

, 10. - 13.12.2024

12  
11.12.2024 - 12:30

, 400m

4:04.28

14.12.2016

: FINA 2004

R.T.

1.			2009					+0,56	<b>4:12.00</b>	I	658	
	50m:	27.29	27.29	150m:	1:29.05	31.46	250m:	2:34.47	33.03	350m:	3:40.59	33.06
	100m:	57.59	30.30	200m:	2:01.44	32.39	300m:	3:07.53	33.06	400m:	4:12.00	31.41
2.			2006					+0,68	<b>4:25.67</b>	II	561	
	50m:	29.13	29.13	150m:	1:33.93	32.85	250m:	2:42.79	34.84	350m:	3:53.68	35.44
	100m:	1:01.08	31.95	200m:	2:07.95	34.02	300m:	3:18.24	35.45	400m:	4:25.67	31.99
3.			2009	I				+0,76	<b>4:25.98</b>	II	559	
	50m:	29.72	29.72	150m:	1:34.20	32.61	250m:	2:42.80	34.60	350m:	3:52.91	34.58
	100m:	1:01.59	31.87	200m:	2:08.20	34.00	300m:	3:18.33	35.53	400m:	4:25.98	33.07
4.			2009	KMC				+0,84	<b>4:26.86</b>	II	554	
	50m:	30.19	30.19	150m:	1:37.62	34.26	250m:	2:45.60	33.44	350m:	3:54.40	34.28
	100m:	1:03.36	33.17	200m:	2:12.16	34.54	300m:	3:20.12	34.52	400m:	4:26.86	32.46
5.			2007	I				+0,73	<b>4:28.77</b>	II	542	
	50m:	31.35	31.35	150m:	1:38.33	33.17	250m:	2:46.21	33.84	350m:	3:54.30	33.97
	100m:	1:05.16	33.81	200m:	2:12.37	34.04	300m:	3:20.33	34.12	400m:	4:28.77	34.47
6.			2008	I				+0,69	<b>4:34.01</b>	II	512	
	50m:	29.80	29.80	150m:	1:36.30	33.79	250m:	2:46.72	35.41	350m:	3:58.67	36.18
	100m:	1:02.51	32.71	200m:	2:11.31	35.01	300m:	3:22.49	35.77	400m:	4:34.01	35.34
7.			2010					+0,68	<b>4:39.88</b>	II	480	
	50m:	31.03	31.03	150m:	1:40.35	35.04	250m:	2:52.74	36.68	350m:	4:05.19	36.22
	100m:	1:05.31	34.28	200m:	2:16.06	35.71	300m:	3:28.97	36.23	400m:	4:39.88	34.69
8.			2009	II		"		+0,74	<b>4:44.08</b>	II	459	
	50m:	30.18	30.18	150m:	1:39.76	35.65	250m:	2:53.58	37.57	350m:	4:09.29	37.57
	100m:	1:04.11	33.93	200m:	2:16.01	36.25	300m:	3:31.72	38.14	400m:	4:44.08	34.79
9.			2009	I		"		+0,76	<b>4:44.77</b>	II	456	
	50m:	30.32	30.32	150m:	1:39.77	35.46	250m:	2:52.83	37.26	350m:	4:08.58	37.95
	100m:	1:04.31	33.99	200m:	2:15.57	35.80	300m:	3:30.63	37.80	400m:	4:44.77	36.19
10.			2008	II		"		+0,69	<b>4:47.57</b>	II	443	
	50m:	30.16	30.16	150m:	1:39.09	35.22	250m:	2:53.80	38.31	350m:	4:11.32	38.97
	100m:	1:03.87	33.71	200m:	2:15.49	36.40	300m:	3:32.35	38.55	400m:	4:47.57	36.25
11.			2010	II		"		+0,96	<b>4:51.98</b>	II	423	
	50m:	32.41	32.41	150m:	1:43.35	36.02	250m:	2:59.10	38.01	350m:	4:15.50	38.58
	100m:	1:07.33	34.92	200m:	2:21.09	37.74	300m:	3:36.92	37.82	400m:	4:51.98	36.48
12.			2009	II		"		+0,55	<b>4:52.26</b>	II	422	
	50m:	32.27	32.27	150m:	1:42.63	35.36	250m:	2:57.87	38.30	350m:	4:15.44	39.00
	100m:	1:07.27	35.00	200m:	2:19.57	36.94	300m:	3:36.44	38.57	400m:	4:52.26	36.82
13.			2010	II		"		+0,99	<b>4:53.23</b>	II	417	
	50m:	32.03	32.03	150m:	1:42.43	35.83	250m:	2:57.76	37.81	350m:	4:16.20	39.35
	100m:	1:06.60	34.57	200m:	2:19.95	37.52	300m:	3:36.85	39.09	400m:	4:53.23	37.03
14.			2009	II		"			<b>4:55.62</b>	II	407	
	50m:	31.95	31.95	150m:	1:45.98	37.74	250m:	3:02.49	37.21	350m:	4:19.58	39.31
	100m:	1:08.24	36.29	200m:	2:25.28	39.30	300m:	3:40.27	37.78	400m:	4:55.62	36.04
15.			2010	II		"		+0,75	<b>4:59.23</b>	II	393	
	50m:	31.29	31.29	150m:	1:43.75	36.94	250m:	3:01.36	38.71	350m:	4:22.30	40.78
	100m:	1:06.81	35.52	200m:	2:22.65	38.90	300m:	3:41.52	40.16	400m:	4:59.23	36.93
16.			2010	II		"		+0,72	<b>5:01.02</b>	III	386	
	50m:	32.13	32.13	150m:	1:45.24	38.06	250m:	3:03.79	39.80	350m:	4:23.94	39.34
	100m:	1:07.18	35.05	200m:	2:23.99	38.75	300m:	3:44.60	40.81	400m:	5:01.02	37.08
17.			2009	II		"		+0,77	<b>5:04.46</b>	III	373	
	50m:	33.12	33.12	150m:	1:48.18	38.23	250m:	3:03.89	38.20	350m:	4:25.10	41.53
	100m:	1:09.95	36.83	200m:	2:25.69	37.51	300m:	3:43.57	39.68	400m:	5:04.46	39.36
18.			2010	II		"		+0,62	<b>5:05.85</b>	III	368	
	50m:	32.16	32.16	150m:	1:46.47	38.41	250m:	3:06.51	40.82	350m:	4:27.70	40.18
	100m:	1:08.06	35.90	200m:	2:25.69	39.22	300m:	3:47.52	41.01	400m:	5:05.85	38.15

" " ", 25

SWISS TIMING QANTUM AQUATIC

, 10. - 13.12.2024

12,		, 400m						R.T.				
19.				2010 II				+0,71	<b>5:11.54</b>	III	348	
	50m:	32.51	32.51	150m:	1:50.50	40.71	250m:	3:12.00	41.33	350m:	4:33.03	40.23
	100m:	1:09.79	37.28	200m:	2:30.67	40.17	300m:	3:52.80	40.80	400m:	5:11.54	38.51
20.				2010 II				+0,94	<b>5:12.38</b>	III	345	
	50m:	33.98	33.98	150m:	1:51.80	40.18	250m:	3:11.86	38.74	350m:	4:32.75	39.56
	100m:	1:11.62	37.64	200m:	2:33.12	41.32	300m:	3:53.19	41.33	400m:	5:12.38	39.63
21.				2009 II					<b>5:28.64</b>	III	296	
	50m:	33.10	33.10	150m:	1:50.81	40.12	250m:	3:15.91	42.56	350m:	4:44.70	44.49
	100m:	1:10.69	37.59	200m:	2:33.35	42.54	300m:	4:00.21	44.30	400m:	5:28.64	43.94
22.				2010 II				+0,73	<b>5:36.51</b>	III	276	
	50m:	35.68	35.68	150m:	2:00.57	43.15	250m:	3:29.01	43.97	350m:	4:57.50	43.55
	100m:	1:17.42	41.74	200m:	2:45.04	44.47	300m:	4:13.95	44.94	400m:	5:36.51	39.01
1.				2009				+0,56	<b>4:12.00</b>	I	658	
	50m:	27.29	27.29	150m:	1:29.05	31.46	250m:	2:34.47	33.03	350m:	3:40.59	33.06
	100m:	57.59	30.30	200m:	2:01.44	32.39	300m:	3:07.53	33.06	400m:	4:12.00	31.41
2.				2009 I				+0,76	<b>4:25.98</b>	II	559	
	50m:	29.72	29.72	150m:	1:34.20	32.61	250m:	2:42.80	34.60	350m:	3:52.91	34.58
	100m:	1:01.59	31.87	200m:	2:08.20	34.00	300m:	3:18.33	35.53	400m:	4:25.98	33.07
3.				2009 KMC				+0,84	<b>4:26.86</b>	II	554	
	50m:	30.19	30.19	150m:	1:37.62	34.26	250m:	2:45.60	33.44	350m:	3:54.40	34.28
	100m:	1:03.36	33.17	200m:	2:12.16	34.54	300m:	3:20.12	34.52	400m:	4:26.86	32.46
4.				2010				+0,68	<b>4:39.88</b>	II	480	
	50m:	31.03	31.03	150m:	1:40.35	35.04	250m:	2:52.74	36.68	350m:	4:05.19	36.22
	100m:	1:05.31	34.28	200m:	2:16.06	35.71	300m:	3:28.97	36.23	400m:	4:39.88	34.69
5.				2009 II		"		+0,74	<b>4:44.08</b>	II	459	
	50m:	30.18	30.18	150m:	1:39.76	35.65	250m:	2:53.58	37.57	350m:	4:09.29	37.57
	100m:	1:04.11	33.93	200m:	2:16.01	36.25	300m:	3:31.72	38.14	400m:	4:44.08	34.79
6.				2009 I		"		+0,76	<b>4:44.77</b>	II	456	
	50m:	30.32	30.32	150m:	1:39.77	35.46	250m:	2:52.83	37.26	350m:	4:08.58	37.95
	100m:	1:04.31	33.99	200m:	2:15.57	35.80	300m:	3:30.63	37.80	400m:	4:44.77	36.19
7.				2010 II				+0,96	<b>4:51.98</b>	II	423	
	50m:	32.41	32.41	150m:	1:43.35	36.02	250m:	2:59.10	38.01	350m:	4:15.50	38.58
	100m:	1:07.33	34.92	200m:	2:21.09	37.74	300m:	3:36.92	37.82	400m:	4:51.98	36.48
8.				2009 II				+0,55	<b>4:52.26</b>	II	422	
	50m:	32.27	32.27	150m:	1:42.63	35.36	250m:	2:57.87	38.30	350m:	4:15.44	39.00
	100m:	1:07.27	35.00	200m:	2:19.57	36.94	300m:	3:36.44	38.57	400m:	4:52.26	36.82
9.				2010 II				+0,99	<b>4:53.23</b>	II	417	
	50m:	32.03	32.03	150m:	1:42.43	35.83	250m:	2:57.76	37.81	350m:	4:16.20	39.35
	100m:	1:06.60	34.57	200m:	2:19.95	37.52	300m:	3:36.85	39.09	400m:	4:53.23	37.03
10.				2009 II					<b>4:55.62</b>	II	407	
	50m:	31.95	31.95	150m:	1:45.98	37.74	250m:	3:02.49	37.21	350m:	4:19.58	39.31
	100m:	1:08.24	36.29	200m:	2:25.28	39.30	300m:	3:40.27	37.78	400m:	4:55.62	36.04
11.				2010 II		"		+0,75	<b>4:59.23</b>	II	393	
	50m:	31.29	31.29	150m:	1:43.75	36.94	250m:	3:01.36	38.71	350m:	4:22.30	40.78
	100m:	1:06.81	35.52	200m:	2:22.65	38.90	300m:	3:41.52	40.16	400m:	4:59.23	36.93
12.				2010 II		"		+0,72	<b>5:01.02</b>	III	386	
	50m:	32.13	32.13	150m:	1:45.24	38.06	250m:	3:03.79	39.80	350m:	4:23.94	39.34
	100m:	1:07.18	35.05	200m:	2:23.99	38.75	300m:	3:44.60	40.81	400m:	5:01.02	37.08
13.				2009 II				+0,77	<b>5:04.46</b>	III	373	
	50m:	33.12	33.12	150m:	1:48.18	38.23	250m:	3:03.89	38.20	350m:	4:25.10	41.53
	100m:	1:09.95	36.83	200m:	2:25.69	37.51	300m:	3:43.57	39.68	400m:	5:04.46	39.36
14.				2010 II				+0,62	<b>5:05.85</b>	III	368	
	50m:	32.16	32.16	150m:	1:46.47	38.41	250m:	3:06.51	40.82	350m:	4:27.70	40.18
	100m:	1:08.06	35.90	200m:	2:25.69	39.22	300m:	3:47.52	41.01	400m:	5:05.85	38.15
15.				2010 II				+0,71	<b>5:11.54</b>	III	348	
	50m:	32.51	32.51	150m:	1:50.50	40.71	250m:	3:12.00	41.33	350m:	4:33.03	40.23
	100m:	1:09.79	37.28	200m:	2:30.67	40.17	300m:	3:52.80	40.80	400m:	5:11.54	38.51

" " ", 25

SWISS TIMING QANTUM AQUATIC

