

16

, 400m

01.02.2018

Records of the Republic of Belarus 3:52.78 , BLR 01.01.2013

KMC : 4:24.00 / MC : 4:10.00 / MCMK : 3:50.24

: FINA 2014

								R.T.			
1.			1999	-	+0,72	3:58.87	781				
	50m:	27.09	150m:	1:27.21	30.42	250m:	2:28.32	30.56	350m:	3:30.32	31.15
	100m:	56.79	200m:	1:57.76	30.55	300m:	2:59.17	30.85	400m:	3:58.87	28.55
2.			1998	-	+0,66	3:59.32	777				
	50m:	27.29	150m:	1:27.22	30.25	250m:	2:28.24	30.72	350m:	3:29.82	30.49
	100m:	56.97	200m:	1:57.52	30.30	300m:	2:59.33	31.09	400m:	3:59.32	29.50
3.			2000	-	+0,70	4:00.96	761				
	50m:	27.25	150m:	1:27.15	29.94	250m:	2:28.54	30.70	350m:	3:31.10	31.46
	100m:	57.21	200m:	1:57.84	30.69	300m:	2:59.64	31.10	400m:	4:00.96	29.86
4.			1997	-	+0,81	4:01.01	761				
	50m:	27.35	150m:	1:28.15	30.41	250m:	2:30.39	31.07	350m:	3:32.05	30.07
	100m:	57.74	200m:	1:59.32	31.17	300m:	3:01.98	31.59	400m:	4:01.01	28.96
5.			2001	-	+0,68	4:02.45	747				
	50m:	27.14	150m:	1:26.84	30.39	250m:	2:28.75	30.98	350m:	3:32.15	32.21
	100m:	56.45	200m:	1:57.77	30.93	300m:	2:59.94	31.19	400m:	4:02.45	30.30
6.			2000	-	+0,71	4:07.06	706				
	50m:	27.45	150m:	1:29.82	31.53	250m:	2:33.45	31.72	350m:	3:36.47	31.40
	100m:	58.29	200m:	2:01.73	31.91	300m:	3:05.07	31.62	400m:	4:07.06	30.59
7.			2000	-	+0,82	4:08.84	691				
	50m:	27.86	150m:	1:30.18	31.60	250m:	2:34.64	32.21	350m:	3:38.72	31.96
	100m:	58.58	200m:	2:02.43	32.25	300m:	3:06.76	32.12	400m:	4:08.84	30.12
8.			1995	-	+0,72	4:11.06	673				
	50m:	28.30	150m:	1:31.63	31.90	250m:	2:35.02	31.93	350m:	3:39.45	32.37
	100m:	59.73	200m:	2:03.09	31.46	300m:	3:07.08	32.06	400m:	4:11.06	31.61
9.			2002	-	+0,71	4:11.27	671				
	50m:	29.27	150m:	1:32.94	31.92	250m:	2:37.49	32.22	350m:	3:41.09	31.71
	100m:	1:01.02	200m:	2:05.27	32.33	300m:	3:09.38	31.89	400m:	4:11.27	30.18
10.			1997	-	+0,74	4:14.25	648				
	50m:	27.86	150m:	1:30.90	31.84	250m:	2:36.06	32.65	350m:	3:42.29	32.72
	100m:	59.06	200m:	2:03.41	32.51	300m:	3:09.57	33.51	400m:	4:14.25	31.96
			1998	-	+0,66	4:14.25	648				
	50m:	28.85	150m:	1:32.46	32.33	250m:	2:37.19	32.33	350m:	3:42.61	32.71
	100m:	1:00.13	200m:	2:04.86	32.40	300m:	3:09.90	32.71	400m:	4:14.25	31.64
12.			1996	-	+0,73	4:14.80	644				
	50m:	28.33	150m:	1:31.54	32.08	250m:	2:37.18	32.93	350m:	3:43.02	33.01
	100m:	59.46	200m:	2:04.25	32.71	300m:	3:10.01	32.83	400m:	4:14.80	31.78
13.			2001	-	+0,72	4:16.08	634				
	50m:	28.79	150m:	1:32.77	32.49	250m:	2:38.89	33.44	350m:	3:45.04	33.23
	100m:	1:00.28	200m:	2:05.45	32.68	300m:	3:11.81	32.92	400m:	4:16.08	31.04
14.			1999	-	+0,75	4:18.26	618				
	50m:	28.04	150m:	1:31.19	32.20	250m:	2:37.20	32.83	350m:	3:44.70	34.22
	100m:	58.99	200m:	2:04.37	33.18	300m:	3:10.48	33.28	400m:	4:18.26	33.56
15.			2003	-	+0,76	4:18.66	615				
	50m:	29.86	150m:	1:35.54	32.93	250m:	2:41.29	32.73	350m:	3:46.91	32.65
	100m:	1:02.61	200m:	2:08.56	33.02	300m:	3:14.26	32.97	400m:	4:18.66	31.75
16.			2000	-	+0,72	4:19.15	612				
	50m:	28.48	150m:	1:32.63	32.74	250m:	2:38.98	33.40	350m:	3:46.33	33.90
	100m:	59.89	200m:	2:05.58	32.95	300m:	3:12.43	33.45	400m:	4:19.15	32.82
17.			2000	-	+0,68	4:20.07	605				
	50m:	29.26	150m:	1:35.65	33.83	250m:	2:41.77	32.38	350m:	3:47.03	32.78
	100m:	1:01.82	200m:	2:09.39	33.74	300m:	3:14.25	32.48	400m:	4:20.07	33.04
18.			2001	-	+0,73	4:21.09	598				
	50m:	29.59	150m:	1:35.26	33.48	250m:	2:43.51	34.01	350m:	3:49.73	32.06
	100m:	1:01.78	200m:	2:09.50	34.24	300m:	3:17.67	34.16	400m:	4:21.09	31.36
19.			2002	-	+0,76	4:22.42	589				
	50m:	29.65	150m:	1:35.50	33.41	250m:	2:43.51	34.14	350m:	3:49.90	33.23
	100m:	1:02.09	200m:	2:09.37	33.87	300m:	3:16.67	33.16	400m:	4:22.42	32.52

16,	, 400m	,	,										
			/								R.T.		
20.			2002								+0,79	4:23.12	585
	50m:	28.86	28.86	150m:	1:35.92	33.94	250m:	2:44.84	34.64	350m:	3:52.26	33.07	
	100m:	1:01.98	33.12	200m:	2:10.20	34.28	300m:	3:19.19	34.35	400m:	4:23.12	30.86	
21.			2001								+0,68	4:23.46	582
	50m:	28.92	28.92	150m:	1:34.25	32.95	250m:	2:41.59	33.62	350m:	3:50.25	34.28	
	100m:	1:01.30	32.38	200m:	2:07.97	33.72	300m:	3:15.97	34.38	400m:	4:23.46	33.21	
			1999								+0,72	4:23.46	582
	50m:	28.83	28.83	150m:	1:33.75	32.62	250m:	2:40.48	33.39	350m:	3:48.83	34.24	
	100m:	1:01.13	32.30	200m:	2:07.09	33.34	300m:	3:14.59	34.11	400m:	4:23.46	34.63	
23.			2000								+0,71	4:23.86	580
	50m:	28.77	28.77	150m:	1:33.14	32.62	250m:	2:40.13	33.87	350m:	3:49.47	34.74	
	100m:	1:00.52	31.75	200m:	2:06.26	33.12	300m:	3:14.73	34.60	400m:	4:23.86	34.39	
24.			2000								+0,83	4:24.40	576
	50m:	28.23	28.23	150m:	1:32.65	33.09	250m:	2:40.89	34.35	350m:	3:51.22	35.35	
	100m:	59.56	31.33	200m:	2:06.54	33.89	300m:	3:15.87	34.98	400m:	4:24.40	33.18	
25.			1999								+0,74	4:24.80	574
	50m:	29.98	29.98	150m:	1:36.59	33.74	250m:	2:44.52	34.38	350m:	3:52.44	33.82	
	100m:	1:02.85	32.87	200m:	2:10.14	33.55	300m:	3:18.62	34.10	400m:	4:24.80	32.36	
26.			2003								+0,78	4:25.79	567
	50m:	28.75	28.75	150m:	1:35.55	33.83	250m:	2:43.30	33.61	350m:	3:52.42	34.63	
	100m:	1:01.72	32.97	200m:	2:09.69	34.14	300m:	3:17.79	34.49	400m:	4:25.79	33.37	
27.			2002								+0,76	4:27.80	554
	50m:	30.30	30.30	150m:	1:38.02	33.82	250m:	2:46.91	34.52	350m:	3:55.73	34.15	
	100m:	1:04.20	33.90	200m:	2:12.39	34.37	300m:	3:21.58	34.67	400m:	4:27.80	32.07	
28.			1999								+0,69	4:27.85	554
	50m:	28.66	28.66	150m:	1:33.83	33.32	250m:	2:42.13	34.27	350m:	3:52.97	35.32	
	100m:	1:00.51	31.85	200m:	2:07.86	34.03	300m:	3:17.65	35.52	400m:	4:27.85	34.88	
29.			2002								+0,71	4:28.36	551
	50m:	28.64	28.64	150m:	1:35.79	34.17	250m:	2:45.14	34.70	350m:	3:55.44	34.97	
	100m:	1:01.62	32.98	200m:	2:10.44	34.65	300m:	3:20.47	35.33	400m:	4:28.36	32.92	
30.			2001								+0,79	4:29.55	544
	50m:	29.62	29.62	150m:	1:37.13	34.53	250m:	2:47.77	35.46	350m:	3:57.31	34.54	
	100m:	1:02.60	32.98	200m:	2:12.31	35.18	300m:	3:22.77	35.00	400m:	4:29.55	32.24	
31.			2003								+0,77	4:30.13	540
	50m:	29.13	29.13	150m:	1:35.33	33.62	250m:	2:44.50	34.89	350m:	3:55.07	35.29	
	100m:	1:01.71	32.58	200m:	2:09.61	34.28	300m:	3:19.78	35.28	400m:	4:30.13	35.06	
32.			2001								+0,66	4:31.55	532
	50m:	29.91	29.91	150m:	1:38.30	34.67	250m:	2:48.47	35.01	350m:	3:57.32	33.61	
	100m:	1:03.63	33.72	200m:	2:13.46	35.16	300m:	3:23.71	35.24	400m:	4:31.55	34.23	
33.			2002								+0,71	4:33.55	520
	50m:	30.62	30.62	150m:	1:38.36	34.38	250m:	2:48.26	35.03	350m:	3:59.34	35.53	
	100m:	1:03.98	33.36	200m:	2:13.23	34.87	300m:	3:23.81	35.55	400m:	4:33.55	34.21	
34.			2002								+0,74	4:33.84	519
	50m:	29.98	29.98	150m:	1:38.71	34.69	250m:	2:49.60	35.66	350m:	4:00.04	34.89	
	100m:	1:04.02	34.04	200m:	2:13.94	35.23	300m:	3:25.15	35.55	400m:	4:33.84	33.80	
35.			1999								+0,65	4:35.42	510
	50m:	30.04	30.04	150m:	1:40.47	35.79	250m:	2:52.93	36.78	350m:	4:03.90	34.43	
	100m:	1:04.68	34.64	200m:	2:16.15	35.68	300m:	3:29.47	36.54	400m:	4:35.42	31.52	
36.			2001								+0,72	4:35.71	508
	50m:	29.08	29.08	150m:	1:37.14	34.84	250m:	2:49.84	36.39	350m:	4:02.39	35.71	
	100m:	1:02.30	33.22	200m:	2:13.45	36.31	300m:	3:26.68	36.84	400m:	4:35.71	33.32	
37.			2002								+0,64	4:35.80	508
	50m:	30.02	30.02	150m:	1:38.17	34.84	250m:	2:50.41	36.21	350m:	4:01.95	35.64	
	100m:	1:03.33	33.31	200m:	2:14.20	36.03	300m:	3:26.31	35.90	400m:	4:35.80	33.85	
38.			2004								+0,84	4:39.32	489
	50m:	30.60	30.60	150m:	1:40.70	35.34	250m:	2:52.30		350m:	4:04.76		
	100m:	1:05.36	34.76	200m:	3:28.86	1:48.16	300m:	4:39.32	1:47.02	400m:	4:39.32	34.56	
39.			2001								+0,78	4:45.24	459
	50m:	30.52	30.52	150m:	1:41.90	35.66	250m:	2:55.60	36.61	350m:	4:09.46	37.14	
	100m:	1:06.24	35.72	200m:	2:18.99	37.09	300m:	3:32.32	36.72	400m:	4:45.24	35.78	