



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

1
17.04.2012 - 10:00

, 400m

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

OQT : 4:09.35 / OST : 4:18.07

: FINA 2011

								RT			FINA	
1.				1991				+0,80	4:18.13	795 A		
	50m:	29.02	29.02	150m:	1:32.73	32.22	250m:	2:38.42	32.70	350m:	3:45.51	33.78
	100m:	1:00.51	31.49	200m:	2:05.72	32.99	300m:	3:11.73	33.31	400m:	4:18.13	32.62
2.				1994				+0,77	4:19.68	781 A		
	50m:	30.00	30.00	150m:	1:35.59	33.05	250m:	2:41.25	32.67	350m:	3:47.88	33.62
	100m:	1:02.54	32.54	200m:	2:08.58	32.99	300m:	3:14.26	33.01	400m:	4:19.68	31.80
3.				1995				+0,89	4:20.16	776 A		
	50m:	30.81	30.81	150m:	1:36.90	33.45	250m:	2:43.13	32.97	350m:	3:48.15	32.30
	100m:	1:03.45	32.64	200m:	2:10.16	33.26	300m:	3:15.85	32.72	400m:	4:20.16	32.01
4.				1990				+0,84	4:22.04	760 A		
	50m:	30.72	30.72	150m:	1:37.12	33.11	250m:	2:43.11	32.81	350m:	3:49.30	32.81
	100m:	1:04.01	33.29	200m:	2:10.30	33.18	300m:	3:16.49	33.38	400m:	4:22.04	32.74
5.				1995				+0,82	4:23.30	749 A		
	50m:	30.54	30.54	150m:	1:35.91	32.60	250m:	2:42.19	33.03	350m:	3:49.71	33.98
	100m:	1:03.31	32.77	200m:	2:09.16	33.25	300m:	3:15.73	33.54	400m:	4:23.30	33.59
6.				1995				+0,78	4:24.27	741 A		
	50m:	31.13	31.13	150m:	1:37.78	33.43	250m:	2:44.83	33.10	350m:	3:51.85	33.49
	100m:	1:04.35	33.22	200m:	2:11.73	33.95	300m:	3:18.36	33.53	400m:	4:24.27	32.42
7.				1985				+0,81	4:24.53	738 A		
	50m:	31.82	31.82	150m:	1:39.03	33.40	250m:	2:44.96	32.56	350m:	3:51.56	33.37
	100m:	1:05.63	33.81	200m:	2:12.40	33.37	300m:	3:18.19	33.23	400m:	4:24.53	32.97
8.				1989				+0,88	4:25.87	727 A		
	50m:	31.19	31.19	150m:	1:37.99	33.54	250m:	2:45.08	33.35	350m:	3:53.10	34.01
	100m:	1:04.45	33.26	200m:	2:11.73	33.74	300m:	3:19.09	34.01	400m:	4:25.87	32.77
9.				1989				+0,87	4:27.46	714 R		
	50m:	30.49	30.49	150m:	1:37.18	33.74	250m:	2:44.84	33.92	350m:	3:53.36	34.33
	100m:	1:03.44	32.95	200m:	2:10.92	33.74	300m:	3:19.03	34.19	400m:	4:27.46	34.10
10.				1994				+0,87	4:28.44	707 R		
	50m:	30.73	30.73	150m:	1:37.56	33.75	250m:	2:45.65	33.80	350m:	3:54.89	34.59
	100m:	1:03.81	33.08	200m:	2:11.85	34.29	300m:	3:20.30	34.65	400m:	4:28.44	33.55
11.				1987				+0,85	4:28.52	706		
	50m:	31.19	31.19	150m:	1:37.99	33.60	250m:	2:45.74	34.08	350m:	3:54.58	34.81
	100m:	1:04.39	33.20	200m:	2:11.66	33.67	300m:	3:19.77	34.03	400m:	4:28.52	33.94
12.				1995				+0,87	4:29.43	699		
	50m:	30.68	30.68	150m:	1:36.81	33.19	250m:	2:44.73	34.38	350m:	3:55.41	35.43
	100m:	1:03.62	32.94	200m:	2:10.35	33.54	300m:	3:19.98	35.25	400m:	4:29.43	34.02
13.				1997				+0,88	4:33.44	668		
	50m:	30.95	30.95	150m:	1:38.16	33.82	250m:	2:47.78	34.94	350m:	3:58.50	35.25
	100m:	1:04.34	33.39	200m:	2:12.84	34.68	300m:	3:23.25	35.47	400m:	4:33.44	34.94
14.				1996				+0,90	4:33.54	668		
	50m:	30.01	30.01	150m:	1:38.26	34.47	250m:	2:48.22	34.93	350m:	3:59.61	35.40
	100m:	1:03.79	33.78	200m:	2:13.29	35.03	300m:	3:24.21	35.99	400m:	4:33.54	33.93
15.				1995				+0,92	4:33.73	666		
	50m:	31.22	31.22	150m:	1:38.96	34.08	250m:	2:48.43	34.81	350m:	3:59.09	35.33
	100m:	1:04.88	33.66	200m:	2:13.62	34.66	300m:	3:23.76	35.33	400m:	4:33.73	34.64





ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

1, , 400m , ,

									RT			FINA
16.									+0,96	4:40.83		617
	50m:	32.29	32.29	150m:	1:42.72	35.56	250m:	2:54.19	35.81	350m:	4:05.73	35.88
	100m:	1:07.16	34.87	200m:	2:18.38	35.66	300m:	3:29.85	35.66	400m:	4:40.83	35.10
DSQ				1994								

