

37  
19.10.2018

, 400m

: FINA 2018

1.				02		1		<b>4:11.03</b>		815		
	50m:	28.73	28.73	150m:	1:32.58	32.08	250m:	2:36.53	31.81	350m:	3:40.59	31.81
	100m:	1:00.50	31.77	200m:	2:04.72	32.14	300m:	3:08.78	32.25	400m:	4:11.03	30.44
2.				00				<b>4:17.37</b>		756		
	50m:	29.46	29.46	150m:	1:33.66	32.21	250m:	2:39.34	32.71	350m:	3:45.81	33.07
	100m:	1:01.45	31.99	200m:	2:06.63	32.97	300m:	3:12.74	33.40	400m:	4:17.37	31.56
3.				03				<b>4:20.79</b>		727		
	50m:	30.37	30.37	150m:	1:36.86	33.47	250m:	2:43.84	33.46	350m:	3:49.07	32.01
	100m:	1:03.39	33.02	200m:	2:10.38	33.52	300m:	3:17.06	33.22	400m:	4:20.79	31.72
4.				99				<b>4:21.83</b>		718		
	50m:	29.68	29.68	150m:	1:35.57	33.14	250m:	2:42.35	33.41	350m:	3:49.83	33.80
	100m:	1:02.43	32.75	200m:	2:08.94	33.37	300m:	3:16.03	33.68	400m:	4:21.83	32.00
5.				93				<b>4:22.23</b>		715		
	50m:	29.32	29.32	150m:	1:34.49	32.75	250m:	2:40.99	33.23	350m:	3:48.79	34.19
	100m:	1:01.74	32.42	200m:	2:07.76	33.27	300m:	3:14.60	33.61	400m:	4:22.23	33.44
6.				01				<b>4:23.78</b>		702		
	50m:	30.97	30.97	150m:	1:38.67	34.23	250m:	2:45.03	33.10	350m:	3:51.63	33.64
	100m:	1:04.44	33.47	200m:	2:11.93	33.26	300m:	3:17.99	32.96	400m:	4:23.78	32.15
7.				00		1		<b>4:24.29</b>		698		
	50m:	30.54	30.54	150m:	1:36.68	33.33	250m:	2:43.28	33.29	350m:	3:51.15	33.96
	100m:	1:03.35	32.81	200m:	2:09.99	33.31	300m:	3:17.19	33.91	400m:	4:24.29	33.14
8.				02		1		<b>4:25.74</b>		687		
	50m:	30.31	30.31	150m:	1:36.72	33.54	250m:	2:44.51	33.90	350m:	3:52.91	34.19
	100m:	1:03.18	32.87	200m:	2:10.61	33.89	300m:	3:18.72	34.21	400m:	4:25.74	32.83
9.				03				<b>4:26.21</b>		683		
	50m:	29.61	29.61	150m:	1:36.08	33.70	250m:	2:44.54	34.39	350m:	3:53.29	34.27
	100m:	1:02.38	32.77	200m:	2:10.15	34.07	300m:	3:19.02	34.48	400m:	4:26.21	32.92
10.				04				<b>4:26.24</b>		683		
	50m:	29.73	29.73	150m:	1:36.74	33.73	250m:	2:44.80	34.03	350m:	3:53.31	34.12
	100m:	1:03.01	33.28	200m:	2:10.77	34.03	300m:	3:19.19	34.39	400m:	4:26.24	32.93
11.				05				<b>4:26.32</b>		682		
	50m:	30.78	30.78	150m:	1:37.38	33.58	250m:	2:44.75	33.83	350m:	3:53.32	34.36
	100m:	1:03.80	33.02	200m:	2:10.92	33.54	300m:	3:18.96	34.21	400m:	4:26.32	33.00
12.				03				<b>4:26.50</b>		681		
	50m:	30.55	30.55	150m:	1:37.58	33.79	250m:	2:45.57	34.13	350m:	3:53.76	34.19
	100m:	1:03.79	33.24	200m:	2:11.44	33.86	300m:	3:19.57	34.00	400m:	4:26.50	32.74
13.				02				<b>4:27.88</b>		670		
	50m:	31.20	31.20	150m:	1:38.02	33.56	250m:	2:46.37	34.31	350m:	3:54.76	33.88
	100m:	1:04.46	33.26	200m:	2:12.06	34.04	300m:	3:20.88	34.51	400m:	4:27.88	33.12
14.				04				<b>4:29.35</b>		660		
	50m:	30.96	30.96	150m:	1:37.85	33.79	250m:	2:46.29	34.22	350m:	3:55.85	34.65
	100m:	1:04.06	33.10	200m:	2:12.07	34.22	300m:	3:21.20	34.91	400m:	4:29.35	33.50
15.				02		1		<b>4:30.15</b>		654		
	50m:	30.24	30.24	150m:	1:37.33	34.22	250m:	2:46.60	34.68	350m:	3:57.00	35.08
	100m:	1:03.11	32.87	200m:	2:11.92	34.59	300m:	3:21.92	35.32	400m:	4:30.15	33.15
16.				03				<b>4:32.13</b>		640		
	50m:	30.86	30.86	150m:	1:40.62	35.40	250m:	2:50.67	34.76	350m:	3:59.65	34.24
	100m:	1:05.22	34.36	200m:	2:15.91	35.29	300m:	3:25.41	34.74	400m:	4:32.13	32.48

37, , 400m												
17.										<b>4:32.77</b>	635	
	50m:	30.71	30.71	150m:	1:38.38	34.08	250m:	2:47.27	34.56	350m:	3:57.93	35.28
	100m:	1:04.30	33.59	200m:	2:12.71	34.33	300m:	3:22.65	35.38	400m:	4:32.77	34.84
18.										<b>4:33.94</b>	627	
	50m:	31.09	31.09	150m:	1:39.14	34.22	250m:	2:48.85	35.10	350m:	3:59.89	35.67
	100m:	1:04.92	33.83	200m:	2:13.75	34.61	300m:	3:24.22	35.37	400m:	4:33.94	34.05
19.										<b>4:34.13</b>	626	
	50m:	31.13	31.13	150m:	1:39.62	34.64	250m:	2:48.80	34.58	350m:	3:59.29	35.45
	100m:	1:04.98	33.85	200m:	2:14.22	34.60	300m:	3:23.84	35.04	400m:	4:34.13	34.84
20.										<b>4:34.24</b>	625	
	50m:	31.32	31.32	150m:	1:39.64	34.68	250m:	2:50.05	35.46	350m:	4:00.63	35.37
	100m:	1:04.96	33.64	200m:	2:14.59	34.95	300m:	3:25.26	35.21	400m:	4:34.24	33.61
21.										<b>4:34.25</b>	625	
	50m:	30.83	30.83	150m:	1:39.30	34.67	250m:	2:50.07	35.32	350m:	4:00.73	35.17
	100m:	1:04.63	33.80	200m:	2:14.75	35.45	300m:	3:25.56	35.49	400m:	4:34.25	33.52
22.										<b>4:35.36</b>	617	
	50m:	32.86	32.86	150m:	1:42.53	34.32	250m:	2:51.06	34.21	350m:	4:01.14	34.83
	100m:	1:08.21	35.35	200m:	2:16.85	34.32	300m:	3:26.31	35.25	400m:	4:35.36	34.22
23.										<b>4:36.68</b>	608	
	50m:	30.89	30.89	150m:	1:40.06	35.24	250m:	2:51.51	35.97	350m:	4:03.24	35.87
	100m:	1:04.82	33.93	200m:	2:15.54	35.48	300m:	3:27.37	35.86	400m:	4:36.68	33.44
24.										<b>4:37.01</b>	606	
	50m:	30.77	30.77	150m:	1:39.37	35.03	250m:	2:50.23	35.57	350m:	4:02.71	36.38
	100m:	1:04.34	33.57	200m:	2:14.66	35.29	300m:	3:26.33	36.10	400m:	4:37.01	34.30
25.										<b>4:37.02</b>	606	
	50m:	29.80	29.80	150m:	1:36.91	33.95	250m:	2:47.20	35.42	350m:	4:00.76	36.71
	100m:	1:02.96	33.16	200m:	2:11.78	34.87	300m:	3:24.05	36.85	400m:	4:37.02	36.26
26.										<b>4:37.12</b>	606	
	50m:	30.33	30.33	150m:	1:39.59	35.09	250m:	2:50.56	35.51	350m:	4:02.47	35.96
	100m:	1:04.50	34.17	200m:	2:15.05	35.46	300m:	3:26.51	35.95	400m:	4:37.12	34.65
27.										<b>4:37.21</b>	605	
	50m:	30.99	30.99	150m:	1:40.37	35.10	250m:	2:51.00	35.33	350m:	4:02.07	35.47
	100m:	1:05.27	34.28	200m:	2:15.67	35.30	300m:	3:26.60	35.60	400m:	4:37.21	35.14
28.										<b>4:37.50</b>	603	
	50m:	31.36	31.36	150m:	1:40.22	34.52	250m:	2:50.57	35.21	350m:	4:00.10	34.86
	100m:	1:05.70	34.34	200m:	2:15.36	35.14	300m:	3:25.24	34.67	400m:	4:37.50	37.40
29.										<b>4:37.67</b>	602	
	50m:	31.37	31.37	150m:	1:41.64	35.57	250m:	2:53.54	35.92	350m:	4:04.72	34.89
	100m:	1:06.07	34.70	200m:	2:17.62	35.98	300m:	3:29.83	36.29	400m:	4:37.67	32.95
30.										<b>4:38.06</b>	599	
	50m:	32.25	32.25	150m:	1:43.04	35.63	250m:	2:54.35	35.56	350m:	4:05.19	34.70
	100m:	1:07.41	35.16	200m:	2:18.79	35.75	300m:	3:30.49	36.14	400m:	4:38.06	32.87
31.										<b>4:38.68</b>	595	
	50m:	31.18	31.18	150m:	1:40.46	35.12	250m:	2:52.20	36.05	350m:	4:03.86	35.61
	100m:	1:05.34	34.16	200m:	2:16.15	35.69	300m:	3:28.25	36.05	400m:	4:38.68	34.82
32.										<b>4:39.19</b>	592	
	50m:	32.26	32.26	150m:	1:43.38	36.11	250m:	2:54.53	35.27	350m:	4:05.43	35.10
	100m:	1:07.27	35.01	200m:	2:19.26	35.88	300m:	3:30.33	35.80	400m:	4:39.19	33.76
33.										<b>4:39.29</b>	592	
	50m:	32.22	32.22	150m:	1:44.00	36.34	250m:	2:55.52	35.81	350m:	4:06.43	35.31
	100m:	1:07.66	35.44	200m:	2:19.71	35.71	300m:	3:31.12	35.60	400m:	4:39.29	32.86

37, , 400m												
34.	03										<b>4:39.89</b>	588
	50m:	31.66	31.66	150m:	1:40.71	35.00	250m:	2:52.51	36.13	350m:	4:05.06	36.36
	100m:	1:05.71	34.05	200m:	2:16.38	35.67	300m:	3:28.70	36.19	400m:	4:39.89	34.83
35.	04										<b>4:40.08</b>	587
	50m:	31.89	31.89	150m:	1:42.78	35.80	250m:	2:54.31	35.61	350m:	4:05.78	35.72
	100m:	1:06.98	35.09	200m:	2:18.70	35.92	300m:	3:30.06	35.75	400m:	4:40.08	34.30
36.	01										<b>4:41.38</b>	578
	50m:	31.32	31.32	150m:	1:41.03	35.38	250m:	2:52.64	35.81	350m:	4:05.81	36.50
	100m:	1:05.65	34.33	200m:	2:16.83	35.80	300m:	3:29.31	36.67	400m:	4:41.38	35.57
37.	04										<b>4:42.04</b>	574
	50m:	31.86	31.86	150m:	1:42.44	35.80	250m:	2:54.72	36.56	350m:	4:06.90	35.75
	100m:	1:06.64	34.78	200m:	2:18.16	35.72	300m:	3:31.15	36.43	400m:	4:42.04	35.14
38.	04										<b>4:42.72</b>	570
	50m:	31.50	31.50	150m:	1:40.37	34.91	250m:	2:52.74	36.53	350m:	4:07.32	37.60
	100m:	1:05.46	33.96	200m:	2:16.21	35.84	300m:	3:29.72	36.98	400m:	4:42.72	35.40
39.	04										<b>4:42.74</b>	570
	50m:	31.23	31.23	150m:	1:41.52	35.68	250m:	2:54.29	36.51	350m:	4:05.19	34.76
	100m:	1:05.84	34.61	200m:	2:17.78	36.26	300m:	3:30.43	36.14	400m:	4:42.74	37.55
40.	04										<b>4:43.08</b>	568
	50m:	29.14	29.14	150m:	1:38.39	35.35	250m:	2:52.24	37.38	350m:	4:06.87	37.28
	100m:	1:03.04	33.90	200m:	2:14.86	36.47	300m:	3:29.59	37.35	400m:	4:43.08	36.21
41.	03										<b>4:43.42</b>	566
	50m:	31.10	31.10	150m:	1:41.97	36.18	250m:	2:54.58	36.60	350m:	4:07.88	36.69
	100m:	1:05.79	34.69	200m:	2:17.98	36.01	300m:	3:31.19	36.61	400m:	4:43.42	35.54
42.	04										<b>4:44.13</b>	562
	50m:	32.19	32.19	150m:	1:43.96	36.36	250m:	2:56.39	36.48	350m:	4:09.12	36.30
	100m:	1:07.60	35.41	200m:	2:19.91	35.95	300m:	3:32.82	36.43	400m:	4:44.13	35.01
43.	03										<b>4:45.54</b>	554
	50m:	31.96	31.96	150m:	1:43.33	36.24	250m:	2:56.92	37.02	350m:	4:10.54	36.47
	100m:	1:07.09	35.13	200m:	2:19.90	36.57	300m:	3:34.07	37.15	400m:	4:45.54	35.00
44.	05										<b>4:46.21</b>	550
	50m:	32.05	32.05	150m:	1:43.91	36.30	250m:	2:57.58	36.63	350m:	4:11.44	36.72
	100m:	1:07.61	35.56	200m:	2:20.95	37.04	300m:	3:34.72	37.14	400m:	4:46.21	34.77
45.	04										<b>4:46.55</b>	548
	50m:	33.08	33.08	150m:	1:45.15	36.49	250m:	2:58.25	36.69	350m:	4:10.52	36.05
	100m:	1:08.66	35.58	200m:	2:21.56	36.41	300m:	3:34.47	36.22	400m:	4:46.55	36.03
46.	04										<b>4:47.35</b>	543
	50m:	31.95	31.95	150m:	1:43.75	36.40	250m:	2:57.61	37.06	350m:	4:11.99	37.43
	100m:	1:07.35	35.40	200m:	2:20.55	36.80	300m:	3:34.56	36.95	400m:	4:47.35	35.36
47.	04										<b>4:48.40</b>	537
	50m:	31.96	31.96	150m:	1:43.99	36.17	250m:	2:58.50	37.44	350m:	4:13.08	37.19
	100m:	1:07.82	35.86	200m:	2:21.06	37.07	300m:	3:35.89	37.39	400m:	4:48.40	35.32
48.	99										<b>4:48.78</b>	535
	50m:	30.63	30.63	150m:	1:41.12	35.94	250m:	2:55.25	37.38	350m:	4:11.38	38.18
	100m:	1:05.18	34.55	200m:	2:17.87	36.75	300m:	3:33.20	37.95	400m:	4:48.78	37.40
49.	04										<b>4:48.82</b>	535
	50m:	32.56	32.56	150m:	1:44.39	36.31	250m:	2:58.55	37.21	350m:	4:13.38	37.36
	100m:	1:08.08	35.52	200m:	2:21.34	36.95	300m:	3:36.02	37.47	400m:	4:48.82	35.44
50.	04										<b>4:49.53</b>	531
	50m:	32.00	32.00	150m:	1:44.46	36.83	250m:	2:58.69	37.11	350m:	4:13.51	37.54
	100m:	1:07.63	35.63	200m:	2:21.58	37.12	300m:	3:35.97	37.28	400m:	4:49.53	36.02

37, , 400m											
51.				03					<b>4:49.85</b>		529
	50m:	32.09	32.09	150m:	1:44.80	36.62	250m:	2:59.40	37.59	350m:	4:14.25 37.44
	100m:	1:08.18	36.09	200m:	2:21.81	37.01	300m:	3:36.81	37.41	400m:	4:49.85 35.60
52.				05					<b>4:50.91</b>		523
	50m:	32.76	32.76	150m:	1:46.11	36.93	250m:	2:59.74	36.29	350m:	4:14.87 37.65
	100m:	1:09.18	36.42	200m:	2:23.45	37.34	300m:	3:37.22	37.48	400m:	4:50.91 36.04
53.				01					<b>4:50.99</b>		523
	50m:	32.42	32.42	150m:	1:45.47	36.89	250m:	2:59.13	36.79	350m:	4:14.41 37.58
	100m:	1:08.58	36.16	200m:	2:22.34	36.87	300m:	3:36.83	37.70	400m:	4:50.99 36.58
54.				04					<b>4:51.98</b>		518
	50m:	32.34	32.34	150m:	1:44.94	36.79	250m:	2:59.82	37.34	350m:	4:15.43 38.01
	100m:	1:08.15	35.81	200m:	2:22.48	37.54	300m:	3:37.42	37.60	400m:	4:51.98 36.55
55.				03					<b>4:52.36</b>		516
	50m:	32.75	32.75	150m:	1:44.95	36.48	250m:	2:57.90	36.35	350m:	4:14.33 39.02
	100m:	1:08.47	35.72	200m:	2:21.55	36.60	300m:	3:35.31	37.41	400m:	4:52.36 38.03
56.				04					<b>4:53.52</b>		510
	50m:	32.38	32.38	150m:	1:45.45	37.21	250m:	3:01.56	38.31	350m:	4:16.89 37.60
	100m:	1:08.24	35.86	200m:	2:23.25	37.80	300m:	3:39.29	37.73	400m:	4:53.52 36.63
57.				03				-	<b>4:53.53</b>		510
	50m:	32.87	32.87	150m:	1:47.31	37.69	250m:	3:02.96	37.64	350m:	4:17.83 37.22
	100m:	1:09.62	36.75	200m:	2:25.32	38.01	300m:	3:40.61	37.65	400m:	4:53.53 35.70
58.				03					<b>4:54.96</b>		502
	50m:	32.29	32.29	150m:	1:45.70	37.06	250m:	3:00.01	37.06	350m:	4:14.78 37.12
	100m:	1:08.64	36.35	200m:	2:22.95	37.25	300m:	3:37.66	37.65	400m:	4:54.96 40.18
59.				03					<b>4:55.85</b>		498
	50m:	34.04	34.04	150m:	1:49.98	38.61	250m:	3:05.71	37.42	350m:	4:19.94 37.92
	100m:	1:11.37	37.33	200m:	2:28.29	38.31	300m:	3:42.02	36.31	400m:	4:55.85 35.91
60.				05					<b>4:55.99</b>		497
	50m:	32.18	32.18	150m:	1:44.91	37.07	250m:	3:01.22	38.40	350m:	4:19.53 39.33
	100m:	1:07.84	35.66	200m:	2:22.82	37.91	300m:	3:40.20	38.98	400m:	4:55.99 36.46
61.				05					<b>4:56.06</b>		497
	50m:	33.31	33.31	150m:	1:47.01	37.41	250m:	3:04.13	38.67	350m:	4:19.97 37.96
	100m:	1:09.60	36.29	200m:	2:25.46	38.45	300m:	3:42.01	37.88	400m:	4:56.06 36.09
62.				04				-	<b>4:56.49</b>		494
	50m:	32.83	32.83	150m:	1:47.03	37.41	250m:	3:02.71	37.77	350m:	4:19.77 38.63
	100m:	1:09.62	36.79	200m:	2:24.94	37.91	300m:	3:41.14	38.43	400m:	4:56.49 36.72
63.				03					<b>4:56.95</b>		492
	50m:	31.57	31.57	150m:	1:43.85	37.10	250m:	3:01.47	38.88	350m:	4:19.52 38.97
	100m:	1:06.75	35.18	200m:	2:22.59	38.74	300m:	3:40.55	39.08	400m:	4:56.95 37.43
64.				03					<b>4:57.05</b>		492
	50m:	33.67	33.67	150m:	1:47.46	37.41	250m:	3:03.06	38.05	350m:	4:20.30 39.27
	100m:	1:10.05	36.38	200m:	2:25.01	37.55	300m:	3:41.03	37.97	400m:	4:57.05 36.75
65.				03					<b>4:57.28</b>		490
	50m:	33.10	33.10	150m:	1:47.17	37.45	250m:	3:04.54	38.99	350m:	4:22.58 39.11
	100m:	1:09.72	36.62	200m:	2:25.55	38.38	300m:	3:43.47	38.93	400m:	4:57.28 34.70
66.				04					<b>4:58.08</b>		487
	50m:	33.47	33.47	150m:	1:46.40	37.11	250m:	3:02.94	38.67	350m:	4:20.44 38.52
	100m:	1:09.29	35.82	200m:	2:24.27	37.87	300m:	3:41.92	38.98	400m:	4:58.08 37.64
67.				05					<b>4:58.20</b>		486
	50m:	33.00	33.00	150m:	1:48.16	38.00	250m:	3:05.59	38.98	350m:	4:20.77 37.29
	100m:	1:10.16	37.16	200m:	2:26.61	38.45	300m:	3:43.48	37.89	400m:	4:58.20 37.43

37, , 400m												
68.										<b>4:59.11</b> II	481	
	50m:	32.56	32.56	150m:	1:46.50	37.71	250m:	3:03.21	38.77	350m:	4:21.40	39.27
	100m:	1:08.79	36.23	200m:	2:24.44	37.94	300m:	3:42.13	38.92	400m:	4:59.11	37.71
69.										<b>5:00.06</b> II	477	
	50m:	32.83	32.83	150m:	1:46.91	37.22	250m:	3:05.26	39.44	350m:	4:22.38	37.89
	100m:	1:09.69	36.86	200m:	2:25.82	38.91	300m:	3:44.49	39.23	400m:	5:00.06	37.68
70.										<b>5:00.40</b> II	475	
	50m:	32.66	32.66	150m:	1:48.01	38.07	250m:	3:06.19	39.33	350m:	4:23.98	38.56
	100m:	1:09.94	37.28	200m:	2:26.86	38.85	300m:	3:45.42	39.23	400m:	5:00.40	36.42
71.										<b>5:00.99</b> II	473	
	50m:	33.63	33.63	150m:	1:48.98	37.96	250m:	3:06.17	38.73	350m:	4:22.70	38.18
	100m:	1:11.02	37.39	200m:	2:27.44	38.46	300m:	3:44.52	38.35	400m:	5:00.99	38.29
72.										<b>5:01.22</b> II	471	
	50m:	32.75	32.75	150m:	1:49.61	38.60	250m:	3:06.49	38.87	350m:	4:24.17	38.69
	100m:	1:11.01	38.26	200m:	2:27.62	38.01	300m:	3:45.48	38.99	400m:	5:01.22	37.05
73.										<b>5:01.75</b> II	469	
	50m:	33.98	33.98	150m:	1:51.11	38.66	250m:	3:07.55	37.92	350m:	4:24.20	37.91
	100m:	1:12.45	38.47	200m:	2:29.63	38.52	300m:	3:46.29	38.74	400m:	5:01.75	37.55
74.										<b>5:02.75</b> II	464	
	50m:	33.23	33.23	150m:	1:48.78	38.52	250m:	3:07.07	39.57	350m:	4:25.34	38.89
	100m:	1:10.26	37.03	200m:	2:27.50	38.72	300m:	3:46.45	39.38	400m:	5:02.75	37.41
75.										<b>5:11.72</b> II	425	
	50m:	33.82	33.82	150m:	1:52.59	40.68	250m:	3:13.54	40.61	350m:	4:35.05	40.11
	100m:	1:11.91	38.09	200m:	2:32.93	40.34	300m:	3:54.94	41.40	400m:	5:11.72	36.67

37 , 400m (13-14 )  
19.10.2018

: FINA 2018

1.											<b>4:26.24</b>	683
	50m:	29.73	29.73	150m:	1:36.74	33.73	250m:	2:44.80	34.03	350m:	3:53.31	34.12
	100m:	1:03.01	33.28	200m:	2:10.77	34.03	300m:	3:19.19	34.39	400m:	4:26.24	32.93
2.											<b>4:26.32</b>	682
	50m:	30.78	30.78	150m:	1:37.38	33.58	250m:	2:44.75	33.83	350m:	3:53.32	34.36
	100m:	1:03.80	33.02	200m:	2:10.92	33.54	300m:	3:18.96	34.21	400m:	4:26.32	33.00
3.											<b>4:29.35</b>	660
	50m:	30.96	30.96	150m:	1:37.85	33.79	250m:	2:46.29	34.22	350m:	3:55.85	34.65
	100m:	1:04.06	33.10	200m:	2:12.07	34.22	300m:	3:21.20	34.91	400m:	4:29.35	33.50
4.											<b>4:33.94</b>	627
	50m:	31.09	31.09	150m:	1:39.14	34.22	250m:	2:48.85	35.10	350m:	3:59.89	35.67
	100m:	1:04.92	33.83	200m:	2:13.75	34.61	300m:	3:24.22	35.37	400m:	4:33.94	34.05
5.											<b>4:34.25</b>	625
	50m:	30.83	30.83	150m:	1:39.30	34.67	250m:	2:50.07	35.32	350m:	4:00.73	35.17
	100m:	1:04.63	33.80	200m:	2:14.75	35.45	300m:	3:25.56	35.49	400m:	4:34.25	33.52
6.											<b>4:37.12</b>	606
	50m:	30.33	30.33	150m:	1:39.59	35.09	250m:	2:50.56	35.51	350m:	4:02.47	35.96
	100m:	1:04.50	34.17	200m:	2:15.05	35.46	300m:	3:26.51	35.95	400m:	4:37.12	34.65
7.											<b>4:37.50</b>	603
	50m:	31.36	31.36	150m:	1:40.22	34.52	250m:	2:50.57	35.21	350m:	4:00.10	34.86
	100m:	1:05.70	34.34	200m:	2:15.36	35.14	300m:	3:25.24	34.67	400m:	4:37.50	37.40

- , 16-19

2018 .

WWW.SPBSWIM.RU

Omega ARES21

37, , 400m , (13-14 )										
8.	04				4:39.19				592	
50m:	32.26	32.26	150m:	1:43.38	36.11	250m:	2:54.53	35.27	350m:	4:05.43 35.10
100m:	1:07.27	35.01	200m:	2:19.26	35.88	300m:	3:30.33	35.80	400m:	4:39.19 33.76
9.	05				4:39.29				592	
50m:	32.22	32.22	150m:	1:44.00	36.34	250m:	2:55.52	35.81	350m:	4:06.43 35.31
100m:	1:07.66	35.44	200m:	2:19.71	35.71	300m:	3:31.12	35.60	400m:	4:39.29 32.86
10.	04				4:40.08				587	
50m:	31.89	31.89	150m:	1:42.78	35.80	250m:	2:54.31	35.61	350m:	4:05.78 35.72
100m:	1:06.98	35.09	200m:	2:18.70	35.92	300m:	3:30.06	35.75	400m:	4:40.08 34.30
11.	04				4:42.04				574	
50m:	31.86	31.86	150m:	1:42.44	35.80	250m:	2:54.72	36.56	350m:	4:06.90 35.75
100m:	1:06.64	34.78	200m:	2:18.16	35.72	300m:	3:31.15	36.43	400m:	4:42.04 35.14
12.	04				4:42.72				570	
50m:	31.50	31.50	150m:	1:40.37	34.91	250m:	2:52.74	36.53	350m:	4:07.32 37.60
100m:	1:05.46	33.96	200m:	2:16.21	35.84	300m:	3:29.72	36.98	400m:	4:42.72 35.40
13.	04				4:42.74				570	
50m:	31.23	31.23	150m:	1:41.52	35.68	250m:	2:54.29	36.51	350m:	4:05.19 34.76
100m:	1:05.84	34.61	200m:	2:17.78	36.26	300m:	3:30.43	36.14	400m:	4:42.74 37.55
14.	04				4:43.08				568	
50m:	29.14	29.14	150m:	1:38.39	35.35	250m:	2:52.24	37.38	350m:	4:06.87 37.28
100m:	1:03.04	33.90	200m:	2:14.86	36.47	300m:	3:29.59	37.35	400m:	4:43.08 36.21
15.	04				4:44.13				562	
50m:	32.19	32.19	150m:	1:43.96	36.36	250m:	2:56.39	36.48	350m:	4:09.12 36.30
100m:	1:07.60	35.41	200m:	2:19.91	35.95	300m:	3:32.82	36.43	400m:	4:44.13 35.01
16.	05				4:46.21				550	
50m:	32.05	32.05	150m:	1:43.91	36.30	250m:	2:57.58	36.63	350m:	4:11.44 36.72
100m:	1:07.61	35.56	200m:	2:20.95	37.04	300m:	3:34.72	37.14	400m:	4:46.21 34.77
17.	04				4:46.55				548	
50m:	33.08	33.08	150m:	1:45.15	36.49	250m:	2:58.25	36.69	350m:	4:10.52 36.05
100m:	1:08.66	35.58	200m:	2:21.56	36.41	300m:	3:34.47	36.22	400m:	4:46.55 36.03
18.	04				4:47.35				543	
50m:	31.95	31.95	150m:	1:43.75	36.40	250m:	2:57.61	37.06	350m:	4:11.99 37.43
100m:	1:07.35	35.40	200m:	2:20.55	36.80	300m:	3:34.56	36.95	400m:	4:47.35 35.36
19.	04				4:48.40				537	
50m:	31.96	31.96	150m:	1:43.99	36.17	250m:	2:58.50	37.44	350m:	4:13.08 37.19
100m:	1:07.82	35.86	200m:	2:21.06	37.07	300m:	3:35.89	37.39	400m:	4:48.40 35.32
20.	04				4:48.82				535	
50m:	32.56	32.56	150m:	1:44.39	36.31	250m:	2:58.55	37.21	350m:	4:13.38 37.36
100m:	1:08.08	35.52	200m:	2:21.34	36.95	300m:	3:36.02	37.47	400m:	4:48.82 35.44
21.	04				4:49.53				531	
50m:	32.00	32.00	150m:	1:44.46	36.83	250m:	2:58.69	37.11	350m:	4:13.51 37.54
100m:	1:07.63	35.63	200m:	2:21.58	37.12	300m:	3:35.97	37.28	400m:	4:49.53 36.02
22.	05				4:50.91				523	
50m:	32.76	32.76	150m:	1:46.11	36.93	250m:	2:59.74	36.29	350m:	4:14.87 37.65
100m:	1:09.18	36.42	200m:	2:23.45	37.34	300m:	3:37.22	37.48	400m:	4:50.91 36.04
23.	04				4:51.98				518	
50m:	32.34	32.34	150m:	1:44.94	36.79	250m:	2:59.82	37.34	350m:	4:15.43 38.01
100m:	1:08.15	35.81	200m:	2:22.48	37.54	300m:	3:37.42	37.60	400m:	4:51.98 36.55
24.	04				4:53.52				510	
50m:	32.38	32.38	150m:	1:45.45	37.21	250m:	3:01.56	38.31	350m:	4:16.89 37.60
100m:	1:08.24	35.86	200m:	2:23.25	37.80	300m:	3:39.29	37.73	400m:	4:53.52 36.63

37, , 400m , (13-14 )												
25.				05	I				<b>4:55.99</b>	I	497	
	50m:	32.18	32.18	150m:	1:44.91	37.07	250m:	3:01.22	38.40	350m:	4:19.53 39.33	
	100m:	1:07.84	35.66	200m:	2:22.82	37.91	300m:	3:40.20	38.98	400m:	4:55.99 36.46	
26.				05	I				<b>4:56.06</b>	II	497	
	50m:	33.31	33.31	150m:	1:47.01	37.41	250m:	3:04.13	38.67	350m:	4:19.97 37.96	
	100m:	1:09.60	36.29	200m:	2:25.46	38.45	300m:	3:42.01	37.88	400m:	4:56.06 36.09	
27.				04					-	<b>4:56.49</b>	II	494
	50m:	32.83	32.83	150m:	1:47.03	37.41	250m:	3:02.71	37.77	350m:	4:19.77 38.63	
	100m:	1:09.62	36.79	200m:	2:24.94	37.91	300m:	3:41.14	38.43	400m:	4:56.49 36.72	
28.				04	I					<b>4:58.08</b>	II	487
	50m:	33.47	33.47	150m:	1:46.40	37.11	250m:	3:02.94	38.67	350m:	4:20.44 38.52	
	100m:	1:09.29	35.82	200m:	2:24.27	37.87	300m:	3:41.92	38.98	400m:	4:58.08 37.64	
29.				05	I					<b>4:58.20</b>	II	486
	50m:	33.00	33.00	150m:	1:48.16	38.00	250m:	3:05.59	38.98	350m:	4:20.77 37.29	
	100m:	1:10.16	37.16	200m:	2:26.61	38.45	300m:	3:43.48	37.89	400m:	4:58.20 37.43	
30.				05						<b>4:59.11</b>	II	481
	50m:	32.56	32.56	150m:	1:46.50	37.71	250m:	3:03.21	38.77	350m:	4:21.40 39.27	
	100m:	1:08.79	36.23	200m:	2:24.44	37.94	300m:	3:42.13	38.92	400m:	4:59.11 37.71	
31.				04	I					<b>5:00.06</b>	II	477
	50m:	32.83	32.83	150m:	1:46.91	37.22	250m:	3:05.26	39.44	350m:	4:22.38 37.89	
	100m:	1:09.69	36.86	200m:	2:25.82	38.91	300m:	3:44.49	39.23	400m:	5:00.06 37.68	
32.				04						<b>5:00.40</b>	II	475
	50m:	32.66	32.66	150m:	1:48.01	38.07	250m:	3:06.19	39.33	350m:	4:23.98 38.56	
	100m:	1:09.94	37.28	200m:	2:26.86	38.85	300m:	3:45.42	39.23	400m:	5:00.40 36.42	
33.				05	I					<b>5:00.99</b>	II	473
	50m:	33.63	33.63	150m:	1:48.98	37.96	250m:	3:06.17	38.73	350m:	4:22.70 38.18	
	100m:	1:11.02	37.39	200m:	2:27.44	38.46	300m:	3:44.52	38.35	400m:	5:00.99 38.29	
34.				04	I					<b>5:01.22</b>	II	471
	50m:	32.75	32.75	150m:	1:49.61	38.60	250m:	3:06.49	38.87	350m:	4:24.17 38.69	
	100m:	1:11.01	38.26	200m:	2:27.62	38.01	300m:	3:45.48	38.99	400m:	5:01.22 37.05	
35.				04	I					<b>5:01.75</b>	II	469
	50m:	33.98	33.98	150m:	1:51.11	38.66	250m:	3:07.55	37.92	350m:	4:24.20 37.91	
	100m:	1:12.45	38.47	200m:	2:29.63	38.52	300m:	3:46.29	38.74	400m:	5:01.75 37.55	
36.				04	I				-	<b>5:02.75</b>	II	464
	50m:	33.23	33.23	150m:	1:48.78	38.52	250m:	3:07.07	39.57	350m:	4:25.34 38.89	
	100m:	1:10.26	37.03	200m:	2:27.50	38.72	300m:	3:46.45	39.38	400m:	5:02.75 37.41	
EXH				03	I					<b>4:57.02</b>	II	492
	50m:	32.54	32.54	150m:	1:45.93	37.38	250m:	3:01.93	38.02	350m:	4:19.62 38.87	
	100m:	1:08.55	36.01	200m:	2:23.91	37.98	300m:	3:40.75	38.82	400m:	4:57.02 37.40	