

## 49.03.04 Спорт

**1. Скоростной норматив:** показать в избранном способе плавания результат, с последующим переводом результата в баллы в соответствии с представленной таблицей очков.

Мужчины (бассейн 25 метров)

Рт.	Вольный стиль						Кр/спине			Брасс			Дельфи		Рт.	
	50	100	200	400	800	1500	50	100	200	50	100	200	50	Н 100		200
70	27.36	01:00.99	02:14.86	04:48.06	10:01.81	19:10.99	30.15	01:05.59	02:23.36	34.27	01:15.10	02:43.08	29.51	01:04.84	02:26.90	70
69	27.38	01:01.04	02:14.97	04:48.30	10:02.31	19:11.95	30.18	01:05.64	02:23.48	34.29	01:15.17	02:43.21	29.54	01:04.90	02:27.02	69
68	27.40	01:01.09	02:15.09	04:48.54	10:02.82	19:12.91	30.20	01:05.70	02:23.60	34.32	01:15.23	02:43.35	29.56	01:04.95	02:27.15	68
67	27.43	01:01.14	02:15.20	04:48.79	10:03.32	19:13.88	30.23	01:05.75	02:23.72	34.35	01:15.29	02:43.49	29.59	01:05.01	02:27.27	67
66	27.45	01:01.19	02:15.31	04:49.03	10:03.83	19:14.85	30.25	01:05.81	02:23.84	34.38	01:15.36	02:43.62	29.61	01:05.06	02:27.39	66
65	27.47	01:01.24	02:15.43	04:49.27	10:04.34	19:15.83	30.28	01:05.87	02:23.96	34.41	01:15.42	02:43.76	29.64	01:05.12	02:27.52	65
64	27.50	01:01.30	02:15.54	04:49.52	10:04.85	19:16.80	30.30	01:05.92	02:24.08	34.44	01:15.48	02:43.90	29.66	01:05.17	02:27.64	64
63	27.52	01:01.35	02:15.66	04:49.76	10:05.36	19:17.78	30.33	01:05.98	02:24.20	34.47	01:15.55	02:44.04	29.69	01:05.23	02:27.77	63
62	27.54	01:01.40	02:15.77	04:50.01	10:05.88	19:18.77	30.36	01:06.03	02:24.33	34.50	01:15.61	02:44.18	29.71	01:05.28	02:27.89	62
61	27.57	01:01.45	02:15.89	04:50.26	10:06.39	19:19.75	30.38	01:06.09	02:24.45	34.53	01:15.68	02:44.32	29.74	01:05.34	02:28.02	61
60	27.59	01:01.51	02:16.00	04:50.50	10:06.91	19:20.74	30.41	01:06.15	02:24.57	34.56	01:15.74	02:44.46	29.76	01:05.39	02:28.14	60
59	27.61	01:01.56	02:16.12	04:50.75	10:07.43	19:21.74	30.43	01:06.20	02:24.70	34.59	01:15.80	02:44.60	29.79	01:05.45	02:28.27	59
58	27.64	01:01.61	02:16.24	04:51.00	10:07.95	19:22.74	30.46	01:06.26	02:24.82	34.61	01:15.87	02:44.74	29.82	01:05.50	02:28.40	58
57	27.66	01:01.66	02:16.35	04:51.25	10:08.47	19:23.74	30.49	01:06.32	02:24.95	34.64	01:15.94	02:44.88	29.84	01:05.56	02:28.53	57
56	27.68	01:01.72	02:16.47	04:51.50	10:09.00	19:24.74	30.51	01:06.37	02:25.07	34.67	01:16.00	02:45.03	29.87	01:05.62	02:28.65	56
55	27.71	01:01.77	02:16.59	04:51.76	10:09.53	19:25.75	30.54	01:06.43	02:25.20	34.70	01:16.07	02:45.17	29.89	01:05.67	02:28.78	55
54	27.73	01:01.82	02:16.71	04:52.01	10:10.05	19:26.76	30.57	01:06.49	02:25.32	34.73	01:16.13	02:45.31	29.92	01:05.73	02:28.91	54
53	27.76	01:01.88	02:16.83	04:52.26	10:10.58	19:27.77	30.59	01:06.55	02:25.45	34.76	01:16.20	02:45.46	29.95	01:05.79	02:29.04	53
52	27.78	01:01.93	02:16.95	04:52.52	10:11.12	19:28.79	30.62	01:06.60	02:25.57	34.80	01:16.27	02:45.60	29.97	01:05.85	02:29.17	52
51	27.80	01:01.99	02:17.07	04:52.77	10:11.65	19:29.81	30.65	01:06.66	02:25.70	34.83	01:16.33	02:45.74	30.00	01:05.90	02:29.30	51
50	27.83	01:02.04	02:17.19	04:53.03	10:12.19	19:30.84	30.67	01:06.72	02:25.83	34.86	01:16.40	02:45.89	30.02	01:05.96	02:29.43	50
49	27.85	01:02.09	02:17.31	04:53.29	10:12.73	19:31.87	30.70	01:06.78	02:25.96	34.89	01:16.47	02:46.04	30.05	01:06.02	02:29.56	49
48	27.88	01:02.15	02:17.43	04:53.55	10:13.26	19:32.90	30.73	01:06.84	02:26.09	34.92	01:16.53	02:46.18	30.08	01:06.08	02:29.70	48
47	27.90	01:02.20	02:17.55	04:53.81	10:13.81	19:33.94	30.75	01:06.90	02:26.22	34.95	01:16.60	02:46.33	30.10	01:06.14	02:29.83	47
46	27.93	01:02.26	02:17.67	04:54.07	10:14.35	19:34.98	30.78	01:06.96	02:26.35	34.98	01:16.67	02:46.48	30.13	01:06.19	02:29.96	46
45	27.95	01:02.31	02:17.79	04:54.33	10:14.90	19:36.02	30.81	01:07.02	02:26.48	35.01	01:16.74	02:46.62	30.16	01:06.25	02:30.09	45
44	27.98	01:02.37	02:17.92	04:54.59	10:15.44	19:37.07	30.84	01:07.08	02:26.61	35.04	01:16.81	02:46.77	30.18	01:06.31	02:30.23	44
43	28.00	01:02.43	02:18.04	04:54.85	10:15.99	19:38.12	30.86	01:07.14	02:26.74	35.07	01:16.87	02:46.92	30.21	01:06.37	02:30.36	43
42	28.03	01:02.48	02:18.16	04:55.12	10:16.54	19:39.17	30.89	01:07.20	02:26.87	35.10	01:16.94	02:47.07	30.24	01:06.43	02:30.50	42
41	28.05	01:02.54	02:18.29	04:55.38	10:17.10	19:40.23	30.92	01:07.26	02:27.00	35.14	01:17.01	02:47.22	30.26	01:06.49	02:30.63	41
40	28.08	01:02.59	02:18.41	04:55.65	10:17.65	19:41.29	30.95	01:07.32	02:27.13	35.17	01:17.08	02:47.37	30.29	01:06.55	02:30.77	40
39	28.10	01:02.65	02:18.54	04:55.91	10:18.21	19:42.36	30.97	01:07.38	02:27.26	35.20	01:17.15	02:47.52	30.32	01:06.61	02:30.90	39
38	28.13	01:02.71	02:18.66	04:56.18	10:18.77	19:43.43	31.00	01:07.44	02:27.40	35.23	01:17.22	02:47.67	30.35	01:06.67	02:31.04	38
37	28.15	01:02.76	02:18.79	04:56.45	10:19.33	19:44.50	31.03	01:07.50	02:27.53	35.26	01:17.29	02:47.83	30.37	01:06.73	02:31.18	37
36	28.18	01:02.82	02:18.91	04:56.72	10:19.90	19:45.58	31.06	01:07.56	02:27.67	35.29	01:17.36	02:47.98	30.40	01:06.79	02:31.31	36
35	28.20	01:02.88	02:19.04	04:56.99	10:20.46	19:46.66	31.09	01:07.62	02:27.80	35.33	01:17.43	02:48.13	30.43	01:06.85	02:31.45	35

34	28.23	01:02.94	02:19.17	04:57.26	10:21.03	19:47.75	31.12	01:07.68	02:27.94	35.36	01:17.50	02:48.29	30.46	01:06.91	02:31.59	34
33	28.26	01:02.99	02:19.30	04:57.54	10:21.60	19:48.84	31.14	01:07.75	02:28.07	35.39	01:17.57	02:48.44	30.49	01:06.98	02:31.73	33
32	28.28	01:03.05	02:19.42	04:57.81	10:22.17	19:49.93	31.17	01:07.81	02:28.21	35.42	01:17.64	02:48.60	30.51	01:07.04	02:31.87	32
31	28.31	01:03.11	02:19.55	04:58.08	10:22.74	19:51.03	31.20	01:07.87	02:28.34	35.46	01:17.72	02:48.75	30.54	01:07.10	02:32.01	31
30	28.33	01:03.17	02:19.68	04:58.36	10:23.32	19:52.13	31.23	01:07.93	02:28.48	35.49	01:17.79	02:48.91	30.57	01:07.16	02:32.15	30
29	28.36	01:03.23	02:19.81	04:58.64	10:23.90	19:53.24	31.26	01:08.00	02:28.62	35.52	01:17.86	02:49.06	30.60	01:07.22	02:32.29	29
28	28.39	01:03.29	02:19.94	04:58.91	10:24.48	19:54.35	31.29	01:08.06	02:28.76	35.56	01:17.93	02:49.22	30.63	01:07.29	02:32.43	28
27	28.41	01:03.35	02:20.07	04:59.19	10:25.06	19:55.46	31.32	01:08.12	02:28.90	35.59	01:18.01	02:49.38	30.66	01:07.35	02:32.58	27
26	28.44	01:03.40	02:20.20	04:59.47	10:25.65	19:56.58	31.35	01:08.19	02:29.04	35.62	01:18.08	02:49.54	30.68	01:07.41	02:32.72	26
25	28.47	01:03.46	02:20.33	04:59.75	10:26.23	19:57.70	31.38	01:08.25	02:29.18	35.66	01:18.15	02:49.70	30.71	01:07.47	02:32.86	25
24	28.49	01:03.52	02:20.47	05:00.04	10:26.82	19:58.83	31.41	01:08.32	02:29.32	35.69	01:18.23	02:49.86	30.74	01:07.54	02:33.01	24
23	28.52	01:03.58	02:20.60	05:00.32	10:27.41	19:59.96	31.44	01:08.38	02:29.46	35.72	01:18.30	02:50.02	30.77	01:07.60	02:33.15	23
22	28.55	01:03.64	02:20.73	05:00.60	10:28.01	20:01.10	31.47	01:08.44	02:29.60	35.76	01:18.37	02:50.18	30.80	01:07.67	02:33.29	22
21	28.58	01:03.70	02:20.87	05:00.89	10:28.60	20:02.23	31.50	01:08.51	02:29.74	35.79	01:18.45	02:50.34	30.83	01:07.73	02:33.44	21
20	28.60	01:03.76	02:21.00	05:01.17	10:29.20	20:03.38	31.53	01:08.57	02:29.88	35.82	01:18.52	02:50.50	30.86	01:07.79	02:33.59	20
19	28.63	01:03.83	02:21.13	05:01.46	10:29.80	20:04.53	31.56	01:08.64	02:30.03	35.86	01:18.60	02:50.66	30.89	01:07.86	02:33.73	19
18	28.66	01:03.89	02:21.27	05:01.75	10:30.40	20:05.68	31.59	01:08.71	02:30.17	35.89	01:18.67	02:50.83	30.92	01:07.92	02:33.88	18
17	28.68	01:03.95	02:21.41	05:02.04	10:31.01	20:06.84	31.62	01:08.77	02:30.31	35.93	01:18.75	02:50.99	30.95	01:07.99	02:34.03	17
16	28.71	01:04.01	02:21.54	05:02.33	10:31.62	20:08.00	31.65	01:08.84	02:30.46	35.96	01:18.82	02:51.16	30.98	01:08.05	02:34.18	16
15	28.74	01:04.07	02:21.68	05:02.62	10:32.23	20:09.16	31.68	01:08.90	02:30.60	36.00	01:18.90	02:51.32	31.01	01:08.12	02:34.32	15
14	28.77	01:04.13	02:21.81	05:02.92	10:32.84	20:10.33	31.71	01:08.97	02:30.75	36.03	01:18.98	02:51.49	31.04	01:08.19	02:34.47	14
13	28.80	01:04.20	02:21.95	05:03.21	10:33.45	20:11.51	31.74	01:09.04	02:30.90	36.07	01:19.05	02:51.65	31.07	01:08.25	02:34.62	13
12	28.82	01:04.26	02:22.09	05:03.51	10:34.07	20:12.69	31.77	01:09.11	02:31.04	36.10	01:19.13	02:51.82	31.10	01:08.32	02:34.77	12
11	28.85	01:04.32	02:22.23	05:03.80	10:34.69	20:13.87	31.80	01:09.17	02:31.19	36.14	01:19.21	02:51.99	31.13	01:08.39	02:34.93	11
10	28.88	01:04.38	02:22.37	05:04.10	10:35.31	20:15.06	31.83	01:09.24	02:31.34	36.17	01:19.28	02:52.16	31.16	01:08.45	02:35.08	10
9	28.91	01:04.45	02:22.51	05:04.40	10:35.93	20:16.26	31.86	01:09.31	02:31.49	36.21	01:19.36	02:52.33	31.19	01:08.52	02:35.23	9
8	28.94	01:04.51	02:22.65	05:04.70	10:36.56	20:17.45	31.89	01:09.38	02:31.64	36.24	01:19.44	02:52.49	31.22	01:08.59	02:35.38	8
7	28.97	01:04.57	02:22.79	05:05.00	10:37.19	20:18.66	31.93	01:09.45	02:31.79	36.28	01:19.52	02:52.67	31.25	01:08.66	02:35.54	7
6	28.99	01:04.64	02:22.93	05:05.30	10:37.82	20:19.87	31.96	01:09.51	02:31.94	36.32	01:19.60	02:52.84	31.28	01:08.72	02:35.69	6
5	29.02	01:04.70	02:23.07	05:05.60	10:38.46	20:21.08	31.99	01:09.58	02:32.09	36.35	01:19.68	02:53.01	31.31	01:08.79	02:35.85	5
4	29.05	01:04.77	02:23.22	05:05.91	10:39.09	20:22.30	32.02	01:09.65	02:32.24	36.39	01:19.76	02:53.18	31.34	01:08.86	02:36.00	4
3	29.08	01:04.83	02:23.36	05:06.22	10:39.73	20:23.52	32.05	01:09.72	02:32.39	36.42	01:19.84	02:53.35	31.37	01:08.93	02:36.16	3
2	29.11	01:04.90	02:23.50	05:06.52	10:40.37	20:24.74	32.09	01:09.79	02:32.54	36.46	01:19.92	02:53.53	31.41	01:09.00	02:36.31	2
1	29.14	01:04.96	02:23.65	05:06.83	10:41.02	20:25.98	32.12	01:09.86	02:32.70	36.50	01:20.00	02:53.70	31.44	01:09.07	02:36.47	1

- Таблица преобразована в соответствии с данными сайта Всероссийской Федерации Плавания.

Женщины (бассейн 25 метров)

Рт.	Вольный стиль						Кр/спинне			Брасс			Дельфин			Рт.
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	
70	31.12	01:08.20	02:29.87	05:17.47	10:50.56	20:45.93	34.74	01:14.49	02:41.42	38.76	01:24.63	03:02.64	33.08	01:14.11	02:42.33	70
69	31.14	01:08.25	02:30.00	05:17.74	10:51.10	20:46.97	34.77	01:14.55	02:41.56	38.79	01:24.70	03:02.79	33.11	01:14.17	02:42.47	69
68	31.17	01:08.31	02:30.12	05:18.00	10:51.65	20:48.01	34.80	01:14.62	02:41.69	38.82	01:24.77	03:02.94	33.14	01:14.24	02:42.60	68
67	31.19	01:08.37	02:30.25	05:18.27	10:52.19	20:49.06	34.83	01:14.68	02:41.83	38.85	01:24.84	03:03.09	33.17	01:14.30	02:42.74	67
66	31.22	01:08.42	02:30.38	05:18.54	10:52.74	20:50.11	34.86	01:14.74	02:41.96	38.89	01:24.92	03:03.25	33.20	01:14.36	02:42.88	66
65	31.25	01:08.48	02:30.50	05:18.81	10:53.29	20:51.16	34.89	01:14.81	02:42.10	38.92	01:24.99	03:03.40	33.22	01:14.42	02:43.01	65
64	31.27	01:08.54	02:30.63	05:19.08	10:53.85	20:52.22	34.92	01:14.87	02:42.24	38.95	01:25.06	03:03.56	33.25	01:14.49	02:43.15	64
63	31.30	01:08.60	02:30.76	05:19.35	10:54.40	20:53.28	34.95	01:14.93	02:42.37	38.99	01:25.13	03:03.71	33.28	01:14.55	02:43.29	63
62	31.33	01:08.66	02:30.88	05:19.62	10:54.96	20:54.35	34.97	01:15.00	02:42.51	39.02	01:25.20	03:03.87	33.31	01:14.61	02:43.43	62
61	31.35	01:08.71	02:31.01	05:19.89	10:55.51	20:55.41	35.00	01:15.06	02:42.65	39.05	01:25.28	03:04.03	33.34	01:14.68	02:43.57	61
60	31.38	01:08.77	02:31.14	05:20.16	10:56.07	20:56.49	35.03	01:15.12	02:42.79	39.09	01:25.35	03:04.18	33.36	01:14.74	02:43.71	60
59	31.41	01:08.83	02:31.27	05:20.44	10:56.64	20:57.56	35.06	01:15.19	02:42.93	39.12	01:25.42	03:04.34	33.39	01:14.80	02:43.85	59
58	31.43	01:08.89	02:31.40	05:20.71	10:57.20	20:58.64	35.09	01:15.25	02:43.07	39.15	01:25.49	03:04.50	33.42	01:14.87	02:43.99	58
57	31.46	01:08.95	02:31.53	05:20.99	10:57.76	20:59.72	35.12	01:15.32	02:43.21	39.19	01:25.57	03:04.66	33.45	01:14.93	02:44.13	57
56	31.49	01:09.01	02:31.66	05:21.27	10:58.33	21:00.81	35.16	01:15.38	02:43.35	39.22	01:25.64	03:04.82	33.48	01:15.00	02:44.27	56
55	31.52	01:09.07	02:31.79	05:21.54	10:58.90	21:01.90	35.19	01:15.45	02:43.49	39.25	01:25.72	03:04.98	33.51	01:15.06	02:44.41	55
54	31.54	01:09.13	02:31.93	05:21.82	10:59.47	21:03.00	35.22	01:15.51	02:43.63	39.29	01:25.79	03:05.14	33.54	01:15.13	02:44.56	54
53	31.57	01:09.19	02:32.06	05:22.10	11:00.05	21:04.09	35.25	01:15.58	02:43.78	39.32	01:25.87	03:05.30	33.57	01:15.19	02:44.70	53
52	31.60	01:09.25	02:32.19	05:22.38	11:00.62	21:05.20	35.28	01:15.64	02:43.92	39.36	01:25.94	03:05.46	33.60	01:15.26	02:44.84	52
51	31.63	01:09.31	02:32.32	05:22.67	11:01.20	21:06.30	35.31	01:15.71	02:44.06	39.39	01:26.02	03:05.62	33.63	01:15.32	02:44.99	51
50	31.65	01:09.37	02:32.46	05:22.95	11:01.78	21:07.41	35.34	01:15.78	02:44.21	39.43	01:26.09	03:05.78	33.65	01:15.39	02:45.13	50
49	31.68	01:09.43	02:32.59	05:23.23	11:02.36	21:08.53	35.37	01:15.84	02:44.35	39.46	01:26.17	03:05.95	33.68	01:15.46	02:45.28	49
48	31.71	01:09.49	02:32.73	05:23.52	11:02.94	21:09.64	35.40	01:15.91	02:44.49	39.50	01:26.24	03:06.11	33.71	01:15.52	02:45.42	48
47	31.74	01:09.55	02:32.86	05:23.80	11:03.53	21:10.77	35.43	01:15.98	02:44.64	39.53	01:26.32	03:06.28	33.74	01:15.59	02:45.57	47
46	31.76	01:09.62	02:33.00	05:24.09	11:04.12	21:11.89	35.46	01:16.05	02:44.79	39.57	01:26.39	03:06.44	33.77	01:15.66	02:45.71	46
45	31.79	01:09.68	02:33.13	05:24.38	11:04.71	21:13.02	35.50	01:16.11	02:44.93	39.60	01:26.47	03:06.61	33.80	01:15.72	02:45.86	45
44	31.82	01:09.74	02:33.27	05:24.67	11:05.30	21:14.15	35.53	01:16.18	02:45.08	39.64	01:26.55	03:06.77	33.83	01:15.79	02:46.01	44
43	31.85	01:09.80	02:33.40	05:24.96	11:05.89	21:15.29	35.56	01:16.25	02:45.23	39.67	01:26.63	03:06.94	33.86	01:15.86	02:46.16	43
42	31.88	01:09.87	02:33.54	05:25.25	11:06.49	21:16.43	35.59	01:16.32	02:45.37	39.71	01:26.70	03:07.11	33.89	01:15.93	02:46.31	42
41	31.91	01:09.93	02:33.68	05:25.54	11:07.09	21:17.58	35.62	01:16.39	02:45.52	39.74	01:26.78	03:07.28	33.92	01:16.00	02:46.46	41
40	31.94	01:09.99	02:33.82	05:25.83	11:07.69	21:18.73	35.65	01:16.45	02:45.67	39.78	01:26.86	03:07.44	33.96	01:16.06	02:46.61	40
39	31.96	01:10.05	02:33.96	05:26.13	11:08.29	21:19.88	35.69	01:16.52	02:45.82	39.81	01:26.94	03:07.61	33.99	01:16.13	02:46.76	39
38	31.99	01:10.12	02:34.10	05:26.42	11:08.90	21:21.04	35.72	01:16.59	02:45.97	39.85	01:27.02	03:07.78	34.02	01:16.20	02:46.91	38
37	32.02	01:10.18	02:34.24	05:26.72	11:09.50	21:22.20	35.75	01:16.66	02:46.12	39.89	01:27.10	03:07.95	34.05	01:16.27	02:47.06	37
36	32.05	01:10.24	02:34.38	05:27.02	11:10.11	21:23.37	35.78	01:16.73	02:46.27	39.92	01:27.17	03:08.12	34.08	01:16.34	02:47.21	36
35	32.08	01:10.31	02:34.52	05:27.31	11:10.72	21:24.54	35.82	01:16.80	02:46.43	39.96	01:27.25	03:08.30	34.11	01:16.41	02:47.36	35
34	32.11	01:10.37	02:34.66	05:27.61	11:11.34	21:25.72	35.85	01:16.87	02:46.58	40.00	01:27.33	03:08.47	34.14	01:16.48	02:47.52	34
33	32.14	01:10.44	02:34.80	05:27.91	11:11.95	21:26.90	35.88	01:16.94	02:46.73	40.03	01:27.41	03:08.64	34.17	01:16.55	02:47.67	33
32	32.17	01:10.50	02:34.94	05:28.22	11:12.57	21:28.08	35.92	01:17.01	02:46.88	40.07	01:27.49	03:08.81	34.20	01:16.62	02:47.82	32
31	32.20	01:10.57	02:35.09	05:28.52	11:13.19	21:29.27	35.95	01:17.08	02:47.04	40.11	01:27.58	03:08.99	34.24	01:16.69	02:47.98	31
30	32.23	01:10.63	02:35.23	05:28.82	11:13.81	21:30.46	35.98	01:17.16	02:47.19	40.14	01:27.66	03:09.16	34.27	01:16.76	02:48.13	30
29	32.26	01:10.70	02:35.37	05:29.13	11:14.44	21:31.66	36.02	01:17.23	02:47.35	40.18	01:27.74	03:09.34	34.30	01:16.83	02:48.29	29
28	32.29	01:10.76	02:35.52	05:29.43	11:15.07	21:32.86	36.05	01:17.30	02:47.50	40.22	01:27.82	03:09.52	34.33	01:16.90	02:48.45	28

27	32.32	01:10.83	02:35.66	05:29.74	11:15.70	21:34.07	36.08	01:17.37	02:47.66	40.26	01:27.90	03:09.69	34.36	01:16.98	02:48.60	27
26	32.35	01:10.90	02:35.81	05:30.05	11:16.33	21:35.28	36.12	01:17.44	02:47.82	40.29	01:27.98	03:09.87	34.39	01:17.05	02:48.76	26
25	32.38	01:10.96	02:35.95	05:30.36	11:16.96	21:36.49	36.15	01:17.52	02:47.97	40.33	01:28.07	03:10.05	34.43	01:17.12	02:48.92	25
24	32.41	01:11.03	02:36.10	05:30.67	11:17.60	21:37.71	36.18	01:17.59	02:48.13	40.37	01:28.15	03:10.23	34.46	01:17.19	02:49.08	24
23	32.44	01:11.10	02:36.25	05:30.98	11:18.24	21:38.94	36.22	01:17.66	02:48.29	40.41	01:28.23	03:10.41	34.49	01:17.27	02:49.24	23
22	32.47	01:11.16	02:36.40	05:31.29	11:18.88	21:40.16	36.25	01:17.74	02:48.45	40.44	01:28.32	03:10.59	34.52	01:17.34	02:49.40	22
21	32.50	01:11.23	02:36.54	05:31.61	11:19.52	21:41.40	36.29	01:17.81	02:48.61	40.48	01:28.40	03:10.77	34.56	01:17.41	02:49.56	21
20	32.53	01:11.30	02:36.69	05:31.92	11:20.17	21:42.64	36.32	01:17.88	02:48.77	40.52	01:28.48	03:10.95	34.59	01:17.49	02:49.72	20
19	32.56	01:11.37	02:36.84	05:32.24	11:20.82	21:43.88	36.36	01:17.96	02:48.93	40.56	01:28.57	03:11.13	34.62	01:17.56	02:49.88	19
18	32.60	01:11.44	02:36.99	05:32.56	11:21.47	21:45.13	36.39	01:18.03	02:49.09	40.60	01:28.65	03:11.31	34.66	01:17.63	02:50.04	18
17	32.63	01:11.50	02:37.14	05:32.88	11:22.13	21:46.38	36.43	01:18.11	02:49.25	40.64	01:28.74	03:11.50	34.69	01:17.71	02:50.21	17
16	32.66	01:11.57	02:37.30	05:33.20	11:22.78	21:47.64	36.46	01:18.18	02:49.42	40.68	01:28.82	03:11.68	34.72	01:17.78	02:50.37	16
15	32.69	01:11.64	02:37.45	05:33.52	11:23.44	21:48.90	36.50	01:18.26	02:49.58	40.72	01:28.91	03:11.87	34.76	01:17.86	02:50.54	15
14	32.72	01:11.71	02:37.60	05:33.84	11:24.10	21:50.17	36.53	01:18.33	02:49.74	40.76	01:28.99	03:12.05	34.79	01:17.93	02:50.70	14
13	32.75	01:11.78	02:37.75	05:34.17	11:24.77	21:51.44	36.57	01:18.41	02:49.91	40.80	01:29.08	03:12.24	34.82	01:18.01	02:50.87	13
12	32.78	01:11.85	02:37.91	05:34.49	11:25.43	21:52.72	36.60	01:18.49	02:50.08	40.84	01:29.17	03:12.43	34.86	01:18.09	02:51.03	12
11	32.82	01:11.92	02:38.06	05:34.82	11:26.10	21:54.00	36.64	01:18.56	02:50.24	40.88	01:29.26	03:12.61	34.89	01:18.16	02:51.20	11
10	32.85	01:11.99	02:38.22	05:35.15	11:26.78	21:55.28	36.67	01:18.64	02:50.41	40.92	01:29.34	03:12.80	34.93	01:18.24	02:51.37	10
9	32.88	01:12.06	02:38.37	05:35.48	11:27.45	21:56.58	36.71	01:18.72	02:50.58	40.96	01:29.43	03:12.99	34.96	01:18.32	02:51.54	9
8	32.91	01:12.13	02:38.53	05:35.81	11:28.13	21:57.87	36.75	01:18.79	02:50.74	41.00	01:29.52	03:13.18	34.99	01:18.39	02:51.71	8
7	32.95	01:12.20	02:38.68	05:36.14	11:28.81	21:59.18	36.78	01:18.87	02:50.91	41.04	01:29.61	03:13.37	35.03	01:18.47	02:51.88	7
6	32.98	01:12.28	02:38.84	05:36.47	11:29.49	22:00.48	36.82	01:18.95	02:51.08	41.08	01:29.70	03:13.56	35.06	01:18.55	02:52.05	6
5	33.01	01:12.35	02:39.00	05:36.81	11:30.18	22:01.80	36.86	01:19.03	02:51.25	41.12	01:29.78	03:13.76	35.10	01:18.63	02:52.22	5
4	33.04	01:12.42	02:39.16	05:37.14	11:30.86	22:03.11	36.89	01:19.11	02:51.42	41.16	01:29.87	03:13.95	35.13	01:18.70	02:52.39	4
3	33.08	01:12.49	02:39.32	05:37.48	11:31.55	22:04.44	36.93	01:19.19	02:51.59	41.20	01:29.96	03:14.14	35.17	01:18.78	02:52.56	3
2	33.11	01:12.57	02:39.48	05:37.82	11:32.25	22:05.77	36.97	01:19.27	02:51.77	41.24	01:30.05	03:14.34	35.20	01:18.86	02:52.73	2
1	33.14	01:12.64	02:39.64	05:38.16	11:32.94	22:07.10	37.00	01:19.35	02:51.94	41.28	01:30.15	03:14.53	35.24	01:18.94	02:52.91	1

- Таблица преобразована в соответствии с данными сайта Всероссийской Федерации Плавания.

Мужчины (бассейн 50 метров)

Pt.	Вольный стиль						Кроль на спине			Брасс			Дельфин			Pt.
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	
<b>70</b>	28.37	01:03.66	02:18.43	04:58.68	10:13.62	19:42.15	32.30	01:10.37	02:31.89	35.22	01:17.19	02:51.17	30.22	01:07.11	02:30.28	<b>70</b>
<b>69</b>	28.40	01:03.72	02:18.55	04:58.93	10:14.13	19:43.14	32.32	01:10.43	02:32.02	35.24	01:17.26	02:51.31	30.25	01:07.17	02:30.40	<b>69</b>
<b>68</b>	28.42	01:03.77	02:18.66	04:59.18	10:14.64	19:44.13	32.35	01:10.48	02:32.15	35.27	01:17.32	02:51.45	30.27	01:07.22	02:30.53	<b>68</b>
<b>67</b>	28.45	01:03.82	02:18.78	04:59.43	10:15.16	19:45.12	32.38	01:10.54	02:32.28	35.30	01:17.39	02:51.60	30.30	01:07.28	02:30.66	<b>67</b>
<b>66</b>	28.47	01:03.88	02:18.90	04:59.68	10:15.68	19:46.12	32.41	01:10.60	02:32.40	35.33	01:17.45	02:51.74	30.32	01:07.33	02:30.78	<b>66</b>
<b>65</b>	28.49	01:03.93	02:19.01	04:59.93	10:16.20	19:47.12	32.43	01:10.66	02:32.53	35.36	01:17.52	02:51.89	30.35	01:07.39	02:30.91	<b>65</b>
<b>64</b>	28.52	01:03.98	02:19.13	05:00.18	10:16.72	19:48.12	32.46	01:10.72	02:32.66	35.39	01:17.58	02:52.03	30.37	01:07.45	02:31.04	<b>64</b>
<b>63</b>	28.54	01:04.04	02:19.25	05:00.44	10:17.24	19:49.13	32.49	01:10.78	02:32.79	35.42	01:17.65	02:52.18	30.40	01:07.51	02:31.17	<b>63</b>
<b>62</b>	28.57	01:04.09	02:19.37	05:00.69	10:17.76	19:50.14	32.52	01:10.84	02:32.92	35.45	01:17.72	02:52.32	30.42	01:07.56	02:31.29	<b>62</b>
<b>61</b>	28.59	01:04.15	02:19.48	05:00.95	10:18.29	19:51.15	32.54	01:10.90	02:33.05	35.48	01:17.78	02:52.47	30.45	01:07.62	02:31.42	<b>61</b>
<b>60</b>	28.62	01:04.20	02:19.60	05:01.21	10:18.82	19:52.17	32.57	01:10.96	02:33.18	35.51	01:17.85	02:52.62	30.48	01:07.68	02:31.55	<b>60</b>
<b>59</b>	28.64	01:04.26	02:19.72	05:01.47	10:19.35	19:53.19	32.60	01:11.02	02:33.31	35.54	01:17.91	02:52.77	30.50	01:07.74	02:31.68	<b>59</b>
<b>58</b>	28.66	01:04.31	02:19.84	05:01.72	10:19.88	19:54.22	32.63	01:11.08	02:33.44	35.57	01:17.98	02:52.91	30.53	01:07.79	02:31.81	<b>58</b>
<b>57</b>	28.69	01:04.37	02:19.96	05:01.98	10:20.41	19:55.24	32.65	01:11.15	02:33.58	35.61	01:18.05	02:53.06	30.56	01:07.85	02:31.94	<b>57</b>
<b>56</b>	28.71	01:04.42	02:20.08	05:02.24	10:20.95	19:56.27	32.68	01:11.21	02:33.71	35.64	01:18.12	02:53.21	30.58	01:07.91	02:32.07	<b>56</b>
<b>55</b>	28.74	01:04.48	02:20.21	05:02.51	10:21.48	19:57.31	32.71	01:11.27	02:33.84	35.67	01:18.18	02:53.36	30.61	01:07.97	02:32.21	<b>55</b>
<b>54</b>	28.76	01:04.53	02:20.33	05:02.77	10:22.02	19:58.35	32.74	01:11.33	02:33.98	35.70	01:18.25	02:53.51	30.63	01:08.03	02:32.34	<b>54</b>
<b>53</b>	28.79	01:04.59	02:20.45	05:03.03	10:22.56	19:59.39	32.77	01:11.3	02:34.11	35.73	01:18.32	02:53.66	30.66	01:08.09	02:32.47	<b>53</b>
<b>52</b>	28.81	01:04.65	02:20.57	05:03.30	10:23.11	20:00.44	32.80	01:11.4	02:34.24	35.76	01:18.39	02:53.81	30.69	01:08.15	02:32.60	<b>52</b>
<b>51</b>	28.84	01:04.70	02:20.69	05:03.56	10:23.65	20:01.48	32.83	01:11.5	02:34.38	35.79	01:18.46	02:53.97	30.71	01:08.21	02:32.74	<b>51</b>
<b>50</b>	28.86	01:04.76	02:20.82	05:03.83	10:24.20	20:02.54	32.85	01:11.5	02:34.51	35.82	01:18.52	02:54.12	30.74	01:08.27	02:32.87	<b>50</b>
<b>49</b>	28.89	01:04.82	02:20.94	05:04.09	10:24.75	20:03.59	32.88	01:11.6	02:34.65	35.85	01:18.59	02:54.27	30.77	01:08.33	02:33.01	<b>49</b>
<b>48</b>	28.91	01:04.87	02:21.07	05:04.36	10:25.30	20:04.65	32.91	01:11.7	02:34.79	35.89	01:18.66	02:54.43	30.80	01:08.39	02:33.14	<b>48</b>
<b>47</b>	28.94	01:04.93	02:21.19	05:04.63	10:25.85	20:05.72	32.94	01:11.7	02:34.92	35.92	01:18.73	02:54.58	30.82	01:08.45	02:33.28	<b>47</b>
<b>46</b>	28.97	01:04.99	02:21.32	05:04.90	10:26.40	20:06.79	32.97	01:11.8	02:35.06	35.95	01:18.80	02:54.73	30.85	01:08.51	02:33.41	<b>46</b>
<b>45</b>	28.99	01:05.05	02:21.44	05:05.17	10:26.96	20:07.86	33.00	01:11.9	02:35.20	35.98	01:18.87	02:54.89	30.88	01:08.57	02:33.55	<b>45</b>
<b>44</b>	29.02	01:05.10	02:21.57	05:05.44	10:27.52	20:08.93	33.03	01:11.9	02:35.34	36.01	01:18.94	02:55.04	30.91	01:08.63	02:33.68	<b>44</b>
<b>43</b>	29.04	01:05.16	02:21.69	05:05.72	10:28.08	20:10.01	33.06	01:12.0	02:35.47	36.05	01:19.01	02:55.20	30.93	01:08.69	02:33.82	<b>43</b>
<b>42</b>	29.07	01:05.22	02:21.82	05:05.99	10:28.64	20:11.10	33.09	01:12.0	02:35.61	36.08	01:19.08	02:55.36	30.96	01:08.75	02:33.96	<b>42</b>
<b>41</b>	29.10	01:05.28	02:21.95	05:06.26	10:29.21	20:12.18	33.12	01:12.1	02:35.75	36.11	01:19.15	02:55.52	30.99	01:08.81	02:34.10	<b>41</b>
<b>40</b>	29.12	01:05.34	02:22.08	05:06.54	10:29.77	20:13.28	33.15	01:12.2	02:35.89	36.14	01:19.23	02:55.67	31.02	01:08.88	02:34.24	<b>40</b>
<b>39</b>	29.15	01:05.40	02:22.20	05:06.82	10:30.34	20:14.37	33.18	01:12.2	02:36.03	36.17	01:19.30	02:55.83	31.04	01:08.94	02:34.38	<b>39</b>
<b>38</b>	29.17	01:05.46	02:22.33	05:07.09	10:30.91	20:15.47	33.21	01:12.3	02:36.18	36.21	01:19.37	02:55.99	31.07	01:09.00	02:34.51	<b>38</b>
<b>37</b>	29.20	01:05.52	02:22.46	05:07.37	10:31.48	20:16.57	33.24	01:12.4	02:36.32	36.24	01:19.44	02:56.15	31.10	01:09.06	02:34.66	<b>37</b>

<b>36</b>	29.23	01:05.58	02:22.59	05:07.65	10:32.06	20:17.68	33.27	01:12.4	02:36.46	36.27	01:19.51	02:56.31	31.13	01:09.13	02:34.80	<b>36</b>
<b>35</b>	29.25	01:05.64	02:22.72	05:07.93	10:32.63	20:18.79	33.30	01:12.5	02:36.60	36.31	01:19.59	02:56.47	31.16	01:09.19	02:34.94	<b>35</b>
<b>34</b>	29.28	01:05.70	02:22.85	05:08.22	10:33.21	20:19.91	33.33	01:12.6	02:36.75	36.34	01:19.66	02:56.63	31.19	01:09.25	02:35.08	<b>34</b>
<b>33</b>	29.31	01:05.76	02:22.98	05:08.50	10:33.79	20:21.02	33.36	01:12.6	02:36.89	36.37	01:19.73	02:56.80	31.21	01:09.32	02:35.22	<b>33</b>
<b>32</b>	29.33	01:05.82	02:23.11	05:08.78	10:34.38	20:22.15	33.39	01:12.7	02:37.03	36.41	01:19.81	02:56.96	31.24	01:09.38	02:35.36	<b>32</b>
<b>31</b>	29.36	01:05.88	02:23.25	05:09.07	10:34.96	20:23.28	33.42	01:12.8	02:37.18	36.44	01:19.88	02:57.12	31.27	01:09.44	02:35.51	<b>31</b>
<b>30</b>	29.39	01:05.94	02:23.38	05:09.35	10:35.55	20:24.41	33.45	01:12.8	02:37.32	36.47	01:19.95	02:57.29	31.30	01:09.51	02:35.65	<b>30</b>
<b>29</b>	29.42	01:06.00	02:23.51	05:09.64	10:36.14	20:25.54	33.48	01:12.9	02:37.47	36.51	01:20.03	02:57.45	31.33	01:09.57	02:35.80	<b>29</b>
<b>28</b>	29.44	01:06.06	02:23.65	05:09.93	10:36.73	20:26.68	33.51	01:13.0	02:37.62	36.54	01:20.10	02:57.61	31.36	01:09.64	02:35.94	<b>28</b>
<b>27</b>	29.47	01:06.12	02:23.78	05:10.22	10:37.33	20:27.83	33.55	01:13.0	02:37.76	36.58	01:20.18	02:57.78	31.39	01:09.70	02:36.09	<b>27</b>
<b>26</b>	29.50	01:06.18	02:23.91	05:10.51	10:37.92	20:28.98	33.58	01:13.1	02:37.91	36.61	01:20.25	02:57.95	31.42	01:09.77	02:36.23	<b>26</b>
<b>25</b>	29.53	01:06.25	02:24.05	05:10.80	10:38.52	20:30.13	33.61	01:13.2	02:38.06	36.64	01:20.33	02:58.11	31.45	01:09.83	02:36.38	<b>25</b>
<b>24</b>	29.55	01:06.31	02:24.18	05:11.09	10:39.12	20:31.29	33.64	01:13.2	02:38.21	36.68	01:20.40	02:58.28	31.48	01:09.90	02:36.53	<b>24</b>
<b>23</b>	29.58	01:06.37	02:24.32	05:11.38	10:39.72	20:32.45	33.67	01:13.3	02:38.36	36.71	01:20.48	02:58.45	31.51	01:09.96	02:36.67	<b>23</b>
<b>22</b>	29.61	01:06.43	02:24.46	05:11.68	10:40.33	20:33.61	33.70	01:13.4	02:38.51	36.75	01:20.55	02:58.62	31.54	01:10.03	02:36.82	<b>22</b>
<b>21</b>	29.64	01:06.50	02:24.59	05:11.97	10:40.94	20:34.78	33.74	01:13.5	02:38.66	36.78	01:20.63	02:58.79	31.57	01:10.10	02:36.97	<b>21</b>
<b>20</b>	29.67	01:06.56	02:24.73	05:12.27	10:41.55	20:35.96	33.77	01:13.5	02:38.81	36.82	01:20.71	02:58.96	31.60	01:10.16	02:37.12	<b>20</b>
<b>19</b>	29.69	01:06.62	02:24.87	05:12.57	10:42.16	20:37.14	33.80	01:13.6	02:38.96	36.85	01:20.78	02:59.13	31.63	01:10.23	02:37.27	<b>19</b>
<b>18</b>	29.72	01:06.69	02:25.01	05:12.87	10:42.77	20:38.32	33.83	01:13.7	02:39.11	36.89	01:20.86	02:59.30	31.66	01:10.30	02:37.42	<b>18</b>
<b>17</b>	29.75	01:06.75	02:25.15	05:13.17	10:43.39	20:39.51	33.86	01:13.7	02:39.26	36.92	01:20.94	02:59.47	31.69	01:10.37	02:37.57	<b>17</b>
<b>16</b>	29.78	01:06.82	02:25.29	05:13.47	10:44.01	20:40.70	33.90	01:13.8	02:39.42	36.96	01:21.02	02:59.64	31.72	01:10.43	02:37.72	<b>16</b>
<b>15</b>	29.81	01:06.88	02:25.43	05:13.77	10:44.63	20:41.90	33.93	01:13.9	02:39.57	37.00	01:21.10	02:59.82	31.75	01:10.50	02:37.87	<b>15</b>
<b>14</b>	29.84	01:06.94	02:25.57	05:14.08	10:45.25	20:43.10	33.96	01:14.0	02:39.73	37.03	01:21.17	02:59.99	31.78	01:10.57	02:38.03	<b>14</b>
<b>13</b>	29.87	01:07.01	02:25.71	05:14.38	10:45.88	20:44.31	34.00	01:14.0	02:39.88	37.07	01:21.25	03:00.17	31.81	01:10.64	02:38.18	<b>13</b>
<b>12</b>	29.90	01:07.08	02:25.85	05:14.69	10:46.51	20:45.52	34.03	01:14.1	02:40.04	37.10	01:21.33	03:00.34	31.84	01:10.71	02:38.34	<b>12</b>
<b>11</b>	29.93	01:07.14	02:25.99	05:14.99	10:47.14	20:46.74	34.06	01:14.2	02:40.19	37.14	01:21.41	03:00.52	31.87	01:10.78	02:38.49	<b>11</b>
<b>10</b>	29.95	01:07.21	02:26.14	05:15.30	10:47.78	20:47.96	34.10	01:14.2	02:40.35	37.18	01:21.49	03:00.70	31.90	01:10.85	02:38.65	<b>10</b>
<b>9</b>	29.98	01:07.27	02:26.28	05:15.61	10:48.41	20:49.18	34.13	01:14.3	02:40.51	37.21	01:21.57	03:00.87	31.93	01:10.92	02:38.80	<b>9</b>
<b>8</b>	30.01	01:07.34	02:26.42	05:15.92	10:49.05	20:50.42	34.16	01:14.4	02:40.67	37.25	01:21.65	03:01.05	31.97	01:10.98	02:38.96	<b>8</b>
<b>7</b>	30.04	01:07.41	02:26.57	05:16.24	10:49.69	20:51.65	34.20	01:14.5	02:40.82	37.29	01:21.73	03:01.23	32.00	01:11.06	02:39.11	<b>7</b>
<b>6</b>	30.07	01:07.47	02:26.71	05:16.55	10:50.34	20:52.89	34.23	01:14.5	02:40.98	37.32	01:21.81	03:01.41	32.03	01:11.13	02:39.27	<b>6</b>
<b>5</b>	30.10	01:07.54	02:26.86	05:16.86	10:50.98	20:54.14	34.26	01:14.6	02:41.14	37.36	01:21.89	03:01.59	32.06	01:11.20	02:39.43	<b>5</b>
<b>4</b>	30.13	01:07.61	02:27.01	05:17.18	10:51.63	20:55.39	34.30	01:14.7	02:41.30	37.40	01:21.98	03:01.77	32.09	01:11.27	02:39.59	<b>4</b>
<b>3</b>	30.16	01:07.67	02:27.15	05:17.50	10:52.28	20:56.64	34.33	01:14.8	02:41.47	37.43	01:22.06	03:01.95	32.13	01:11.34	02:39.75	<b>3</b>
<b>2</b>	30.19	01:07.74	02:27.30	05:17.82	10:52.94	20:57.90	34.37	01:14.8	02:41.63	37.47	01:22.14	03:02.14	32.16	01:11.41	02:39.91	<b>2</b>
<b>1</b>	30.22	01:07.81	02:27.45	05:18.14	10:53.59	20:59.17	34.40	01:14.9	02:41.79	37.51	01:22.22	03:02.32	32.19	01:11.48	02:40.07	<b>1</b>

- Таблица преобразована в соответствии с данными сайта Всероссийской Федерации Плавания.

Женщины (бассейн 50 метров)

Pt.	Вольный стиль						Кроль на спине			Брасс			Дельфин			Pt.
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	
70	32.12	01:10.18	02:33.33	05:20.92	10:57.96	20:49.28	36.61	01:17.97	02:47.41	39.76	01:27.03	03:08.58	33.15	01:15.29	02:45.32	70
69	32.15	01:10.24	02:33.46	05:21.19	10:58.51	20:50.32	36.64	01:18.03	02:47.55	39.79	01:27.11	03:08.74	33.18	01:15.36	02:45.46	69
68	32.17	01:10.29	02:33.59	05:21.46	10:59.06	20:51.37	36.67	01:18.10	02:47.69	39.83	01:27.18	03:08.90	33.21	01:15.42	02:45.59	68
67	32.20	01:10.35	02:33.72	05:21.73	10:59.61	20:52.42	36.70	01:18.16	02:47.83	39.86	01:27.25	03:09.05	33.24	01:15.48	02:45.73	67
66	32.23	01:10.41	02:33.85	05:22.00	11:00.16	20:53.47	36.74	01:18.23	02:47.97	39.90	01:27.33	03:09.21	33.26	01:15.55	02:45.87	66
65	32.26	01:10.47	02:33.98	05:22.27	11:00.72	20:54.53	36.77	01:18.29	02:48.11	39.93	01:27.40	03:09.37	33.29	01:15.61	02:46.01	65
64	32.28	01:10.53	02:34.11	05:22.54	11:01.28	20:55.59	36.80	01:18.36	02:48.25	39.96	01:27.47	03:09.53	33.32	01:15.67	02:46.15	64
63	32.31	01:10.59	02:34.24	05:22.82	11:01.84	20:56.65	36.83	01:18.43	02:48.40	40.00	01:27.55	03:09.69	33.35	01:15.74	02:46.29	63
62	32.34	01:10.65	02:34.37	05:23.09	11:02.40	20:57.72	36.86	01:18.49	02:48.54	40.03	01:27.62	03:09.85	33.38	01:15.80	02:46.43	62
61	32.37	01:10.71	02:34.50	05:23.36	11:02.97	20:58.79	36.89	01:18.56	02:48.68	40.06	01:27.70	03:10.02	33.40	01:15.87	02:46.58	61
60	32.39	01:10.77	02:34.63	05:23.64	11:03.53	20:59.87	36.92	01:18.63	02:48.83	40.10	01:27.77	03:10.18	33.43	01:15.93	02:46.72	60
59	32.42	01:10.83	02:34.76	05:23.92	11:04.10	21:00.95	36.95	01:18.70	02:48.97	40.13	01:27.85	03:10.34	33.46	01:16.00	02:46.86	59
58	32.45	01:10.89	02:34.90	05:24.20	11:04.67	21:02.03	36.99	01:18.76	02:49.12	40.17	01:27.92	03:10.50	33.49	01:16.06	02:47.00	58
57	32.48	01:10.95	02:35.03	05:24.48	11:05.24	21:03.11	37.02	01:18.83	02:49.26	40.20	01:28.00	03:10.67	33.52	01:16.13	02:47.15	57
56	32.50	01:11.02	02:35.16	05:24.76	11:05.82	21:04.20	37.05	01:18.90	02:49.41	40.24	01:28.07	03:10.83	33.55	01:16.19	02:47.29	56
55	32.53	01:11.08	02:35.30	05:25.04	11:06.39	21:05.30	37.08	01:18.97	02:49.55	40.27	01:28.15	03:11.00	33.58	01:16.26	02:47.44	55
54	32.56	01:11.14	02:35.43	05:25.32	11:06.97	21:06.39	37.11	01:19.04	02:49.70	40.31	01:28.23	03:11.16	33.61	01:16.33	02:47.58	54
53	32.59	01:11.20	02:35.57	05:25.60	11:07.55	21:07.50	37.15	01:19.10	02:49.85	40.34	01:28.30	03:11.33	33.64	01:16.39	02:47.73	53
52	32.62	01:11.26	02:35.70	05:25.88	11:08.13	21:08.60	37.18	01:19.17	02:50.00	40.38	01:28.38	03:11.50	33.66	01:16.46	02:47.87	52
51	32.65	01:11.32	02:35.84	05:26.17	11:08.72	21:09.71	37.21	01:19.24	02:50.15	40.41	01:28.46	03:11.66	33.69	01:16.52	02:48.02	51
50	32.67	01:11.39	02:35.98	05:26.46	11:09.30	21:10.82	37.24	01:19.31	02:50.29	40.45	01:28.53	03:11.83	33.72	01:16.59	02:48.17	50
49	32.70	01:11.45	02:36.11	05:26.74	11:09.89	21:11.94	37.28	01:19.38	02:50.44	40.48	01:28.61	03:12.00	33.75	01:16.66	02:48.32	49
48	32.73	01:11.51	02:36.25	05:27.03	11:10.48	21:13.06	37.31	01:19.45	02:50.59	40.52	01:28.69	03:12.17	33.78	01:16.73	02:48.46	48
47	32.76	01:11.58	02:36.39	05:27.32	11:11.07	21:14.18	37.34	01:19.52	02:50.74	40.55	01:28.77	03:12.34	33.81	01:16.79	02:48.61	47
46	32.79	01:11.64	02:36.53	05:27.61	11:11.67	21:15.31	37.38	01:19.59	02:50.90	40.59	01:28.85	03:12.51	33.84	01:16.86	02:48.76	46
45	32.82	01:11.70	02:36.67	05:27.90	11:12.26	21:16.45	37.41	01:19.66	02:51.05	40.63	01:28.93	03:12.68	33.87	01:16.93	02:48.91	45
44	32.85	01:11.77	02:36.81	05:28.19	11:12.86	21:17.58	37.44	01:19.73	02:51.20	40.66	01:29.01	03:12.85	33.90	01:17.00	02:49.06	44
43	32.88	01:11.83	02:36.95	05:28.48	11:13.46	21:18.72	37.48	01:19.80	02:51.35	40.70	01:29.08	03:13.02	33.93	01:17.07	02:49.21	43
42	32.91	01:11.90	02:37.09	05:28.78	11:14.07	21:19.87	37.51	01:19.88	02:51.51	40.74	01:29.16	03:13.20	33.96	01:17.14	02:49.37	42
41	32.94	01:11.96	02:37.23	05:29.07	11:14.67	21:21.02	37.54	01:19.95	02:51.66	40.77	01:29.24	03:13.37	33.99	01:17.21	02:49.52	41
40	32.97	01:12.02	02:37.37	05:29.37	11:15.28	21:22.17	37.58	01:20.02	02:51.81	40.81	01:29.32	03:13.54	34.03	01:17.28	02:49.67	40
39	33.00	01:12.09	02:37.51	05:29.67	11:15.89	21:23.33	37.61	01:20.09	02:51.97	40.85	01:29.41	03:13.72	34.06	01:17.35	02:49.82	39
38	33.03	01:12.15	02:37.65	05:29.97	11:16.50	21:24.49	37.65	01:20.16	02:52.13	40.88	01:29.49	03:13.89	34.09	01:17.42	02:49.98	38
37	33.06	01:12.22	02:37.80	05:30.27	11:17.11	21:25.65	37.68	01:20.24	02:52.28	40.92	01:29.57	03:14.07	34.12	01:17.49	02:50.13	37
36	33.09	01:12.29	02:37.94	05:30.57	11:17.73	21:26.82	37.71	01:20.31	02:52.44	40.96	01:29.65	03:14.25	34.15	01:17.56	02:50.29	36
35	33.12	01:12.35	02:38.09	05:30.87	11:18.35	21:28.00	37.75	01:20.38	02:52.60	40.99	01:29.73	03:14.42	34.18	01:17.63	02:50.44	35
34	33.15	01:12.42	02:38.23	05:31.17	11:18.97	21:29.18	37.78	01:20.46	02:52.75	41.03	01:29.81	03:14.60	34.21	01:17.70	02:50.60	34

33	33.18	01:12.48	02:38.38	05:31.47	11:19.59	21:30.36	37.82	01:20.53	02:52.91	41.07	01:29.90	03:14.78	34.24	01:17.77	02:50.75	33
32	33.21	01:12.55	02:38.52	05:31.78	11:20.22	21:31.55	37.85	01:20.61	02:53.07	41.11	01:29.98	03:14.96	34.27	01:17.84	02:50.91	32
31	33.24	01:12.62	02:38.67	05:32.09	11:20.85	21:32.74	37.89	01:20.68	02:53.23	41.15	01:30.06	03:15.14	34.31	01:17.91	02:51.07	31
30	33.27	01:12.69	02:38.81	05:32.39	11:21.48	21:33.93	37.92	01:20.75	02:53.39	41.18	01:30.14	03:15.32	34.34	01:17.98	02:51.23	30
29	33.30	01:12.75	02:38.96	05:32.70	11:22.11	21:35.13	37.96	01:20.83	02:53.55	41.22	01:30.23	03:15.50	34.37	01:18.06	02:51.39	29
28	33.33	01:12.82	02:39.11	05:33.01	11:22.74	21:36.34	37.99	01:20.90	02:53.71	41.26	01:30.31	03:15.68	34.40	01:18.13	02:51.54	28
27	33.36	01:12.89	02:39.26	05:33.32	11:23.38	21:37.55	38.03	01:20.98	02:53.88	41.30	01:30.40	03:15.87	34.43	01:18.20	02:51.70	27
26	33.39	01:12.96	02:39.41	05:33.63	11:24.02	21:38.76	38.06	01:21.06	02:54.04	41.34	01:30.48	03:16.05	34.47	01:18.28	02:51.87	26
25	33.42	01:13.03	02:39.56	05:33.95	11:24.66	21:39.98	38.10	01:21.13	02:54.20	41.38	01:30.57	03:16.23	34.50	01:18.35	02:52.03	25
24	33.46	01:13.09	02:39.71	05:34.26	11:25.30	21:41.20	38.13	01:21.21	02:54.37	41.41	01:30.65	03:16.42	34.53	01:18.42	02:52.19	24
23	33.49	01:13.16	02:39.86	05:34.58	11:25.95	21:42.43	38.17	01:21.28	02:54.53	41.45	01:30.74	03:16.60	34.56	01:18.50	02:52.35	23
22	33.52	01:13.23	02:40.01	05:34.89	11:26.60	21:43.66	38.21	01:21.36	02:54.69	41.49	01:30.82	03:16.79	34.60	01:18.57	02:52.51	22
21	33.55	01:13.30	02:40.16	05:35.21	11:27.25	21:44.90	38.24	01:21.44	02:54.86	41.53	01:30.91	03:16.98	34.63	01:18.65	02:52.68	21
20	33.58	01:13.37	02:40.31	05:35.53	11:27.90	21:46.14	38.28	01:21.52	02:55.03	41.57	01:30.99	03:17.16	34.66	01:18.72	02:52.84	20
19	33.61	01:13.44	02:40.47	05:35.85	11:28.56	21:47.39	38.32	01:21.59	02:55.19	41.61	01:31.08	03:17.35	34.69	01:18.80	02:53.01	19
18	33.65	01:13.51	02:40.62	05:36.17	11:29.22	21:48.64	38.35	01:21.67	02:55.36	41.65	01:31.17	03:17.54	34.73	01:18.87	02:53.17	18
17	33.68	01:13.58	02:40.77	05:36.49	11:29.88	21:49.89	38.39	01:21.75	02:55.53	41.69	01:31.26	03:17.73	34.76	01:18.95	02:53.34	17
16	33.71	01:13.65	02:40.93	05:36.82	11:30.55	21:51.16	38.43	01:21.83	02:55.70	41.73	01:31.34	03:17.92	34.79	01:19.02	02:53.51	16
15	33.74	01:13.72	02:41.08	05:37.14	11:31.21	21:52.42	38.46	01:21.91	02:55.87	41.77	01:31.43	03:18.11	34.83	01:19.10	02:53.67	15
14	33.78	01:13.80	02:41.24	05:37.47	11:31.88	21:53.69	38.50	01:21.99	02:56.04	41.81	01:31.52	03:18.30	34.86	01:19.18	02:53.84	14
13	33.81	01:13.87	02:41.40	05:37.80	11:32.55	21:54.97	38.54	01:22.07	02:56.21	41.85	01:31.61	03:18.50	34.90	01:19.25	02:54.01	13
12	33.84	01:13.94	02:41.55	05:38.12	11:33.23	21:56.25	38.58	01:22.15	02:56.38	41.89	01:31.70	03:18.69	34.93	01:19.33	02:54.18	12
11	33.88	01:14.01	02:41.71	05:38.45	11:33.90	21:57.53	38.61	01:22.23	02:56.55	41.93	01:31.79	03:18.88	34.96	01:19.41	02:54.35	11
10	33.91	01:14.08	02:41.87	05:38.79	11:34.58	21:58.82	38.65	01:22.31	02:56.73	41.98	01:31.88	03:19.08	35.00	01:19.49	02:54.52	10
9	33.94	01:14.16	02:42.03	05:39.12	11:35.27	22:00.12	38.69	01:22.39	02:56.90	42.02	01:31.97	03:19.27	35.03	01:19.56	02:54.69	9
8	33.98	01:14.23	02:42.19	05:39.45	11:35.95	22:01.42	38.73	01:22.47	02:57.07	42.06	01:32.06	03:19.47	35.07	01:19.64	02:54.86	8
7	34.01	01:14.30	02:42.35	05:39.79	11:36.64	22:02.73	38.77	01:22.55	02:57.25	42.10	01:32.15	03:19.67	35.10	01:19.72	02:55.04	7
6	34.04	01:14.38	02:42.51	05:40.13	11:37.33	22:04.04	38.80	01:22.63	02:57.43	42.14	01:32.24	03:19.86	35.14	01:19.80	02:55.21	6
5	34.08	01:14.45	02:42.67	05:40.46	11:38.02	22:05.35	38.84	01:22.72	02:57.60	42.18	01:32.33	03:20.06	35.17	01:19.88	02:55.38	5
4	34.11	01:14.52	02:42.83	05:40.80	11:38.72	22:06.67	38.88	01:22.80	02:57.78	42.23	01:32.43	03:20.26	35.21	01:19.96	02:55.56	4
3	34.14	01:14.60	02:43.00	05:41.14	11:39.42	22:08.00	38.92	01:22.88	02:57.96	42.27	01:32.52	03:20.46	35.24	01:20.04	02:55.73	3
2	34.18	01:14.67	02:43.16	05:41.49	11:40.12	22:09.33	38.96	01:22.96	02:58.13	42.31	01:32.61	03:20.66	35.28	01:20.12	02:55.91	2
1	34.21	01:14.75	02:43.32	05:41.83	11:40.82	22:10.67	39.00	01:23.05	02:58.31	42.35	01:32.70	03:20.87	35.31	01:20.20	02:56.09	1

- Таблица преобразована в соответствии с данными сайта Всероссийской Федерации Плавания.



## 2. Скоростной норматив 200 метров комплексное плавание

Проплывание дистанции 200 метров комплексное плавание с учетом времени в соответствии с правилами соревнований по плаванию и последующим переводом результата в баллы.

Бассейн 25 метров

<b>Баллы</b>	<b>Мужчины</b>	<b>Женщины</b>
70	2,22,75	2,39,75
69	2,22,95	2,39,95
68	2,23,15	2,40,15
67	2,23,35	2,40,35
66	2,23,55	2,40,55
65	2,23,75	2,40,75
64	2,23,95	2,40,95
63	2,24,15	2,41,15
62	2,24,35	2,41,35
61	2,24,55	2,41,55
60	2,24,75	2,41,75
59	2,24,95	2,41,95
58	2,25,15	2,42,15
57	2,25,35	2,42,35
56	2,25,55	2,42,55
55	2,25,75	2,42,75
54	2,25,95	2,42,95
53	2,26,15	2,43,15
52	2,26,35	2,43,35
51	2,26,55	2,43,55
50	2,26,75	2,43,75
49	2,26,95	2,43,95
48	2,27,15	2,44,15
47	2,27,35	2,44,35
46	2,27,55	2,44,55

45	2,27,75	2,44,75
44	2,27,95	2,44,95
43	2,28,15	2,45,15
42	2,28,35	2,45,35
41	2,28,55	2,45,55
40	2,28,75	2,45,75
39	2,28,95	2,45,95
38	2,29,15	2,46,15
37	2,29,35	2,46,35
36	2,29,55	2,46,55
35	2,29,75	2,46,75
34	2,29,95	2,46,95
33	2,30,15	2,47,15
32	2,30,35	2,47,35
31	2,30,55	2,47,55
30	2,30,75	2,47,75
29	2,30,95	2,47,95
28	2,31,15	2,48,15
27	2,31,35	2,48,35
26	2,31,55	2,48,55
25	2,31,75	2,48,75
24	2,31,95	2,48,95
23	2,32,15	2,49,15
22	2,32,35	2,49,35
21	2,32,55	2,49,55
20	2,32,75	2,49,75
19	2,32,95	2,49,95
18	2,33,15	2,50,15
17	2,33,35	2,50,35
16	2,33,55	2,50,55
15	2,33,75	2,50,75
14	2,33,95	2,50,95

13	2,34,15	2,51,15
12	2,34,35	2,51,35
11	2,34,55	2,51,55
10	2,34,75	2,51,75
9	2,34,95	2,51,95
8	2,35,15	2,52,15
7	2,35,35	2,52,35
6	2,35,55	2,52,55
5	2,35,75	2,52,75
4	2,35,95	2,52,95
3	2,36,15	2,53,15
2	2,36,35	2,53,35
1	2,36,55	2,53,55
0	2,36,75	2,53,75

Бассейн 50 метров

Баллы	Мужчины	Женщины
70	2,25,75	2,42,75
69	2,25,95	2,42,95
68	2,26,15	2,43,15
67	2,26,35	2,43,35
66	2,26,55	2,43,55
65	2,26,75	2,43,75
64	2,26,95	2,43,95
63	2,27,15	2,44,15
62	2,27,35	2,44,35
61	2,27,55	2,44,55
60	2,27,75	2,44,75
59	2,27,95	2,44,95
58	2,28,15	2,45,15
57	2,28,35	2,45,35

56	2,28,55	2,45,55
55	2,28,75	2,45,75
54	2,28,95	2,45,95
53	2,29,15	2,46,15
52	2,29,35	2,46,35
51	2,29,55	2,46,55
50	2,29,75	2,46,75
49	2,29,95	2,46,95
48	2,30,15	2,47,15
47	2,30,35	2,47,35
46	2,30,55	2,47,55
45	2,30,75	2,47,75
44	2,30,95	2,47,95
43	2,31,15	2,48,15
42	2,31,35	2,48,35
41	2,31,55	2,48,55
40	2,31,75	2,48,75
39	2,31,95	2,48,95
38	2,32,15	2,49,15
37	2,32,35	2,49,35
36	2,32,55	2,49,55
35	2,32,75	2,49,75
34	2,32,95	2,49,95
33	2,33,15	2,50,15
32	2,33,35	2,50,35
31	2,33,55	2,50,55
30	2,33,75	2,50,75
29	2,33,95	2,50,95
28	2,34,15	2,51,15
27	2,34,35	2,51,35
26	2,34,55	2,51,55
25	2,34,75	2,51,75

<b>24</b>	2,34,95	2,51,95
<b>23</b>	2,35,15	2,52,15
<b>22</b>	2,35,35	2,52,35
<b>21</b>	2,35,55	2,52,55
<b>20</b>	2,35,75	2,52,75
<b>19</b>	2,35,95	2,52,95
<b>18</b>	2,36,15	2,53,15
<b>17</b>	2,36,35	2,53,35
<b>16</b>	2,36,55	2,53,55
<b>15</b>	2,36,75	2,53,75
<b>14</b>	2,36,95	2,53,95
<b>13</b>	2,37,15	2,54,15
<b>12</b>	2,37,35	2,54,35
<b>11</b>	2,37,55	2,54,55
<b>10</b>	2,37,75	2,54,75
<b>9</b>	2,37,95	2,54,95
<b>8</b>	2,38,15	2,55,15
<b>7</b>	2,38,35	2,55,35
<b>6</b>	2,38,55	2,55,55
<b>5</b>	2,38,75	2,55,75
<b>4</b>	2,38,95	2,55,95
<b>3</b>	2,39,15	2,56,15
<b>2</b>	2,39,35	2,56,35
<b>1</b>	2,39,55	2,56,55
<b>0</b>	2,39,75	2,56,75

