

36
06.02.2021

, 400m

4:49.16	, ,	BLR	01.01.1978
4:55.47	, ,	BLR	01.01.2016

KMC : 5:30.50 / MC : 5:11.50

: FINA 2020

								100m	200m	300m	400m	
1.		04				5:16.23	597 Q	1:08.27	1:21.80	1:33.22	1:12.94	
	50m:	31.53	31.53	150m:	1:49.42	41.15	250m:	3:16.78	46.71	350m:	4:40.79	37.50
	100m:	1:08.27	36.74	200m:	2:30.07	40.65	300m:	4:03.29	46.51	400m:	5:16.23	35.44
2.		05				5:16.48	596 Q	1:11.25	1:19.37	1:33.73	1:12.13	
	50m:	31.66	31.66	150m:	1:51.75	40.50	250m:	3:16.98	46.36	350m:	4:41.02	36.67
	100m:	1:11.25	39.59	200m:	2:30.62	38.87	300m:	4:04.35	47.37	400m:	5:16.48	35.46
3.		07				5:17.33	591 Q	1:09.03	1:22.79	1:33.38	1:12.13	
	50m:	31.83	31.83	150m:	1:50.78	41.75	250m:	3:18.40	46.58	350m:	4:41.69	36.49
	100m:	1:09.03	37.20	200m:	2:31.82	41.04	300m:	4:05.20	46.80	400m:	5:17.33	35.64
4.		05				5:19.47	579 Q	1:10.76	1:24.61	1:29.37	1:14.73	
	50m:	32.43	32.43	150m:	1:53.86	43.10	250m:	3:19.52	44.15	350m:	4:42.88	38.14
	100m:	1:10.76	38.33	200m:	2:35.37	41.51	300m:	4:04.74	45.22	400m:	5:19.47	36.59
5.		05				5:21.83	566 Q	1:10.88	1:23.75	1:31.56	1:15.64	
	50m:	31.28	31.28	150m:	1:53.75	42.87	250m:	3:19.65	45.02	350m:	4:44.25	38.06
	100m:	1:10.88	39.60	200m:	2:34.63	40.88	300m:	4:06.19	46.54	400m:	5:21.83	37.58
6.		06				5:22.55	563 Q	1:13.45	1:25.25	1:28.73	1:15.12	
	50m:	33.08	33.08	150m:	1:57.13	43.68	250m:	3:22.29	43.59	350m:	4:46.54	39.11
	100m:	1:13.45	40.37	200m:	2:38.70	41.57	300m:	4:07.43	45.14	400m:	5:22.55	36.01
7.		04				5:25.24	549 Q	1:13.65	1:22.33	1:35.35	1:13.91	
	50m:	34.02	34.02	150m:	1:55.86	42.21	250m:	3:23.60	47.62	350m:	4:48.77	37.44
	100m:	1:13.65	39.63	200m:	2:35.98	40.12	300m:	4:11.33	47.73	400m:	5:25.24	36.47
8.		04				5:26.56	542 Q	1:13.32	1:23.38	1:33.71	1:16.15	
	50m:	33.43	33.43	150m:	1:54.53	41.21	250m:	3:22.71	46.01	350m:	4:48.43	38.02
	100m:	1:13.32	39.89	200m:	2:36.70	42.17	300m:	4:10.41	47.70	400m:	5:26.56	38.13
9.		05				5:26.74	541 Q	1:10.96	1:25.53	1:35.25	1:15.00	
	50m:	32.22	32.22	150m:	1:54.25	43.29	250m:	3:24.00	47.51	350m:	4:49.43	37.69
	100m:	1:10.96	38.74	200m:	2:36.49	42.24	300m:	4:11.74	47.74	400m:	5:26.74	37.31
10.		05				5:27.35	538 Q	1:12.13	1:25.52	1:33.82	1:15.88	
	50m:	31.94	31.94	150m:	1:55.65	43.52	250m:	3:23.41	45.76	350m:	4:50.53	39.06
	100m:	1:12.13	40.19	200m:	2:37.65	42.00	300m:	4:11.47	48.06	400m:	5:27.35	36.82
11.		05				5:31.81	517 R	1:16.42	1:29.62	1:29.67	1:16.10	
	50m:	35.06	35.06	150m:	2:01.81	45.39	250m:	3:30.39	44.35	350m:	4:54.83	39.12
	100m:	1:16.42	41.36	200m:	2:46.04	44.23	300m:	4:15.71	45.32	400m:	5:31.81	36.98
12.		05				5:34.09	506 R	1:17.76	1:26.67	1:35.61	1:14.05	
	50m:	35.13	35.13	150m:	2:01.72	43.96	250m:	3:32.40	47.97	350m:	4:57.13	37.09
	100m:	1:17.76	42.63	200m:	2:44.43	42.71	300m:	4:20.04	47.64	400m:	5:34.09	36.96
13.		06				5:36.66	495	1:11.87	1:31.30	1:36.86	1:16.63	
	50m:	32.52	32.52	150m:	1:58.82	46.95	250m:	3:31.58	48.41	350m:	4:59.31	39.28
	100m:	1:11.87	39.35	200m:	2:43.17	44.35	300m:	4:20.03	48.45	400m:	5:36.66	37.35
14.		05				5:36.75	494	1:11.61	1:24.74	1:43.48	1:16.92	
	50m:	32.86	32.86	150m:	1:54.24	42.63	250m:	3:27.22	50.87	350m:	4:58.60	38.77
	100m:	1:11.61	38.75	200m:	2:36.35	42.11	300m:	4:19.83	52.61	400m:	5:36.75	38.15
15.		05				5:37.59	491	1:19.76	1:24.24	1:33.97	1:19.62	
	50m:	36.47	36.47	150m:	2:02.20	42.44	250m:	3:30.45	46.45	350m:	4:58.73	40.76
	100m:	1:19.76	43.29	200m:	2:44.00	41.80	300m:	4:17.97	47.52	400m:	5:37.59	38.86
16.		06				5:37.90	489	1:13.97	1:30.61	1:37.29	1:16.03	
	50m:	33.57	33.57	150m:	1:59.53	45.56	250m:	3:32.53	47.95	350m:	5:01.98	40.11
	100m:	1:13.97	40.40	200m:	2:44.58	45.05	300m:	4:21.87	49.34	400m:	5:37.90	35.92
17.		07				5:39.01	485	1:21.03	1:29.32	1:36.12	1:12.54	
	50m:	36.85	36.85	150m:	2:06.44	45.41	250m:	3:38.44	48.09	350m:	5:03.87	37.40
	100m:	1:21.03	44.18	200m:	2:50.35	43.91	300m:	4:26.47	48.03	400m:	5:39.01	35.14
18.		04				5:40.95	476	1:16.30	1:29.29	1:35.57	1:19.79	
	50m:	34.22	34.22	150m:	2:01.68	45.38	250m:	3:32.37	46.78	350m:	5:01.89	40.73
	100m:	1:16.30	42.08	200m:	2:45.59	43.91	300m:	4:21.16	48.79	400m:	5:40.95	39.06

36,		, 400m						100m	200m	300m	400m	
19.	,	05				5:41.02	476	1:16.36	1:32.27	1:33.66	1:18.73	
	50m:	34.93	34.93	150m:	2:02.69	46.33	250m:	3:33.56	44.93	350m:	5:02.81	40.52
	100m:	1:16.36	41.43	200m:	2:48.63	45.94	300m:	4:22.29	48.73	400m:	5:41.02	38.21
20.	,	04				5:48.48	446	1:18.03	1:32.41	1:39.13	1:18.91	
	50m:	34.75	34.75	150m:	2:05.33	47.30	250m:	3:40.26	49.82	350m:	5:09.77	40.20
	100m:	1:18.03	43.28	200m:	2:50.44	45.11	300m:	4:29.57	49.31	400m:	5:48.48	38.71
21.	,	07				5:54.72	423	1:19.69	1:32.17	1:42.36	1:20.50	
	50m:	35.25	35.25	150m:	2:06.68	46.99	250m:	3:42.85	50.99	350m:	5:16.17	41.95
	100m:	1:19.69	44.44	200m:	2:51.86	45.18	300m:	4:34.22	51.37	400m:	5:54.72	38.55
22.	,	07				6:00.66	402	1:22.55	1:33.37	1:44.71	1:20.03	
	50m:	35.99	35.99	150m:	2:10.18	47.63	250m:	3:48.30	52.38	350m:	5:20.85	40.22
	100m:	1:22.55	46.56	200m:	2:55.92	45.74	300m:	4:40.63	52.33	400m:	6:00.66	39.81
DNF	,	04						1:12.05	1:23.41			
	50m:	33.20	33.20	150m:	1:53.56	41.51	250m:	3:22.10	46.64	350m:		
	100m:	1:12.05	38.85	200m:	2:35.46	41.90	300m:			400m:		