

Официальные спортивные соревнования "Первенство Московской академии плавания "Выполни разряд". Восток  
Москва, 20. - 23.5.2025

Дистанция 11  
21.05.2025

Женщины, 400m Вольный стиль

11 лет и старше  
Результаты

Норматив I юн. разряд 8 +: 7:29.00 / Норматив II юн. разряд 8 +: 8:40.00 / Норматив III юн. разряд 8 +: 9:51.00 /  
Норматив I разряд 9 +: 4:52.00 / Норматив II разряд 9 +: 5:34.00 / Норматив III разряд 9 +: 6:18.00 /  
Норматив КМС 10 +: 4:30.00 / Норматив МС 12 +: 4:20.00

Очки: AQUA 2024

| Место               | Год рождения          |                     |                     |                     |  |  |  |  | Время   | Очки    |
|---------------------|-----------------------|---------------------|---------------------|---------------------|--|--|--|--|---------|---------|
| Девушки (11-13 лет) |                       |                     |                     |                     |  |  |  |  |         |         |
| 1.                  | ПОЛЕВОДОВА, Анна      |                     | 13                  | МАП "Косино"        |  |  |  |  | 4:39.07 | 569 I   |
|                     | 50m: 31.70 31.70      | 150m: 1:41.04 34.89 | 250m: 2:52.01 35.57 | 350m: 4:04.29 36.24 |  |  |  |  |         |         |
|                     | 100m: 1:06.15 34.45   | 200m: 2:16.44 35.40 | 300m: 3:28.05 36.04 | 400m: 4:39.07 34.78 |  |  |  |  |         |         |
| 2.                  | ХРУЩЕВА, Ульяна       |                     | 12                  | МАП "Некрасовка"    |  |  |  |  | 4:51.37 | 500 I   |
|                     | 50m: 32.98 32.98      | 150m: 1:44.91 36.42 | 250m: 3:00.23 37.05 | 350m: 4:15.64 37.57 |  |  |  |  |         |         |
|                     | 100m: 1:08.49 35.51   | 200m: 2:23.18 38.27 | 300m: 3:38.07 37.84 | 400m: 4:51.37 35.73 |  |  |  |  |         |         |
| 3.                  | КАРИМОВА, Амина       |                     | 13                  | МАП "Косино"        |  |  |  |  | 4:51.71 | 498 I   |
|                     | 50m: 33.13 33.13      | 150m: 1:46.13 36.73 | 250m: 3:00.34 37.05 | 350m: 4:16.09 37.94 |  |  |  |  |         |         |
|                     | 100m: 1:09.40 36.27   | 200m: 2:23.29 37.16 | 300m: 3:38.15 37.81 | 400m: 4:51.71 35.62 |  |  |  |  |         |         |
| 4.                  | ЦАПЕНКО, Мария        |                     | 12                  | МАП "Косино"        |  |  |  |  | 4:56.55 | 474 II  |
|                     | 50m: 32.66 32.66      | 150m: 1:47.16 37.16 | 250m: 3:02.84 37.53 | 350m: 4:19.18 38.28 |  |  |  |  |         |         |
|                     | 100m: 1:10.00 37.34   | 200m: 2:25.31 38.15 | 300m: 3:40.90 38.06 | 400m: 4:56.55 37.37 |  |  |  |  |         |         |
| 5.                  | КОВАЛЕВА, Анастасия   |                     | 13                  | МАП "Косино"        |  |  |  |  | 4:57.33 | 470 II  |
|                     | 50m: 33.43 33.43      | 150m: 1:48.25 37.73 | 250m: 3:04.27 38.11 | 350m: 4:20.59 38.27 |  |  |  |  |         |         |
|                     | 100m: 1:10.52 37.09   | 200m: 2:26.16 37.91 | 300m: 3:42.32 38.05 | 400m: 4:57.33 36.74 |  |  |  |  |         |         |
| 6.                  | КУПРИЯНОВА, Виктория  |                     | 13                  | МАП "Косино"        |  |  |  |  | 4:57.34 | 470 II  |
|                     | 50m: 33.58 33.58      | 150m: 1:47.88 37.98 | 250m: 3:04.09 38.35 | 350m: 4:20.95 38.69 |  |  |  |  |         |         |
|                     | 100m: 1:09.90 36.32   | 200m: 2:25.74 37.86 | 300m: 3:42.26 38.17 | 400m: 4:57.34 36.39 |  |  |  |  |         |         |
| 7.                  | СЕМЕНОВА, Сафия       |                     | 12                  | МАП "Косино"        |  |  |  |  | 5:00.57 | 455 II  |
|                     | 50m: 33.13 33.13      | 150m: 1:47.86 37.73 | 250m: 3:04.91 38.62 | 350m: 4:22.38 38.65 |  |  |  |  |         |         |
|                     | 100m: 1:10.13 37.00   | 200m: 2:26.29 38.43 | 300m: 3:43.73 38.82 | 400m: 5:00.57 38.19 |  |  |  |  |         |         |
| 8.                  | КРУПИНА, Варвара      |                     | 12                  | МАП "Медведково"    |  |  |  |  | 5:03.13 | 444 II  |
|                     | 50m: 33.32 33.32      | 150m: 1:51.85 39.91 | 250m: 3:11.18 39.67 | 350m: 4:28.24 38.27 |  |  |  |  |         |         |
|                     | 100m: 1:11.94 38.62   | 200m: 2:31.51 39.66 | 300m: 3:49.97 38.79 | 400m: 5:03.13 34.89 |  |  |  |  |         |         |
| 9.                  | ПЛЕХАНОВА, Александра |                     | 12                  | МАП "Некрасовка"    |  |  |  |  | 5:22.97 | 367 II  |
|                     | 50m: 34.48 34.48      | 150m: 1:51.93 39.70 | 250m: 3:14.26 41.84 | 350m: 4:39.92 43.16 |  |  |  |  |         |         |
|                     | 100m: 1:12.23 37.75   | 200m: 2:32.42 40.49 | 300m: 3:56.76 42.50 | 400m: 5:22.97 43.05 |  |  |  |  |         |         |
| 10.                 | ВОЛКОВА, Злата        |                     | 14                  | МАП "Косино"        |  |  |  |  | 5:24.34 | 362 II  |
|                     | 50m: 36.98 36.98      | 150m: 2:00.20 41.71 | 250m: 3:22.78 40.76 | 350m: 4:43.35 39.30 |  |  |  |  |         |         |
|                     | 100m: 1:18.49 41.51   | 200m: 2:42.02 41.82 | 300m: 4:04.05 41.27 | 400m: 5:24.34 40.99 |  |  |  |  |         |         |
| 11.                 | ГУЩИНА, Алиса         |                     | 13                  | МАП "Косино"        |  |  |  |  | 5:25.08 | 360 II  |
|                     | 50m: 35.63 35.63      | 150m: 1:58.03 41.64 | 250m: 3:21.84 42.04 | 350m: 4:45.72 42.23 |  |  |  |  |         |         |
|                     | 100m: 1:16.39 40.76   | 200m: 2:39.80 41.77 | 300m: 4:03.49 41.65 | 400m: 5:25.08 39.36 |  |  |  |  |         |         |
| 12.                 | КАЧАЛИНА, Зинаида     |                     | 12                  | МАП "Косино"        |  |  |  |  | 5:25.61 | 358 II  |
|                     | 50m: 36.98 36.98      | 150m: 1:59.03 41.22 | 250m: 3:21.83 41.34 | 350m: 4:45.25 40.96 |  |  |  |  |         |         |
|                     | 100m: 1:17.81 40.83   | 200m: 2:40.49 41.46 | 300m: 4:04.29 42.46 | 400m: 5:25.61 40.36 |  |  |  |  |         |         |
| 13.                 | ТАРАСОВА, Ульяна      |                     | 14                  | МАП "Некрасовка"    |  |  |  |  | 5:31.61 | 339 II  |
|                     | 50m: 37.44 37.44      | 150m: 2:02.56 41.87 | 250m: 3:26.85 42.10 | 350m: 4:51.15 42.26 |  |  |  |  |         |         |
|                     | 100m: 1:20.69 43.25   | 200m: 2:44.75 42.19 | 300m: 4:08.89 42.04 | 400m: 5:31.61 40.46 |  |  |  |  |         |         |
| 14.                 | ИПАТОВА, Мелания      |                     | 14                  | МАП "Косино"        |  |  |  |  | 5:38.19 | 319 III |
|                     | 50m: 37.64 37.64      | 150m: 2:02.33 43.18 | 250m: 3:27.82 42.85 | 350m: 4:54.40 43.21 |  |  |  |  |         |         |
|                     | 100m: 1:19.15 41.51   | 200m: 2:44.97 42.64 | 300m: 4:11.19 43.37 | 400m: 5:38.19 43.79 |  |  |  |  |         |         |
| 15.                 | АЛАДЬЕВА, Майя        |                     | 14                  | МАП "Косино"        |  |  |  |  | 5:43.35 | 305 III |
|                     | 50m: 38.73 38.73      | 150m: 2:05.35 43.66 | 250m: 3:32.19 43.60 | 350m: 5:00.01 43.20 |  |  |  |  |         |         |
|                     | 100m: 1:21.69 42.96   | 200m: 2:48.59 43.24 | 300m: 4:16.81 44.62 | 400m: 5:43.35 43.34 |  |  |  |  |         |         |
| 16.                 | ПУТИЛИНА, Дарья       |                     | 13                  | МАП "Медведково"    |  |  |  |  | 5:43.49 | 305 III |
|                     | 50m: 38.29 38.29      | 150m: 2:06.67 44.82 | 250m: 3:33.31 43.96 | 350m: 5:02.16 44.56 |  |  |  |  |         |         |
|                     | 100m: 1:21.85 43.56   | 200m: 2:49.35 42.68 | 300m: 4:17.60 44.29 | 400m: 5:43.49 41.33 |  |  |  |  |         |         |

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Москва, 20. - 23.5.2025

Дистанция 11, Девочки, 400m Вольный стиль, Девушки (11-13 лет)

| Место                 | Год рождения    |       |               |       |               |       |  |  | Время          | Очки |     |
|-----------------------|-----------------|-------|---------------|-------|---------------|-------|--|--|----------------|------|-----|
| 17. АСАТУРОВА, Вера   | 14 МАП "Косино" |       |               |       |               |       |  |  | <b>5:47.10</b> | 295  | III |
| 50m: 38.15 38.15      | 150m: 2:06.33   | 44.54 | 250m: 3:35.32 | 44.38 | 350m: 5:04.50 | 44.58 |  |  |                |      |     |
| 100m: 1:21.79 43.64   | 200m: 2:50.94   | 44.61 | 300m: 4:19.92 | 44.60 | 400m: 5:47.10 | 42.60 |  |  |                |      |     |
| 18. ГРИШИНА, Злата    | 14 МАП "Косино" |       |               |       |               |       |  |  | <b>5:59.41</b> | 266  | III |
| 50m: 38.56 38.56      | 150m: 2:06.30   | 44.96 | 250m: 3:38.27 | 47.25 | 350m: 5:13.44 | 46.70 |  |  |                |      |     |
| 100m: 1:21.34 42.78   | 200m: 2:51.02   | 44.72 | 300m: 4:26.74 | 48.47 | 400m: 5:59.41 | 45.97 |  |  |                |      |     |
| 19. ЗИКЕЕВА, София    | 14 МАП "Косино" |       |               |       |               |       |  |  | <b>6:00.14</b> | 264  | III |
| 50m: 39.83 39.83      | 150m: 2:08.69   | 45.32 | 250m: 3:43.13 | 47.44 | 350m: 5:16.02 | 46.45 |  |  |                |      |     |
| 100m: 1:23.37 43.54   | 200m: 2:55.69   | 47.00 | 300m: 4:29.57 | 46.44 | 400m: 6:00.14 | 44.12 |  |  |                |      |     |
| 20. ЖЕЛНОВА, Василиса | 14 МАП "Косино" |       |               |       |               |       |  |  | <b>6:04.21</b> | 256  | III |
| 50m: 39.80 39.80      | 150m: 2:11.44   | 46.24 | 250m: 3:45.44 | 47.09 | 350m: 5:19.36 | 46.80 |  |  |                |      |     |
| 100m: 1:25.20 45.40   | 200m: 2:58.35   | 46.91 | 300m: 4:32.56 | 47.12 | 400m: 6:04.21 | 44.85 |  |  |                |      |     |
| 21. ЛАПИНА, Ксения    | 14 МАП "Косино" |       |               |       |               |       |  |  | <b>7:09.09</b> | 156  | Юн  |
| 50m: 44.04 44.04      | 150m: 2:27.51   | 53.30 | 250m: 4:18.66 | 57.63 | 350m: 6:14.97 | 59.49 |  |  |                |      |     |
| 100m: 1:34.21 50.17   | 200m: 3:21.03   | 53.52 | 300m: 5:15.48 | 56.82 | 400m: 7:09.09 | 54.12 |  |  |                |      |     |

Девушки (14-15 лет)

|                          |                 |       |               |       |               |       |  |  |                |     |    |
|--------------------------|-----------------|-------|---------------|-------|---------------|-------|--|--|----------------|-----|----|
| 1. СТАРИКОВА, Татьяна    | 10 МАП "Косино" |       |               |       |               |       |  |  | <b>4:39.04</b> | 569 | I  |
| 50m: 31.23 31.23         | 150m: 1:40.93   | 35.62 | 250m: 2:52.13 | 35.57 | 350m: 4:03.89 | 36.41 |  |  |                |     |    |
| 100m: 1:05.31 34.08      | 200m: 2:16.56   | 35.63 | 300m: 3:27.48 | 35.35 | 400m: 4:39.04 | 35.15 |  |  |                |     |    |
| 2. ЧОЧИЕВА, Яна          | 10 МАП "Косино" |       |               |       |               |       |  |  | <b>4:51.21</b> | 501 | I  |
| 50m: 32.21 32.21         | 150m: 1:43.76   | 36.33 | 250m: 2:58.98 | 38.11 | 350m: 4:14.09 | 37.88 |  |  |                |     |    |
| 100m: 1:07.43 35.22      | 200m: 2:20.87   | 37.11 | 300m: 3:36.21 | 37.23 | 400m: 4:51.21 | 37.12 |  |  |                |     |    |
| 3. БАУЛИНА, Алёна        | 11 МАП "Косино" |       |               |       |               |       |  |  | <b>4:58.58</b> | 464 | II |
| 50m: 33.05 33.05         | 150m: 1:47.91   | 38.18 | 250m: 3:05.96 | 39.30 | 350m: 4:22.81 | 38.67 |  |  |                |     |    |
| 100m: 1:09.73 36.68      | 200m: 2:26.66   | 38.75 | 300m: 3:44.14 | 38.18 | 400m: 4:58.58 | 35.77 |  |  |                |     |    |
| 4. РОДИОНОВА, Евангелина | 11 МАП "Косино" |       |               |       |               |       |  |  | <b>4:59.04</b> | 462 | II |
| 50m: 1:08.12 1:08.12     | 150m: 1:45.38   |       | 250m: 3:02.32 | 38.61 | 350m: 4:20.83 | 39.35 |  |  |                |     |    |
| 100m: 1:08.12 1:08.12    | 200m: 2:23.71   | 38.33 | 300m: 3:41.48 | 39.16 | 400m: 4:59.04 | 38.21 |  |  |                |     |    |
| 5. ГАПОНЕНКО, Анна       | 11 МАП "Косино" |       |               |       |               |       |  |  | <b>5:21.59</b> | 372 | II |
| 50m: 34.86 34.86         | 150m: 1:54.08   | 40.05 | 250m: 3:16.25 | 40.88 | 350m: 4:40.78 | 42.46 |  |  |                |     |    |
| 100m: 1:14.03 39.17      | 200m: 2:35.37   | 41.29 | 300m: 3:58.32 | 42.07 | 400m: 5:21.59 | 40.81 |  |  |                |     |    |

Юниорки (16-18 лет)

|                     |                 |       |               |       |               |       |  |  |                |     |    |
|---------------------|-----------------|-------|---------------|-------|---------------|-------|--|--|----------------|-----|----|
| 1. СЕЛИХОВА, Дарья  | 09 МАП "Косино" |       |               |       |               |       |  |  | <b>4:53.90</b> | 487 | II |
| 50m: 32.38 32.38    | 150m: 1:42.79   | 35.88 | 250m: 2:57.77 | 37.86 | 350m: 4:15.27 | 38.96 |  |  |                |     |    |
| 100m: 1:06.91 34.53 | 200m: 2:19.91   | 37.12 | 300m: 3:36.31 | 38.54 | 400m: 4:53.90 | 38.63 |  |  |                |     |    |