

, 17. - 19.1.2019

39 , 400m
19.01.2019

Records of the Republic of Belarus 3:45.40 , 01.01.1998

KMC : 4:16.50 / MC : 4:02.50 / MCMK : 3:43.07

: FINA 2018

			/				R.T.					
1.			2000	-			+0,68	3:45.74	831			
	50m:	26.15	26.15	150m:	1:23.97	29.02	250m:	2:21.70	28.63	350m:	3:19.02	28.67
	100m:	54.95	28.80	200m:	1:53.07	29.10	300m:	2:50.35	28.65	400m:	3:45.74	26.72
2.			2000				+0,72	3:49.46	791			
	50m:	26.06	26.06	150m:	1:24.04	29.31	250m:	2:22.95	29.50	350m:	3:21.63	29.10
	100m:	54.73	28.67	200m:	1:53.45	29.41	300m:	2:52.53	29.58	400m:	3:49.46	27.83
3.			1997	-			+0,74	3:49.56	790			
	50m:	25.98	25.98	150m:	1:24.35	29.69	250m:	2:24.00	29.58	350m:	3:22.13	28.66
	100m:	54.66	28.68	200m:	1:54.42	30.07	300m:	2:53.47	29.47	400m:	3:49.56	27.43
4.			1997				+0,68	3:56.80	720			
	50m:	25.78	25.78	150m:	1:24.68	29.76	250m:	2:24.44	29.60	350m:	3:25.87	31.18
	100m:	54.92	29.14	200m:	1:54.84	30.16	300m:	2:54.69	30.25	400m:	3:56.80	30.93
5.			2000				+0,61	3:57.25	716			
	50m:	26.13	26.13	150m:	1:24.66	29.45	250m:	2:24.66	30.30	350m:	3:26.84	31.48
	100m:	55.21	29.08	200m:	1:54.36	29.70	300m:	2:55.36	30.70	400m:	3:57.25	30.41
6.			1999				+0,73	3:58.92	701			
	50m:	26.65	26.65	150m:	1:26.48	30.39	250m:	2:27.86	30.71	350m:	3:29.79	30.99
	100m:	56.09	29.44	200m:	1:57.15	30.67	300m:	2:58.80	30.94	400m:	3:58.92	29.13
7.			2001				+0,69	4:01.91	675			
	50m:	26.92	26.92	150m:	1:28.26	31.19	250m:	2:30.40	30.90	350m:	3:33.04	31.51
	100m:	57.07	30.15	200m:	1:59.50	31.24	300m:	3:01.53	31.13	400m:	4:01.91	28.87
8.			2001				+0,79	4:02.37	671			
	50m:	27.28	27.28	150m:	1:27.92	30.84	250m:	2:31.26	31.35	350m:	3:33.11	30.86
	100m:	57.08	29.80	200m:	1:59.91	31.99	300m:	3:02.25	30.99	400m:	4:02.37	29.26