

Anton Mnatsakanov

In my free time, I going swimming, reading book and watching YouTube. I visit swimming pool twice a week and watch various letsplays everyday at home and also I can listen to my favorite music on headphones or even speakers. I just like to do it as well I try to practice my reading and listening skills in English reading different books which were sent to me by my aunt from Canada and listen to music in English. I like swimming because it is very good for health and I also have a 2nd degree.

ТАБЛИЦА РАЗРЯДНЫХ НОРМАТИВОВ ДЛЯ МУЖЧИН:

1. Плавание в бассейне 25м (минут:секунд,долей секунд)

Вид	МСМК	МС	КМС	I	II	III	I(ю)	II(ю)	III(ю)
50м (вольный стиль)	21,29	22,65	23,40	24,65	27,05	29,25	35,25	45,25	55,25
100м (вольный стиль)	47,05	50,40	53,70	57,10	1:03,5	1:11,0	1:23,5	1:43,5	2:03,5
200м (вольный стиль)	1:44,25	1:51,75	1:58,25	2:06,5	2:21,0	2:39,5	3:05,0	3:45,0	4:25,0
400м (вольный стиль)	3:42,57	3:59,0	4:11,5	4:28,0	5:03,0	5:44,0	6:40,0	7:36,0	8:32,0
800м (вольный стиль)	7:45,64	8:17,0	8:50,0	9:28,0	11:06,0	12:28,0	14:30,0	16:30,0	18:30,0
1500м (вольный стиль)	14:42,19	15:38,5	17:16,5	18:15,0	20:37,5	23:37,5	27:40,0	31:40,0	35:40,0
50м (на спине)	24,45	26,00	27,55	29,35	32,25	35,75	41,75	51,75	1:01,75
100м (на спине)	52,48	57,40	1:00,8	1:04,8	1:13,0	1:21,5	1:34,0	1:56,5	2:16,5
200м (на спине)	1:54,41	2:05,55	2:12,25	2:20,0	2:37,0	2:57,0	3:25,0	4:11,0	4:51,0
50м (брасс)	26,87	28,45	30,00	31,85	35,25	38,75	45,25	55,25	1:05,25
100м (брасс)	58,98	1:03,4	1:07,3	1:11,8	1:20,5	1:28,5	1:44,5	2:03,5	2:23,5
200м (брасс)	2:08,35	2:19,25	2:27,25	2:37,25	2:56,5	3:19,5	3:52,0	4:25,0	5:05,0
50м (баттерфляй)	22,87	24,15	25,15	27,15	30,25	33,25	38,25	48,25	58,25
100м (баттерфляй)	50,66	54,4	58,4	1:01,9	1:10,5	1:20,5	1:30,5	1:49,5	2:09,5
200м (баттерфляй)	1:53,47	2:03,75	2:10,75	2:18,75	2:37,5	2:58,0	3:22,0	3:57,0	4:37,0
100м (комплексное плавание)	52,74	56,9	1:01,9	1:05,9	1:14,0	1:24,0	1:35,0	1:54,0	2:14,0
200м (комплексное плавание)	1:56,37	2:06,75	2:14,25	2:22,75	2:41,0	3:05,0	3:30,0	4:05,0	4:45,0
400м (комплексное плавание)	4:09,38	4:31,0	4:46,0	5:05,0	5:46,0	6:34,0	7:29,0	8:25,0	9:21,0