

, 31.1. - 2.2.2018

9 , 400m
31.01.2018

Records of the Republic of Belarus 4:21.35 , BLR 01.01.2012
KMC : 4:56.00 / MC : 4:39.00 / MCMK : 4:17.21

: FINA 2014

							R.T.					
1.			1995				+0,75	4:29.43	741			
	50m:	28.64	28.64	150m:	1:35.56	34.59	250m:	2:48.53	39.44	350m:	3:58.88	30.45
	100m:	1:00.97	32.33	200m:	2:09.09	33.53	300m:	3:28.43	39.90	400m:	4:29.43	30.55
2.			1999				+0,72	4:33.77	706			
	50m:	29.88	29.88	150m:	1:42.07	37.10	250m:	2:53.69	36.36	350m:	4:02.70	32.38
	100m:	1:04.97	35.09	200m:	2:17.33	35.26	300m:	3:30.32	36.63	400m:	4:33.77	31.07
3.			1996				+0,62	4:40.01	660			
	50m:	28.98	28.98	150m:	1:41.16	38.78	250m:	2:54.38	36.76	350m:	4:06.30	34.27
	100m:	1:02.38	33.40	200m:	2:17.62	36.46	300m:	3:32.03	37.65	400m:	4:40.01	33.71
4.			1998				+0,73	4:41.23	651			
	50m:	28.61	28.61	150m:	1:40.07	37.33	250m:	2:57.00	39.30	350m:	4:09.34	33.28
	100m:	1:02.74	34.13	200m:	2:17.70	37.63	300m:	3:36.06	39.06	400m:	4:41.23	31.89
5.			1999				+0,73	4:45.09	625			
	50m:	26.62	26.62	150m:	1:37.32	38.50	250m:	2:55.80	41.31	350m:	4:12.84	33.89
	100m:	58.82	32.20	200m:	2:14.49	37.17	300m:	3:38.95	43.15	400m:	4:45.09	32.25
6.			2002				+0,79	4:47.77	608			
	50m:	29.39	29.39	150m:	1:41.02	37.14	250m:	2:59.20	41.70	350m:	4:15.59	33.40
	100m:	1:03.88	34.49	200m:	2:17.50	36.48	300m:	3:42.19	42.99	400m:	4:47.77	32.18
7.			1999				+0,75	4:47.82	608			
	50m:	29.22	29.22	150m:	1:41.45	38.27	250m:	2:59.85	41.00	350m:	4:16.32	34.56
	100m:	1:03.18	33.96	200m:	2:18.85	37.40	300m:	3:41.76	41.91	400m:	4:47.82	31.50
8.			2000				+0,77	4:48.80	601			
	50m:	29.95	29.95	150m:	1:42.18	37.50	250m:	3:02.09	42.66	350m:	4:17.93	32.14
	100m:	1:04.68	34.73	200m:	2:19.43	37.25	300m:	3:45.79	43.70	400m:	4:48.80	30.87