



# Всероссийские соревнования по плаванию «Пермская волна» 2023



, 30. - 31.3.2023

31 , 400m (13-14 )  
31.03.2023 - 13:55

: FINA 2023

							R.T.		FINA			
1.			2009					RUS	<b>4:52.44</b> 1	579		
	50m:	30.08	30.08	150m:	1:43.30	37.47	250m:	3:00.51	40.56	350m:	4:17.80	35.04
	100m:	1:05.83	35.75	200m:	2:19.95	36.65	300m:	3:42.76	42.25	400m:	4:52.44	34.64
2.			2009					RUS	<b>5:00.02</b> 1	536		
	50m:	30.76	30.76	150m:	1:45.36	38.67	250m:	3:08.58	45.09	350m:	4:26.66	33.54
	100m:	1:06.69	35.93	200m:	2:23.49	38.13	300m:	3:53.12	44.54	400m:	5:00.02	33.36
3.			2009					RUS	<b>5:02.90</b> 1	521		
	50m:	30.73	30.73	150m:	1:49.15	41.06	250m:	3:10.42	42.54	350m:	4:30.98	37.37
	100m:	1:08.09	37.36	200m:	2:27.88	38.73	300m:	3:53.61	43.19	400m:	5:02.90	31.92
4.			2009					RUS	<b>5:03.87</b> 1	516		
	50m:	31.68	31.68	150m:	1:47.70	39.47	250m:	3:10.23	43.42	350m:	4:30.19	35.00
	100m:	1:08.23	36.55	200m:	2:26.81	39.11	300m:	3:55.19	44.96	400m:	5:03.87	33.68
5.			2009					RUS +0.58	<b>5:12.06</b> 2	477		
	50m:	33.13	33.13	150m:	1:52.25	40.16	250m:	3:16.34	44.10	350m:	4:36.61	35.94
	100m:	1:12.09	38.96	200m:	2:32.24	39.99	300m:	4:00.67	44.33	400m:	5:12.06	35.45
6.			2010					RUS	<b>5:12.08</b> 2	476		
	50m:	33.59	33.59	150m:	1:51.85	39.35	250m:	3:16.85	46.54	350m:	4:37.79	34.47
	100m:	1:12.50	38.91	200m:	2:30.31	38.46	300m:	4:03.32	46.47	400m:	5:12.08	34.29
7.			2009					RUS	<b>5:13.77</b> 2	469		
	50m:	30.75	30.75	150m:	1:49.19	41.82	250m:	3:15.29	46.38	350m:	4:38.71	36.09
	100m:	1:07.37	36.62	200m:	2:28.91	39.72	300m:	4:02.62	47.33	400m:	5:13.77	35.06
8.			2009					RUS	<b>5:15.51</b> 2	461		
	50m:	31.37	31.37	150m:	1:50.86	42.67	250m:	3:16.19	44.55	350m:	4:39.55	37.20
	100m:	1:08.19	36.82	200m:	2:31.64	40.78	300m:	4:02.35	46.16	400m:	5:15.51	35.96
9.			2010			-2		RUS	<b>5:17.59</b> 2	452		
	50m:	32.88	32.88	150m:	1:52.70	40.80	250m:	3:17.66	43.99	350m:	4:41.09	37.94
	100m:	1:11.90	39.02	200m:	2:33.67	40.97	300m:	4:03.15	45.49	400m:	5:17.59	36.50
10.			2010			-2		RUS +0.57	<b>5:19.73</b> 2	443		
	50m:	33.66	33.66	150m:	1:51.93	39.62	250m:	3:18.72	46.28	350m:	4:42.76	36.83
	100m:	1:12.31	38.65	200m:	2:32.44	40.51	300m:	4:05.93	47.21	400m:	5:19.73	36.97
11.			2009					RUS	<b>5:20.20</b> 2	441		
	50m:	31.76	31.76	150m:	1:51.39	42.25	250m:	3:20.86	47.59	350m:	4:45.45	35.74
	100m:	1:09.14	37.38	200m:	2:33.27	41.88	300m:	4:09.71	48.85	400m:	5:20.20	34.75
12.			2009					RUS	<b>5:23.39</b> 2	428		
	50m:	31.39	31.39	150m:	1:53.04	43.45	250m:	3:24.54	50.37	350m:	4:49.72	36.31
	100m:	1:09.59	38.20	200m:	2:34.17	41.13	300m:	4:13.41	48.87	400m:	5:23.39	33.67
13.			2009					RUS	<b>5:26.04</b> 2	418		
	50m:	34.55	34.55	150m:	1:59.65	42.08	250m:	3:27.46	45.93	350m:	4:49.76	37.33
	100m:	1:17.57	43.02	200m:	2:41.53	41.88	300m:	4:12.43	44.97	400m:	5:26.04	36.28
14.			2009					RUS	<b>5:28.38</b> 2	409		
	50m:	34.42	34.42	150m:	1:58.43	42.21	250m:	3:25.91	47.68	350m:	4:49.85	36.55
	100m:	1:16.22	41.80	200m:	2:38.23	39.80	300m:	4:13.30	47.39	400m:	5:28.38	38.53
15.			2009					RUS	<b>5:29.37</b> 2	405		
	50m:	33.37	33.37	150m:	1:58.30	45.22	250m:	3:25.63	44.58	350m:	4:52.41	39.91
	100m:	1:13.08	39.71	200m:	2:41.05	42.75	300m:	4:12.50	46.87	400m:	5:29.37	36.96
16.			2010			1		RUS	<b>5:29.72</b> 2	404		
	50m:	34.41	34.41	150m:	1:58.05	42.60	250m:	3:27.86	46.71	350m:	4:54.67	37.42
	100m:	1:15.45	41.04	200m:	2:41.15	43.10	300m:	4:17.25	49.39	400m:	5:29.72	35.05
17.			2010					RUS	<b>5:30.37</b> 2	402		
	50m:	33.18	33.18	150m:	1:52.37	40.30	250m:	3:22.75	50.22	350m:	4:52.11	38.90
	100m:	1:12.07	38.89	200m:	2:32.53	40.16	300m:	4:13.21	50.46	400m:	5:30.37	38.26
18.			2010					RUS	<b>5:33.22</b> 2	391		
	50m:	34.82	34.82	150m:	2:00.05	44.26	250m:	3:32.50	48.75	350m:	4:57.75	36.83
	100m:	1:15.79	40.97	200m:	2:43.75	43.70	300m:	4:20.92	48.42	400m:	5:33.22	35.47

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Alge Timing



# Всероссийские соревнования по плаванию «Пермская волна» 2023



, 30. - 31.3.2023

31,	, 400m				(13-14 )		R.T.		FINA
19.	/		2009		RUS		<b>5:36.78</b> 2		379
	50m: 31.86	31.86	150m: 1:55.41	43.89	250m: 3:29.96	51.49	350m: 4:59.36	37.61	
	100m: 1:11.52	39.66	200m: 2:38.47	43.06	300m: 4:21.75	51.79	400m: 5:36.78	37.42	
20.			2010		RUS		<b>5:39.64</b> 2		370
	50m: 34.69	34.69	150m: 1:58.06	42.46	250m: 3:32.19	52.31	350m: 5:02.43	38.53	
	100m: 1:15.60	40.91	200m: 2:39.88	41.82	300m: 4:23.90	51.71	400m: 5:39.64	37.21	
21.			2009		RUS		<b>5:43.01</b> 2		359
	50m: 34.17	34.17	150m: 2:03.74	45.69	250m: 3:35.22	48.05	350m: 5:05.20	39.43	
	100m: 1:18.05	43.88	200m: 2:47.17	43.43	300m: 4:25.77	50.55	400m: 5:43.01	37.81	
22.			2009		RUS		<b>5:45.75</b> 2		350
	50m: 34.61	34.61	150m: 2:02.62	46.60	250m: 3:39.64	51.44	350m: 5:08.48	38.83	
	100m: 1:16.02	41.41	200m: 2:48.20	45.58	300m: 4:29.65	50.01	400m: 5:45.75	37.27	
23.			2009		RUS		<b>5:46.92</b> 2		347
	50m: 38.22	38.22	150m: 2:05.29	43.86	250m: 3:37.79	47.92	350m: 5:07.70	40.20	
	100m: 1:21.43	43.21	200m: 2:49.87	44.58	300m: 4:27.50	49.71	400m: 5:46.92	39.22	
24.			2010		RUS		<b>5:48.89</b> 2		341
	50m: 36.82	36.82	150m: 2:05.82	46.49	250m: 3:40.69	49.81	350m: 5:10.90	39.42	
	100m: 1:19.33	42.51	200m: 2:50.88	45.06	300m: 4:31.48	50.79	400m: 5:48.89	37.99	
25.			2010		RUS		<b>5:51.99</b> 2		332
	50m: 34.78	34.78	150m: 2:02.37	46.20	250m: 3:39.14	50.67	350m: 5:13.72	39.84	
	100m: 1:16.17	41.39	200m: 2:48.47	46.10	300m: 4:33.88	54.74	400m: 5:51.99	38.27	
26.			2010		RUS		<b>5:53.56</b> 3		328
	50m: 35.55	35.55	150m: 2:04.02	46.81	250m: 3:43.89	54.86	350m: 5:17.08	39.19	
	100m: 1:17.21	41.66	200m: 2:49.03	45.01	300m: 4:37.89	54.00	400m: 5:53.56	36.48	
27.			2010		RUS		<b>5:58.08</b> 3		315
	50m: 38.35	38.35	150m: 2:13.16	45.97	250m: 3:48.39	50.96	350m: 5:19.46	39.97	
	100m: 1:27.19	48.84	200m: 2:57.43	44.27	300m: 4:39.49	51.10	400m: 5:58.08	38.62	
28.			2010		RUS		<b>6:34.80</b> 3		235
	50m: 43.22	43.22	150m: 2:27.96	53.11	250m: 4:13.04	50.90	350m: 5:49.06	45.26	
	100m: 1:34.85	51.63	200m: 3:22.14	54.18	300m: 5:03.80	50.76	400m: 6:34.80	45.74	