

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

Дистанция 36  
23.05.2025

Женщины, 1500m Вольный стиль

11 лет и старше  
Результаты

Норматив I юн. разряд 8 +: 30:05.00 / Норматив II юн. разряд 8 +: 34:10.00 / Норматив III юн. разряд 8 +: 38:20.00 /  
Норматив I разряд 9 +: 20:04.50 / Норматив II разряд 9 +: 22:34.50 / Норматив III разряд 9 +: 25:57.50 /  
Норматив КМС 10 +: 18:21.50 / Норматив МС 12 +: 17:12.50

Очки: AQUA 2024

| Место               | Год рождения         |         |         |       |                  |         |        |          |         |          | Время    | Очки    |
|---------------------|----------------------|---------|---------|-------|------------------|---------|--------|----------|---------|----------|----------|---------|
| Девушки (11-13 лет) |                      |         |         |       |                  |         |        |          |         |          |          |         |
| 1.                  | ПОЛЕВОДОВА, Анна     |         |         | 13    | МАП "Косино"     |         |        |          |         | 18:07.04 | 583      | КМС     |
|                     | 100m:                | 1:10.34 | 1:10.34 | 500m: | 5:58.75          | 1:11.94 | 900m:  | 10:51.95 | 1:12.22 | 1300m:   | 15:43.48 | 1:12.68 |
|                     | 200m:                | 2:23.02 | 1:12.68 | 600m: | 7:12.14          | 1:13.39 | 1000m: | 12:04.49 | 1:12.54 | 1400m:   | 16:56.05 | 1:12.57 |
|                     | 300m:                | 3:35.09 | 1:12.07 | 700m: | 8:26.32          | 1:14.18 | 1100m: | 13:17.61 | 1:13.12 | 1500m:   | 18:07.04 | 1:10.99 |
|                     | 400m:                | 4:46.81 | 1:11.72 | 800m: | 9:39.73          | 1:13.41 | 1200m: | 14:30.80 | 1:13.19 |          |          |         |
| 2.                  | РЯБОВА, Яна          |         |         | 12    | МАП "Косино"     |         |        |          |         | 18:50.84 | 518      | I       |
|                     | 100m:                | 1:11.41 | 1:11.41 | 500m: | 6:09.83          | 1:14.71 | 900m:  | 11:11.60 | 1:16.23 | 1300m:   | 16:18.94 | 1:17.31 |
|                     | 200m:                | 2:25.87 | 1:14.46 | 600m: | 7:24.44          | 1:14.61 | 1000m: | 12:28.25 | 1:16.65 | 1400m:   | 17:35.96 | 1:17.02 |
|                     | 300m:                | 3:39.98 | 1:14.11 | 700m: | 8:38.78          | 1:14.34 | 1100m: | 13:44.97 | 1:16.72 | 1500m:   | 18:50.84 | 1:14.88 |
|                     | 400m:                | 4:55.12 | 1:15.14 | 800m: | 9:55.37          | 1:16.59 | 1200m: | 15:01.63 | 1:16.66 |          |          |         |
| 3.                  | ЦАПЕНКО, Мария       |         |         | 12    | МАП "Косино"     |         |        |          |         | 19:05.57 | 498      | I       |
|                     | 100m:                | 1:12.44 | 1:12.44 | 500m: | 6:18.03          | 1:15.04 | 900m:  | 11:26.79 | 1:17.62 | 1300m:   | 16:34.54 | 1:15.13 |
|                     | 200m:                | 2:29.88 | 1:17.44 | 600m: | 7:33.75          | 1:15.72 | 1000m: | 12:44.72 | 1:17.93 | 1400m:   | 17:52.21 | 1:17.67 |
|                     | 300m:                | 3:46.96 | 1:17.08 | 700m: | 8:51.02          | 1:17.27 | 1100m: | 14:02.14 | 1:17.42 | 1500m:   | 19:05.57 | 1:13.36 |
|                     | 400m:                | 5:02.99 | 1:16.03 | 800m: | 10:09.17         | 1:18.15 | 1200m: | 15:19.41 | 1:17.27 |          |          |         |
| 4.                  | КУПРИЯНОВА, Виктория |         |         | 13    | МАП "Косино"     |         |        |          |         | 19:15.48 | 485      | I       |
|                     | 100m:                | 1:11.47 | 1:11.47 | 500m: | 6:21.48          | 1:18.03 | 900m:  | 11:31.87 | 1:17.18 | 1300m:   | 16:43.07 | 1:19.08 |
|                     | 200m:                | 2:28.28 | 1:16.81 | 600m: | 7:39.14          | 1:17.66 | 1000m: | 12:48.69 | 1:16.82 | 1400m:   | 18:04.66 | 1:21.59 |
|                     | 300m:                | 3:45.75 | 1:17.47 | 700m: | 8:56.89          | 1:17.75 | 1100m: | 14:05.84 | 1:17.15 | 1500m:   | 19:15.48 | 1:10.82 |
|                     | 400m:                | 5:03.45 | 1:17.70 | 800m: | 10:14.69         | 1:17.80 | 1200m: | 15:23.99 | 1:18.15 |          |          |         |
| 5.                  | БУРМАТКИНА, Виктория |         |         | 13    | МАП "Некрасовка" |         |        |          |         | 19:16.13 | 484      | I       |
|                     | 100m:                | 1:12.46 | 1:12.46 | 500m: | 6:26.91          | 1:18.53 | 900m:  | 11:39.58 | 1:17.17 | 1300m:   | 16:47.33 | 1:16.79 |
|                     | 200m:                | 2:30.91 | 1:18.45 | 600m: | 7:46.50          | 1:19.59 | 1000m: | 12:56.53 | 1:16.95 | 1400m:   | 18:03.16 | 1:15.83 |
|                     | 300m:                | 3:49.42 | 1:18.51 | 700m: | 9:03.86          | 1:17.36 | 1100m: | 14:13.51 | 1:16.98 | 1500m:   | 19:16.13 | 1:12.97 |
|                     | 400m:                | 5:08.38 | 1:18.96 | 800m: | 10:22.41         | 1:18.55 | 1200m: | 15:30.54 | 1:17.03 |          |          |         |
| 6.                  | КОВАЛЕВА, Анастасия  |         |         | 13    | МАП "Косино"     |         |        |          |         | 19:18.51 | 481      | I       |
|                     | 100m:                | 1:12.16 | 1:12.16 | 500m: | 6:20.90          | 1:16.55 | 900m:  | 11:34.02 | 1:18.43 | 1300m:   | 16:47.76 | 1:17.67 |
|                     | 200m:                | 2:29.99 | 1:17.83 | 600m: | 7:39.21          | 1:18.31 | 1000m: | 12:52.42 | 1:18.40 | 1400m:   | 18:05.34 | 1:17.58 |
|                     | 300m:                | 3:46.94 | 1:16.95 | 700m: | 8:57.62          | 1:18.41 | 1100m: | 14:11.16 | 1:18.74 | 1500m:   | 19:18.51 | 1:13.17 |
|                     | 400m:                | 5:04.35 | 1:17.41 | 800m: | 10:15.59         | 1:17.97 | 1200m: | 15:30.09 | 1:18.93 |          |          |         |
| 7.                  | СМИРНОВА, Кира       |         |         | 13    | МАП "Косино"     |         |        |          |         | 19:18.64 | 481      | I       |
|                     | 100m:                | 1:14.04 | 1:14.04 | 500m: | 6:23.76          | 1:17.95 | 900m:  | 11:37.57 | 1:19.27 | 1300m:   | 16:50.61 | 1:17.64 |
|                     | 200m:                | 2:31.49 | 1:17.45 | 600m: | 7:41.93          | 1:18.17 | 1000m: | 12:56.87 | 1:19.30 | 1400m:   | 18:07.32 | 1:16.71 |
|                     | 300m:                | 3:48.56 | 1:17.07 | 700m: | 8:59.72          | 1:17.79 | 1100m: | 14:15.42 | 1:18.55 | 1500m:   | 19:18.64 | 1:11.32 |
|                     | 400m:                | 5:05.81 | 1:17.25 | 800m: | 10:18.30         | 1:18.58 | 1200m: | 15:32.97 | 1:17.55 |          |          |         |
| 8.                  | КИРИЛЛОВА, Елизавета |         |         | 13    | МАП "Косино"     |         |        |          |         | 19:25.16 | 473      | I       |
|                     | 100m:                | 1:11.33 | 1:11.33 | 500m: | 6:20.51          | 1:17.95 | 900m:  | 11:34.15 | 1:19.17 | 1300m:   | 16:50.34 | 1:18.61 |
|                     | 200m:                | 2:28.54 | 1:17.21 | 600m: | 7:38.43          | 1:17.92 | 1000m: | 12:52.30 | 1:18.15 | 1400m:   | 18:08.79 | 1:18.45 |
|                     | 300m:                | 3:44.99 | 1:16.45 | 700m: | 8:56.32          | 1:17.89 | 1100m: | 14:10.86 | 1:18.56 | 1500m:   | 19:25.16 | 1:16.37 |
|                     | 400m:                | 5:02.56 | 1:17.57 | 800m: | 10:14.98         | 1:18.66 | 1200m: | 15:31.73 | 1:20.87 |          |          |         |
| 9.                  | СЕРЯКОВА, Ксения     |         |         | 14    | МАП "Косино"     |         |        |          |         | 19:50.85 | 443      | I       |
|                     | 100m:                | 1:12.52 | 1:12.52 | 500m: | 6:31.04          | 1:19.65 | 900m:  | 11:52.00 | 1:20.56 | 1300m:   | 17:13.89 | 1:21.73 |
|                     | 200m:                | 2:31.62 | 1:19.10 | 600m: | 7:51.69          | 1:20.65 | 1000m: | 13:12.29 | 1:20.29 | 1400m:   | 18:34.97 | 1:21.08 |
|                     | 300m:                | 3:50.03 | 1:18.41 | 700m: | 9:11.66          | 1:19.97 | 1100m: | 14:32.25 | 1:19.96 | 1500m:   | 19:50.85 | 1:15.88 |
|                     | 400m:                | 5:11.39 | 1:21.36 | 800m: | 10:31.44         | 1:19.78 | 1200m: | 15:52.16 | 1:19.91 |          |          |         |
| 10.                 | ШЕЛЕПОВА, Анна       |         |         | 13    | МАП "Некрасовка" |         |        |          |         | 20:08.66 | 424      | II      |
|                     | 100m:                | 1:12.50 | 1:12.50 | 500m: | 6:29.87          | 1:18.97 | 900m:  | 11:55.97 | 1:22.82 | 1300m:   | 17:26.90 | 1:23.40 |
|                     | 200m:                | 2:31.30 | 1:18.80 | 600m: | 7:50.55          | 1:20.68 | 1000m: | 13:16.95 | 1:20.98 | 1400m:   | 18:49.59 | 1:22.69 |
|                     | 300m:                | 3:51.15 | 1:19.85 | 700m: | 9:11.79          | 1:21.24 | 1100m: | 14:39.85 | 1:22.90 | 1500m:   | 20:08.66 | 1:19.07 |
|                     | 400m:                | 5:10.90 | 1:19.75 | 800m: | 10:33.15         | 1:21.36 | 1200m: | 16:03.50 | 1:23.65 |          |          |         |

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

Дистанция 36, Девочки, 1500m Вольный стиль, Девушки (11-13 лет)

| Место | Год рождения        |         |         |       |          |         |        |          | Время    | Очки   |          |         |
|-------|---------------------|---------|---------|-------|----------|---------|--------|----------|----------|--------|----------|---------|
| 11.   | 14 МАП "Косино"     |         |         |       |          |         |        |          | 20:21.71 | 410    | II       |         |
|       | 100m:               | 1:16.26 | 1:16.26 | 500m: | 6:44.41  | 1:22.03 | 900m:  | 12:14.46 | 1:24.52  | 1300m: | 17:47.06 | 1:24.18 |
|       | 200m:               | 2:38.57 | 1:22.31 | 600m: | 8:06.06  | 1:21.65 | 1000m: | 13:37.77 | 1:23.31  | 1400m: | 19:07.16 | 1:20.10 |
|       | 300m:               | 3:58.97 | 1:20.40 | 700m: | 9:27.51  | 1:21.45 | 1100m: | 15:01.40 | 1:23.63  | 1500m: | 20:21.71 | 1:14.55 |
|       | 400m:               | 5:22.38 | 1:23.41 | 800m: | 10:49.94 | 1:22.43 | 1200m: | 16:22.88 | 1:21.48  |        |          |         |
| 12.   | 14 МАП "Медведково" |         |         |       |          |         |        |          | 20:40.11 | 392    | II       |         |
|       | 100m:               | 1:14.94 | 1:14.94 | 500m: | 6:48.11  | 1:23.81 | 900m:  | 12:23.43 | 1:23.96  | 1300m: | 17:58.37 | 1:23.68 |
|       | 200m:               | 2:37.58 | 1:22.64 | 600m: | 8:11.64  | 1:23.53 | 1000m: | 13:47.48 | 1:24.05  | 1400m: | 19:21.76 | 1:23.39 |
|       | 300m:               | 4:00.89 | 1:23.31 | 700m: | 9:35.54  | 1:23.90 | 1100m: | 15:11.57 | 1:24.09  | 1500m: | 20:40.11 | 1:18.35 |
|       | 400m:               | 5:24.30 | 1:23.41 | 800m: | 10:59.47 | 1:23.93 | 1200m: | 16:34.69 | 1:23.12  |        |          |         |
| 13.   | 14 МАП "Косино"     |         |         |       |          |         |        |          | 21:04.97 | 370    | II       |         |
|       | 100m:               | 1:16.23 | 1:16.23 | 500m: | 6:52.31  | 1:24.65 | 900m:  | 12:33.76 | 1:24.87  | 1300m: | 18:19.63 | 1:25.45 |
|       | 200m:               | 2:39.21 | 1:22.98 | 600m: | 8:17.74  | 1:25.43 | 1000m: | 13:59.59 | 1:25.83  | 1400m: | 19:44.13 | 1:24.50 |
|       | 300m:               | 4:03.24 | 1:24.03 | 700m: | 9:49.61  | 1:31.87 | 1100m: | 15:26.23 | 1:26.64  | 1500m: | 21:04.97 | 1:20.84 |
|       | 400m:               | 5:27.66 | 1:24.42 | 800m: | 11:08.89 | 1:19.28 | 1200m: | 16:54.18 | 1:27.95  |        |          |         |
| 14.   | 12 МАП "Медведково" |         |         |       |          |         |        |          | 21:41.65 | 339    | II       |         |
|       | 100m:               | 1:16.73 | 1:16.73 | 500m: | 7:02.29  | 1:28.51 | 900m:  | 12:53.22 | 1:26.71  | 1300m: | 18:53.37 | 1:29.33 |
|       | 200m:               | 2:41.08 | 1:24.35 | 600m: | 8:28.14  | 1:25.85 | 1000m: | 14:22.90 | 1:29.68  | 1400m: | 20:18.86 | 1:25.49 |
|       | 300m:               | 4:05.66 | 1:24.58 | 700m: | 9:57.12  | 1:28.98 | 1100m: | 15:54.18 | 1:31.28  | 1500m: | 21:41.65 | 1:22.79 |
|       | 400m:               | 5:33.78 | 1:28.12 | 800m: | 11:26.51 | 1:29.39 | 1200m: | 17:24.04 | 1:29.86  |        |          |         |
| 15.   | 14 МАП "Косино"     |         |         |       |          |         |        |          | 22:51.68 | 290    | III      |         |
|       | 100m:               | 1:22.96 | 1:22.96 | 500m: | 7:34.39  | 1:33.58 | 900m:  | 13:44.46 | 1:32.78  | 1300m: | 19:53.15 | 1:32.17 |
|       | 200m:               | 2:53.91 | 1:30.95 | 600m: | 9:06.46  | 1:32.07 | 1000m: | 15:16.06 | 1:31.60  | 1400m: | 21:24.27 | 1:31.12 |
|       | 300m:               | 4:26.96 | 1:33.05 | 700m: | 10:39.08 | 1:32.62 | 1100m: | 16:48.28 | 1:32.22  | 1500m: | 22:51.68 | 1:27.41 |
|       | 400m:               | 6:00.81 | 1:33.85 | 800m: | 12:11.68 | 1:32.60 | 1200m: | 18:20.98 | 1:32.70  |        |          |         |

Девушки (14-15 лет)

|    |                |         |         |       |              |         |        |          |          |        |          |         |
|----|----------------|---------|---------|-------|--------------|---------|--------|----------|----------|--------|----------|---------|
| 1. | ИГНАШИНА, Анна |         |         | 10    | МАП "Косино" |         |        |          | 19:18.50 | 481    | I        |         |
|    | 100m:          | 1:11.86 | 1:11.86 | 500m: | 6:21.75      | 1:17.60 | 900m:  | 11:33.53 | 1:17.85  | 1300m: | 16:45.05 | 1:17.55 |
|    | 200m:          | 2:28.97 | 1:17.11 | 600m: | 7:39.93      | 1:18.18 | 1000m: | 12:52.11 | 1:18.58  | 1400m: | 18:02.82 | 1:17.77 |
|    | 300m:          | 3:46.00 | 1:17.03 | 700m: | 8:57.50      | 1:17.57 | 1100m: | 14:09.75 | 1:17.64  | 1500m: | 19:18.50 | 1:15.68 |
|    | 400m:          | 5:04.15 | 1:18.15 | 800m: | 10:15.68     | 1:18.18 | 1200m: | 15:27.50 | 1:17.75  |        |          |         |
| 2. | БАУЛИНА, Алёна |         |         | 11    | МАП "Косино" |         |        |          | 19:28.30 | 469    | I        |         |
|    | 100m:          | 1:11.32 | 1:11.32 | 500m: | 6:21.46      | 1:18.02 | 900m:  | 11:37.38 | 1:18.62  | 1300m: | 16:53.07 | 1:19.82 |
|    | 200m:          | 2:28.18 | 1:16.86 | 600m: | 7:40.57      | 1:19.11 | 1000m: | 12:55.67 | 1:18.29  | 1400m: | 18:12.37 | 1:19.30 |
|    | 300m:          | 3:45.30 | 1:17.12 | 700m: | 8:58.24      | 1:17.67 | 1100m: | 14:14.72 | 1:19.05  | 1500m: | 19:28.30 | 1:15.93 |
|    | 400m:          | 5:03.44 | 1:18.14 | 800m: | 10:18.76     | 1:20.52 | 1200m: | 15:33.25 | 1:18.53  |        |          |         |

Юниорки (16-18 лет)

|    |                 |         |         |       |              |         |        |          |         |          |          |         |
|----|-----------------|---------|---------|-------|--------------|---------|--------|----------|---------|----------|----------|---------|
| 1. | ГАЛКИНА, Аврора |         |         | 09    | МАП "Косино" |         |        |          |         | 19:31.93 | 465      | I       |
|    | 100m:           | 1:12.85 | 1:12.85 | 500m: | 6:21.31      | 1:17.76 | 900m:  | 11:37.34 | 1:17.72 | 1300m:   | 16:58.39 | 1:20.89 |
|    | 200m:           | 2:29.16 | 1:16.31 | 600m: | 7:40.38      | 1:19.07 | 1000m: | 12:57.65 | 1:20.31 | 1400m:   | 18:16.93 | 1:18.54 |
|    | 300m:           | 3:46.31 | 1:17.15 | 700m: | 9:00.44      | 1:20.06 | 1100m: | 14:15.98 | 1:18.33 | 1500m:   | 19:31.93 | 1:15.00 |
|    | 400m:           | 5:03.55 | 1:17.24 | 800m: | 10:19.62     | 1:19.18 | 1200m: | 15:37.50 | 1:21.52 |          |          |         |