



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

Uvarov_swim

324.	, 400m	9-10	14	5:29.59
330.	, 100m	8	16	1:54.88
228.	, 200m	8	16	4:02.92
328.	, 50m	9-10	14	33.27
224.	, 100m	9-10	14	1:17.76
230.	, 200m	9-10	14	2:47.41
225.	, 50m	9-10	14	42.81
322.	, 50m	9-10	15	35.25
322.	, 50m	8	16	41.98
222.	, 200m	8	16	3:39.00
322.	, 50m	8	16	44.63
324.	, 400m	9-10	15	6:02.10
230.	, 200m	9-10	15	3:15.33
310.	, 100m	11-13	12	1:20.37
307.	, 50m	11-13	11	32.57
"	13"			
107.	, 50m	14-15	09	32.85
202.	, 200m	11-13	11	2:20.25
306.	, 100m	14-15	10	1:12.97
106.	, 200m	14-15	10	2:41.23
126.	, 200m	9-10	15	3:07.98
201.	, 200m	14-15	09	2:11.85
203.	, 100m	11-13	11	1:14.98
209.	, 200m	14-15	09	2:30.50
306.	, 100m	11-13	12	1:17.87
326.	, 100m	9-10	15	1:30.83
204.	, 100m	14-15	10	1:15.07
210.	, 200m	14-15	10	2:43.96
230.	, 200m	9-10	15	3:13.80
205.	, 50m	14-15	09	31.14
107.	, 50m	14-15	09	33.64
103.	, 200m	11-13	11	2:47.58
209.	, 200m	14-15	09	2:35.46
122.	, 100m	9-10	15	1:19.47
206.	, 50m	11-13	11	33.91
328.	, 50m	9-10	15	38.83
224.	, 100m	9-10	15	1:30.02
"	25"			
125.	, 200m	8	16	4:20.97
104.	, 200m	14-15	10	3:04.56
222.	, 200m	9-10	15	3:14.86
124.	, 200m	9-10	15	3:58.60



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

"	9"			
226.	, 50m	9-10	14	41.40
327.	, 50m	9-10	14	39.71
126.	, 200m	9-10	14	3:11.13
330.	, 100m	9-10	14	1:43.67
"	22"			
201.	, 200m	14-15	09	2:09.98
221.	, 200m	9-10	14	2:51.49
303.	, 400m	14-15	10	4:41.53
323.	, 400m	9-10	15	5:52.77
205.	, 50m	11-13	11	32.06
305.	, 100m	14-15	09	1:05.58
305.	, 100m	11-13	11	1:11.21
107.	, 50m	11-13	11	34.48
309.	, 100m	14-15	09	1:13.85
309.	, 100m	11-13	11	1:17.59
207.	, 200m	14-15	09	2:40.21
207.	, 200m	11-13	11	2:48.10
307.	, 50m	11-13	11	30.52
327.	, 50m	9-10	15	39.58
203.	, 100m	11-13	11	1:03.30
209.	, 200m	14-15	10	2:29.39
206.	, 50m	11-13	11	32.40
306.	, 100m	11-13	11	1:09.32
106.	, 200m	11-13	11	2:26.93
210.	, 200m	11-13	11	2:32.82
301.	, 50m	14-15	09	26.16
121.	, 100m	9-10	14	1:18.99
221.	, 200m	8	16	3:28.47
303.	, 400m	14-15	10	4:42.87
303.	, 400m	11-13	12	4:49.07
323.	, 400m	9-10	14	5:59.38
205.	, 50m	14-15	09	30.09
205.	, 50m	11-13	11	32.47
105.	, 200m	11-13	11	2:41.58
107.	, 50m	14-15	09	32.86
207.	, 200m	14-15	10	2:43.55
103.	, 200m	11-13	12	2:44.43
229.	, 200m	9-10	15	3:13.74
302.	, 50m	14-15	09	29.61
206.	, 50m	11-13	11	32.97
310.	, 100m	11-13	11	1:22.98
104.	, 200m	14-15	10	3:11.70
101.	, 100m	14-15	09	59.18
201.	, 200m	11-13	12	2:19.63
205.	, 50m	11-13	11	33.46
105.	, 200m	11-13	11	2:48.13
107.	, 50m	11-13	11	36.87
127.	, 50m	8	16	54.83
227.	, 200m	9-10	14	3:42.23
203.	, 100m	11-13	12	1:15.14
223.	, 100m	9-10	14	1:41.69
209.	, 200m	11-13	12	2:39.76
102.	, 100m	14-15	09	1:06.11
102.	, 100m	11-13	11	1:06.94
304.	, 400m	14-15	10	5:21.47
108.	, 50m	11-13	11	39.23



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

"	29"			
127.	, 50m	9-10	14	46.47
223.	, 100m	9-10	14	1:36.71
302.	, 50m	11-13	11	29.09
102.	, 100m	11-13	11	1:06.46
308.	, 50m	14-15	10	31.46
325.	, 100m	9-10	14	1:34.47
207.	, 200m	14-15	10	2:46.41
302.	, 50m	14-15	09	29.51
302.	, 50m	11-13	11	28.23
103.	, 200m	14-15	09	2:42.51
203.	, 100m	14-15	09	1:09.15
1 "FITRON"	- -			
325.	, 100m	8	16	1:49.28
105.	, 200m	11-13	11	2:35.84
304.	, 400m	11-13	12	4:55.42
204.	, 100m	11-13	12	1:15.18
305.	, 100m	11-13	11	1:12.37
202.	, 200m	11-13	12	2:26.61
304.	, 400m	11-13	12	5:04.66
121.	, 100m	8	16	1:43.20
225.	, 50m	8	16	50.25
304.	, 400m	11-13	12	5:04.94
106.	, 200m	11-13	12	2:42.73
210.	, 200m	14-15	10	2:48.60
115				
225.	, 50m	8	16	49.54
325.	, 100m	8	16	1:50.99
321.	, 50m	8	16	45.88
"	2"	-		
108.	, 50m	14-15	10	38.12
310.	, 100m	14-15	10	1:22.89
305.	, 100m	14-15	09	1:07.29
105.	, 200m	14-15	09	2:26.89
306.	, 100m	11-13	11	1:19.65
1				
308.	, 50m	14-15	09	30.79
204.	, 100m	14-15	09	1:09.57
222.	, 200m	9-10	14	3:10.85
329.	, 100m	9-10	14	1:44.81
326.	, 100m	9-10	14	1:35.20
108.	, 50m	14-15	09	39.50
13				
127.	, 50m	9-10	15	43.61
329.	, 100m	9-10	15	1:37.51
227.	, 200m	9-10	15	3:22.37
307.	, 50m	14-15	09	28.74
321.	, 50m	8	16	45.17



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

101.	, 100m	14-15	09	58.82
307.	, 50m	14-15	09	29.17
108.	, 50m	11-13	11	38.51
330.	, 100m	8	16	2:07.81
305.	, 100m	11-13	11	1:16.04
207.	, 200m	11-13	11	2:55.91
206.	, 50m	14-15	10	36.86
208.	, 200m	14-15	10	3:14.21
2				
206.	, 50m	14-15	10	34.22
208.	, 200m	14-15	10	3:05.59
105.	, 200m	14-15	09	2:25.41
306.	, 100m	14-15	10	1:15.02
106.	, 200m	14-15	10	2:42.47
106.	, 200m	11-13	12	2:37.72
108.	, 50m	14-15	10	39.02
310.	, 100m	14-15	10	1:25.59
322.	, 50m	9-10	14	36.47
202.	, 200m	14-15	10	2:26.23
306.	, 100m	14-15	10	1:15.23
310.	, 100m	14-15	10	1:27.01
2				
203.	, 100m	14-15	09	1:00.46
103.	, 200m	14-15	09	2:27.96
3				
301.	, 50m	11-13	11	26.54
101.	, 100m	11-13	11	57.19
127.	, 50m	8	16	52.62
309.	, 100m	14-15	09	1:13.86
329.	, 100m	8	16	1:56.08
301.	, 50m	14-15	09	26.45
302.	, 50m	14-15	10	29.97
308.	, 50m	14-15	10	31.87
204.	, 100m	14-15	10	1:15.46
4				
321.	, 50m	9-10	14	32.66
121.	, 100m	9-10	14	1:15.03
225.	, 50m	9-10	14	39.98
325.	, 100m	9-10	14	1:28.47
125.	, 200m	9-10	14	3:09.44
123.	, 200m	9-10	14	3:16.55
229.	, 200m	9-10	14	2:58.16
322.	, 50m	9-10	14	34.95
102.	, 100m	14-15	10	1:05.04
102.	, 100m	11-13	11	1:06.26
122.	, 100m	9-10	14	1:16.45
202.	, 200m	14-15	10	2:25.05
222.	, 200m	9-10	14	2:45.73
304.	, 400m	14-15	09	5:12.03
326.	, 100m	9-10	14	1:27.95
108.	, 50m	11-13	11	36.55
128.	, 50m	9-10	14	40.40
330.	, 100m	9-10	14	1:36.86

"

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50

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ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

228.	, 200m	9-10	14	3:13.44
308.	, 50m	11-13	11	31.35
210.	, 200m	14-15	10	2:40.60
125.	, 200m	8	16	4:48.83
102.	, 100m	14-15	10	1:05.64
122.	, 100m	9-10	14	1:18.21
202.	, 200m	14-15	09	2:26.16
324.	, 400m	9-10	14	5:48.39
206.	, 50m	14-15	10	35.91
226.	, 50m	9-10	14	41.59
126.	, 200m	9-10	14	3:08.22
208.	, 200m	14-15	10	3:05.84
208.	, 200m	11-13	13	3:05.02
308.	, 50m	11-13	11	31.41
124.	, 200m	9-10	14	3:49.30
121.	, 100m	9-10	14	1:21.35
201.	, 200m	14-15	10	2:13.40
303.	, 400m	14-15	10	4:43.17
309.	, 100m	11-13	11	1:22.59
103.	, 200m	14-15	10	2:46.04
302.	, 50m	11-13	11	29.85
202.	, 200m	11-13	12	2:26.98
226.	, 50m	9-10	14	42.02
106.	, 200m	14-15	10	2:50.45
128.	, 50m	9-10	14	44.70
208.	, 200m	11-13	12	3:11.61
228.	, 200m	9-10	15	3:54.85
104.	, 200m	11-13	12	3:12.70
210.	, 200m	11-13	12	2:47.84
5				
107.	, 50m	11-13	11	35.07
309.	, 100m	11-13	11	1:19.34
207.	, 200m	11-13	11	2:49.58
1				
201.	, 200m	11-13	11	2:16.30
303.	, 400m	11-13	11	4:44.07
205.	, 50m	14-15	09	29.76
105.	, 200m	14-15	10	2:22.88
223.	, 100m	9-10	14	1:36.21
103.	, 200m	11-13	11	2:30.66
209.	, 200m	11-13	11	2:35.08
104.	, 200m	11-13	11	3:02.47
305.	, 100m	14-15	09	1:05.76
204.	, 100m	11-13	11	1:17.25
301.	, 50m	11-13	11	28.95
229.	, 200m	9-10	14	3:19.96
308.	, 50m	11-13	11	32.64
"				
122.	, 100m	8	16	1:22.57
226.	, 50m	8	16	44.83
326.	, 100m	8	16	1:35.46
126.	, 200m	8	16	3:18.84
328.	, 50m	8	16	40.28
224.	, 100m	8	16	1:31.54



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 АПРЕЛЯ 2024 ГОДА

()	- -			
301.	, 50m	14-15	09	26.07
101.	, 100m	14-15	09	56.78
124.	, 200m	9-10	14	3:29.66
301.	, 50m	11-13	11	28.66
101.	, 100m	11-13	11	1:03.65
201.	, 200m	11-13	11	2:17.58
307.	, 50m	11-13	11	31.85
203.	, 100m	14-15	09	1:05.62
209.	, 200m	11-13	11	2:37.70
304.	, 400m	14-15	09	5:18.41
128.	, 50m	9-10	14	43.97
330.	, 100m	9-10	14	1:37.63
328.	, 50m	9-10	14	37.24
224.	, 100m	9-10	14	1:25.51
210.	, 200m	11-13	11	2:45.25
101.	, 100m	11-13	11	1:04.67
303.	, 400m	11-13	11	4:50.98
309.	, 100m	14-15	09	1:15.26
307.	, 50m	14-15	09	29.18
204.	, 100m	11-13	11	1:29.76
2				
321.	, 50m	8	16	41.87
322.	, 50m	8	16	40.16
222.	, 200m	8	16	3:20.50
128.	, 50m	8	16	54.79
208.	, 200m	11-13	11	2:59.87
321.	, 50m	9-10	14	34.91
121.	, 100m	8	16	1:39.82
221.	, 200m	9-10	14	2:52.22
125.	, 200m	9-10	14	3:10.93
127.	, 50m	8	16	53.02
329.	, 100m	9-10	14	1:43.36
227.	, 200m	9-10	14	3:40.05
327.	, 50m	8	16	55.53
122.	, 100m	8	16	1:31.16
226.	, 50m	8	16	45.05
326.	, 100m	8	16	1:38.20
126.	, 200m	8	16	4:28.81
128.	, 50m	8	16	59.26
228.	, 200m	9-10	15	3:54.02
104.	, 200m	11-13	12	3:02.79
221.	, 200m	8	16	3:32.19
225.	, 50m	9-10	14	43.06
325.	, 100m	8	16	1:58.12
127.	, 50m	9-10	14	46.83
327.	, 50m	9-10	14	40.24
122.	, 100m	8	16	1:46.27
310.	, 100m	11-13	11	1:24.32
328.	, 50m	8	16	59.65
224.	, 100m	8	16	2:24.97



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

121.	, 100m	8	16	1:39.66
325.	, 100m	9-10	14	1:32.21
328.	, 50m	8	16	49.90
224.	, 100m	8	16	1:56.73
125.	, 200m	9-10	14	3:11.11
329.	, 100m	8	16	2:03.88
327.	, 50m	8	16	58.89
222.	, 200m	8	16	3:53.20
226.	, 50m	8	16	49.83
326.	, 100m	8	16	1:45.21
221.	, 200m	8	16	3:12.11
225.	, 50m	8	16	42.94
329.	, 100m	8	16	1:50.86
327.	, 50m	8	16	41.83
123.	, 200m	9-10	14	3:29.66
321.	, 50m	9-10	14	35.29
221.	, 200m	9-10	14	2:53.27
323.	, 400m	9-10	14	6:16.23
128.	, 50m	8	16	1:03.98
330.	, 100m	8	16	2:15.29