



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

5

, 400m

17.04.2012 - 10:59

4:29.45	RICE Stephanie	AUS	Beijing (CHN)	10.08.2008
4:30.31	HOSSZU Katinka	HUN	Rome (ITA)	02.08.2009
4:36.25			(CHN)	09.08.2008

OQT : 4:41.75 / OST : 4:51.75

: FINA 2011

								RT			FINA	
1.				1986				+0,77	4:48.50	814 A		
	50m:	30.84	30.84	150m:	1:44.44	38.18	250m:	3:02.64	40.48	350m:	4:16.58	33.12
	100m:	1:06.26	35.42	200m:	2:22.16	37.72	300m:	3:43.46	40.82	400m:	4:48.50	31.92
2.				1995				+0,99	4:49.40	807 A		
	50m:	31.03	31.03	150m:	1:44.05	37.04	250m:	3:02.80	41.86	350m:	4:16.68	33.88
	100m:	1:07.01	35.98	200m:	2:20.94	36.89	300m:	3:42.80	40.00	400m:	4:49.40	32.72
3.				1988				+0,78	4:51.59	789 A		
	50m:	31.38	31.38	150m:	1:43.08	37.99	250m:	3:02.07	42.23	350m:	4:17.93	34.26
	100m:	1:05.09	33.71	200m:	2:19.84	36.76	300m:	3:43.67	41.60	400m:	4:51.59	33.66
4.				1993				+0,84	4:51.72	788 A		
	50m:	31.41	31.41	150m:	1:45.08	38.62	250m:	3:04.58	42.64	350m:	4:19.26	33.67
	100m:	1:06.46	35.05	200m:	2:21.94	36.86	300m:	3:45.59	41.01	400m:	4:51.72	32.46
5.				1988				+0,88	4:52.45	782 A		
	50m:	31.38	31.38	150m:	1:44.74	38.64	250m:	3:04.59	42.23	350m:	4:19.86	33.82
	100m:	1:06.10	34.72	200m:	2:22.36	37.62	300m:	3:46.04	41.45	400m:	4:52.45	32.59
6.				1990				+0,78	4:53.68	772 A		
	50m:	31.76	31.76	150m:	1:43.94	37.58	250m:	3:03.29	43.27	350m:	4:20.87	34.47
	100m:	1:06.36	34.60	200m:	2:20.02	36.08	300m:	3:46.40	43.11	400m:	4:53.68	32.81
7.				1992				+0,76	4:56.48	750 A		
	50m:	31.71	31.71	150m:	1:46.90	39.76	250m:	3:07.08	40.70	350m:	4:22.74	35.38
	100m:	1:07.14	35.43	200m:	2:26.38	39.48	300m:	3:47.36	40.28	400m:	4:56.48	33.74
8.				1983				+0,81	4:56.70	749 A		
	50m:	31.87	31.87	150m:	1:47.01	38.66	250m:	3:06.30	41.31	350m:	4:23.44	35.29
	100m:	1:08.35	36.48	200m:	2:24.99	37.98	300m:	3:48.15	41.85	400m:	4:56.70	33.26
9.				1995				+0,94	4:57.02	746 R		
	50m:	31.48	31.48	150m:	1:46.70	38.27	250m:	3:05.66	41.57	350m:	4:23.23	36.29
	100m:	1:08.43	36.95	200m:	2:24.09	37.39	300m:	3:46.94	41.28	400m:	4:57.02	33.79
10.				1988				+0,79	4:57.18	745 R		
	50m:	32.81	32.81	150m:	1:44.29	36.70	250m:	3:05.87	45.38	350m:	4:24.43	34.12
	100m:	1:07.59	34.78	200m:	2:20.49	36.20	300m:	3:50.31	44.44	400m:	4:57.18	32.75
11.				1989				+0,79	4:58.04	738		
	50m:	30.99	30.99	150m:	1:45.20	38.55	250m:	3:05.55	43.58	350m:	4:24.26	35.41
	100m:	1:06.65	35.66	200m:	2:21.97	36.77	300m:	3:48.85	43.30	400m:	4:58.04	33.78
12.				1993				+0,89	4:58.27	737		
	50m:	31.12	31.12	150m:	1:44.49	38.38	250m:	3:05.39	42.65	350m:	4:23.88	34.93
	100m:	1:06.11	34.99	200m:	2:22.74	38.25	300m:	3:48.95	43.56	400m:	4:58.27	34.39
13.				1993				+0,81	5:01.94	710		
	50m:	31.42	31.42	150m:	1:47.29	39.14	250m:	3:08.32	42.68	350m:	4:27.45	35.17
	100m:	1:08.15	36.73	200m:	2:25.64	38.35	300m:	3:52.28	43.96	400m:	5:01.94	34.49
14.				1995				+0,69	5:03.69	698		
	50m:	31.67	31.67	150m:	1:49.08	39.81	250m:	3:07.75	40.42	350m:	4:27.97	38.75
	100m:	1:09.27	37.60	200m:	2:27.33	38.25	300m:	3:49.22	41.47	400m:	5:03.69	35.72
15.				1993				+0,77	5:03.84	697		
	50m:	31.74	31.74	150m:	1:47.04	38.61	250m:	3:10.56	44.92	350m:	4:30.11	34.57
	100m:	1:08.43	36.69	200m:	2:25.64	38.60	300m:	3:55.54	44.98	400m:	5:03.84	33.73





ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ

5, , 400m , ,

							RT		FINA			
16.	1996						+0,86	5:04.70	691			
	50m:	33.12	33.12	150m:	1:50.92	41.30	250m:	3:14.04	43.51	350m:	4:31.20	35.75
	100m:	1:09.62	36.50	200m:	2:30.53	39.61	300m:	3:56.13	42.09	400m:	5:04.70	33.50
17.	1994						+0,76	5:07.04	675			
	50m:	32.08	32.08	150m:	1:48.69	39.36	250m:	3:12.20	45.10	350m:	4:32.77	35.75
	100m:	1:09.33	37.25	200m:	2:27.10	38.41	300m:	3:57.02	44.82	400m:	5:07.04	34.27
18.	1997						+0,75	5:08.88	663			
	50m:	33.25	33.25	150m:	1:51.30	41.06	250m:	3:14.05	43.42	350m:	4:34.27	36.23
	100m:	1:10.24	36.99	200m:	2:30.63	39.33	300m:	3:58.04	43.99	400m:	5:08.88	34.61
19.	1997						+1,11	5:11.88	644			
	50m:	32.63	32.63	150m:	1:50.57	40.32	250m:	3:15.32	44.65	350m:	4:37.11	36.41
	100m:	1:10.25	37.62	200m:	2:30.67	40.10	300m:	4:00.70	45.38	400m:	5:11.88	34.77
20.	1993						+0,72	5:12.37	641			
	50m:	31.41	31.41	150m:	1:48.33	40.13	250m:	3:12.96	45.80	350m:	4:36.57	37.02
	100m:	1:08.20	36.79	200m:	2:27.16	38.83	300m:	3:59.55	46.59	400m:	5:12.37	35.80
21.	1997						+0,92	5:13.06	637			
	50m:	31.89	31.89	150m:	1:50.60	42.26	250m:	3:16.34	45.03	350m:	4:38.62	36.59
	100m:	1:08.34	36.45	200m:	2:31.31	40.71	300m:	4:02.03	45.69	400m:	5:13.06	34.44
22.	1995						+0,91	5:26.01	564			
	50m:	33.96	33.96	150m:	1:56.19	44.23	250m:	3:24.24	46.42	350m:	4:49.98	39.61
	100m:	1:11.96	38.00	200m:	2:37.82	41.63	300m:	4:10.37	46.13	400m:	5:26.01	36.03
DNS	1998											
DNS	1995											

