



Чемпионат и Первенство Калужской области по плаванию (25 м)



КАЛУГА 16-18 сентября 2025

«Дворец спорта «Центральный»

37
18.09.2025 - 12:30

, 400m

11

: AQUA 2024

R.T.

14													
1.				2010		"	"	+0,83	4:37.42	I		579	
	50m:	31.59	31.59	150m:	1:39.97	34.58	250m:	2:50.93	35.55	350m:	4:02.39	35.75	
	100m:	1:05.39	33.80	200m:	2:15.38	35.41	300m:	3:26.64	35.71	400m:	4:37.42	35.03	
2.				2011		"	"	+0,78	4:38.56	I		572	
	50m:	32.28	32.28	150m:	1:43.31	35.51	250m:	2:53.23	34.52	350m:	4:04.31	35.57	
	100m:	1:07.80	35.52	200m:	2:18.71	35.40	300m:	3:28.74	35.51	400m:	4:38.56	34.25	
3.				2009		"	"	+0,73	4:46.35	I		527	
	50m:	31.90	31.90	150m:	1:44.22	36.48	250m:	2:57.69	36.72	350m:	4:11.17	35.97	
	100m:	1:07.74	35.84	200m:	2:20.97	36.75	300m:	3:35.20	37.51	400m:	4:46.35	35.18	
4.				2008		"	"	+0,76	4:49.59	I		509	
	50m:	31.01	31.01	150m:	1:42.44	36.74	250m:	2:57.66	37.71	350m:	4:14.09	38.24	
	100m:	1:05.70	34.69	200m:	2:19.95	37.51	300m:	3:35.85	38.19	400m:	4:49.59	35.50	
5.				2010 II		"	"	+0,75	5:39.03	III		317	
	50m:	35.42	35.42	150m:	1:59.03	43.37	250m:	3:27.03	44.69	350m:	4:57.65	45.36	
	100m:	1:15.66	40.24	200m:	2:42.34	43.31	300m:	4:12.29	45.26	400m:	5:39.03	41.38	
6.				2010 II		"	"	+0,76	5:52.52	III		282	
	50m:	36.51	36.51	150m:	2:03.49	45.18	250m:	3:34.80	45.64	350m:	5:08.37	46.27	
	100m:	1:18.31	41.80	200m:	2:49.16	45.67	300m:	4:22.10	47.30	400m:	5:52.52	44.15	
(2007-2009 . .)													
1.				2009		"	"	+0,73	4:46.35	I		527	
	50m:	31.90	31.90	150m:	1:44.22	36.48	250m:	2:57.69	36.72	350m:	4:11.17	35.97	
	100m:	1:07.74	35.84	200m:	2:20.97	36.75	300m:	3:35.20	37.51	400m:	4:46.35	35.18	
2.				2008		"	"	+0,76	4:49.59	I		509	
	50m:	31.01	31.01	150m:	1:42.44	36.74	250m:	2:57.66	37.71	350m:	4:14.09	38.24	
	100m:	1:05.70	34.69	200m:	2:19.95	37.51	300m:	3:35.85	38.19	400m:	4:49.59	35.50	
(2010-2011 . .)													
1.				2010		"	"	+0,83	4:37.42	I		579	
	50m:	31.59	31.59	150m:	1:39.97	34.58	250m:	2:50.93	35.55	350m:	4:02.39	35.75	
	100m:	1:05.39	33.80	200m:	2:15.38	35.41	300m:	3:26.64	35.71	400m:	4:37.42	35.03	
2.				2011		"	"	+0,78	4:38.56	I		572	
	50m:	32.28	32.28	150m:	1:43.31	35.51	250m:	2:53.23	34.52	350m:	4:04.31	35.57	
	100m:	1:07.80	35.52	200m:	2:18.71	35.40	300m:	3:28.74	35.51	400m:	4:38.56	34.25	
3.				2010 II		"	"	+0,75	5:39.03	III		317	
	50m:	35.42	35.42	150m:	1:59.03	43.37	250m:	3:27.03	44.69	350m:	4:57.65	45.36	
	100m:	1:15.66	40.24	200m:	2:42.34	43.31	300m:	4:12.29	45.26	400m:	5:39.03	41.38	
4.				2010 II		"	"	+0,76	5:52.52	III		282	
	50m:	36.51	36.51	150m:	2:03.49	45.18	250m:	3:34.80	45.64	350m:	5:08.37	46.27	
	100m:	1:18.31	41.80	200m:	2:49.16	45.67	300m:	4:22.10	47.30	400m:	5:52.52	44.15	
EXH				2012		"	"	+0,81	4:50.28	I		505	
	50m:	32.68	32.68	150m:	1:44.90	36.80	250m:	2:59.76	37.61	350m:	4:13.76	36.94	
	100m:	1:08.10	35.42	200m:	2:22.15	37.25	300m:	3:36.82	37.06	400m:	4:50.28	36.52	
EXH				2014 II		"	"	+0,83	5:17.69	II		385	
	50m:	36.35	36.35	150m:	1:57.87	40.71	250m:	3:19.36	40.80	350m:	4:39.95	40.14	
	100m:	1:17.16	40.81	200m:	2:38.56	40.69	300m:	3:59.81	40.45	400m:	5:17.69	37.74	
EXH				2014 II		"	"	+0,78	5:19.59	II		379	
	50m:	36.51	36.51	150m:	1:57.61	41.40	250m:	3:20.28	41.29	350m:	4:42.25	40.64	
	100m:	1:16.21	39.70	200m:	2:38.99	41.38	300m:	4:01.61	41.33	400m:	5:19.59	37.34	
EXH				2013 II		"	"	+0,86	5:30.07	II		344	
	50m:	36.86	36.86	150m:	1:58.38	41.31	250m:	3:22.96	42.43	350m:	4:49.55	43.16	
	100m:	1:17.07	40.21	200m:	2:40.53	42.15	300m:	4:06.39	43.43	400m:	5:30.07	40.52	