



ВЕСЕННИЕ СТАРТЫ ДОНА

плыви к цели

г. Ростов-на-Дону

26 - 28 апреля 2024 года

324

, 400m

9-10

28.04.2024 - 15:40

: Rudolph Table 2023

1.				2014	Uvarov_swim				5:29.59	II	14,0
	50m:	36.49	150m:	2:00.22	250m:	3:25.91	350m:	4:49.59			
	100m:	1:18.44	200m:	2:42.78	300m:	4:08.79	400m:	5:29.59			
2.				2014	III		4		5:48.39	III	9,9
	50m:	39.03	150m:	2:07.42	250m:	3:36.30	350m:	5:06.23			
	100m:	1:23.39	200m:	2:51.97	300m:	4:21.34	400m:	5:48.39			
3.				2015	Uvarov_swim				6:02.10	III	13,0
	50m:	41.50	150m:	2:14.20	250m:	3:47.81	350m:	5:20.98			
	100m:	1:27.27	200m:	3:00.44	300m:	4:34.25	400m:	6:02.10			
4.				2015	III		"	22"	6:06.87	III	12,0
	50m:	41.25	150m:	2:13.61	250m:	3:46.78	350m:	5:20.90			
	100m:	1:26.82	200m:	3:00.37	300m:	4:34.04	400m:	6:06.87			
5.				2015	III		2		6:22.46	III	9,0
	50m:	42.05	150m:	2:20.50	250m:	3:58.32	350m:	5:35.65			
	100m:	1:30.88	200m:	3:10.65	300m:	4:47.62	400m:	6:22.46			

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