



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

13

, 400m

18.04.2012 - 10:26

4:03.84	PHELPS Michael	USA	Beijing (CHN)	10.08.2008
4:06.16	CSEH Laszlo	HUN	Beijing (CHN)	10.08.2008
4:13.14				26.04.2009

OQT : 4:16.46 / OST : 4:25.44

: FINA 2011

				/			RT			FINA		
1.				1988			+0,71	4:22.96		797	A	
	50m:	27.96	27.96	150m:	1:33.89	34.22	250m:	2:42.80	35.53	350m:	3:52.44	32.37
	100m:	59.67	31.71	200m:	2:07.27	33.38	300m:	3:20.07	37.27	400m:	4:22.96	30.52
2.				1992			+0,73	4:23.03		796	A	
	50m:	27.69	27.69	150m:	1:33.72	34.46	250m:	2:45.25	37.73	350m:	3:53.70	30.95
	100m:	59.26	31.57	200m:	2:07.52	33.80	300m:	3:22.75	37.50	400m:	4:23.03	29.33
3.				1988			+0,76	4:25.26		776	A	
	50m:	28.11	28.11	150m:	1:32.94	33.54	250m:	2:44.15	38.41	350m:	3:55.06	30.98
	100m:	59.40	31.29	200m:	2:05.74	32.80	300m:	3:24.08	39.93	400m:	4:25.26	30.20
4.				1991			+0,87	4:25.55		774	A	
	50m:	27.05	27.05	150m:	1:32.57	34.35	250m:	2:43.53	37.35	350m:	3:54.13	32.50
	100m:	58.22	31.17	200m:	2:06.18	33.61	300m:	3:21.63	38.10	400m:	4:25.55	31.42
5.				1990			+0,70	4:26.21		768	A	
	50m:	27.52	27.52	150m:	1:35.05	35.95	250m:	2:47.38	37.38	350m:	3:55.46	31.10
	100m:	59.10	31.58	200m:	2:10.00	34.95	300m:	3:24.36	36.98	400m:	4:26.21	30.75
6.				1984			+0,79	4:26.78		763	A	
	50m:	28.06	28.06	150m:	1:36.25	36.72	250m:	2:48.42	37.67	350m:	3:56.75	31.28
	100m:	59.53	31.47	200m:	2:10.75	34.50	300m:	3:25.47	37.05	400m:	4:26.78	30.03
7.				1991			+0,68	4:27.01		761	A	
	50m:	27.74	27.74	150m:	1:34.41	35.00	250m:	2:47.87	38.84	350m:	3:56.87	30.42
	100m:	59.41	31.67	200m:	2:09.03	34.62	300m:	3:26.45	38.58	400m:	4:27.01	30.14
8.				1992			+0,71	4:27.31		759	A	
	50m:	27.92	27.92	150m:	1:33.24	33.86	250m:	2:45.31	38.74	350m:	3:56.72	32.39
	100m:	59.38	31.46	200m:	2:06.57	33.33	300m:	3:24.33	39.02	400m:	4:27.31	30.59
9.				1994			+0,80	4:27.84		754	R	
	50m:	27.61	27.61	150m:	1:33.71	33.78	250m:	2:46.63	40.02	350m:	3:57.32	31.17
	100m:	59.93	32.32	200m:	2:06.61	32.90	300m:	3:26.15	39.52	400m:	4:27.84	30.52
10.				1988			+0,73	4:28.77		746	R	
	50m:	28.38	28.38	150m:	1:35.79	35.69	250m:	2:48.73	38.67	350m:	3:58.64	31.82
	100m:	1:00.10	31.72	200m:	2:10.06	34.27	300m:	3:26.82	38.09	400m:	4:28.77	30.13
11.				1993			+0,69	4:28.82		746		
	50m:	27.42	27.42	150m:	1:33.71	34.11	250m:	2:45.68	38.45	350m:	3:57.57	32.72
	100m:	59.60	32.18	200m:	2:07.23	33.52	300m:	3:24.85	39.17	400m:	4:28.82	31.25
12.				1993			+0,72	4:30.06		736		
	50m:	28.26	28.26	150m:	1:34.61	34.35	250m:	2:47.60	38.76	350m:	3:58.71	32.15
	100m:	1:00.26	32.00	200m:	2:08.84	34.23	300m:	3:26.56	38.96	400m:	4:30.06	31.35
13.				1991			+0,76	4:31.08		727		
	50m:	28.00	28.00	150m:	1:35.06	35.40	250m:	2:49.28	38.86	350m:	4:00.47	31.65
	100m:	59.66	31.66	200m:	2:10.42	35.36	300m:	3:28.82	39.54	400m:	4:31.08	30.61
14.				1990			+0,76	4:33.22		710		
	50m:	28.90	28.90	150m:	1:35.55	35.11	250m:	2:50.04	38.99	350m:	4:01.54	31.82
	100m:	1:00.44	31.54	200m:	2:11.05	35.50	300m:	3:29.72	39.68	400m:	4:33.22	31.68
15.				1992			+0,92	4:35.15		695		
	50m:	30.77	30.77	150m:	1:39.77	36.07	250m:	2:54.40	40.14	350m:	4:05.82	30.78
	100m:	1:03.70	32.93	200m:	2:14.26	34.49	300m:	3:35.04	40.64	400m:	4:35.15	29.33





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		13, , 400m								RT			FINA
				/									
16.					1997					+0,66	4:35.59		692
	50m:	29.20	29.20	150m:	1:37.83	35.57	250m:	2:51.72	39.23		350m:	4:04.09	32.69
	100m:	1:02.26	33.06	200m:	2:12.49	34.66	300m:	3:31.40	39.68		400m:	4:35.59	31.50
17.					1992					+0,79	4:35.77		691
	50m:	28.68	28.68	150m:	1:36.51	35.27	250m:	2:51.35	39.82		350m:	4:04.53	32.51
	100m:	1:01.24	32.56	200m:	2:11.53	35.02	300m:	3:32.02	40.67		400m:	4:35.77	31.24
18.					1992					+0,70	4:36.75		683
	50m:	28.67	28.67	150m:	1:36.55	35.00	250m:	2:52.86	40.96		350m:	4:05.66	31.82
	100m:	1:01.55	32.88	200m:	2:11.90	35.35	300m:	3:33.84	40.98		400m:	4:36.75	31.09
19.					1992	-				+0,76	4:36.99		682
	50m:	29.25	29.25	150m:	1:39.07	36.81	250m:	2:53.57	38.74		350m:	4:05.07	33.78
	100m:	1:02.26	33.01	200m:	2:14.83	35.76	300m:	3:31.29	37.72		400m:	4:36.99	31.92
20.					1989					+0,76	4:37.87		675
	50m:	28.48	28.48	150m:	1:37.16	38.55	250m:	2:52.51	40.87		350m:	4:06.39	32.16
	100m:	58.61	30.13	200m:	2:11.64	34.48	300m:	3:34.23	41.72		400m:	4:37.87	31.48
21.					1992					+0,77	4:40.93		653
	50m:	28.37	28.37	150m:	1:35.75	35.61	250m:	2:53.06	41.60		350m:	4:07.84	33.68
	100m:	1:00.14	31.77	200m:	2:11.46	35.71	300m:	3:34.16	41.10		400m:	4:40.93	33.09
22.					1991					+0,66	4:45.10		625
	50m:	28.99	28.99	150m:	1:39.18	36.16	250m:	2:55.06	39.81		350m:	4:10.62	34.11
	100m:	1:03.02	34.03	200m:	2:15.25	36.07	300m:	3:36.51	41.45		400m:	4:45.10	34.48
23.					1990					+0,79	4:51.52		585
	50m:	28.39	28.39	150m:	1:40.90	38.84	250m:	2:59.74	41.15		350m:	4:17.61	34.37
	100m:	1:02.06	33.67	200m:	2:18.59	37.69	300m:	3:43.24	43.50		400m:	4:51.52	33.91
DSQ					1991								

