



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

4

, 400m

17.04.2012 - 10:37

3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	26.07.2009
3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	26.07.2009
3:43.45			(CHN)	09.08.2008

OQT : 3:48.92 / OST : 3:54.13

: FINA 2011

								RT			FINA	
1.				1992				+0,92	3:53.54	836 A		
	50m:	27.18	27.18	150m:	1:26.74	29.63	250m:	2:26.16	28.91	350m:	3:24.55	29.42
	100m:	57.11	29.93	200m:	1:57.25	30.51	300m:	2:55.13	28.97	400m:	3:53.54	28.99
2.				1991				+0,75	3:54.41	827 A		
	50m:	27.54	27.54	150m:	1:25.99	29.31	250m:	2:24.95	29.43	350m:	3:25.25	30.89
	100m:	56.68	29.14	200m:	1:55.52	29.53	300m:	2:54.36	29.41	400m:	3:54.41	29.16
3.				1990				+0,84	3:55.20	819 A		
	50m:	26.62	26.62	150m:	1:25.32	29.68	250m:	2:25.41	29.89	350m:	3:26.15	30.58
	100m:	55.64	29.02	200m:	1:55.52	30.20	300m:	2:55.57	30.16	400m:	3:55.20	29.05
4.				1990				+0,75	3:55.54	815 A		
	50m:	26.55	26.55	150m:	1:25.83	30.03	250m:	2:26.61	30.37	350m:	3:26.79	29.73
	100m:	55.80	29.25	200m:	1:56.24	30.41	300m:	2:57.06	30.45	400m:	3:55.54	28.75
5.				1988				+0,81	3:55.82	812 A		
	50m:	27.60	27.60	150m:	1:26.22	29.45	250m:	2:25.40	29.58	350m:	3:25.83	30.58
	100m:	56.77	29.17	200m:	1:55.82	29.60	300m:	2:55.25	29.85	400m:	3:55.82	29.99
6.				1988				+0,81	3:56.32	807 A		
	50m:	27.16	27.16	150m:	1:26.49	29.96	250m:	2:26.91	30.22	350m:	3:27.38	30.40
	100m:	56.53	29.37	200m:	1:56.69	30.20	300m:	2:56.98	30.07	400m:	3:56.32	28.94
7.				1990				+0,73	3:56.86	802 A		
	50m:	26.46	26.46	150m:	1:25.47	30.05	250m:	2:26.12	30.56	350m:	3:27.18	30.62
	100m:	55.42	28.96	200m:	1:55.56	30.09	300m:	2:56.56	30.44	400m:	3:56.86	29.68
8.				1991				+0,75	3:56.98	800 A		
	50m:	26.88	26.88	150m:	1:26.35	29.91	250m:	2:26.83	30.15	350m:	3:27.52	30.17
	100m:	56.44	29.56	200m:	1:56.68	30.33	300m:	2:57.35	30.52	400m:	3:56.98	29.46
9.				1982				+0,77	3:57.67	793 R		
	50m:	27.38	27.38	150m:	1:27.40	30.39	250m:	2:28.06	30.52	350m:	3:28.55	30.55
	100m:	57.01	29.63	200m:	1:57.54	30.14	300m:	2:58.00	29.94	400m:	3:57.67	29.12
10.				1992				+0,76	3:57.97	790 R		
	50m:	27.17	27.17	150m:	1:26.47	29.89	250m:	2:27.21	30.57	350m:	3:28.72	30.83
	100m:	56.58	29.41	200m:	1:56.64	30.17	300m:	2:57.89	30.68	400m:	3:57.97	29.25
11.				1991				+0,77	3:58.00	790		
	50m:	27.78	27.78	150m:	1:27.69	30.10	250m:	2:28.32	30.37	350m:	3:29.04	30.42
	100m:	57.59	29.81	200m:	1:57.95	30.26	300m:	2:58.62	30.30	400m:	3:58.00	28.96
12.				1991				+0,77	3:58.51	785		
	50m:	27.78	27.78	150m:	1:26.59	29.64	250m:	2:26.91	30.39	350m:	3:27.99	30.74
	100m:	56.95	29.17	200m:	1:56.52	29.93	300m:	2:57.25	30.34	400m:	3:58.51	30.52
13.				1988				+0,72	3:58.79	782		
	50m:	26.23	26.23	150m:	1:24.92	29.80	250m:	2:25.33	30.30	350m:	3:27.74	31.32
	100m:	55.12	28.89	200m:	1:55.03	30.11	300m:	2:56.42	31.09	400m:	3:58.79	31.05
14.				1991				+0,84	4:00.21	768		
	50m:	28.13	28.13	150m:	1:27.82	30.16	250m:	2:28.51	30.49	350m:	3:30.20	30.92
	100m:	57.66	29.53	200m:	1:58.02	30.20	300m:	2:59.28	30.77	400m:	4:00.21	30.01
15.				1992				+0,87	4:00.89	762		
	50m:	28.31	28.31	150m:	1:28.26	29.98	250m:	2:28.90	30.56	350m:	3:30.88	31.10
	100m:	58.28	29.97	200m:	1:58.34	30.08	300m:	2:59.78	30.88	400m:	4:00.89	30.01





ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

		4, , 400m								RT			FINA
16.				1992						+0,90	4:01.49		756
	50m:	28.38	28.38	150m:	1:28.87	30.60	250m:	2:30.36	30.77		350m:	3:31.78	30.94
	100m:	58.27	29.89	200m:	1:59.59	30.72	300m:	3:01.08	30.72		400m:	4:01.49	29.71
17.				1989						+0,78	4:03.86		734
	50m:	28.34	28.34	150m:	1:29.11	30.46	250m:	2:31.26	31.05		350m:	3:33.98	30.94
	100m:	58.65	30.31	200m:	2:00.21	31.10	300m:	3:03.04	31.78		400m:	4:03.86	29.88
18.				1990						+0,76	4:03.94		734
	50m:	27.77	27.77	150m:	1:27.20	29.84	250m:	2:28.68	31.01		350m:	3:32.31	32.00
	100m:	57.36	29.59	200m:	1:57.67	30.47	300m:	3:00.31	31.63		400m:	4:03.94	31.63
19.				1989		-				+0,69	4:04.86		725
	50m:	27.87	27.87	150m:	1:28.12	30.25	250m:	2:29.36	30.46		350m:	3:32.31	31.61
	100m:	57.87	30.00	200m:	1:58.90	30.78	300m:	3:00.70	31.34		400m:	4:04.86	32.55
20.				1993						+0,71	4:07.88		699
	50m:	27.73	27.73	150m:	1:28.28	30.46	250m:	2:31.34	31.83		350m:	3:35.94	32.65
	100m:	57.82	30.09	200m:	1:59.51	31.23	300m:	3:03.29	31.95		400m:	4:07.88	31.94
21.				1994						+0,93	4:09.07		689
	50m:	27.81	27.81	150m:	1:29.06	30.60	250m:	2:32.45	32.07		350m:	3:37.23	32.53
	100m:	58.46	30.65	200m:	2:00.38	31.32	300m:	3:04.70	32.25		400m:	4:09.07	31.84
22.				1993						+0,76	4:18.47		617
	50m:	28.26	28.26	150m:	1:31.50	32.32	250m:	2:36.80	32.80		350m:	3:44.73	34.20
	100m:	59.18	30.92	200m:	2:04.00	32.50	300m:	3:10.53	33.73		400m:	4:18.47	33.74
DNS				1993									

