

, 11. - 13.11.2021

39 , 400m
13.11.2021

Records of the Republic of Belarus 3:45.40 , 01.01.1998

KMC : 4:16.50 / MC : 3:59.00 / MCMK : 3:41.95

: FINA 2021

			/				R.T.					
1.			2000				+0,68	3:47.68	810			
	50m:	25.42	25.42	150m:	1:22.32	28.52	250m:	2:20.64	29.21	350m:	3:19.40	29.46
	100m:	53.80	28.38	200m:	1:51.43	29.11	300m:	2:49.94	29.30	400m:	3:47.68	28.28
2.			2001				+0,68	3:53.72	748			
	50m:	26.40	26.40	150m:	1:24.71	29.34	250m:	2:24.12	29.65	350m:	3:24.12	30.07
	100m:	55.37	28.97	200m:	1:54.47	29.76	300m:	2:54.05	29.93	400m:	3:53.72	29.60
3.			2001				+0,66	3:55.43	732			
	50m:	26.75	26.75	150m:	1:26.61	29.83	250m:	2:26.09	29.36	350m:	3:25.78	29.88
	100m:	56.78	30.03	200m:	1:56.73	30.12	300m:	2:55.90	29.81	400m:	3:55.43	29.65
4.			2002				+0,69	3:57.66	712			
	50m:	27.29	27.29	150m:	1:27.33	29.94	250m:	2:28.02	30.16	350m:	3:28.50	30.32
	100m:	57.39	30.10	200m:	1:57.86	30.53	300m:	2:58.18	30.16	400m:	3:57.66	29.16
5.			2001				+0,71	3:58.82	701			
	50m:	27.17	27.17	150m:	1:26.70	29.91	250m:	2:27.24	30.07	350m:	3:26.80	29.40
	100m:	56.79	29.62	200m:	1:57.17	30.47	300m:	2:57.40	30.16	400m:	3:58.82	32.02
6.			2004				+0,76	4:00.53	687			
	50m:	26.93	26.93	150m:	1:26.84	30.31	250m:	2:28.65	31.11	350m:	3:30.24	30.38
	100m:	56.53	29.60	200m:	1:57.54	30.70	300m:	2:59.86	31.21	400m:	4:00.53	30.29
7.			2004				+0,50	4:01.19	681			
	50m:	27.19	27.19	150m:	1:27.27	30.41	250m:	2:28.50	30.66	350m:	3:30.44	31.19
	100m:	56.86	29.67	200m:	1:57.84	30.57	300m:	2:59.25	30.75	400m:	4:01.19	30.75
8.			2003				+0,67	4:01.87	675			
	50m:	26.81	26.81	150m:	1:26.90	30.34	250m:	2:28.92	30.99	350m:	3:31.78	31.60
	100m:	56.56	29.75	200m:	1:57.93	31.03	300m:	3:00.18	31.26	400m:	4:01.87	30.09
EXH			2003									
EXH			2004									