



МЕЖДУНАРОДНЫЕ СОРЕВНОВАНИЯ НА ПРИЗЫ
ВСЕРОССИЙСКОЙ ФЕДЕРАЦИИ ПЛАВАНИЯ

RSF International Swimming Competitions

2012

32

, 400m

18.03.2012 - 12:00

WR	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	26.07.2009
ER	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	26.07.2009
NR	4:06.30			(MEX)	11.07.2008

OQT : 4:09.35 / OST : 4:18.07

: FINA 2012

1.				1991	RUS				+0,83	4:23.85	744	A
	50m:	31.50	31.50	150m:	1:38.81	33.66	250m:	2:45.25	32.75	350m:	3:51.28	33.39
	100m:	1:05.15	33.65	200m:	2:12.50	33.69	300m:	3:17.89	32.64	400m:	4:23.85	32.57
2.				1995	RUS				+0,77	4:26.42	723	A
	50m:	31.11	31.11	150m:	1:39.16	34.21	250m:	2:46.72	33.69	350m:	3:53.54	33.35
	100m:	1:04.95	33.84	200m:	2:13.03	33.87	300m:	3:20.19	33.47	400m:	4:26.42	32.88
3.				1994	RUS				+0,78	4:26.77	720	A
	50m:	31.11	31.11	150m:	1:38.59	33.93	250m:	2:46.43	33.97	350m:	3:54.11	33.87
	100m:	1:04.66	33.55	200m:	2:12.46	33.87	300m:	3:20.24	33.81	400m:	4:26.77	32.66
4.				1988	RUS				+0,82	4:27.30	716	A
	50m:	30.25	30.25	150m:	1:38.04	34.23	250m:	2:45.56	33.75	350m:	3:53.73	34.42
	100m:	1:03.81	33.56	200m:	2:11.81	33.77	300m:	3:19.31	33.75	400m:	4:27.30	33.57
5.				1996	RUS				+0,77	4:27.81	712	A
	50m:	31.66	31.66	150m:	1:38.47	33.52	250m:	2:46.44	34.16	350m:	3:55.29	34.01
	100m:	1:04.95	33.29	200m:	2:12.28	33.81	300m:	3:21.28	34.84	400m:	4:27.81	32.52
6.				1989	RUS				+0,81	4:27.99	710	A
	50m:	31.23	31.23	150m:	1:38.32	33.75	250m:	2:46.29	33.86	350m:	3:54.86	34.43
	100m:	1:04.57	33.34	200m:	2:12.43	34.11	300m:	3:20.43	34.14	400m:	4:27.99	33.13
7.				1995	RUS				+0,79	4:28.00	710	A
	50m:	31.63	31.63	150m:	1:39.07	33.79	250m:	2:47.51	34.28	350m:	3:55.61	33.92
	100m:	1:05.28	33.65	200m:	2:13.23	34.16	300m:	3:21.69	34.18	400m:	4:28.00	32.39
8.				1996	RUS	-			+0,84	4:30.44	691	A
	50m:	29.78	29.78	150m:	1:38.59	34.89	250m:	2:48.50	35.19	350m:	3:58.04	34.71
	100m:	1:03.70	33.92	200m:	2:13.31	34.72	300m:	3:23.33	34.83	400m:	4:30.44	32.40
9.				1986	RUS	-			+0,77	4:30.53	690	R
	50m:	30.81	30.81	150m:	1:38.82	34.16	250m:	2:47.29	34.42	350m:	3:56.46	34.53
	100m:	1:04.66	33.85	200m:	2:12.87	34.05	300m:	3:21.93	34.64	400m:	4:30.53	34.07
10.				1992	RUS				+0,84	4:31.27	685	R
	50m:	31.53	31.53	150m:	1:40.69	34.62	250m:	2:49.12	33.94	350m:	3:57.97	34.24
	100m:	1:06.07	34.54	200m:	2:15.18	34.49	300m:	3:23.73	34.61	400m:	4:31.27	33.30
11.				1992	RUS				+0,91	4:32.46	676	
	50m:	31.87	31.87	150m:	1:40.23	34.23	250m:	2:49.62	34.77	350m:	3:59.09	34.69
	100m:	1:06.00	34.13	200m:	2:14.85	34.62	300m:	3:24.40	34.78	400m:	4:32.46	33.37
12.				1990	RUS				+0,97	4:36.99	643	
	50m:	32.43	32.43	150m:	1:42.87	35.61	250m:	2:52.95	34.96	350m:	4:03.06	34.95
	100m:	1:07.26	34.83	200m:	2:17.99	35.12	300m:	3:28.11	35.16	400m:	4:36.99	33.93
13.				1994	RUS				+0,75	4:43.99	597	
	50m:	31.08	31.08	150m:	1:41.82	36.03	250m:	2:55.02	36.72	350m:	4:08.08	36.51
	100m:	1:05.79	34.71	200m:	2:18.30	36.48	300m:	3:31.57	36.55	400m:	4:43.99	35.91

