

, 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				+0,69	3:47.43	812			
	50m:	25.66	25.66	150m:	1:23.20	29.04	250m:	2:21.60	28.90	350m:	3:19.65	28.89
	100m:	54.16	28.50	200m:	1:52.70	29.50	300m:	2:50.76	29.16	400m:	3:47.43	27.78
2.			2001				+0,72	3:57.52	713			
	50m:	26.39	26.39	150m:	1:26.43	30.26	250m:	2:27.01	30.48	350m:	3:27.90	30.33
	100m:	56.17	29.78	200m:	1:56.53	30.10	300m:	2:57.57	30.56	400m:	3:57.52	29.62
3.			2003				+0,67	3:58.34	706			
	50m:	27.11	27.11	150m:	1:28.42	30.74	250m:	2:28.78	29.94	350m:	3:28.92	30.13
	100m:	57.68	30.57	200m:	1:58.84	30.42	300m:	2:58.79	30.01	400m:	3:58.34	29.42
4.			2000				+0,70	3:59.74	693			
	50m:	26.97	26.97	150m:	1:27.93	30.99	250m:	2:30.07	30.79	350m:	3:31.15	30.25
	100m:	56.94	29.97	200m:	1:59.28	31.35	300m:	3:00.90	30.83	400m:	3:59.74	28.59
5.			2002				+0,68	4:00.19	690			
	50m:	26.64	26.64	150m:	1:27.19	30.73	250m:	2:29.12	30.96	350m:	3:31.20	30.88
	100m:	56.46	29.82	200m:	1:58.16	30.97	300m:	3:00.32	31.20	400m:	4:00.19	28.99
6.			2000				+0,72	4:01.41	679			
	50m:	28.07	28.07	150m:	1:28.80	30.51	250m:	2:30.06	30.81	350m:	3:31.42	30.70
	100m:	58.29	30.22	200m:	1:59.25	30.45	300m:	3:00.72	30.66	400m:	4:01.41	29.99
7.			2003				+0,75	4:03.10	665			
	50m:	27.59	27.59	150m:	1:28.67	30.62	250m:	2:30.71	30.94	350m:	3:33.23	30.90
	100m:	58.05	30.46	200m:	1:59.77	31.10	300m:	3:02.33	31.62	400m:	4:03.10	29.87
8.			2004				+0,66	4:03.40	663			
	50m:	27.13	27.13	150m:	1:28.32	31.10	250m:	2:30.76	31.15	350m:	3:33.23	31.02
	100m:	57.22	30.09	200m:	1:59.61	31.29	300m:	3:02.21	31.45	400m:	4:03.40	30.17