

40
14.11.2021 - 13:42

, 400m

25 - 94

: FPM Masters 21

70 - 74

1. 70 **9:09.54** 307
50m: 48.78 48.78 150m: 2:53.78 1:06.67 250m: 5:21.30 1:15.54 350m: 7:55.53 1:15.41
100m: 1:47.11 58.33 200m: 4:05.76 1:11.98 300m: 6:40.12 1:18.82 400m: 9:09.54 1:14.01

65 - 69

1. 65 **7:58.75** 340
50m: 53.85 53.85 150m: 2:54.78 1:01.41 250m: 4:57.27 1:00.76 350m: 6:59.16 1:01.25
100m: 1:53.37 59.52 200m: 3:56.51 1:01.73 300m: 5:57.91 1:00.64 400m: 7:58.75 59.59

60 - 64

1. 61 **6:02.67** 611
50m: 40.60 40.60 150m: 2:13.36 46.93 250m: 3:45.80 45.06 350m: 5:18.74 46.65
100m: 1:26.43 45.83 200m: 3:00.74 47.38 300m: 4:32.09 46.29 400m: 6:02.67 43.93

2. 60 **6:29.92** 492
50m: 43.46 43.46 150m: 2:19.66 49.15 250m: 3:59.25 50.08 350m: 5:41.03 50.83
100m: 1:30.51 47.05 200m: 3:09.17 49.51 300m: 4:50.20 50.95 400m: 6:29.92 48.89

3. 61 **7:17.57** 348
50m: 49.37 49.37 150m: 2:38.54 55.85 250m: 4:32.33 57.48 350m: 6:25.19 56.47
100m: 1:42.69 53.32 200m: 3:34.85 56.31 300m: 5:28.72 56.39 400m: 7:17.57 52.38

55 - 59

1. 57 **5:33.66** 648
50m: 36.44 36.44 150m: 2:40.59 1:24.29 250m: 3:24.00 350m: 4:51.89 43.51
100m: 1:16.30 39.86 200m: 300m: 4:08.38 44.38 400m: 5:33.66 41.77

2. 59 **5:55.39** 536
50m: 39.43 39.43 150m: 2:06.31 43.94 250m: 3:37.66 45.89 350m: 5:10.97 46.71
100m: 1:22.37 42.94 200m: 2:51.77 45.46 300m: 4:24.26 46.60 400m: 5:55.39 44.42

50 - 54

1. 52 **5:15.18** 702
50m: 34.82 34.82 150m: 1:53.10 39.71 250m: 3:14.26 40.66 350m: 4:35.78 40.76
100m: 1:13.39 38.57 200m: 2:33.60 40.50 300m: 3:55.02 40.76 400m: 5:15.18 39.40

2. 52 **5:29.59** 613
50m: 36.73 36.73 150m: 1:58.84 41.86 250m: 3:23.39 42.21 350m: 4:48.52 42.54
100m: 1:16.98 40.25 200m: 2:41.18 42.34 300m: 4:05.98 42.59 400m: 5:29.59 41.07

3. 54 **6:08.82** 438
50m: 40.90 40.90 150m: 2:14.52 47.15 250m: 3:48.74 47.09 350m: 5:24.15 48.23
100m: 1:27.37 46.47 200m: 3:01.65 47.13 300m: 4:35.92 47.18 400m: 6:08.82 44.67

4. 50 **6:18.19** 406
50m: 41.34 41.34 150m: 2:17.58 48.70 250m: 3:56.01 49.25 350m: 5:32.95 48.37
100m: 1:28.88 47.54 200m: 3:06.76 49.18 300m: 4:44.58 48.57 400m: 6:18.19 45.24

5. 52 - **6:21.64** 395
50m: 40.32 40.32 150m: 2:14.55 48.08 250m: 3:52.95 49.41 350m: 5:34.25 51.15
100m: 1:26.47 46.15 200m: 3:03.54 48.99 300m: 4:43.10 50.15 400m: 6:21.64 47.39

6. 53 **7:14.06** 268
50m: 51.19 51.19 150m: 2:40.02 54.68 250m: 4:31.51 55.85 350m: 6:21.69 54.86
100m: 1:45.34 54.15 200m: 3:35.66 55.64 300m: 5:26.83 55.32 400m: 7:14.06 52.37

40, , 400m

45 - 49

1.				48								5:26.49	607
	50m:	35.77	35.77	150m:	1:55.97	41.17	250m:	3:20.26	42.47	350m:	4:45.57	43.21	
	100m:	1:14.80	39.03	200m:	2:37.79	41.82	300m:	4:02.36	42.10	400m:	5:26.49	40.92	
2.				47								5:28.90	594
	50m:	38.05	38.05	150m:	2:00.81	41.55	250m:	3:24.55	41.67	350m:	4:48.19	41.91	
	100m:	1:19.26	41.21	200m:	2:42.88	42.07	300m:	4:06.28	41.73	400m:	5:28.90	40.71	
3.				45	43							5:48.95	497
	50m:	37.20	37.20	150m:	2:03.30	43.24	250m:	3:32.38	44.93	350m:	5:03.19	45.43	
	100m:	1:20.06	42.86	200m:	2:47.45	44.15	300m:	4:17.76	45.38	400m:	5:48.95	45.76	
4.				46	43							5:58.69	458
	50m:	38.19	38.19	150m:	2:52.70	1:30.71	250m:	3:38.96		350m:	5:11.98	46.46	
	100m:	1:21.99	43.80	200m:			300m:	4:25.52	46.56	400m:	5:58.69	46.71	
5.				46	105-							6:15.92	398
	50m:	40.25	40.25	150m:	2:15.12	48.27	250m:	3:52.56	48.58	350m:	5:28.80	47.92	
	100m:	1:26.85	46.60	200m:	3:03.98	48.86	300m:	4:40.88	48.32	400m:	6:15.92	47.12	
6.				48								6:21.88	379
	50m:	39.65	39.65	150m:	2:16.37	50.04	250m:	3:55.60	49.55	350m:	5:35.81	49.82	
	100m:	1:26.33	46.68	200m:	3:06.05	49.68	300m:	4:45.99	50.39	400m:	6:21.88	46.07	

40 - 44

1.				41								4:41.70	854
	50m:	31.84	31.84	150m:	1:41.51	35.42	250m:	2:53.66	36.20	350m:	4:06.20	36.33	
	100m:	1:06.09	34.25	200m:	2:17.46	35.95	300m:	3:29.87	36.21	400m:	4:41.70	35.50	
2.				44								5:03.09	686
	50m:	33.83	33.83	150m:	1:47.89	37.52	250m:	3:05.82	39.55	350m:	4:25.45	39.44	
	100m:	1:10.37	36.54	200m:	2:26.27	38.38	300m:	3:46.01	40.19	400m:	5:03.09	37.64	
3.				43								5:08.25	652
	50m:	33.99	33.99	150m:	1:50.77	39.25	250m:	3:10.42	39.80	350m:	4:30.06	39.65	
	100m:	1:11.52	37.53	200m:	2:30.62	39.85	300m:	3:50.41	39.99	400m:	5:08.25	38.19	
4.				44								5:38.33	493
	50m:	37.15	37.15	150m:	2:00.92	42.72	250m:	3:27.35	43.46	350m:	4:55.45	44.26	
	100m:	1:18.20	41.05	200m:	2:43.89	42.97	300m:	4:11.19	43.84	400m:	5:38.33	42.88	
5.				40								6:03.58	397
	50m:	42.02	42.02	150m:	2:14.09	46.52	250m:	3:47.09	46.08	350m:	5:19.59	46.24	
	100m:	1:27.57	45.55	200m:	3:01.01	46.92	300m:	4:33.35	46.26	400m:	6:03.58	43.99	
6.				43								6:21.69	343
	50m:	43.51	43.51	150m:	2:19.27	48.19	250m:	3:56.70	48.44	350m:	5:33.65	48.79	
	100m:	1:31.08	47.57	200m:	3:08.26	48.99	300m:	4:44.86	48.16	400m:	6:21.69	48.04	
7.				42								6:33.07	314
	50m:	41.18	41.18	150m:	2:15.93	48.76	250m:	3:59.03	52.51	350m:	5:42.74	51.74	
	100m:	1:27.17	45.99	200m:	3:06.52	50.59	300m:	4:51.00	51.97	400m:	6:33.07	50.33	

35 - 39

1.				36								5:18.20	589
	50m:	33.64	33.64	150m:	1:51.55	40.05	250m:	3:14.06	41.56	350m:	4:37.39	41.74	
	100m:	1:11.50	37.86	200m:	2:32.50	40.95	300m:	3:55.65	41.59	400m:	5:18.20	40.81	
2.				35								5:30.52	526
	50m:	38.19	38.19	150m:	2:01.20	41.68	250m:	3:25.32	42.10	350m:	4:50.91	42.81	
	100m:	1:19.52	41.33	200m:	2:43.22	42.02	300m:	4:08.10	42.78	400m:	5:30.52	39.61	
3.				38								5:49.59	444
	50m:	37.57	37.57	150m:	2:05.63	45.59	250m:	3:36.15	45.47	350m:	5:07.36	45.78	
	100m:	1:20.04	42.47	200m:	2:50.68	45.05	300m:	4:21.58	45.43	400m:	5:49.59	42.23	

40, , 400m , 35 - 39

4.				38	-					6:23.16	337	
	50m:	39.92	39.92	150m:	2:15.67	48.78	250m:	3:57.34	50.94	350m:	5:36.87	49.67
	100m:	1:26.89	46.97	200m:	3:06.40	50.73	300m:	4:47.20	49.86	400m:	6:23.16	46.29
30 - 34												
1.				33						4:46.74	751	
	50m:	31.12	31.12	150m:	1:41.62	36.15	250m:	2:54.87	36.92	350m:	4:10.49	38.06
	100m:	1:05.47	34.35	200m:	2:17.95	36.33	300m:	3:32.43	37.56	400m:	4:46.74	36.25
2.				30						5:05.95	618	
	50m:	35.77	35.77	150m:	1:53.16	38.90	250m:	3:11.37	39.05	350m:	4:28.85	38.42
	100m:	1:14.26	38.49	200m:	2:32.32	39.16	300m:	3:50.43	39.06	400m:	5:05.95	37.10
3.				34						5:07.94	606	
	50m:	34.31	34.31	150m:	1:49.00	37.77	250m:	3:06.80	39.31	350m:	4:27.44	40.66
	100m:	1:11.23	36.92	200m:	2:27.49	38.49	300m:	3:46.78	39.98	400m:	5:07.94	40.50
4.				31						5:09.73	596	
	50m:	34.78	34.78	150m:	1:53.93	40.05	250m:	3:14.59	40.42	350m:	4:32.65	37.97
	100m:	1:13.88	39.10	200m:	2:34.17	40.24	300m:	3:54.68	40.09	400m:	5:09.73	37.08
5.				31						5:22.22	529	
	50m:	34.66	34.66	150m:	1:54.63	41.06	250m:	3:17.99	41.97	350m:	4:42.17	41.61
	100m:	1:13.57	38.91	200m:	2:36.02	41.39	300m:	4:00.56	42.57	400m:	5:22.22	40.05
6.				32						5:45.09	431	
	50m:	35.47	35.47	150m:	1:57.69	42.89	250m:	3:27.32	45.22	350m:	4:59.91	46.63
	100m:	1:14.80	39.33	200m:	2:42.10	44.41	300m:	4:13.28	45.96	400m:	5:45.09	45.18
7.				34						6:04.44	365	
	50m:	39.11	39.11	150m:	2:07.29	45.05	250m:	3:41.13	47.34	350m:	5:17.61	48.88
	100m:	1:22.24	43.13	200m:	2:53.79	46.50	300m:	4:28.73	47.60	400m:	6:04.44	46.83
25 - 29												
1.				25						5:14.74	529	
	50m:	35.75	35.75	150m:	1:52.11	38.14	250m:	3:10.99	39.70	350m:	4:33.70	41.77
	100m:	1:13.97	38.22	200m:	2:31.29	39.18	300m:	3:51.93	40.94	400m:	5:14.74	41.04
2.				26						5:20.18	503	
	50m:	35.45	35.45	150m:	1:53.91	39.89	250m:	3:16.56	41.14	350m:	4:39.19	41.23
	100m:	1:14.02	38.57	200m:	2:35.42	41.51	300m:	3:57.96	41.40	400m:	5:20.18	40.99