



## ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

101

, 400m

17.04.2012 - 17:06

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		
A												
1.	1991								+0,77	<b>4:12.29</b>	851	
	50m:	28.54	28.54	150m:	1:31.07	31.77	250m:	2:35.22	31.95	350m:	3:40.49	32.70
	100m:	59.30	30.76	200m:	2:03.27	32.20	300m:	3:07.79	32.57	400m:	4:12.29	31.80
2.	1994								+0,73	<b>4:15.88</b>	816	
	50m:	29.80	29.80	150m:	1:33.96	32.26	250m:	2:38.97	32.18	350m:	3:44.25	32.51
	100m:	1:01.70	31.90	200m:	2:06.79	32.83	300m:	3:11.74	32.77	400m:	4:15.88	31.63
3.	1990								+0,84	<b>4:16.39</b>	811	
	50m:	30.36	30.36	150m:	1:34.59	32.30	250m:	2:39.82	32.59	350m:	3:45.38	32.80
	100m:	1:02.29	31.93	200m:	2:07.23	32.64	300m:	3:12.58	32.76	400m:	4:16.39	31.01
4.	1995								+0,90	<b>4:17.72</b>	799	
	50m:	30.49	30.49	150m:	1:36.33	33.08	250m:	2:41.89	32.45	350m:	3:46.76	32.11
	100m:	1:03.25	32.76	200m:	2:09.44	33.11	300m:	3:14.65	32.76	400m:	4:17.72	30.96
5.	1995								+0,78	<b>4:18.72</b>	789	
	50m:	30.90	30.90	150m:	1:36.57	32.83	250m:	2:41.74	32.36	350m:	3:46.84	32.62
	100m:	1:03.74	32.84	200m:	2:09.38	32.81	300m:	3:14.22	32.48	400m:	4:18.72	31.88
6.	1995								+0,83	<b>4:21.66</b>	763	
	50m:	31.02	31.02	150m:	1:37.02	33.03	250m:	2:42.97	32.79	350m:	3:49.14	32.99
	100m:	1:03.99	32.97	200m:	2:10.18	33.16	300m:	3:16.15	33.18	400m:	4:21.66	32.52
7.	1985								+0,76	<b>4:27.22</b>	716	
	50m:	31.30	31.30	150m:	1:37.59	33.06	250m:	2:44.79	33.65	350m:	3:53.41	34.55
	100m:	1:04.53	33.23	200m:	2:11.14	33.55	300m:	3:18.86	34.07	400m:	4:27.22	33.81
8.	1989								+0,83	<b>4:28.07</b>	710	
	50m:	30.68	30.68	150m:	1:37.11	33.86	250m:	2:45.41	34.42	350m:	3:54.36	34.74
	100m:	1:03.25	32.57	200m:	2:10.99	33.88	300m:	3:19.62	34.21	400m:	4:28.07	33.71

