

109

, 400m

20.04.2016

World Records	4:03.84	Phelps Michael	USA	Beijing (CHN)	10.08.2008
Records of the Republic of Belarus	4:21.35		BLR		25.01.2012

: FINA 2014

	/						RT				FINA	
1.	1995						BLR +0,70 <b>4:30.84 MC</b>				729	
	50m:	28.07	28.07	150m:	1:35.82	35.04	250m:	2:48.82	38.47	350m:	4:00.29	31.60
	100m:	1:00.78	32.71	200m:	2:10.35	34.53	300m:	3:28.69	39.87	400m:	4:30.84	30.55
2.	1999						BLR +0,72 <b>4:33.36 MC</b>				709	
	50m:	28.95	28.95	150m:	1:38.61	36.50	250m:	2:51.60	37.72	350m:	4:01.67	32.27
	100m:	1:02.11	33.16	200m:	2:13.88	35.27	300m:	3:29.40	37.80	400m:	4:33.36	31.69
3.	1997						BLR +0,70 <b>4:34.90 MC</b>				697	
	50m:	27.19	27.19	150m:	1:35.15	35.67	250m:	2:49.32	38.71	350m:	4:01.30	32.79
	100m:	59.48	32.29	200m:	2:10.61	35.46	300m:	3:28.51	39.19	400m:	4:34.90	33.60
4.	1991						BLR +0,73 <b>4:36.33 MC</b>				687	
	50m:	27.31	27.31	150m:	1:35.19	36.17	250m:	2:49.44	39.86	350m:	4:03.41	33.32
	100m:	59.02	31.71	200m:	2:09.58	34.39	300m:	3:30.09	40.65	400m:	4:36.33	32.92
5.	1995						BLR +0,66 <b>4:43.01 KMC</b>				639	
	50m:	28.24	28.24	150m:	1:38.10	37.28	250m:	2:54.69	39.78	350m:	4:11.04	35.71
	100m:	1:00.82	32.58	200m:	2:14.91	36.81	300m:	3:35.33	40.64	400m:	4:43.01	31.97
6.	1999						BLR +0,80 <b>4:43.06 KMC</b>				639	
	50m:	28.88	28.88	150m:	1:39.66	37.88	250m:	2:56.84	39.61	350m:	4:10.91	33.43
	100m:	1:01.78	32.90	200m:	2:17.23	37.57	300m:	3:37.48	40.64	400m:	4:43.06	32.15
7.	1999						BLR +0,76 <b>4:46.12 KMC</b>				618	
	50m:	28.77	28.77	150m:	1:40.19	39.10	250m:	2:59.97	41.89	350m:	4:14.93	33.79
	100m:	1:01.09	32.32	200m:	2:18.08	37.89	300m:	3:41.14	41.17	400m:	4:46.12	31.19
8.	1999						BLR +0,78 <b>4:47.32 KMC</b>				611	
	50m:	27.99	27.99	150m:	1:37.27	36.00	250m:	2:55.54	42.05	350m:	4:13.74	35.70
	100m:	1:01.27	33.28	200m:	2:13.49	36.22	300m:	3:38.04	42.50	400m:	4:47.32	33.58