

Minsk, 26. - 28.3.2025

1 , 400m 2010 - 2013  
26.03.2025 - 11:10

: 5:01.00 / : 5:24.00 / 1 : 5:44.00 / 2 : 6:34.00 / 3 : 7:14.00

: FINA 2023

2010 - 2011

1.				11							<b>4:59.86</b>	643
	50m:	31.26	31.26	150m:	1:47.35	40.48	250m:	3:08.30	41.49	350m:	4:25.73	35.24
	100m:	1:06.87	35.61	200m:	2:26.81	39.46	300m:	3:50.49	42.19	400m:	4:59.86	34.13
2.				10							<b>5:13.91</b>	561
	50m:	34.00	34.00	150m:	1:55.20	41.23	250m:	3:20.77	44.31	350m:	4:39.66	35.23
	100m:	1:13.97	39.97	200m:	2:36.46	41.26	300m:	4:04.43	43.66	400m:	5:13.91	34.25
3.				10							<b>5:17.21</b>	543
	50m:	34.50	34.50	150m:	1:56.12	41.55	250m:	3:21.03	43.02	350m:	4:40.64	37.98
	100m:	1:14.57	40.07	200m:	2:38.01	41.89	300m:	4:02.66	41.63	400m:	5:17.21	36.57
4.				11							<b>5:26.26</b>	499 1
	50m:	34.68	34.68	150m:	1:57.07	40.24	250m:	3:25.48	49.29	350m:	4:50.03	37.25
	100m:	1:16.83	42.15	200m:	2:36.19	39.12	300m:	4:12.78	47.30	400m:	5:26.26	36.23
5.				11							<b>5:29.10</b>	487 1
	50m:	34.77	34.77	150m:	1:58.07	41.62	250m:	3:26.19	47.64	350m:	4:51.52	38.31
	100m:	1:16.45	41.68	200m:	2:38.55	40.48	300m:	4:13.21	47.02	400m:	5:29.10	37.58
6.				11							<b>5:32.73</b>	471 1
	50m:	36.24	36.24	150m:	2:00.39	43.41	250m:	3:30.98	47.50	350m:	4:56.34	37.01
	100m:	1:16.98	40.74	200m:	2:43.48	43.09	300m:	4:19.33	48.35	400m:	5:32.73	36.39
7.				11							<b>5:36.39</b>	456 1
	50m:	33.51	33.51	150m:	1:53.45	40.27	250m:	3:24.55	50.60	350m:	4:56.66	39.99
	100m:	1:13.18	39.67	200m:	2:33.95	40.50	300m:	4:16.67	52.12	400m:	5:36.39	39.73
				10							<b>5:36.39</b>	456 1
	50m:	33.67	33.67	150m:	1:56.66	42.23	250m:	3:29.89	50.69	350m:	4:57.98	37.65
	100m:	1:14.43	40.76	200m:	2:39.20	42.54	300m:	4:20.33	50.44	400m:	5:36.39	38.41
9.				11							<b>5:36.49</b>	455 1
	50m:	34.24	34.24	150m:	1:56.41	41.99	250m:	3:26.12	47.08	350m:	4:56.38	42.09
	100m:	1:14.42	40.18	200m:	2:39.04	42.63	300m:	4:14.29	48.17	400m:	5:36.49	40.11
10.				10							<b>5:38.75</b>	446 1
	50m:	35.27	35.27	150m:	2:02.33	45.19	250m:	3:35.99	47.91	350m:	5:01.78	37.31
	100m:	1:17.14	41.87	200m:	2:48.08	45.75	300m:	4:24.47	48.48	400m:	5:38.75	36.97
11.				11							<b>5:51.92</b>	398 2
	50m:	35.51	35.51	150m:	2:02.59	42.30	250m:	3:37.72	50.29	350m:	5:11.91	42.23
	100m:	1:20.29	44.78	200m:	2:47.43	44.84	300m:	4:29.68	51.96	400m:	5:51.92	40.01
12.				11							<b>5:58.35</b>	377 2
	50m:	35.54	35.54	150m:	2:02.11	43.19	250m:	3:35.92	51.72	350m:	5:12.76	45.41
	100m:	1:18.92	43.38	200m:	2:44.20	42.09	300m:	4:27.35	51.43	400m:	5:58.35	45.59
13.				11			"	"			<b>5:59.37</b>	374 2
	50m:	38.73	38.73	150m:	2:10.85	42.77	250m:	3:48.21	54.23	350m:	5:20.36	40.33
	100m:	1:28.08	49.35	200m:	2:53.98	43.13	300m:	4:40.03	51.82	400m:	5:59.37	39.01
14.				10			"	"			<b>6:17.03</b>	323 2
	50m:	42.80	42.80	150m:	2:19.85	46.86	250m:	3:58.98	51.50	350m:	5:35.01	44.27
	100m:	1:32.99	50.19	200m:	3:07.48	47.63	300m:	4:50.74	51.76	400m:	6:17.03	42.02
DSQ				11							<b>5:17.40</b>	
	50m:	33.82	33.82	150m:	1:53.00	38.05	250m:	3:18.25	46.76	350m:	4:41.74	36.84
	100m:	1:14.95	41.13	200m:	2:31.49	38.49	300m:	4:04.90	46.65	400m:	5:17.40	35.66
DSQ				11							<b>5:18.11</b>	
	50m:	32.24	32.24	150m:	1:52.58	43.03	250m:	3:22.80	46.78	350m:	4:44.14	35.63
	100m:	1:09.55	37.31	200m:	2:36.02	43.44	300m:	4:08.51	45.71	400m:	5:18.11	33.97

" "

Minsk, 26. - 28.3.2025

1,		, 400m				2010 - 2011						
DSQ				10				<b>5:36.63</b>	1			
	50m:	37.96	37.96	150m:	2:05.24	44.75	250m:	3:37.00	47.59	350m:	5:00.50	35.68
	100m:	1:20.49	42.53	200m:	2:49.41	44.17	300m:	4:24.82	47.82	400m:	5:36.63	36.13
2012 - 2013												
1.				12			" "	<b>5:32.72</b>	471	1		
	50m:	38.04	38.04	150m:	2:00.71	39.53	250m:	3:31.08	50.25	350m:	4:56.98	35.99
	100m:	1:21.18	43.14	200m:	2:40.83	40.12	300m:	4:20.99	49.91	400m:	5:32.72	35.74
2.				12				<b>5:42.04</b>	433	1		
	50m:	36.37	36.37	150m:	2:05.67	46.04	250m:	3:37.35	48.78	350m:	5:04.33	38.10
	100m:	1:19.63	43.26	200m:	2:48.57	42.90	300m:	4:26.23	48.88	400m:	5:42.04	37.71
3.				12				<b>5:43.63</b>	427	1		
	50m:	36.64	36.64	150m:	1:59.84	40.31	250m:	3:30.03	48.89	350m:	5:02.20	41.94
	100m:	1:19.53	42.89	200m:	2:41.14	41.30	300m:	4:20.26	50.23	400m:	5:43.63	41.43
4.				12				<b>5:45.80</b>	419	2		
	50m:	36.92	36.92	150m:	2:03.40	44.83	250m:	3:36.14	48.69	350m:	5:05.04	40.65
	100m:	1:18.57	41.65	200m:	2:47.45	44.05	300m:	4:24.39	48.25	400m:	5:45.80	40.76
5.				13			" "	<b>5:52.63</b>	395	2		
	50m:	37.65	37.65	150m:	2:09.39	44.65	250m:	3:43.60	50.51	350m:	5:13.86	40.44
	100m:	1:24.74	47.09	200m:	2:53.09	43.70	300m:	4:33.42	49.82	400m:	5:52.63	38.77
6.				12			" "	<b>5:54.33</b>	390	2		
	50m:	38.23	38.23	150m:	2:07.05	43.07	250m:	3:43.36	52.54	350m:	5:15.96	40.77
	100m:	1:23.98	45.75	200m:	2:50.82	43.77	300m:	4:35.19	51.83	400m:	5:54.33	38.37
7.				12				<b>5:55.95</b>	384	2		
	50m:	40.12	40.12	150m:	2:11.20	44.14	250m:	3:45.60	50.63	350m:	5:18.03	39.66
	100m:	1:27.06	46.94	200m:	2:54.97	43.77	300m:	4:38.37	52.77	400m:	5:55.95	37.92
8.				12			" "	<b>6:00.33</b>	371	2		
	50m:	41.45	41.45	150m:	2:16.31	44.42	250m:	3:49.45	49.48	350m:	5:21.62	42.27
	100m:	1:31.89	50.44	200m:	2:59.97	43.66	300m:	4:39.35	49.90	400m:	6:00.33	38.71
9.				13				<b>6:01.25</b>	368	2		
	50m:	39.43	39.43	150m:	2:11.64	45.15	250m:	3:48.27	51.97	350m:	5:21.80	40.72
	100m:	1:26.49	47.06	200m:	2:56.30	44.66	300m:	4:41.08	52.81	400m:	6:01.25	39.45
10.				12				<b>6:06.89</b>	351	2		
	50m:	36.90	36.90	150m:	2:12.01	46.98	250m:	3:50.67	53.33	350m:	5:25.74	43.38
	100m:	1:25.03	48.13	200m:	2:57.34	45.33	300m:	4:42.36	51.69	400m:	6:06.89	41.15
11.				12				<b>6:06.91</b>	351	2		
	50m:	38.77	38.77	150m:	2:12.66	44.67	250m:	3:50.15	52.92	350m:	5:26.22	43.22
	100m:	1:27.99	49.22	200m:	2:57.23	44.57	300m:	4:43.00	52.85	400m:	6:06.91	40.69
12.				13				<b>6:09.06</b>	345	2		
	50m:	39.82	39.82	150m:	2:13.30	45.70	250m:	3:53.62	52.87	350m:	5:28.94	42.88
	100m:	1:27.60	47.78	200m:	3:00.75	47.45	300m:	4:46.06	52.44	400m:	6:09.06	40.12
13.				12			" "	<b>6:13.29</b>	333	2		
	50m:	36.24	36.24	150m:	2:10.63	45.82	250m:	3:51.00	53.59	350m:	5:31.90	44.35
	100m:	1:24.81	48.57	200m:	2:57.41	46.78	300m:	4:47.55	56.55	400m:	6:13.29	41.39
14.				13				<b>6:16.22</b>	326	2		
	50m:	45.41	45.41	150m:	2:23.83	46.15	250m:	4:02.33	51.68	350m:	5:35.53	42.27
	100m:	1:37.68	52.27	200m:	3:10.65	46.82	300m:	4:53.26	50.93	400m:	6:16.22	40.69
15.				12			" "	<b>6:20.12</b>	316	2		
	50m:	45.22	45.22	150m:	2:25.11	48.70	250m:	4:06.06	54.23	350m:	5:40.57	40.13
	100m:	1:36.41	51.19	200m:	3:11.83	46.72	300m:	5:00.44	54.38	400m:	6:20.12	39.55
16.				12				<b>6:21.21</b>	313	2		
	50m:	39.13	39.13	150m:	2:20.46	47.38	250m:	4:01.40	52.28	350m:	5:37.79	44.67
	100m:	1:33.08	53.95	200m:	3:09.12	48.66	300m:	4:53.12	51.72	400m:	6:21.21	43.42

Minsk, 26. - 28.3.2025

1,		, 400m						2012 - 2013				
17.				12	"	"			<b>6:21.31</b>	313	2	
	50m:	44.17	44.17	150m:	2:22.20	46.37	250m:	4:02.87	55.29	350m:	5:40.08	42.28
	100m:	1:35.83	51.66	200m:	3:07.58	45.38	300m:	4:57.80	54.93	400m:	6:21.31	41.23
18.				13	"	"			<b>6:24.91</b>	304	2	
	50m:	40.98	40.98	150m:	2:19.94	48.23	250m:	4:01.95	52.96	350m:	5:41.18	45.52
	100m:	1:31.71	50.73	200m:	3:08.99	49.05	300m:	4:55.66	53.71	400m:	6:24.91	43.73
19.				13	"	"			<b>6:24.95</b>	304	2	
	50m:	44.78	44.78	150m:	2:29.10	48.37	250m:	4:06.88	48.93	350m:	5:43.48	46.02
	100m:	1:40.73	55.95	200m:	3:17.95	48.85	300m:	4:57.46	50.58	400m:	6:24.95	41.47
20.				12	"	"			<b>6:28.76</b>	295	2	
	50m:	36.71	36.71	150m:	2:14.62	51.58	250m:	4:00.98	55.32	350m:	5:44.76	46.11
	100m:	1:23.04	46.33	200m:	3:05.66	51.04	300m:	4:58.65	57.67	400m:	6:28.76	44.00
21.				12	"	"			<b>6:29.42</b>	293	2	
	50m:	44.82	44.82	150m:	2:24.30	49.98	250m:	4:09.12	54.01	350m:	5:47.28	41.57
	100m:	1:34.32	49.50	200m:	3:15.11	50.81	300m:	5:05.71	56.59	400m:	6:29.42	42.14
22.				13	"	"			<b>6:32.89</b>	286	2	
	50m:	43.09	43.09	150m:	2:22.06	47.81	250m:	4:04.12	56.37	350m:	5:48.05	46.15
	100m:	1:34.25	51.16	200m:	3:07.75	45.69	300m:	5:01.90	57.78	400m:	6:32.89	44.84
23.				13	"	"			<b>6:36.68</b>	278	3	
	50m:	45.61	45.61	150m:	2:29.98	46.81	250m:	4:11.84	55.50	350m:	5:52.95	43.85
	100m:	1:43.17	57.56	200m:	3:16.34	46.36	300m:	5:09.10	57.26	400m:	6:36.68	43.73
24.				13	"	"			<b>6:37.09</b>	277	3	
	50m:	45.53	45.53	150m:	2:30.63	50.36	250m:	4:18.64	1:00.30	350m:	5:58.43	41.76
	100m:	1:40.27	54.74	200m:	3:18.34	47.71	300m:	5:16.67	58.03	400m:	6:37.09	38.66
25.				13	"	"			<b>7:02.93</b>	229	3	
	50m:	45.42	45.42	150m:	2:32.79	48.65	250m:	4:22.65	59.73	350m:	6:15.87	50.30
	100m:	1:44.14	58.72	200m:	3:22.92	50.13	300m:	5:25.57	1:02.92	400m:	7:02.93	47.06
DSQ				12	"	"			<b>6:25.86</b>		2	
	50m:	45.08	45.08	150m:	2:30.33	50.79	250m:	4:10.18	49.88	350m:	5:43.68	43.72
	100m:	1:39.54	54.46	200m:	3:20.30	49.97	300m:	4:59.96	49.78	400m:	6:25.86	42.18
DSQ				13	"	"			<b>6:37.56</b>		3	
	50m:	41.40	41.40	150m:	2:26.88	50.14	250m:	4:11.18	54.15	350m:	5:55.06	46.68
	100m:	1:36.74	55.34	200m:	3:17.03	50.15	300m:	5:08.38	57.20	400m:	6:37.56	42.50
DSQ				12	"	"			<b>6:50.47</b>		3	
	50m:	46.32	46.32	150m:	2:31.33	48.85	250m:	4:11.36	51.73	350m:	5:53.61	46.77
	100m:	1:42.48	56.16	200m:	3:19.63	48.30	300m:	5:06.84	55.48	400m:	6:50.47	56.86

2		, 400m						2010 - 2013	
26.03.2025 - 11:56									
: 4:31.00 /		: 4:49.50 / 1		: 5:08.00 / 2		: 5:49.50 / 3		: 6:36.50	

: FINA 2023

2010 - 2011

1.				10					<b>4:44.66</b>	561		
	50m:	29.10	29.10	150m:	1:40.18	36.79	250m:	2:57.29	40.98	350m:	4:12.73	33.35
	100m:	1:03.39	34.29	200m:	2:16.31	36.13	300m:	3:39.38	42.09	400m:	4:44.66	31.93
2.				10					<b>4:46.75</b>	549		
	50m:	29.64	29.64	150m:	1:40.48	36.11	250m:	2:58.88	40.46	350m:	4:14.12	33.65
	100m:	1:04.37	34.73	200m:	2:18.42	37.94	300m:	3:40.47	41.59	400m:	4:46.75	32.63
3.				10					<b>4:55.42</b>	502	1	
	50m:	29.07	29.07	150m:	1:42.72	38.61	250m:	3:03.78	42.27	350m:	4:20.56	33.48
	100m:	1:04.11	35.04	200m:	2:21.51	38.79	300m:	3:47.08	43.30	400m:	4:55.42	34.86

## Minsk, 26. - 28.3.2025

	2,		, 400m				2010 - 2011					
4.					10	"	"		<b>4:58.12</b>	488	1	
	50m:	31.94	31.94	150m:	1:45.27	35.91	250m:	3:07.14	45.00	350m:	4:24.16	34.45
	100m:	1:09.36	37.42	200m:	2:22.14	36.87	300m:	3:49.71	42.57	400m:	4:58.12	33.96
5.					10	"	"		<b>4:58.91</b>	484	1	
	50m:	31.71	31.71	150m:	1:46.76	38.07	250m:	3:09.27	44.01	350m:	4:26.15	34.59
	100m:	1:08.69	36.98	200m:	2:25.26	38.50	300m:	3:51.56	42.29	400m:	4:58.91	32.76
6.					10				<b>5:00.53</b>	476	1	
	50m:	30.01	30.01	150m:	1:44.12	37.97	250m:	3:07.43	44.15	350m:	4:26.91	34.81
	100m:	1:06.15	36.14	200m:	2:23.28	39.16	300m:	3:52.10	44.67	400m:	5:00.53	33.62
7.					10				<b>5:00.92</b>	475	1	
	50m:	29.66	29.66	150m:	1:41.78	37.54	250m:	3:03.09	43.47	350m:	4:24.83	35.89
	100m:	1:04.24	34.58	200m:	2:19.62	37.84	300m:	3:48.94	45.85	400m:	5:00.92	36.09
8.					10				<b>5:02.50</b>	467	1	
	50m:	31.41	31.41	150m:	1:46.27	38.63	250m:	3:08.57	43.01	350m:	4:26.98	36.09
	100m:	1:07.64	36.23	200m:	2:25.56	39.29	300m:	3:50.89	42.32	400m:	5:02.50	35.52
9.					10				<b>5:07.69</b>	444	1	
	50m:	31.96	31.96	150m:	1:47.96	39.29	250m:	3:10.97	43.40	350m:	4:33.03	36.06
	100m:	1:08.67	36.71	200m:	2:27.57	39.61	300m:	3:56.97	46.00	400m:	5:07.69	34.66
10.					11	"	"		<b>5:09.54</b>	436	2	
	50m:	32.50	32.50	150m:	1:48.67	38.02	250m:	3:12.00	45.57	350m:	4:34.63	35.88
	100m:	1:10.65	38.15	200m:	2:26.43	37.76	300m:	3:58.75	46.75	400m:	5:09.54	34.91
11.					10				<b>5:15.60</b>	411	2	
	50m:	31.90	31.90	150m:	1:51.99	40.61	250m:	3:16.95	43.96	350m:	4:39.06	38.11
	100m:	1:11.38	39.48	200m:	2:32.99	41.00	300m:	4:00.95	44.00	400m:	5:15.60	36.54
12.					10	"	"		<b>5:16.85</b>	406	2	
	50m:	34.07	34.07	150m:	1:53.26	39.75	250m:	3:19.67	45.66	350m:	4:41.19	37.19
	100m:	1:13.51	39.44	200m:	2:34.01	40.75	300m:	4:04.00	44.33	400m:	5:16.85	35.66
13.					10	"	"		<b>5:19.62</b>	396	2	
	50m:	31.08	31.08	150m:	1:46.92	38.17	250m:	3:14.11	46.40	350m:	4:40.74	39.86
	100m:	1:08.75	37.67	200m:	2:27.71	40.79	300m:	4:00.88	46.77	400m:	5:19.62	38.88
14.					10	"	"		<b>5:21.43</b>	389	2	
	50m:	33.48	33.48	150m:	1:52.73	41.87	250m:	3:18.94	44.53	350m:	4:43.08	38.20
	100m:	1:10.86	37.38	200m:	2:34.41	41.68	300m:	4:04.88	45.94	400m:	5:21.43	38.35
15.					10				<b>5:22.21</b>	387	2	
	50m:	35.60	35.60	150m:	1:57.84	38.76	250m:	3:22.69	46.13	350m:	4:45.45	36.81
	100m:	1:19.08	43.48	200m:	2:36.56	38.72	300m:	4:08.64	45.95	400m:	5:22.21	36.76
16.					11	"	"		<b>5:27.31</b>	369	2	
	50m:	35.18	35.18	150m:	1:58.50	40.68	250m:	3:26.09	47.72	350m:	4:50.26	36.96
	100m:	1:17.82	42.64	200m:	2:38.37	39.87	300m:	4:13.30	47.21	400m:	5:27.31	37.05
17.					11				<b>5:27.54</b>	368	2	
	50m:	35.86	35.86	150m:	1:58.86	39.62	250m:	3:27.00	48.88	350m:	4:52.67	37.03
	100m:	1:19.24	43.38	200m:	2:38.12	39.26	300m:	4:15.64	48.64	400m:	5:27.54	34.87
18.					11	"	"		<b>5:29.89</b>	360	2	
	50m:	35.02	35.02	150m:	1:57.71	42.91	250m:	3:27.22	48.94	350m:	4:52.97	37.29
	100m:	1:14.80	39.78	200m:	2:38.28	40.57	300m:	4:15.68	48.46	400m:	5:29.89	36.92
19.					11				<b>5:30.49</b>	358	2	
	50m:	34.26	34.26	150m:	1:57.19	40.26	250m:	3:28.14	48.52	350m:	4:55.69	37.26
	100m:	1:16.93	42.67	200m:	2:39.62	42.43	300m:	4:18.43	50.29	400m:	5:30.49	34.80
20.					10				<b>5:30.90</b>	357	2	
	50m:	35.37	35.37	150m:	1:57.29	39.71	250m:	3:25.73	47.64	350m:	4:53.25	39.91
	100m:	1:17.58	42.21	200m:	2:38.09	40.80	300m:	4:13.34	47.61	400m:	5:30.90	37.65
21.					11				<b>5:35.12</b>	343	2	
	50m:	38.74	38.74	150m:	2:05.40	41.77	250m:	3:34.75	48.71	350m:	4:59.26	36.96
	100m:	1:23.63	44.89	200m:	2:46.04	40.64	300m:	4:22.30	47.55	400m:	5:35.12	35.86

" "

Minsk, 26. - 28.3.2025

		2, , 400m				2010 - 2011						
22.				10					<b>5:35.15</b>	343	2	
	50m:	35.60	35.60	150m:	1:59.50	41.90	250m:	3:28.74	47.83	350m:	4:56.78	38.08
	100m:	1:17.60	42.00	200m:	2:40.91	41.41	300m:	4:18.70	49.96	400m:	5:35.15	38.37
23.				11						<b>5:35.44</b>	343	2
	50m:	38.85	38.85	150m:	2:05.61	44.26	250m:	3:32.88	43.21	350m:	4:56.60	39.82
	100m:	1:21.35	42.50	200m:	2:49.67	44.06	300m:	4:16.78	43.90	400m:	5:35.44	38.84
24.				11						<b>5:41.88</b>	323	2
	50m:	34.04	34.04	150m:	1:58.32	42.01	250m:	3:31.21	52.43	350m:	5:03.57	40.36
	100m:	1:16.31	42.27	200m:	2:38.78	40.46	300m:	4:23.21	52.00	400m:	5:41.88	38.31
25.				11						<b>5:48.94</b>	304	2
	50m:	41.73	41.73	150m:	2:10.38	41.23	250m:	3:41.86	50.79	350m:	5:09.77	39.78
	100m:	1:29.15	47.42	200m:	2:51.07	40.69	300m:	4:29.99	48.13	400m:	5:48.94	39.17
26.				11			"	"		<b>5:50.36</b>	301	3
	50m:	36.84	36.84	150m:	2:03.28	41.88	250m:	3:35.83	49.44	350m:	5:08.37	42.44
	100m:	1:21.40	44.56	200m:	2:46.39	43.11	300m:	4:25.93	50.10	400m:	5:50.36	41.99
27.				11						<b>6:07.86</b>	260	3
	50m:	41.75	41.75	150m:	2:17.86	45.77	250m:	3:52.70	48.64	350m:	5:25.44	42.72
	100m:	1:32.09	50.34	200m:	3:04.06	46.20	300m:	4:42.72	50.02	400m:	6:07.86	42.42
DSQ				10			"	"		<b>5:17.94</b>		2
	50m:	32.46	32.46	150m:	1:51.16	41.89	250m:	3:18.66	47.39	350m:	4:42.47	36.49
	100m:	1:09.27	36.81	200m:	2:31.27	40.11	300m:	4:05.98	47.32	400m:	5:17.94	35.47
DSQ				11			"	"		<b>5:54.46</b>		3
	50m:	38.26	38.26	150m:	2:09.90	46.88	250m:	3:44.07	49.55	350m:	5:15.21	40.43
	100m:	1:23.02	44.76	200m:	2:54.52	44.62	300m:	4:34.78	50.71	400m:	5:54.46	39.25
2012 - 2013												
1.				12			"	"		<b>5:18.01</b>	402	2
	50m:	33.90	33.90	150m:	1:53.41	40.23	250m:	3:21.66	47.35	350m:	4:43.22	35.30
	100m:	1:13.18	39.28	200m:	2:34.31	40.90	300m:	4:07.92	46.26	400m:	5:18.01	34.79
2.				12			"	"		<b>5:28.81</b>	364	2
	50m:	35.81	35.81	150m:	1:59.00	43.17	250m:	3:29.56	48.35	350m:	4:52.68	35.90
	100m:	1:15.83	40.02	200m:	2:41.21	42.21	300m:	4:16.78	47.22	400m:	5:28.81	36.13
3.				13						<b>5:35.81</b>	341	2
	50m:	35.43	35.43	150m:	1:59.64	43.96	250m:	3:29.06	44.96	350m:	4:57.20	40.67
	100m:	1:15.68	40.25	200m:	2:44.10	44.46	300m:	4:16.53	47.47	400m:	5:35.81	38.61
4.				12						<b>5:35.98</b>	341	2
	50m:	37.74	37.74	150m:	2:04.07	42.01	250m:	3:32.96	47.09	350m:	4:58.68	38.31
	100m:	1:22.06	44.32	200m:	2:45.87	41.80	300m:	4:20.37	47.41	400m:	5:35.98	37.30
5.				12						<b>5:38.18</b>	334	2
	50m:	33.73	33.73	150m:	2:00.41	43.64	250m:	3:31.82	48.19	350m:	5:00.31	39.24
	100m:	1:16.77	43.04	200m:	2:43.63	43.22	300m:	4:21.07	49.25	400m:	5:38.18	37.87
6.				12			"	"		<b>5:39.11</b>	331	2
	50m:	37.60	37.60	150m:	2:03.58	41.35	250m:	3:34.75	48.97	350m:	5:02.50	38.16
	100m:	1:22.23	44.63	200m:	2:45.78	42.20	300m:	4:24.34	49.59	400m:	5:39.11	36.61
7.				12						<b>5:43.68</b>	318	2
	50m:	36.90	36.90	150m:	2:05.28	45.48	250m:	3:38.38	47.68	350m:	5:06.23	39.94
	100m:	1:19.80	42.90	200m:	2:50.70	45.42	300m:	4:26.29	47.91	400m:	5:43.68	37.45
8.				12						<b>5:47.85</b>	307	2
	50m:	37.55	37.55	150m:	2:03.96	43.47	250m:	3:38.74	51.68	350m:	5:09.41	38.84
	100m:	1:20.49	42.94	200m:	2:47.06	43.10	300m:	4:30.57	51.83	400m:	5:47.85	38.44
9.				12			"	"		<b>5:49.37</b>	303	2
	50m:	37.36	37.36	150m:	2:05.34	44.47	250m:	3:39.92	50.16	350m:	5:10.48	40.16
	100m:	1:20.87	43.51	200m:	2:49.76	44.42	300m:	4:30.32	50.40	400m:	5:49.37	38.89

## Minsk, 26. - 28.3.2025

		2, , 400m						2012 - 2013				
10.				13	"	"			<b>5:49.89</b>	302	3	
	50m:	37.21	37.21	150m:	2:06.41	45.89	250m:	3:42.44	51.23	350m:	5:12.40	38.80
	100m:	1:20.52	43.31	200m:	2:51.21	44.80	300m:	4:33.60	51.16	400m:	5:49.89	37.49
11.				12	"	"			<b>5:51.76</b>	297	3	
	50m:	38.64	38.64	150m:	2:06.59	43.55	250m:	3:44.56	52.08	350m:	5:14.91	39.13
	100m:	1:23.04	44.40	200m:	2:52.48	45.89	300m:	4:35.78	51.22	400m:	5:51.76	36.85
12.				13	"	"			<b>5:56.98</b>	284	3	
	50m:	38.98	38.98	150m:	2:08.01	43.98	250m:	3:44.43	52.97	350m:	5:17.70	40.09
	100m:	1:24.03	45.05	200m:	2:51.46	43.45	300m:	4:37.61	53.18	400m:	5:56.98	39.28
13.				12	"	"			<b>6:05.27</b>	265	3	
	50m:	38.36	38.36	150m:	2:11.55	46.85	250m:	3:52.59	54.63	350m:	5:26.40	41.36
	100m:	1:24.70	46.34	200m:	2:57.96	46.41	300m:	4:45.04	52.45	400m:	6:05.27	38.87
14.				12	"	"			<b>6:07.47</b>	260	3	
	50m:	37.37	37.37	150m:	2:04.45	42.30	250m:	3:43.35	56.25	350m:	5:23.87	43.07
	100m:	1:22.15	44.78	200m:	2:47.10	42.65	300m:	4:40.80	57.45	400m:	6:07.47	43.60
15.				12	"	"			<b>6:11.61</b>	252	3	
	50m:	40.19	40.19	150m:	2:19.30	45.90	250m:	3:55.82	50.05	350m:	5:30.57	42.98
	100m:	1:33.40	53.21	200m:	3:05.77	46.47	300m:	4:47.59	51.77	400m:	6:11.61	41.04
16.				12	"	"			<b>6:11.94</b>	251	3	
	50m:	38.26	38.26	150m:	2:09.44	44.27	250m:	3:49.75	54.14	350m:	5:28.87	43.66
	100m:	1:25.17	46.91	200m:	2:55.61	46.17	300m:	4:45.21	55.46	400m:	6:11.94	43.07
17.				12	"	"			<b>6:12.10</b>	251	3	
	50m:	41.11	41.11	150m:	2:13.84	43.08	250m:	3:52.40	54.51	350m:	5:30.68	41.84
	100m:	1:30.76	49.65	200m:	2:57.89	44.05	300m:	4:48.84	56.44	400m:	6:12.10	41.42
18.				13	"	"			<b>6:24.31</b>	228	3	
	50m:	44.97	44.97	150m:	2:24.27	46.20	250m:	4:03.71	52.67	350m:	5:40.79	43.25
	100m:	1:38.07	53.10	200m:	3:11.04	46.77	300m:	4:57.54	53.83	400m:	6:24.31	43.52
19.				12	"	"			<b>6:25.26</b>	226	3	
	50m:	39.36	39.36	150m:	2:19.22	46.19	250m:	3:58.42	52.73	350m:	5:39.41	47.78
	100m:	1:33.03	53.67	200m:	3:05.69	46.47	300m:	4:51.63	53.21	400m:	6:25.26	45.85
20.				13	"	"			<b>6:29.07</b>	219	3	
	50m:	42.10	42.10	150m:	2:18.46	45.00	250m:	3:59.05	53.44	350m:	5:42.93	47.01
	100m:	1:33.46	51.36	200m:	3:05.61	47.15	300m:	4:55.92	56.87	400m:	6:29.07	46.14
21.				12	"	"			<b>6:36.50</b>	207	3	
	50m:	45.64	45.64	150m:	2:29.35	50.18	250m:	4:14.89	55.23	350m:	5:54.59	42.22
	100m:	1:39.17	53.53	200m:	3:19.66	50.31	300m:	5:12.37	57.48	400m:	6:36.50	41.91
22.				12	"	"			<b>6:37.69</b>	205		
	50m:	42.19	42.19	150m:	2:23.37	50.43	250m:	4:12.58	59.29	350m:	5:55.42	44.83
	100m:	1:32.94	50.75	200m:	3:13.29	49.92	300m:	5:10.59	58.01	400m:	6:37.69	42.27
23.				13	"	"			<b>6:43.91</b>	196		
	50m:	40.17	40.17	150m:	2:18.00	49.22	250m:	4:10.71	1:02.25	350m:	5:59.58	45.36
	100m:	1:28.78	48.61	200m:	3:08.46	50.46	300m:	5:14.22	1:03.51	400m:	6:43.91	44.33
24.				13	"	"			<b>7:12.70</b>	159		
	50m:	44.43	44.43	150m:	2:39.43	51.67	250m:	4:30.19	57.70	350m:	6:23.65	54.47
	100m:	1:47.76	1:03.33	200m:	3:32.49	53.06	300m:	5:29.18	58.99	400m:	7:12.70	49.05
DSQ				12	"	"			<b>6:35.63</b>		3	
	50m:	44.90	44.90	150m:	2:25.81	46.56	250m:	4:10.72	57.56	350m:	5:53.76	44.24
	100m:	1:39.25	54.35	200m:	3:13.16	47.35	300m:	5:09.52	58.80	400m:	6:35.63	41.87
DSQ				13	"	"			<b>6:37.41</b>			
	50m:	42.08	42.08	150m:	2:28.32	52.45	250m:	4:13.84	55.48	350m:	5:53.46	43.35
	100m:	1:35.87	53.79	200m:	3:18.36	50.04	300m:	5:10.11	56.27	400m:	6:37.41	43.95
DSQ				13	"	"			<b>6:43.03</b>			
	50m:	44.96	44.96	150m:	2:30.48	47.72	250m:	4:18.38	56.83	350m:	6:00.34	44.65
	100m:	1:42.76	57.80	200m:	3:21.55	51.07	300m:	5:15.69	57.31	400m:	6:43.03	42.69

Minsk, 26. - 28.3.2025

3 , 400m 2010 - 2013  
26.03.2025 - 13:54

: 4:23.00 / : 4:39.50 / 1 : 5:00.50 / 2 : 5:40.00 / 3 : 6:28.50

: FINA 2023

2010 - 2011

1.				11						<b>4:40.06</b>	563	1
	50m:	32.16	32.16	150m:	1:43.80	36.04	250m:	2:55.55	35.81	350m:	4:06.44	35.16
	100m:	1:07.76	35.60	200m:	2:19.74	35.94	300m:	3:31.28	35.73	400m:	4:40.06	33.62
2.				10						<b>4:41.70</b>	553	1
	50m:	31.93	31.93	150m:	1:42.95	35.82	250m:	2:54.76	35.86	350m:	4:06.95	35.89
	100m:	1:07.13	35.20	200m:	2:18.90	35.95	300m:	3:31.06	36.30	400m:	4:41.70	34.75
3.				10						<b>4:42.34</b>	549	1
	50m:	30.81	30.81	150m:	1:41.96	36.20	250m:	2:54.85	36.55	350m:	4:07.26	35.71
	100m:	1:05.76	34.95	200m:	2:18.30	36.34	300m:	3:31.55	36.70	400m:	4:42.34	35.08
4.				10						<b>4:45.78</b>	530	1
	50m:	32.45	32.45	150m:	1:45.35	36.49	250m:	2:57.63	35.98	350m:	4:10.97	36.86
	100m:	1:08.86	36.41	200m:	2:21.65	36.30	300m:	3:34.11	36.48	400m:	4:45.78	34.81
5.				11						<b>4:47.29</b>	521	1
	50m:	30.65	30.65	150m:	1:40.96	35.42	250m:	2:54.09	37.05	350m:	4:08.65	36.97
	100m:	1:05.54	34.89	200m:	2:17.04	36.08	300m:	3:31.68	37.59	400m:	4:47.29	38.64
6.				11						<b>4:47.85</b>	518	1
	50m:	32.45	32.45	150m:	1:45.84	37.10	250m:	3:00.23	36.95	350m:	4:13.30	36.23
	100m:	1:08.74	36.29	200m:	2:23.28	37.44	300m:	3:37.07	36.84	400m:	4:47.85	34.55
7.				11			"	"		<b>4:50.56</b>	504	1
	50m:	31.08	31.08	150m:	1:43.96	37.51	250m:	3:00.53	38.42	350m:	4:15.52	36.80
	100m:	1:06.45	35.37	200m:	2:22.11	38.15	300m:	3:38.72	38.19	400m:	4:50.56	35.04
8.				10						<b>4:52.43</b>	494	1
	50m:	31.82	31.82	150m:	1:44.40	37.11	250m:	2:59.82	37.79	350m:	4:16.00	38.03
	100m:	1:07.29	35.47	200m:	2:22.03	37.63	300m:	3:37.97	38.15	400m:	4:52.43	36.43
9.				11						<b>4:52.48</b>	494	1
	50m:	30.65	30.65	150m:	1:43.92	37.08	250m:	2:59.18	37.61	350m:	4:15.20	37.96
	100m:	1:06.84	36.19	200m:	2:21.57	37.65	300m:	3:37.24	38.06	400m:	4:52.48	37.28
10.				10						<b>4:53.09</b>	491	1
	50m:	31.36	31.36	150m:	1:43.83	36.94	250m:	2:58.86	37.70	350m:	4:15.62	38.39
	100m:	1:06.89	35.53	200m:	2:21.16	37.33	300m:	3:37.23	38.37	400m:	4:53.09	37.47
11.				10			"	"		<b>4:55.53</b>	479	1
	50m:	33.38	33.38	150m:	1:47.14	36.95	250m:	3:03.30	38.56	350m:	4:19.80	38.14
	100m:	1:10.19	36.81	200m:	2:24.74	37.60	300m:	3:41.66	38.36	400m:	4:55.53	35.73
12.				10			"	"		<b>4:55.78</b>	478	1
	50m:	31.55	31.55	150m:	1:45.42	38.14	250m:	3:02.71	38.66	350m:	4:19.75	38.28
	100m:	1:07.28	35.73	200m:	2:24.05	38.63	300m:	3:41.47	38.76	400m:	4:55.78	36.03
13.				10						<b>4:56.72</b>	473	1
	50m:	32.78	32.78	150m:	1:48.13	38.30	250m:	3:04.66	38.19	350m:	4:20.89	37.84
	100m:	1:09.83	37.05	200m:	2:26.47	38.34	300m:	3:43.05	38.39	400m:	4:56.72	35.83
14.				10			"	"		<b>5:00.45</b>	456	1
	50m:	33.42	33.42	150m:	1:48.85	38.01	250m:	3:06.57	38.62	350m:	4:23.60	38.50
	100m:	1:10.84	37.42	200m:	2:27.95	39.10	300m:	3:45.10	38.53	400m:	5:00.45	36.85
15.				10						<b>5:01.11</b>	453	2
	50m:	31.79	31.79	150m:	1:45.35	37.48	250m:	3:02.95	38.84	350m:	4:22.82	39.87
	100m:	1:07.87	36.08	200m:	2:24.11	38.76	300m:	3:42.95	40.00	400m:	5:01.11	38.29
16.				10						<b>5:03.88</b>	440	2
	50m:	32.31	32.31	150m:	1:47.60	38.65	250m:	3:06.43	39.53	350m:	4:26.63	40.17
	100m:	1:08.95	36.64	200m:	2:26.90	39.30	300m:	3:46.46	40.03	400m:	5:03.88	37.25

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Minsk, 26. - 28.3.2025

		3, , 400m				2010 - 2011						
17.				10						<b>5:05.22</b>	435 2	
	50m:	33.94	33.94	150m:	1:51.76	39.44	250m:	3:11.38	40.23	350m:	4:28.94	38.83
	100m:	1:12.32	38.38	200m:	2:31.15	39.39	300m:	3:50.11	38.73	400m:	5:05.22	36.28
18.				10						<b>5:05.26</b>	435 2	
	50m:	34.68	34.68	150m:	1:52.15	39.39	250m:	3:10.85	39.21	350m:	4:28.32	38.50
	100m:	1:12.76	38.08	200m:	2:31.64	39.49	300m:	3:49.82	38.97	400m:	5:05.26	36.94
19.				10						<b>5:05.42</b>	434 2	
	50m:	33.99	33.99	150m:	1:50.98	39.41	250m:	3:11.44	40.08	350m:	4:29.52	39.11
	100m:	1:11.57	37.58	200m:	2:31.36	40.38	300m:	3:50.41	38.97	400m:	5:05.42	35.90
20.				10						<b>5:10.46</b>	413 2	
	50m:	33.79	33.79	150m:	1:50.11	39.02	250m:	3:10.11	40.20	350m:	4:31.74	40.96
	100m:	1:11.09	37.30	200m:	2:29.91	39.80	300m:	3:50.78	40.67	400m:	5:10.46	38.72
21.				10						<b>5:11.24</b>	410 2	
	50m:	33.63	33.63	150m:	1:49.32	38.53	250m:	3:08.84	40.08	350m:	4:31.03	41.24
	100m:	1:10.79	37.16	200m:	2:28.76	39.44	300m:	3:49.79	40.95	400m:	5:11.24	40.21
22.				11						<b>5:11.63</b>	408 2	
	50m:	32.88	32.88	150m:	1:50.65	39.76	250m:	3:12.03	40.59	350m:	4:33.46	40.52
	100m:	1:10.89	38.01	200m:	2:31.44	40.79	300m:	3:52.94	40.91	400m:	5:11.63	38.17
23.				11						<b>5:12.25</b>	406 2	
	50m:	34.33	34.33	150m:	1:52.64	39.20	250m:	3:13.28	40.67	350m:	4:34.36	40.57
	100m:	1:13.44	39.11	200m:	2:32.61	39.97	300m:	3:53.79	40.51	400m:	5:12.25	37.89
24.				11						<b>5:13.38</b>	402 2	
	50m:	34.08	34.08	150m:	1:53.32	40.07	250m:	3:15.19	41.17	350m:	4:35.51	40.29
	100m:	1:13.25	39.17	200m:	2:34.02	40.70	300m:	3:55.22	40.03	400m:	5:13.38	37.87
25.				10			" "			<b>5:14.16</b>	399 2	
	50m:	33.52	33.52	150m:	1:52.39	40.32	250m:	3:14.62	41.23	350m:	4:36.33	40.64
	100m:	1:12.07	38.55	200m:	2:33.39	41.00	300m:	3:55.69	41.07	400m:	5:14.16	37.83
26.				11						<b>5:16.05</b>	391 2	
	50m:	34.49	34.49	150m:	1:53.07	39.84	250m:	3:14.15	41.05	350m:	4:36.78	41.31
	100m:	1:13.23	38.74	200m:	2:33.10	40.03	300m:	3:55.47	41.32	400m:	5:16.05	39.27
27.				11						<b>5:18.01</b>	384 2	
	50m:	35.82	35.82	150m:	1:55.73	40.80	250m:	3:16.78	40.44	350m:	4:38.24	41.10
	100m:	1:14.93	39.11	200m:	2:36.34	40.61	300m:	3:57.14	40.36	400m:	5:18.01	39.77
28.				11			" "			<b>5:19.76</b>	378 2	
	50m:	35.11	35.11	150m:	1:54.30	39.78	250m:	3:15.07	40.57	350m:	4:40.17	42.78
	100m:	1:14.52	39.41	200m:	2:34.50	40.20	300m:	3:57.39	42.32	400m:	5:19.76	39.59
29.				10			" "			<b>5:24.39</b>	362 2	
	50m:	35.25	35.25	150m:	1:55.40	40.54	250m:	3:18.70	41.90	350m:	4:41.43	40.60
	100m:	1:14.86	39.61	200m:	2:36.80	41.40	300m:	4:00.83	42.13	400m:	5:24.39	42.96
30.				10			" "			<b>5:24.87</b>	360 2	
	50m:	36.31	36.31	150m:	1:57.82	41.43	250m:	3:20.68	41.52	350m:	4:44.81	42.27
	100m:	1:16.39	40.08	200m:	2:39.16	41.34	300m:	4:02.54	41.86	400m:	5:24.87	40.06
31.				10						<b>5:28.56</b>	348 2	
	50m:	35.45	35.45	150m:	1:58.56	42.33	250m:	3:24.76	43.55	350m:	4:49.09	41.93
	100m:	1:16.23	40.78	200m:	2:41.21	42.65	300m:	4:07.16	42.40	400m:	5:28.56	39.47
32.				11						<b>5:28.91</b>	347 2	
	50m:	35.66	35.66	150m:	1:57.12	42.02	250m:	3:21.49	42.27	350m:	4:47.47	42.84
	100m:	1:15.10	39.44	200m:	2:39.22	42.10	300m:	4:04.63	43.14	400m:	5:28.91	41.44
33.				11						<b>5:29.54</b>	345 2	
	50m:	33.57	33.57	150m:	1:55.49	42.25	250m:	3:22.62	43.60	350m:	4:48.86	43.04
	100m:	1:13.24	39.67	200m:	2:39.02	43.53	300m:	4:05.82	43.20	400m:	5:29.54	40.68
34.				11						<b>5:29.62</b>	345 2	
	50m:	35.55	35.55	150m:	1:57.08	41.99	250m:	3:22.09	42.64	350m:	4:49.51	44.12
	100m:	1:15.09	39.54	200m:	2:39.45	42.37	300m:	4:05.39	43.30	400m:	5:29.62	40.11



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Minsk, 26. - 28.3.2025

3, , 400m , 2010 - 2011

35.			10						<b>5:30.00</b>	344	2	
	50m:	34.12	34.12	150m:	1:55.32	41.48	250m:	3:21.27	42.57	350m:	4:46.99	42.75
	100m:	1:13.84	39.72	200m:	2:38.70	43.38	300m:	4:04.24	42.97	400m:	5:30.00	43.01
36.			10							<b>5:33.43</b>	333	2
	50m:	36.17	36.17	150m:	1:59.53	42.37	250m:	3:25.48	42.71	350m:	4:52.37	43.40
	100m:	1:17.16	40.99	200m:	2:42.77	43.24	300m:	4:08.97	43.49	400m:	5:33.43	41.06
37.			10				"	"		<b>5:38.99</b>	317	2
	50m:	34.53	34.53	150m:	1:58.18	42.38	250m:	3:25.21	44.05	350m:	4:55.93	47.31
	100m:	1:15.80	41.27	200m:	2:41.16	42.98	300m:	4:08.62	43.41	400m:	5:38.99	43.06
38.			10				"	"		<b>5:39.02</b>	317	2
	50m:	38.66	38.66	150m:	2:03.75	42.75	250m:	3:30.70	43.67	350m:	4:57.28	43.32
	100m:	1:21.00	42.34	200m:	2:47.03	43.28	300m:	4:13.96	43.26	400m:	5:39.02	41.74
39.			11				"	"		<b>5:40.29</b>	314	3
	50m:	39.40	39.40	150m:	2:05.80	43.00	250m:	3:31.85	42.93	350m:	4:58.53	43.13
	100m:	1:22.80	43.40	200m:	2:48.92	43.12	300m:	4:15.40	43.55	400m:	5:40.29	41.76
40.			10				"	"		<b>5:47.15</b>	295	3
	50m:	37.04	37.04	150m:	2:04.30	44.23	250m:	3:33.43	44.90	350m:	5:03.87	44.89
	100m:	1:20.07	43.03	200m:	2:48.53	44.23	300m:	4:18.98	45.55	400m:	5:47.15	43.28
41.			10				"	"		<b>5:47.24</b>	295	3
	50m:	39.13	39.13	150m:	2:05.53	43.88	250m:	3:34.96	44.92	350m:	5:03.91	44.24
	100m:	1:21.65	42.52	200m:	2:50.04	44.51	300m:	4:19.67	44.71	400m:	5:47.24	43.33
42.			11							<b>5:48.19</b>	293	3
	50m:	36.33	36.33	150m:	2:02.04	44.13	250m:	3:31.84	44.21	350m:	5:03.35	45.07
	100m:	1:17.91	41.58	200m:	2:47.63	45.59	300m:	4:18.28	46.44	400m:	5:48.19	44.84
43.			11				"	"		<b>5:54.04</b>	278	3
	50m:	38.58	38.58	150m:	2:08.21	45.52	250m:	3:39.54	46.04	350m:	5:10.95	45.53
	100m:	1:22.69	44.11	200m:	2:53.50	45.29	300m:	4:25.42	45.88	400m:	5:54.04	43.09
44.			11							<b>6:08.81</b>	246	3
	50m:	40.48	40.48	150m:	2:15.94	48.92	250m:	3:50.12	47.49	350m:	5:22.06	45.69
	100m:	1:27.02	46.54	200m:	3:02.63	46.69	300m:	4:36.37	46.25	400m:	6:08.81	46.75
45.			11							<b>6:26.46</b>	214	3
	50m:	41.60	41.60	150m:	2:18.65	48.66	250m:	3:58.46	49.91	350m:	5:38.64	50.28
	100m:	1:29.99	48.39	200m:	3:08.55	49.90	300m:	4:48.36	49.90	400m:	6:26.46	47.82

2012 - 2013

1.			12							<b>4:43.92</b>	540	1
	50m:	30.23	30.23	150m:	1:40.76	35.91	250m:	2:54.53	37.00	350m:	4:08.28	36.90
	100m:	1:04.85	34.62	200m:	2:17.53	36.77	300m:	3:31.38	36.85	400m:	4:43.92	35.64
2.			12							<b>4:57.23</b>	471	1
	50m:	32.30	32.30	150m:	1:47.41	38.39	250m:	3:04.82	38.37	350m:	4:21.00	37.68
	100m:	1:09.02	36.72	200m:	2:26.45	39.04	300m:	3:43.32	38.50	400m:	4:57.23	36.23
3.			12							<b>5:03.09</b>	444	2
	50m:	33.50	33.50	150m:	1:48.90	38.22	250m:	3:06.14	38.63	350m:	4:21.93	36.75
	100m:	1:10.68	37.18	200m:	2:27.51	38.61	300m:	3:45.18	39.04	400m:	5:03.09	41.16
4.			13							<b>5:07.00</b>	427	2
	50m:	31.62	31.62	150m:	1:46.19	38.69	250m:	3:06.94	40.29	350m:	4:27.79	41.44
	100m:	1:07.50	35.88	200m:	2:26.65	40.46	300m:	3:46.35	39.41	400m:	5:07.00	39.21
5.			12							<b>5:08.16</b>	422	2
	50m:	34.27	34.27	150m:	1:50.91	38.52	250m:	3:10.57	40.11	350m:	4:29.74	39.37
	100m:	1:12.39	38.12	200m:	2:30.46	39.55	300m:	3:50.37	39.80	400m:	5:08.16	38.42
6.			12							<b>5:08.75</b>	420	2
	50m:	34.42	34.42	150m:	1:52.54	39.32	250m:	3:10.84	39.56	350m:	4:29.99	39.79
	100m:	1:13.22	38.80	200m:	2:31.28	38.74	300m:	3:50.20	39.36	400m:	5:08.75	38.76

" " " "

Minsk, 26. - 28.3.2025

		3, , 400m				2012 - 2013						
7.				12	"	"			<b>5:11.73</b>	408	2	
	50m:	35.74	35.74	150m:	1:55.52	39.78	250m:	3:14.55	39.50	350m:	4:33.19	37.74
	100m:	1:15.74	40.00	200m:	2:35.05	39.53	300m:	3:55.45	40.90	400m:	5:11.73	38.54
8.				12	"	"			<b>5:11.89</b>	407	2	
	50m:	34.30	34.30	150m:	1:52.94	40.19	250m:	3:14.06	40.19	350m:	4:34.48	40.14
	100m:	1:12.75	38.45	200m:	2:33.87	40.93	300m:	3:54.34	40.28	400m:	5:11.89	37.41
9.				12						<b>5:12.04</b>	407	2
	50m:	32.03	32.03	150m:	1:51.81	41.19	250m:	3:13.81	41.01	350m:	4:34.11	39.10
	100m:	1:10.62	38.59	200m:	2:32.80	40.99	300m:	3:55.01	41.20	400m:	5:12.04	37.93
10.				13						<b>5:12.05</b>	407	2
	50m:	31.36	31.36	150m:	1:49.55	40.51	250m:	3:11.53	41.30	350m:	4:33.75	40.99
	100m:	1:09.04	37.68	200m:	2:30.23	40.68	300m:	3:52.76	41.23	400m:	5:12.05	38.30
11.				12						<b>5:18.54</b>	382	2
	50m:	35.53	35.53	150m:	1:55.32	40.49	250m:	3:16.31	40.86	350m:	4:38.58	40.92
	100m:	1:14.83	39.30	200m:	2:35.45	40.13	300m:	3:57.66	41.35	400m:	5:18.54	39.96
12.				13						<b>5:18.82</b>	381	2
	50m:	34.93	34.93	150m:	1:56.37	40.74	250m:	3:18.93	40.72	350m:	4:41.13	40.32
	100m:	1:15.63	40.70	200m:	2:38.21	41.84	300m:	4:00.81	41.88	400m:	5:18.82	37.69
13.				13						<b>5:23.00</b>	367	2
	50m:	35.65	35.65	150m:	1:57.16	41.43	250m:	3:20.24	41.81	350m:	4:44.09	42.22
	100m:	1:15.73	40.08	200m:	2:38.43	41.27	300m:	4:01.87	41.63	400m:	5:23.00	38.91
14.				12						<b>5:23.05</b>	367	2
	50m:	33.66	33.66	150m:	1:51.50	39.33	250m:	3:14.23	42.25	350m:	4:43.87	45.28
	100m:	1:12.17	38.51	200m:	2:31.98	40.48	300m:	3:58.59	44.36	400m:	5:23.05	39.18
15.				12	"	"				<b>5:24.25</b>	362	2
	50m:	37.06	37.06	150m:	1:59.97	42.15	250m:	3:24.36	42.41	350m:	4:46.77	40.49
	100m:	1:17.82	40.76	200m:	2:41.95	41.98	300m:	4:06.28	41.92	400m:	5:24.25	37.48
16.				12	"	"				<b>5:25.92</b>	357	2
	50m:	36.86	36.86	150m:	2:00.28	42.17	250m:	3:23.23	41.42	350m:	4:45.85	41.36
	100m:	1:18.11	41.25	200m:	2:41.81	41.53	300m:	4:04.49	41.26	400m:	5:25.92	40.07
17.				12						<b>5:31.28</b>	340	2
	50m:	35.82	35.82	150m:	2:00.01	42.89	250m:	3:25.30	43.16	350m:	4:52.48	43.51
	100m:	1:17.12	41.30	200m:	2:42.14	42.13	300m:	4:08.97	43.67	400m:	5:31.28	38.80
18.				12						<b>5:34.57</b>	330	2
	50m:	33.63	33.63	150m:	1:56.68	42.95	250m:	3:24.55	43.82	350m:	4:52.99	44.43
	100m:	1:13.73	40.10	200m:	2:40.73	44.05	300m:	4:08.56	44.01	400m:	5:34.57	41.58
19.				12						<b>5:37.71</b>	321	2
	50m:	36.12	36.12	150m:	2:02.85	44.31	250m:	3:31.03	44.00	350m:	4:57.53	42.64
	100m:	1:18.54	42.42	200m:	2:47.03	44.18	300m:	4:14.89	43.86	400m:	5:37.71	40.18
20.				12						<b>5:41.61</b>	310	3
	50m:	38.27	38.27	150m:	2:04.60	43.82	250m:	3:32.96	44.48	350m:	4:59.96	42.43
	100m:	1:20.78	42.51	200m:	2:48.48	43.88	300m:	4:17.53	44.57	400m:	5:41.61	41.65
21.				12						<b>5:44.35</b>	303	3
	50m:	36.56	36.56	150m:	2:02.54	43.36	250m:	3:31.43	44.33	350m:	5:01.18	45.08
	100m:	1:19.18	42.62	200m:	2:47.10	44.56	300m:	4:16.10	44.67	400m:	5:44.35	43.17
22.				12						<b>5:44.66</b>	302	3
	50m:	37.29	37.29	150m:	2:02.64	43.51	250m:	3:32.31	45.17	350m:	5:01.24	44.07
	100m:	1:19.13	41.84	200m:	2:47.14	44.50	300m:	4:17.17	44.86	400m:	5:44.66	43.42
23.				13						<b>5:46.36</b>	297	3
	50m:	37.78	37.78	150m:	2:06.99	45.67	250m:	3:36.19	44.47	350m:	5:05.66	44.49
	100m:	1:21.32	43.54	200m:	2:51.72	44.73	300m:	4:21.17	44.98	400m:	5:46.36	40.70
24.				12						<b>5:49.46</b>	289	3
	50m:	37.71	37.71	150m:	2:04.80	44.10	250m:	3:36.11	45.74	350m:	5:06.99	44.66
	100m:	1:20.70	42.99	200m:	2:50.37	45.57	300m:	4:22.33	46.22	400m:	5:49.46	42.47

" "

Minsk, 26. - 28.3.2025

3,		, 400m				2012 - 2013			
25.				12	"	"		<b>5:50.65</b>	287 3
	50m:	37.78	37.78	150m:	2:06.95	45.47	250m:	3:37.50	45.45
	100m:	1:21.48	43.70	200m:	2:52.05	45.10	300m:	4:23.41	45.91
							350m:	5:09.09	45.68
							400m:	5:50.65	41.56
26.				13				<b>5:50.91</b>	286 3
	50m:	40.08	40.08	150m:	2:09.14	44.39	250m:	3:39.76	45.34
	100m:	1:24.75	44.67	200m:	2:54.42	45.28	300m:	4:24.16	44.40
							350m:	5:08.81	44.65
							400m:	5:50.91	42.10
27.				13	"	"		<b>5:51.88</b>	284 3
	50m:	38.62	38.62	150m:	2:07.10	45.56	250m:	3:38.73	45.93
	100m:	1:21.54	42.92	200m:	2:52.80	45.70	300m:	4:24.12	45.39
							350m:	5:09.07	44.95
							400m:	5:51.88	42.81
28.				13				<b>5:53.78</b>	279 3
	50m:	38.70	38.70	150m:	2:10.76	46.44	250m:	3:43.31	46.60
	100m:	1:24.32	45.62	200m:	2:56.71	45.95	300m:	4:29.09	45.78
							350m:	5:14.13	45.04
							400m:	5:53.78	39.65
29.				12				<b>5:55.01</b>	276 3
	50m:	37.71	37.71	150m:	2:07.57	45.61	250m:	3:39.24	46.01
	100m:	1:21.96	44.25	200m:	2:53.23	45.66	300m:	4:25.50	46.26
							350m:	5:10.86	45.36
							400m:	5:55.01	44.15
30.				12				<b>5:56.37</b>	273 3
	50m:	38.13	38.13	150m:	2:05.14	44.34	250m:	3:37.03	46.05
	100m:	1:20.80	42.67	200m:	2:50.98	45.84	300m:	4:24.12	47.09
							350m:	5:11.62	47.50
							400m:	5:56.37	44.75
31.				13				<b>5:59.94</b>	265 3
	50m:	37.05	37.05	150m:	2:07.90	47.04	250m:	3:43.82	48.00
	100m:	1:20.86	43.81	200m:	2:55.82	47.92	300m:	4:31.13	47.31
							350m:	5:16.98	45.85
							400m:	5:59.94	42.96
32.				13				<b>6:00.58</b>	263 3
	50m:	35.92	35.92	150m:	2:07.13	46.73	250m:	3:39.79	46.27
	100m:	1:20.40	44.48	200m:	2:53.52	46.39	300m:	4:27.46	47.67
							350m:	5:15.21	47.75
							400m:	6:00.58	45.37
33.				12	"	"		<b>6:00.96</b>	263 3
	50m:	39.60	39.60	150m:	2:10.08	46.04	250m:	3:44.71	47.29
	100m:	1:24.04	44.44	200m:	2:57.42	47.34	300m:	4:30.95	46.24
							350m:	5:16.87	45.92
							400m:	6:00.96	44.09
34.				12	"	"		<b>6:02.79</b>	259 3
	50m:	38.34	38.34	150m:	2:10.04	46.63	250m:	3:45.03	47.85
	100m:	1:23.41	45.07	200m:	2:57.18	47.14	300m:	4:29.38	44.35
							350m:	5:18.26	48.88
							400m:	6:02.79	44.53
35.				13				<b>6:03.02</b>	258 3
	50m:	40.63	40.63	150m:	2:12.03	45.80	250m:	3:44.64	46.33
	100m:	1:26.23	45.60	200m:	2:58.31	46.28	300m:	4:31.31	46.67
							350m:	5:16.83	45.52
							400m:	6:03.02	46.19
36.				13				<b>6:04.44</b>	255 3
	50m:	38.50	38.50	150m:	2:12.26	47.88	250m:	3:48.95	47.77
	100m:	1:24.38	45.88	200m:	3:01.18	48.92	300m:	4:36.66	47.71
							350m:	5:21.62	44.96
							400m:	6:04.44	42.82
37.				13				<b>6:06.68</b>	250 3
	50m:	41.17	41.17	150m:	2:13.49	46.98	250m:	3:47.77	47.25
	100m:	1:26.51	45.34	200m:	3:00.52	47.03	300m:	4:34.90	47.13
							350m:	5:21.88	46.98
							400m:	6:06.68	44.80
38.				13				<b>6:14.14</b>	236 3
	50m:	41.47	41.47	150m:	2:15.15	46.86	250m:	3:52.19	49.15
	100m:	1:28.29	46.82	200m:	3:03.04	47.89	300m:	4:40.15	47.96
							350m:	5:27.54	47.39
							400m:	6:14.14	46.60

" " " " " "

Minsk, 26. - 28.3.2025

4 , 400m 2010 - 2013  
26.03.2025 - 15:09

: 3:59.00 / : 4:15.50 / 1 : 4:35.50 / 2 : 5:11.50 / 3 : 6:01.00

: FINA 2023

2010 - 2011

1.				10						<b>4:14.75</b>	578	
	50m:	28.42	28.42	150m:	1:33.11	32.37	250m:	2:37.68	32.13	350m:	3:42.86	32.65
	100m:	1:00.74	32.32	200m:	2:05.55	32.44	300m:	3:10.21	32.53	400m:	4:14.75	31.89
2.				10						<b>4:21.68</b>	533	1
	50m:	29.07	29.07	150m:	1:34.35	32.97	250m:	2:42.44	34.07	350m:	3:50.15	33.80
	100m:	1:01.38	32.31	200m:	2:08.37	34.02	300m:	3:16.35	33.91	400m:	4:21.68	31.53
3.				11						<b>4:27.48</b>	499	1
	50m:	29.12	29.12	150m:	1:36.98	34.21	250m:	2:45.73	34.20	350m:	3:54.64	34.30
	100m:	1:02.77	33.65	200m:	2:11.53	34.55	300m:	3:20.34	34.61	400m:	4:27.48	32.84
4.				10						<b>4:28.07</b>	496	1
	50m:	29.27	29.27	150m:	1:35.70	33.60	250m:	2:44.75	34.91	350m:	3:54.93	34.87
	100m:	1:02.10	32.83	200m:	2:09.84	34.14	300m:	3:20.06	35.31	400m:	4:28.07	33.14
5.				10			"	"		<b>4:29.75</b>	487	1
	50m:	29.05	29.05	150m:	1:36.59	33.89	250m:	2:46.28	34.86	350m:	3:55.64	34.65
	100m:	1:02.70	33.65	200m:	2:11.42	34.83	300m:	3:20.99	34.71	400m:	4:29.75	34.11
6.				10						<b>4:31.98</b>	475	1
	50m:	30.20	30.20	150m:	1:38.40	34.58	250m:	2:48.69	35.38	350m:	3:58.62	34.61
	100m:	1:03.82	33.62	200m:	2:13.31	34.91	300m:	3:24.01	35.32	400m:	4:31.98	33.36
7.				11			"	"		<b>4:34.16</b>	464	1
	50m:	30.25	30.25	150m:	1:39.16	34.82	250m:	2:49.77	35.43	350m:	4:01.24	35.91
	100m:	1:04.34	34.09	200m:	2:14.34	35.18	300m:	3:25.33	35.56	400m:	4:34.16	32.92
8.				11						<b>4:34.23</b>	463	1
	50m:	29.82	29.82	150m:	1:38.02	34.97	250m:	2:49.56	35.62	350m:	4:00.96	35.56
	100m:	1:03.05	33.23	200m:	2:13.94	35.92	300m:	3:25.40	35.84	400m:	4:34.23	33.27
9.				11			"	"		<b>4:34.54</b>	462	1
	50m:	30.12	30.12	150m:	1:38.95	35.01	250m:	2:49.71	35.58	350m:	4:01.54	35.70
	100m:	1:03.94	33.82	200m:	2:14.13	35.18	300m:	3:25.84	36.13	400m:	4:34.54	33.00
10.				10						<b>4:34.66</b>	461	1
	50m:	30.74	30.74	150m:	1:40.16	35.27	250m:	2:50.73	35.22	350m:	4:01.67	35.61
	100m:	1:04.89	34.15	200m:	2:15.51	35.35	300m:	3:26.06	35.33	400m:	4:34.66	32.99
11.				10						<b>4:35.82</b>	455	2
	50m:	30.35	30.35	150m:	1:38.80	34.85	250m:	2:50.11	35.71	350m:	4:00.62	35.06
	100m:	1:03.95	33.60	200m:	2:14.40	35.60	300m:	3:25.56	35.45	400m:	4:35.82	35.20
12.				10						<b>4:36.36</b>	453	2
	50m:	29.58	29.58	150m:	1:39.36	35.49	250m:	2:50.80	35.93	350m:	4:02.44	35.88
	100m:	1:03.87	34.29	200m:	2:14.87	35.51	300m:	3:26.56	35.76	400m:	4:36.36	33.92
13.				10			"	"		<b>4:39.32</b>	438	2
	50m:	30.18	30.18	150m:	1:38.67	34.93	250m:	2:50.75	36.40	350m:	4:03.38	36.37
	100m:	1:03.74	33.56	200m:	2:14.35	35.68	300m:	3:27.01	36.26	400m:	4:39.32	35.94
14.				10			"	"		<b>4:39.92</b>	435	2
	50m:	30.31	30.31	150m:	1:39.25	34.95	250m:	2:50.99	36.03	350m:	4:04.75	36.94
	100m:	1:04.30	33.99	200m:	2:14.96	35.71	300m:	3:27.81	36.82	400m:	4:39.92	35.17
15.				10		"	"			<b>4:40.33</b>	434	2
	50m:	30.80	30.80	150m:	1:41.44	35.74	250m:	2:53.48	35.82	350m:	4:05.34	35.62
	100m:	1:05.70	34.90	200m:	2:17.66	36.22	300m:	3:29.72	36.24	400m:	4:40.33	34.99
16.				11						<b>4:40.62</b>	432	2
	50m:	30.30	30.30	150m:	1:42.13	36.55	250m:	2:55.41	36.63	350m:	4:07.42	35.56
	100m:	1:05.58	35.28	200m:	2:18.78	36.65	300m:	3:31.86	36.45	400m:	4:40.62	33.20

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Minsk, 26. - 28.3.2025

4,		, 400m				2010 - 2011						
17.				11	"	"		<b>4:40.64</b>	432	2		
	50m:	31.17	31.17	150m:	1:42.29	36.69	250m:	2:56.36	36.98	350m:	4:08.39	35.11
	100m:	1:05.60	34.43	200m:	2:19.38	37.09	300m:	3:33.28	36.92	400m:	4:40.64	32.25
18.				10	"	"		<b>4:40.65</b>	432	2		
	50m:	29.69	29.69	150m:	1:37.00	34.43	250m:	2:49.84	36.54	350m:	4:05.15	37.57
	100m:	1:02.57	32.88	200m:	2:13.30	36.30	300m:	3:27.58	37.74	400m:	4:40.65	35.50
19.				11	"	"		<b>4:42.00</b>	426	2		
	50m:	31.03	31.03	150m:	1:43.57	37.17	250m:	2:57.20	36.86	350m:	4:08.29	35.26
	100m:	1:06.40	35.37	200m:	2:20.34	36.77	300m:	3:33.03	35.83	400m:	4:42.00	33.71
20.				11	"	"		<b>4:42.72</b>	423	2		
	50m:	30.64	30.64	150m:	1:41.92	36.14	250m:	2:55.00	36.90	350m:	4:09.44	36.73
	100m:	1:05.78	35.14	200m:	2:18.10	36.18	300m:	3:32.71	37.71	400m:	4:42.72	33.28
21.				11	"	"		<b>4:43.08</b>	421	2		
	50m:	28.54	28.54	150m:	1:40.06	36.60	250m:	2:55.67	37.72	350m:	4:09.67	36.62
	100m:	1:03.46	34.92	200m:	2:17.95	37.89	300m:	3:33.05	37.38	400m:	4:43.08	33.41
22.				11	"	"		<b>4:43.16</b>	421	2		
	50m:	31.83	31.83	150m:	1:43.16	35.89	250m:	2:55.47	36.13	350m:	4:09.05	36.69
	100m:	1:07.27	35.44	200m:	2:19.34	36.18	300m:	3:32.36	36.89	400m:	4:43.16	34.11
23.				10	"	"		<b>4:45.33</b>	411	2		
	50m:	32.16	32.16	150m:	1:44.20	36.23	250m:	2:57.58	36.38	350m:	4:11.71	37.50
	100m:	1:07.97	35.81	200m:	2:21.20	37.00	300m:	3:34.21	36.63	400m:	4:45.33	33.62
24.				10	"	"		<b>4:46.31</b>	407	2		
	50m:	32.41	32.41	150m:	1:43.31	35.60	250m:	2:57.36	37.18	350m:	4:10.71	36.01
	100m:	1:07.71	35.30	200m:	2:20.18	36.87	300m:	3:34.70	37.34	400m:	4:46.31	35.60
25.				11	"	"		<b>4:46.63</b>	406	2		
	50m:	30.79	30.79	150m:	1:41.70	36.52	250m:	2:57.12	37.79	350m:	4:11.59	37.18
	100m:	1:05.18	34.39	200m:	2:19.33	37.63	300m:	3:34.41	37.29	400m:	4:46.63	35.04
26.				10	"	"		<b>4:47.89</b>	400	2		
	50m:	31.62	31.62	150m:	1:43.96	36.77	250m:	2:57.96	36.82	350m:	4:13.16	37.88
	100m:	1:07.19	35.57	200m:	2:21.14	37.18	300m:	3:35.28	37.32	400m:	4:47.89	34.73
27.				11	"	"		<b>4:47.96</b>	400	2		
	50m:	32.13	32.13	150m:	1:45.05	36.75	250m:	2:59.36	36.94	350m:	4:12.82	36.24
	100m:	1:08.30	36.17	200m:	2:22.42	37.37	300m:	3:36.58	37.22	400m:	4:47.96	35.14
28.				10	"	"		<b>4:47.99</b>	400	2		
	50m:	33.25	33.25	150m:	1:46.31	36.69	250m:	3:00.14	36.72	350m:	4:13.05	35.98
	100m:	1:09.62	36.37	200m:	2:23.42	37.11	300m:	3:37.07	36.93	400m:	4:47.99	34.94
29.				10	"	"		<b>4:48.20</b>	399	2		
	50m:	29.79	29.79	150m:	1:42.12	37.25	250m:	2:57.06	37.94	350m:	4:12.83	37.96
	100m:	1:04.87	35.08	200m:	2:19.12	37.00	300m:	3:34.87	37.81	400m:	4:48.20	35.37
30.				11	"	"		<b>4:48.29</b>	399	2		
	50m:	32.70	32.70	150m:	1:44.76	36.50	250m:	2:58.92	37.13	350m:	4:13.74	37.24
	100m:	1:08.26	35.56	200m:	2:21.79	37.03	300m:	3:36.50	37.58	400m:	4:48.29	34.55
31.				10	"	"		<b>4:48.52</b>	398	2		
	50m:	31.40	31.40	150m:	1:41.93	35.69	250m:	2:55.64	37.07	350m:	4:12.09	38.54
	100m:	1:06.24	34.84	200m:	2:18.57	36.64	300m:	3:33.55	37.91	400m:	4:48.52	36.43
32.				11	"	"		<b>4:48.72</b>	397	2		
	50m:	31.85	31.85	150m:	1:46.98	37.55	250m:	3:00.15	34.92	350m:	4:13.60	36.49
	100m:	1:09.43	37.58	200m:	2:25.23	38.25	300m:	3:37.11	36.96	400m:	4:48.72	35.12
33.				10	"	"		<b>4:49.15</b>	395	2		
	50m:	30.52	30.52	150m:	1:43.90	37.43	250m:	2:59.71	38.13	350m:	4:13.55	37.04
	100m:	1:06.47	35.95	200m:	2:21.58	37.68	300m:	3:36.51	36.80	400m:	4:49.15	35.60
34.				10	"	"		<b>4:49.41</b>	394	2		
	50m:	31.62	31.62	150m:	1:43.80	36.67	250m:	2:58.20	37.37	350m:	4:13.06	37.39
	100m:	1:07.13	35.51	200m:	2:20.83	37.03	300m:	3:35.67	37.47	400m:	4:49.41	36.35

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Minsk, 26. - 28.3.2025

4,		, 400m				2010 - 2011						
35.				10	"	"		<b>4:49.83</b>	392 2			
	50m:	30.93	30.93	150m:	1:41.73	36.13	250m:	2:57.37	38.21	350m:	4:13.64	37.66
	100m:	1:05.60	34.67	200m:	2:19.16	37.43	300m:	3:35.98	38.61	400m:	4:49.83	36.19
36.				10	"	"		<b>4:50.34</b>	390 2			
	50m:	31.63	31.63	150m:	1:43.55	36.28	250m:	2:57.94	37.47	350m:	4:13.64	38.17
	100m:	1:07.27	35.64	200m:	2:20.47	36.92	300m:	3:35.47	37.53	400m:	4:50.34	36.70
37.				10	"	"		<b>4:51.18</b>	387 2			
	50m:	31.54	31.54	150m:	1:43.33	36.32	250m:	2:58.47	37.45	350m:	4:15.09	38.33
	100m:	1:07.01	35.47	200m:	2:21.02	37.69	300m:	3:36.76	38.29	400m:	4:51.18	36.09
38.				11	"	"		<b>4:51.36</b>	386 2			
	50m:	31.89	31.89	150m:	1:45.11	37.59	250m:	3:00.47	37.88	350m:	4:16.48	37.91
	100m:	1:07.52	35.63	200m:	2:22.59	37.48	300m:	3:38.57	38.10	400m:	4:51.36	34.88
39.				11	"	"		<b>4:51.52</b>	385 2			
	50m:	32.21	32.21	150m:	1:45.51	37.17	250m:	3:00.22	37.53	350m:	4:15.79	37.41
	100m:	1:08.34	36.13	200m:	2:22.69	37.18	300m:	3:38.38	38.16	400m:	4:51.52	35.73
40.				10	"	"		<b>4:51.68</b>	385 2			
	50m:	32.94	32.94	150m:	1:45.00	36.56	250m:	2:59.82	37.65	350m:	4:15.74	37.97
	100m:	1:08.44	35.50	200m:	2:22.17	37.17	300m:	3:37.77	37.95	400m:	4:51.68	35.94
41.				11	"	"		<b>4:51.82</b>	384 2			
	50m:	31.40	31.40	150m:	1:43.96	36.57	250m:	3:00.04	38.11	350m:	4:16.44	37.85
	100m:	1:07.39	35.99	200m:	2:21.93	37.97	300m:	3:38.59	38.55	400m:	4:51.82	35.38
42.				10	"	"		<b>4:53.75</b>	377 2			
	50m:	30.50	30.50	150m:	1:44.48	38.43	250m:	3:01.39	38.57	350m:	4:17.52	37.63
	100m:	1:06.05	35.55	200m:	2:22.82	38.34	300m:	3:39.89	38.50	400m:	4:53.75	36.23
43.				11	"	"		<b>4:54.07</b>	376 2			
	50m:	33.01	33.01	150m:	1:48.62	38.17	250m:	3:05.34	38.57	350m:	4:20.72	37.26
	100m:	1:10.45	37.44	200m:	2:26.77	38.15	300m:	3:43.46	38.12	400m:	4:54.07	33.35
44.				11	"	"		<b>4:54.56</b>	374 2			
	50m:	31.66	31.66	150m:	1:44.72	37.34	250m:	3:01.22	38.34	350m:	4:18.34	38.25
	100m:	1:07.38	35.72	200m:	2:22.88	38.16	300m:	3:40.09	38.87	400m:	4:54.56	36.22
45.				10	"	"		<b>4:54.85</b>	373 2			
	50m:	33.42	33.42	150m:	1:48.53	37.99	250m:	3:04.54	37.83	350m:	4:19.76	37.54
	100m:	1:10.54	37.12	200m:	2:26.71	38.18	300m:	3:42.22	37.68	400m:	4:54.85	35.09
46.				11	"	"		<b>4:55.50</b>	370 2			
	50m:	31.78	31.78	150m:	1:47.03	37.59	250m:	3:03.74	38.12	350m:	4:20.45	37.81
	100m:	1:09.44	37.66	200m:	2:25.62	38.59	300m:	3:42.64	38.90	400m:	4:55.50	35.05
47.				10	"	"		<b>4:55.61</b>	370 2			
	50m:	32.42	32.42	150m:	1:46.96	37.73	250m:	3:02.46	38.41	350m:	4:18.51	37.88
	100m:	1:09.23	36.81	200m:	2:24.05	37.09	300m:	3:40.63	38.17	400m:	4:55.61	37.10
48.				11	"	"		<b>4:55.93</b>	368 2			
	50m:	32.08	32.08	150m:	1:45.74	37.42	250m:	3:02.27	38.36	350m:	4:19.94	38.98
	100m:	1:08.32	36.24	200m:	2:23.91	38.17	300m:	3:40.96	38.69	400m:	4:55.93	35.99
49.				10	"	"		<b>4:56.63</b>	366 2			
	50m:	33.63	33.63	150m:	1:49.56	38.26	250m:	3:06.06	38.46	350m:	4:22.51	38.00
	100m:	1:11.30	37.67	200m:	2:27.60	38.04	300m:	3:44.51	38.45	400m:	4:56.63	34.12
50.				10	"	"		<b>4:56.90</b>	365 2			
	50m:	30.22	30.22	150m:	1:43.78	37.71	250m:	3:01.95	39.34	350m:	4:20.77	39.69
	100m:	1:06.07	35.85	200m:	2:22.61	38.83	300m:	3:41.08	39.13	400m:	4:56.90	36.13
51.				10	"	"		<b>4:56.98</b>	365 2			
	50m:	33.94	33.94	150m:	1:49.58	38.05	250m:	3:06.39	38.58	350m:	4:23.76	39.08
	100m:	1:11.53	37.59	200m:	2:27.81	38.23	300m:	3:44.68	38.29	400m:	4:56.98	33.22
52.				10	"	"		<b>4:57.53</b>	363 2			
	50m:	29.78	29.78	150m:	1:43.21	37.36	250m:	3:00.53	38.79	350m:	4:19.72	40.11
	100m:	1:05.85	36.07	200m:	2:21.74	38.53	300m:	3:39.61	39.08	400m:	4:57.53	37.81

" "

Minsk, 26. - 28.3.2025

		4, , 400m				2010 - 2011						
53.				11	"	"		<b>4:57.68</b>	362	2		
	50m:	18.44	18.44	150m:	1:47.90	38.43	250m:	3:05.39	38.54	350m:	4:22.26	37.87
	100m:	1:09.47	51.03	200m:	2:26.85	38.95	300m:	3:44.39	39.00	400m:	4:57.68	35.42
54.				10				<b>4:59.11</b>	357	2		
	50m:	32.99	32.99	150m:	1:48.49	38.66	250m:	3:06.08	38.07	350m:	4:23.26	37.99
	100m:	1:09.83	36.84	200m:	2:28.01	39.52	300m:	3:45.27	39.19	400m:	4:59.11	35.85
55.				11				<b>4:59.13</b>	357	2		
	50m:	13.63	13.63	150m:	1:09.72	37.30	250m:	2:26.39	38.38	350m:	3:43.65	38.74
	100m:	32.42	18.79	200m:	1:48.01	38.29	300m:	3:04.91	38.52	400m:	4:59.13	1:15.48
56.				11				<b>4:59.54</b>	355	2		
	50m:	32.71	32.71	150m:	1:48.80	38.25	250m:	3:05.58	37.77	350m:	4:23.76	39.55
	100m:	1:10.55	37.84	200m:	2:27.81	39.01	300m:	3:44.21	38.63	400m:	4:59.54	35.78
57.				10	"	"		<b>4:59.69</b>	355	2		
	50m:	32.29	32.29	150m:	1:46.67	37.60	250m:	3:04.29	38.75	350m:	4:22.53	39.23
	100m:	1:09.07	36.78	200m:	2:25.54	38.87	300m:	3:43.30	39.01	400m:	4:59.69	37.16
58.				11				<b>4:59.78</b>	354	2		
	50m:	32.34	32.34	150m:	1:48.66	38.66	250m:	3:05.68	38.60	350m:	4:23.43	38.41
	100m:	1:10.00	37.66	200m:	2:27.08	38.42	300m:	3:45.02	39.34	400m:	4:59.78	36.35
59.				11				<b>5:00.01</b>	354	2		
	50m:	32.83	32.83	150m:	1:48.66	38.62	250m:	3:06.52	38.84	350m:	4:24.20	39.05
	100m:	1:10.04	37.21	200m:	2:27.68	39.02	300m:	3:45.15	38.63	400m:	5:00.01	35.81
60.				10				<b>5:00.57</b>	352	2		
	50m:	30.19	30.19	150m:	1:44.02	38.25	250m:	3:01.77	39.30	350m:	4:21.25	39.86
	100m:	1:05.77	35.58	200m:	2:22.47	38.45	300m:	3:41.39	39.62	400m:	5:00.57	39.32
61.				10				<b>5:00.64</b>	351	2		
	50m:	31.80	31.80	150m:	1:47.61	38.60	250m:	3:05.46	38.90	350m:	4:23.68	39.08
	100m:	1:09.01	37.21	200m:	2:26.56	38.95	300m:	3:44.60	39.14	400m:	5:00.64	36.96
62.				10	"	"		<b>5:00.76</b>	351	2		
	50m:	31.95	31.95	150m:	1:47.00	38.58	250m:	3:04.88	38.82	350m:	4:23.41	39.17
	100m:	1:08.42	36.47	200m:	2:26.06	39.06	300m:	3:44.24	39.36	400m:	5:00.76	37.35
63.				11				<b>5:00.96</b>	350	2		
	50m:	32.11	32.11	150m:	1:46.96	38.51	250m:	3:03.94	40.04	350m:	4:22.90	39.45
	100m:	1:08.45	36.34	200m:	2:23.90	36.94	300m:	3:43.45	39.51	400m:	5:00.96	38.06
64.				11				<b>5:01.00</b>	350	2		
	50m:	30.68	30.68	150m:	1:45.98	39.12	250m:	3:04.79	39.52	350m:	4:23.85	38.91
	100m:	1:06.86	36.18	200m:	2:25.27	39.29	300m:	3:44.94	40.15	400m:	5:01.00	37.15
65.				10				<b>5:02.38</b>	345	2		
	50m:	32.45	32.45	150m:	1:49.44	39.26	250m:	3:08.51	39.40	350m:	4:27.02	39.03
	100m:	1:10.18	37.73	200m:	2:29.11	39.67	300m:	3:47.99	39.48	400m:	5:02.38	35.36
66.				10	"	"		<b>5:02.64</b>	344	2		
	50m:	32.69	32.69	150m:	1:47.52	38.21	250m:	3:05.31	39.29	350m:	4:24.28	39.52
	100m:	1:09.31	36.62	200m:	2:26.02	38.50	300m:	3:44.76	39.45	400m:	5:02.64	38.36
67.				11	"	"		<b>5:02.99</b>	343	2		
	50m:	33.19	33.19	150m:	1:49.67	38.66	250m:	3:07.70	38.87	350m:	4:25.40	38.63
	100m:	1:11.01	37.82	200m:	2:28.83	39.16	300m:	3:46.77	39.07	400m:	5:02.99	37.59
68.				11				<b>5:03.26</b>	342	2		
	50m:	32.87	32.87	150m:	1:49.55	39.27	250m:	3:09.15	39.83	350m:	4:28.71	39.20
	100m:	1:10.28	37.41	200m:	2:29.32	39.77	300m:	3:49.51	40.36	400m:	5:03.26	34.55
69.				10	"	"		<b>5:03.83</b>	340	2		
	50m:	30.74	30.74	150m:	1:44.74	38.04	250m:	3:03.65	40.02	350m:	4:25.00	40.39
	100m:	1:06.70	35.96	200m:	2:23.63	38.89	300m:	3:44.61	40.96	400m:	5:03.83	38.83
70.				10	"	"		<b>5:05.68</b>	334	2		
	50m:	33.06	33.06	150m:	1:49.95	39.31	250m:	3:09.41	40.23	350m:	4:27.99	38.92
	100m:	1:10.64	37.58	200m:	2:29.18	39.23	300m:	3:49.07	39.66	400m:	5:05.68	37.69

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Minsk, 26. - 28.3.2025

		4, , 400m				2010 - 2011						
71.				11		" "			<b>5:06.15</b>	333	2	
	50m:	33.64	33.64	150m:	1:51.64	39.44	250m:	3:10.33	39.40	350m:	4:29.99	39.53
	100m:	1:12.20	38.56	200m:	2:30.93	39.29	300m:	3:50.46	40.13	400m:	5:06.15	36.16
72.				11						<b>5:08.05</b>	327	2
	50m:	32.06	32.06	150m:	1:49.42	39.94	250m:	3:08.83	40.18	350m:	4:30.01	40.54
	100m:	1:09.48	37.42	200m:	2:28.65	39.23	300m:	3:49.47	40.64	400m:	5:08.05	38.04
73.				10						<b>5:08.36</b>	326	2
	50m:	34.54	34.54	150m:	1:52.41	39.46	250m:	3:12.09	40.42	350m:	4:30.66	38.65
	100m:	1:12.95	38.41	200m:	2:31.67	39.26	300m:	3:52.01	39.92	400m:	5:08.36	37.70
74.				11		" "				<b>5:09.86</b>	321	2
	50m:	34.49	34.49	150m:	1:53.92	40.16	250m:	3:13.66	39.63	350m:	4:32.21	39.41
	100m:	1:13.76	39.27	200m:	2:34.03	40.11	300m:	3:52.80	39.14	400m:	5:09.86	37.65
75.				11		" "				<b>5:10.75</b>	318	2
	50m:	34.24	34.24	150m:	1:51.28	39.32	250m:	3:11.18	40.42	350m:	4:32.22	40.74
	100m:	1:11.96	37.72	200m:	2:30.76	39.48	300m:	3:51.48	40.30	400m:	5:10.75	38.53
76.				11						<b>5:10.76</b>	318	2
	50m:	33.49	33.49	150m:	1:51.16	39.73	250m:	3:11.94	40.70	350m:	4:32.22	40.06
	100m:	1:11.43	37.94	200m:	2:31.24	40.08	300m:	3:52.16	40.22	400m:	5:10.76	38.54
77.				10		" "				<b>5:10.89</b>	318	2
	50m:	33.93	33.93	150m:	1:51.96	39.73	250m:	3:12.12	39.63	350m:	4:32.40	39.89
	100m:	1:12.23	38.30	200m:	2:32.49	40.53	300m:	3:52.51	40.39	400m:	5:10.89	38.49
78.				10						<b>5:11.20</b>	317	2
	50m:	34.48	34.48	150m:	1:53.07	39.56	250m:	3:13.09	40.16	350m:	4:33.52	40.10
	100m:	1:13.51	39.03	200m:	2:32.93	39.86	300m:	3:53.42	40.33	400m:	5:11.20	37.68
79.				10						<b>5:13.03</b>	311	3
	50m:	30.67	30.67	150m:	1:48.43	39.84	250m:	3:10.42	41.35	350m:	4:34.54	42.39
	100m:	1:08.59	37.92	200m:	2:29.07	40.64	300m:	3:52.15	41.73	400m:	5:13.03	38.49
80.				11						<b>5:13.31</b>	310	3
	50m:	34.31	34.31	150m:	1:54.78	41.23	250m:	3:16.37	40.96	350m:	4:36.54	39.36
	100m:	1:13.55	39.24	200m:	2:35.41	40.63	300m:	3:57.18	40.81	400m:	5:13.31	36.77
81.				11						<b>5:13.43</b>	310	3
	50m:	36.47	36.47	150m:	1:55.95	40.83	250m:	3:17.26	41.03	350m:	4:37.19	39.23
	100m:	1:15.12	38.65	200m:	2:36.23	40.28	300m:	3:57.96	40.70	400m:	5:13.43	36.24
82.				11		" "				<b>5:14.10</b>	308	3
	50m:	34.44	34.44	150m:	1:53.70	39.96	250m:	3:14.40	40.01	350m:	4:36.54	41.50
	100m:	1:13.74	39.30	200m:	2:34.39	40.69	300m:	3:55.04	40.64	400m:	5:14.10	37.56
83.				11		" "				<b>5:14.93</b>	306	3
	50m:	34.44	34.44	150m:	1:56.46	41.64	250m:	3:18.00	40.64	350m:	4:39.02	39.72
	100m:	1:14.82	40.38	200m:	2:37.36	40.90	300m:	3:59.30	41.30	400m:	5:14.93	35.91
84.				11						<b>5:15.59</b>	304	3
	50m:	34.72	34.72	150m:	1:55.09	40.24	250m:	3:15.33	40.47	350m:	4:36.40	40.10
	100m:	1:14.85	40.13	200m:	2:34.86	39.77	300m:	3:56.30	40.97	400m:	5:15.59	39.19
85.				10		" "				<b>5:16.96</b>	300	3
	50m:	33.95	33.95	150m:	1:55.11	41.08	250m:	3:17.13	40.90	350m:	4:39.29	41.08
	100m:	1:14.03	40.08	200m:	2:36.23	41.12	300m:	3:58.21	41.08	400m:	5:16.96	37.67
86.				11						<b>5:17.80</b>	297	3
	50m:	33.39	33.39	150m:	1:54.51	41.06	250m:	3:17.18	41.57	350m:	4:39.25	40.60
	100m:	1:13.45	40.06	200m:	2:35.61	41.10	300m:	3:58.65	41.47	400m:	5:17.80	38.55
87.				10		" "				<b>5:19.66</b>	292	3
	50m:	34.43	34.43	150m:	1:51.60	39.00	250m:	3:12.81	41.20	350m:	4:37.88	43.10
	100m:	1:12.60	38.17	200m:	2:31.61	40.01	300m:	3:54.78	41.97	400m:	5:19.66	41.78
88.				11						<b>5:20.03</b>	291	3
	50m:	33.97	33.97	150m:	1:51.76	39.77	250m:	3:15.41	41.62	350m:	4:40.52	42.79
	100m:	1:11.99	38.02	200m:	2:33.79	42.03	300m:	3:57.73	42.32	400m:	5:20.03	39.51



## Minsk, 26. - 28.3.2025

4,		, 400m				2010 - 2011			
89.				10				<b>5:21.71</b>	287 3
	50m:	34.43	34.43	150m:	1:53.97	40.68	250m:	3:18.57	42.77
	100m:	1:13.29	38.86	200m:	2:35.80	41.83	300m:	4:00.51	41.94
							350m:	4:43.28	42.77
							400m:	5:21.71	38.43
90.				11				<b>5:21.72</b>	287 3
	50m:	33.83	33.83	150m:	1:54.44	41.15	250m:	3:18.39	42.26
	100m:	1:13.29	39.46	200m:	2:36.13	41.69	300m:	4:00.61	42.22
							350m:	4:42.56	41.95
							400m:	5:21.72	39.16
91.				10				<b>5:23.03</b>	283 3
	50m:	34.24	34.24	150m:	1:56.41	41.75	250m:	3:20.60	41.86
	100m:	1:14.66	40.42	200m:	2:38.74	42.33	300m:	4:01.99	41.39
							350m:	4:43.45	41.46
							400m:	5:23.03	39.58
92.				11				<b>5:24.16</b>	280 3
	50m:	37.96	37.96	150m:	1:59.49	41.33	250m:	3:22.51	42.13
	100m:	1:18.16	40.20	200m:	2:40.38	40.89	300m:	4:04.72	42.21
							350m:	4:45.70	40.98
							400m:	5:24.16	38.46
93.				10				<b>5:24.34</b>	280 3
	50m:	34.26	34.26	150m:	1:56.83	41.88	250m:	3:20.63	42.04
	100m:	1:14.95	40.69	200m:	2:38.59	41.76	300m:	4:02.40	41.77
							350m:	4:44.65	42.25
							400m:	5:24.34	39.69
94.				11				<b>5:26.02</b>	275 3
	50m:	33.53	33.53	150m:	1:53.66	41.28	250m:	3:19.28	43.25
	100m:	1:12.38	38.85	200m:	2:36.03	42.37	300m:	4:02.53	43.25
							350m:	4:45.57	43.04
							400m:	5:26.02	40.45
95.				11			" "	<b>5:26.16</b>	275 3
	50m:	38.57	38.57	150m:	2:02.96	42.17	250m:	3:26.10	41.19
	100m:	1:20.79	42.22	200m:	2:44.91	41.95	300m:	4:06.57	40.47
							350m:	4:47.18	40.61
							400m:	5:26.16	38.98
96.				11				<b>5:28.38</b>	270 3
	50m:	34.27	34.27	150m:	1:57.13	42.71	250m:	3:22.23	42.68
	100m:	1:14.42	40.15	200m:	2:39.55	42.42	300m:	4:06.02	43.79
							350m:	4:48.91	42.89
							400m:	5:28.38	39.47
97.				10				<b>5:31.54</b>	262 3
	50m:	32.14	32.14	150m:	1:52.01	41.68	250m:	3:20.10	44.13
	100m:	1:10.33	38.19	200m:	2:35.97	43.96	300m:	4:04.63	44.53
							350m:	4:48.22	43.59
							400m:	5:31.54	43.32
98.				11			" "	<b>5:33.93</b>	256 3
	50m:	36.82	36.82	150m:	2:02.53	43.49	250m:	3:29.67	43.65
	100m:	1:19.04	42.22	200m:	2:46.02	43.49	300m:	4:13.52	43.85
							350m:	4:53.74	40.22
							400m:	5:33.93	40.19
99.				11			" "	<b>5:34.95</b>	254 3
	50m:	37.86	37.86	150m:	2:03.23	43.08	250m:	3:29.03	42.65
	100m:	1:20.15	42.29	200m:	2:46.38	43.15	300m:	4:11.65	42.62
							350m:	4:52.98	41.33
							400m:	5:34.95	41.97
100.				10				<b>5:35.06</b>	254 3
	50m:	35.12	35.12	150m:	1:57.18	42.40	250m:	3:23.07	42.69
	100m:	1:14.78	39.66	200m:	2:40.38	43.20	300m:	4:06.85	43.78
							350m:	4:51.76	44.91
							400m:	5:35.06	43.30
101.				11				<b>5:35.50</b>	253 3
	50m:	36.04	36.04	150m:	1:59.93	41.98	250m:	3:26.65	43.34
	100m:	1:17.95	41.91	200m:	2:43.31	43.38	300m:	4:10.57	43.92
							350m:	4:55.03	44.46
							400m:	5:35.50	40.47
102.				11				<b>5:37.44</b>	248 3
	50m:	33.88	33.88	150m:	1:57.03	42.79	250m:	3:25.94	45.13
	100m:	1:14.24	40.36	200m:	2:40.81	43.78	300m:	4:10.86	44.92
							350m:	4:55.62	44.76
							400m:	5:37.44	41.82
103.				11				<b>5:40.69</b>	241 3
	50m:	37.02	37.02	150m:	2:04.06	44.18	250m:	3:33.79	46.75
	100m:	1:19.88	42.86	200m:	2:47.04	42.98	300m:	4:20.79	47.00
							350m:	5:04.37	43.58
							400m:	5:40.69	36.32
104.				11			" "	<b>5:49.91</b>	223 3
	50m:	36.04	36.04	150m:	2:03.63	44.76	250m:	3:35.79	46.48
	100m:	1:18.87	42.83	200m:	2:49.31	45.68	300m:	4:21.66	45.87
							350m:	5:07.64	45.98
							400m:	5:49.91	42.27
105.				11			" "	<b>5:50.28</b>	222 3
	50m:	38.92	38.92	150m:	2:04.68	43.78	250m:	3:34.93	45.30
	100m:	1:20.90	41.98	200m:	2:49.63	44.95	300m:	4:20.45	45.52
							350m:	5:06.19	45.74
							400m:	5:50.28	44.09
106.				11				<b>5:50.40</b>	222 3
	50m:	35.38	35.38	150m:	2:01.40	44.05	250m:	3:33.96	47.13
	100m:	1:17.35	41.97	200m:	2:46.83	45.43	300m:	4:20.48	46.52
							350m:	5:06.73	46.25
							400m:	5:50.40	43.67

" "

Minsk, 26. - 28.3.2025

		4, , 400m				2010 - 2011						
107.				10				<b>5:52.45</b>	218	3		
	50m:	34.21	34.21	150m:	1:56.94	43.16	250m:	3:30.18	46.86	350m:	5:06.66	47.93
	100m:	1:13.78	39.57	200m:	2:43.32	46.38	300m:	4:18.73	48.55	400m:	5:52.45	45.79
108.				11				<b>5:53.09</b>	217	3		
	50m:	36.43	36.43	150m:	2:03.59	44.54	250m:	3:34.87	45.88	350m:	5:06.86	46.39
	100m:	1:19.05	42.62	200m:	2:48.99	45.40	300m:	4:20.47	45.60	400m:	5:53.09	46.23
109.				11				<b>5:54.49</b>	214	3		
	50m:	35.86	35.86	150m:	2:05.77	46.56	250m:	3:39.07	46.08	350m:	5:12.54	47.14
	100m:	1:19.21	43.35	200m:	2:52.99	47.22	300m:	4:25.40	46.33	400m:	5:54.49	41.95
110.				10				<b>6:01.45</b>	202			
	50m:	36.77	36.77	150m:	2:08.12	46.42	250m:	3:41.57	46.85	350m:	5:15.50	47.23
	100m:	1:21.70	44.93	200m:	2:54.72	46.60	300m:	4:28.27	46.70	400m:	6:01.45	45.95
111.				11				<b>6:11.50</b>	186			
	50m:	38.28	38.28	150m:	2:13.07	49.23	250m:	3:50.61	48.77	350m:	5:27.36	48.94
	100m:	1:23.84	45.56	200m:	3:01.84	48.77	300m:	4:38.42	47.81	400m:	6:11.50	44.14
DNF				10			" "					
2012 - 2013												
1.				12				<b>4:39.96</b>	435	2		
	50m:	30.23	30.23	150m:	1:40.87	35.64	250m:	2:53.97	36.74	350m:	4:06.58	35.49
	100m:	1:05.23	35.00	200m:	2:17.23	36.36	300m:	3:31.09	37.12	400m:	4:39.96	33.38
2.				12				<b>4:43.65</b>	418	2		
	50m:	31.20	31.20	150m:	1:42.53	35.96	250m:	2:56.48	36.91	350m:	4:09.73	36.25
	100m:	1:06.57	35.37	200m:	2:19.57	37.04	300m:	3:33.48	37.00	400m:	4:43.65	33.92
3.				12				<b>4:45.24</b>	412	2		
	50m:	31.15	31.15	150m:	1:42.74	36.40	250m:	2:56.31	36.66	350m:	4:09.22	35.54
	100m:	1:06.34	35.19	200m:	2:19.65	36.91	300m:	3:33.68	37.37	400m:	4:45.24	36.02
4.				12				<b>4:54.90</b>	372	2		
	50m:	31.66	31.66	150m:	1:45.23	37.81	250m:	3:01.53	38.41	350m:	4:18.57	38.18
	100m:	1:07.42	35.76	200m:	2:23.12	37.89	300m:	3:40.39	38.86	400m:	4:54.90	36.33
5.				12				<b>5:02.89</b>	344	2		
	50m:	33.45	33.45	150m:	1:49.99	38.94	250m:	2:48.97	20.06	350m:	4:26.44	38.80
	100m:	1:11.05	37.60	200m:	2:28.91	38.92	300m:	3:47.64	58.67	400m:	5:02.89	36.45
6.				12				<b>5:05.71</b>	334	2		
	50m:	33.13	33.13	150m:	1:49.64	39.05	250m:	3:10.14	40.06	350m:	4:29.07	39.09
	100m:	1:10.59	37.46	200m:	2:30.08	40.44	300m:	3:49.98	39.84	400m:	5:05.71	36.64
7.				12				<b>5:07.79</b>	327	2		
	50m:	33.41	33.41	150m:	1:52.76	40.56	250m:	3:12.83	40.10	350m:	4:32.06	39.08
	100m:	1:12.20	38.79	200m:	2:32.73	39.97	300m:	3:52.98	40.15	400m:	5:07.79	35.73
8.				12			" "	<b>5:08.61</b>	325	2		
	50m:	34.56	34.56	150m:	1:53.40	39.71	250m:	3:12.35	39.30	350m:	4:31.35	39.58
	100m:	1:13.69	39.13	200m:	2:33.05	39.65	300m:	3:51.77	39.42	400m:	5:08.61	37.26
9.				12			" "	<b>5:09.90</b>	321	2		
	50m:	33.65	33.65	150m:	1:52.09	39.96	250m:	3:13.19	40.56	350m:	4:33.39	39.94
	100m:	1:12.13	38.48	200m:	2:32.63	40.54	300m:	3:53.45	40.26	400m:	5:09.90	36.51
10.				12				<b>5:11.21</b>	317	2		
	50m:	33.62	33.62	150m:	1:52.24	39.87	250m:	3:14.75	41.46	350m:	4:35.46	39.87
	100m:	1:12.37	38.75	200m:	2:33.29	41.05	300m:	3:55.59	40.84	400m:	5:11.21	35.75
11.				12				<b>5:13.33</b>	310	3		
	50m:	35.41	35.41	150m:	1:55.54	40.17	250m:	3:15.62	39.27	350m:	4:35.26	39.83
	100m:	1:15.37	39.96	200m:	2:36.35	40.81	300m:	3:55.43	39.81	400m:	5:13.33	38.07
12.				12			" "	<b>5:13.79</b>	309	3		
	50m:	33.73	33.73	150m:	1:53.54	40.39	250m:	3:14.85	40.49	350m:	4:36.97	40.87
	100m:	1:13.15	39.42	200m:	2:34.36	40.82	300m:	3:56.10	41.25	400m:	5:13.79	36.82

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Minsk, 26. - 28.3.2025

4,		, 400m				2012 - 2013					
13.				12				<b>5:16.68</b>	301	3	
	50m:	34.30	34.30	150m:	1:54.67	41.01	250m:	3:16.93	40.89	350m:	4:37.94
	100m:	1:13.66	39.36	200m:	2:36.04	41.37	300m:	3:57.76	40.83	400m:	5:16.68
											40.18
											38.74
14.				12				<b>5:21.11</b>	288	3	
	50m:	34.23	34.23	150m:	1:55.60	41.41	250m:	3:18.78	41.64	350m:	4:42.77
	100m:	1:14.19	39.96	200m:	2:37.14	41.54	300m:	4:00.87	42.09	400m:	5:21.11
											41.90
											38.34
15.				12				<b>5:21.23</b>	288	3	
	50m:	34.42	34.42	150m:	1:55.90	41.84	250m:			350m:	
	100m:	1:14.06	39.64	200m:	2:15.77	19.87	300m:	3:39.80		400m:	5:21.23
16.				12				<b>5:22.83</b>	284	3	
	50m:	34.29	34.29	150m:	1:54.22	41.00	250m:	3:18.15	41.79	350m:	4:42.75
	100m:	1:13.22	38.93	200m:	2:36.36	42.14	300m:	4:00.21	42.06	400m:	5:22.83
											42.54
											40.08
17.				12			" "	<b>5:23.64</b>	282	3	
	50m:	35.62	35.62	150m:	1:57.89	41.97	250m:	3:22.91	42.32	350m:	4:45.93
	100m:	1:15.92	40.30	200m:	2:40.59	42.70	300m:	4:05.32	42.41	400m:	5:23.64
											40.61
											37.71
18.				12				<b>5:25.45</b>	277	3	
	50m:	35.40	35.40	150m:	1:56.53	41.34	250m:	3:20.88	42.56	350m:	4:45.70
	100m:	1:15.19	39.79	200m:	2:38.32	41.79	300m:	4:03.39	42.51	400m:	5:25.45
											42.31
											39.75
19.				13			" "	<b>5:25.92</b>	276	3	
	50m:	35.44	35.44	150m:	1:57.39	41.79	250m:	3:21.33	41.68	350m:	
	100m:	1:15.60	40.16	200m:	2:39.65	42.26	300m:	4:04.34	43.01	400m:	5:25.92
20.				12				<b>5:25.99</b>	276	3	
	50m:	37.01	37.01	150m:	1:58.88	41.09	250m:	3:22.07	42.04	350m:	4:45.21
	100m:	1:17.79	40.78	200m:	2:40.03	41.15	300m:	4:03.70	41.63	400m:	5:25.99
											41.51
											40.78
21.				12				<b>5:27.05</b>	273	3	
	50m:	34.93	34.93	150m:	1:55.39	41.17	250m:	3:20.74	42.98	350m:	4:46.56
	100m:	1:14.22	39.29	200m:	2:37.76	42.37	300m:	4:03.67	42.93	400m:	5:27.05
											42.89
											40.49
22.				12				<b>5:27.38</b>	272	3	
	50m:	34.61	34.61	150m:	1:55.95	41.33	250m:	3:20.48	42.56	350m:	4:46.52
	100m:	1:14.62	40.01	200m:	2:37.92	41.97	300m:	4:03.45	42.97	400m:	5:27.38
											43.07
											40.86
23.				12			" "	<b>5:27.82</b>	271	3	
	50m:	36.03	36.03	150m:	1:59.97	42.35	250m:	3:24.33	42.03	350m:	4:47.78
	100m:	1:17.62	41.59	200m:	2:42.30	42.33	300m:	4:06.59	42.26	400m:	5:27.82
											41.19
											40.04
24.				13				<b>5:31.57</b>	262	3	
	50m:	22.37	22.37	150m:	2:01.03	42.73	250m:	3:26.49	43.06	350m:	4:51.62
	100m:	1:18.30	55.93	200m:	2:43.43	42.40	300m:	4:09.00	42.51	400m:	5:31.57
											42.62
											39.95
25.				12			" "	<b>5:32.91</b>	259	3	
	50m:	37.83	37.83	150m:	2:01.42	42.41	250m:	3:26.22	42.42	350m:	4:50.72
	100m:	1:19.01	41.18	200m:	2:43.80	42.38	300m:	4:08.69	42.47	400m:	5:32.91
											42.03
											42.19
26.				12				<b>5:33.43</b>	257	3	
	50m:	34.42	34.42	150m:	1:58.49	42.74	250m:	3:25.18	42.51	350m:	4:51.38
	100m:	1:15.75	41.33	200m:	2:42.67	44.18	300m:	4:09.49	44.31	400m:	5:33.43
											41.89
											42.05
27.				12				<b>5:34.87</b>	254	3	
	50m:	11.24	11.24	150m:	1:17.13	41.64	250m:	2:43.28	42.96	350m:	4:09.37
	100m:	35.49	24.25	200m:	2:00.32	43.19	300m:	3:26.35	43.07	400m:	5:34.87
											43.02
											1:25.50
28.				12				<b>5:36.36</b>	251	3	
	50m:	34.46	34.46	150m:	1:58.18	42.89	250m:	3:26.47	44.36	350m:	4:55.14
	100m:	1:15.29	40.83	200m:	2:42.11	43.93	300m:	4:11.18	44.71	400m:	5:36.36
											43.96
											41.22
29.				13			" "	<b>5:40.81</b>	241	3	
	50m:	42.08	42.08	150m:	2:19.45	50.05	250m:	4:00.15	50.65	350m:	5:40.82
	100m:	1:29.40	47.32	200m:	3:09.50	50.05	300m:	4:50.92	50.77	400m:	5:40.81
											49.90
30.				12				<b>5:40.82</b>	241	3	
	50m:	37.27	37.27	150m:	2:02.29	43.17	250m:	3:30.18	43.98	350m:	4:58.49
	100m:	1:19.12	41.85	200m:	2:46.20	43.91	300m:	4:13.98	43.80	400m:	5:40.82
											44.51
											42.33

" " " " " "

Minsk, 26. - 28.3.2025

4,		, 400m				2012 - 2013						
31.				13				<b>5:41.17</b>	240 3			
	50m:	37.12	37.12	150m:	2:03.38	43.73	250m:	3:30.23	43.40	350m:	4:59.54	44.59
	100m:	1:19.65	42.53	200m:	2:46.83	43.45	300m:	4:14.95	44.72	400m:	5:41.17	41.63
32.				12			" "	<b>5:41.43</b>	240 3			
	50m:	36.22	36.22	150m:	2:01.88	43.63	250m:	3:29.40	43.77	350m:	4:57.86	44.02
	100m:	1:18.25	42.03	200m:	2:45.63	43.75	300m:	4:13.84	44.44	400m:	5:41.43	43.57
33.				12			" "	<b>5:41.76</b>	239 3			
	50m:	37.77	37.77	150m:	2:03.61	43.67	250m:	3:30.54	43.43	350m:	4:57.67	42.90
	100m:	1:19.94	42.17	200m:	2:47.11	43.50	300m:	4:14.77	44.23	400m:	5:41.76	44.09
34.				12			" "	<b>5:42.15</b>	238 3			
	50m:	33.88	33.88	150m:	1:58.76	45.22	250m:	3:27.40	44.50	350m:	4:57.78	45.26
	100m:	1:13.54	39.66	200m:	2:42.90	44.14	300m:	4:12.52	45.12	400m:	5:42.15	44.37
35.				12				<b>5:44.62</b>	233 3			
	50m:	35.99	35.99	150m:	2:00.52	43.21	250m:	3:30.27	44.98	350m:	5:00.70	45.42
	100m:	1:17.31	41.32	200m:	2:45.29	44.77	300m:	4:15.28	45.01	400m:	5:44.62	43.92
36.				12				<b>5:47.34</b>	228 3			
	50m:	37.92	37.92	150m:	2:07.07	45.05	250m:	3:36.81	44.99	350m:	5:07.56	45.14
	100m:	1:22.02	44.10	200m:	2:51.82	44.75	300m:	4:22.42	45.61	400m:	5:47.34	39.78
37.				12				<b>5:47.65</b>	227 3			
	50m:	36.01	36.01	150m:	2:05.71	45.63	250m:	3:34.85	43.04	350m:	5:04.98	44.48
	100m:	1:20.08	44.07	200m:	2:51.81	46.10	300m:	4:20.50	45.65	400m:	5:47.65	42.67
38.				12			" "	<b>5:48.19</b>	226 3			
	50m:	38.84	38.84	150m:	2:08.06	44.74	250m:	3:37.60	44.71	350m:	5:06.63	44.57
	100m:	1:23.32	44.48	200m:	2:52.89	44.83	300m:	4:22.06	44.46	400m:	5:48.19	41.56
39.				13				<b>5:48.44</b>	226 3			
	50m:	38.16	38.16	150m:	2:06.30	44.54	250m:	3:36.01	45.12	350m:	5:06.17	44.83
	100m:	1:21.76	43.60	200m:	2:50.89	44.59	300m:	4:21.34	45.33	400m:	5:48.44	42.27
40.				12				<b>5:48.72</b>	225 3			
	50m:	19.07	19.07	150m:	2:01.73	44.28	250m:	3:32.08	45.74	350m:	5:02.14	45.05
	100m:	1:17.45	58.38	200m:	2:46.34	44.61	300m:	4:17.09	45.01	400m:	5:48.72	46.58
41.				12				<b>5:49.08</b>	224 3			
	50m:	37.08	37.08	150m:	2:03.89	44.38	250m:	3:34.09	45.40	350m:	5:05.84	44.77
	100m:	1:19.51	42.43	200m:	2:48.69	44.80	300m:	4:21.07	46.98	400m:	5:49.08	43.24
42.				12				<b>5:50.25</b>	222 3			
	50m:	35.47	35.47	150m:	2:02.01	44.33	250m:	3:33.37	45.77	350m:	5:06.51	46.11
	100m:	1:17.68	42.21	200m:	2:47.60	45.59	300m:	4:20.40	47.03	400m:	5:50.25	43.74
43.				12			" "	<b>5:50.91</b>	221 3			
	50m:	38.22	38.22	150m:	2:07.01	45.38	250m:	3:37.52	45.59	350m:	5:08.29	46.08
	100m:	1:21.63	43.41	200m:	2:51.93	44.92	300m:	4:22.21	44.69	400m:	5:50.91	42.62
44.				12				<b>5:54.90</b>	213 3			
	50m:	37.93	37.93	150m:	2:10.03	47.71	250m:	3:41.97	45.73	350m:	5:13.54	45.43
	100m:	1:22.32	44.39	200m:	2:56.24	46.21	300m:	4:28.11	46.14	400m:	5:54.90	41.36
45.				12				<b>5:55.94</b>	212 3			
	50m:	38.89	38.89	150m:	2:08.32	45.39	250m:	3:40.33	46.05	350m:	5:11.51	45.11
	100m:	1:22.93	44.04	200m:	2:54.28	45.96	300m:	4:26.40	46.07	400m:	5:55.94	44.43
46.				13				<b>5:56.51</b>	211 3			
	50m:	37.13	37.13	150m:	2:07.81	46.03	250m:	3:38.78	45.35	350m:	5:12.51	46.49
	100m:	1:21.78	44.65	200m:	2:53.43	45.62	300m:	4:26.02	47.24	400m:	5:56.51	44.00
47.				12				<b>6:02.11</b>	201			
	50m:	39.75	39.75	150m:	2:11.00	46.86	250m:	3:44.59	46.60	350m:	5:18.50	47.03
	100m:	1:24.14	44.39	200m:	2:57.99	46.99	300m:	4:31.47	46.88	400m:	6:02.11	43.61
48.				12				<b>6:02.47</b>	200			
	50m:	37.65	37.65	150m:	2:10.09	46.53	250m:	3:44.18	47.31	350m:	5:18.65	46.65
	100m:	1:23.56	45.91	200m:	2:56.87	46.78	300m:	4:32.00	47.82	400m:	6:02.47	43.82

" "

Minsk, 26. - 28.3.2025

		4, , 400m				2012 - 2013						
49.				12	"	"			<b>6:04.81</b>	196		
	50m:	38.17	38.17	150m:	2:09.47	46.82	250m:	3:45.33	48.19	350m:	5:20.50	47.16
	100m:	1:22.65	44.48	200m:	2:57.14	47.67	300m:	4:33.34	48.01	400m:	6:04.81	44.31
50.				12						<b>6:07.90</b>	192	
	50m:	38.02	38.02	150m:	2:09.55	46.65	250m:	3:45.07	48.24	350m:	5:20.63	47.15
	100m:	1:22.90	44.88	200m:	2:56.83	47.28	300m:	4:33.48	48.41	400m:	6:07.90	47.27
51.				13						<b>6:08.71</b>	190	
	50m:	38.60	38.60	150m:	2:12.29	47.60	250m:	3:47.59	47.85	350m:	5:23.74	47.25
	100m:	1:24.69	46.09	200m:	2:59.74	47.45	300m:	4:36.49	48.90	400m:	6:08.71	44.97
52.				12						<b>6:10.48</b>	188	
	50m:	38.58	38.58	150m:	2:10.97	47.87	250m:	3:48.49	48.80	350m:	5:26.17	48.87
	100m:	1:23.10	44.52	200m:	2:59.69	48.72	300m:	4:37.30	48.81	400m:	6:10.48	44.31
53.				13	"	"				<b>6:11.91</b>	185	
	50m:	38.45	38.45	150m:	2:09.88	47.29	250m:	3:47.69	48.98	350m:	5:25.51	48.76
	100m:	1:22.59	44.14	200m:	2:58.71	48.83	300m:	4:36.75	49.06	400m:	6:11.91	46.40
54.				12						<b>6:12.16</b>	185	
	50m:	38.82	38.82	150m:	2:13.42	48.86	250m:	3:50.92	49.24	350m:	5:27.02	48.28
	100m:	1:24.56	45.74	200m:	3:01.68	48.26	300m:	4:38.74	47.82	400m:	6:12.16	45.14
55.				12						<b>6:13.60</b>	183	
	50m:	42.64	42.64	150m:	2:18.98	47.22	250m:	3:54.07	47.12	350m:	5:30.39	48.99
	100m:	1:31.76	49.12	200m:	3:06.95	47.97	300m:	4:41.40	47.33	400m:	6:13.60	43.21
56.				12	"	"				<b>6:16.91</b>	178	
	50m:	40.60	40.60	150m:	2:15.60	49.08	250m:	3:54.39	49.66	350m:	5:33.86	48.96
	100m:	1:26.52	45.92	200m:	3:04.73	49.13	300m:	4:44.90	50.51	400m:	6:16.91	43.05
57.				13						<b>6:26.89</b>	165	
	50m:	40.27	40.27	150m:	2:16.26	48.99	250m:	3:55.33	49.93	350m:	5:37.59	51.29
	100m:	1:27.27	47.00	200m:	3:05.40	49.14	300m:	4:46.30	50.97	400m:	6:26.89	49.30
58.				12	"	"				<b>6:31.98</b>	158	
	50m:	40.46	40.46	150m:	2:18.32	50.53	250m:	4:01.22	51.60	350m:	5:43.79	50.53
	100m:	1:27.79	47.33	200m:	3:09.62	51.30	300m:	4:53.26	52.04	400m:	6:31.98	48.19
59.				12						<b>6:32.31</b>	158	
	50m:	39.22	39.22	150m:	2:15.29	49.38	250m:	3:57.80	51.38	350m:	5:41.48	51.85
	100m:	1:25.91	46.69	200m:	3:06.42	51.13	300m:	4:49.63	51.83	400m:	6:32.31	50.83
60.				12						<b>6:36.65</b>	153	
	50m:	43.73	43.73	150m:	2:25.03	51.05	250m:	4:09.75	52.40	350m:	5:51.98	49.17
	100m:	1:33.98	50.25	200m:	3:17.35	52.32	300m:	5:02.81	53.06	400m:	6:36.65	44.67
DSQ				12	"	"				<b>5:23.18</b>	3	
	50m:	11.06	11.06	150m:	1:27.87	45.86	250m:	3:03.48	48.04	350m:	4:38.93	48.12
	100m:	42.01	30.95	200m:	2:15.44	47.57	300m:	3:50.81	47.33	400m:	5:23.18	44.25