



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. РОСТОВ-НА-ДОНУ

26 - 28 АПРЕЛЯ 2024 ГОДА

304

, 400m

11 - 15

28.04.2024 - 11:45

: Rudolph Table 2023

14-15

1.			2009 II		4		5:12.03 II	3,1
	50m: 35.88	150m: 1:54.95	250m: 3:14.81	350m: 4:34.08				
	100m: 1:14.97	200m: 2:34.77	300m: 3:54.54	400m: 5:12.03				
2.			2009 I	()	.	- -	5:18.41 II	1,5
	50m: 33.13	150m: 1:52.38	250m: 3:15.09	350m: 4:37.92				
	100m: 1:11.50	200m: 2:33.80	300m: 3:56.92	400m: 5:18.41				
3.			2010 II	"	22"		5:21.47 II	2,1
	50m: 36.35	150m: 1:58.83	250m: 3:21.07	350m: 4:43.41				
	100m: 1:17.34	200m: 2:40.16	300m: 4:02.66	400m: 5:21.47				
4.			2010 I	"	2"	-	5:22.78 II	1,8
	50m: 35.68	150m: 1:55.92	250m: 3:19.02	350m: 4:42.72				
	100m: 1:15.54	200m: 2:37.28	300m: 4:00.65	400m: 5:22.78				
5.			2010 II	"	.	.	5:55.49 III	
	50m: 40.11	150m: 2:09.36	250m: 3:39.70	350m: 5:12.16				
	100m: 1:24.22	200m: 2:54.88	300m: 4:26.24	400m: 5:55.49				

11-13

1.			2012 I		1 "FITRON"	- -	4:55.42 I	13,5
	50m: 33.19	150m: 1:47.88	250m: 3:04.36	350m: 4:20.12				
	100m: 1:10.26	200m: 2:26.12	300m: 3:42.67	400m: 4:55.42				
2.			2012 I		1 "FITRON"	- -	5:04.66 II	11,3
	50m: 34.77	150m: 1:52.07	250m: 3:10.46	350m: 4:27.74				
	100m: 1:13.34	200m: 2:31.30	300m: 3:49.55	400m: 5:04.66				
3.			2012 I		1 "FITRON"	- -	5:04.94 II	11,2
	50m: 34.37	150m: 1:51.62	250m: 3:09.60	350m: 4:27.86				
	100m: 1:12.16	200m: 2:30.35	300m: 3:49.04	400m: 5:04.94				
4.			2011 II		4		5:12.68 II	6,3
	50m: 35.28	150m: 1:53.50	250m: 3:13.43	350m: 4:34.32				
	100m: 1:14.28	200m: 2:33.42	300m: 3:54.12	400m: 5:12.68				
5.			2012 II		2		5:17.62 II	8,1
	50m: 36.10	150m: 1:57.30	250m: 3:18.70	350m: 4:39.54				
	100m: 1:16.79	200m: 2:38.25	300m: 4:00.06	400m: 5:17.62				
6.			2012 II	()	.	- -	5:18.29 II	8,0
	50m: 36.07	150m: 1:56.40	250m: 3:17.82	350m: 4:39.64				
	100m: 1:16.03	200m: 2:36.96	300m: 3:59.11	400m: 5:18.29				
7.			2011 II		4		5:22.48 II	3,8
	50m: 35.01	150m: 1:57.18	250m: 3:21.32	350m: 4:44.54				
	100m: 1:15.75	200m: 2:38.87	300m: 4:03.09	400m: 5:22.48				
8.			2011	()	.	- -	5:25.19 II	3,1
	50m: 34.68	150m: 1:55.64	250m: 3:19.09	350m: 4:43.63				
	100m: 1:14.62	200m: 2:37.31	300m: 4:01.08	400m: 5:25.19				
9.			2012 II	()	.	- -	5:30.76 II	5,0
	50m: 36.25	150m: 1:59.97	250m: 3:24.72	350m: 4:50.53				
	100m: 1:18.15	200m: 2:43.04	300m: 4:09.01	400m: 5:30.76				
10.			2011 II				5:31.40 II	1,6
	50m: 34.94	150m: 1:56.59	250m: 3:22.78	350m: 4:49.88				
	100m: 1:14.63	200m: 2:39.91	300m: 4:06.34	400m: 5:31.40				
11.			2013	"	22"		5:35.03 II	8,1
	50m: 37.67	150m: 2:03.10	250m: 3:28.72	350m: 4:53.83				
	100m: 1:19.96	200m: 2:45.93	300m: 4:10.99	400m: 5:35.03				

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ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

	304,	, 400m		11-13					
12.			2011 II	No1		5:37.23	II		
	50m: 35.82	150m: 1:59.23	250m: 3:26.11	350m: 4:54.42					
	100m: 1:16.55	200m: 2:41.78	300m: 4:09.74	400m: 5:37.23					
13.			2012 II	4		5:42.23	III	2,2	
	50m: 37.42	150m: 2:04.00	250m: 3:32.34	350m: 5:00.68					
	100m: 1:19.97	200m: 2:48.21	300m: 4:16.47	400m: 5:42.23					
14.			2011	4		5:43.08	III		
	50m: 36.22	150m: 2:01.87	250m: 3:31.74	350m: 5:00.59					
	100m: 1:17.64	200m: 2:46.83	300m: 4:16.57	400m: 5:43.08					
15.			2013 II	"	22"	5:47.40	III	5,3	
	50m: 38.59	150m: 2:09.02	250m: 3:38.17	350m: 5:06.95					
	100m: 1:23.95	200m: 2:53.31	300m: 4:22.72	400m: 5:47.40					
16.			2013 III	4		5:59.91	III	2,4	
	50m: 39.53	150m: 2:10.67	250m: 3:43.84	350m: 5:15.14					
	100m: 1:24.56	200m: 2:56.83	300m: 4:30.53	400m: 5:59.91					
17.			2012 III	10		6:00.49	III		
	50m: 37.08	150m: 2:07.81	250m: 3:42.87	350m: 5:16.34					
	100m: 1:20.86	200m: 2:56.38	300m: 4:30.61	400m: 6:00.49					
18.			2011 III	4		6:12.74	III		
	50m: 41.96	150m: 2:17.02	250m: 3:52.80	350m: 5:27.68					
	100m: 1:28.72	200m: 3:05.10	300m: 4:40.53	400m: 6:12.74					
19.			2012	()	- -	6:28.35	1		
	50m: 41.67	150m: 2:18.84	250m: 3:58.75	350m: 5:41.54					
	100m: 1:29.00	200m: 3:08.11	300m: 4:50.55	400m: 6:28.35					
20.			2013 II	"	22"	6:43.67	1		
	50m: 44.60	150m: 2:27.91	250m: 4:12.25	350m: 5:53.58					
	100m: 1:36.11	200m: 3:20.28	300m: 5:02.91	400m: 6:43.67					
DSQ			2013 III	4					