

, 11. - 13.11.2021

25 , 400m  
12.11.2021

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.			1999				+0,68	<b>4:17.16</b>	<b>761</b>			
	50m:	26.79	26.79	150m:	1:30.47	32.26	250m:	2:38.56	35.85	350m:	3:46.24	31.14
	100m:	58.21	31.42	200m:	2:02.71	32.24	300m:	3:15.10	36.54	400m:	4:17.16	30.92
2.			2003				+0,64	<b>4:20.57</b>	<b>731</b>			
	50m:	27.75	27.75	150m:	1:32.68	33.31	250m:	2:42.36	37.05	350m:	3:51.18	30.81
	100m:	59.37	31.62	200m:	2:05.31	32.63	300m:	3:20.37	38.01	400m:	4:20.57	29.39
3.			1999				+0,76	<b>4:20.95</b>	<b>728</b>			
	50m:	28.10	28.10	150m:	1:35.73	35.75	250m:	2:44.78	34.58	350m:	3:51.22	31.02
	100m:	59.98	31.88	200m:	2:10.20	34.47	300m:	3:20.20	35.42	400m:	4:20.95	29.73
4.			1995				+0,66	<b>4:23.30</b>	<b>709</b>			
	50m:	27.29	27.29	150m:	1:32.94	33.80	250m:	2:42.69	36.66	350m:	3:51.74	32.03
	100m:	59.14	31.85	200m:	2:06.03	33.09	300m:	3:19.71	37.02	400m:	4:23.30	31.56
5.			2004				+0,69	<b>4:27.51</b>	<b>676</b>			
	50m:	27.63	27.63	150m:	1:33.53	34.23	250m:	2:45.62	38.53	350m:	3:56.62	31.83
	100m:	59.30	31.67	200m:	2:07.09	33.56	300m:	3:24.79	39.17	400m:	4:27.51	30.89
6.			2003				+0,69	<b>4:29.24</b>	<b>663</b>			
	50m:	27.80	27.80	150m:	1:35.27	35.11	250m:	2:47.56	38.10	350m:	3:58.70	31.93
	100m:	1:00.16	32.36	200m:	2:09.46	34.19	300m:	3:26.77	39.21	400m:	4:29.24	30.54
7.			2005				+0,74	<b>4:30.53</b>	<b>653</b>			
	50m:	28.57	28.57	150m:	1:37.12	33.93	250m:	2:50.05	38.50	350m:	4:00.21	30.11
	100m:	1:03.19	34.62	200m:	2:11.55	34.43	300m:	3:30.10	40.05	400m:	4:30.53	30.32
8.			2005				+0,65	<b>4:32.78</b>	<b>637</b>			
	50m:	28.24	28.24	150m:	1:36.10	34.05	250m:	2:50.05	40.03	350m:	4:01.78	31.51
	100m:	1:02.05	33.81	200m:	2:10.02	33.92	300m:	3:30.27	40.22	400m:	4:32.78	31.00
EXH			2001									
EXH			2004									