

, 17. - 19.12.2020

39

, 400m

19.12.2020

Records of the Republic of Belarus 3:45.40

01.01.1998

KMC : 4:16.50 / MC : 3:59.00 / MCMK : 3:42.51

: FINA 2019

							R.T.				
1.				2000			+0,72	3:47.88	808		
	50m:	26.43	26.43	150m:	1:25.58	29.52	250m:	2:23.01	28.27	350m:	3:20.58
	100m:	56.06	29.63	200m:	1:54.74	29.16	300m:	2:52.06	29.05	400m:	3:47.88
2.				2000			+0,72	3:59.25	698		
	50m:	27.37	27.37	150m:	1:26.79	30.02	250m:	2:27.16	30.24	350m:	3:29.18
	100m:	56.77	29.40	200m:	1:56.92	30.13	300m:	2:58.34	31.18	400m:	3:59.25
3.				2003			+0,70	3:59.96	692		
	50m:	27.49	27.49	150m:	1:28.12	30.47	250m:	2:29.45	30.19	350m:	3:30.83
	100m:	57.65	30.16	200m:	1:59.26	31.14	300m:	3:00.07	30.62	400m:	3:59.96
4.				2002			+0,71	4:00.29	689		
	50m:	27.13	27.13	150m:	1:27.14	30.03	250m:	2:28.10	30.65	350m:	3:30.14
	100m:	57.11	29.98	200m:	1:57.45	30.31	300m:	2:59.06	30.96	400m:	4:00.29
5.				2004			+0,68	4:01.01	683		
	50m:	27.29	27.29	150m:	1:27.72	30.51	250m:	2:29.06	30.59	350m:	3:30.98
	100m:	57.21	29.92	200m:	1:58.47	30.75	300m:	3:00.21	31.15	400m:	4:01.01
6.				2001			+0,72	4:02.28	672		
	50m:	27.49	27.49	150m:	1:28.61	30.80	250m:	2:30.66	30.86	350m:	3:32.23
	100m:	57.81	30.32	200m:	1:59.80	31.19	300m:	3:01.52	30.86	400m:	4:02.28
7.				2000			+0,72	4:02.49	670		
	50m:	26.96	26.96	150m:	1:27.51	30.61	250m:	2:30.73	31.60	350m:	3:32.79
	100m:	56.90	29.94	200m:	1:59.13	31.62	300m:	3:02.72	31.99	400m:	4:02.49
8.				2003			+0,74	4:02.97	666		
	50m:	28.09	28.09	150m:	1:28.78	30.30	250m:	2:30.82	30.81	350m:	3:32.58
	100m:	58.48	30.39	200m:	2:00.01	31.23	300m:	3:01.74	30.92	400m:	4:02.97
9.				2004			+0,77	4:04.07	657		
	50m:	27.03	27.03	150m:	1:27.15	30.44	250m:	2:29.93	31.53	350m:	3:33.18
	100m:	56.71	29.68	200m:	1:58.40	31.25	300m:	3:01.57	31.64	400m:	4:04.07
10.				2004			+0,70	4:04.65	652		
	50m:	27.97	27.97	150m:	1:29.59	30.95	250m:	2:32.00	31.39	350m:	3:34.58
	100m:	58.64	30.67	200m:	2:00.61	31.02	300m:	3:03.18	31.18	400m:	4:04.65
11.				2004			+0,61	4:05.23	648		
	50m:	27.47	27.47	150m:	1:28.50	30.64	250m:	2:31.66	31.58	350m:	3:35.00
	100m:	57.86	30.39	200m:	2:00.08	31.58	300m:	3:03.83	32.17	400m:	4:05.23
12.				2003			+0,68	4:05.73	644		
	50m:	27.73	27.73	150m:	1:29.55	31.05	250m:	2:32.44	31.39	350m:	3:35.81
	100m:	58.50	30.77	200m:	2:01.05	31.50	300m:	3:04.21	31.77	400m:	4:05.73
13.				2002			+0,72	4:06.26	640		
	50m:	27.73	27.73	150m:	1:29.77	31.22	250m:	2:33.15	31.35	350m:	3:36.10
	100m:	58.55	30.82	200m:	2:01.80	32.03	300m:	3:04.49	31.34	400m:	4:06.26
14.				2004			+0,67	4:06.81	635		
	50m:	26.67	26.67	150m:	1:28.83	31.50	250m:	2:32.54	31.49	350m:	3:36.35
	100m:	57.33	30.66	200m:	2:01.05	32.22	300m:	3:04.78	32.24	400m:	4:06.81
15.				2005			+0,62	4:08.64	622		
	50m:	27.89	27.89	150m:	1:30.75	31.83	250m:	2:34.05	31.46	350m:	3:38.03
	100m:	58.92	31.03	200m:	2:02.59	31.84	300m:	3:06.59	32.54	400m:	4:08.64
16.				2006			+0,68	4:08.94	619		
	50m:	27.88	27.88	150m:	1:29.70	31.46	250m:	2:32.86	31.67	350m:	3:38.40
	100m:	58.24	30.36	200m:	2:01.19	31.49	300m:	3:05.82	32.96	400m:	4:08.94
17.				2004			+0,61	4:09.06	618		
	50m:	27.64	27.64	150m:	1:29.16	30.58	250m:	2:32.93	31.75	350m:	3:37.87
	100m:	58.58	30.94	200m:	2:01.18	32.02	300m:	3:05.35	32.42	400m:	4:09.06
18.				2003			+0,76	4:09.83	613		
	50m:	28.12	28.12	150m:	1:30.06	30.93	250m:	2:33.78	32.10	350m:	3:39.08
	100m:	59.13	31.01	200m:	2:01.68	31.62	300m:	3:06.96	33.18	400m:	4:09.83
19.				2005			+0,71	4:11.63	600		
	50m:	28.68	28.68	150m:	1:31.16	31.50	250m:	2:35.79	32.47	350m:	3:40.54
	100m:	59.66	30.98	200m:	2:03.32	32.16	300m:	3:08.37	32.58	400m:	4:11.63

39,		, 400m										
		/						R.T.				
20.				2002		+0,69	4:12.12	596				
	50m:	28.16	28.16	150m:	1:30.33	31.67	250m:	2:35.49	32.75	350m:	3:41.06	32.39
	100m:	58.66	30.50	200m:	2:02.74	32.41	300m:	3:08.67	33.18	400m:	4:12.12	31.06
21.				2004		+0,69	4:12.29	595				
	50m:	27.63	27.63	150m:	1:30.50	31.83	250m:	2:35.48	32.92	350m:	3:40.75	32.55
	100m:	58.67	31.04	200m:	2:02.56	32.06	300m:	3:08.20	32.72	400m:	4:12.29	31.54
22.				2006		+0,58	4:14.05	583				
	50m:	28.28	28.28	150m:	1:31.43	31.74	250m:	2:36.95	32.76	350m:	3:43.01	32.99
	100m:	59.69	31.41	200m:	2:04.19	32.76	300m:	3:10.02	33.07	400m:	4:14.05	31.04
23.				2005		+0,69	4:14.30	581				
	50m:	28.03	28.03	150m:	1:30.58	31.83	250m:	2:35.81	32.85	350m:	3:42.28	33.08
	100m:	58.75	30.72	200m:	2:02.96	32.38	300m:	3:09.20	33.39	400m:	4:14.30	32.02
24.				2003		+0,82	4:15.98	570				
	50m:	27.71	27.71	150m:	1:30.79	32.03	250m:	2:35.76	32.60	350m:	3:39.70	31.36
	100m:	58.76	31.05	200m:	2:03.16	32.37	300m:	3:08.34	32.58	400m:	4:15.98	36.28
25.				2004		+0,76	4:16.38	567				
	50m:	28.12	28.12	150m:	1:31.36	31.93	250m:	2:36.78	32.71	350m:	3:44.28	33.66
	100m:	59.43	31.31	200m:	2:04.07	32.71	300m:	3:10.62	33.84	400m:	4:16.38	32.10
26.				2005		+0,78	4:17.97	556				
	50m:	29.62	29.62	150m:	1:34.58	32.47	250m:	2:40.77	33.21	350m:	3:46.28	32.90
	100m:	1:02.11	32.49	200m:	2:07.56	32.98	300m:	3:13.38	32.61	400m:	4:17.97	31.69
27.				2005		+0,64	4:18.64	552				
	50m:	28.15	28.15	150m:	1:32.84	32.80	250m:	2:39.49	33.47	350m:	3:47.23	33.70
	100m:	1:00.04	31.89	200m:	2:06.02	33.18	300m:	3:13.53	34.04	400m:	4:18.64	31.41
28.				2004		+0,71	4:19.17	549				
	50m:	28.76	28.76	150m:	1:32.07	32.47	250m:	2:38.78	33.60	350m:	3:46.13	33.67
	100m:	59.60	30.84	200m:	2:05.18	33.11	300m:	3:12.46	33.68	400m:	4:19.17	33.04
29.				2007		+0,63	4:19.32	548				
	50m:	28.81	28.81	150m:	1:34.53	33.39	250m:	2:41.64	33.64	350m:	3:48.07	32.82
	100m:	1:01.14	32.33	200m:	2:08.00	33.47	300m:	3:15.25	33.61	400m:	4:19.32	31.25
30.				2004		+0,70	4:22.26	530				
	50m:	29.85	29.85	150m:	1:35.86	33.38	250m:	2:43.16	33.79	350m:	3:49.71	33.17
	100m:	1:02.48	32.63	200m:	2:09.37	33.51	300m:	3:16.54	33.38	400m:	4:22.26	32.55
31.				2004		+0,76	4:25.53	510				
	50m:	29.22	29.22	150m:	1:35.36	33.41	250m:	2:43.51	34.69	350m:	3:52.56	34.71
	100m:	1:01.95	32.73	200m:	2:08.82	33.46	300m:	3:17.85	34.34	400m:	4:25.53	32.97
32.				2005		+0,72	4:35.76	455				
	50m:	29.01	29.01	150m:	1:35.82	34.20	250m:	2:46.83	35.79	350m:	4:00.52	37.03
	100m:	1:01.62	32.61	200m:	2:11.04	35.22	300m:	3:23.49	36.66	400m:	4:35.76	35.24