



37

, 400m

12.09.2025 - 12:18

3:45.48
3:45.48

21.11.2024
21.11.2024

: 3:55.65 / 16 - 18: 3:56.66 /
 14 - 15: 4:05.97 / : 3:40.94 / 12 +: 3:56.00 /
 10 +: 4:08.50 / I 9 +: 4:25.00 / II 9 +: 5:00.00 / III 9 +: 5:41.00 /
 I . 8 +: 6:37.00 / II . 8 +: 7:33.00 / III . 8 +: 8:29.00

: FINA 2023

WA

1.	07	.	.	-1	.	3:54.48	741
2.	07	"	"	-1"	.	4:03.50	662
3.	08	"	"	-1"	.	4:07.36	631
4.	11	"	"	"	.	4:08.99	1 619
5.	05	"	"	-1"	.	4:09.81	1 613
6.	09	"	"	-1"	.	4:09.99	1 612
7.	08	"	"	-1"	.	4:11.44	1 601
8.	09	"	"	"	-1	4:12.69	1 592
9.	09	"	"	-1"	.	4:15.70	1 571
10.	09	"	"	-1"	.	4:16.21	1 568
11.	08	"	"	-1"	.	4:16.36	1 567
12.	08	"	"	"	.	4:16.94	1 563
13.	10	"	"	-1"	.	4:17.03	1 563
14.	10 1	"	"	-2"	.	4:21.53	1 534
15.	11 1	"	"	-1"	.	4:25.16	2 512
16.	10 1	"	"	-1"	.	4:26.87	2 503
17.	11 1	"	"	-2"	.	4:26.89	2 502
18.	09 1	"	"	"	.	4:27.81	2 497
19.	11 2	"	"	-2"	.	4:28.99	2 491
20.	10 1	"	"	-1"	.	4:31.87	2 475
21.	10 1	"	"	"	.	4:32.19	2 474
22.	11 2	"	"	-2"	.	4:34.04	2 464
23.	10 2	"	"	"	.	4:34.99	2 459
24.	10 1	"	"	-1"	.	4:36.72	2 451
25.	11 2	"	"	-1"	.	4:38.82	2 441
26.	10 2	"	"	-2"	.	4:40.21	2 434
27.	11 2	"	"	"	.	4:44.25	2 416
28.	11 2	"	"	"	.	4:44.72	2 414
29.	11 2	"	"	-2"	.	4:48.19	2 399
30.	11 2	"	"	-2"	.	4:48.90	2 396
31.	10 2	"	"	-2"	.	4:49.64	2 393
32.	11 2	"	"	-1"	.	4:49.89	2 392
33.	11 2	"	"	"	.	4:52.91	2 380
34.	10 2	"	"	"	.	4:55.09	2 372
35.	11 2	"	"	"	.	4:56.55	2 366
36.	11 2	"	"	"	.	4:57.70	2 362
37.	11 2	"	"	-2"	.	4:58.65	2 358
38.	11 2	"	"	"	.	4:59.84	2 354
39.	11 2	"	"	"	.	5:01.68	3 348
40.	11 2	"	"	"	.	5:02.44	3 345
41.	11 2	"	"	-2"	.	5:05.17	3 336



Промингаз

ЧЕМПИОНАТ И ПЕРВЕНСТВО НИЖЕГОРОДСКОЙ ОБЛАСТИ ПО ПЛАВАНИЮ



бассейн ООО ФОК «Полет», 25 м

10-12 сентября 2025

37, , 400m ,

42.

11 2 " " .

5:07.84 3

WA

327



Промингаз

ЧЕМПИОНАТ И ПЕРВЕНСТВО НИЖЕГОРОДСКОЙ ОБЛАСТИ ПО ПЛАВАНИЮ



бассейн ООО ФОК «Полет», 25 м

10-12 сентября 2025

37, , 400m

16-18

1.	07								3:54.48	741
2.	07	"							4:03.50	662
3.	08	"							4:07.36	631
4.	09	"							4:09.99 1	612
5.	08	"							4:11.44 1	601
6.	09	"							4:12.69 1	592
7.	09	"							4:15.70 1	571
8.	09	"							4:16.21 1	568
9.	08	"							4:16.36 1	567
10.	08								4:16.94 1	563
11.	09 1	"							4:27.81 2	497



37, , 400m

14-15

1.	11	"	"	"	4:08.99	1	619
2.	10	"	"	-1"	4:17.03	1	563
3.	10 1	"	"	-2"	4:21.53	1	534
4.	11 1	"	"	-1"	4:25.16	2	512
5.	10 1	"	"	-1"	4:26.87	2	503
6.	11 1	"	"	-2"	4:26.89	2	502
7.	11 2	"	"	-2"	4:28.99	2	491
8.	10 1	"	"	-1"	4:31.87	2	475
9.	10 1	"	"	"	4:32.19	2	474
10.	11 2	"	"	-2"	4:34.04	2	464
11.	10 2	"	"	"	4:34.99	2	459
12.	10 1	"	"	-1"	4:36.72	2	451
13.	11 2	"	"	-1"	4:38.82	2	441
14.	10 2	"	"	-2"	4:40.21	2	434
15.	11 2	"	"	"	4:44.25	2	416
16.	11 2	"	"	"	4:44.72	2	414
17.	11 2	"	"	-2"	4:48.19	2	399
18.	11 2	"	"	-2"	4:48.90	2	396
19.	10 2	"	"	-2"	4:49.64	2	393
20.	11 2	"	"	-1"	4:49.89	2	392
21.	11 2	"	"	"	4:52.91	2	380
22.	10 2	"	"	"	4:55.09	2	372
23.	11 2	"	"	"	4:56.55	2	366
24.	11 2	"	"	"	4:57.70	2	362
25.	11 2	"	"	-2"	4:58.65	2	358
26.	11 2	"	"	"	4:59.84	2	354
27.	11 2	"	"	"	5:01.68	3	348
28.	11 2	"	"	"	5:02.44	3	345
29.	11 2	"	"	-2"	5:05.17	3	336
30.	11 2	"	"	"	5:07.84	3	327