



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

303
28.04.2024 - 10:45

, 400m

11 - 15

: Rudolph Table 2023

14-15

1.			2010 III	"	22"	4:41.53 II	9,4
	50m: 32.73	150m: 1:44.04	250m: 2:55.31	350m: 4:07.13			
	100m: 1:07.87	200m: 2:19.22	300m: 3:31.18	400m: 4:41.53			
2.			2010 II	"	22"	4:42.87 II	9,0
	50m: 32.41	150m: 1:44.84	250m: 2:57.80	350m: 4:09.31			
	100m: 1:08.47	200m: 2:21.51	300m: 3:34.21	400m: 4:42.87			
3.			2010 II	4		4:43.17 II	9,0
	50m: 32.72	150m: 1:43.77	250m: 2:57.24	350m: 4:08.69			
	100m: 1:08.15	200m: 2:20.99	300m: 3:33.10	400m: 4:43.17			
4.			2010 I			4:43.34 II	8,9
	50m: 32.30	150m: 1:45.29	250m: 2:57.62	350m: 4:09.04			
	100m: 1:08.20	200m: 2:21.78	300m: 3:33.61	400m: 4:43.34			
5.			2009 II	"	22"	4:45.35 II	5,9
	50m: 31.27	150m: 1:42.96	250m: 2:56.60	350m: 4:10.31			
	100m: 1:06.99	200m: 2:19.70	300m: 3:33.48	400m: 4:45.35			
6.			2009 II	()	- -	4:50.07 II	4,6
	50m: 32.47	150m: 1:44.78	250m: 2:58.41	350m: 4:14.17			
	100m: 1:08.25	200m: 2:21.90	300m: 3:35.84	400m: 4:50.07			
7.			2010 III	()	- -	4:52.19 II	6,6
	50m: 32.39	150m: 1:45.67	250m: 3:00.69	350m: 4:15.93			
	100m: 1:08.51	200m: 2:23.13	300m: 3:38.76	400m: 4:52.19			
8.			2010 II			4:57.40 II	5,2
	50m: 33.13	150m: 1:47.59	250m: 3:03.74	350m: 4:21.42			
	100m: 1:09.59	200m: 2:25.00	300m: 3:42.15	400m: 4:57.40			
9.			2010 III	4		5:01.37 II	4,1
	50m: 34.17	150m: 1:50.82	250m: 3:08.09	350m: 4:25.24			
	100m: 1:12.19	200m: 2:28.99	300m: 3:47.15	400m: 5:01.37			
10.			2010 II	2		5:01.94 II	3,9
	50m: 34.18	150m: 1:49.35	250m: 3:06.55	350m: 4:24.22			
	100m: 1:11.11	200m: 2:27.54	300m: 3:45.38	400m: 5:01.94			
11.			2010 II	"	22"	5:02.60 II	3,8
	50m: 32.94	150m: 1:48.99	250m: 3:07.56	350m: 4:25.81			
	100m: 1:10.34	200m: 2:28.46	300m: 3:47.31	400m: 5:02.60			
12.			2009 III	"	22"	5:02.94 II	1,1
	50m: 34.19	150m: 1:50.97	250m: 3:07.72	350m: 4:25.90			
	100m: 1:12.30	200m: 2:29.87	300m: 3:46.87	400m: 5:02.94			
13.			2010 II	1 "FITRON"	- -	5:04.27 II	3,3
	50m: 33.06	150m: 1:49.96	250m: 3:09.51	350m: 4:27.77			
	100m: 1:10.62	200m: 2:29.58	300m: 3:48.90	400m: 5:04.27			
14.			2009 II	No1		5:06.69 III	
	50m: 32.76	150m: 1:46.46	250m: 3:06.18	350m: 4:28.45			
	100m: 1:08.72	200m: 2:25.44	300m: 3:47.45	400m: 5:06.69			
15.			2010 III	"	22"	5:09.72 III	1,9
	50m: 33.25	150m: 1:50.87	250m: 3:10.69	350m: 4:31.22			
	100m: 1:11.42	200m: 2:31.08	300m: 3:51.13	400m: 5:09.72			
16.			2010 II	1 "FITRON"	- -	5:10.27 III	1,7
	50m: 34.60	150m: 1:53.42	250m: 3:13.87	350m: 4:33.48			
	100m: 1:13.59	200m: 2:33.82	300m: 3:54.23	400m: 5:10.27			
17.			2009 III	4		5:20.86 III	
	50m: 36.30	150m: 1:57.45	250m: 3:19.50	350m: 4:41.21			
	100m: 1:16.70	200m: 2:38.84	300m: 4:00.84	400m: 5:20.86			

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26 - 28 АПРЕЛЯ 2024 ГОДА

303, , 400m , 14-15

18.			2010	III	"	22"	5:23.11	III		
	50m: 35.56	150m: 1:55.92	250m: 3:20.01	350m: 4:44.94						
	100m: 1:14.82	200m: 2:38.05	300m: 4:02.75	400m: 5:23.11						
19.			2009	III	()	- -	5:35.20	III		
	50m: 35.78	150m: 1:59.02	250m: 3:25.20	350m: 4:53.38						
	100m: 1:16.64	200m: 2:40.40	300m: 4:09.69	400m: 5:35.20						
20.			2010	I		4	5:50.06	1		
	50m: 34.19	150m: 1:58.32	250m: 3:30.56	350m: 5:04.16						
	100m: 1:14.73	200m: 2:43.41	300m: 4:17.12	400m: 5:50.06						
21.			2010	III		No1	5:51.56	1		
	50m: 40.27	150m: 2:10.84	250m: 3:43.01	350m: 5:11.68						
	100m: 1:25.50	200m: 2:57.66	300m: 4:27.54	400m: 5:51.56						
22.			2010	III		1 "FITRON"	5:51.96	1		
	50m: 39.83	150m: 2:10.23	250m: 3:40.55	350m: 5:10.58						
	100m: 1:24.99	200m: 2:55.91	300m: 4:26.50	400m: 5:51.96						
11-13										
1.			2011	II		No1	4:44.07	II	10,9	
	50m: 31.19	150m: 1:43.54	250m: 2:57.62	350m: 4:10.05						
	100m: 1:07.24	200m: 2:21.12	300m: 3:35.00	400m: 4:44.07						
2.			2012	III		"	22"	4:49.07	II	12,3
	50m: 33.87	150m: 1:47.95	250m: 3:01.72	350m: 4:14.33						
	100m: 1:10.04	200m: 2:24.90	300m: 3:38.31	400m: 4:49.07						
3.			2011	II	()	- -	4:50.98	II	9,1	
	50m: 32.68	150m: 1:45.85	250m: 3:00.30	350m: 4:15.03						
	100m: 1:08.55	200m: 2:22.99	300m: 3:37.98	400m: 4:50.98						
4.			2011				4:51.67	II	8,9	
	50m: 32.81	150m: 1:47.14	250m: 3:02.12	350m: 4:16.24						
	100m: 1:10.33	200m: 2:25.18	300m: 3:39.62	400m: 4:51.67						
5.			2011	II	()	- -	4:55.89	II	7,8	
	50m: 33.65	150m: 1:49.44	250m: 3:05.78	350m: 4:20.58						
	100m: 1:11.23	200m: 2:27.74	300m: 3:43.53	400m: 4:55.89						
6.			2011	III	()	- -	5:07.97	III	4,7	
	50m: 34.27	150m: 1:54.12	250m: 3:13.46	350m: 4:31.78						
	100m: 1:13.24	200m: 2:33.22	300m: 3:53.07	400m: 5:07.97						
7.			2011				5:08.72	III	4,5	
	50m: 33.47	150m: 1:50.49	250m: 3:08.63	350m: 4:28.90						
	100m: 1:11.21	200m: 2:29.49	300m: 3:49.02	400m: 5:08.72						
8.			2012	III		"	22"	5:13.37	III	6,2
	50m: 35.85	150m: 1:54.48	250m: 3:14.55	350m: 4:34.35						
	100m: 1:15.19	200m: 2:34.89	300m: 3:55.36	400m: 5:13.37						
9.			2013			"	22"	5:16.02	III	11,4
	50m: 37.20	150m: 1:57.96	250m: 3:17.49	350m: 4:37.85						
	100m: 1:17.60	200m: 2:37.78	300m: 3:57.87	400m: 5:16.02						
10.			2012	III		"	22"	5:18.08	III	5,0
	50m: 36.19	150m: 1:57.81	250m: 3:20.50	350m: 4:41.58						
	100m: 1:17.04	200m: 2:39.08	300m: 4:01.85	400m: 5:18.08						
11.			2012	I		"	22"	5:18.35	III	4,9
	50m: 35.43	150m: 1:56.32	250m: 3:19.46	350m: 4:40.16						
	100m: 1:15.16	200m: 2:37.89	300m: 4:00.02	400m: 5:18.35						
12.			2012	III		"	22"	5:18.36	III	4,9
	50m: 35.99	150m: 1:56.75	250m: 3:19.31	350m: 4:41.43						
	100m: 1:15.34	200m: 2:37.95	300m: 3:59.78	400m: 5:18.36						
13.			2011	III		10	5:19.54	III	1,7	
	50m: 35.38	150m: 1:55.89	250m: 3:17.83	350m: 4:40.25						
	100m: 1:15.50	200m: 2:38.23	300m: 3:59.69	400m: 5:19.54						

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	303,	, 400m		11-13			
14.			2013 I	13	5:20.09	III	10,4
	50m: 33.80	150m: 1:54.60	250m: 3:18.98	350m: 4:42.28			
	100m: 1:13.27	200m: 2:37.01	300m: 4:01.53	400m: 5:20.09			
15.			2012 III ()	- -	5:22.65	III	3,8
	50m: 36.08	150m: 1:57.95	250m: 3:21.22	350m: 4:44.15			
	100m: 1:16.66	200m: 2:39.26	300m: 4:02.68	400m: 5:22.65			
16.			2013 III	4	5:23.03	III	9,7
	50m: 36.82	150m: 1:57.89	250m: 3:21.20	350m: 4:44.94			
	100m: 1:17.18	200m: 2:39.66	300m: 4:02.89	400m: 5:23.03			
17.			2011 III	" 22"	5:23.51	III	
	50m: 36.35	150m: 1:58.11	250m: 3:21.84	350m: 4:45.66			
	100m: 1:17.37	200m: 2:40.22	300m: 4:04.42	400m: 5:23.51			
18.			2012 III	4	5:23.79	III	3,6
	50m: 35.76	150m: 1:57.52	250m: 3:20.84	350m: 4:44.20			
	100m: 1:16.25	200m: 2:39.34	300m: 4:02.30	400m: 5:23.79			
19.			2011 I	" 22"	5:26.22	III	
	50m: 35.27	150m: 1:57.48	250m: 3:21.26	350m: 4:45.30			
	100m: 1:16.23	200m: 2:39.52	300m: 4:03.52	400m: 5:26.22			
20.			2013 III	2	5:30.04	III	8,1
	50m: 35.91	150m: 2:00.57	250m: 3:26.61	350m: 4:50.68			
	100m: 1:18.06	200m: 2:44.09	300m: 4:09.67	400m: 5:30.04			
21.			2012 III	No1	5:30.44	III	1,9
	50m: 37.05	150m: 2:00.30	250m: 3:25.84	350m: 4:51.66			
	100m: 1:18.02	200m: 2:42.93	300m: 4:08.52	400m: 5:30.44			
22.			2013 III	2	5:30.87	III	7,9
	50m: 36.42	150m: 2:01.73	250m: 3:28.38	350m: 4:52.94			
	100m: 1:18.46	200m: 2:45.58	300m: 4:11.52	400m: 5:30.87			
23.			2012 I	" 22"	5:37.84	III	
	50m: 36.61	150m: 2:02.29	250m: 3:29.38	350m: 4:56.74			
	100m: 1:19.17	200m: 2:45.99	300m: 4:13.22	400m: 5:37.84			
24.			2013 III	No1	5:38.12	III	6,2
	50m: 38.60	150m: 2:06.21	250m: 3:33.20	350m: 4:58.63			
	100m: 1:21.86	200m: 2:50.54	300m: 4:16.26	400m: 5:38.12			
25.			2012 I	" 22"	5:38.74	III	
	50m: 36.40	150m: 1:57.83	250m: 3:24.53	350m: 4:56.32			
	100m: 1:15.44	200m: 2:41.24	300m: 4:06.31	400m: 5:38.74			
26.			2013 mikhailovs_team_swim		5:42.32	III	5,3
	50m: 36.60	150m: 2:02.82	250m: 3:30.77	350m: 4:59.78			
	100m: 1:19.16	200m: 2:46.53	300m: 4:15.60	400m: 5:42.32			
27.			2012 III	4	5:48.91	1	
	50m: 38.89	150m: 2:09.47	250m: 3:41.66	350m: 5:10.84			
	100m: 1:24.29	200m: 2:56.17	300m: 4:27.17	400m: 5:48.91			
28.			2011 III	" 22"	5:49.21	1	
	50m: 38.45	150m: 2:08.54	250m: 3:39.41	350m: 5:10.23			
	100m: 1:23.16	200m: 2:54.03	300m: 4:25.58	400m: 5:49.21			
29.			2013 III	No1	5:49.98	1	3,5
	50m: 40.48	150m: 2:10.07	250m: 3:38.52	350m: 5:07.61			
	100m: 1:24.71	200m: 2:54.37	300m: 4:22.39	400m: 5:49.98			
30.			2013 III	2	5:50.99	1	3,3
	50m: 38.38	150m: 2:08.52	250m: 3:39.55	350m: 5:09.76			
	100m: 1:23.34	200m: 2:54.89	300m: 4:25.01	400m: 5:50.99			
31.			2012 II	" 22"	6:24.68	1	
	50m: 38.95	150m: 2:15.77	250m: 3:55.84	350m: 5:36.86			
	100m: 1:25.70	200m: 3:05.46	300m: 4:46.08	400m: 6:24.68			
32.			2013 II	" 22"	6:29.97	1	
	50m: 42.01	150m: 2:22.74	250m: 4:03.36	350m: 5:42.47			
	100m: 1:32.00	200m: 3:12.20	300m: 4:54.67	400m: 6:29.97			

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г. Ростов-на-Дону

26 - 28 апреля 2024 года

	303,	, 400m		11-13				
33.			/					
	50m: 43.38	150m: 2:26.69	2012	()	.	-	-	6:41.55 1
	100m: 1:34.31	200m: 3:19.72		250m: 4:11.82	350m: 5:55.40			
				300m: 5:03.77	400m: 6:41.55			
34.			2012 1					7:02.97 2
	50m: 41.07	150m: 2:25.18		250m: 4:15.12	350m: 6:09.55			
	100m: 1:31.63	200m: 3:21.17		300m: 5:13.56	400m: 7:02.97			
DSQ			2013 I		4			1