



18
28.04.2024 - 12:25

, 400m

		4:36.25						(CHN)		09.08.2008	
		4:43.44								03.04.2021	
: FINA 2024											
		/						R.T.			
1.				2006					+0,73	4:58.75	704
	50m:	31.24	31.24	150m:	1:48.70	41.01	250m:	3:10.37	42.18	350m:	4:27.15 34.12
	100m:	1:07.69	36.45	200m:	2:28.19	39.49	300m:	3:53.03	42.66	400m:	4:58.75 31.60
2.				2007						5:02.30	680
	50m:	31.37	31.37	150m:	1:48.17	40.74	250m:	3:10.31	43.77	350m:	4:28.33 34.62
	100m:	1:07.43	36.06	200m:	2:26.54	38.37	300m:	3:53.71	43.40	400m:	5:02.30 33.97
3.				2006					+0,67	5:05.56	658
	50m:	31.18	31.18	150m:	1:45.42	37.21	250m:	3:07.61	43.40	350m:	4:30.32 36.01
	100m:	1:08.21	37.03	200m:	2:24.21	38.79	300m:	3:54.31	46.70	400m:	5:05.56 35.24
4.				2007		-			+0,58	5:15.91	596
	50m:	33.32	33.32	150m:	1:52.54	39.63	250m:	3:17.04	44.51	350m:	4:39.67 36.16
	100m:	1:12.91	39.59	200m:	2:32.53	39.99	300m:	4:03.51	46.47	400m:	5:15.91 36.24
5.				2007					+0,66	5:17.09	589
	50m:	33.19	33.19	150m:	1:51.89	39.85	250m:	3:18.15	46.12	350m:	4:41.81 36.86
	100m:	1:12.04	38.85	200m:	2:32.03	40.14	300m:	4:04.95	46.80	400m:	5:17.09 35.28
6.				2007					+0,59	5:18.95	579
	50m:	31.53	31.53	150m:	1:50.42	41.95	250m:	3:18.11	45.54	350m:	4:41.17 37.11
	100m:	1:08.47	36.94	200m:	2:32.57	42.15	300m:	4:04.06	45.95	400m:	5:18.95 37.78
7.				2005					+0,78	5:19.70	575
	50m:	35.13	35.13	150m:	1:53.81	38.41	250m:	3:17.54	45.82	350m:	4:43.51 37.22
	100m:	1:15.40	40.27	200m:	2:31.72	37.91	300m:	4:06.29	48.75	400m:	5:19.70 36.19
8.				2010					+0,85	5:20.54	570
	50m:	31.68	31.68	150m:	1:51.08	41.89	250m:	3:19.80	47.37	350m:	4:44.60 36.96
	100m:	1:09.19	37.51	200m:	2:32.43	41.35	300m:	4:07.64	47.84	400m:	5:20.54 35.94
9.				2006					+0,76	5:20.63	570
	50m:	33.23	33.23	150m:	1:51.66	39.53	250m:	3:18.29	48.15	350m:	4:46.79 40.01
	100m:	1:12.13	38.90	200m:	2:30.14	38.48	300m:	4:06.78	48.49	400m:	5:20.63 33.84
10.				2009					+0,78	5:27.63	534
	50m:	35.30	35.30	150m:	1:59.43	42.84	250m:	3:27.75	46.88	350m:	4:52.25 36.47
	100m:	1:16.59	41.29	200m:	2:40.87	41.44	300m:	4:15.78	48.03	400m:	5:27.63 35.38
11.				2007					+0,78	5:28.01	532
	50m:	33.12	33.12	150m:	1:56.32	42.10	250m:	3:24.54	44.08	350m:	4:51.81 38.63
	100m:	1:14.22	41.10	200m:	2:40.46	44.14	300m:	4:13.18	48.64	400m:	5:28.01 36.20
12.				2010					+0,71	5:28.11	532
	50m:	35.62	35.62	150m:	1:59.29	43.92	250m:	3:28.12	47.79	350m:	4:53.50 37.25
	100m:	1:15.37	39.75	200m:	2:40.33	41.04	300m:	4:16.25	48.13	400m:	5:28.11 34.61
13.				2008					+0,83	5:28.59	529
	50m:	34.58	34.58	150m:	1:59.42	42.85	250m:	3:26.13	44.66	350m:	4:51.80 38.20
	100m:	1:16.57	41.99	200m:	2:41.47	42.05	300m:	4:13.60	47.47	400m:	5:28.59 36.79
14.				2009					+0,68	5:29.04	527
	50m:	33.93	33.93	150m:	1:56.22	41.79	250m:	3:25.15	48.42	350m:	4:52.25 38.19
	100m:	1:14.43	40.50	200m:	2:36.73	40.51	300m:	4:14.06	48.91	400m:	5:29.04 36.79
15.				2008					+0,74	5:32.20	512
	50m:	36.68	36.68	150m:	2:03.05	44.21	250m:	3:30.99	45.26	350m:	4:54.92 38.41
	100m:	1:18.84	42.16	200m:	2:45.73	42.68	300m:	4:16.51	45.52	400m:	5:32.20 37.28

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OMEGA





Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

18, , 400m

			/							R.T.		
16.			2007								5:33.13	I 508
	50m:	32.98	32.98	150m:	1:59.38	44.93	250m:	3:26.54	45.98	350m:	4:54.52	39.79
	100m:	1:14.45	41.47	200m:	2:40.56	41.18	300m:	4:14.73	48.19	400m:	5:33.13	38.61
17.			2010	I							5:36.75	I 492
	50m:	33.94	33.94	150m:	2:00.50	46.02	250m:	3:32.65	48.11	350m:	4:59.17	38.81
	100m:	1:14.48	40.54	200m:	2:44.54	44.04	300m:	4:20.36	47.71	400m:	5:36.75	37.58
18.			2008							+0,71	5:40.20	I 477
	50m:	35.14	35.14	150m:	2:01.77	45.63	250m:	3:32.29	47.90	350m:	5:01.50	40.39
	100m:	1:16.14	41.00	200m:	2:44.39	42.62	300m:	4:21.11	48.82	400m:	5:40.20	38.70
19.			2007							+0,74	5:41.87	I 470
	50m:	34.77	34.77	150m:	2:02.96	45.19	250m:	3:35.46	47.56	350m:	5:02.37	38.78
	100m:	1:17.77	43.00	200m:	2:47.90	44.94	300m:	4:23.59	48.13	400m:	5:41.87	39.50
20.			2010	I							5:43.36	464
	50m:	36.24	36.24	150m:	2:03.85	46.26	250m:	3:36.50	49.09	350m:	5:05.96	40.82
	100m:	1:17.59	41.35	200m:	2:47.41	43.56	300m:	4:25.14	48.64	400m:	5:43.36	37.40
21.			2006								5:48.89	442
	50m:	37.34	37.34	150m:	2:03.61	42.66	250m:	3:39.67	54.44	350m:	5:11.15	38.79
	100m:	1:20.95	43.61	200m:	2:45.23	41.62	300m:	4:32.36	52.69	400m:	5:48.89	37.74
22.			2009	I						+0,83	5:52.85	427
	50m:	36.44	36.44	150m:	2:06.96	45.56	250m:	3:39.94	46.98	350m:	5:12.58	40.48
	100m:	1:21.40	44.96	200m:	2:52.96	46.00	300m:	4:32.10	52.16	400m:	5:52.85	40.27
DNS			2006									

