

Контрольные нормативы для чемпионатов и Кубков России

Контрольные нормативы для бассейнов 25м

Мужчины

Группа	50в/с	100в/с	200в/с	400в/с	800в/с	1500в/с	50сп.	100сп.	200сп.	50бр.	100бр.	200бр.	50батт.	100батт.	200батт.	100к/п	200к/п	400к/п
25-29	00:28.75	01:09.00	02:26.00	05:24.50	11:29.00	21:45.00	00:34.75	01:17.00	02:47.00	00:37.00	01:25.00	03:03.00	00:33.25	01:17.00	02:50.00	01:20.50	02:55.00	06:14.50
30-34	00:30.00	01:11.50	02:29.00	05:32.00	11:59.00	22:45.00	00:36.50	01:19.50	02:50.00	00:38.50	01:27.50	03:11.00	00:34.50	01:19.50	02:58.00	01:25.50	03:05.00	06:37.00
35-39	00:31.50	01:14.50	02:34.00	05:39.50	12:29.00	23:45.00	00:38.00	01:22.00	02:58.00	00:39.75	01:30.00	03:19.00	00:35.75	01:22.00	03:05.00	01:30.00	03:16.00	06:57.00
40-44	00:33.25	01:19.50	02:42.00	05:54.50	12:59.00	24:45.00	00:39.50	01:27.50	03:05.00	00:41.00	01:32.50	03:26.00	00:38.50	01:25.00	03:16.00	01:34.50	03:26.00	07:19.50
45-49	00:34.50	01:22.00	02:50.00	06:12.00	13:29.00	25:45.00	00:41.00	01:32.50	03:16.00	00:43.75	01:38.00	03:37.00	00:41.00	01:27.50	03:26.00	01:39.50	03:37.00	07:42.00
50-54	00:35.75	01:27.50	02:58.00	06:27.00	13:59.00	27:00.00	00:43.75	01:38.00	03:26.00	00:46.25	01:43.00	03:53.00	00:43.75	01:32.50	03:37.00	01:46.50	03:53.00	08:17.00
55-59	00:38.50	01:32.50	03:05.00	06:42.00	14:29.00	28:00.00	00:46.25	01:43.00	03:37.00	00:51.50	01:53.50	04:08.00	00:46.25	01:43.00	03:53.00	01:53.50	04:08.00	08:49.50
60-64	00:41.00	01:38.00	03:21.00	06:59.50	15:29.00	30:00.00	00:51.50	01:53.50	03:53.00	00:56.75	02:04.00	04:24.00	00:51.50	01:53.50	04:08.00	02:00.50	04:24.00	09:24.50
65-69	00:43.75	01:43.00	03:37.00	07:44.50	16:44.00	32:00.00	00:56.75	02:04.00	04:08.00	01:02.00	02:14.50	04:40.00	00:56.75	02:04.00	04:24.00	02:08.00	04:40.00	09:57.00
70-74	00:46.25	01:48.50	03:53.00	08:32.00	17:44.00	34:00.00	01:02.00	02:20.00	04:24.00	01:07.25	02:25.00	05:11.00	01:04.75	02:20.00	04:56.00	02:15.00	04:56.00	10:29.50
75-79	00:51.50	01:53.50	04:08.00	09:04.50	18:44.00	36:00.00	01:07.25	02:28.00	04:56.00	01:12.50	02:35.50	05:43.00	01:12.50	02:35.50	05:27.00	02:22.00	05:11.00	11:04.50
80-84	00:56.75	02:01.50	04:40.00	09:52.00	19:44.00	38:00.00	01:12.50	02:35.50	05:27.00	01:20.50	02:51.50	06:14.00	01:20.50	02:51.50	05:59.00	02:36.00	05:43.00	12:12.00
85-89	01:02.00	02:09.50	05:11.00	10:39.50	21:29.00	41:00.00	01:23.00	02:51.50	06:14.00	01:28.25	03:07.00	06:46.00	01:28.25	03:07.00	06:46.00	02:50.50	06:14.00	13:19.50
90-94	01:12.50	02:35.50	05:43.00	11:27.00	23:59.00	46:00.00	01:33.50	03:23.00	07:02.00	01:41.50	03:38.50	07:33.00	01:44.00	03:38.50	07:49.00	03:04.50	06:46.00	14:24.50

Женщины

Группа	50в/с	100в/с	200в/с	400в/с	800в/с	1500в/с	50сп.	100сп.	200сп.	50бр.	100бр.	200бр.	50батт.	100батт.	200батт.	100к/п	200к/п	400к/п
25-29	00:33.25	01:22.00	02:50.00	06:42.00	13:59.00	27:00.00	00:39.75	01:27.50	03:05.00	00:45.00	01:40.50	03:29.00	00:37.75	01:25.00	03:21.00	01:34.50	03:26.00	07:19.50
30-34	00:34.50	01:25.00	02:58.00	06:59.50	14:29.00	28:00.00	00:41.00	01:32.50	03:16.00	00:46.25	01:43.00	03:37.00	00:39.00	01:27.50	03:29.00	01:39.50	03:37.00	07:42.00
35-39	00:35.75	01:27.50	03:05.00	07:14.50	14:59.00	29:00.00	00:43.75	01:38.00	03:26.00	00:49.00	01:48.50	03:47.00	00:41.00	01:32.50	03:37.00	01:44.00	03:47.00	08:04.50
40-44	00:38.50	01:30.00	03:13.00	07:29.50	15:29.00	30:00.00	00:46.25	01:43.00	03:37.00	00:51.50	01:53.50	03:58.00	00:43.75	01:38.00	03:47.00	01:49.00	03:58.00	08:27.00
45-49	00:41.00	01:32.50	03:21.00	07:44.50	16:14.00	31:00.00	00:51.50	01:53.50	03:53.00	00:54.25	01:59.00	04:08.00	00:46.25	01:43.00	03:58.00	01:53.50	04:08.00	08:49.50
50-54	00:43.75	01:40.50	03:37.00	08:02.00	16:44.00	32:00.00	00:56.75	02:04.00	04:19.00	00:56.75	02:04.00	04:24.00	00:51.50	01:53.50	04:08.00	02:00.50	04:24.00	09:24.50
55-59	00:46.25	01:48.50	03:53.00	08:17.00	17:14.00	33:00.00	01:02.00	02:14.50	04:40.00	00:59.50	02:14.50	04:40.00	00:56.75	02:04.00	04:24.00	02:08.00	04:40.00	09:57.00
60-64	00:51.50	01:56.50	04:08.00	08:49.50	18:14.00	35:00.00	01:07.25	02:25.00	05:06.00	01:02.00	02:25.00	04:56.00	01:02.00	02:14.50	04:40.00	02:15.00	04:56.00	10:29.50
65-69	00:56.75	02:04.00	04:24.00	09:19.50	19:29.00	37:30.00	01:15.25	02:35.50	05:27.00	01:07.25	02:35.50	05:27.00	01:07.25	02:22.50	04:56.00	02:22.00	05:11.00	11:04.50
70-74	01:02.00	02:14.50	04:40.00	09:52.00	20:44.00	40:00.00	01:23.00	02:51.50	05:43.00	01:12.50	02:46.00	05:59.00	01:12.50	02:35.50	05:27.00	02:36.00	05:43.00	12:12.00
75-79	01:07.25	02:25.00	04:56.00	10:22.00	22:14.00	42:30.00	01:31.00	03:07.00	06:30.00	01:23.00	02:56.50	06:30.00	01:20.50	02:51.50	05:59.00	02:50.50	06:14.00	13:19.50
80-84	01:12.50	02:35.50	05:27.00	11:09.50	23:59.00	46:00.00	01:33.50	03:23.00	07:02.00	01:33.50	03:12.50	07:02.00	01:28.25	03:07.00	06:30.00	03:04.50	06:46.00	14:24.50
85-89	01:17.75	02:51.50	05:59.00	12:29.50	25:29.00	49:00.00	01:49.25	03:54.50	07:49.00	01:44.00	03:38.50	07:49.00	01:38.75	03:38.50	07:33.00	03:26.00	07:33.00	16:07.00
90-94	01:23.00	03:07.00	06:30.00	13:32.00	27:44.00	53:15.00	02:05.00	04:26.00	09:08.00	01:54.50	03:54.50	08:36.00	01:49.25	04:10.00	08:36.00	03:54.00	08:36.00	18:19.50

Контрольные нормативы для бассейнов 50м

Мужчины

Группа	50в/с	100в/с	200в/с	400в/с	800в/с	1500в/с	50сп.	100сп.	200сп.	50бр.	100бр.	200бр.	50батт.	100батт.	200батт.	200к/п	400к/п
25-29	00:29.75	01:11.00	02:30.00	05:32.50	11:45.00	22:15.00	00:35.75	01:19.00	02:51.00	00:38.00	01:27.00	03:07.00	00:34.25	01:19.00	02:54.00	02:59.00	06:22.50
30-34	00:31.00	01:13.50	02:33.00	05:40.00	12:15.00	23:15.00	00:37.50	01:21.50	02:54.00	00:39.50	01:29.50	03:15.00	00:35.50	01:21.50	03:02.00	03:09.00	06:45.00
35-39	00:32.50	01:16.50	02:38.00	05:47.50	12:45.00	24:15.00	00:39.00	01:24.00	03:02.00	00:40.75	01:32.00	03:23.00	00:36.75	01:24.00	03:09.00	03:20.00	07:05.00
40-44	00:34.25	01:21.50	02:46.00	06:02.50	13:15.00	25:15.00	00:40.50	01:29.50	03:09.00	00:42.00	01:34.50	03:30.00	00:39.50	01:27.00	03:20.00	03:30.00	07:27.50
45-49	00:35.50	01:24.00	02:54.00	06:20.00	13:45.00	26:15.00	00:42.00	01:34.50	03:20.00	00:44.75	01:40.00	03:41.00	00:42.00	01:29.50	03:30.00	03:41.00	07:50.00
50-54	00:36.75	01:29.50	03:02.00	06:35.00	14:15.00	27:30.00	00:44.75	01:40.00	03:30.00	00:47.25	01:45.00	03:57.00	00:44.75	01:34.50	03:41.00	03:57.00	08:25.00
55-59	00:39.50	01:34.50	03:09.00	06:50.00	14:45.00	28:30.00	00:47.25	01:45.00	03:41.00	00:52.50	01:55.50	04:12.00	00:47.25	01:45.00	03:57.00	04:12.00	08:57.50
60-64	00:42.00	01:40.00	03:25.00	07:07.50	15:45.00	30:30.00	00:52.50	01:55.50	03:57.00	00:57.75	02:06.00	04:28.00	00:52.50	01:55.50	04:12.00	04:28.00	09:32.50
65-69	00:44.75	01:45.00	03:41.00	07:52.50	17:00.00	32:30.00	00:57.75	02:06.00	04:12.00	01:03.00	02:16.50	04:44.00	00:57.75	02:06.00	04:28.00	04:44.00	10:05.00
70-74	00:47.25	01:50.50	03:57.00	08:40.00	18:00.00	34:30.00	01:03.00	02:22.00	04:28.00	01:08.25	02:27.00	05:15.00	01:05.75	02:22.00	05:00.00	05:00.00	10:37.50
75-79	00:52.50	01:55.50	04:12.00	09:12.50	19:00.00	36:30.00	01:08.25	02:30.00	05:00.00	01:13.50	02:37.50	05:47.00	01:13.50	02:37.50	05:31.00	05:15.00	11:12.50
80-84	00:57.75	02:03.50	04:44.00	10:00.00	20:00.00	38:30.00	01:13.50	02:37.50	05:31.00	01:21.50	02:53.50	06:18.00	01:21.50	02:53.50	06:03.00	05:47.00	12:20.00
85-89	01:03.00	02:11.50	05:15.00	10:47.50	21:45.00	41:30.00	01:24.00	02:53.50	06:18.00	01:29.25	03:09.00	06:50.00	01:29.25	03:09.00	06:50.00	06:18.00	13:27.50
90-94	01:13.50	02:37.50	05:47.00	11:35.00	24:15.00	46:30.00	01:34.50	03:25.00	07:06.00	01:42.50	03:40.50	07:37.00	01:45.00	03:40.50	07:53.00	06:50.00	14:32.50

Женщины

Группа	50в/с	100в/с	200в/с	400в/с	800в/с	1500в/с	50сп.	100сп.	200сп.	50бр.	100бр.	200бр.	50батт.	100батт.	200батт.	200к/п	400к/п
25-29	00:34.25	01:24.00	02:54.00	06:50.00	14:15.00	27:30.00	00:40.75	01:29.50	03:09.00	00:46.00	01:42.50	03:33.00	00:38.75	01:27.00	03:25.00	03:30.00	07:27.50
30-34	00:35.50	01:27.00	03:02.00	07:07.50	14:45.00	28:30.00	00:42.00	01:34.50	03:20.00	00:47.25	01:45.00	03:41.00	00:40.00	01:29.50	03:33.00	03:41.00	07:50.00
35-39	00:36.75	01:29.50	03:09.00	07:22.50	15:15.00	29:30.00	00:44.75	01:40.00	03:30.00	00:50.00	01:50.50	03:51.00	00:42.00	01:34.50	03:41.00	03:51.00	08:12.50
40-44	00:39.50	01:32.00	03:17.00	07:37.50	15:45.00	30:30.00	00:47.25	01:45.00	03:41.00	00:52.50	01:55.50	04:02.00	00:44.75	01:40.00	03:51.00	04:02.00	08:35.00
45-49	00:42.00	01:34.50	03:25.00	07:52.50	16:30.00	31:30.00	00:52.50	01:55.50	03:57.00	00:55.25	02:01.00	04:12.00	00:47.25	01:45.00	04:02.00	04:12.00	08:57.50
50-54	00:44.75	01:42.50	03:41.00	08:10.00	17:00.00	32:30.00	00:57.75	02:06.00	04:23.00	00:57.75	02:06.00	04:28.00	00:52.50	01:55.50	04:12.00	04:28.00	09:32.50
55-59	00:47.25	01:50.50	03:57.00	08:25.00	17:30.00	33:30.00	01:03.00	02:16.50	04:44.00	01:00.50	02:16.50	04:44.00	00:57.75	02:06.00	04:28.00	04:44.00	10:05.00
60-64	00:52.50	01:58.50	04:12.00	08:57.50	18:30.00	35:30.00	01:08.25	02:27.00	05:10.00	01:03.00	02:27.00	05:00.00	01:03.00	02:16.50	04:44.00	05:00.00	10:37.50
65-69	00:57.75	02:06.00	04:28.00	09:27.50	19:45.00	38:00.00	01:16.25	02:37.50	05:31.00	01:08.25	02:37.50	05:31.00	01:08.25	02:24.50	05:00.00	05:15.00	11:12.50
70-74	01:03.00	02:16.50	04:44.00	10:00.00	21:00.00	40:30.00	01:24.00	02:53.50	05:47.00	01:13.50	02:48.00	06:03.00	01:13.50	02:37.50	05:31.00	05:47.00	12:20.00
75-79	01:08.25	02:27.00	05:00.00	10:30.00	22:30.00	43:00.00	01:32.00	03:09.00	06:34.00	01:24.00	02:58.50	06:34.00	01:21.50	02:53.50	06:03.00	06:18.00	13:27.50
80-84	01:13.50	02:37.50	05:31.00	11:17.50	24:15.00	46:30.00	01:34.50	03:25.00	07:06.00	01:34.50	03:14.50	07:06.00	01:29.25	03:09.00	06:34.00	06:50.00	14:32.50
85-89	01:18.75	02:53.50	06:03.00	12:37.50	25:45.00	49:30.00	01:50.25	03:56.50	07:53.00	01:45.00	03:40.50	07:53.00	01:39.75	03:40.50	07:37.00	07:37.00	16:15.00
90-94	01:24.00	03:09.00	06:34.00	13:40.00	28:00.00	53:45.00	02:06.00	04:28.00	09:12.00	01:55.50	03:56.50	08:40.00	01:50.25	04:12.00	08:40.00	08:40.00	18:27.50

