

, 17. - 19.12.2020

25

, 400m

18.12.2020

Records of the Republic of Belarus 4:11.26

01.01.2012

KMC : 4:50.50 / MC : 4:31.00 / MCMK : 4:07.53

: FINA 2019

							R.T.					
1.				2001			+0,72	<b>4:29.40</b>	668			
	50m:	27.56	27.56	150m:	1:35.27	35.43	250m:	2:48.15	38.88	350m:	3:58.94	31.26
	100m:	59.84	32.28	200m:	2:09.27	34.00	300m:	3:27.68	39.53	400m:	4:29.40	30.46
2.				2002			+0,70	<b>4:29.43</b>	667			
	50m:	28.60	28.60	150m:	1:36.35	34.13	250m:	2:47.92	38.27	350m:	3:58.98	32.16
	100m:	1:02.22	33.62	200m:	2:09.65	33.30	300m:	3:26.82	38.90	400m:	4:29.43	30.45
3.				2003			+0,69	<b>4:29.86</b>	664			
	50m:	28.38	28.38	150m:	1:39.08	36.43	250m:	2:49.93	36.04	350m:	3:59.64	33.19
	100m:	1:02.65	34.27	200m:	2:13.89	34.81	300m:	3:26.45	36.52	400m:	4:29.86	30.22
4.				2003			+0,59	<b>4:29.91</b>	664			
	50m:	27.99	27.99	150m:	1:35.54	35.73	250m:	2:49.09	38.20	350m:	3:59.48	31.40
	100m:	59.81	31.82	200m:	2:10.89	35.35	300m:	3:28.08	38.99	400m:	4:29.91	30.43
5.				2003			+0,69	<b>4:30.76</b>	657			
	50m:	27.91	27.91	150m:	1:35.24	35.22	250m:	2:49.33	39.20	350m:	4:00.27	31.53
	100m:	1:00.02	32.11	200m:	2:10.13	34.89	300m:	3:28.74	39.41	400m:	4:30.76	30.49
6.				2001			+0,73	<b>4:32.52</b>	645			
	50m:	28.09	28.09	150m:	1:35.80	35.59	250m:	2:49.05	39.00	350m:	4:00.84	32.03
	100m:	1:00.21	32.12	200m:	2:10.05	34.25	300m:	3:28.81	39.76	400m:	4:32.52	31.68
7.				1995			+0,75	<b>4:32.59</b>	644			
	50m:	28.26	28.26	150m:	1:35.95	35.62	250m:	2:49.27	38.36	350m:	4:00.88	33.19
	100m:	1:00.33	32.07	200m:	2:10.91	34.96	300m:	3:27.69	38.42	400m:	4:32.59	31.71
8.				2004			+0,70	<b>4:33.27</b>	640			
	50m:	28.59	28.59	150m:	1:37.44	36.20	250m:	2:51.29	39.01	350m:	4:02.01	31.72
	100m:	1:01.24	32.65	200m:	2:12.28	34.84	300m:	3:30.29	39.00	400m:	4:33.27	31.26
9.				2003			+0,61	<b>4:36.71</b>	616			
	50m:	27.86	27.86	150m:	1:33.77	33.12	250m:	2:47.29	40.04	350m:	4:02.97	34.15
	100m:	1:00.65	32.79	200m:	2:07.25	33.48	300m:	3:28.82	41.53	400m:	4:36.71	33.74
10.				2002			+0,66	<b>4:44.09</b>	569			
	50m:	28.89	28.89	150m:	1:39.32	36.40	250m:	2:56.33	40.64	350m:	4:11.59	33.92
	100m:	1:02.92	34.03	200m:	2:15.69	36.37	300m:	3:37.67	41.34	400m:	4:44.09	32.50
11.				2006			+0,69	<b>4:45.66</b>	560			
	50m:	29.77	29.77	150m:	1:42.82	37.96	250m:	2:58.59	38.84	350m:	4:12.75	34.50
	100m:	1:04.86	35.09	200m:	2:19.75	36.93	300m:	3:38.25	39.66	400m:	4:45.66	32.91
12.				2003			+0,66	<b>4:46.46</b>	555			
	50m:	28.86	28.86	150m:	1:39.13	36.57	250m:	2:57.93	40.92	350m:	4:13.89	34.14
	100m:	1:02.56	33.70	200m:	2:17.01	37.88	300m:	3:39.75	41.82	400m:	4:46.46	32.57
13.				2004			+0,77	<b>4:49.33</b>	539			
	50m:	30.97	30.97	150m:	1:43.21	35.47	250m:	2:59.71	41.00	350m:	4:15.53	34.52
	100m:	1:07.74	36.77	200m:	2:18.71	35.50	300m:	3:41.01	41.30	400m:	4:49.33	33.80
14.				2004			+0,65	<b>4:56.12</b>	503			
	50m:	30.87	30.87	150m:	1:45.08	38.74	250m:	3:05.12	42.08	350m:	4:23.42	35.06
	100m:	1:06.34	35.47	200m:	2:23.04	37.96	300m:	3:48.36	43.24	400m:	4:56.12	32.70
DSQ				2004			+0,73	<b>4:51.65</b>				
	50m:	29.01	29.01	150m:	1:40.57	36.75	250m:	2:59.54	42.57	350m:	4:18.38	35.26
	100m:	1:03.82	34.81	200m:	2:16.97	36.40	300m:	3:43.12	43.58	400m:	4:51.65	33.27