

, 5. - 9.4.2022

09.04.2022 40

, 400m

4:09.70 , BLR 01.01.1984
KMC : 4:44.50 / MC : 4:29.00 / MCMK : 4:06.64

: FINA 2021

							100m	200m	300m	400m		
1.	,	03				4:18.24 767	1:02.23	1:06.22	1:06.56	1:03.23		
	50m:	29.72	29.72	150m:	1:35.13	32.90	250m:	2:41.41	32.96	350m:	3:47.23	32.22
	100m:	1:02.23	32.51	200m:	2:08.45	33.32	300m:	3:15.01	33.60	400m:	4:18.24	31.01
2.	,	04				4:20.00 752	1:02.09	1:06.17	1:06.73	1:05.01		
	50m:	29.81	29.81	150m:	1:34.99	32.90	250m:	2:41.29	33.03	350m:	3:47.56	32.57
	100m:	1:02.09	32.28	200m:	2:08.26	33.27	300m:	3:14.99	33.70	400m:	4:20.00	32.44
3.	,	05				4:25.95 702	1:02.86			1:07.32		
	50m:	29.71	29.71	150m:	1:36.24	33.38	250m:	2:44.40		350m:	3:52.92	34.29
	100m:	1:02.86	33.15	200m:			300m:	3:18.63	34.23	400m:	4:25.95	33.03
4.	,	05				4:32.86 650	1:03.96	1:08.44	1:10.61	1:09.85		
	50m:	30.94	30.94	150m:	1:37.98	34.02	250m:	2:47.41	35.01	350m:	3:58.72	35.71
	100m:	1:03.96	33.02	200m:	2:12.40	34.42	300m:	3:23.01	35.60	400m:	4:32.86	34.14
5.	,	04				4:39.78 603	1:04.95	1:11.51	1:12.41	1:10.91		
	50m:	30.77	30.77	150m:	1:40.58	35.63	250m:	2:52.72	36.26	350m:	4:05.03	36.16
	100m:	1:04.95	34.18	200m:	2:16.46	35.88	300m:	3:28.87	36.15	400m:	4:39.78	34.75
6.	,	04				4:40.42 599	1:05.11	1:11.73	1:12.75	1:10.83		
	50m:	30.92	30.92	150m:	1:40.57	35.46	250m:	2:53.21	36.37	350m:	4:05.68	36.09
	100m:	1:05.11	34.19	200m:	2:16.84	36.27	300m:	3:29.59	36.38	400m:	4:40.42	34.74
7.	,	03				4:41.02 595	1:06.98	1:11.14	1:11.88	1:11.02		
	50m:	32.14	32.14	150m:	1:42.25	35.27	250m:	2:53.99	35.87	350m:	4:05.89	35.89
	100m:	1:06.98	34.84	200m:	2:18.12	35.87	300m:	3:30.00	36.01	400m:	4:41.02	35.13
8.	,	02				4:41.34 593	1:05.54	1:11.38	1:13.14	1:11.28		
	50m:	31.22	31.22	150m:	1:40.99	35.45	250m:	2:53.33	36.41	350m:	4:06.28	36.22
	100m:	1:05.54	34.32	200m:	2:16.92	35.93	300m:	3:30.06	36.73	400m:	4:41.34	35.06
EXH	,	05										
EXH	,	06										