



ОТКРЫТЫЙ КУБОК  
РЕСПУБЛИКИ БЕЛАРУСЬ  
ПО ПЛАВАНИЮ  
1 - 5 ИЮЛЯ 2025



Event 20  
03.07.2025 - 11:13

Women, 400m Freestyle

Open  
Results Prelim

3:55.38	Titmus Ariarne	AUS	Fukuoka (JPN)	2023
3:59.15	Pellegrini Federica	ITA	Rome (ITA)	2009
4:09.70		BLR	Moscow (URS)	1984
4:18.70				2021

: 4:06.59 / : 4:29.00 / : 4:43.50

Points: AQUA 2025

Rank		/						R.T.	Time	
1.	Akinchyts Alesia	04	Minsk					+0,91	4:28.26	Q 675
	50m: 31.21	31.21	150m: 1:39.16	34.45	250m: 2:48.70	34.53	350m: 3:58.31	34.78		
	100m: 1:04.71	33.50	200m: 2:14.17	35.01	300m: 3:23.53	34.83	400m: 4:28.26	29.95		
2.	Mastovich Kseniya	10	Mogilev					+0,76	4:31.56	Q 651
	50m: 30.94	30.94	150m: 1:39.19	34.62	250m: 2:48.71	34.75	350m: 3:58.12	34.52		
	100m: 1:04.57	33.63	200m: 2:13.96	34.77	300m: 3:23.60	34.89	400m: 4:31.56	33.44		
3.	Akshayeva Yelizaveta	08	Vitebsk					+0,94	4:37.32	Q 611
	50m: 32.56	32.56	150m: 1:43.63	35.53	250m: 2:52.70	33.71	350m: 4:02.42	35.35		
	100m: 1:08.10	35.54	200m: 2:18.99	35.36	300m: 3:27.07	34.37	400m: 4:37.32	34.90		
4.	Padlobnikava Anastasiya	08	Minsk					+0,88	4:39.78	Q 595
	50m: 32.02	32.02	150m: 1:44.05	36.13	250m: 2:55.96	35.73	350m: 4:06.33	35.02		
	100m: 1:07.92	35.90	200m: 2:20.23	36.18	300m: 3:31.31	35.35	400m: 4:39.78	33.45		
5.	Haryst Darya	08	Gomel					+0,81	4:42.08	Q 581
	50m: 32.10	32.10	150m: 1:43.37	35.49	250m: 2:54.08	34.96	350m: 4:05.93	36.52		
	100m: 1:07.88	35.78	200m: 2:19.12	35.75	300m: 3:29.41	35.33	400m: 4:42.08	36.15		
6.	Zhylynskaya Darya	09	Gomel					+0,88	4:44.17	Q 568
	50m: 31.84	31.84	150m: 1:42.12	35.74	250m: 2:54.05	35.78	350m: 4:07.56	36.89		
	100m: 1:06.38	34.54	200m: 2:18.27	36.15	300m: 3:30.67	36.62	400m: 4:44.17	36.61		
7.	Shleika Aliaksandra	07	Minsk region					+0,74	4:45.44	Q 560
	50m: 32.59	32.59	150m: 1:44.12	36.12	250m: 2:57.34	36.85	350m: 4:10.21	36.48		
	100m: 1:08.00	35.41	200m: 2:20.49	36.37	300m: 3:33.73	36.39	400m: 4:45.44	35.23		
8.	Marchuk Kseniya	09	Brest					+0,81	4:45.51	Q 560
	50m: 31.31	31.31	150m: 1:42.30	36.24	250m: 2:56.00	36.51	350m: 4:10.28	36.48		
	100m: 1:06.06	34.75	200m: 2:19.49	37.19	300m: 3:33.80	37.80	400m: 4:45.51	35.23		
9.	Rudkouskaya Darya	07	Minsk					+0,74	4:45.69	R 559
	50m: 31.81	31.81	150m: 1:43.95	36.60	250m: 2:58.57	37.93	350m: 4:11.53	36.47		
	100m: 1:07.35	35.54	200m: 2:20.64	36.69	300m: 3:35.06	36.49	400m: 4:45.69	34.16		
10.	Burchuk Kira	08	Grodno					+0,92	4:45.76	R 558
	50m: 32.45	32.45	150m: 1:44.16	36.13	250m: 2:56.79	36.31	350m: 4:10.84	36.94		
	100m: 1:08.03	35.58	200m: 2:20.48	36.32	300m: 3:33.90	37.11	400m: 4:45.76	34.92		
11.	Smantsar Maryia	05	Minsk region					+0,94	4:50.92	529
	50m: 32.63	32.63	150m: 1:45.54	37.02	250m: 2:59.93	37.20	350m: 4:14.76	37.29		
	100m: 1:08.52	35.89	200m: 2:22.73	37.19	300m: 3:37.47	37.54	400m: 4:50.92	36.16		
12.	Maroz Palina	09	Mogilev					+0,89	4:52.61	520
	50m: 32.87	32.87	150m: 1:45.17	36.95	250m: 3:00.74	38.21	350m: 4:16.98	38.30		
	100m: 1:08.22	35.35	200m: 2:22.53	37.36	300m: 3:38.68	37.94	400m: 4:52.61	35.63		

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Event 20, Women, 400m Freestyle, Prelim, Open

Rank									R.T.	Time		
13.	Sakalova Katsiaryna			10	Minsk region				+0,93	<b>4:52.65</b>		520
	50m:	31.61	31.61	150m:	1:43.27	36.12	250m:	2:58.14	38.24	350m:	4:14.76	38.16
	100m:	1:07.15	35.54	200m:	2:19.90	36.63	300m:	3:36.60	38.46	400m:	4:52.65	37.89
14.	Lasitskaya Dziyana			09	Minsk				+0,86	<b>4:54.63</b>		509
	50m:	33.42	33.42	150m:	1:47.50	37.37	250m:	3:02.84	37.50	350m:	4:18.62	37.83
	100m:	1:10.13	36.71	200m:	2:25.34	37.84	300m:	3:40.79	37.95	400m:	4:54.63	36.01
15.	Valaskovich Viktoryia			11	Minsk region				+0,82	<b>4:54.68</b>		509
	50m:	32.59	32.59	150m:	1:46.58	37.58	250m:	3:02.12	37.52	350m:	4:17.50	37.41
	100m:	1:09.00	36.41	200m:	2:24.60	38.02	300m:	3:40.09	37.97	400m:	4:54.68	37.18
16.	Karazeyeva Anastasiya			11	Vitebsk				+1,11	<b>4:56.11</b>		502
	50m:	33.66	33.66	150m:	1:48.49	37.86	250m:	3:05.51	38.36	350m:	4:20.95	36.76
	100m:	1:10.63	36.97	200m:	2:27.15	38.66	300m:	3:44.19	38.68	400m:	4:56.11	35.16
17.	Belchik Maria			10	Minsk				+0,75	<b>4:56.41</b>		500
	50m:	33.21	33.21	150m:	1:48.95	38.10	250m:	3:05.07	38.21	350m:	4:20.39	37.45
	100m:	1:10.85	37.64	200m:	2:26.86	37.91	300m:	3:42.94	37.87	400m:	4:56.41	36.02
18.	Listapad Daria			09	Minsk region				+0,96	<b>4:58.14</b>		492
	50m:	32.11	32.11	150m:	1:45.10	36.64	250m:	3:00.89	38.33	350m:	4:19.88	39.34
	100m:	1:08.46	36.35	200m:	2:22.56	37.46	300m:	3:40.54	39.65	400m:	4:58.14	38.26
	Maleika Anastasiya			09	Minsk				+1,01	<b>4:58.14</b>		492
	50m:	33.41	33.41	150m:	1:47.52	37.52	250m:	3:04.26	38.94	350m:	4:21.64	38.52
	100m:	1:10.00	36.59	200m:	2:25.32	37.80	300m:	3:43.12	38.86	400m:	4:58.14	36.50
20.	Artysiuk Diana			07	Brest				+0,98	<b>4:59.04</b>		487
	50m:	33.08	33.08	150m:	1:47.57	38.02	250m:	3:03.95	38.53	350m:	4:21.25	38.68
	100m:	1:09.55	36.47	200m:	2:25.42	37.85	300m:	3:42.57	38.62	400m:	4:59.04	37.79
21.	Lashch Valeryia			10	Minsk				+0,90	<b>5:00.36</b>		481
	50m:	33.22	33.22	150m:	1:47.88	37.88	250m:	3:05.72	39.15	350m:	4:23.18	38.67
	100m:	1:10.00	36.78	200m:	2:26.57	38.69	300m:	3:44.51	38.79	400m:	5:00.36	37.18
22.	Ausianskaya Yaraslava			09	Minsk				+0,82	<b>5:01.65</b>		475
	50m:	31.90	31.90	150m:	1:47.36	39.29	250m:	3:05.52	38.91	350m:	4:23.53	39.70
	100m:	1:08.07	36.17	200m:	2:26.61	39.25	300m:	3:43.83	38.31	400m:	5:01.65	38.12
23.	Varonina Krystsina			09	Minsk				+1,02	<b>5:06.63</b>		452
	50m:	33.96	33.96	150m:	1:50.47	38.86	250m:	3:08.23	39.85	350m:	4:28.05	39.99
	100m:	1:11.61	37.65	200m:	2:28.38	37.91	300m:	3:48.06	39.83	400m:	5:06.63	38.58
24.	Rybinskaya Angelina			08	Minsk				+0,94	<b>5:10.13</b>		437
	50m:	33.78	33.78	150m:	1:50.06	38.76	250m:	3:09.98	40.20	350m:	4:30.66	40.31
	100m:	1:11.30	37.52	200m:	2:29.78	39.72	300m:	3:50.35	40.37	400m:	5:10.13	39.47

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