



27-30.03
2025

XXXIII ОТКРЫТЫЙ

ЧЕМПИОНАТ

В КАТЕГОРИИ
"МАСТЕРС" РОССИИ
по плаванию

КАЗАНЬ

XXXIII

, 27. - 30.3.2025

30
29.03.2025 - 18:40

, 400m

25 - 94

: FPM Masters 25

90 - 94

1.				92						9:39.21	895	
	50m:	1:04.24	1:04.24	150m:	3:28.61	1:13.24	250m:	5:57.13	1:15.02	350m:	8:25.45	1:14.03
	100m:	2:15.37	1:11.13	200m:	4:42.11	1:13.50	300m:	7:11.42	1:14.29	400m:	9:39.21	1:13.76

80 - 84

1.				80						7:54.28	520	
	50m:	54.59	54.59	150m:	2:59.58	1:02.10	250m:	5:02.24	1:00.86	350m:	7:01.74	57.80
	100m:	1:57.48	1:02.89	200m:	4:01.38	1:01.80	300m:	6:03.94	1:01.70	400m:	7:54.28	52.54

75 - 79

1.				76						7:02.32	525	
	50m:	47.16	47.16	150m:	2:35.16	55.45	250m:	4:24.74	55.09	350m:	6:13.62	53.65
	100m:	1:39.71	52.55	200m:	3:29.65	54.49	300m:	5:19.97	55.23	400m:	7:02.32	48.70

70 - 74

1.				71						6:14.62	619	
	50m:	42.15	42.15	150m:	2:16.55	47.34	250m:	3:52.38	47.93	350m:	5:28.43	48.31
	100m:	1:29.21	47.06	200m:	3:04.45	47.90	300m:	4:40.12	47.74	400m:	6:14.62	46.19
2.				71						6:22.47	581	
	50m:	44.89	44.89	150m:	2:22.31	49.63	250m:	4:01.06	49.90	350m:	5:38.31	48.73
	100m:	1:32.68	47.79	200m:	3:11.16	48.85	300m:	4:49.58	48.52	400m:	6:22.47	44.16
3.				71						6:31.89	540	
	50m:	42.33	42.33	150m:	2:20.81	50.90	250m:	4:02.23	51.05	350m:	5:42.07	48.91
	100m:	1:29.91	47.58	200m:	3:11.18	50.37	300m:	4:53.16	50.93	400m:	6:31.89	49.82
4.				70						6:44.14	493	
	50m:	43.93	43.93	150m:	2:25.05	52.08	250m:	4:08.20	51.97	350m:	5:55.11	54.24
	100m:	1:32.97	49.04	200m:	3:16.23	51.18	300m:	5:00.87	52.67	400m:	6:44.14	49.03
5.				72						6:54.47	457	
	50m:	45.89	45.89	150m:	2:30.01	52.59	250m:	4:16.71	53.70	350m:	6:02.66	53.06
	100m:	1:37.42	51.53	200m:	3:23.01	53.00	300m:	5:09.60	52.89	400m:	6:54.47	51.81
6.				72						7:03.38	428	
	50m:	48.52	48.52	150m:	2:35.83	54.69	250m:	4:23.80	54.32	350m:	6:12.02	54.34
	100m:	1:41.14	52.62	200m:	3:29.48	53.65	300m:	5:17.68	53.88	400m:	7:03.38	51.36
7.				70						7:39.01	336	
	50m:	49.26	49.26	150m:	2:46.80	59.23	250m:	4:45.72	59.18	350m:	6:43.56	58.54
	100m:	1:47.57	58.31	200m:	3:46.54	59.74	300m:	5:45.02	59.30	400m:	7:39.01	55.45
8.				70						8:07.82	280	
	50m:	53.52	53.52	150m:	2:56.68	1:02.71	250m:	5:02.21	1:02.96	350m:	7:06.39	1:02.35
	100m:	1:53.97	1:00.45	200m:	3:59.25	1:02.57	300m:	6:04.04	1:01.83	400m:	8:07.82	1:01.43



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, 27. - 30.3.2025

30, , 400m

65 - 69

1.			65			5:26.08	724	
	50m:	37.27 37.27	150m:	1:59.06 41.22	250m:	3:22.00 41.65	350m:	4:45.48 41.92
	100m:	1:17.84 40.57	200m:	2:40.35 41.29	300m:	4:03.56 41.56	400m:	5:26.08 40.60
2.			65			5:33.85	675	
	50m:	37.36 37.36	150m:	2:03.05 44.07	250m:	3:29.25 43.36	350m:	4:54.91 42.90
	100m:	1:18.98 41.62	200m:	2:45.89 42.84	300m:	4:12.01 42.76	400m:	5:33.85 38.94
3.			66			5:58.81	544	
	50m:	40.48 40.48	150m:	2:12.30 46.56	250m:	3:47.10 47.27	350m:	5:19.49 45.53
	100m:	1:25.74 45.26	200m:	2:59.83 47.53	300m:	4:33.96 46.86	400m:	5:58.81 39.32
4.			65			6:00.11	538	
	50m:	39.95 39.95	150m:	2:08.97 45.79	250m:	3:41.97 46.65	350m:	5:15.52 46.73
	100m:	1:23.18 43.23	200m:	2:55.32 46.35	300m:	4:28.79 46.82	400m:	6:00.11 44.59
5.			66			6:33.40	412	
	50m:	41.71 41.71	150m:	2:18.43 50.02	250m:	4:00.67 51.91	350m:	5:44.50 52.55
	100m:	1:28.41 46.70	200m:	3:08.76 50.33	300m:	4:51.95 51.28	400m:	6:33.40 48.90

60 - 64

1.			64			5:10.23	723	
	50m:	35.41 35.41	150m:	1:52.80 39.41	250m:	3:13.49 40.35	350m:	4:33.12 39.79
	100m:	1:13.39 37.98	200m:	2:33.14 40.34	300m:	3:53.33 39.84	400m:	5:10.23 37.11
2.			61			5:13.73	699	
	50m:	35.77 35.77	150m:	1:55.48 40.39	250m:	3:16.95 40.64	350m:	4:36.83 39.37
	100m:	1:15.09 39.32	200m:	2:36.31 40.83	300m:	3:57.46 40.51	400m:	5:13.73 36.90
3.			62			5:15.24	689	
	50m:	36.16 36.16	150m:	1:53.92 39.42	250m:	3:14.32 40.34	350m:	4:36.33 41.62
	100m:	1:14.50 38.34	200m:	2:33.98 40.06	300m:	3:54.71 40.39	400m:	5:15.24 38.91
4.			61			5:15.73	686	
	50m:	35.31 35.31	150m:	1:55.84 40.56	250m:	3:17.82 41.07	350m:	4:38.25 39.28
	100m:	1:15.28 39.97	200m:	2:36.75 40.91	300m:	3:58.97 41.15	400m:	5:15.73 37.48
5.			62			5:16.38	682	
	50m:	35.71 35.71	150m:	1:55.57 40.62	250m:	3:16.92 40.95	350m:	4:37.21 40.16
	100m:	1:14.95 39.24	200m:	2:35.97 40.40	300m:	3:57.05 40.13	400m:	5:16.38 39.17
6.			60			5:28.54	609	
	50m:	36.33 36.33	150m:	2:01.98 43.42	250m:	3:29.21 43.67	350m:	4:53.23 41.50
	100m:	1:18.56 42.23	200m:	2:45.54 43.56	300m:	4:11.73 42.52	400m:	5:28.54 35.31
7.			60			5:37.30	563	
	50m:	2:06.59 2:06.59	150m:		250m:	3:32.13 42.29	350m:	4:58.13 42.87
	100m:	1:22.82	200m:	2:49.84	300m:	4:15.26 43.13	400m:	5:37.30 39.17
8.			60			5:45.87	522	
	50m:	36.88 36.88	150m:	2:02.40 43.89	250m:	3:34.35 46.65	350m:	5:04.48 44.71
	100m:	1:18.51 41.63	200m:	2:47.70 45.30	300m:	4:19.77 45.42	400m:	5:45.87 41.39
9.			60			6:13.37	415	
	50m:	41.73 41.73	150m:	2:17.10 48.73	250m:	3:53.83 48.77	350m:	5:28.81 47.61
	100m:	1:28.37 46.64	200m:	3:05.06 47.96	300m:	4:41.20 47.37	400m:	6:13.37 44.56



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, 27. - 30.3.2025

	30,	, 400m	, 60 - 64								
10.			62							6:26.25	375
	50m:	44.57 44.57	150m:	4:04.08 2:30.47	250m:	5:40.85 2:26.30	350m:				
	100m:	1:33.61 49.04	200m:	3:14.55	300m:	4:52.36	400m:	6:26.25			
11.			61							6:45.17	324
	50m:	42.90 42.90	150m:	2:28.53 53.26	250m:	4:16.95 53.88	350m:	5:57.82 49.57			
	100m:	1:35.27 52.37	200m:	3:23.07 54.54	300m:	5:08.25 51.30	400m:	6:45.17 47.35			
DSQ			61							5:23.98	
GA -											
	50m:	36.06 36.06	150m:	1:59.56 42.79	250m:	3:24.49 42.47	350m:	4:46.18 40.23			
	100m:	1:16.77 40.71	200m:	2:42.02 42.46	300m:	4:05.95 41.46	400m:	5:23.98 37.80			
55 - 59											
1.			59							4:54.96	755
	50m:	34.60 34.60	150m:	1:49.25 37.72	250m:	3:04.75 37.67	350m:	4:19.52 37.38			
	100m:	1:11.53 36.93	200m:	2:27.08 37.83	300m:	3:42.14 37.39	400m:	4:54.96 35.44			
2.			59							5:09.33	655
	50m:	34.97 34.97	150m:	1:52.48 39.60	250m:	3:12.66 40.26	350m:	4:32.67 39.91			
	100m:	1:12.88 37.91	200m:	2:32.40 39.92	300m:	3:52.76 40.10	400m:	5:09.33 36.66			
3.			55							5:11.80	639
	50m:	34.62 34.62	150m:	1:53.65 40.21	250m:	3:14.29 40.16	350m:	4:34.65 39.68			
	100m:	1:13.44 38.82	200m:	2:34.13 40.48	300m:	3:54.97 40.68	400m:	5:11.80 37.15			
4.			57	-						5:14.31	624
	50m:	35.49 35.49	150m:	1:55.05 40.47	250m:	3:16.13 40.76	350m:	4:36.75 39.99			
	100m:	1:14.58 39.09	200m:	2:35.37 40.32	300m:	3:56.76 40.63	400m:	5:14.31 37.56			
5.			56							5:20.38	589
	50m:	37.53 37.53	150m:	2:00.84 41.88	250m:	3:22.97 41.01	350m:	4:43.19			
	100m:	1:18.96 41.43	200m:	2:41.96 41.12	300m:	5:20.48 1:57.51	400m:	5:20.38 37.19			
6.			56							5:20.88	587
	50m:	35.11 35.11	150m:	1:56.99 41.21	250m:	3:20.63 41.70	350m:	4:43.16 40.41			
	100m:	1:15.78 40.67	200m:	2:38.93 41.94	300m:	4:02.75 42.12	400m:	5:20.88 37.72			
7.			57	-						5:25.22	563
	50m:	36.99 36.99	150m:	1:56.34 40.13	250m:	3:19.89 41.82	350m:	4:44.87			
	100m:	1:16.21 39.22	200m:	2:38.07 41.73	300m:	5:25.26 2:05.37	400m:	5:25.22 40.35			
8.			56							5:34.73	517
	50m:	38.23 38.23	150m:	2:03.15 43.28	250m:	3:30.05 43.36	350m:	4:54.44 41.45			
	100m:	1:19.87 41.64	200m:	2:46.69 43.54	300m:	4:12.99 42.94	400m:	5:34.73 40.29			
50 - 54											
1.			53							4:45.08	761
	50m:	32.52 32.52	150m:	1:45.26 36.65	250m:	2:59.12 36.95	350m:	4:11.04 35.44			
	100m:	1:08.61 36.09	200m:	2:22.17 36.91	300m:	3:35.60 36.48	400m:	4:45.08 34.04			
2.			52	-						5:08.45	600
	50m:	34.35 34.35	150m:	1:52.01 39.38	250m:	3:12.21 40.35	350m:	4:31.08 39.15			
	100m:	1:12.63 38.28	200m:	2:31.86 39.85	300m:	3:51.93 39.72	400m:	5:08.45 37.37			



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"МАСТЕРС" РОССИИ
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, 27. - 30.3.2025

	30,	, 400m	, 50 - 54									
3.			50								5:11.49	583
	50m:	34.05 34.05	150m:	1:52.74 40.18	250m:	3:13.71 40.71	350m:	4:34.12 39.90				
	100m:	1:12.56 38.51	200m:	2:33.00 40.26	300m:	3:54.22 40.51	400m:	5:11.49 37.37				
4.			51								5:12.27	579
	50m:	34.98 34.98	150m:	1:53.61 39.96	250m:	3:13.86 40.32	350m:	4:34.52 40.49				
	100m:	1:13.65 38.67	200m:	2:33.54 39.93	300m:	3:54.03 40.17	400m:	5:12.27 37.75				
5.			51								5:12.59	577
	50m:	35.65 35.65	150m:	1:53.88 39.53	250m:	3:13.77 40.24	350m:	4:33.93 39.81				
	100m:	1:14.35 38.70	200m:	2:33.53 39.65	300m:	3:54.12 40.35	400m:	5:12.59 38.66				
6.			54								5:25.69	510
	50m:	34.62 34.62	150m:	1:54.34 41.36	250m:	3:19.27 42.70	350m:	4:44.96 43.21				
	100m:	1:12.98 38.36	200m:	2:36.57 42.23	300m:	4:01.75 42.48	400m:	5:25.69 40.73				
7.			51								5:28.39	498
	50m:	35.36 35.36	150m:	1:54.45 40.06	250m:	3:18.34 42.44	350m:	4:46.44 44.63				
	100m:	1:14.39 39.03	200m:	2:35.90 41.45	300m:	4:01.81 43.47	400m:	5:28.39 41.95				
8.			53								5:37.98	456
	50m:	34.72 34.72	150m:	1:59.74 44.03	250m:	3:30.32 45.03	350m:	4:59.38 44.76				
	100m:	1:15.71 40.99	200m:	2:45.29 45.55	300m:	4:14.62 44.30	400m:	5:37.98 38.60				
9.			50								6:07.84	354
	50m:	39.40 39.40	150m:	2:09.27 45.52	250m:	3:42.31 46.99	350m:	5:19.34 48.77				
	100m:	1:23.75 44.35	200m:	2:55.32 46.05	300m:	4:30.57 48.26	400m:	6:07.84 48.50				
45 - 49												
1.			48								4:39.45	746
	50m:	31.02 31.02	150m:	1:39.44 34.73	250m:	2:51.04 35.99	350m:	4:03.76 36.37				
	100m:	1:04.71 33.69	200m:	2:15.05 35.61	300m:	3:27.39 36.35	400m:	4:39.45 35.69				
2.			47								5:07.47	560
	50m:	34.43 34.43	150m:	1:52.73 40.34	250m:	3:13.24 39.93	350m:	4:31.42 38.72				
	100m:	1:12.39 37.96	200m:	2:33.31 40.58	300m:	3:52.70 39.46	400m:	5:07.47 36.05				
3.			46								5:18.88	502
	50m:	33.62 33.62	150m:	1:52.74 40.90	250m:	3:16.11 41.90	350m:	4:40.19 42.15				
	100m:	1:11.84 38.22	200m:	2:34.21 41.47	300m:	3:58.04 41.93	400m:	5:18.88 38.69				
4.			49								5:20.38	495
	50m:	37.49 37.49	150m:	1:57.03 39.65	250m:	3:19.14 40.61	350m:	4:42.18 41.09				
	100m:	1:17.38 39.89	200m:	2:38.53 41.50	300m:	4:01.09 41.95	400m:	5:20.38 38.20				
5.			45								5:20.78	493
	50m:	35.57 35.57	150m:	1:56.77 41.10	250m:	3:18.52 40.97	350m:	4:40.75 41.58				
	100m:	1:15.67 40.10	200m:	2:37.55 40.78	300m:	3:59.17 40.65	400m:	5:20.78 40.03				
6.			49								5:23.15	482
	50m:	37.65 37.65	150m:	1:59.32 40.95	250m:	3:22.96 41.99	350m:	4:45.21 40.71				
	100m:	1:18.37 40.72	200m:	2:40.97 41.65	300m:	4:04.50 41.54	400m:	5:23.15 37.94				
7.			49								5:23.35	481
	50m:	35.60 35.60	150m:	1:56.32 40.92	250m:	3:20.14 42.09	350m:	4:44.45 42.13				
	100m:	1:15.40 39.80	200m:	2:38.05 41.73	300m:	4:02.32 42.18	400m:	5:23.35 38.90				



80 ПОБЕДА!



ОФИЦИАЛЬНЫЙ СПОНСОР

27-30.03
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XXXIII ОТКРЫТЫЙ

ЧЕМПИОНАТ

В КАТЕГОРИИ
"МАСТЕРС"

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, 27. - 30.3.2025

	30,	, 400m	, 45 - 49								
8.			45							5:28.48	459
	50m:	35.25 35.25	150m:	1:53.79 39.60	250m:	3:16.66 42.09	350m:	4:45.30 44.74	400m:	5:28.48 43.18	
	100m:	1:14.19 38.94	200m:	2:34.57 40.78	300m:	4:00.56 43.90					
9.			48							5:33.65	438
	50m:	37.27 37.27	150m:	2:01.56 43.05	250m:	3:29.02 43.50	350m:	4:55.68 43.02	400m:	5:33.65 37.97	
	100m:	1:18.51 41.24	200m:	2:45.52 43.96	300m:	4:12.66 43.64					
10.			45							5:34.18	436
	50m:	36.67 36.67	150m:	2:01.68 43.62	250m:	3:27.83 43.08	350m:	4:54.90 43.80	400m:	5:34.18 39.28	
	100m:	1:18.06 41.39	200m:	2:44.75 43.07	300m:	4:11.10 43.27					
11.			45							5:34.77	434
	50m:	35.19 35.19	150m:	1:58.39 43.07	250m:	3:26.39 44.18	350m:	4:54.09 43.78	400m:	5:34.77 40.68	
	100m:	1:15.32 40.13	200m:	2:42.21 43.82	300m:	4:10.31 43.92					
12.			46							5:35.12	432
	50m:	36.08 36.08	150m:	1:59.04 42.61	250m:	3:24.73 43.12	350m:	4:52.99 44.30	400m:	5:35.12 42.13	
	100m:	1:16.43 40.35	200m:	2:41.61 42.57	300m:	4:08.69 43.96					
13.			48							5:37.49	423
	50m:	37.27 37.27	150m:	2:02.14 43.16	250m:	3:30.40 44.29	350m:	4:56.85 43.19	400m:	5:37.49 40.64	
	100m:	1:18.98 41.71	200m:	2:46.11 43.97	300m:	4:13.66 43.26					
14.			47		-					5:48.62	384
	50m:	36.53 36.53	150m:	2:05.31 45.92	250m:	3:36.57 46.10	350m:	5:06.71 44.82	400m:	5:48.62 41.91	
	100m:	1:19.39 42.86	200m:	2:50.47 45.16	300m:	4:21.89 45.32					
			46							NT	NT
40 - 44											
1.			44							4:19.85	912
	50m:	29.24 29.24	150m:	1:34.46 32.96	250m:	2:40.54 32.85	350m:	3:46.80 33.04	400m:	4:19.85 33.05	
	100m:	1:01.50 32.26	200m:	2:07.69 33.23	300m:	3:13.76 33.22					
2.			40							4:37.42	750
	50m:	29.95 29.95	150m:	1:39.84 35.02	250m:	2:51.20 35.84	350m:	4:03.15 35.53	400m:	4:37.42 34.27	
	100m:	1:04.82 34.87	200m:	2:15.36 35.52	300m:	3:27.62 36.42					
3.			44							4:40.12	728
	50m:	31.78 31.78	150m:	1:42.66 35.94	250m:	2:53.24 35.05	350m:	4:04.29 35.63	400m:	4:40.12 35.83	
	100m:	1:06.72 34.94	200m:	2:18.19 35.53	300m:	3:28.66 35.42					
4.			42							4:50.41	653
	50m:	31.28 31.28	150m:	1:43.53 36.73	250m:	2:57.69 37.43	350m:	4:13.44 37.97	400m:	4:50.41 36.97	
	100m:	1:06.80 35.52	200m:	2:20.26 36.73	300m:	3:35.47 37.78					
5.			43		-					4:59.19	598
	50m:	33.46 33.46	150m:	1:50.90 39.28	250m:	3:08.32 38.84	350m:	4:24.06 37.53	400m:	4:59.19 35.13	
	100m:	1:11.62 38.16	200m:	2:29.48 38.58	300m:	3:46.53 38.21					
6.			43							5:05.08	564
	50m:	34.65 34.65	150m:	1:51.10 38.65	250m:	3:09.21 39.10	350m:	4:27.42 38.95	400m:	5:05.08 37.66	
	100m:	1:12.45 37.80	200m:	2:30.11 39.01	300m:	3:48.47 39.26					
7.			40							5:07.58	550
	50m:	34.05 34.05	150m:	1:50.86 38.76	250m:	3:09.42 39.55	350m:	4:29.33 40.02	400m:	5:07.58 38.25	
	100m:	1:12.10 38.05	200m:	2:29.87 39.01	300m:	3:49.31 39.89					



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ОФИЦИАЛЬНЫЙ СПОНСОР

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XXXIII ОТКРЫТЫЙ

ЧЕМПИОНАТ

В КАТЕГОРИИ
"МАСТЕРС" РОССИИ
по плаванию

КАЗАНЬ

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30,		, 400m		, 40 - 44					
8.				40				5:08.34	546
	50m:	31.42	31.42	150m:	1:46.89	39.16	250m:	3:07.97	40.80
	100m:	1:07.73	36.31	200m:	2:27.17	40.28	300m:	3:48.81	40.84
							350m:	4:29.92	41.11
							400m:	5:08.34	38.42
9.				44		-		5:27.16	457
	50m:	35.55	35.55	150m:	1:56.18	41.23	250m:	3:20.34	42.66
	100m:	1:14.95	39.40	200m:	2:37.68	41.50	300m:	4:02.22	41.88
							350m:	4:44.68	42.46
							400m:	5:27.16	42.48
10.				41				5:28.03	453
	50m:	36.30	36.30	150m:	2:00.09	42.28	250m:	3:25.80	42.25
	100m:	1:17.81	41.51	200m:	2:43.55	43.46	300m:	4:08.74	42.94
							350m:	4:50.57	41.83
							400m:	5:28.03	37.46
11.				44				6:01.00	340
	50m:	37.27	37.27	150m:	2:03.46	43.78	250m:	3:38.43	47.24
	100m:	1:19.68	42.41	200m:	2:51.19	47.73	300m:	4:26.04	47.61
							350m:	5:14.58	48.54
							400m:	6:01.00	46.42
				43				NT	NT
35 - 39									
1.				38				4:50.38	628
	50m:	33.02	33.02	150m:	1:46.37	36.72	250m:	3:00.68	37.16
	100m:	1:09.65	36.63	200m:	2:23.52	37.15	300m:	3:37.87	37.19
							350m:	4:14.82	36.95
							400m:	4:50.38	35.56
2.				37				4:51.22	623
	50m:	31.30	31.30	150m:	1:41.75	35.90	250m:	2:56.71	37.70
	100m:	1:05.85	34.55	200m:	2:19.01	37.26	300m:	3:35.05	38.34
							350m:	4:13.61	38.56
							400m:	4:51.22	37.61
3.				37				5:01.59	561
	50m:	34.02	34.02	150m:	1:51.04	39.16	250m:	3:08.71	39.32
	100m:	1:11.88	37.86	200m:	2:29.39	38.35	300m:	3:46.99	38.28
							350m:	4:25.79	38.80
							400m:	5:01.59	35.80
4.				37				5:22.35	459
	50m:	34.96	34.96	150m:	1:53.79	40.39	250m:	3:15.92	41.22
	100m:	1:13.40	38.44	200m:	2:34.70	40.91	300m:	3:58.49	42.57
							350m:	4:41.59	43.10
							400m:	5:22.35	40.76
5.				36				5:22.40	459
	50m:	34.22	34.22	150m:	1:53.09	40.34	250m:	3:16.62	42.14
	100m:	1:12.75	38.53	200m:	2:34.48	41.39	300m:	3:59.42	42.80
							350m:	4:42.16	42.74
							400m:	5:22.40	40.24
				36				NT	NT
30 - 34									
1.				34				4:25.96	755
	50m:	30.28	30.28	150m:	1:36.51	33.63	250m:	2:44.73	34.35
	100m:	1:02.88	32.60	200m:	2:10.38	33.87	300m:	3:18.56	33.83
							350m:	3:53.07	34.51
							400m:	4:25.96	32.89
2.				34				4:28.76	731
	50m:	29.92	29.92	150m:	1:36.24	33.71	250m:	2:45.25	34.66
	100m:	1:02.53	32.61	200m:	2:10.59	34.35	300m:	3:20.16	34.91
							350m:	3:54.81	34.65
							400m:	4:28.76	33.95
3.				31				4:36.84	669
	50m:	30.91	30.91	150m:	1:38.67	33.92	250m:	2:48.84	35.47
	100m:	1:04.75	33.84	200m:	2:13.37	34.70	300m:	3:24.73	35.89
							350m:	4:01.42	36.69
							400m:	4:36.84	35.42
4.				33				4:47.77	596
	50m:	33.20	33.20	150m:	1:45.05	36.27	250m:	2:58.92	36.86
	100m:	1:08.78	35.58	200m:	2:22.06	37.01	300m:	3:35.71	36.79
							350m:	4:12.28	36.57
							400m:	4:47.77	35.49



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ЧЕМПИОНАТ

В КАТЕГОРИИ
"МАСТЕРС"
РОССИИ
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" "

30, , 400m , 30 - 34

5.				32	-					4:48.46	591	
	50m:	30.61	30.61	150m:	1:39.41	35.40	250m:	2:54.48	38.08	350m:	4:11.00	38.54
	100m:	1:04.01	33.40	200m:	2:16.40	36.99	300m:	3:32.46	37.98	400m:	4:48.46	37.46
6.				30						4:53.65	561	
	50m:	32.46	32.46	150m:	1:45.24	36.83	250m:	2:59.71	37.26	350m:	4:15.57	38.27
	100m:	1:08.41	35.95	200m:	2:22.45	37.21	300m:	3:37.30	37.59	400m:	4:53.65	38.08
7.				31	-					5:22.57	423	
	50m:	35.01	35.01	150m:	1:54.79	40.63	250m:	3:17.27	40.78	350m:	4:41.77	42.38
	100m:	1:14.16	39.15	200m:	2:36.49	41.70	300m:	3:59.39	42.12	400m:	5:22.57	40.80
8.				33						5:27.78	403	
	50m:	37.84	37.84	150m:	2:00.99	42.03	250m:	3:25.48	42.20	350m:	4:48.44	41.49
	100m:	1:18.96	41.12	200m:	2:43.28	42.29	300m:	4:06.95	41.47	400m:	5:27.78	39.34

25 - 29

1.				28						4:17.81	805	
	50m:	28.69	28.69	150m:	1:33.05	32.79	250m:	2:38.39	32.25	350m:	3:46.13	34.13
	100m:	1:00.26	31.57	200m:	2:06.14	33.09	300m:	3:12.00	33.61	400m:	4:17.81	31.68
				28						NT	NT	
				27						NT	NT	