



# ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



15 - 19 НОЯБРЯ 2013

108  
15.11.2013 - 18:50

, 400m

2000

4:31.13  
4:45.49

15.11.2009

: FINA 2013

								RT			FINA	
1.				1988				+0,80	<b>4:33.26</b>		871	
	25m:	13.55	13.55	125m:	1:20.36	18.08	225m:	2:31.16	19.65	325m:	3:46.71	16.25
	50m:	29.43	15.88	150m:	1:37.40	17.04	250m:	2:50.82	19.66	350m:	4:02.32	15.61
	75m:	45.86	16.43	175m:	1:54.45	17.05	275m:	3:10.52	19.70	375m:	4:17.99	15.67
	100m:	1:02.28	16.42	200m:	2:11.51	17.06	300m:	3:30.46	19.94	400m:	4:33.26	15.27
2.				1990				+0,74	<b>4:36.56</b>		840	
	25m:	13.79	13.79	125m:	1:21.50	17.67	225m:	2:32.84	19.91	325m:	3:49.56	16.33
	50m:	30.05	16.26	150m:	1:38.77	17.27	250m:	2:52.60	19.76	350m:	4:05.42	15.86
	75m:	46.78	16.73	175m:	1:55.61	16.84	275m:	3:12.57	19.97	375m:	4:21.15	15.73
	100m:	1:03.83	17.05	200m:	2:12.93	17.32	300m:	3:33.23	20.66	400m:	4:36.56	15.41
3.				1995				+0,79	<b>4:37.34</b>		833	
	25m:	13.76	13.76	125m:	1:21.83	17.90	225m:	2:33.14	19.88	325m:	3:49.43	16.80
	50m:	29.92	16.16	150m:	1:39.01	17.18	250m:	2:52.85	19.71	350m:	4:05.49	16.06
	75m:	46.82	16.90	175m:	1:56.15	17.14	275m:	3:12.73	19.88	375m:	4:21.55	16.06
	100m:	1:03.93	17.11	200m:	2:13.26	17.11	300m:	3:32.63	19.90	400m:	4:37.34	15.79
4.				1996				+0,80	<b>4:39.26</b>		816	
	25m:	13.70	13.70	125m:	1:22.82	17.93	225m:	2:35.69	20.51	325m:	3:52.55	16.54
	50m:	30.04	16.34	150m:	1:40.29	17.47	250m:	2:55.91	20.22	350m:	4:08.50	15.95
	75m:	47.32	17.28	175m:	1:57.90	17.61	275m:	3:15.79	19.88	375m:	4:24.30	15.80
	100m:	1:04.89	17.57	200m:	2:15.18	17.28	300m:	3:36.01	20.22	400m:	4:39.26	14.96
5.				1989				+0,81	<b>4:39.45</b>		815	
	25m:	13.83	13.83	125m:	1:21.78	18.28	225m:	2:33.61	20.12	325m:	3:53.21	17.06
	50m:	29.90	16.07	150m:	1:39.11	17.33	250m:	2:53.96	20.35	350m:	4:08.97	15.76
	75m:	46.51	16.61	175m:	1:56.43	17.32	275m:	3:15.12	21.16	375m:	4:24.86	15.89
	100m:	1:03.50	16.99	200m:	2:13.49	17.06	300m:	3:36.15	21.03	400m:	4:39.45	14.59
6.				1993				+0,83	<b>4:42.10</b>		792	
	25m:	13.50	13.50	125m:	1:21.53	18.23	225m:	2:34.65	20.28	325m:	3:53.07	17.14
	50m:	29.65	16.15	150m:	1:39.03	17.50	250m:	2:54.73	20.08	350m:	4:09.51	16.44
	75m:	46.37	16.72	175m:	1:56.75	17.72	275m:	3:15.26	20.53	375m:	4:26.14	16.63
	100m:	1:03.30	16.93	200m:	2:14.37	17.62	300m:	3:35.93	20.67	400m:	4:42.10	15.96
7.				1983				+0,83	<b>4:47.90</b>		745	
	25m:	14.14	14.14	125m:	1:24.87	18.81	225m:	2:38.84	19.64	325m:	3:58.50	17.96
	50m:	30.87	16.73	150m:	1:42.77	17.90	250m:	2:59.12	20.28	350m:	4:15.49	16.99
	75m:	48.28	17.41	175m:	2:01.07	18.30	275m:	3:19.87	20.75	375m:	4:32.01	16.52
	100m:	1:06.06	17.78	200m:	2:19.20	18.13	300m:	3:40.54	20.67	400m:	4:47.90	15.89
8.				1993				+0,76	<b>4:48.28</b>		742	
	25m:	14.32	14.32	125m:	1:25.27	18.36	225m:	2:38.91	21.46	325m:	3:59.95	16.95
	50m:	31.09	16.77	150m:	1:42.71	17.44	250m:	3:00.34	21.43	350m:	4:16.34	16.39
	75m:	48.72	17.63	175m:	2:00.41	17.70	275m:	3:21.74	21.40	375m:	4:32.58	16.24
	100m:	1:06.91	18.19	200m:	2:17.45	17.04	300m:	3:43.00	21.26	400m:	4:48.28	15.70

