



Minsk, 27. - 29.3.2024



1
27.03.2024 - 10:40

, 400m

2007

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

: FINA 2023

2011

1.				11					5:08.42	591		
	50m:	33.63	33.63	150m:	1:52.45	39.90	250m:	3:15.12	43.35	350m:	4:33.47	34.81
	100m:	1:12.55	38.92	200m:	2:31.77	39.32	300m:	3:58.66	43.54	400m:	5:08.42	34.95
2.				11			"	"	5:16.90	545		
	50m:	13.19	13.19	150m:	1:00.33		250m:	1:34.08		350m:	2:10.18	15.42
	100m:			200m:			300m:	1:54.76	20.68	400m:	5:16.90	3:06.72
3.				11					5:24.03	510	1	
	50m:	32.48	32.48	150m:	1:55.36	44.97	250m:	3:27.36	46.12	350m:	4:49.63	35.75
	100m:	1:10.39	37.91	200m:	2:41.24	45.88	300m:	4:13.88	46.52	400m:	5:24.03	34.40
4.				11					5:30.03	482	1	
	50m:	34.64	34.64	150m:	1:57.41	41.00	250m:	3:27.57	48.51	350m:	4:53.39	37.11
	100m:	1:16.41	41.77	200m:	2:39.06	41.65	300m:	4:16.28	48.71	400m:	5:30.03	36.64
5.				11					5:31.14	478	1	
	50m:	36.88	36.88	150m:	2:01.68	41.67	250m:	3:28.97	46.24	350m:	4:54.40	38.26
	100m:	1:20.01	43.13	200m:	2:42.73	41.05	300m:	4:16.14	47.17	400m:	5:31.14	36.74
6.				11					5:36.64	455	1	
	50m:	39.02	39.02	150m:	2:04.72	41.66	250m:	3:33.00	48.37	350m:	5:00.80	39.45
	100m:	1:23.06	44.04	200m:	2:44.63	39.91	300m:	4:21.35	48.35	400m:	5:36.64	35.84
7.				11					5:39.05	445	1	
	50m:	37.85	37.85	150m:	2:03.95	42.06	250m:	3:35.06	49.01	350m:	5:01.35	38.58
	100m:	1:21.89	44.04	200m:	2:46.05	42.10	300m:	4:22.77	47.71	400m:	5:39.05	37.70
8.				11					5:41.02	437	1	
	50m:	37.96	37.96	150m:	2:05.61	43.42	250m:	3:36.21	47.59	350m:	5:03.13	39.06
	100m:	1:22.19	44.23	200m:	2:48.62	43.01	300m:	4:24.07	47.86	400m:	5:41.02	37.89
9.				11					5:53.32	393	2	
	50m:	37.98	37.98	150m:	2:09.39	44.77	250m:	3:43.09	49.29	350m:	5:11.96	40.42
	100m:	1:24.62	46.64	200m:	2:53.80	44.41	300m:	4:31.54	48.45	400m:	5:53.32	41.36
10.				11			"	"	5:59.92	372	2	
	50m:	39.75	39.75	150m:	2:13.72	44.88	250m:	3:49.60	51.41	350m:	5:20.12	39.72
	100m:	1:28.84	49.09	200m:	2:58.19	44.47	300m:	4:40.40	50.80	400m:	5:59.92	39.80
11.				11			"	"	6:14.26	331	2	
	50m:	41.94	41.94	150m:	2:13.78	43.97	250m:	3:51.65	52.52	350m:	5:30.28	45.46
	100m:	1:29.81	47.87	200m:	2:59.13	45.35	300m:	4:44.82	53.17	400m:	6:14.26	43.98
12.				11			"	"	6:21.71	312	2	
	50m:	42.42	42.42	150m:	2:20.08	47.28	250m:	4:01.91	54.66	350m:	5:40.52	44.37
	100m:	1:32.80	50.38	200m:	3:07.25	47.17	300m:	4:56.15	54.24	400m:	6:21.71	41.19
13.				11					6:37.51	276	3	
	50m:	38.88	38.88	150m:	2:19.37	52.43	250m:	4:06.04	53.75	350m:	5:52.63	49.67
	100m:	1:26.94	48.06	200m:	3:12.29	52.92	300m:	5:02.96	56.92	400m:	6:37.51	44.88
14.				13					6:52.35	247	3	
	50m:	45.45	45.45	150m:	2:30.42	50.42	250m:	4:20.74	1:00.62	350m:	6:08.03	46.73
	100m:	1:40.00	54.55	200m:	3:20.12	49.70	300m:	5:21.30	1:00.56	400m:	6:52.35	44.32
15.				12					6:55.56	241	3	
	50m:	44.68	44.68	150m:	2:36.21	52.02	250m:	4:24.82	56.33	350m:	6:09.10	48.32
	100m:	1:44.19	59.51	200m:	3:28.49	52.28	300m:	5:20.78	55.96	400m:	6:55.56	46.46



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1,	, 400m			, 2011							
/											
16.				12				7:17.32	207		
50m:	47.43	47.43	150m:	2:37.60	50.75	250m:	4:31.13	1:01.30	350m:	6:25.86	52.83
100m:	1:46.85	59.42	200m:	3:29.83	52.23	300m:	5:33.03	1:01.90	400m:	7:17.32	51.46
17.				12				7:26.51	195		
50m:	50.82	50.82	150m:	2:44.59	53.62	250m:	4:41.44	1:01.68	350m:	6:35.70	52.30
100m:	1:50.97	1:00.15	200m:	3:39.76	55.17	300m:	5:43.40	1:01.96	400m:	7:26.51	50.81
DSQ				12				6:26.58	2		
50m:	41.76	41.76	150m:	2:21.13	50.88	250m:	4:06.33	54.47	350m:	5:44.00	45.49
100m:	1:30.25	48.49	200m:	3:11.86	50.73	300m:	4:58.51	52.18	400m:	6:26.58	42.58
DSQ				13				6:57.46	3		
50m:	42.31	42.31	150m:	2:32.34	52.74	250m:	4:23.67	58.05	350m:	6:10.90	47.53
100m:	1:39.60	57.29	200m:	3:25.62	53.28	300m:	5:23.37	59.70	400m:	6:57.46	46.56

2009 - 2010

1.				09				5:12.43	569		
50m:	35.59	35.59	150m:	1:56.58	40.94	250m:	3:20.47	42.87	350m:	4:38.12	34.31
100m:	1:15.64	40.05	200m:	2:37.60	41.02	300m:	4:03.81	43.34	400m:	5:12.43	34.31
2.				10				5:20.97	525		
50m:	33.71	33.71	150m:	1:54.16	40.80	250m:	3:24.35	49.88	350m:	4:46.87	34.08
100m:	1:13.36	39.65	200m:	2:34.47	40.31	300m:	4:12.79	48.44	400m:	5:20.97	34.10
3.				10				5:24.34	508 1		
50m:	33.54	33.54	150m:	1:57.93	42.89	250m:	3:23.08	43.73	350m:	4:47.65	38.90
100m:	1:15.04	41.50	200m:	2:39.35	41.42	300m:	4:08.75	45.67	400m:	5:24.34	36.69
4.				09				5:30.15	482 1		
50m:	36.69	36.69	150m:	2:00.53	39.81	250m:	3:28.64	48.29	350m:	4:54.19	37.13
100m:	1:20.72	44.03	200m:	2:40.35	39.82	300m:	4:17.06	48.42	400m:	5:30.15	35.96
5.				10				5:31.09	478 1		
50m:	37.77	37.77	150m:	2:02.71	43.63	250m:	3:32.77	47.22	350m:	4:55.12	36.62
100m:	1:19.08	41.31	200m:	2:45.55	42.84	300m:	4:18.50	45.73	400m:	5:31.09	35.97
6.				10				5:31.66	475 1		
50m:	36.75	36.75	150m:	2:04.45	42.84	250m:	3:31.08	43.17	350m:	4:54.93	38.73
100m:	1:21.61	44.86	200m:	2:47.91	43.46	300m:	4:16.20	45.12	400m:	5:31.66	36.73
7.				10				5:33.23	469 1		
50m:	13.00	13.00	150m:	55.18	21.71	250m:	1:18.53		350m:	2:01.61	22.25
100m:	33.47	20.47	200m:			300m:	1:39.36	20.83	400m:	5:33.23	3:31.62
8.				10				5:34.63	463 1		
50m:	37.19	37.19	150m:	2:03.18	42.50	250m:	3:31.01	46.42	350m:	4:56.28	38.84
100m:	1:20.68	43.49	200m:	2:44.59	41.41	300m:	4:17.44	46.43	400m:	5:34.63	38.35
9.				10				5:37.35	452 1		
50m:	34.99	34.99	150m:	1:58.91	44.11	250m:	3:33.32	49.99	350m:	5:00.49	38.09
100m:	1:14.80	39.81	200m:	2:43.33	44.42	300m:	4:22.40	49.08	400m:	5:37.35	36.86
10.				09				5:39.13	445 1		
50m:	34.23	34.23	150m:	2:00.01	40.53	250m:	3:30.08	50.94	350m:	4:59.21	40.97
100m:	1:19.48	45.25	200m:	2:39.14	39.13	300m:	4:18.24	48.16	400m:	5:39.13	39.92
11.				09				5:39.68	442 1		
50m:	14.43	14.43	150m:	49.01	15.56	250m:	1:31.92	25.10	350m:	2:05.25	18.18
100m:	33.45	19.02	200m:	1:06.82	17.81	300m:	1:47.07	15.15	400m:	5:39.68	3:34.43



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1,		, 400m				2009 - 2010						
				/								
12.				09		"	"	5:42.88	430 1			
	50m:	13.63	13.63	150m:	1:02.43	28.06	250m:	1:23.61	350m:	2:04.92	15.33	
	100m:	34.37	20.74	200m:			300m:	1:49.59	25.98	400m:	5:42.88	3:37.96
13.				10				5:48.46	410 2			
	50m:	11.20	11.20	150m:			250m:		350m:	2:10.55	25.14	
	100m:	28.70	17.50	200m:	1:12.59		300m:	1:45.41		400m:	5:48.46	3:37.91
14.				10				5:54.07	391 2			
	50m:	38.35	38.35	150m:	2:10.53	46.22	250m:	3:45.97	50.41	350m:	5:16.58	40.10
	100m:	1:24.31	45.96	200m:	2:55.56	45.03	300m:	4:36.48	50.51	400m:	5:54.07	37.49
15.				09			"	"	5:57.90	378 2		
	50m:	37.71	37.71	150m:	2:11.83	46.76	250m:	3:49.10	51.70	350m:	5:20.31	39.34
	100m:	1:25.07	47.36	200m:	2:57.40	45.57	300m:	4:40.97	51.87	400m:	5:57.90	37.59
16.				09				6:02.94	363 2			
	50m:	39.07	39.07	150m:	2:08.20	43.92	250m:	3:45.31	54.08	350m:	5:20.93	42.38
	100m:	1:24.28	45.21	200m:	2:51.23	43.03	300m:	4:38.55	53.24	400m:	6:02.94	42.01
17.				10				6:06.15	353 2			
	50m:	39.69	39.69	150m:	2:16.56	48.58	250m:	3:51.32	48.24	350m:	5:24.32	42.38
	100m:	1:27.98	48.29	200m:	3:03.08	46.52	300m:	4:41.94	50.62	400m:	6:06.15	41.83
18.				10			"	"	6:13.69	332 2		
	50m:	42.14	42.14	150m:	2:14.60	45.87	250m:	3:52.62	52.85	350m:	5:29.90	44.46
	100m:	1:28.73	46.59	200m:	2:59.77	45.17	300m:	4:45.44	52.82	400m:	6:13.69	43.79
19.				10				6:22.31	310 2			
	50m:	42.36	42.36	150m:	2:18.06	46.21	250m:	3:58.51	54.05	350m:	5:39.45	45.39
	100m:	1:31.85	49.49	200m:	3:04.46	46.40	300m:	4:54.06	55.55	400m:	6:22.31	42.86
DSQ				10				5:46.18	2			
	50m:	16.45	16.45	150m:	57.45	20.13	250m:	1:42.06	24.24	350m:	2:21.55	19.70
	100m:	37.32	20.87	200m:	1:17.82	20.37	300m:	2:01.85	19.79	400m:	5:46.18	3:24.63
2007 - 2008												
1.				07				5:14.61	557			
	50m:	32.12	32.12	150m:	1:49.69	39.84	250m:	3:16.54	46.21	350m:	4:39.92	35.86
	100m:	1:09.85	37.73	200m:	2:30.33	40.64	300m:	4:04.06	47.52	400m:	5:14.61	34.69
2.				07			"	-2011"	5:24.96	505 1		
	50m:	34.76	34.76	150m:	1:56.79	42.09	250m:	3:23.43	45.07	350m:	4:47.50	37.82
	100m:	1:14.70	39.94	200m:	2:38.36	41.57	300m:	4:09.68	46.25	400m:	5:24.96	37.46
3.				07				5:26.37	499 1			
	50m:	16.00	16.00	150m:	59.71	22.99	250m:			350m:	2:07.51	20.43
	100m:	36.72	20.72	200m:	1:18.38	18.67	300m:	1:47.08		400m:	5:26.37	3:18.86
4.				08				5:26.77	497 1			
	50m:	31.96	31.96	150m:	1:53.42	42.38	250m:	3:19.24	44.97	350m:	4:46.46	41.14
	100m:	1:11.04	39.08	200m:	2:34.27	40.85	300m:	4:05.32	46.08	400m:	5:26.77	40.31
5.				08				5:39.73	442 1			
	50m:	13.66	13.66	150m:	1:02.78	20.02	250m:	1:41.34	17.08	350m:		
	100m:	42.76	29.10	200m:	1:24.26	21.48	300m:	2:01.44	20.10	400m:	5:39.73	
6.				08			"	"	5:47.35	414 2		
	50m:	36.29	36.29	150m:	2:00.37	42.16	250m:	3:33.20	51.94	350m:	5:05.84	40.40
	100m:	1:18.21	41.92	200m:	2:41.26	40.89	300m:	4:25.44	52.24	400m:	5:47.35	41.51



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2
27.03.2024 - 11:26

, 400m

2006

: 4:31.00 / : 4:49.50 / 1 : 5:08.00 / 2 : 5:49.50 / 3 : 6:36.50

: FINA 2023

2010

1.				10		"	"		5:05.30	454	1	
	50m:	31.77	31.77	150m:	1:47.06	36.91	250m:	3:09.72	45.15	350m:	4:30.75	35.93
	100m:	1:10.15	38.38	200m:	2:24.57	37.51	300m:	3:54.82	45.10	400m:	5:05.30	34.55
2.				10					5:06.15	451	1	
	50m:	31.61	31.61	150m:	1:48.29	38.33	250m:	3:12.02	43.55	350m:	4:32.89	34.76
	100m:	1:09.96	38.35	200m:	2:28.47	40.18	300m:	3:58.13	46.11	400m:	5:06.15	33.26
3.				10					5:07.77	444	1	
	50m:	32.72	32.72	150m:	1:50.04	39.56	250m:	3:14.99	44.97	350m:	4:34.25	34.44
	100m:	1:10.48	37.76	200m:	2:30.02	39.98	300m:	3:59.81	44.82	400m:	5:07.77	33.52
4.				10		"	"		5:17.01	406	2	
	50m:	34.40	34.40	150m:	1:55.32	40.20	250m:	3:17.87	42.13	350m:	4:40.90	37.51
	100m:	1:15.12	40.72	200m:	2:35.74	40.42	300m:	4:03.39	45.52	400m:	5:17.01	36.11
5.				11					5:17.64	403	2	
	50m:	36.99	36.99	150m:	1:58.46	39.92	250m:	3:23.69	45.70	350m:	4:44.01	35.66
	100m:	1:18.54	41.55	200m:	2:37.99	39.53	300m:	4:08.35	44.66	400m:	5:17.64	33.63
6.				10					5:20.55	393	2	
	50m:	35.79	35.79	150m:	1:58.13	42.22	250m:	3:23.04	41.39	350m:	4:43.62	37.30
	100m:	1:15.91	40.12	200m:	2:41.65	43.52	300m:	4:06.32	43.28	400m:	5:20.55	36.93
7.				11					5:26.40	372	2	
	50m:	36.42	36.42	150m:	2:00.14	40.73	250m:	3:26.10	45.48	350m:	4:51.10	36.98
	100m:	1:19.41	42.99	200m:	2:40.62	40.48	300m:	4:14.12	48.02	400m:	5:26.40	35.30
8.				10					5:34.52	345	2	
	50m:	37.16	37.16	150m:	2:01.83	43.02	250m:	3:32.93	48.30	350m:	4:57.29	36.82
	100m:	1:18.81	41.65	200m:	2:44.63	42.80	300m:	4:20.47	47.54	400m:	5:34.52	37.23
9.				12					5:40.42	328	2	
	50m:	36.88	36.88	150m:	2:02.31	44.01	250m:	3:33.73	47.85	350m:	5:03.19	40.63
	100m:	1:18.30	41.42	200m:	2:45.88	43.57	300m:	4:22.56	48.83	400m:	5:40.42	37.23
10.				10					5:45.07	315	2	
	50m:	35.20	35.20	150m:	2:03.19	45.36	250m:	3:37.13	50.26	350m:	5:06.93	40.17
	100m:	1:17.83	42.63	200m:	2:46.87	43.68	300m:	4:26.76	49.63	400m:	5:45.07	38.14
11.				10					5:48.95	304	2	
	50m:	39.37	39.37	150m:	2:08.16	43.20	250m:	3:42.58	50.05	350m:	5:11.02	38.87
	100m:	1:24.96	45.59	200m:	2:52.53	44.37	300m:	4:32.15	49.57	400m:	5:48.95	37.93
12.				10		"	"		5:49.28	303	2	
	50m:	38.67	38.67	150m:	2:06.75	44.17	250m:	3:42.02	51.40	350m:	5:11.58	37.36
	100m:	1:22.58	43.91	200m:	2:50.62	43.87	300m:	4:34.22	52.20	400m:	5:49.28	37.70
13.				10					5:51.34	298	3	
	50m:	41.38	41.38	150m:	2:12.71	42.37	250m:	3:42.32	47.30	350m:	5:12.98	41.33
	100m:	1:30.34	48.96	200m:	2:55.02	42.31	300m:	4:31.65	49.33	400m:	5:51.34	38.36
14.				10					5:52.76	294	3	
	50m:	38.20	38.20	150m:	2:13.32	47.23	250m:	3:45.71	47.39	350m:	5:14.85	41.50
	100m:	1:26.09	47.89	200m:	2:58.32	45.00	300m:	4:33.35	47.64	400m:	5:52.76	37.91
15.				11		"	"		5:54.77	289	3	
	50m:	39.49	39.49	150m:	2:11.22	45.94	250m:	3:43.67	46.45	350m:	5:13.85	42.79
	100m:	1:25.28	45.79	200m:	2:57.22	46.00	300m:	4:31.06	47.39	400m:	5:54.77	40.92



Minsk, 27. - 29.3.2024



		2, , 400m				, 2010					
				/							
16.				11				5:55.86	287	3	
	50m:	38.21	38.21	150m:	2:08.85	45.52	250m:	3:47.56	54.75	350m:	5:19.99
	100m:	1:23.33	45.12	200m:	2:52.81	43.96	300m:	4:41.61	54.05	400m:	5:55.86
											38.38
											35.87
17.				10			" "	5:55.96	287	3	
	50m:	13.75	13.75	150m:	2:12.58	44.55	250m:	3:46.56	49.10	350m:	5:17.41
	100m:	1:28.03	1:14.28	200m:	2:57.46	44.88	300m:	4:36.91	50.35	400m:	5:55.96
											40.50
											38.55
18.				12				6:05.12	265	3	
	50m:	38.69	38.69	150m:	2:08.87	45.79	250m:	3:48.75	54.84	350m:	5:26.15
	100m:	1:23.08	44.39	200m:	2:53.91	45.04	300m:	4:43.90	55.15	400m:	6:05.12
											42.25
											38.97
19.				13				6:08.66	258	3	
	50m:	37.64	37.64	150m:	2:10.41	48.48	250m:	3:50.52	52.67	350m:	5:25.64
	100m:	1:21.93	44.29	200m:	2:57.85	47.44	300m:	4:42.88	52.36	400m:	6:08.66
											42.76
											43.02
20.				12				6:12.87	249	3	
	50m:	12.52	12.52	150m:	1:28.23	49.16	250m:	3:02.13	47.34	350m:	4:50.41
	100m:	39.07	26.55	200m:	2:14.79	46.56	300m:	3:56.46	54.33	400m:	6:12.87
											53.95
											1:22.46
21.				11				6:16.70	242	3	
	50m:	37.28	37.28	150m:	2:16.56	48.34	250m:	3:56.44	53.22	350m:	5:35.61
	100m:	1:28.22	50.94	200m:	3:03.22	46.66	300m:	4:52.56	56.12	400m:	6:16.70
											43.05
											41.09
22.				12				6:18.74	238	3	
	50m:	42.23	42.23	150m:	2:21.23	48.18	250m:	4:01.80	52.95	350m:	5:37.37
	100m:	1:33.05	50.82	200m:	3:08.85	47.62	300m:	4:55.68	53.88	400m:	6:18.74
											41.69
											41.37
23.				12				6:33.33	212	3	
	50m:	43.06	43.06	150m:	2:22.93	50.47	250m:	4:07.75	57.12	350m:	5:50.46
	100m:	1:32.46	49.40	200m:	3:10.63	47.70	300m:	5:03.90	56.15	400m:	6:33.33
											46.56
											42.87
24.				12				6:35.27	209	3	
	50m:	41.55	41.55	150m:	2:25.24	52.32	250m:	4:12.16	55.04	350m:	5:52.71
	100m:	1:32.92	51.37	200m:	3:17.12	51.88	300m:	5:06.71	54.55	400m:	6:35.27
											46.00
											42.56
25.				12				6:38.25	204		
	50m:	46.98	46.98	150m:	2:32.02	48.69	250m:	4:12.98	52.22	350m:	5:53.62
	100m:	1:43.33	56.35	200m:	3:20.76	48.74	300m:	5:07.50	54.52	400m:	6:38.25
											46.12
											44.63
26.				12				7:28.82	143		
	50m:	50.56	50.56	150m:	2:53.81	51.81	250m:	4:47.59	59.74	350m:	6:41.20
	100m:	2:02.00	1:11.44	200m:	3:47.85	54.04	300m:	5:49.63	1:02.04	400m:	7:28.82
											51.57
											47.62
DSQ				12				5:51.22		3	
	50m:	39.90	39.90	150m:	2:09.14	43.46	250m:	3:44.82	52.23	350m:	5:15.25
	100m:	1:25.68	45.78	200m:	2:52.59	43.45	300m:	4:36.63	51.81	400m:	5:51.22
											38.62
											35.97
DSQ				12				6:45.23			
	50m:	41.44	41.44	150m:	2:27.06	53.17	250m:	4:12.93	51.88	350m:	5:56.75
	100m:	1:33.89	52.45	200m:	3:21.05	53.99	300m:	5:07.60	54.67	400m:	6:45.23
											49.15
											48.48

2008 - 2009

1.				08			" "	4:46.76	549		
	50m:	31.19	31.19	150m:	1:40.77	35.66	250m:	2:58.08	41.77	350m:	4:13.86
	100m:	1:05.11	33.92	200m:	2:16.31	35.54	300m:	3:40.66	42.58	400m:	4:46.76
											33.20
											32.90
2.				09			" "	4:54.64	506	1	
	50m:	30.69	30.69	150m:	1:43.15	36.34	250m:	3:04.37	43.33	350m:	4:21.49
	100m:	1:06.81	36.12	200m:	2:21.04	37.89	300m:	3:47.81	43.44	400m:	4:54.64
											33.68
											33.15



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2,	, 400m	,	2008 - 2009										
3.				08					4:57.05	493	1		
	50m: 30.02	30.02	150m: 1:45.19	37.48	250m: 3:07.13	43.39	350m: 4:24.02	34.16					
	100m: 1:07.71	37.69	200m: 2:23.74	38.55	300m: 3:49.86	42.73	400m: 4:57.05	33.03					
4.				09		" "			4:57.94	489	1		
	50m: 31.13	31.13	150m: 1:44.09	39.18	250m: 3:06.20	43.35	350m: 4:24.34	34.87					
	100m: 1:04.91	33.78	200m: 2:22.85	38.76	300m: 3:49.47	43.27	400m: 4:57.94	33.60					
5.				08		" "			5:02.75	466	1		
	50m: 32.52	32.52	150m: 1:47.45	36.68	250m: 3:08.68	43.93	350m: 4:27.49	35.31					
	100m: 1:10.77	38.25	200m: 2:24.75	37.30	300m: 3:52.18	43.50	400m: 5:02.75	35.26					
6.				09		" "			5:05.83	452	1		
	50m: 33.93	33.93	150m: 1:52.10	39.21	250m: 3:14.60	43.66	350m: 4:32.46	35.03					
	100m: 1:12.89	38.96	200m: 2:30.94	38.84	300m: 3:57.43	42.83	400m: 5:05.83	33.37					
7.				09		" "			5:07.58	444	1		
	50m: 32.99	32.99	150m: 1:52.41	40.62	250m: 3:16.53	42.90	350m: 4:34.41	34.77					
	100m: 1:11.79	38.80	200m: 2:33.63	41.22	300m: 3:59.64	43.11	400m: 5:07.58	33.17					
8.				09		" "			5:09.18	438	2		
	50m: 34.07	34.07	150m: 1:55.89	40.60	250m: 3:18.51	43.41	350m: 4:36.54	33.89					
	100m: 1:15.29	41.22	200m: 2:35.10	39.21	300m: 4:02.65	44.14	400m: 5:09.18	32.64					
9.				09		" "			5:09.89	435	2		
	50m: 34.74	34.74	150m: 1:51.47	38.90	250m: 3:16.47	45.03	350m: 4:36.38	34.13					
	100m: 1:12.57	37.83	200m: 2:31.44	39.97	300m: 4:02.25	45.78	400m: 5:09.89	33.51					
10.				09		" "			5:11.79	427	2		
	50m: 31.59	31.59	150m: 1:48.74	38.74	250m: 3:12.40	45.44	350m: 4:35.55	37.34					
	100m: 1:10.00	38.41	200m: 2:26.96	38.22	300m: 3:58.21	45.81	400m: 5:11.79	36.24					
11.				09		" "			5:19.02	398	2		
	50m: 33.06	33.06	150m: 1:54.98	43.02	250m: 3:22.85	46.94	350m: 4:44.89	35.38					
	100m: 1:11.96	38.90	200m: 2:35.91	40.93	300m: 4:09.51	46.66	400m: 5:19.02	34.13					
12.				09		" "			5:19.29	397	2		
	50m: 35.33	35.33	150m: 1:59.46	41.22	250m: 3:22.35	43.65	350m: 4:43.87	38.18					
	100m: 1:18.24	42.91	200m: 2:38.70	39.24	300m: 4:05.69	43.34	400m: 5:19.29	35.42					
13.				09		" "			5:28.88	363	2		
	50m: 32.05	32.05	150m: 1:58.25	46.15	250m: 3:27.91	45.72	350m: 4:51.43	37.79					
	100m: 1:12.10	40.05	200m: 2:42.19	43.94	300m: 4:13.64	45.73	400m: 5:28.88	37.45					
14.				09		" "			5:35.55	342	2		
	50m: 36.49	36.49	150m: 2:04.34	43.09	250m: 3:33.02	45.25	350m: 4:58.54	39.62					
	100m: 1:21.25	44.76	200m: 2:47.77	43.43	300m: 4:18.92	45.90	400m: 5:35.55	37.01					
15.				09		" "			5:37.49	336	2		
	50m: 34.72	34.72	150m: 2:01.25	42.85	250m: 3:32.64	48.70	350m: 4:58.74	39.21					
	100m: 1:18.40	43.68	200m: 2:43.94	42.69	300m: 4:19.53	46.89	400m: 5:37.49	38.75					
16.				09		" "			5:43.77	318	2		
	50m: 33.16	33.16	150m: 1:58.42	43.29	250m: 3:30.07	49.92	350m: 5:01.81	41.40					
	100m: 1:15.13	41.97	200m: 2:40.15	41.73	300m: 4:20.41	50.34	400m: 5:43.77	41.96					
17.				09		" "			5:45.72	313	2		
	50m: 40.62	40.62	150m: 2:08.78	41.36	250m: 3:38.14	48.41	350m: 5:08.27	41.21					
	100m: 1:27.42	46.80	200m: 2:49.73	40.95	300m: 4:27.06	48.92	400m: 5:45.72	37.45					
18.				09		" "			5:46.91	310	2		
	50m: 35.15	35.15	150m: 2:05.42	44.49	250m: 3:39.72	51.47	350m: 5:08.23	38.85					
	100m: 1:20.93	45.78	200m: 2:48.25	42.83	300m: 4:29.38	49.66	400m: 5:46.91	38.68					



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2, , 400m , 2008 - 2009

19.				09		"	"		6:10.35	254	3	
	50m:	41.88	41.88	150m:	2:19.97	45.29	250m:	3:58.44	53.04	350m:	5:30.85	41.00
	100m:	1:34.68	52.80	200m:	3:05.40	45.43	300m:	4:49.85	51.41	400m:	6:10.35	39.50
DSQ				09		"	"		5:21.81		2	
	50m:	32.38	32.38	150m:	1:53.47	41.95	250m:	3:19.75	45.57	350m:	4:44.45	38.09
	100m:	1:11.52	39.14	200m:	2:34.18	40.71	300m:	4:06.36	46.61	400m:	5:21.81	37.36

2006 - 2007

1.				07					4:39.33	594		
	50m:	29.60	29.60	150m:	1:38.83	36.34	250m:	2:54.92	39.50	350m:	4:07.56	32.58
	100m:	1:02.49	32.89	200m:	2:15.42	36.59	300m:	3:34.98	40.06	400m:	4:39.33	31.77
2.				07		"	"		5:18.67	400	2	
	50m:	30.64	30.64	150m:	1:51.19	42.58	250m:	3:15.41	43.25	350m:	4:40.85	41.81
	100m:	1:08.61	37.97	200m:	2:32.16	40.97	300m:	3:59.04	43.63	400m:	5:18.67	37.82

3 , 400m 2007

27.03.2024 - 13:02

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

: FINA 2023

2011

1.				11					4:44.93	534	1	
	50m:	30.72	30.72	150m:	1:42.70	36.68	250m:	2:56.80	36.96	350m:	4:09.55	36.29
	100m:	1:06.02	35.30	200m:	2:19.84	37.14	300m:	3:33.26	36.46	400m:	4:44.93	35.38
2.				11					4:54.01	486	1	
	50m:	32.53	32.53	150m:	1:46.70	37.87	250m:	3:02.27	37.72	350m:	4:17.58	37.34
	100m:	1:08.83	36.30	200m:	2:24.55	37.85	300m:	3:40.24	37.97	400m:	4:54.01	36.43
3.				11					4:54.75	483	1	
	50m:	32.80	32.80	150m:	1:46.83	37.43	250m:	3:02.39	38.05	350m:	4:18.57	38.04
	100m:	1:09.40	36.60	200m:	2:24.34	37.51	300m:	3:40.53	38.14	400m:	4:54.75	36.18
4.				11		"	"		4:59.35	461	1	
	50m:	33.18	33.18	150m:	1:48.13	38.10	250m:	3:05.34	38.92	350m:	4:23.20	38.90
	100m:	1:10.03	36.85	200m:	2:26.42	38.29	300m:	3:44.30	38.96	400m:	4:59.35	36.15
5.				11					5:00.83	454	2	
	50m:	33.48	33.48	150m:	1:48.80	37.96	250m:	3:06.27	38.73	350m:	4:23.57	38.94
	100m:	1:10.84	37.36	200m:	2:27.54	38.74	300m:	3:44.63	38.36	400m:	5:00.83	37.26
6.				12		"	"		5:05.77	432	2	
	50m:	34.00	34.00	150m:	1:52.30	39.70	250m:	3:10.10	38.80	350m:	4:28.03	39.23
	100m:	1:12.60	38.60	200m:	2:31.30	39.00	300m:	3:48.80	38.70	400m:	5:05.77	37.74
7.				11		"	"		5:11.01	411	2	
	50m:	33.02	33.02	150m:	1:50.86	39.89	250m:	3:12.46	40.35	350m:	4:32.67	39.74
	100m:	1:10.97	37.95	200m:	2:32.11	41.25	300m:	3:52.93	40.47	400m:	5:11.01	38.34
8.				11		"	"		5:16.39	390	2	
	50m:	35.18	35.18	150m:	1:55.28	40.80	250m:	3:16.28	40.06	350m:	4:36.32	40.16
	100m:	1:14.48	39.30	200m:	2:36.22	40.94	300m:	3:56.16	39.88	400m:	5:16.39	40.07



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3,	, 400m	, 2011										
/												
9.			11							5:16.41	390 2	
	50m: 33.45	33.45	150m: 1:52.06	40.42	250m: 3:12.71	41.15	350m: 4:35.18	41.51				
	100m: 1:11.64	38.19	200m: 2:31.56	39.50	300m: 3:53.67	40.96	400m: 5:16.41	41.23				
10.			11		"	"				5:20.26	376 2	
	50m: 35.15	35.15	150m: 1:56.15	40.88	250m: 3:18.26	41.13	350m: 4:40.68	41.26				
	100m: 1:15.27	40.12	200m: 2:37.13	40.98	300m: 3:59.42	41.16	400m: 5:20.26	39.58				
11.			11		"	"				5:23.19	366 2	
	50m: 33.59	33.59	150m: 1:53.83	40.92	250m: 3:17.36	41.94	350m: 4:42.37	42.58				
	100m: 1:12.91	39.32	200m: 2:35.42	41.59	300m: 3:59.79	42.43	400m: 5:23.19	40.82				
12.			11							5:29.96	344 2	
	50m: 37.02	37.02	150m: 1:58.25	41.61	250m: 3:24.26	42.97	350m: 4:50.20	43.28				
	100m: 1:16.64	39.62	200m: 2:41.29	43.04	300m: 4:06.92	42.66	400m: 5:29.96	39.76				
13.			13							5:30.42	343 2	
	50m: 35.28	35.28	150m: 1:57.75	42.25	250m: 3:23.52	43.27	350m: 4:49.59	43.68				
	100m: 1:15.50	40.22	200m: 2:40.25	42.50	300m: 4:05.91	42.39	400m: 5:30.42	40.83				
14.			12		"	"				5:33.74	332 2	
	50m: 37.06	37.06	150m: 2:01.32	41.99	250m: 3:27.08	42.80	350m: 4:53.06	42.90				
	100m: 1:19.33	42.27	200m: 2:44.28	42.96	300m: 4:10.16	43.08	400m: 5:33.74	40.68				
15.			11	Migateam						5:34.80	329 2	
	50m: 35.69	35.69	150m: 1:59.23	42.47	250m: 3:26.75	44.22	350m: 4:54.26	43.55				
	100m: 1:16.76	41.07	200m: 2:42.53	43.30	300m: 4:10.71	43.96	400m: 5:34.80	40.54				
16.			12		"	"				5:34.88	329 2	
	50m: 35.22	35.22	150m: 1:59.15	42.93	250m: 3:26.96	44.00	350m: 4:54.32	43.41				
	100m: 1:16.22	41.00	200m: 2:42.96	43.81	300m: 4:10.91	43.95	400m: 5:34.88	40.56				
17.			21		"	"				5:42.19	308 3	
	50m: 37.47	37.47	150m: 2:03.52	43.65	250m: 3:31.10	43.94	350m: 4:59.51	43.84				
	100m: 1:19.87	42.40	200m: 2:47.16	43.64	300m: 4:15.67	44.57	400m: 5:42.19	42.68				
18.			11							5:42.83	307 3	
	50m: 37.25	37.25	150m: 2:03.33	43.76	250m: 3:32.18	44.38	350m: 5:01.40	44.57				
	100m: 1:19.57	42.32	200m: 2:47.80	44.47	300m: 4:16.83	44.65	400m: 5:42.83	41.43				
19.			11		"	"				5:49.80	289 3	
	50m: 34.87	34.87	150m: 2:00.13	44.21	250m: 3:31.70	46.46	350m: 5:06.09	46.50				
	100m: 1:15.92	41.05	200m: 2:45.24	45.11	300m: 4:19.59	47.89	400m: 5:49.80	43.71				
20.			12							5:50.08	288 3	
	50m: 37.14	37.14	150m: 2:04.65	44.54	250m: 3:35.12	45.57	350m: 5:06.68	45.34				
	100m: 1:20.11	42.97	200m: 2:49.55	44.90	300m: 4:21.34	46.22	400m: 5:50.08	43.40				
21.			11	Migateam						5:53.31	280 3	
	50m: 39.60	39.60	150m: 2:08.76	45.25	250m: 3:40.46	46.03	350m: 5:11.33	45.09				
	100m: 1:23.51	43.91	200m: 2:54.43	45.67	300m: 4:26.24	45.78	400m: 5:53.31	41.98				
22.			12		"	"				5:54.87	276 3	
	50m: 38.66	38.66	150m: 2:08.08	45.16	250m: 3:39.94	46.91	350m: 5:10.71	45.88				
	100m: 1:22.92	44.26	200m: 2:53.03	44.95	300m: 4:24.83	44.89	400m: 5:54.87	44.16				
23.			12		"	"				5:55.44	275 3	
	50m: 39.34	39.34	150m: 2:10.78	46.24	250m: 3:43.78	46.75	350m: 5:14.55	44.36				
	100m: 1:24.54	45.20	200m: 2:57.03	46.25	300m: 4:30.19	46.41	400m: 5:55.44	40.89				
24.			12		"	"				5:57.83	270 3	
	50m: 39.93	39.93	150m: 2:10.56	45.40	250m: 3:41.43	45.41	350m: 5:13.47	45.80				
	100m: 1:25.16	45.23	200m: 2:56.02	45.46	300m: 4:27.67	46.24	400m: 5:57.83	44.36				



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3,	, 400m	, 2011									
/											
25.			11					5:59.85	265	3	
50m:	38.47	38.47	150m:	2:07.25	45.66	250m:	3:40.76	47.14	350m:	5:14.81	46.73
100m:	1:21.59	43.12	200m:	2:53.62	46.37	300m:	4:28.08	47.32	400m:	5:59.85	45.04
26.			12					6:04.60	255	3	
50m:	39.37	39.37	150m:	2:13.12	47.73	250m:	3:49.02	47.89	350m:	5:23.31	47.03
100m:	1:25.39	46.02	200m:	3:01.13	48.01	300m:	4:36.28	47.26	400m:	6:04.60	41.29
27.			12					6:05.68	253	3	
50m:	13.89	13.89	150m:	1:24.32	45.77	250m:	2:59.44	48.14	350m:	4:34.93	48.07
100m:	38.55	24.66	200m:	2:11.30	46.98	300m:	3:46.86	47.42	400m:	6:05.68	1:30.75
28.			12			"	"	6:06.54	251	3	
50m:	43.44	43.44	150m:	2:15.64	46.26	250m:	3:49.53	46.80	350m:	5:23.52	47.35
100m:	1:29.38	45.94	200m:	3:02.73	47.09	300m:	4:36.17	46.64	400m:	6:06.54	43.02
29.			13			"	"	6:12.40	239	3	
50m:	39.67	39.67	150m:	2:13.42	46.93	250m:	3:50.28	48.70	350m:	5:26.02	47.73
100m:	1:26.49	46.82	200m:	3:01.58	48.16	300m:	4:38.29	48.01	400m:	6:12.40	46.38
30.			12			"	"	6:12.70	239	3	
50m:	41.10	41.10	150m:	2:13.48	47.87	250m:	3:50.05	48.60	350m:	5:27.48	49.18
100m:	1:25.61	44.51	200m:	3:01.45	47.97	300m:	4:38.30	48.25	400m:	6:12.70	45.22
31.			13			"	"	6:13.26	237	3	
50m:	43.85	43.85	150m:	2:23.12	49.05	250m:	3:58.80	47.73	350m:	5:31.95	46.57
100m:	1:34.07	50.22	200m:	3:11.07	47.95	300m:	4:45.38	46.58	400m:	6:13.26	41.31
32.			13					6:16.82	231	3	
50m:	18.00	18.00	150m:	1:26.74	45.86	250m:	3:04.21	49.12	350m:	4:42.66	49.19
100m:	40.88	22.88	200m:	2:15.09	48.35	300m:	3:53.47	49.26	400m:	6:16.82	1:34.16
33.			11			"	"	6:17.19	230	3	
50m:	38.76	38.76	150m:	2:13.07	48.39	250m:	3:51.33	48.67	350m:	5:30.80	50.07
100m:	1:24.68	45.92	200m:	3:02.66	49.59	300m:	4:40.73	49.40	400m:	6:17.19	46.39
34.			12			"	"	6:18.21	228	3	
50m:	40.90	40.90	150m:	2:16.09	48.33	250m:	3:53.27	48.77	350m:	5:31.68	49.01
100m:	1:27.76	46.86	200m:	3:04.50	48.41	300m:	4:42.67	49.40	400m:	6:18.21	46.53
35.			14					6:25.42	216	3	
50m:	39.63	39.63	150m:	2:17.92	50.12	250m:	3:59.88	51.20	350m:	5:38.62	49.57
100m:	1:27.80	48.17	200m:	3:08.68	50.76	300m:	4:49.05	49.17	400m:	6:25.42	46.80
36.			12			"	"	6:35.02	200		
50m:	41.85	41.85	150m:	2:22.88	51.18	250m:	4:06.25	51.51	350m:	5:50.14	51.50
100m:	1:31.70	49.85	200m:	3:14.74	51.86	300m:	4:58.64	52.39	400m:	6:35.02	44.88
37.			12			"	"	6:40.99	191		
50m:	44.95	44.95	150m:	2:28.70	51.41	250m:	4:10.95	51.31	350m:	5:51.82	49.95
100m:	1:37.29	52.34	200m:	3:19.64	50.94	300m:	5:01.87	50.92	400m:	6:40.99	49.17
38.			11					6:43.44	188		
50m:	43.32	43.32	150m:	2:23.97	50.93	250m:	4:08.51	52.22	350m:	5:54.60	53.61
100m:	1:33.04	49.72	200m:	3:16.29	52.32	300m:	5:00.99	52.48	400m:	6:43.44	48.84
39.			12					6:50.26	179		
50m:	43.00	43.00	150m:	2:25.96	52.66	250m:	4:12.32	53.93	350m:	6:00.16	52.52
100m:	1:33.30	50.30	200m:	3:18.39	52.43	300m:	5:07.64	55.32	400m:	6:50.26	50.10
40.			13					7:07.00	158		
50m:	43.41	43.41	150m:	2:31.45	54.39	250m:	4:22.41	55.82	350m:	6:14.16	54.86
100m:	1:37.06	53.65	200m:	3:26.59	55.14	300m:	5:19.30	56.89	400m:	7:07.00	52.84



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3, , 400m

2009 - 2010

1.				09					4:49.72	508	1	
	50m:	30.79	30.79	150m:	1:44.06	37.37	250m:	2:58.23	37.02	350m:	4:13.25	37.47
	100m:	1:06.69	35.90	200m:	2:21.21	37.15	300m:	3:35.78	37.55	400m:	4:49.72	36.47
2.				10					4:56.24	475	1	
	50m:	32.84	32.84	150m:	1:47.74	38.25	250m:	3:04.57	38.32	350m:	4:20.35	37.42
	100m:	1:09.49	36.65	200m:	2:26.25	38.51	300m:	3:42.93	38.36	400m:	4:56.24	35.89
3.				10					5:00.13	457	1	
	50m:	33.75	33.75	150m:	1:49.82	38.49	250m:	3:06.06	37.63	350m:	4:23.87	38.76
	100m:	1:11.33	37.58	200m:	2:28.43	38.61	300m:	3:45.11	39.05	400m:	5:00.13	36.26
4.				10					5:00.42	456	1	
	50m:	33.29	33.29	150m:	1:49.00	38.54	250m:	3:07.36	39.03	350m:	4:25.14	39.37
	100m:	1:10.46	37.17	200m:	2:28.33	39.33	300m:	3:45.77	38.41	400m:	5:00.42	35.28
5.				10			"	"	5:03.51	442	2	
	50m:	34.02	34.02	150m:	1:51.05	38.83	250m:	3:09.43	38.96	350m:	4:26.57	38.69
	100m:	1:12.22	38.20	200m:	2:30.47	39.42	300m:	3:47.88	38.45	400m:	5:03.51	36.94
6.				09			"	"	5:03.55	442	2	
	50m:	34.32	34.32	150m:	1:50.55	38.30	250m:	3:08.06	38.71	350m:	4:26.04	38.63
	100m:	1:12.25	37.93	200m:	2:29.35	38.80	300m:	3:47.41	39.35	400m:	5:03.55	37.51
7.				10			"	"	5:05.01	436	2	
	50m:	32.39	32.39	150m:	1:48.85	39.16	250m:	3:08.16	40.10	350m:	4:27.62	39.46
	100m:	1:09.69	37.30	200m:	2:28.06	39.21	300m:	3:48.16	40.00	400m:	5:05.01	37.39
8.				10					5:06.74	428	2	
	50m:	33.61	33.61	150m:	1:50.29	39.48	250m:	3:10.09	40.04	350m:	4:28.46	39.69
	100m:	1:10.81	37.20	200m:	2:30.05	39.76	300m:	3:48.77	38.68	400m:	5:06.74	38.28
9.				10					5:08.51	421	2	
	50m:	33.75	33.75	150m:	1:50.85	39.19	250m:	3:09.44	39.77	350m:	4:29.64	40.41
	100m:	1:11.66	37.91	200m:	2:29.67	38.82	300m:	3:49.23	39.79	400m:	5:08.51	38.87
10.				10			"	"	5:17.01	388	2	
	50m:	34.12	34.12	150m:	1:54.39	41.04	250m:	3:16.94	41.53	350m:	4:39.36	40.87
	100m:	1:13.35	39.23	200m:	2:35.41	41.02	300m:	3:58.49	41.55	400m:	5:17.01	37.65
11.				10			"	"	5:18.22	384	2	
	50m:	34.15	34.15	150m:	1:52.98	40.13	250m:	3:15.12	41.29	350m:	4:38.92	41.80
	100m:	1:12.85	38.70	200m:	2:33.83	40.85	300m:	3:57.12	42.00	400m:	5:18.22	39.30
12.				10			"	"	5:26.40	355	2	
	50m:	34.46	34.46	150m:	1:55.94	42.21	250m:	3:20.58	42.63	350m:	4:46.16	42.43
	100m:	1:13.73	39.27	200m:	2:37.95	42.01	300m:	4:03.73	43.15	400m:	5:26.40	40.24
13.				09			"	"	5:27.37	352	2	
	50m:	35.45	35.45	150m:	1:57.56	42.14	250m:	3:22.39	42.78	350m:	4:47.14	41.93
	100m:	1:15.42	39.97	200m:	2:39.61	42.05	300m:	4:05.21	42.82	400m:	5:27.37	40.23
14.				10					5:28.37	349	2	
	50m:	34.63	34.63	150m:	1:54.76	41.00	250m:	3:19.76	42.81	350m:	4:46.26	43.74
	100m:	1:13.76	39.13	200m:	2:36.95	42.19	300m:	4:02.52	42.76	400m:	5:28.37	42.11
15.				10			"	"	5:33.89	332	2	
	50m:	37.64	37.64	150m:	2:02.21	42.69	250m:	3:30.51	44.24	350m:	4:53.92	39.10
	100m:	1:19.52	41.88	200m:	2:46.27	44.06	300m:	4:14.82	44.31	400m:	5:33.89	39.97
16.				10					5:36.84	323	2	
	50m:	36.83	36.83	150m:	2:01.47	42.97	250m:	3:27.73	43.28	350m:	4:55.10	43.64
	100m:	1:18.50	41.67	200m:	2:44.45	42.98	300m:	4:11.46	43.73	400m:	5:36.84	41.74



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3, , 400m						2009 - 2010					
				/							
17.				10				5:40.06	314	3	
50m:	35.23	35.23	150m:	1:58.64	42.87	250m:	3:26.56	44.53	350m:	4:56.26	45.21
100m:	1:15.77	40.54	200m:	2:42.03	43.39	300m:	4:11.05	44.49	400m:	5:40.06	43.80
18.				09		"	"	5:40.88	312	3	
50m:	36.37	36.37	150m:	2:02.58	44.32	250m:	3:30.11	44.20	350m:	4:57.97	44.29
100m:	1:18.26	41.89	200m:	2:45.91	43.33	300m:	4:13.68	43.57	400m:	5:40.88	42.91
19.				09				5:41.92	309	3	
50m:	36.65	36.65	150m:	2:02.76	44.00	250m:	3:31.43	44.74	350m:	5:00.83	44.82
100m:	1:18.76	42.11	200m:	2:46.69	43.93	300m:	4:16.01	44.58	400m:	5:41.92	41.09
20.				10		"	"	5:44.31	303	3	
50m:	36.93	36.93	150m:	2:03.28	43.94	250m:	3:32.23	44.25	350m:	5:01.77	44.05
100m:	1:19.34	42.41	200m:	2:47.98	44.70	300m:	4:17.72	45.49	400m:	5:44.31	42.54
21.				10		"	"	5:46.99	296	3	
50m:	38.98	38.98	150m:	2:06.08	44.56	250m:	3:35.83	45.45	350m:	5:03.49	43.79
100m:	1:21.52	42.54	200m:	2:50.38	44.30	300m:	4:19.70	43.87	400m:	5:46.99	43.50
22.				10		"	"	5:49.10	290	3	
50m:	37.11	37.11	150m:	2:06.07	45.44	250m:	3:38.30	46.88	350m:	5:07.26	43.40
100m:	1:20.63	43.52	200m:	2:51.42	45.35	300m:	4:23.86	45.56	400m:	5:49.10	41.84
23.				10		"	"	5:49.12	290	3	
50m:	39.48	39.48	150m:	2:08.82	45.07	250m:	3:37.89	44.24	350m:	5:07.55	44.79
100m:	1:23.75	44.27	200m:	2:53.65	44.83	300m:	4:22.76	44.87	400m:	5:49.12	41.57
24.				10		"	"	5:50.31	287	3	
50m:	37.73	37.73	150m:	2:04.72	44.39	250m:	3:34.48	45.30	350m:	5:07.25	46.75
100m:	1:20.33	42.60	200m:	2:49.18	44.46	300m:	4:20.50	46.02	400m:	5:50.31	43.06
25.				10		"	"	5:53.54	280	3	
50m:	36.70	36.70	150m:	2:05.19	44.81	250m:	3:35.35	45.05	350m:	5:08.70	46.46
100m:	1:20.38	43.68	200m:	2:50.30	45.11	300m:	4:22.24	46.89	400m:	5:53.54	44.84
26.				10		"	"	6:13.81	236	3	
50m:	41.94	41.94	150m:	2:16.47	48.54	250m:	3:54.03	48.23	350m:	5:30.58	47.44
100m:	1:27.93	45.99	200m:	3:05.80	49.33	300m:	4:43.14	49.11	400m:	6:13.81	43.23
2007 - 2008											
1.				08				4:52.98	492	1	
50m:	31.88	31.88	150m:	1:44.66	37.00	250m:	3:00.04	37.84	350m:	4:16.30	38.03
100m:	1:07.66	35.78	200m:	2:22.20	37.54	300m:	3:38.27	38.23	400m:	4:52.98	36.68
2.				08		"	"	4:57.94	467	1	
50m:	33.75	33.75	150m:	1:49.43	38.07	250m:	3:06.30	38.38	350m:	4:22.86	38.14
100m:	1:11.36	37.61	200m:	2:27.92	38.49	300m:	3:44.72	38.42	400m:	4:57.94	35.08
3.				08		"	"	5:09.40	417	2	
50m:	33.02	33.02	150m:	1:49.20	38.24	250m:	3:06.63	38.80	350m:	4:28.69	41.22
100m:	1:10.96	37.94	200m:	2:27.83	38.63	300m:	3:47.47	40.84	400m:	5:09.40	40.71
4.				08		"	"	5:14.24	398	2	
50m:	34.99	34.99	150m:	1:55.10	40.47	250m:	3:15.54	40.61	350m:	4:35.73	39.82
100m:	1:14.63	39.64	200m:	2:34.93	39.83	300m:	3:55.91	40.37	400m:	5:14.24	38.51
5.				08		"	"	5:17.55	386	2	
50m:	35.56	35.56	150m:	1:56.18	40.64	250m:	3:17.11	40.36	350m:	4:38.45	40.56
100m:	1:15.54	39.98	200m:	2:36.75	40.57	300m:	3:57.89	40.78	400m:	5:17.55	39.10



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3, , 400m , 2007 - 2008

6.				08		"	"		5:20.79	374	2	
	50m:	35.09	35.09	150m:	1:55.60	40.68	250m:	3:18.26	41.51	350m:	4:41.77	41.21
	100m:	1:14.92	39.83	200m:	2:36.75	41.15	300m:	4:00.56	42.30	400m:	5:20.79	39.02
7.				08		"	"		5:41.34	311	3	
	50m:	36.45	36.45	150m:	1:59.91	42.45	250m:	3:29.06	44.74	350m:	4:58.43	44.59
	100m:	1:17.46	41.01	200m:	2:44.32	44.41	300m:	4:13.84	44.78	400m:	5:41.34	42.91

4 , 400m 2006
27.03.2024 - 14:13

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

: FINA 2023

2010

1.				10					4:28.61	493	1	
	50m:	27.45	27.45	150m:	1:32.66	33.25	250m:	2:42.33	35.15	350m:	3:53.70	35.75
	100m:	59.41	31.96	200m:	2:07.18	34.52	300m:	3:17.95	35.62	400m:	4:28.61	34.91
2.				10					4:39.15	439	2	
	50m:	28.88	28.88	150m:	1:36.44	34.97	250m:	2:49.04	36.21	350m:	4:03.31	37.15
	100m:	1:01.47	32.59	200m:	2:12.83	36.39	300m:	3:26.16	37.12	400m:	4:39.15	35.84
3.				11		"	"		4:41.97	426	2	
	50m:	30.91	30.91	150m:	1:42.83	36.69	250m:	2:56.17	37.22	350m:	4:08.71	36.31
	100m:	1:06.14	35.23	200m:	2:18.95	36.12	300m:	3:32.40	36.23	400m:	4:41.97	33.26
4.				10					4:42.38	424	2	
	50m:	30.91	30.91	150m:	1:42.09	36.21	250m:	2:53.51	35.88	350m:	4:06.91	36.84
	100m:	1:05.88	34.97	200m:	2:17.63	35.54	300m:	3:30.07	36.56	400m:	4:42.38	35.47
5.				10		"	"		4:43.19	421	2	
	50m:	31.23	31.23	150m:	1:42.97	36.60	250m:	2:55.43	35.48	350m:	4:08.43	36.08
	100m:	1:06.37	35.14	200m:	2:19.95	36.98	300m:	3:32.35	36.92	400m:	4:43.19	34.76
6.				10		"	"		4:43.79	418	2	
	50m:	30.72	30.72	150m:	1:41.40	35.80	250m:	2:54.41	36.75	350m:	4:08.23	37.04
	100m:	1:05.60	34.88	200m:	2:17.66	36.26	300m:	3:31.19	36.78	400m:	4:43.79	35.56
7.				10		"	"		4:44.41	415	2	
	50m:	31.41	31.41	150m:	1:41.54	35.39	250m:	2:54.58	36.92	350m:	4:08.48	36.96
	100m:	1:06.15	34.74	200m:	2:17.66	36.12	300m:	3:31.52	36.94	400m:	4:44.41	35.93
8.				10		"	"		4:46.42	406	2	
	50m:	31.67	31.67	150m:	1:43.16	36.23	250m:	2:56.10	36.93	350m:	4:10.63	37.19
	100m:	1:06.93	35.26	200m:	2:19.17	36.01	300m:	3:33.44	37.34	400m:	4:46.42	35.79
9.				10					4:47.08	404	2	
	50m:	31.19	31.19	150m:	1:43.15	36.59	250m:	2:56.51	36.80	350m:	4:10.50	36.58
	100m:	1:06.56	35.37	200m:	2:19.71	36.56	300m:	3:33.92	37.41	400m:	4:47.08	36.58
10.				10					4:47.62	401	2	
	50m:	31.26	31.26	150m:	1:43.91	36.94	250m:	2:58.81	37.58	350m:	4:14.59	38.00
	100m:	1:06.97	35.71	200m:	2:21.23	37.32	300m:	3:36.59	37.78	400m:	4:47.62	33.03
11.				10					4:48.05	400	2	
	50m:	30.19	30.19	150m:	1:40.85	36.20	250m:	2:54.71	37.38	350m:	4:10.95	38.38
	100m:	1:04.65	34.46	200m:	2:17.33	36.48	300m:	3:32.57	37.86	400m:	4:48.05	37.10



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4,	, 400m	, 2010	/									
12.			10			"	"		4:48.73	397	2	
	50m: 31.76	31.76	150m: 1:44.01	36.64	250m: 2:58.43	37.26	350m: 4:14.00	37.62				
	100m: 1:07.37	35.61	200m: 2:21.17	37.16	300m: 3:36.38	37.95	400m: 4:48.73	34.73				
13.			10			"	"		4:50.92	388	2	
	50m: 30.82	30.82	150m: 1:42.61	36.60	250m: 2:58.08	38.02	350m: 4:14.16	38.16				
	100m: 1:06.01	35.19	200m: 2:20.06	37.45	300m: 3:36.00	37.92	400m: 4:50.92	36.76				
14.			10						4:51.82	384	2	
	50m: 32.34	32.34	150m: 1:45.23	36.93	250m: 2:59.54	37.30	350m: 4:14.77	37.57				
	100m: 1:08.30	35.96	200m: 2:22.24	37.01	300m: 3:37.20	37.66	400m: 4:51.82	37.05				
15.			10						4:52.22	383	2	
	50m: 32.41	32.41	150m: 1:46.26	37.23	250m: 3:01.75	38.28	350m: 4:17.03	37.68				
	100m: 1:09.03	36.62	200m: 2:23.47	37.21	300m: 3:39.35	37.60	400m: 4:52.22	35.19				
16.			10			"	"		4:53.77	377	2	
	50m: 33.05	33.05	150m: 1:47.19	37.68	250m: 3:02.59	37.51	350m: 4:18.46	38.08				
	100m: 1:09.51	36.46	200m: 2:25.08	37.89	300m: 3:40.38	37.79	400m: 4:53.77	35.31				
17.			10						4:54.13	375	2	
	50m: 32.32	32.32	150m: 1:45.52	37.15	250m: 3:01.22	38.25	350m: 4:17.34	38.18				
	100m: 1:08.37	36.05	200m: 2:22.97	37.45	300m: 3:39.16	37.94	400m: 4:54.13	36.79				
18.			11						4:55.52	370	2	
	50m: 33.52	33.52	150m: 1:50.02	38.80	250m: 3:06.17	37.25	350m: 4:21.57	37.07				
	100m: 1:11.22	37.70	200m: 2:28.92	38.90	300m: 3:44.50	38.33	400m: 4:55.52	33.95				
19.			11						4:56.20	367	2	
	50m: 31.73	31.73	150m: 1:46.17	37.62	250m: 3:03.75	38.74	350m: 4:21.02	37.03				
	100m: 1:08.55	36.82	200m: 2:25.01	38.84	300m: 3:43.99	40.24	400m: 4:56.20	35.18				
20.			10						4:56.66	366	2	
	50m: 32.27	32.27	150m: 1:48.08	38.07	250m: 3:04.25	37.39	350m: 4:20.17	38.07				
	100m: 1:10.01	37.74	200m: 2:26.86	38.78	300m: 3:42.10	37.85	400m: 4:56.66	36.49				
21.			12						4:57.21	364	2	
	50m: 32.39	32.39	150m: 1:49.42	39.29	250m: 3:06.95	38.95	350m: 4:22.37	37.17				
	100m: 1:10.13	37.74	200m: 2:28.00	38.58	300m: 3:45.20	38.25	400m: 4:57.21	34.84				
22.			10			"	"		4:57.90	361	2	
	50m: 12.02	12.02	150m: 1:06.85	35.53	250m: 2:22.87	38.75	350m: 3:41.88	39.67				
	100m: 31.32	19.30	200m: 1:44.12	37.27	300m: 3:02.21	39.34	400m: 4:57.90	1:16.02				
23.			10						4:58.80	358	2	
	50m: 33.15	33.15	150m: 1:47.32	37.77	250m: 3:04.59	38.87	350m: 4:21.51	38.56				
	100m: 1:09.55	36.40	200m: 2:25.72	38.40	300m: 3:42.95	38.36	400m: 4:58.80	37.29				
24.			10		"	"			4:59.49	355	2	
	50m: 33.39	33.39	150m: 1:48.68	38.03	250m: 3:05.56	38.61	350m: 4:23.06	38.76				
	100m: 1:10.65	37.26	200m: 2:26.95	38.27	300m: 3:44.30	38.74	400m: 4:59.49	36.43				
25.			10						5:00.42	352	2	
	50m: 32.86	32.86	150m: 1:48.11	38.39	250m: 3:05.99	39.06	350m: 4:23.85	39.00				
	100m: 1:09.72	36.86	200m: 2:26.93	38.82	300m: 3:44.85	38.86	400m: 5:00.42	36.57				
26.			11						5:01.82	347	2	
	50m: 33.68	33.68	150m: 1:49.02	38.05	250m: 3:07.65	39.07	350m: 4:24.71	38.35				
	100m: 1:10.97	37.29	200m: 2:28.58	39.56	300m: 3:46.36	38.71	400m: 5:01.82	37.11				
27.			10						5:02.79	344	2	
	50m: 33.24	33.24	150m: 1:47.54	38.08	250m: 3:05.81	39.67	350m: 4:25.22	39.95				
	100m: 1:09.46	36.22	200m: 2:26.14	38.60	300m: 3:45.27	39.46	400m: 5:02.79	37.57				



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4,	, 400m	, 2010	/									
28.			11	"	"			5:04.07	340	2		
	50m: 32.93	32.93	150m: 1:49.51	39.36	250m: 3:07.51	38.66	350m: 4:26.74	39.62				
	100m: 1:10.15	37.22	200m: 2:28.85	39.34	300m: 3:47.12	39.61	400m: 5:04.07	37.33				
29.			11	"	"			5:04.65	338	2		
	50m: 33.49	33.49	150m: 1:50.70	39.08	250m: 3:08.83	39.06	350m: 4:26.78	38.88				
	100m: 1:11.62	38.13	200m: 2:29.77	39.07	300m: 3:47.90	39.07	400m: 5:04.65	37.87				
30.			10	"	"			5:04.77	337	2		
	50m: 35.21	35.21	150m: 1:51.67	38.46	250m: 3:10.41	39.45	350m: 4:27.44	38.06				
	100m: 1:13.21	38.00	200m: 2:30.96	39.29	300m: 3:49.38	38.97	400m: 5:04.77	37.33				
31.			10	"	"			5:04.80	337	2		
	50m: 32.39	32.39	150m: 1:48.23	38.17	250m: 3:06.50	38.83	350m: 4:26.45	39.83				
	100m: 1:10.06	37.67	200m: 2:27.67	39.44	300m: 3:46.62	40.12	400m: 5:04.80	38.35				
32.			10	"	"			5:04.87	337	2		
	50m: 32.56	32.56	150m: 1:47.66	38.46	250m: 3:07.12	39.59	350m: 4:26.90	40.24				
	100m: 1:09.20	36.64	200m: 2:27.53	39.87	300m: 3:46.66	39.54	400m: 5:04.87	37.97				
33.			10	"	"			5:05.15	336	2		
	50m: 34.85	34.85	150m: 1:52.11	38.90	250m: 3:10.72	39.45	350m: 4:28.15	38.59				
	100m: 1:13.21	38.36	200m: 2:31.27	39.16	300m: 3:49.56	38.84	400m: 5:05.15	37.00				
34.			10	"	"			5:05.25	336	2		
	50m: 33.24	33.24	150m: 1:49.82	39.00	250m: 3:08.69	39.37	350m: 4:27.83	38.90				
	100m: 1:10.82	37.58	200m: 2:29.32	39.50	300m: 3:48.93	40.24	400m: 5:05.25	37.42				
35.			11	"	"			5:06.05	333	2		
	50m: 34.61	34.61	150m: 1:53.57	39.89	250m: 3:13.88	40.04	350m: 4:30.00	36.68				
	100m: 1:13.68	39.07	200m: 2:33.84	40.27	300m: 3:53.32	39.44	400m: 5:06.05	36.05				
36.			10	"	"			5:07.20	329	2		
	50m: 36.43	36.43	150m: 1:54.77	39.24	250m: 3:12.39	38.41	350m: 4:30.37	39.12				
	100m: 1:15.53	39.10	200m: 2:33.98	39.21	300m: 3:51.25	38.86	400m: 5:07.20	36.83				
37.			11	"	"			5:08.62	325	2		
	50m: 34.17	34.17	150m: 1:53.33	39.88	250m: 3:12.95	39.60	350m: 4:31.74	39.14				
	100m: 1:13.45	39.28	200m: 2:33.35	40.02	300m: 3:52.60	39.65	400m: 5:08.62	36.88				
38.			10	"	"			5:08.68	325	2		
	50m: 32.91	32.91	150m: 1:50.86	39.93	250m: 3:11.21	40.46	350m: 4:30.35	39.06				
	100m: 1:10.93	38.02	200m: 2:30.75	39.89	300m: 3:51.29	40.08	400m: 5:08.68	38.33				
39.			10	"	"			5:09.18	323	2		
	50m: 34.41	34.41	150m: 1:52.44	39.93	250m: 3:12.60	40.09	350m: 4:32.50	39.51				
	100m: 1:12.51	38.10	200m: 2:32.51	40.07	300m: 3:52.99	40.39	400m: 5:09.18	36.68				
40.			10	"	"			5:09.50	322	2		
	50m: 34.90	34.90	150m: 1:50.19	37.86	250m: 3:08.80	39.38	350m: 4:28.96	40.37				
	100m: 1:12.33	37.43	200m: 2:29.42	39.23	300m: 3:48.59	39.79	400m: 5:09.50	40.54				
41.			10	"	"			5:10.34	319	2		
	50m: 33.33	33.33	150m: 1:48.90	38.79	250m: 3:08.29	39.53	350m: 4:24.88	37.57				
	100m: 1:10.11	36.78	200m: 2:28.76	39.86	300m: 3:47.31	39.02	400m: 5:10.34	45.46				
42.			10	"	"			5:10.92	318	2		
	50m: 34.55	34.55	150m: 1:53.36	40.07	250m: 3:12.82	39.72	350m: 4:33.02	40.31				
	100m: 1:13.29	38.74	200m: 2:33.10	39.74	300m: 3:52.71	39.89	400m: 5:10.92	37.90				
43.			10	"	"			5:11.31	316	2		
	50m: 35.14	35.14	150m: 1:53.69	39.65	250m: 3:14.00	40.13	350m: 4:33.93	39.53				
	100m: 1:14.04	38.90	200m: 2:33.87	40.18	300m: 3:54.40	40.40	400m: 5:11.31	37.38				



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4,	, 400m	, 2010	/									
44.			12	"	"			5:11.42	316	2		
	50m: 35.63	35.63	150m: 1:53.80	39.47	250m: 3:13.06	39.79	350m: 4:33.20	40.08				
	100m: 1:14.33	38.70	200m: 2:33.27	39.47	300m: 3:53.12	40.06	400m: 5:11.42	38.22				
45.			10					5:11.68	315	3		
	50m: 35.65	35.65	150m: 1:55.24	40.26	250m: 3:14.15	39.70	350m: 4:34.57	40.38				
	100m: 1:14.98	39.33	200m: 2:34.45	39.21	300m: 3:54.19	40.04	400m: 5:11.68	37.11				
46.			10					5:13.64	309	3		
	50m: 35.48	35.48	150m: 1:54.70	39.63	250m: 3:14.69	39.70	350m: 4:35.59	40.21				
	100m: 1:15.07	39.59	200m: 2:34.99	40.29	300m: 3:55.38	40.69	400m: 5:13.64	38.05				
47.			11	"	"			5:14.19	308	3		
	50m: 33.29	33.29	150m: 1:52.67	40.19	250m: 3:14.44	41.25	350m: 4:35.46	40.49				
	100m: 1:12.48	39.19	200m: 2:33.19	40.52	300m: 3:54.97	40.53	400m: 5:14.19	38.73				
48.			10	"	"			5:14.50	307	3		
	50m: 35.26	35.26	150m: 1:54.23	40.23	250m: 3:14.71	40.28	350m: 4:36.47	40.87				
	100m: 1:14.00	38.74	200m: 2:34.43	40.20	300m: 3:55.60	40.89	400m: 5:14.50	38.03				
49.			10					5:14.57	307	3		
	50m: 34.06	34.06	150m: 1:52.23	39.63	250m: 3:14.55	40.88	350m: 4:36.61	40.20				
	100m: 1:12.60	38.54	200m: 2:33.67	41.44	300m: 3:56.41	41.86	400m: 5:14.57	37.96				
50.			11	"	"			5:15.26	305	3		
	50m: 35.08	35.08	150m: 1:53.34	39.67	250m: 3:12.60	39.95	350m: 4:33.91	41.24				
	100m: 1:13.67	38.59	200m: 2:32.65	39.31	300m: 3:52.67	40.07	400m: 5:15.26	41.35				
51.			11					5:15.49	304	3		
	50m: 34.25	34.25	150m: 1:54.89	41.15	250m: 3:16.62	40.24	350m: 4:38.51	40.82				
	100m: 1:13.74	39.49	200m: 2:36.38	41.49	300m: 3:57.69	41.07	400m: 5:15.49	36.98				
52.			11					5:17.11	299	3		
	50m: 35.30	35.30	150m: 1:55.15	40.57	250m: 3:16.21	40.67	350m: 4:37.88	40.78				
	100m: 1:14.58	39.28	200m: 2:35.54	40.39	300m: 3:57.10	40.89	400m: 5:17.11	39.23				
53.			12	"	"			5:17.80	297	3		
	50m: 35.33	35.33	150m: 1:55.80	40.73	250m: 3:16.97	40.81	350m: 4:38.50	40.42				
	100m: 1:15.07	39.74	200m: 2:36.16	40.36	300m: 3:58.08	41.11	400m: 5:17.80	39.30				
54.			10					5:19.13	294	3		
	50m: 33.84	33.84	150m: 1:55.47	41.90	250m: 3:18.72	41.28	350m: 4:41.59	41.73				
	100m: 1:13.57	39.73	200m: 2:37.44	41.97	300m: 3:59.86	41.14	400m: 5:19.13	37.54				
55.			12	"	"			5:19.67	292	3		
	50m: 36.15	36.15	150m: 1:58.44	41.58	250m: 3:20.87	41.13	350m: 4:42.80	40.54				
	100m: 1:16.86	40.71	200m: 2:39.74	41.30	300m: 4:02.26	41.39	400m: 5:19.67	36.87				
			11	"	"			5:19.67	292	3		
	50m: 34.26	34.26	150m: 1:56.03	41.45	250m: 3:19.67	41.66	350m: 4:41.92	41.18				
	100m: 1:14.58	40.32	200m: 2:38.01	41.98	300m: 4:00.74	41.07	400m: 5:19.67	37.75				
57.			11					5:20.09	291	3		
	50m: 33.79	33.79	150m: 1:51.55	38.92	250m: 3:15.30	42.18	350m: 4:39.76	42.37				
	100m: 1:12.63	38.84	200m: 2:33.12	41.57	300m: 3:57.39	42.09	400m: 5:20.09	40.33				
58.			10					5:20.49	290	3		
	50m: 35.85	35.85	150m: 1:56.24	40.57	250m: 3:17.64	40.89	350m: 4:40.87	41.49				
	100m: 1:15.67	39.82	200m: 2:36.75	40.51	300m: 3:59.38	41.74	400m: 5:20.49	39.62				
59.			11	"	"			5:20.87	289	3		
	50m: 36.60	36.60	150m: 2:00.08	42.27	250m: 3:23.75	41.66	350m: 4:46.21	40.37				
	100m: 1:17.81	41.21	200m: 2:42.09	42.01	300m: 4:05.84	42.09	400m: 5:20.87	34.66				



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4,	, 400m	, 2010	/									
60.			10	"	"			5:20.92	289	3		
	50m: 34.80	34.80	150m: 1:55.44	41.02	250m: 3:18.62	42.20	350m: 4:42.33	41.79				
	100m: 1:14.42	39.62	200m: 2:36.42	40.98	300m: 4:00.54	41.92	400m: 5:20.92	38.59				
61.			10					5:21.80	286	3		
	50m: 35.77	35.77	150m: 1:57.94	41.95	250m: 3:21.74	41.74	350m: 4:43.44	40.94				
	100m: 1:15.99	40.22	200m: 2:40.00	42.06	300m: 4:02.50	40.76	400m: 5:21.80	38.36				
62.			12	"	"			5:23.43	282	3		
	50m: 36.17	36.17	150m: 1:57.44	41.11	250m: 3:20.28	41.53	350m: 4:43.84	40.59				
	100m: 1:16.33	40.16	200m: 2:38.75	41.31	300m: 4:03.25	42.97	400m: 5:23.43	39.59				
63.			10					5:25.06	278	3		
	50m: 33.64	33.64	150m: 1:53.76	40.76	250m: 3:18.41	42.66	350m: 4:43.04	41.75				
	100m: 1:13.00	39.36	200m: 2:35.75	41.99	300m: 4:01.29	42.88	400m: 5:25.06	42.02				
64.			10	"	"			5:25.39	277	3		
	50m: 35.44	35.44	150m: 1:58.65	42.24	250m: 3:22.61	42.09	350m: 4:47.10	41.77				
	100m: 1:16.41	40.97	200m: 2:40.52	41.87	300m: 4:05.33	42.72	400m: 5:25.39	38.29				
65.			12	"	"			5:25.68	276	3		
	50m: 35.97	35.97	150m: 1:57.84	41.35	250m: 3:22.08	42.63	350m: 4:47.25	42.76				
	100m: 1:16.49	40.52	200m: 2:39.45	41.61	300m: 4:04.49	42.41	400m: 5:25.68	38.43				
66.			11					5:26.04	275	3		
	50m: 34.47	34.47	150m: 1:57.12	42.31	250m: 3:22.36	42.81	350m: 4:47.41	42.64				
	100m: 1:14.81	40.34	200m: 2:39.55	42.43	300m: 4:04.77	42.41	400m: 5:26.04	38.63				
67.			10					5:28.73	269	3		
	50m: 35.65	35.65	150m: 1:57.12	41.53	250m: 3:21.64	41.80	350m: 4:47.67	42.32				
	100m: 1:15.59	39.94	200m: 2:39.84	42.72	300m: 4:05.35	43.71	400m: 5:28.73	41.06				
68.			10	"	"			5:29.21	267	3		
	50m: 11.34	11.34	150m: 1:13.90	39.42	250m: 2:37.06	42.34	350m: 4:03.62	43.55				
	100m: 34.48	23.14	200m: 1:54.72	40.82	300m: 3:20.07	43.01	400m: 5:29.21	1:25.59				
69.			10	"	"			5:29.24	267	3		
	50m: 35.99	35.99	150m: 2:00.21	42.97	250m: 3:25.18	42.27	350m: 4:48.83	41.98				
	100m: 1:17.24	41.25	200m: 2:42.91	42.70	300m: 4:06.85	41.67	400m: 5:29.24	40.41				
70.			11					5:29.88	266	3		
	50m: 34.33	34.33	150m: 1:58.85	43.64	250m: 3:25.09	43.93	350m: 4:47.57	41.88				
	100m: 1:15.21	40.88	200m: 2:41.16	42.31	300m: 4:05.69	40.60	400m: 5:29.88	42.31				
71.			10	"	"			5:29.96	266	3		
	50m: 35.49	35.49	150m: 1:58.45	42.54	250m: 3:25.03	43.17	350m: 4:50.24	41.45				
	100m: 1:15.91	40.42	200m: 2:41.86	43.41	300m: 4:08.79	43.76	400m: 5:29.96	39.72				
72.			11	"	"			5:30.65	264	3		
	50m: 35.87	35.87	150m: 1:59.07	42.05	250m: 3:24.99	43.14	350m: 4:52.38	43.82				
	100m: 1:17.02	41.15	200m: 2:41.85	42.78	300m: 4:08.56	43.57	400m: 5:30.65	38.27				
73.			11					5:33.03	258	3		
	50m: 35.24	35.24	150m: 1:59.44	42.65	250m: 3:25.98	43.45	350m: 4:53.78	43.72				
	100m: 1:16.79	41.55	200m: 2:42.53	43.09	300m: 4:10.06	44.08	400m: 5:33.03	39.25				
74.			10					5:33.11	258	3		
	50m: 36.50	36.50	150m: 1:59.59	42.40	250m: 3:25.90	43.28	350m: 4:51.51	42.24				
	100m: 1:17.19	40.69	200m: 2:42.62	43.03	300m: 4:09.27	43.37	400m: 5:33.11	41.60				
75.			10					5:33.81	257	3		
	50m: 36.46	36.46	150m: 2:00.93	43.06	250m: 3:26.75	43.00	350m: 4:52.41	42.64				
	100m: 1:17.87	41.41	200m: 2:43.75	42.82	300m: 4:09.77	43.02	400m: 5:33.81	41.40				



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4,	, 400m	, 2010	/									
76.			10	"	"			5:34.07	256	3		
	50m: 37.47	37.47	150m: 2:02.83	42.81	250m: 3:28.84	42.55	350m: 4:54.35	42.27				
	100m: 1:20.02	42.55	200m: 2:46.29	43.46	300m: 4:12.08	43.24	400m: 5:34.07	39.72				
77.			11					5:34.55	255	3		
	50m: 39.07	39.07	150m: 2:05.38	43.67	250m: 3:31.00	42.10	350m: 4:54.93	41.48				
	100m: 1:21.71	42.64	200m: 2:48.90	43.52	300m: 4:13.45	42.45	400m: 5:34.55	39.62				
78.			11	"	"			5:35.17	253	3		
	50m: 39.85	39.85	150m: 2:07.36	43.03	250m: 3:32.05	42.03	350m: 4:55.89	41.63				
	100m: 1:24.33	44.48	200m: 2:50.02	42.66	300m: 4:14.26	42.21	400m: 5:35.17	39.28				
79.			12	"	"			5:41.39	240	3		
	50m: 39.72	39.72	150m: 2:05.92	43.05	250m: 3:34.45	43.84	350m: 5:01.67	42.09				
	100m: 1:22.87	43.15	200m: 2:50.61	44.69	300m: 4:19.58	45.13	400m: 5:41.39	39.72				
80.			10					5:41.49	240	3		
	50m: 38.19	38.19	150m: 2:04.59	43.28	250m: 3:31.51	43.16	350m: 4:59.56	44.07				
	100m: 1:21.31	43.12	200m: 2:48.35	43.76	300m: 4:15.49	43.98	400m: 5:41.49	41.93				
81.			10	"	"			5:41.85	239	3		
	50m: 35.46	35.46	150m: 2:00.50	44.02	250m: 3:28.87	43.74	350m: 5:01.46	46.19				
	100m: 1:16.48	41.02	200m: 2:45.13	44.63	300m: 4:15.27	46.40	400m: 5:41.85	40.39				
82.			11	"	"			5:44.53	233	3		
	50m: 38.15	38.15	150m: 2:06.37	45.07	250m: 3:35.09	44.45	350m: 5:04.06	43.95				
	100m: 1:21.30	43.15	200m: 2:50.64	44.27	300m: 4:20.11	45.02	400m: 5:44.53	40.47				
83.			12					5:44.77	233	3		
	50m: 35.99	35.99	150m: 2:02.31	43.97	250m: 3:32.11	45.16	350m: 5:02.89	45.32				
	100m: 1:18.34	42.35	200m: 2:46.95	44.64	300m: 4:17.57	45.46	400m: 5:44.77	41.88				
84.			13	"	"			5:45.93	230	3		
	50m: 38.18	38.18	150m: 2:06.63	44.75	250m: 3:35.99	44.54	350m: 5:04.65	44.03				
	100m: 1:21.88	43.70	200m: 2:51.45	44.82	300m: 4:20.62	44.63	400m: 5:45.93	41.28				
85.			11	"	"			5:46.28	230	3		
	50m: 37.16	37.16	150m: 2:02.97	43.66	250m: 3:33.30	45.23	350m: 5:03.44	44.95				
	100m: 1:19.31	42.15	200m: 2:48.07	45.10	300m: 4:18.49	45.19	400m: 5:46.28	42.84				
86.			10	"	"			5:47.98	226	3		
	50m: 36.16	36.16	150m: 2:02.90	43.71	250m: 3:33.55	45.27	350m: 5:02.71	44.13				
	100m: 1:19.19	43.03	200m: 2:48.28	45.38	300m: 4:18.58	45.03	400m: 5:47.98	45.27				
87.			11					5:50.46	222	3		
	50m: 36.43	36.43	150m: 2:04.31	45.24	250m: 3:36.36	46.33	350m: 5:08.55	46.44				
	100m: 1:19.07	42.64	200m: 2:50.03	45.72	300m: 4:22.11	45.75	400m: 5:50.46	41.91				
88.			13	"	"			5:50.50	222	3		
	50m: 40.45	40.45	150m: 2:11.89	46.25	250m: 3:42.10	44.30	350m: 5:11.66	44.43				
	100m: 1:25.64	45.19	200m: 2:57.80	45.91	300m: 4:27.23	45.13	400m: 5:50.50	38.84				
89.			12	"	"			5:51.61	219	3		
	50m: 39.44	39.44	150m: 2:07.00	44.53	250m: 3:38.26	46.07	350m: 5:10.16	45.97				
	100m: 1:22.47	43.03	200m: 2:52.19	45.19	300m: 4:24.19	45.93	400m: 5:51.61	41.45				
90.			11					5:51.66	219	3		
	50m: 38.21	38.21	150m: 2:07.31	45.64	250m: 3:37.44	44.97	350m: 5:08.93	45.57				
	100m: 1:21.67	43.46	200m: 2:52.47	45.16	300m: 4:23.36	45.92	400m: 5:51.66	42.73				
91.			13	"	"			5:52.19	218	3		
	50m: 39.08	39.08	150m: 2:10.55	46.16	250m: 3:42.44	45.69	350m: 5:12.24	44.59				
	100m: 1:24.39	45.31	200m: 2:56.75	46.20	300m: 4:27.65	45.21	400m: 5:52.19	39.95				



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4,	, 400m	, 2010	/									
92.			11	"	"			5:54.24	215	3		
	50m: 37.34	37.34	150m: 2:05.72	45.08	250m: 3:37.34	46.13	350m: 5:10.43	46.27				
	100m: 1:20.64	43.30	200m: 2:51.21	45.49	300m: 4:24.16	46.82	400m: 5:54.24	43.81				
93.			12	"	"			5:55.58	212	3		
	50m: 38.98	38.98	150m: 2:06.99	44.99	250m: 3:38.86	46.59	350m: 5:11.69	46.19				
	100m: 1:22.00	43.02	200m: 2:52.27	45.28	300m: 4:25.50	46.64	400m: 5:55.58	43.89				
94.			11	"	"			5:55.66	212	3		
	50m: 37.09	37.09	150m: 2:07.45	46.37	250m: 3:39.99	46.50	350m: 5:13.33	46.19				
	100m: 1:21.08	43.99	200m: 2:53.49	46.04	300m: 4:27.14	47.15	400m: 5:55.66	42.33				
95.			12	"	"			5:56.42	211	3		
	50m: 39.20	39.20	150m: 2:12.73	47.63	250m: 3:47.10	47.24	350m: 5:18.19	44.86				
	100m: 1:25.10	45.90	200m: 2:59.86	47.13	300m: 4:33.33	46.23	400m: 5:56.42	38.23				
96.			11	"	"			5:57.30	209	3		
	50m: 39.00	39.00	150m: 2:09.05	45.99	250m: 3:41.14	46.55	350m: 5:15.38	46.33				
	100m: 1:23.06	44.06	200m: 2:54.59	45.54	300m: 4:29.05	47.91	400m: 5:57.30	41.92				
97.			11	"	"			5:57.58	209	3		
	50m: 41.24	41.24	150m: 2:10.01	44.86	250m: 3:41.41	45.84	350m: 5:12.97	45.92				
	100m: 1:25.15	43.91	200m: 2:55.57	45.56	300m: 4:27.05	45.64	400m: 5:57.58	44.61				
98.			11	"	"			5:58.73	207	3		
	50m: 39.09	39.09	150m: 2:08.89	46.05	250m: 3:40.89	46.03	350m: 5:14.42	46.13				
	100m: 1:22.84	43.75	200m: 2:54.86	45.97	300m: 4:28.29	47.40	400m: 5:58.73	44.31				
99.			12	"	"			5:59.75	205	3		
	50m: 41.42	41.42	150m: 2:11.98	45.35	250m: 3:43.84	45.07	350m: 5:15.69	46.02				
	100m: 1:26.63	45.21	200m: 2:58.77	46.79	300m: 4:29.67	45.83	400m: 5:59.75	44.06				
100.			12	"	"			6:01.31	202			
	50m: 38.69	38.69	150m: 2:10.99	46.24	250m: 3:43.62	45.73	350m: 5:17.80	47.05				
	100m: 1:24.75	46.06	200m: 2:57.89	46.90	300m: 4:30.75	47.13	400m: 6:01.31	43.51				
101.			11	"	"			6:01.89	201			
	50m: 38.37	38.37	150m: 2:08.54	45.20	250m: 3:44.28	48.12	350m: 5:19.83	47.63				
	100m: 1:23.34	44.97	200m: 2:56.16	47.62	300m: 4:32.20	47.92	400m: 6:01.89	42.06				
102.			12	"	"			6:02.07	201			
	50m: 42.14	42.14	150m: 2:15.20	46.85	250m: 3:49.19	47.54	350m: 5:21.18	45.98				
	100m: 1:28.35	46.21	200m: 3:01.65	46.45	300m: 4:35.20	46.01	400m: 6:02.07	40.89				
103.			11	"	"			6:02.80	200			
	50m: 22.92	22.92	150m: 2:11.97	47.37	250m: 3:44.22	45.82	350m: 5:16.71	46.42				
	100m: 1:24.60	1:01.68	200m: 2:58.40	46.43	300m: 4:30.29	46.07	400m: 6:02.80	46.09				
104.			13	"	"			6:05.12	196			
	50m: 41.32	41.32	150m: 2:16.32	48.58	250m: 3:51.12	46.59	350m: 5:23.16	45.22				
	100m: 1:27.74	46.42	200m: 3:04.53	48.21	300m: 4:37.94	46.82	400m: 6:05.12	41.96				
105.			13	"	"			6:07.75	192			
	50m: 38.86	38.86	150m: 2:11.31	46.92	250m: 3:48.40	48.98	350m: 5:24.19	47.57				
	100m: 1:24.39	45.53	200m: 2:59.42	48.11	300m: 4:36.62	48.22	400m: 6:07.75	43.56				
106.			13	"	"			6:08.80	190			
	50m: 41.11	41.11	150m: 2:13.92	46.80	250m: 3:47.22	46.79	350m: 5:20.75	46.81				
	100m: 1:27.12	46.01	200m: 3:00.43	46.51	300m: 4:33.94	46.72	400m: 6:08.80	48.05				
107.			12	"	"			6:08.90	190			
	50m: 39.35	39.35	150m: 2:12.13	46.87	250m: 3:46.29	46.42	350m: 5:22.71	47.59				
	100m: 1:25.26	45.91	200m: 2:59.87	47.74	300m: 4:35.12	48.83	400m: 6:08.90	46.19				



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4,	, 400m	, 2010	/									
108.			12						6:10.42	188		
	50m: 38.93	38.93	150m: 2:11.18	47.10	250m: 3:48.36	48.67	350m: 5:24.55	48.08				
	100m: 1:24.08	45.15	200m: 2:59.69	48.51	300m: 4:36.47	48.11	400m: 6:10.42	45.87				
109.			11						6:11.97	185		
	50m: 40.13	40.13	150m: 2:13.14	46.75	250m: 3:49.25	49.25	350m: 5:25.54	48.16				
	100m: 1:26.39	46.26	200m: 3:00.00	46.86	300m: 4:37.38	48.13	400m: 6:11.97	46.43				
110.			12						6:13.14	184		
	50m: 40.92	40.92	150m: 2:15.72	48.18	250m: 3:50.86	48.02	350m: 5:27.47	48.19				
	100m: 1:27.54	46.62	200m: 3:02.84	47.12	300m: 4:39.28	48.42	400m: 6:13.14	45.67				
111.			12		"	"			6:16.66	178		
	50m: 38.84	38.84	150m: 2:11.30	47.86	250m: 3:50.09	50.54	350m: 5:29.36	49.78				
	100m: 1:23.44	44.60	200m: 2:59.55	48.25	300m: 4:39.58	49.49	400m: 6:16.66	47.30				
112.			12		"	"			6:16.85	178		
	50m: 41.64	41.64	150m: 2:19.18	50.41	250m: 3:55.75	48.92	350m: 5:32.09	49.17				
	100m: 1:28.77	47.13	200m: 3:06.83	47.65	300m: 4:42.92	47.17	400m: 6:16.85	44.76				
113.			12						6:20.26	173		
	50m: 40.31	40.31	150m: 2:15.85	47.24	250m: 3:54.31	49.18	350m: 5:29.19	47.97				
	100m: 1:28.61	48.30	200m: 3:05.13	49.28	300m: 4:41.22	46.91	400m: 6:20.26	51.07				
114.			12		"	"			6:20.66	173		
	50m: 44.94	44.94	150m: 2:22.48	48.26	250m: 4:00.23	48.86	350m: 5:35.49	47.57				
	100m: 1:34.22	49.28	200m: 3:11.37	48.89	300m: 4:47.92	47.69	400m: 6:20.66	45.17				
115.			10						6:21.76	171		
	50m: 38.85	38.85	150m: 2:15.81	50.17	250m: 3:58.21	51.72	350m: 5:37.97	49.88				
	100m: 1:25.64	46.79	200m: 3:06.49	50.68	300m: 4:48.09	49.88	400m: 6:21.76	43.79				
116.			10		"	"			6:24.99	167		
	50m: 39.35	39.35	150m: 2:14.56	48.84	250m: 3:55.41	51.70	350m: 5:35.46	50.94				
	100m: 1:25.72	46.37	200m: 3:03.71	49.15	300m: 4:44.52	49.11	400m: 6:24.99	49.53				
117.			12		"	"			6:26.66	165		
	50m: 42.18	42.18	150m: 2:20.98	50.41	250m: 4:01.35	50.00	350m: 5:40.47	49.96				
	100m: 1:30.57	48.39	200m: 3:11.35	50.37	300m: 4:50.51	49.16	400m: 6:26.66	46.19				
118.			11						6:28.93	162		
	50m: 40.72	40.72	150m: 2:18.66	50.73	250m: 3:59.87	50.83	350m: 5:39.66	48.69				
	100m: 1:27.93	47.21	200m: 3:09.04	50.38	300m: 4:50.97	51.10	400m: 6:28.93	49.27				
119.			11		"	"			6:29.25	162		
	50m: 40.25	40.25	150m: 2:17.88	49.76	250m: 4:00.41	50.89	350m: 5:41.23	50.45				
	100m: 1:28.12	47.87	200m: 3:09.52	51.64	300m: 4:50.78	50.37	400m: 6:29.25	48.02				
120.			12		"	"			6:33.94	156		
	50m: 43.25	43.25	150m: 2:22.94	50.90	250m: 4:06.08	52.08	350m: 5:45.66	48.91				
	100m: 1:32.04	48.79	200m: 3:14.00	51.06	300m: 4:56.75	50.67	400m: 6:33.94	48.28				
121.			10						6:37.25	152		
	50m: 40.55	40.55	150m: 2:18.02	50.16	250m: 4:01.02	51.11	350m: 5:52.95	1:00.26				
	100m: 1:27.86	47.31	200m: 3:09.91	51.89	300m: 4:52.69	51.67	400m: 6:37.25	44.30				
122.			12						6:38.96	150		
	50m: 43.00	43.00	150m: 2:25.25	52.16	250m: 4:08.23	51.29	350m: 5:47.59	49.77				
	100m: 1:33.09	50.09	200m: 3:16.94	51.69	300m: 4:57.82	49.59	400m: 6:38.96	51.37				
DSQ			10		"	"			5:31.31	3		
	50m: 36.98	36.98	150m: 1:59.96	42.23	250m: 3:25.81	43.44	350m: 4:50.28	43.15				
	100m: 1:17.73	40.75	200m: 2:42.37	42.41	300m: 4:07.13	41.32	400m: 5:31.31	41.03				



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DSQ / 11 5:31.70 3
 50m: 34.72 34.72 150m: 2:00.28 44.22 250m: 3:33.02 47.47 350m: 5:05.33 44.17
 100m: 1:16.06 41.34 200m: 2:45.55 45.27 300m: 4:21.16 48.14 400m: 5:31.70 26.37

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1.				08					4:09.79	613		
	50m:	28.37	28.37	150m:	1:30.39	31.24	250m:	2:33.99	31.99	350m:	3:38.32	32.10
	100m:	59.15	30.78	200m:	2:02.00	31.61	300m:	3:06.22	32.23	400m:	4:09.79	31.47
2.				08					4:14.04	583		
	50m:	28.53	28.53	150m:	1:32.39	32.43	250m:	2:36.56	32.27	350m:	3:42.26	33.00
	100m:	59.96	31.43	200m:	2:04.29	31.90	300m:	3:09.26	32.70	400m:	4:14.04	31.78
3.				09			"	"	4:24.65	515	1	
	50m:	30.02	30.02	150m:	1:37.96	34.76	250m:	2:46.33	33.82	350m:	3:53.59	33.03
	100m:	1:03.20	33.18	200m:	2:12.51	34.55	300m:	3:20.56	34.23	400m:	4:24.65	31.06
4.				08			"	"	4:25.30	512	1	
	50m:	28.25	28.25	150m:	1:33.23	33.15	250m:	2:41.13	34.10	350m:	3:50.47	34.86
	100m:	1:00.08	31.83	200m:	2:07.03	33.80	300m:	3:15.61	34.48	400m:	4:25.30	34.83
5.				08					4:26.26	506	1	
	50m:	29.48	29.48	150m:	1:35.37	33.50	250m:	2:43.82	34.34	350m:	3:52.68	34.04
	100m:	1:01.87	32.39	200m:	2:09.48	34.11	300m:	3:18.64	34.82	400m:	4:26.26	33.58
6.				09			"	"	4:27.57	499	1	
	50m:	30.12	30.12	150m:	1:38.43	34.35	250m:	2:46.76	34.21	350m:	3:54.76	33.84
	100m:	1:04.08	33.96	200m:	2:12.55	34.12	300m:	3:20.92	34.16	400m:	4:27.57	32.81
7.				08					4:29.39	489	1	
	50m:	30.41	30.41	150m:	1:38.43	34.17	250m:	2:46.26	34.03	350m:	3:55.45	34.50
	100m:	1:04.26	33.85	200m:	2:12.23	33.80	300m:	3:20.95	34.69	400m:	4:29.39	33.94
8.				08			"	"	4:31.94	475	1	
	50m:	29.95	29.95	150m:	1:37.81	34.43	250m:	2:47.79	35.10	350m:	3:58.41	35.15
	100m:	1:03.38	33.43	200m:	2:12.69	34.88	300m:	3:23.26	35.47	400m:	4:31.94	33.53
9.				09					4:34.73	461	1	
	50m:	30.33	30.33	150m:	1:40.21	35.25	250m:	2:50.25	34.83	350m:	4:00.01	34.75
	100m:	1:04.96	34.63	200m:	2:15.42	35.21	300m:	3:25.26	35.01	400m:	4:34.73	34.72
10.				09			"	"	4:35.13	459	1	
	50m:	30.37	30.37	150m:	1:39.98	35.31	250m:	2:50.10	34.82	350m:	4:01.37	35.29
	100m:	1:04.67	34.30	200m:	2:15.28	35.30	300m:	3:26.08	35.98	400m:	4:35.13	33.76
11.				08			"	"	4:35.26	458	1	
	50m:	30.14	30.14	150m:	1:39.71	35.27	250m:	2:49.48	35.57	350m:	3:59.68	34.61
	100m:	1:04.44	34.30	200m:	2:13.91	34.20	300m:	3:25.07	35.59	400m:	4:35.26	35.58
12.				09			"	"	4:35.49	457	1	
	50m:	30.47	30.47	150m:	1:38.24	33.87	250m:	2:48.64	35.75	350m:	4:00.38	36.17
	100m:	1:04.37	33.90	200m:	2:12.89	34.65	300m:	3:24.21	35.57	400m:	4:35.49	35.11
13.				08					4:35.66	456	2	
	50m:	30.93	30.93	150m:	1:39.33	34.88	250m:	2:49.46	35.25	350m:	4:00.65	35.58
	100m:	1:04.45	33.52	200m:	2:14.21	34.88	300m:	3:25.07	35.61	400m:	4:35.66	35.01
14.				09					4:36.48	452	2	
	50m:	29.31	29.31	150m:	1:38.59	35.30	250m:	2:49.71	35.43	350m:	4:01.56	35.90
	100m:	1:03.29	33.98	200m:	2:14.28	35.69	300m:	3:25.66	35.95	400m:	4:36.48	34.92



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4,	, 400m	,	2008 - 2009								
15.			08			"	"		4:38.24	443	2
	50m: 30.36	30.36	150m: 1:40.04	35.19	250m: 2:52.69	35.71	350m: 4:04.38	35.77			
	100m: 1:04.85	34.49	200m: 2:16.98	36.94	300m: 3:28.61	35.92	400m: 4:38.24	33.86			
16.			08						4:41.28	429	2
	50m: 32.10	32.10	150m: 1:43.85	35.83	250m: 2:55.53	35.95	350m: 4:06.76	35.61			
	100m: 1:08.02	35.92	200m: 2:19.58	35.73	300m: 3:31.15	35.62	400m: 4:41.28	34.52			
17.			08			"	"		4:42.84	422	2
	50m: 31.15	31.15	150m: 1:43.37	36.38	250m: 2:55.47	36.38	350m: 4:08.27	35.90			
	100m: 1:06.99	35.84	200m: 2:19.09	35.72	300m: 3:32.37	36.90	400m: 4:42.84	34.57			
18.			09			"	"		4:43.93	417	2
	50m: 30.22	30.22	150m: 1:44.50	37.51	250m: 2:59.24	36.85	350m: 4:11.57	35.81			
	100m: 1:06.99	36.77	200m: 2:22.39	37.89	300m: 3:35.76	36.52	400m: 4:43.93	32.36			
19.			09						4:44.48	415	2
	50m: 30.32	30.32	150m: 1:41.63	36.15	250m: 2:55.32	36.99	350m: 4:09.05	36.91			
	100m: 1:05.48	35.16	200m: 2:18.33	36.70	300m: 3:32.14	36.82	400m: 4:44.48	35.43			
20.			09						4:45.21	412	2
	50m: 31.26	31.26	150m: 1:43.02	36.36	250m: 2:55.89	36.47	350m: 4:10.02	36.90			
	100m: 1:06.66	35.40	200m: 2:19.42	36.40	300m: 3:33.12	37.23	400m: 4:45.21	35.19			
21.			09						4:45.63	410	2
	50m: 15.49	15.49	150m: 1:44.63	36.16	250m: 2:56.75	36.20	350m: 4:09.52	36.39			
	100m: 1:08.47	52.98	200m: 2:20.55	35.92	300m: 3:33.13	36.38	400m: 4:45.63	36.11			
22.			08						4:45.69	410	2
	50m: 32.05	32.05	150m: 1:44.78	36.66	250m: 2:58.33	36.31	350m: 4:10.74	35.97			
	100m: 1:08.12	36.07	200m: 2:22.02	37.24	300m: 3:34.77	36.44	400m: 4:45.69	34.95			
23.			09			"	"		4:47.94	400	2
	50m: 31.66	31.66	150m: 1:44.76	36.76	250m: 2:59.60	37.55	350m: 4:13.08	36.79			
	100m: 1:08.00	36.34	200m: 2:22.05	37.29	300m: 3:36.29	36.69	400m: 4:47.94	34.86			
24.			08			"	"		4:48.62	397	2
	50m: 31.11	31.11	150m: 1:42.68	36.24	250m: 2:56.32	37.13	350m: 4:11.95	38.23			
	100m: 1:06.44	35.33	200m: 2:19.19	36.51	300m: 3:33.72	37.40	400m: 4:48.62	36.67			
25.			09						4:48.91	396	2
	50m: 31.98	31.98	150m: 1:45.20	36.98	250m: 2:59.04	36.71	350m: 4:13.75	37.49			
	100m: 1:08.22	36.24	200m: 2:22.33	37.13	300m: 3:36.26	37.22	400m: 4:48.91	35.16			
26.			08						4:49.22	395	2
	50m: 29.82	29.82	150m: 1:41.66	36.76	250m: 2:56.06	37.11	350m: 4:12.10	38.05			
	100m: 1:04.90	35.08	200m: 2:18.95	37.29	300m: 3:34.05	37.99	400m: 4:49.22	37.12			
27.			09						4:52.18	383	2
	50m: 32.92	32.92	150m: 1:46.88	37.46	250m: 3:01.80	37.29	350m: 4:17.21	37.63			
	100m: 1:09.42	36.50	200m: 2:24.51	37.63	300m: 3:39.58	37.78	400m: 4:52.18	34.97			
28.			09			"	"		4:52.50	382	2
	50m: 31.31	31.31	150m: 1:43.30	36.76	250m: 2:58.92	37.97	350m: 4:15.76	38.67			
	100m: 1:06.54	35.23	200m: 2:20.95	37.65	300m: 3:37.09	38.17	400m: 4:52.50	36.74			
29.			09						4:54.76	373	2
	50m: 32.30	32.30	150m: 1:47.22	37.80	250m: 3:03.49	37.88	350m: 4:20.14	38.04			
	100m: 1:09.42	37.12	200m: 2:25.61	38.39	300m: 3:42.10	38.61	400m: 4:54.76	34.62			
30.			09			"	"		4:54.86	372	2
	50m: 31.97	31.97	150m: 1:45.66	37.71	250m: 3:02.25	38.97	350m: 4:19.54	38.51			
	100m: 1:07.95	35.98	200m: 2:23.28	37.62	300m: 3:41.03	38.78	400m: 4:54.86	35.32			



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4,	, 400m	,	2008 - 2009									
31.			09		"	"			4:55.18	371	2	
50m:	30.61	30.61	150m:	1:43.91	37.20	250m:	2:59.94	38.38	350m:	4:17.45	38.97	
100m:	1:06.71	36.10	200m:	2:21.56	37.65	300m:	3:38.48	38.54	400m:	4:55.18	37.73	
32.			09		"	"			4:55.91	369	2	
50m:	32.88	32.88	150m:	1:47.17	37.43	250m:	3:04.22	38.38	350m:	4:20.84	37.67	
100m:	1:09.74	36.86	200m:	2:25.84	38.67	300m:	3:43.17	38.95	400m:	4:55.91	35.07	
33.			08		"	"			4:58.38	359	2	
50m:	30.61	30.61	150m:	1:43.78	37.42	250m:	3:00.64	38.69	350m:	4:19.65	39.94	
100m:	1:06.36	35.75	200m:	2:21.95	38.17	300m:	3:39.71	39.07	400m:	4:58.38	38.73	
34.			09		"	"			5:02.21	346	2	
50m:	33.27	33.27	150m:	1:48.54	38.09	250m:	3:06.35	39.07	350m:	4:25.20	39.34	
100m:	1:10.45	37.18	200m:	2:27.28	38.74	300m:	3:45.86	39.51	400m:	5:02.21	37.01	
35.			09		"	"			5:02.43	345	2	
50m:	31.72	31.72	150m:	1:47.24	38.97	250m:	3:06.25	39.51	350m:	4:23.87	38.00	
100m:	1:08.27	36.55	200m:	2:26.74	39.50	300m:	3:45.87	39.62	400m:	5:02.43	38.56	
36.			09		"	"			5:03.50	342	2	
50m:	32.98	32.98	150m:	1:47.57	37.92	250m:	3:06.17	39.72	350m:	4:25.82	40.06	
100m:	1:09.65	36.67	200m:	2:26.45	38.88	300m:	3:45.76	39.59	400m:	5:03.50	37.68	
37.			09		"	"			5:05.80	334	2	
50m:	33.74	33.74	150m:	1:51.50	39.75	250m:	3:10.75	39.83	350m:	4:29.31	38.40	
100m:	1:11.75	38.01	200m:	2:30.92	39.42	300m:	3:50.91	40.16	400m:	5:05.80	36.49	
38.			09		"	"			5:07.51	328	2	
50m:	34.08	34.08	150m:	1:52.86	39.97	250m:	3:11.53	39.26	350m:	4:29.93	39.04	
100m:	1:12.89	38.81	200m:	2:32.27	39.41	300m:	3:50.89	39.36	400m:	5:07.51	37.58	
39.			09		"	"			5:07.90	327	2	
50m:	33.84	33.84	150m:	1:51.30	40.06	250m:	3:10.34	39.40	350m:	4:31.05	40.06	
100m:	1:11.24	37.40	200m:	2:30.94	39.64	300m:	3:50.99	40.65	400m:	5:07.90	36.85	
40.			09		"	"			5:17.43	298	3	
50m:	34.11	34.11	150m:	1:55.05	40.40	250m:	3:17.29	41.30	350m:	4:39.42	40.87	
100m:	1:14.65	40.54	200m:	2:35.99	40.94	300m:	3:58.55	41.26	400m:	5:17.43	38.01	
41.			09		"	"			5:20.35	290	3	
50m:	33.39	33.39	150m:	1:53.24	40.63	250m:	3:16.69	42.33	350m:	4:41.57	41.88	
100m:	1:12.61	39.22	200m:	2:34.36	41.12	300m:	3:59.69	43.00	400m:	5:20.35	38.78	
42.			09		"	"			5:21.11	288	3	
50m:	35.24	35.24	150m:	1:56.52	41.35	250m:	3:19.42	40.74	350m:	4:42.85	41.40	
100m:	1:15.17	39.93	200m:	2:38.68	42.16	300m:	4:01.45	42.03	400m:	5:21.11	38.26	
43.			09		"	"			5:25.31	277	3	
50m:	34.79	34.79	150m:	1:54.86	41.22	250m:	3:19.22	41.94	350m:	4:45.10	42.97	
100m:	1:13.64	38.85	200m:	2:37.28	42.42	300m:	4:02.13	42.91	400m:	5:25.31	40.21	
44.			09		"	"			5:27.96	271	3	
50m:	34.21	34.21	150m:	1:53.82	40.78	250m:	3:18.30	42.97	350m:	4:46.73	44.56	
100m:	1:13.04	38.83	200m:	2:35.33	41.51	300m:	4:02.17	43.87	400m:	5:27.96	41.23	



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4, , 400m

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1.				06					4:13.43	587		
	50m:	29.24	29.24	150m:	1:32.17	31.82	250m:	2:36.88	32.54	350m:	3:42.38	32.53
	100m:	1:00.35	31.11	200m:	2:04.34	32.17	300m:	3:09.85	32.97	400m:	4:13.43	31.05
2.				07			"	"		4:23.92	520	1
	50m:	30.38	30.38	150m:	1:37.97	34.32	250m:	2:46.14	33.69	350m:	3:53.14	33.25
	100m:	1:03.65	33.27	200m:	2:12.45	34.48	300m:	3:19.89	33.75	400m:	4:23.92	30.78
3.				07			"	"		4:28.28	495	1
	50m:	29.06	29.06	150m:	1:34.96	33.40	250m:	2:43.93	34.84	350m:	3:54.04	34.91
	100m:	1:01.56	32.50	200m:	2:09.09	34.13	300m:	3:19.13	35.20	400m:	4:28.28	34.24
4.				07			"	"		4:29.48	488	1
	50m:	29.17	29.17	150m:	1:36.97	34.57	250m:	2:45.75	34.40	350m:	3:55.44	34.66
	100m:	1:02.40	33.23	200m:	2:11.35	34.38	300m:	3:20.78	35.03	400m:	4:29.48	34.04
5.				07			"	"		4:32.80	470	1
	50m:	30.22	30.22	150m:	1:39.66	35.06	250m:	2:49.38	34.57	350m:	3:59.24	34.85
	100m:	1:04.60	34.38	200m:	2:14.81	35.15	300m:	3:24.39	35.01	400m:	4:32.80	33.56
6.				07			"	"		4:34.62	461	1
	50m:	29.43	29.43	150m:	1:38.11	35.10	250m:	2:49.03	35.49	350m:	3:59.93	35.21
	100m:	1:03.01	33.58	200m:	2:13.54	35.43	300m:	3:24.72	35.69	400m:	4:34.62	34.69
7.				07			"	"		4:43.62	419	2
	50m:	30.98	30.98	150m:	1:42.94	36.66	250m:	2:56.56	36.71	350m:	4:09.03	35.93
	100m:	1:06.28	35.30	200m:	2:19.85	36.91	300m:	3:33.10	36.54	400m:	4:43.62	34.59
8.				07			"	"		4:46.74	405	2
	50m:	33.20	33.20	150m:	1:45.10	36.22	250m:	2:58.53	36.95	350m:	4:11.73	36.50
	100m:	1:08.88	35.68	200m:	2:21.58	36.48	300m:	3:35.23	36.70	400m:	4:46.74	35.01
9.				07			"	"		4:46.80	405	2
	50m:	32.48	32.48	150m:	1:45.21	36.34	250m:	2:57.59	36.20	350m:	4:11.51	36.35
	100m:	1:08.87	36.39	200m:	2:21.39	36.18	300m:	3:35.16	37.57	400m:	4:46.80	35.29
10.				07			"	"		5:00.40	352	2
	50m:	33.79	33.79	150m:	1:48.97	37.91	250m:	3:04.39	37.99	350m:	4:20.49	37.96
	100m:	1:11.06	37.27	200m:	2:26.40	37.43	300m:	3:42.53	38.14	400m:	5:00.40	39.91
11.				07			"	"		5:05.40	335	2
	50m:	34.76	34.76	150m:	1:52.67	39.14	250m:	3:12.49	39.63	350m:	4:30.39	38.66
	100m:	1:13.53	38.77	200m:	2:32.86	40.19	300m:	3:51.73	39.24	400m:	5:05.40	35.01
DNF				07			"	"		5:27.03		3
	50m:	33.20	33.20	150m:	1:51.44	40.05	250m:	3:12.20	40.99	350m:	4:32.42	39.19
	100m:	1:11.39	38.19	200m:	2:31.21	39.77	300m:	3:53.23	41.03	400m:	5:27.03	54.61