



26

, 400m

14

04.05.2024

: FINA 2024

R.T.

14-15

1.				2009	"	"				+0.65	4:36.88	614
	50m:	31.28	31.28	150m:	1:41.26	35.85	250m:	2:52.57	35.46	350m:	4:02.97	35.08
	100m:	1:05.41	34.13	200m:	2:17.11	35.85	300m:	3:27.89	35.32	400m:	4:36.88	33.91
2.				2010	10 "	"				+0.68	4:39.51	597
	50m:	32.52	32.52	150m:	1:43.15	35.48	250m:	2:54.53	35.76	350m:	4:06.66	36.04
	100m:	1:07.67	35.15	200m:	2:18.77	35.62	300m:	3:30.62	36.09	400m:	4:39.51	32.85
3.				2010 I	10 "	"				+0.80	4:47.14	I 550
	50m:	33.11	33.11	150m:	1:44.96	36.09	250m:	2:58.11	36.60	350m:	4:11.71	36.64
	100m:	1:08.87	35.76	200m:	2:21.51	36.55	300m:	3:35.07	36.96	400m:	4:47.14	35.43
4.				2010	"	"				+0.75	4:54.70	I 509
	50m:	32.60	32.60	150m:	1:46.36	37.50	250m:	3:02.14	38.18	350m:	4:18.23	37.96
	100m:	1:08.86	36.26	200m:	2:23.96	37.60	300m:	3:40.27	38.13	400m:	4:54.70	36.47
5.				2009 I	"	"				+0.74	4:55.68	I 504
	50m:	32.96	32.96	150m:	1:48.26	38.41	250m:	3:03.82	38.10	350m:	4:19.60	37.97
	100m:	1:09.85	36.89	200m:	2:25.72	37.46	300m:	3:41.63	37.81	400m:	4:55.68	36.08
6.				2010 II	10 "	"					4:57.67	I 494
	50m:	34.49	34.49	150m:	1:50.16	37.92	250m:	3:05.81	37.32	350m:	4:21.74	37.59
	100m:	1:12.24	37.75	200m:	2:28.49	38.33	300m:	3:44.15	38.34	400m:	4:57.67	35.93
7.				2009 I	5	"				+0.90	5:00.06	II 482
	50m:	32.41	32.41	150m:	1:46.40	37.73	250m:	3:03.87	38.89	350m:	4:22.38	38.93
	100m:	1:08.67	36.26	200m:	2:24.98	38.58	300m:	3:43.45	39.58	400m:	5:00.06	37.68
8.				2009 I	"	"				+0.59	5:00.90	II 478
	50m:	33.37	33.37	150m:	1:49.13	38.71	250m:	3:06.94	38.87	350m:	4:24.60	38.27
	100m:	1:10.42	37.05	200m:	2:28.07	38.94	300m:	3:46.33	39.39	400m:	5:00.90	36.30
9.				2010 I	10 "	"				+0.76	5:01.42	II 476
	50m:	34.12	34.12	150m:	1:50.20	38.79	250m:	3:07.66	38.71	350m:	4:24.82	38.64
	100m:	1:11.41	37.29	200m:	2:28.95	38.75	300m:	3:46.18	38.52	400m:	5:01.42	36.60
10.				2010 I	"	"				+0.73	5:01.92	II 473
	50m:	32.84	32.84	150m:	1:48.58	38.65	250m:	3:06.72	38.97	350m:	4:26.11	38.92
	100m:	1:09.93	37.09	200m:	2:27.75	39.17	300m:	3:47.19	40.47	400m:	5:01.92	35.81
11.				2010 II	"	"				+0.81	5:03.63	II 465
	50m:	34.44	34.44	150m:	1:50.97	38.24	250m:	3:08.67	38.65	350m:	4:26.24	38.88
	100m:	1:12.73	38.29	200m:	2:30.02	39.05	300m:	3:47.36	38.69	400m:	5:03.63	37.39
12.				2010 II	"	"				+0.70	5:04.12	II 463
	50m:	34.41	34.41	150m:	1:49.36	37.69	250m:	3:07.07	38.86	350m:	4:26.75	39.69
	100m:	1:11.67	37.26	200m:	2:28.21	38.85	300m:	3:47.06	39.99	400m:	5:04.12	37.37
13.				2010 II	"	"				+0.73	5:13.22	II 424
	50m:	33.65	33.65	150m:	1:51.28	39.85	250m:	3:11.37	40.22	350m:	4:33.02	41.15
	100m:	1:11.43	37.78	200m:	2:31.15	39.87	300m:	3:51.87	40.50	400m:	5:13.22	40.20
14.				2009 I	MY CHAMPS	"				+0.76	5:15.68	II 414
	50m:	35.04	35.04	150m:	1:54.44	40.62	250m:	3:16.59	40.98	350m:	4:37.92	40.63
	100m:	1:13.82	38.78	200m:	2:35.61	41.17	300m:	3:57.29	40.70	400m:	5:15.68	37.76
15.				2009 II	"	"				+0.75	5:16.72	II 410
	50m:	35.63	35.63	150m:	1:56.99	41.35	250m:	3:18.98	40.91	350m:	4:39.57	39.20
	100m:	1:15.64	40.01	200m:	2:38.07	41.08	300m:	4:00.37	41.39	400m:	5:16.72	37.15
16.				2009 I	"	"				+0.81	5:23.98	II 383
	50m:	37.21	37.21	150m:	1:59.63	41.51	250m:	3:23.50	41.99	350m:	4:44.97	40.27
	100m:	1:18.12	40.91	200m:	2:41.51	41.88	300m:	4:04.70	41.20	400m:	5:23.98	39.01
17.				2010 II	"	"				+0.61	5:25.87	II 376
	50m:	33.67	33.67	150m:	1:55.25	41.80	250m:	3:22.20	43.39	350m:	4:47.28	42.53
	100m:	1:13.45	39.78	200m:	2:38.81	43.56	300m:	4:04.75	42.55	400m:	5:25.87	38.59
18.				2010 II	"	"				+0.76	5:29.72	II 363
	50m:	36.97	36.97	150m:	1:59.85	41.71	250m:	3:24.43	42.62	350m:	4:48.53	41.69
	100m:	1:18.14	41.17	200m:	2:41.81	41.96	300m:	4:06.84	42.41	400m:	5:29.72	41.19

" , 50

<https://swim4you.ru/>

, 4-5 2024 .

OMEGA ARES 21





ВСЕРОССИЙСКИЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ

кубок ректора
ПГУФКСИТ

4-5 МАЯ 2024

КАЗАНЬ



26, , 400m , 14-15

R.T.

19.				2009 III	"	"				+0.93	6:16.13	III	245
	50m:	38.63	38.63	150m:	2:11.49	47.37	250m:	3:50.98	49.69	350m:	5:30.17		49.26
	100m:	1:24.12	45.49	200m:	3:01.29	49.80	300m:	4:40.91	49.93	400m:	6:16.13		45.96
20.				2010 III	Swim Team					+1.27	6:35.59	I	210
	50m:	39.16	39.16	150m:	2:19.77	53.28	250m:	4:06.08	54.31	350m:	5:53.65		53.59
	100m:	1:26.49	47.33	200m:	3:11.77	52.00	300m:	5:00.06	53.98	400m:	6:35.59		41.94
21.				2010 I	"	"				+0.80	7:30.26	I	142
	50m:	49.23	49.23	150m:	2:42.65	58.19	250m:	4:42.46	1:00.04	350m:	6:40.53		59.88
	100m:	1:44.46	55.23	200m:	3:42.42	59.77	300m:	5:40.65	58.19	400m:	7:30.26		49.73

16-18

1.				2006		-1				+0.78	4:59.61	II	484
	50m:	31.79	31.79	150m:	1:42.28	36.27	250m:	3:00.21	39.72	350m:	4:20.79		40.56
	100m:	1:06.01	34.22	200m:	2:20.49	38.21	300m:	3:40.23	40.02	400m:	4:59.61		38.82
2.				2008 I						+0.83	5:01.60	II	475
	50m:	33.46	33.46	150m:	1:46.43	36.71	250m:	3:02.12	37.66	350m:	4:22.18		39.89
	100m:	1:09.72	36.26	200m:	2:24.46	38.03	300m:	3:42.29	40.17	400m:	5:01.60		39.42
3.				2008 II		"	"			+0.90	5:39.91	II	332
	50m:	35.98	35.98	150m:	1:59.99	42.69	250m:	3:26.96	43.35	350m:	4:56.52		44.26
	100m:	1:17.30	41.32	200m:	2:43.61	43.62	300m:	4:12.26	45.30	400m:	5:39.91		43.39
4.				2008 I						+0.55	5:40.55	III	330
	50m:	35.88	35.88	150m:	1:59.20	42.93	250m:	3:27.24	44.15	350m:	4:55.93		44.67
	100m:	1:16.27	40.39	200m:	2:43.09	43.89	300m:	4:11.26	44.02	400m:	5:40.55		44.62
1.				2003		-1				+0.78	4:35.01		626
	50m:	30.69	30.69	150m:	1:39.08	34.66	250m:	2:49.27	35.28	350m:	4:00.57		35.67
	100m:	1:04.42	33.73	200m:	2:13.99	34.91	300m:	3:24.90	35.63	400m:	4:35.01		34.44
2.				2003 I						+0.76	5:08.46	II	444
	50m:	34.87	34.87	150m:	1:51.23	38.66	250m:	3:10.25	39.72	350m:	4:29.84		39.73
	100m:	1:12.57	37.70	200m:	2:30.53	39.30	300m:	3:50.11	39.86	400m:	5:08.46		38.62
3.				2003						+0.58	5:22.49	II	388
	50m:	34.66	34.66	150m:	1:54.37	40.43	250m:	3:17.39	41.94	350m:	4:41.92		42.36
	100m:	1:13.94	39.28	200m:	2:35.45	41.08	300m:	3:59.56	42.17	400m:	5:22.49		40.57

" , 50

<https://swim4you.ru/>

, 4-5 2024 .

OMEGA ARES 21

