2012 III	"	"	"			+0,65	5:17.54	III
	50m:	35.28	35.28	150m:	1:54.36	39.88	250m:	3:15.70	41.12	350m:	4:37.16	40.31
	100m:	1:14.48	39.20	200m:	2:34.58	40.22	300m:	3:56.85	41.15	400m:	5:17.54	40.38

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MEGA ARES 21





ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ
МЭД ВЕЙВ КЛАССИК

7-8 ДЕКАБРЯ 2024
РУЗА 4 ЭТАП



6, , 400m (11-13)

							R.T.					
18.	/											
	2011 III						+0,77 5:17.79 III					
	50m:	36.38	36.38	150m:	1:56.70	40.75	250m:	3:18.05	40.97	350m:	4:40.37	40.98
	100m:	1:15.95	39.57	200m:	2:37.08	40.38	300m:	3:59.39	41.34	400m:	5:17.79	37.42
19.	2011 III						+0,74 5:25.94 III					
	50m:	34.37	34.37	150m:	1:57.74	42.64	250m:	3:22.31	43.00	350m:	4:48.44	43.25
	100m:	1:15.10	40.73	200m:	2:39.31	41.57	300m:	4:05.19	42.88	400m:	5:25.94	37.50
20.	2012 I						5:33.17 III					
	50m:	34.57	34.57	150m:	1:57.52	41.68	250m:	3:24.95	43.93	350m:	4:52.09	42.62
	100m:	1:15.84	41.27	200m:	2:41.02	43.50	300m:	4:09.47	44.52	400m:	5:33.17	41.08
21.	2013 III "						+0,84 5:34.69 III					
	50m:	36.68	36.68	150m:	2:00.67	42.67	250m:	3:27.98	43.46	350m:	4:54.29	43.20
	100m:	1:18.00	41.32	200m:	2:44.52	43.85	300m:	4:11.09	43.11	400m:	5:34.69	40.40
22.	2011 III						+0,74 5:39.40 III					
	50m:	34.80	34.80	150m:	2:01.24	44.89	250m:	3:29.69	45.11	350m:	4:57.18	43.64
	100m:	1:16.35	41.55	200m:	2:44.58	43.34	300m:	4:13.54	43.85	400m:	5:39.40	42.22
23.	2012 I " - 98"						+0,91 5:43.55 III					
	50m:	34.45	34.45	150m:	1:58.06	43.96	250m:	3:29.28	45.85	350m:	5:00.69	44.96
	100m:	1:14.10	39.65	200m:	2:43.43	45.37	300m:	4:15.73	46.45	400m:	5:43.55	42.86
24.	2013 I 1						+0,74 5:44.46 III					
	50m:	37.58	37.58	150m:	2:04.60	44.43	250m:	3:34.93	45.05	350m:	5:03.04	42.77
	100m:	1:20.17	42.59	200m:	2:49.88	45.28	300m:	4:20.27	45.34	400m:	5:44.46	41.42
25.	2013 I "						+0,69 5:45.63 III					
	50m:	36.12	36.12	150m:	2:04.85	46.31	250m:	3:34.74	45.53	350m:	5:04.55	44.20
	100m:	1:18.54	42.42	200m:	2:49.21	44.36	300m:	4:20.35	45.61	400m:	5:45.63	41.08
26.	2013 I						5:47.44 I					
	50m:	37.85	37.85	150m:	2:05.05	43.95	250m:	3:34.60	44.70	350m:	5:04.65	44.58
	100m:	1:21.10	43.25	200m:	2:49.90	44.85	300m:	4:20.07	45.47	400m:	5:47.44	42.79
27.	2013 I						+0,75 5:48.45 I					
	50m:	38.43	38.43	150m:	2:06.49	44.39	250m:	3:38.25	46.07	350m:	5:06.45	42.36
	100m:	1:22.10	43.67	200m:	2:52.18	45.69	300m:	4:24.09	45.84	400m:	5:48.45	42.00
28.	2012 I " "						+0,72 5:51.51 I					
	50m:	38.00	38.00	150m:	2:07.33	45.28	250m:	3:39.32	46.42	350m:	5:10.71	44.96
	100m:	1:22.05	44.05	200m:	2:52.90	45.57	300m:	4:25.75	46.43	400m:	5:51.51	40.80
29.	2013 I " "						+0,59 5:58.52 I					
	50m:	37.13	37.13	150m:	2:07.86	46.33	250m:	3:41.90	47.86	350m:	5:16.23	47.43
	100m:	1:21.53	44.40	200m:	2:54.04	46.18	300m:	4:28.80	46.90	400m:	5:58.52	42.29
30.	2012 I "						+0,67 6:00.47 I					
	50m:	38.70	38.70	150m:	2:11.83	46.84	250m:	3:45.21	46.31	350m:	5:17.49	45.70
	100m:	1:24.99	46.29	200m:	2:58.90	47.07	300m:	4:31.79	46.58	400m:	6:00.47	42.98
31.	2013 I						+0,72 6:04.24 I					
	50m:	37.60	37.60	150m:	2:10.39	47.03	250m:	3:43.13	46.29	350m:	5:17.33	47.11
	100m:	1:23.36	45.76	200m:	2:56.84	46.45	300m:	4:30.22	47.09	400m:	6:04.24	46.91
32.	2013 II						+0,77 6:13.86 I					
	50m:	39.77	39.77	150m:	2:11.10	47.13	250m:	3:48.34	48.67	350m:	5:27.50	49.51
	100m:	1:23.97	44.20	200m:	2:59.67	48.57	300m:	4:37.99	49.65	400m:	6:13.86	46.36
33.	2013 I						+0,83 6:50.27 II					
	50m:	2:30.17	2:30.17	150m:	4:16.41	2:39.81	300m:	5:08.04	1:44.88			
	100m:	1:36.60		200m:	3:23.16		400m:	6:50.27	1:42.23			
DNS	2012 II " "											

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