



**КРАСНОДАР**

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



**22-26  
АПРЕЛЯ  
2024**

4  
22.04.2024 - 10:50

, 400m

(14-15 )

3:43.45 (CHN) 09.08.2008  
3:47.36 (HUN) 20.08.2019  
3:54.92 16.05.2017

: FINA 2024

								R.T.				
1.			2010			-1		+0,58	<b>4:05.71</b>		718 Q	
	50m:	28.56	28.56	150m:	1:32.20	32.09	250m:	2:35.22	31.24	350m:	3:37.50	30.54
	100m:	1:00.11	31.55	200m:	2:03.98	31.78	300m:	3:06.96	31.74	400m:	4:05.71	28.21
2.			2009			-1		+0,65	<b>4:06.26</b>		713 Q	
	50m:	28.63	28.63	150m:	1:32.19	31.68	250m:	2:35.29	31.30	350m:	3:37.13	30.70
	100m:	1:00.51	31.88	200m:	2:03.99	31.80	300m:	3:06.43	31.14	400m:	4:06.26	29.13
3.			2009			-1		+0,70	<b>4:08.49</b>		694 Q	
	50m:	28.82	28.82	150m:	1:31.95	31.75	250m:	2:35.60	31.48	350m:	3:38.69	31.16
	100m:	1:00.20	31.38	200m:	2:04.12	32.17	300m:	3:07.53	31.93	400m:	4:08.49	29.80
4.			2009					+0,62	<b>4:09.89</b>		683 Q	
	50m:	28.85	28.85	150m:	1:31.21	31.63	250m:	2:35.28	32.21	350m:	3:39.01	31.49
	100m:	59.58	30.73	200m:	2:03.07	31.86	300m:	3:07.52	32.24	400m:	4:09.89	30.88
5.			2009			-	-	+0,62	<b>4:10.02</b>		681 Q	
	50m:	27.66	27.66	150m:	1:30.54	31.86	250m:	2:35.10	32.17	350m:	3:38.74	31.79
	100m:	58.68	31.02	200m:	2:02.93	32.39	300m:	3:06.95	31.85	400m:	4:10.02	31.28
6.			2009			-1		+0,70	<b>4:10.34</b>		679 Q	
	50m:	28.13	28.13	150m:	1:31.64	32.59	250m:	2:36.38	32.32	350m:	3:39.40	31.83
	100m:	59.05	30.92	200m:	2:04.06	32.42	300m:	3:07.57	31.19	400m:	4:10.34	30.94
7.			2009			-	-1	+0,70	<b>4:11.11</b>		673 Q	
	50m:	28.15	28.15	150m:	1:30.42	31.72	250m:	2:35.86	33.12	350m:	3:40.83	32.06
	100m:	58.70	30.55	200m:	2:02.74	32.32	300m:	3:08.77	32.91	400m:	4:11.11	30.28
8.			2009			-1		+0,69	<b>4:11.18</b>		672 Q	
	50m:	28.61	28.61	150m:	1:31.39	31.76	250m:	2:36.04	32.68	350m:	3:40.96	32.58
	100m:	59.63	31.02	200m:	2:03.36	31.97	300m:	3:08.38	32.34	400m:	4:11.18	30.22
9.			2009			-	-1	+0,81	<b>4:11.32</b>		671 R	
	50m:	27.73	27.73	150m:	1:30.56	31.74	250m:	2:36.18	33.07	350m:	3:41.29	32.90
	100m:	58.82	31.09	200m:	2:03.11	32.55	300m:	3:08.39	32.21	400m:	4:11.32	30.03
10.			2009				-1	+0,66	<b>4:12.04</b>		665 R	
	50m:	28.67	28.67	150m:	1:32.13	32.25	250m:	2:36.87	32.70	350m:	3:41.93	32.52
	100m:	59.88	31.21	200m:	2:04.17	32.04	300m:	3:09.41	32.54	400m:	4:12.04	30.11
11.			2009				-1	+0,68	<b>4:12.76</b>		660	
	50m:	28.28	28.28	150m:	1:31.52	31.93	250m:	2:36.12	32.31	350m:	3:41.31	32.40
	100m:	59.59	31.31	200m:	2:03.81	32.29	300m:	3:08.91	32.79	400m:	4:12.76	31.45
12.			2009	I		-1		+0,73	<b>4:13.31</b>		655	
	50m:	28.44	28.44	150m:	1:31.94	32.18	250m:	2:37.14	32.74	350m:	3:43.08	32.97
	100m:	59.76	31.32	200m:	2:04.40	32.46	300m:	3:10.11	32.97	400m:	4:13.31	30.23
13.			2009			-2		+0,62	<b>4:14.01</b>		650	
	50m:	28.20	28.20	150m:	1:31.69	31.99	250m:	2:36.17	32.32	350m:	3:42.35	33.24
	100m:	59.70	31.50	200m:	2:03.85	32.16	300m:	3:09.11	32.94	400m:	4:14.01	31.66
14.			2010				-1	+0,67	<b>4:14.14</b>		649	
	50m:	29.67	29.67	150m:	1:34.52	32.57	250m:	2:38.26	31.59	350m:	3:42.42	31.88
	100m:	1:01.95	32.28	200m:	2:06.67	32.15	300m:	3:10.54	32.28	400m:	4:14.14	31.72

50

SWISS TIMING QUANTUM AQUATIC

Splash Meet Manager, 11.78560

Registered to Southern Federal District/Krasnodar Territory

22.04.2024 12:20 -

1

СПОНСОРЫ СОРЕВНОВАНИЙ:





**КРАСНОДАР**

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



**22-26  
АПРЕЛЯ  
2024**

4, , 400m , , (14-15 )

				R.T.								
15.			2009 I					-1	+0,70	<b>4:15.70</b>	I	637
	50m:	29.19	29.19	150m:	1:33.73	32.53	250m:	2:38.32	32.23	350m:	3:43.39	32.54
	100m:	1:01.20	32.01	200m:	2:06.09	32.36	300m:	3:10.85	32.53	400m:	4:15.70	32.31
16.			2010					-1	+0,62	<b>4:15.92</b>	I	635
	50m:	28.29	28.29	150m:	1:33.84	33.18	250m:	2:40.16	33.31	350m:	3:45.84	32.35
	100m:	1:00.66	32.37	200m:	2:06.85	33.01	300m:	3:13.49	33.33	400m:	4:15.92	30.08
17.			2009					-1	+0,74	<b>4:16.10</b>	I	634
	50m:	28.11	28.11	150m:	1:32.06	32.44	250m:	2:38.18	32.63	350m:	3:44.84	33.12
	100m:	59.62	31.51	200m:	2:05.55	33.49	300m:	3:11.72	33.54	400m:	4:16.10	31.26
18.			2009					-1	+0,68	<b>4:16.11</b>	I	634
	50m:	28.46	28.46	150m:	1:32.47	31.78	250m:	2:36.90	32.14	350m:	3:43.86	33.80
	100m:	1:00.69	32.23	200m:	2:04.76	32.29	300m:	3:10.06	33.16	400m:	4:16.11	32.25
			2009					-1	+0,74	<b>4:16.11</b>	I	634
	50m:	28.10	28.10	150m:	1:32.03	32.18	250m:	2:37.25	32.49	350m:	3:43.38	33.17
	100m:	59.85	31.75	200m:	2:04.76	32.73	300m:	3:10.21	32.96	400m:	4:16.11	32.73
20.			2010					-1		<b>4:16.39</b>	I	632
	50m:	28.43	28.43	150m:	1:33.24	33.08	250m:	2:38.80	32.73	350m:	3:44.25	32.61
	100m:	1:00.16	31.73	200m:	2:06.07	32.83	300m:	3:11.64	32.84	400m:	4:16.39	32.14
21.			2009					-1	+0,77	<b>4:16.57</b>	I	631
	50m:	30.13	30.13	150m:	1:36.87	33.33	250m:	2:41.74	32.18	350m:	3:45.51	31.24
	100m:	1:03.54	33.41	200m:	2:09.56	32.69	300m:	3:14.27	32.53	400m:	4:16.57	31.06
			2009 I						+0,69	<b>4:16.57</b>	I	631
	50m:	29.13	29.13	150m:	1:34.78	33.29	250m:	2:41.07	33.23	350m:	3:46.55	32.44
	100m:	1:01.49	32.36	200m:	2:07.84	33.06	300m:	3:14.11	33.04	400m:	4:16.57	30.02
23.			2009		-			-1	+0,74	<b>4:16.78</b>	I	629
	50m:	28.34	28.34	150m:	1:33.08	32.89	250m:	2:39.26	33.38	350m:	3:45.63	32.96
	100m:	1:00.19	31.85	200m:	2:05.88	32.80	300m:	3:12.67	33.41	400m:	4:16.78	31.15
24.			2009					-1		<b>4:16.96</b>	I	628
	50m:	28.57	28.57	150m:	1:34.26	33.33	250m:	2:40.56	33.12	350m:	3:46.37	32.50
	100m:	1:00.93	32.36	200m:	2:07.44	33.18	300m:	3:13.87	33.31	400m:	4:16.96	30.59
25.			2009						+0,66	<b>4:17.22</b>	I	626
	50m:	27.76	27.76	150m:	1:30.64	32.34	250m:	2:36.92	33.52	350m:	3:44.10	33.22
	100m:	58.30	30.54	200m:	2:03.40	32.76	300m:	3:10.88	33.96	400m:	4:17.22	33.12
26.			2009						+0,56	<b>4:17.37</b>	I	625
	50m:	28.62	28.62	150m:	1:34.09	33.32	250m:	2:40.50	33.00	350m:	3:46.37	32.58
	100m:	1:00.77	32.15	200m:	2:07.50	33.41	300m:	3:13.79	33.29	400m:	4:17.37	31.00
27.			2009					-1	+0,57	<b>4:17.81</b>	I	621
	50m:	29.20	29.20	150m:	1:33.62	32.44	250m:	2:40.26	33.20	350m:	3:47.18	33.15
	100m:	1:01.18	31.98	200m:	2:07.06	33.44	300m:	3:14.03	33.77	400m:	4:17.81	30.63
28.			2009					-1	+0,63	<b>4:17.98</b>	I	620
	50m:	29.43	29.43	150m:	1:33.88	32.87	250m:	2:40.42	33.56	350m:	3:46.73	33.02
	100m:	1:01.01	31.58	200m:	2:06.86	32.98	300m:	3:13.71	33.29	400m:	4:17.98	31.25
29.			2009						+0,78	<b>4:18.71</b>	I	615
	50m:	28.62	28.62	150m:	1:33.45	32.96	250m:	2:39.93	33.31	350m:	3:47.07	33.49
	100m:	1:00.49	31.87	200m:	2:06.62	33.17	300m:	3:13.58	33.65	400m:	4:18.71	31.64
30.			2009						+0,62	<b>4:18.75</b>	I	615
	50m:	28.82	28.82	150m:	1:34.37	33.22	250m:	2:40.24	32.93	350m:	3:46.52	32.42
	100m:	1:01.15	32.33	200m:	2:07.31	32.94	300m:	3:14.10	33.86	400m:	4:18.75	32.23

СПОНСОРЫ СОРЕВНОВАНИЙ:





4, , 400m , , (14-15 )

								R.T.				
31.				2010	I			-1	+0,55	<b>4:19.01</b>	I	613
	50m:	28.39	28.39	150m:	1:31.88	32.26	250m:	2:37.86	33.00	350m:	3:45.27	33.80
	100m:	59.62	31.23	200m:	2:04.86	32.98	300m:	3:11.47	33.61	400m:	4:19.01	33.74
32.				2009					+0,70	<b>4:19.55</b>	I	609
	50m:	28.59	28.59	150m:	1:32.74	32.38	250m:	2:38.84	33.18	350m:	3:46.47	33.91
	100m:	1:00.36	31.77	200m:	2:05.66	32.92	300m:	3:12.56	33.72	400m:	4:19.55	33.08
33.				2010				-1	+0,69	<b>4:19.60</b>	I	609
	50m:	29.53	29.53	150m:	1:35.55	33.12	250m:	2:41.54	32.70	350m:	3:47.76	32.61
	100m:	1:02.43	32.90	200m:	2:08.84	33.29	300m:	3:15.15	33.61	400m:	4:19.60	31.84
34.				2009					+0,70	<b>4:19.71</b>	I	608
	50m:	28.28	28.28	150m:	1:32.41	32.75	250m:	2:39.47	33.55	350m:	3:46.89	33.56
	100m:	59.66	31.38	200m:	2:05.92	33.51	300m:	3:13.33	33.86	400m:	4:19.71	32.82
35.				2009					+0,65	<b>4:19.89</b>	I	607
	50m:	28.94	28.94	150m:	1:34.48	33.17	250m:	2:40.64	33.08	350m:	3:47.57	33.68
	100m:	1:01.31	32.37	200m:	2:07.56	33.08	300m:	3:13.89	33.25	400m:	4:19.89	32.32
36.				2010				-1	+0,54	<b>4:19.95</b>	I	606
	50m:	29.07	29.07	150m:	1:35.09	33.29	250m:	2:41.27	32.86	350m:	3:47.43	33.06
	100m:	1:01.80	32.73	200m:	2:08.41	33.32	300m:	3:14.37	33.10	400m:	4:19.95	32.52
37.				2009				-2	+0,74	<b>4:19.99</b>	I	606
	50m:	28.42	28.42	150m:	1:33.89	33.11	250m:	2:40.76	33.51	350m:	3:47.64	32.81
	100m:	1:00.78	32.36	200m:	2:07.25	33.36	300m:	3:14.83	34.07	400m:	4:19.99	32.35
38.				2009					+0,65	<b>4:20.07</b>	I	605
	50m:	28.95	28.95	150m:	1:34.98	33.21	250m:	2:41.78	33.41	350m:	3:48.54	33.47
	100m:	1:01.77	32.82	200m:	2:08.37	33.39	300m:	3:15.07	33.29	400m:	4:20.07	31.53
39.				2009				-1	+0,61	<b>4:20.10</b>	I	605
	50m:	28.55	28.55	150m:	1:32.22	32.36	250m:	2:39.12	33.61	350m:	3:47.22	34.14
	100m:	59.86	31.31	200m:	2:05.51	33.29	300m:	3:13.08	33.96	400m:	4:20.10	32.88
40.				2009	I			-1	+0,55	<b>4:20.11</b>	I	605
	50m:	29.18	29.18	150m:	1:33.75	32.69	250m:	2:40.95	33.70	350m:	3:48.37	33.74
	100m:	1:01.06	31.88	200m:	2:07.25	33.50	300m:	3:14.63	33.68	400m:	4:20.11	31.74
41.				2009	I			-1	+0,76	<b>4:20.15</b>	I	605
	50m:	30.39	30.39	150m:	1:36.70	33.54	250m:	2:43.45	33.57	350m:	3:49.88	33.38
	100m:	1:03.16	32.77	200m:	2:09.88	33.18	300m:	3:16.50	33.05	400m:	4:20.15	30.27
42.				2009				-1	+0,58	<b>4:20.31</b>	I	604
	50m:	27.85	27.85	150m:	1:32.82	33.22	250m:	2:40.90	34.39	350m:	3:47.99	33.71
	100m:	59.60	31.75	200m:	2:06.51	33.69	300m:	3:14.28	33.38	400m:	4:20.31	32.32
43.				2009	I	-		-1	+0,71	<b>4:20.35</b>	I	603
	50m:	29.47	29.47	150m:	1:35.34	33.18	250m:	2:42.12	33.63	350m:	3:48.48	33.19
	100m:	1:02.16	32.69	200m:	2:08.49	33.15	300m:	3:15.29	33.17	400m:	4:20.35	31.87
44.				2009	I			-1	+0,73	<b>4:20.44</b>	I	603
	50m:	28.96	28.96	150m:	1:33.01	32.28	250m:	2:39.98	33.88	350m:	3:47.89	34.01
	100m:	1:00.73	31.77	200m:	2:06.10	33.09	300m:	3:13.88	33.90	400m:	4:20.44	32.55
45.				2009		-		-2	+0,77	<b>4:20.82</b>	I	600
	50m:	29.21	29.21	150m:	1:34.38	32.30	250m:	2:41.82	33.21	350m:	3:48.82	32.89
	100m:	1:02.08	32.87	200m:	2:08.61	34.23	300m:	3:15.93	34.11	400m:	4:20.82	32.00
46.				2009					+0,69	<b>4:21.01</b>	I	599
	50m:	28.72	28.72	150m:	1:33.84	33.26	250m:	2:41.50	33.63	350m:	3:48.89	34.00
	100m:	1:00.58	31.86	200m:	2:07.87	34.03	300m:	3:14.89	33.39	400m:	4:21.01	32.12





# КРАСНОДАР

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



## 22-26 АПРЕЛЯ 2024

4, , 400m , (14-15 )

								R.T.					
47.				2009	I			+0,68	<b>4:21.04</b>	I	599		
	50m:	28.57	28.57	150m:	1:32.71	32.52	250m:	2:40.07	33.85	350m:	3:47.97	33.73	
	100m:	1:00.19	31.62	200m:	2:06.22	33.51	300m:	3:14.24	34.17	400m:	4:21.04	33.07	
48.				2010	I			-1	+0,80	<b>4:21.88</b>	I	593	
	50m:	30.01	30.01	150m:	1:35.03	32.99	250m:	2:42.50	33.84	350m:	3:49.42	33.26	
	100m:	1:02.04	32.03	200m:	2:08.66	33.63	300m:	3:16.16	33.66	400m:	4:21.88	32.46	
49.				2009				-1	+0,71	<b>4:21.93</b>	I	593	
	50m:	28.65	28.65	150m:	1:32.64	32.60	250m:	2:39.58	33.50	350m:	3:48.01	34.54	
	100m:	1:00.04	31.39	200m:	2:06.08	33.44	300m:	3:13.47	33.89	400m:	4:21.93	33.92	
50.				2009					+0,69	<b>4:21.96</b>	I	592	
	50m:	30.30	30.30	150m:	1:36.90	33.57	250m:	2:42.58	32.98	350m:	3:49.79	33.69	
	100m:	1:03.33	33.03	200m:	2:09.60	32.70	300m:	3:16.10	33.52	400m:	4:21.96	32.17	
51.				2010	I			-2	+0,54	<b>4:22.13</b>	I	591	
	50m:	30.17	30.17	150m:	1:36.59	33.49	250m:	2:43.87	33.66	350m:	3:50.67	33.41	
	100m:	1:03.10	32.93	200m:	2:10.21	33.62	300m:	3:17.26	33.39	400m:	4:22.13	31.46	
52.				2009				-1	+0,64	<b>4:22.47</b>	I	589	
	50m:	29.74	29.74	150m:	1:35.65	33.71	250m:	2:43.63	33.68	350m:	3:50.70	33.24	
	100m:	1:01.94	32.20	200m:	2:09.95	34.30	300m:	3:17.46	33.83	400m:	4:22.47	31.77	
53.				2010				-1	+0,75	<b>4:22.77</b>	I	587	
	50m:	28.93	28.93	150m:	1:33.93	33.00	250m:	2:42.35	34.44	350m:	3:50.49	33.47	
	100m:	1:00.93	32.00	200m:	2:07.91	33.98	300m:	3:17.02	34.67	400m:	4:22.77	32.28	
54.				2010				-1	+0,83	<b>4:22.79</b>	I	587	
	50m:	30.38	30.38	150m:	1:37.22	33.36	250m:	2:44.68	33.47	350m:	3:51.67	32.81	
	100m:	1:03.86	33.48	200m:	2:11.21	33.99	300m:	3:18.86	34.18	400m:	4:22.79	31.12	
55.				2009	I			-1	+0,56	<b>4:22.85</b>	I	586	
	50m:	29.22	29.22	150m:	1:35.24	33.27	250m:	2:42.37	33.71	350m:	3:50.34	34.42	
	100m:	1:01.97	32.75	200m:	2:08.66	33.42	300m:	3:15.92	33.55	400m:	4:22.85	32.51	
56.				2010				-1	+0,63	<b>4:23.22</b>	I	584	
	50m:	28.94	28.94	150m:	1:34.62	33.31	250m:	2:42.35	34.12	350m:	3:50.90	34.24	
	100m:	1:01.31	32.37	200m:	2:08.23	33.61	300m:	3:16.66	34.31	400m:	4:23.22	32.32	
57.				2009	I			-	-2	+0,65	<b>4:23.34</b>	I	583
	50m:	29.36	29.36	150m:	1:35.22	33.26	250m:	2:43.06	34.30	350m:	3:50.88	34.25	
	100m:	1:01.96	32.60	200m:	2:08.76	33.54	300m:	3:16.63	33.57	400m:	4:23.34	32.46	
58.				2009					+0,53	<b>4:23.52</b>	I	582	
	50m:	30.25	30.25	150m:	1:37.33	33.44	250m:	2:44.45	33.83	350m:	3:51.24	33.02	
	100m:	1:03.89	33.64	200m:	2:10.62	33.29	300m:	3:18.22	33.77	400m:	4:23.52	32.28	
59.				2009	I			-1	+0,60	<b>4:23.55</b>	I	582	
	50m:	29.40	29.40	150m:	1:35.90	33.49	250m:	2:43.76	34.05	350m:	3:52.43	34.32	
	100m:	1:02.41	33.01	200m:	2:09.71	33.81	300m:	3:18.11	34.35	400m:	4:23.55	31.12	
60.				2009				-1	+0,79	<b>4:23.87</b>	I	580	
	50m:	29.62	29.62	150m:	1:35.62	33.50	250m:	2:43.30	33.99	350m:	3:51.56	34.18	
	100m:	1:02.12	32.50	200m:	2:09.31	33.69	300m:	3:17.38	34.08	400m:	4:23.87	32.31	
61.				2009					+0,66	<b>4:23.98</b>	I	579	
	50m:	28.42	28.42	150m:	1:34.39	33.73	250m:	2:43.69	34.87	350m:	3:52.47	34.02	
	100m:	1:00.66	32.24	200m:	2:08.82	34.43	300m:	3:18.45	34.76	400m:	4:23.98	31.51	
62.				2009	I				+0,76	<b>4:24.17</b>	I	578	
	50m:	30.03	30.03	150m:	1:36.37	33.56	250m:	2:44.32	34.31	350m:	3:52.75	34.55	
	100m:	1:02.81	32.78	200m:	2:10.01	33.64	300m:	3:18.20	33.88	400m:	4:24.17	31.42	

### СПОНСОРЫ СОРЕВНОВАНИЙ:





4, , 400m , , (14-15 )

								R.T.				
63.				2010				+0,74	<b>4:24.21</b>			577
	50m:	29.29	29.29	150m:	1:35.60	33.81	250m:	2:44.57	34.53	350m:	3:53.16	33.81
	100m:	1:01.79	32.50	200m:	2:10.04	34.44	300m:	3:19.35	34.78	400m:	4:24.21	31.05
64.				2010				-2	+0,54	<b>4:24.25</b>		577
	50m:	30.42	30.42	150m:	1:37.26	33.67	250m:	2:44.92	33.95	350m:	3:52.74	33.90
	100m:	1:03.59	33.17	200m:	2:10.97	33.71	300m:	3:18.84	33.92	400m:	4:24.25	31.51
65.				2009				-1	+0,58	<b>4:24.35</b>		576
	50m:	29.77	29.77	150m:	1:36.95	33.83	250m:	2:45.33	34.09	350m:	3:53.30	33.67
	100m:	1:03.12	33.35	200m:	2:11.24	34.29	300m:	3:19.63	34.30	400m:	4:24.35	31.05
66.				2010					+0,66	<b>4:24.60</b>		575
	50m:	29.18	29.18	150m:	1:35.01	33.54	250m:	2:43.66	34.66	350m:	3:51.87	34.34
	100m:	1:01.47	32.29	200m:	2:09.00	33.99	300m:	3:17.53	33.87	400m:	4:24.60	32.73
67.				2009				-1	+0,70	<b>4:24.74</b>		574
	50m:	30.15	30.15	150m:	1:36.76	33.31	250m:	2:42.72	32.74	350m:	3:50.39	33.88
	100m:	1:03.45	33.30	200m:	2:09.98	33.22	300m:	3:16.51	33.79	400m:	4:24.74	34.35
68.				2010				-1	+0,54	<b>4:24.75</b>		574
	50m:	29.46	29.46	150m:	1:35.42	33.36	250m:	2:42.12	32.81	350m:	3:49.61	33.65
	100m:	1:02.06	32.60	200m:	2:09.31	33.89	300m:	3:15.96	33.84	400m:	4:24.75	35.14
69.				2009				-1	+0,81	<b>4:24.80</b>		574
	50m:	29.51	29.51	150m:	1:34.33	33.19	250m:	2:42.92	34.29	350m:	3:51.85	34.11
	100m:	1:01.14	31.63	200m:	2:08.63	34.30	300m:	3:17.74	34.82	400m:	4:24.80	32.95
70.				2010				-1	+0,64	<b>4:24.93</b>		573
	50m:	30.41	30.41	150m:	1:38.34	33.68	250m:	2:45.58	32.75	350m:	3:53.22	33.93
	100m:	1:04.66	34.25	200m:	2:12.83	34.49	300m:	3:19.29	33.71	400m:	4:24.93	31.71
71.				2009				-1	+0,77	<b>4:25.03</b>		572
	50m:	30.59	30.59	150m:	1:36.76	33.19	250m:	2:44.64	34.11	350m:	3:52.00	33.91
	100m:	1:03.57	32.98	200m:	2:10.53	33.77	300m:	3:18.09	33.45	400m:	4:25.03	33.03
72.				2009				-2	+0,64	<b>4:25.09</b>		572
	50m:	30.41	30.41	150m:	1:37.57	33.92	250m:	2:45.87	34.12	350m:	3:53.79	33.42
	100m:	1:03.65	33.24	200m:	2:11.75	34.18	300m:	3:20.37	34.50	400m:	4:25.09	31.30
73.				2009				-2	+0,67	<b>4:25.14</b>		571
	50m:	29.30	29.30	150m:	1:36.53	33.95	250m:	2:45.01	33.98	350m:	3:53.03	33.67
	100m:	1:02.58	33.28	200m:	2:11.03	34.50	300m:	3:19.36	34.35	400m:	4:25.14	32.11
74.				2010				-2	+0,74	<b>4:25.16</b>		571
	50m:	29.81	29.81	150m:	1:37.37	34.07	250m:	2:46.38	34.99	350m:	3:55.05	33.66
	100m:	1:03.30	33.49	200m:	2:11.39	34.02	300m:	3:21.39	35.01	400m:	4:25.16	30.11
75.				2009				-1	+0,69	<b>4:25.27</b>		570
	50m:	30.30	30.30	150m:	1:37.78	33.99	250m:	2:45.42	33.87	350m:	3:53.20	33.68
	100m:	1:03.79	33.49	200m:	2:11.55	33.77	300m:	3:19.52	34.10	400m:	4:25.27	32.07
76.				2009				-1	+0,67	<b>4:25.74</b>		567
	50m:	28.80	28.80	150m:	1:34.73	33.92	250m:	2:43.76	34.82	350m:	3:53.07	34.69
	100m:	1:00.81	32.01	200m:	2:08.94	34.21	300m:	3:18.38	34.62	400m:	4:25.74	32.67
77.				2010				-2	+0,73	<b>4:25.79</b>		567
	50m:	29.06	29.06	150m:	1:35.68	34.10	250m:	2:44.29	34.08	350m:	3:53.13	34.21
	100m:	1:01.58	32.52	200m:	2:10.21	34.53	300m:	3:18.92	34.63	400m:	4:25.79	32.66
78.				2009					+0,68	<b>4:26.10</b>		565
	50m:	29.42	29.42	150m:	1:35.57	33.58	250m:	2:43.85	34.07	350m:	3:52.66	34.21
	100m:	1:01.99	32.57	200m:	2:09.78	34.21	300m:	3:18.45	34.60	400m:	4:26.10	33.44





4, , 400m , , (14-15 )

								R.T.				
79.				2009	I			+0,59	<b>4:26.28</b>	I	564	
	50m:	30.22	30.22	150m:	1:36.81	33.55	250m:	2:45.46	34.48	350m:	3:54.61	34.77
	100m:	1:03.26	33.04	200m:	2:10.98	34.17	300m:	3:19.84	34.38	400m:	4:26.28	31.67
80.				2009	I			+0,66	<b>4:26.36</b>	I	563	
	50m:	29.54	29.54	150m:	1:35.34	33.50	250m:	2:43.25	33.91	350m:	3:52.77	34.63
	100m:	1:01.84	32.30	200m:	2:09.34	34.00	300m:	3:18.14	34.89	400m:	4:26.36	33.59
81.				2009	I				<b>4:26.38</b>	I	563	
	50m:	29.60	29.60	150m:	1:36.77	34.36	250m:	2:45.91	34.59	350m:	3:54.50	34.23
	100m:	1:02.41	32.81	200m:	2:11.32	34.55	300m:	3:20.27	34.36	400m:	4:26.38	31.88
82.				2010				+0,60	<b>4:26.43</b>	I	563	
	50m:	28.55	28.55	150m:	1:33.70	33.21	250m:	2:42.63	34.44	350m:	3:52.72	34.86
	100m:	1:00.49	31.94	200m:	2:08.19	34.49	300m:	3:17.86	35.23	400m:	4:26.43	33.71
83.				2009				+0,82	<b>4:26.51</b>	I	563	
	50m:	30.72	30.72	150m:	1:38.06	33.68	250m:	2:46.54	34.49	350m:	3:54.88	34.21
	100m:	1:04.38	33.66	200m:	2:12.05	33.99	300m:	3:20.67	34.13	400m:	4:26.51	31.63
84.				2010	I		-1	+0,72	<b>4:26.73</b>	I	561	
	50m:	29.22	29.22	150m:	1:34.72	32.95	250m:	2:42.60	34.30	350m:	3:52.01	34.91
	100m:	1:01.77	32.55	200m:	2:08.30	33.58	300m:	3:17.10	34.50	400m:	4:26.73	34.72
85.				2010	I		-2	+0,64	<b>4:26.75</b>	I	561	
	50m:	29.24	29.24	150m:	1:35.07	33.08	250m:	2:43.64	34.27	350m:	3:53.10	34.69
	100m:	1:01.99	32.75	200m:	2:09.37	34.30	300m:	3:18.41	34.77	400m:	4:26.75	33.65
86.				2009				+0,59	<b>4:26.78</b>	I	561	
	50m:	29.11	29.11	150m:	1:34.57	33.09	250m:	2:43.14	34.49	350m:	3:53.36	34.94
	100m:	1:01.48	32.37	200m:	2:08.65	34.08	300m:	3:18.42	35.28	400m:	4:26.78	33.42
87.				2009	I			+0,70	<b>4:26.85</b>	I	560	
	50m:	29.08	29.08	150m:	1:34.31	33.37	250m:	2:43.42	34.48	350m:	3:53.11	34.96
	100m:	1:00.94	31.86	200m:	2:08.94	34.63	300m:	3:18.15	34.73	400m:	4:26.85	33.74
88.				2009	I		-2	+0,85	<b>4:26.93</b>	I	560	
	50m:	29.60	29.60	150m:	1:35.69	33.43	250m:	2:44.99	34.96	350m:	3:54.74	34.76
	100m:	1:02.26	32.66	200m:	2:10.03	34.34	300m:	3:19.98	34.99	400m:	4:26.93	32.19
				2009	I	-		+0,78	<b>4:26.93</b>	I	560	
	50m:	30.40	30.40	150m:	1:37.52	33.44	250m:	2:46.19	34.31	350m:	3:54.85	34.40
	100m:	1:04.08	33.68	200m:	2:11.88	34.36	300m:	3:20.45	34.26	400m:	4:26.93	32.08
90.				2009	I		-1	+0,75	<b>4:26.95</b>	I	560	
	50m:	29.01	29.01	150m:	1:35.66	33.26	250m:	2:44.19	34.34	350m:	3:53.34	34.53
	100m:	1:02.40	33.39	200m:	2:09.85	34.19	300m:	3:18.81	34.62	400m:	4:26.95	33.61
91.				2009	I			+0,78	<b>4:27.06</b>	I	559	
	50m:	29.84	29.84	150m:	1:37.25	33.94	250m:	2:46.21	34.30	350m:	3:55.50	34.49
	100m:	1:03.31	33.47	200m:	2:11.91	34.66	300m:	3:21.01	34.80	400m:	4:27.06	31.56
92.				2009	I		-1	+0,68	<b>4:27.12</b>	I	559	
	50m:	28.78	28.78	150m:	1:35.58	34.10	250m:	2:44.08	33.88	350m:	3:54.12	35.06
	100m:	1:01.48	32.70	200m:	2:10.20	34.62	300m:	3:19.06	34.98	400m:	4:27.12	33.00
93.				2009				+0,67	<b>4:27.14</b>	I	559	
	50m:	29.63	29.63	150m:	1:35.35	33.77	250m:	2:44.74	34.93	350m:	3:54.10	34.59
	100m:	1:01.58	31.95	200m:	2:09.81	34.46	300m:	3:19.51	34.77	400m:	4:27.14	33.04
94.				2009	I		-2	+0,63	<b>4:27.49</b>	I	556	
	50m:	29.58	29.58	150m:	1:35.76	34.15	250m:	2:44.94	34.79	350m:	3:54.52	34.63
	100m:	1:01.61	32.03	200m:	2:10.15	34.39	300m:	3:19.89	34.95	400m:	4:27.49	32.97





**КРАСНОДАР**

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



**22-26  
АПРЕЛЯ  
2024**

4, , 400m , , (14-15 )

								R.T.				
95.				2009	I			+0,79	<b>4:27.79</b>	I	555	
	50m:	29.21	29.21	150m:	1:34.65	32.80	250m:	2:43.80	34.66	350m:	3:54.54	34.87
	100m:	1:01.85	32.64	200m:	2:09.14	34.49	300m:	3:19.67	35.87	400m:	4:27.79	33.25
96.				2010	I			+0,72	<b>4:27.81</b>	I	554	
	50m:	29.19	29.19	150m:	1:35.03	33.72	250m:	2:43.83	34.45	350m:	3:53.44	34.93
	100m:	1:01.31	32.12	200m:	2:09.38	34.35	300m:	3:18.51	34.68	400m:	4:27.81	34.37
97.				2010	I			+0,71	<b>4:28.14</b>	I	552	
	50m:	29.36	29.36	150m:	1:36.05	33.62	250m:	2:44.68	34.42	350m:	3:53.85	34.95
	100m:	1:02.43	33.07	200m:	2:10.26	34.21	300m:	3:18.90	34.22	400m:	4:28.14	34.29
98.				2009	I		-2	+0,63	<b>4:28.34</b>	I	551	
	50m:	30.45	30.45	150m:	1:38.14	34.56	250m:	2:47.46	34.57	350m:	3:55.89	34.21
	100m:	1:03.58	33.13	200m:	2:12.89	34.75	300m:	3:21.68	34.22	400m:	4:28.34	32.45
99.				2010	I		-2	+0,69	<b>4:28.36</b>	I	551	
	50m:	28.49	28.49	150m:	1:35.60	33.83	250m:	2:44.79	33.80	350m:	3:54.60	33.98
	100m:	1:01.77	33.28	200m:	2:10.99	35.39	300m:	3:20.62	35.83	400m:	4:28.36	33.76
100.				2010	I		-1	+0,73	<b>4:28.44</b>	I	550	
	50m:	30.39	30.39	150m:	1:39.68	34.77	250m:	2:47.92	34.14	350m:	3:56.08	33.82
	100m:	1:04.91	34.52	200m:	2:13.78	34.10	300m:	3:22.26	34.34	400m:	4:28.44	32.36
101.				2010	I		-2	+0,52	<b>4:28.66</b>	I	549	
	50m:	29.81	29.81	150m:	1:37.00	34.02	250m:	2:46.61	35.12	350m:	3:55.80	33.99
	100m:	1:02.98	33.17	200m:	2:11.49	34.49	300m:	3:21.81	35.20	400m:	4:28.66	32.86
102.				2009				+0,68	<b>4:28.69</b>	I	549	
	50m:	30.74	30.74	150m:	1:37.04	33.54	250m:	2:45.96	34.87	350m:	3:55.59	34.92
	100m:	1:03.50	32.76	200m:	2:11.09	34.05	300m:	3:20.67	34.71	400m:	4:28.69	33.10
103.				2009			-1	+0,81	<b>4:28.71</b>	I	549	
	50m:	29.15	29.15	150m:	1:34.90	32.97	250m:	2:44.30	34.93	350m:	3:54.55	35.11
	100m:	1:01.93	32.78	200m:	2:09.37	34.47	300m:	3:19.44	35.14	400m:	4:28.71	34.16
104.				2009			-2	+0,68	<b>4:29.07</b>	I	547	
	50m:	29.95	29.95	150m:	1:36.85	34.26	250m:	2:46.55	35.39	350m:	3:56.96	35.20
	100m:	1:02.59	32.64	200m:	2:11.16	34.31	300m:	3:21.76	35.21	400m:	4:29.07	32.11
105.				2009	I			+0,65	<b>4:29.12</b>	I	546	
	50m:	30.77	30.77	150m:	1:38.41	34.27	250m:	2:47.70	34.94	350m:	3:56.77	34.49
	100m:	1:04.14	33.37	200m:	2:12.76	34.35	300m:	3:22.28	34.58	400m:	4:29.12	32.35
106.				2009	I		-2	+0,57	<b>4:29.23</b>	I	546	
	50m:	29.76	29.76	150m:	1:37.70	34.81	250m:	2:47.51	34.89	350m:	3:56.36	34.05
	100m:	1:02.89	33.13	200m:	2:12.62	34.92	300m:	3:22.31	34.80	400m:	4:29.23	32.87
107.				2009				+0,66	<b>4:29.24</b>	I	546	
	50m:	28.51	28.51	150m:	1:35.46	34.11	250m:	2:45.53	35.23	350m:	3:55.81	35.01
	100m:	1:01.35	32.84	200m:	2:10.30	34.84	300m:	3:20.80	35.27	400m:	4:29.24	33.43
108.				2009	I		-1	+0,66	<b>4:29.42</b>	I	544	
	50m:	30.21	30.21	150m:	1:38.67	34.63	250m:	2:48.33	34.61	350m:	3:57.76	34.41
	100m:	1:04.04	33.83	200m:	2:13.72	35.05	300m:	3:23.35	35.02	400m:	4:29.42	31.66
109.				2009	I			+0,75	<b>4:29.53</b>	I	544	
	50m:	30.55	30.55	150m:	1:38.49	34.63	250m:	2:48.60	34.96	350m:	3:57.62	34.39
	100m:	1:03.86	33.31	200m:	2:13.64	35.15	300m:	3:23.23	34.63	400m:	4:29.53	31.91
110.				2009			-1	+0,62	<b>4:29.59</b>	I	543	
	50m:	30.25	30.25	150m:	1:38.13	34.61	250m:	2:47.64	34.49	350m:	3:56.45	34.05
	100m:	1:03.52	33.27	200m:	2:13.15	35.02	300m:	3:22.40	34.76	400m:	4:29.59	33.14

СПОНСОРЫ СОРЕВНОВАНИЙ:





4, , 400m , , (14-15 )

								R.T.				
111.			2010	I				+0,69	<b>4:29.70</b>	I	543	
	50m:	30.43	30.43	150m:	1:38.64	34.50	250m:	2:48.99	35.25	350m:	3:58.86	34.99
	100m:	1:04.14	33.71	200m:	2:13.74	35.10	300m:	3:23.87	34.88	400m:	4:29.70	30.84
112.			2010	I				+0,65	<b>4:29.87</b>	I	542	
	50m:	29.57	29.57	150m:	1:38.27	34.74	250m:	2:48.80	35.52	350m:	3:58.97	34.83
	100m:	1:03.53	33.96	200m:	2:13.28	35.01	300m:	3:24.14	35.34	400m:	4:29.87	30.90
113.			2009					-1	+0,69	<b>4:29.96</b>	I	541
	50m:	29.69	29.69	150m:	1:38.18	34.90	250m:	2:48.23	35.13	350m:	3:58.06	34.11
	100m:	1:03.28	33.59	200m:	2:13.10	34.92	300m:	3:23.95	35.72	400m:	4:29.96	31.90
114.			2010	I				+0,79	<b>4:30.24</b>	I	540	
	50m:	29.80	29.80	150m:	1:37.05	33.77	250m:	2:45.80	34.50	350m:	3:56.25	34.74
	100m:	1:03.28	33.48	200m:	2:11.30	34.25	300m:	3:21.51	35.71	400m:	4:30.24	33.99
115.			2009	I				-2	+0,60	<b>4:30.31</b>	I	539
	50m:	30.05	30.05	150m:	1:37.82	34.26	250m:	2:46.82	34.52	350m:	3:56.78	34.76
	100m:	1:03.56	33.51	200m:	2:12.30	34.48	300m:	3:22.02	35.20	400m:	4:30.31	33.53
			2009					-	+0,59	<b>4:30.31</b>	I	539
	50m:	30.91	30.91	150m:	1:38.85	34.35	250m:	2:47.70	34.80	350m:	3:57.10	34.52
	100m:	1:04.50	33.59	200m:	2:12.90	34.05	300m:	3:22.58	34.88	400m:	4:30.31	33.21
117.			2010	I				-1	+0,50	<b>4:30.47</b>	I	538
	50m:	30.28	30.28	150m:	1:39.12	34.56	250m:	2:48.13	34.31	350m:	3:57.96	34.69
	100m:	1:04.56	34.28	200m:	2:13.82	34.70	300m:	3:23.27	35.14	400m:	4:30.47	32.51
118.			2009	I				-2	+0,60	<b>4:30.53</b>	I	538
	50m:	30.64	30.64	150m:	1:38.82	34.66	250m:	2:48.18	34.91	350m:	3:57.99	34.70
	100m:	1:04.16	33.52	200m:	2:13.27	34.45	300m:	3:23.29	35.11	400m:	4:30.53	32.54
119.			2010							<b>4:30.91</b>	I	536
	50m:	31.54	31.54	150m:	1:39.91	34.57	250m:	2:49.32	34.93	350m:	3:59.06	34.87
	100m:	1:05.34	33.80	200m:	2:14.39	34.48	300m:	3:24.19	34.87	400m:	4:30.91	31.85
120.			2009	I				-1	+0,55	<b>4:30.97</b>	I	535
	50m:	30.11	30.11	150m:	1:38.69	34.26	250m:	2:49.32	35.23	350m:	3:58.44	34.03
	100m:	1:04.43	34.32	200m:	2:14.09	35.40	300m:	3:24.41	35.09	400m:	4:30.97	32.53
121.			2010	I					+0,61	<b>4:31.34</b>		533
	50m:	30.35	30.35	150m:	1:38.22	34.65	250m:	2:48.06	35.28	350m:	3:58.29	35.46
	100m:	1:03.57	33.22	200m:	2:12.78	34.56	300m:	3:22.83	34.77	400m:	4:31.34	33.05
122.			2009	I				-1	+0,51	<b>4:31.66</b>		531
	50m:	30.54	30.54	150m:	1:40.13	35.26	250m:	2:50.71	35.50	350m:	3:59.59	33.47
	100m:	1:04.87	34.33	200m:	2:15.21	35.08	300m:	3:26.12	35.41	400m:	4:31.66	32.07
123.			2009	I					+0,67	<b>4:31.74</b>		531
	50m:	30.19	30.19	150m:	1:37.42	34.29	250m:	2:47.59	34.97	350m:	3:57.57	34.48
	100m:	1:03.13	32.94	200m:	2:12.62	35.20	300m:	3:23.09	35.50	400m:	4:31.74	34.17
124.			2009	I					+0,42	<b>4:31.97</b>		529
	50m:	29.67	29.67	150m:	1:36.35	34.24	250m:	2:46.32	35.28	350m:	3:57.68	35.56
	100m:	1:02.11	32.44	200m:	2:11.04	34.69	300m:	3:22.12	35.80	400m:	4:31.97	34.29
125.			2009	I				-1	+0,74	<b>4:32.20</b>		528
	50m:	29.76	29.76	150m:	1:37.58	33.90	250m:	2:47.34	34.92	350m:	3:57.41	34.57
	100m:	1:03.68	33.92	200m:	2:12.42	34.84	300m:	3:22.84	35.50	400m:	4:32.20	34.79
126.			2010	I				-2	+0,74	<b>4:32.68</b>		525
	50m:	30.89	30.89	150m:	1:39.62	34.74	250m:	2:49.64	35.37	350m:	3:59.51	34.96
	100m:	1:04.88	33.99	200m:	2:14.27	34.65	300m:	3:24.55	34.91	400m:	4:32.68	33.17







**КРАСНОДАР**

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



**22-26  
АПРЕЛЯ  
2024**

4, , 400m , (14-15 )

								R.T.				
127.				2009				-2	+0,66	<b>4:32.74</b>	525	
	50m:	30.37	30.37	150m:	1:39.11	34.72	250m:	2:48.79	34.90	350m:	3:58.67	34.97
	100m:	1:04.39	34.02	200m:	2:13.89	34.78	300m:	3:23.70	34.91	400m:	4:32.74	34.07
128.				2009	I		-2	+0,61	<b>4:32.84</b>	524		
	50m:	30.04	30.04	150m:	1:37.64	34.06	250m:	2:47.40	35.33	350m:	3:58.39	35.58
	100m:	1:03.58	33.54	200m:	2:12.07	34.43	300m:	3:22.81	35.41	400m:	4:32.84	34.45
129.				2010	I		-2	+0,70	<b>4:32.91</b>	524		
	50m:	30.91	30.91	150m:	1:39.45	34.76	250m:	2:49.98	35.33	350m:	4:01.21	35.52
	100m:	1:04.69	33.78	200m:	2:14.65	35.20	300m:	3:25.69	35.71	400m:	4:32.91	31.70
130.				2010	I			+0,64	<b>4:33.29</b>	522		
	50m:	30.39	30.39	150m:	1:38.71	34.62	250m:	2:48.83	35.38	350m:	3:59.55	35.82
	100m:	1:04.09	33.70	200m:	2:13.45	34.74	300m:	3:23.73	34.90	400m:	4:33.29	33.74
131.				2010	I		-2	+0,74	<b>4:33.46</b>	521		
	50m:	29.16	29.16	150m:	1:37.42	34.92	250m:	2:48.22	35.56	350m:	3:58.95	34.89
	100m:	1:02.50	33.34	200m:	2:12.66	35.24	300m:	3:24.06	35.84	400m:	4:33.46	34.51
132.				2009	I		-1	+0,75	<b>4:33.59</b>	520		
	50m:	29.78	29.78	150m:	1:38.06	34.32	250m:	2:48.62	35.40	350m:	3:59.16	35.23
	100m:	1:03.74	33.96	200m:	2:13.22	35.16	300m:	3:23.93	35.31	400m:	4:33.59	34.43
133.				2009	I		-2	+0,59	<b>4:33.84</b>	519		
	50m:	30.55	30.55	150m:	1:39.36	34.82	250m:	2:49.58	35.06	350m:	3:59.90	35.17
	100m:	1:04.54	33.99	200m:	2:14.52	35.16	300m:	3:24.73	35.15	400m:	4:33.84	33.94
134.				2010	I		-1	+0,72	<b>4:34.41</b>	515		
	50m:	29.17	29.17	150m:	1:36.27	34.68	250m:	2:47.93	35.95	350m:	3:59.50	35.23
	100m:	1:01.59	32.42	200m:	2:11.98	35.71	300m:	3:24.27	36.34	400m:	4:34.41	34.91
135.				2009	I		-2	+0,64	<b>4:34.48</b>	515		
	50m:	31.00	31.00	150m:	1:39.53	34.58	250m:	2:49.68	35.23	350m:	4:00.13	35.23
	100m:	1:04.95	33.95	200m:	2:14.45	34.92	300m:	3:24.90	35.22	400m:	4:34.48	34.35
136.				2009	I		-1	+0,62	<b>4:34.85</b>	513		
	50m:	28.63	28.63	150m:	1:36.65	35.13	250m:	2:48.63	36.02	350m:	3:59.77	35.30
	100m:	1:01.52	32.89	200m:	2:12.61	35.96	300m:	3:24.47	35.84	400m:	4:34.85	35.08
137.				2009	I		-1	+0,84	<b>4:34.88</b>	513		
	50m:	30.69	30.69	150m:	1:38.47	34.98	250m:	2:49.00	35.14	350m:	4:00.45	35.81
	100m:	1:03.49	32.80	200m:	2:13.86	35.39	300m:	3:24.64	35.64	400m:	4:34.88	34.43
138.				2010	I				<b>4:34.96</b>	512		
	50m:	31.82	31.82	150m:	1:41.25	34.86	250m:	2:51.29	34.93	350m:	4:01.35	34.76
	100m:	1:06.39	34.57	200m:	2:16.36	35.11	300m:	3:26.59	35.30	400m:	4:34.96	33.61
139.				2010	I				<b>4:35.43</b>	510		
	50m:	31.98	31.98	150m:	1:41.61	34.83	250m:	2:52.04	35.05	350m:	4:01.67	34.89
	100m:	1:06.78	34.80	200m:	2:16.99	35.38	300m:	3:26.78	34.74	400m:	4:35.43	33.76
140.				2009	I		-2	+0,84	<b>4:35.56</b>	509		
	50m:	29.68	29.68	150m:	1:37.76	34.71	250m:	2:47.69	35.16	350m:	3:59.70	35.78
	100m:	1:03.05	33.37	200m:	2:12.53	34.77	300m:	3:23.92	36.23	400m:	4:35.56	35.86
141.				2009	I			+0,64	<b>4:35.85</b>	507		
	50m:	31.13	31.13	150m:	1:39.94	35.07	250m:	2:50.39	35.54	350m:	4:01.77	35.79
	100m:	1:04.87	33.74	200m:	2:14.85	34.91	300m:	3:25.98	35.59	400m:	4:35.85	34.08
142.				2009	I		-2	+0,54	<b>4:36.91</b>	501		
	50m:	29.65	29.65	150m:	1:37.86	34.44	250m:	2:49.26	36.42	350m:	4:02.32	36.53
	100m:	1:03.42	33.77	200m:	2:12.84	34.98	300m:	3:25.79	36.53	400m:	4:36.91	34.59

СПОНСОРЫ СОРЕВНОВАНИЙ:





4, , 400m , , (14-15 )

								R.T.				
143.				2010				-2	+0,69	<b>4:37.07</b>		501
	50m:	31.37	31.37	150m:	1:40.09	35.05	250m:	2:51.59	35.72	350m:	4:03.17	35.68
	100m:	1:05.04	33.67	200m:	2:15.87	35.78	300m:	3:27.49	35.90	400m:	4:37.07	33.90
144.				2009	I				+0,68	<b>4:37.69</b>		497
	50m:	29.89	29.89	150m:	1:37.85	34.04	250m:	2:49.44	35.77	350m:	4:02.17	36.62
	100m:	1:03.81	33.92	200m:	2:13.67	35.82	300m:	3:25.55	36.11	400m:	4:37.69	35.52
145.				2009	I			-1	+0,70	<b>4:37.90</b>		496
	50m:	29.51	29.51	150m:	1:39.11	35.84	250m:	2:50.66	35.94	350m:	4:02.62	35.88
	100m:	1:03.27	33.76	200m:	2:14.72	35.61	300m:	3:26.74	36.08	400m:	4:37.90	35.28
146.				2009	I			-2	+0,72	<b>4:38.20</b>		495
	50m:	30.09	30.09	150m:	1:38.45	34.50	250m:	2:49.50	35.85	350m:	4:03.04	36.91
	100m:	1:03.95	33.86	200m:	2:13.65	35.20	300m:	3:26.13	36.63	400m:	4:38.20	35.16
147.				2009	I			-2	+0,52	<b>4:38.41</b>		493
	50m:	31.31	31.31	150m:	1:41.32	35.27	250m:	2:52.56	36.04	350m:	4:04.15	35.65
	100m:	1:06.05	34.74	200m:	2:16.52	35.20	300m:	3:28.50	35.94	400m:	4:38.41	34.26
148.				2009	I			-2	+0,65	<b>4:38.50</b>		493
	50m:	30.24	30.24	150m:	1:39.60	35.44	250m:	2:51.17	36.03	350m:	4:04.25	36.94
	100m:	1:04.16	33.92	200m:	2:15.14	35.54	300m:	3:27.31	36.14	400m:	4:38.50	34.25
149.				2010	I			-2	+0,67	<b>4:38.87</b>		491
	50m:	30.76	30.76	150m:	1:40.47	35.41	250m:	2:52.63	35.65	350m:	4:05.07	36.11
	100m:	1:05.06	34.30	200m:	2:16.98	36.51	300m:	3:28.96	36.33	400m:	4:38.87	33.80
150.				2010	I			-2	+0,68	<b>4:39.61</b>		487
	50m:	31.37	31.37	150m:	1:42.22	35.36	250m:	2:54.39	35.90	350m:	4:06.17	35.63
	100m:	1:06.86	35.49	200m:	2:18.49	36.27	300m:	3:30.54	36.15	400m:	4:39.61	33.44
151.				2009	I			-2	+0,58	<b>4:39.62</b>		487
	50m:	29.58	29.58	150m:	1:37.58	34.99	250m:	2:50.22	36.74	350m:	4:03.22	36.68
	100m:	1:02.59	33.01	200m:	2:13.48	35.90	300m:	3:26.54	36.32	400m:	4:39.62	36.40
152.				2009	I			-2	+0,62	<b>4:39.69</b>		487
	50m:	31.22	31.22	150m:	1:41.27	35.50	250m:	2:52.61	36.04	350m:	4:04.41	35.73
	100m:	1:05.77	34.55	200m:	2:16.57	35.30	300m:	3:28.68	36.07	400m:	4:39.69	35.28
153.				2010	I			-2	+0,60	<b>4:39.99</b>		485
	50m:	30.28	30.28	150m:	1:41.20	35.82	250m:	2:52.19	35.10	350m:	4:04.99	36.16
	100m:	1:05.38	35.10	200m:	2:17.09	35.89	300m:	3:28.83	36.64	400m:	4:39.99	35.00
154.				2009	I			-1	+0,57	<b>4:40.79</b>		481
	50m:	30.37	30.37	150m:	1:41.02	36.01	250m:	2:53.05	36.05	350m:	4:05.16	36.41
	100m:	1:05.01	34.64	200m:	2:17.00	35.98	300m:	3:28.75	35.70	400m:	4:40.79	35.63
155.				2009	I			-2	+0,79	<b>4:41.92</b>		475
	50m:	31.46	31.46	150m:	1:42.83	36.41	250m:	2:54.76	36.20	350m:	4:07.29	36.41
	100m:	1:06.42	34.96	200m:	2:18.56	35.73	300m:	3:30.88	36.12	400m:	4:41.92	34.63
156.				2010	I			-2	+0,75	<b>4:42.35</b>		473
	50m:	31.30	31.30	150m:	1:41.98	36.19	250m:	2:54.26	36.51	350m:	4:07.60	36.60
	100m:	1:05.79	34.49	200m:	2:17.75	35.77	300m:	3:31.00	36.74	400m:	4:42.35	34.75
157.				2009	I				+0,79	<b>4:42.81</b>		471
	50m:	29.89	29.89	150m:	1:41.70	36.86	250m:	2:54.53	36.89	350m:	4:08.15	36.59
	100m:	1:04.84	34.95	200m:	2:17.64	35.94	300m:	3:31.56	37.03	400m:	4:42.81	34.66
158.				2009	I				+0,78	<b>4:43.61</b>		467
	50m:	31.17	31.17	150m:	1:41.19	35.54	250m:	2:53.41	36.09	350m:	4:08.05	37.57
	100m:	1:05.65	34.48	200m:	2:17.32	36.13	300m:	3:30.48	37.07	400m:	4:43.61	35.56





# КРАСНОДАР

ул. Пригородная, 24,  
ГБУ Краснодарского края "МСК" (ДВВС)

# ПЕРВЕНСТВО РОССИИ по плаванию среди юношей и девушек



22-26  
АПРЕЛЯ  
2024

4, , 400m , , (14-15 )

								R.T.			
159.				2010	I			-2	+0,61	<b>4:43.89</b>	465
	50m:	31.41	31.41	150m:	1:43.34	35.44	250m:	2:56.36	35.78	350m:	4:09.29 35.87
	100m:	1:07.90	36.49	200m:	2:20.58	37.24	300m:	3:33.42	37.06	400m:	4:43.89 34.60
160.				2010	I			-2	+0,81	<b>4:44.26</b>	464
	50m:	30.56	30.56	150m:	1:40.24	35.39	250m:	2:53.33	36.04	350m:	4:07.92 36.91
	100m:	1:04.85	34.29	200m:	2:17.29	37.05	300m:	3:31.01	37.68	400m:	4:44.26 36.34
161.				2009	I			-2	+0,67	<b>4:44.84</b>	461
	50m:	29.65	29.65	150m:	1:37.57	34.98	250m:	2:52.20	38.19	350m:	4:09.00 38.06
	100m:	1:02.59	32.94	200m:	2:14.01	36.44	300m:	3:30.94	38.74	400m:	4:44.84 35.84
162.				2010	I			-2		<b>4:45.97</b>	455
	50m:	31.51	31.51	150m:	1:41.99	35.92	250m:	2:54.92	36.21	350m:	4:09.56 37.37
	100m:	1:06.07	34.56	200m:	2:18.71	36.72	300m:	3:32.19	37.27	400m:	4:45.97 36.41
163.				2009	I			-2	+0,74	<b>5:01.83</b>	387
	50m:	34.00	34.00	150m:	1:52.38	39.94	250m:	3:09.71	38.70	350m:	4:26.09 37.51
	100m:	1:12.44	38.44	200m:	2:31.01	38.63	300m:	3:48.58	38.87	400m:	5:01.83 35.74
DSQ				2010	I						

СПОНСОРЫ СОРЕВНОВАНИЙ:

