

, 11. - 13.11.2021

25
12.11.2021

, 400m

Records of the Republic of Belarus 4:11.26 , 01.01.2012
KMC : 4:50.50 / MC : 4:31.00 / MCMK : 4:07.23

: FINA 2021

								R.T.				
1.			2003					+0,66	4:25.22	693		
	50m:	28.37	28.37	150m:	1:34.50	33.84	250m:	2:45.55	38.04	350m:	3:55.74	31.53
	100m:	1:00.66	32.29	200m:	2:07.51	33.01	300m:	3:24.21	38.66	400m:	4:25.22	29.48
2.			1999					+0,65	4:25.86	688		
	50m:	26.60	26.60	150m:	1:31.91	33.52	250m:	2:43.45	37.37	350m:	3:53.94	32.96
	100m:	58.39	31.79	200m:	2:06.08	34.17	300m:	3:20.98	37.53	400m:	4:25.86	31.92
3.			1999					+0,75	4:26.96	680		
	50m:	28.56	28.56	150m:	1:38.02	36.13	250m:	2:48.01	35.27	350m:	3:56.26	32.24
	100m:	1:01.89	33.33	200m:	2:12.74	34.72	300m:	3:24.02	36.01	400m:	4:26.96	30.70
4.			1995					+0,66	4:29.31	662		
	50m:	27.72	27.72	150m:	1:34.65	34.96	250m:	2:47.03	37.70	350m:	3:57.30	32.69
	100m:	59.69	31.97	200m:	2:09.33	34.68	300m:	3:24.61	37.58	400m:	4:29.31	32.01
5.			2003					+0,70	4:29.85	658		
	50m:	27.94	27.94	150m:	1:35.43	34.99	250m:	2:48.51	38.54	350m:	3:59.30	31.42
	100m:	1:00.44	32.50	200m:	2:09.97	34.54	300m:	3:27.88	39.37	400m:	4:29.85	30.55
6.			2005					+0,62	4:33.48	632		
	50m:	27.83	27.83	150m:	1:36.01	34.08	250m:	2:49.32	40.26	350m:	4:01.80	31.88
	100m:	1:01.93	34.10	200m:	2:09.06	33.05	300m:	3:29.92	40.60	400m:	4:33.48	31.68
7.			2005					+0,72	4:33.86	630		
	50m:	28.96	28.96	150m:	1:38.09	34.97	250m:	2:51.96	38.78	350m:	4:03.21	31.46
	100m:	1:03.12	34.16	200m:	2:13.18	35.09	300m:	3:31.75	39.79	400m:	4:33.86	30.65
8.			2004					+0,70	4:34.47	626		
	50m:	28.24	28.24	150m:	1:36.32	35.54	250m:	2:50.02	38.82	350m:	4:02.64	33.29
	100m:	1:00.78	32.54	200m:	2:11.20	34.88	300m:	3:29.35	39.33	400m:	4:34.47	31.83
9.			2001					+0,68	4:34.76	624		
	50m:	28.41	28.41	150m:	1:37.13	35.76	250m:	2:50.94	38.51	350m:	4:02.97	32.17
	100m:	1:01.37	32.96	200m:	2:12.43	35.30	300m:	3:30.80	39.86	400m:	4:34.76	31.79
10.			2004					+0,78	4:35.29	620		
	50m:	30.54	30.54	150m:	1:40.06	34.31	250m:	2:53.04	38.65	350m:	4:04.40	32.13
	100m:	1:05.75	35.21	200m:	2:14.39	34.33	300m:	3:32.27	39.23	400m:	4:35.29	30.89
11.			2006					+0,71	4:36.99	609		
	50m:	29.39	29.39	150m:	1:38.94	35.41	250m:	2:52.60	38.52	350m:	4:05.28	33.12
	100m:	1:03.53	34.14	200m:	2:14.08	35.14	300m:	3:32.16	39.56	400m:	4:36.99	31.71
12.			2004					+0,58	4:41.50	580		
	50m:	29.20	29.20	150m:	1:39.50	35.75	250m:	2:54.82	40.94	350m:	4:09.38	33.60
	100m:	1:03.75	34.55	200m:	2:13.88	34.38	300m:	3:35.78	40.96	400m:	4:41.50	32.12
13.			2004					+0,69	4:44.01	565	1:04.66	
	50m:	29.48	29.48	150m:	1:40.39	37.01	250m:	2:57.27	41.18	350m:	4:44.01	
	100m:	1:03.38	33.90	200m:	2:16.09	35.70	300m:	3:39.35	42.08	400m:	4:44.01	
14.			2005					+0,74	4:45.21	558		
	50m:	29.19	29.19	150m:	1:38.54	34.60	250m:	2:54.39	40.86	350m:	4:11.97	35.18
	100m:	1:03.94	34.75	200m:	2:13.53	34.99	300m:	3:36.79	42.40	400m:	4:45.21	33.24
15.			2006					+0,65	4:50.01	530		
	50m:	31.97	31.97	150m:	1:47.37	37.33	250m:	3:04.89	41.13	350m:	4:19.29	33.12
	100m:	1:10.04	38.07	200m:	2:23.76	36.39	300m:	3:46.17	41.28	400m:	4:50.01	30.72
16.			2006					+0,72	4:51.09	524		
	50m:	31.70	31.70	150m:	1:46.25	35.48	250m:	3:02.37	41.18	350m:	4:19.56	35.27
	100m:	1:10.77	39.07	200m:	2:21.19	34.94	300m:	3:44.29	41.92	400m:	4:51.09	31.53
17.			2004					+0,74	4:58.81	485		
	50m:	29.30	29.30	150m:	1:44.37	39.37	250m:	3:02.94	39.86	350m:	4:23.20	37.80
	100m:	1:05.00	35.70	200m:	2:23.08	38.71	300m:	3:45.40	42.46	400m:	4:58.81	35.61