

, 17. - 19.12.2020

38

, 400m

19.12.2020

Records of the Republic of Belarus 4:06.13

01.01.1999

KMC : 4:40.50 / MC : 4:23.00 / MCMK : 4:03.42

: FINA 2019

							R.T.				
1.			2004				+0,64	4:21.52	715		
	50m:	29.53	150m:	1:34.49	32.84	250m:	2:41.30	33.53	350m:	3:48.89	33.75
	100m:	1:01.65	200m:	2:07.77	33.28	300m:	3:15.14	33.84	400m:	4:21.52	32.63
2.			2005				+0,85	4:24.39	692		
	50m:	30.24	150m:	1:37.44	33.70	250m:	2:44.71	33.48	350m:	3:51.68	33.38
	100m:	1:03.74	200m:	2:11.23	33.79	300m:	3:18.30	33.59	400m:	4:24.39	32.71
3.			2005				+0,66	4:26.90	673		
	50m:	30.02	150m:	1:37.82	34.21	250m:	2:46.14	34.11	350m:	3:54.71	33.94
	100m:	1:03.61	200m:	2:12.03	34.21	300m:	3:20.77	34.63	400m:	4:26.90	32.19
4.			2004				+0,71	4:31.47	639		
	50m:	30.00	150m:	1:37.34	34.30	250m:	2:46.62	34.69	350m:	3:57.37	35.50
	100m:	1:03.04	200m:	2:11.93	34.59	300m:	3:21.87	35.25	400m:	4:31.47	34.10
5.			2005				+0,66	4:34.32	620		
	50m:	30.37	150m:	1:39.34	34.90	250m:	2:49.61	35.28	350m:	4:00.95	35.41
	100m:	1:04.44	200m:	2:14.33	34.99	300m:	3:25.54	35.93	400m:	4:34.32	33.37
6.			2004				+0,81	4:34.74	617		
	50m:	30.92	150m:	1:40.04	34.90	250m:	2:49.81	34.86	350m:	4:00.55	35.27
	100m:	1:05.14	200m:	2:14.95	34.91	300m:	3:25.28	35.47	400m:	4:34.74	34.19
7.			2002				+0,75	4:37.10	601		
	50m:	30.72	150m:	1:38.65	34.32	250m:	2:49.55	35.76	350m:	4:01.92	36.20
	100m:	1:04.33	200m:	2:13.79	35.14	300m:	3:25.72	36.17	400m:	4:37.10	35.18
8.			2003				+0,74	4:37.11	601		
	50m:	30.89	150m:	1:42.23	36.18	250m:	2:54.09	35.55	350m:	4:04.37	35.14
	100m:	1:06.05	200m:	2:18.54	36.31	300m:	3:29.23	35.14	400m:	4:37.11	32.74
9.			2002				+0,67	4:38.11	595		
	50m:	30.89	150m:	1:39.98	35.01	250m:	2:51.04	35.60	350m:	4:02.75	36.03
	100m:	1:04.97	200m:	2:15.44	35.46	300m:	3:26.72	35.68	400m:	4:38.11	35.36
10.			2005				+0,68	4:39.56	585		
	50m:	31.10	150m:	1:41.15	35.56	250m:	2:53.20	35.94	350m:	4:04.83	35.98
	100m:	1:05.59	200m:	2:17.26	36.11	300m:	3:28.85	35.65	400m:	4:39.56	34.73
11.			2004				+0,69	4:39.78	584		
	50m:	31.30	150m:	1:40.80	35.23	250m:	2:52.01	35.70	350m:	4:04.26	36.14
	100m:	1:05.57	200m:	2:16.31	35.51	300m:	3:28.12	36.11	400m:	4:39.78	35.52
12.			2006				+0,73	4:40.23	581		
	50m:	31.37	150m:	1:41.04	35.53	250m:	2:53.58	36.31	350m:	4:05.96	36.05
	100m:	1:05.51	200m:	2:17.27	36.23	300m:	3:29.91	36.33	400m:	4:40.23	34.27
13.			2002				+0,74	4:40.24	581		
	50m:	32.01	150m:	1:41.74	35.31	250m:	2:53.75	36.06	350m:	4:05.98	36.09
	100m:	1:06.43	200m:	2:17.69	35.95	300m:	3:29.89	36.14	400m:	4:40.24	34.26
14.			2004				+0,78	4:42.60	567		
	50m:	31.45	150m:	1:41.95	35.57	250m:	2:54.64	36.12	350m:	4:06.03	34.90
	100m:	1:06.38	200m:	2:18.52	36.57	300m:	3:31.13	36.49	400m:	4:42.60	36.57
15.			2004				+0,81	4:43.44	562		
	50m:	31.94	150m:	1:42.86	35.86	250m:	2:55.66	36.17	350m:	4:08.44	35.96
	100m:	1:07.00	200m:	2:19.49	36.63	300m:	3:32.48	36.82	400m:	4:43.44	35.00
16.			2002				+0,63	4:43.51	561		
	50m:	31.25	150m:	1:41.54	35.93	250m:	2:54.53	36.56	350m:	4:07.55	36.77
	100m:	1:05.61	200m:	2:17.97	36.43	300m:	3:30.78	36.25	400m:	4:43.51	35.96
17.			2005				+0,74	4:43.79	560		
	50m:	31.44	150m:	1:43.00	36.03	250m:	2:56.14	36.57	350m:	4:09.35	36.36
	100m:	1:06.97	200m:	2:19.57	36.57	300m:	3:32.99	36.85	400m:	4:43.79	34.44
18.			2004				+0,70	4:44.36	556		
	50m:	31.72	150m:	1:42.77	36.36	250m:	2:56.46	37.01	350m:	4:09.29	35.67
	100m:	1:06.41	200m:	2:19.45	36.68	300m:	3:33.62	37.16	400m:	4:44.36	35.07
19.			2004				+0,76	4:44.41	556		
	50m:	32.28	150m:	1:43.58	36.00	250m:	2:55.46	36.24	350m:	4:08.52	36.48
	100m:	1:07.58	200m:	2:19.22	35.64	300m:	3:32.04	36.58	400m:	4:44.41	35.89

	38,		, 400m									
			/								R.T.	
20.			2003								+0,83	
	50m:	32.17	32.17	150m:	1:43.19	36.03	250m:	2:55.91	36.35	350m:	4:09.06	36.69
	100m:	1:07.16	34.99	200m:	2:19.56	36.37	300m:	3:32.37	36.46	400m:	4:44.78	35.72
21.			2006								+0,58	
	50m:	32.02	32.02	150m:	1:43.59	36.13	250m:	2:56.98	36.87	350m:	4:11.19	37.09
	100m:	1:07.46	35.44	200m:	2:20.11	36.52	300m:	3:34.10	37.12	400m:	4:45.86	34.67
22.			2005								+0,71	
	50m:	32.40	32.40	150m:	1:44.82	36.63	250m:	2:58.14	36.50	350m:	4:11.08	36.31
	100m:	1:08.19	35.79	200m:	2:21.64	36.82	300m:	3:34.77	36.63	400m:	4:46.11	35.03
23.			2007								+0,76	
	50m:	31.85	31.85	150m:	1:45.51	37.33	250m:	2:59.07	36.36	350m:	4:12.12	35.75
	100m:	1:08.18	36.33	200m:	2:22.71	37.20	300m:	3:36.37	37.30	400m:	4:46.32	34.20
24.			2007								+0,84	
	50m:	32.03	32.03	150m:	1:47.10	38.80	250m:	3:04.15	38.74	350m:	4:20.51	38.24
	100m:	1:08.30	36.27	200m:	2:25.41	38.31	300m:	3:42.27	38.12	400m:	4:58.19	37.68
25.			2007								+0,71	
	50m:	34.44	34.44	150m:	1:50.13	38.24	250m:	3:07.19	38.47	350m:	4:24.62	38.52
	100m:	1:11.89	37.45	200m:	2:28.72	38.59	300m:	3:46.10	38.91	400m:	5:01.63	37.01