

МИНСПОРТ



Государственное автономное учреждение
«ЦЕНТР СПОРТИВНОЙ ПОДГОТОВКИ»
Министерства спорта Республики Татарстан

ДИПЛОМ

НАГРАЖДАЕТСЯ

КРАСИЛЬНИКОВА ИРИНА

за 1 место

на дистанции 200м комплекс

с результатом 2.19,29

в соревнованиях

Чемпионат Республики Татарстан

по плаванию (25м)

28-30.09.2022



г. Казань

35				, 200m				2010	
30.09.2023 - 11:39									
: FINA 2022									
/									
R.T.									
1.			2003		1		+0,65		2:19.29 669
	25m:	13.57	13.57	75m:	47.45	17.69	125m:	1:24.88	20.49 175m: 2:03.22 17.48
	50m:	29.76	16.19	100m:	1:04.39	16.94	150m:	1:45.74	20.86 200m: 2:19.29 16.07
2.			2010				+0,78		2:22.47 625
	50m:	30.16	30.16	100m:	1:07.52	37.36	150m:	1:48.99	41.47 200m: 2:22.47 33.48
3.			2010		2		+0,78		2:25.57 586
	25m:	13.81	13.81	75m:	49.62	18.87	125m:	1:29.52	22.28 175m: 2:09.34 17.58
	50m:	30.75	16.94	100m:	1:07.24	17.62	150m:	1:51.76	22.24 200m: 2:25.57 16.23
4.			2004				+0,73		2:26.06 580
	25m:	15.27	15.27	75m:	51.31	17.75	125m:	1:30.23	21.63 175m: 2:09.37 17.55
	50m:	33.56	18.29	100m:	1:08.60	17.29	150m:	1:51.82	21.59 200m: 2:26.06 16.69
5.			2006		6		+0,78		2:26.51 575
	25m:	14.52	14.52	75m:	50.83	19.50	125m:	1:30.90	21.34 175m: 2:10.25 18.01
	50m:	31.33	16.81	100m:	1:09.56	18.73	150m:	1:52.24	21.34 200m: 2:26.51 16.26
6.			2008		2		+0,78		2:27.02 569
	25m:	14.06	14.06	75m:	49.83	18.89	125m:	1:30.49	22.82 175m: 2:10.26 17.74
	50m:	30.94	16.88	100m:	1:07.67	17.84	150m:	1:52.52	22.03 200m: 2:27.02 16.76
7.			2005		10		+0,73		2:27.06 568
	25m:	14.33	14.33	75m:	50.77	18.30	125m:	1:31.18	20.85 175m: 2:10.88 16.38
	50m:	32.47	18.14	100m:	1:10.33	19.56	150m:	1:54.50	23.32 200m: 2:27.06 16.18
8.			2003		10		+0,87		2:28.31 554
	25m:	15.88	15.88	75m:	50.96	17.51	125m:	1:30.11	21.72 175m: 2:10.50 18.22
	50m:	33.45	17.57	100m:	1:08.39	17.43	150m:	1:52.28	22.17 200m: 2:28.31 17.81
9.			2009		6		+0,77		2:28.37 554
	50m:	32.03	32.03	100m:	1:10.76	38.73	150m:	1:54.06	43.30 200m: 2:28.37 34.31
10.			2007		6		+0,70		2:28.79 549
	25m:	14.90	14.90	75m:	51.45	18.96	125m:	1:30.81	21.06 175m: 2:11.40 19.52
	50m:	32.49	17.59	100m:	1:09.75	18.30	150m:	1:51.88	21.07 200m: 2:28.79 17.39
11.			2009				+0,71		2:30.31 532 1
	25m:	13.95	13.95	75m:	48.89	18.42	125m:	1:30.75	22.01 175m: 2:12.69 18.66
	50m:	30.47	16.52	100m:	1:08.74	19.85	150m:	1:54.03	23.28 200m: 2:30.31 17.62
12.			2010		2		+0,80		2:30.50 530 1
	25m:	14.23	14.23	75m:	51.70	19.94	125m:	1:32.61	21.84 175m: 2:12.98 18.27
	50m:	31.76	17.53	100m:	1:10.77	19.07	150m:	1:54.71	22.10 200m: 2:30.50 17.52
13.			2007				+0,78		2:31.84 516 1
	25m:	14.56	14.56	75m:	51.74	20.10	125m:	1:34.12	23.06 175m: 2:14.62 17.72
	50m:	31.64	17.08	100m:	1:11.06	19.32	150m:	1:56.90	22.78 200m: 2:31.84 17.22
14.			2008				+0,77		2:34.01 495 1
	25m:	15.43	15.43	75m:	54.67	20.85	125m:	1:37.18	21.27 175m: 2:17.16 16.81
	50m:	33.82	18.39	100m:	1:15.91	21.24	150m:	2:00.35	23.17 200m: 2:34.01 16.85
15.			2010				+0,86		2:34.04 495 1
	50m:	34.94	34.94	100m:	1:15.09	40.15	150m:	1:58.09	43.00 200m: 2:34.04 35.95
16.			2008		2		+0,77		2:34.11 494 1
	25m:	14.88	14.88	75m:	51.93	19.27	125m:	1:33.88	23.47 175m: 2:16.58 18.68
	50m:	32.66	17.78	100m:	1:10.41	18.48	150m:	1:57.90	24.02 200m: 2:34.11 17.53
17.			2008		5		+0,80		2:35.60 480 1
	25m:	15.11	15.11	75m:	53.64	20.67	125m:	1:35.53	21.79 175m: 2:17.26 19.43
	50m:	32.97	17.86	100m:	1:13.74	20.10	150m:	1:57.83	22.30 200m: 2:35.60 18.34

, 28. - 30.9.2023

	35,	, 200m		, 2010								
			/					R.T.				
18.			2006					+0,80	2:38.32	456	1	
	25m:	15.34	15.34	75m:	55.31	21.03	125m:	1:37.71	22.77	175m:	2:20.33	19.37
	50m:	34.28	18.94	100m:	1:14.94	19.63	150m:	2:00.96	23.25	200m:	2:38.32	17.99
19.			2008			2		+0,80	2:38.67	453	1	
	25m:	15.36	15.36	75m:	1:39.05	1:05.00	150m:	2:01.03	44.62	200m:	2:38.67	17.93
	50m:	34.05	18.69	100m:	1:16.41		175m:	2:20.74	19.71			
20.			2009					+0,74	2:42.00	425	2	
	25m:	15.23	15.23	75m:	54.72	20.74	125m:	1:40.46	25.39	175m:	2:23.98	19.23
	50m:	33.98	18.75	100m:	1:15.07	20.35	150m:	2:04.75	24.29	200m:	2:42.00	18.02
21.			2010					+0,75	2:47.58	384	2	
	50m:	35.93	35.93	100m:	1:20.84	44.91	150m:	2:09.82	48.98	200m:	2:47.58	37.76
22.			2009			2		+0,66	2:52.36	353	2	
	25m:	16.56	16.56	75m:	1:01.81	22.20	125m:	1:47.13	24.16	175m:	2:32.87	21.37
	50m:	39.61	23.05	100m:	1:22.97	21.16	150m:	2:11.50	24.37	200m:	2:52.36	19.49
DSQ			2009			4						
DSQ			2010									
DNS			2007									