



gara 15
04.11.2023 - 10:55

Uomini, 400m Mista

Cat. generale
Risultati

Swiss National Records	4:03.71	DESPLANCHES, Jérémy	GEN	Angers (FRA)	14.12.2019
Swiss Junior Team Championships	4:35.27	TOSCAN, Marius	SUI	Chur	02.12.2017

Pointi: FINA 2023

Rango	An	Tempo	Pt.			
1. CANONICA, Kento	08	5:03.58	462			
50m: 30.63 30.63	150m: 1:44.48	38.26	250m: 3:07.71	45.42	350m: 4:28.37	35.74
100m: 1:06.22 35.59	200m: 2:22.29	37.81	300m: 3:52.63	44.92	400m: 5:03.58	35.21
2. DVORETSKIY, Ivan	10	5:07.16	446			
50m: 33.07 33.07	150m: 1:51.52	39.33	250m: 3:13.57	43.91	350m: 4:33.36	34.82
100m: 1:12.19 39.12	200m: 2:29.66	38.14	300m: 3:58.54	44.97	400m: 5:07.16	33.80
3. CIMEN, Matteo	10	5:21.71	388			
50m: 34.42 34.42	150m: 1:56.15	41.93	250m: 3:25.22	47.84	350m: 4:47.89	35.09
100m: 1:14.22 39.80	200m: 2:37.38	41.23	300m: 4:12.80	47.58	400m: 5:21.71	33.82
4. BAWOROWSKI, Natanael	09	5:30.40	358			
50m: 35.04 35.04	150m: 2:02.51	43.52	250m: 3:29.63	44.65	350m: 4:53.47	38.30
100m: 1:18.99 43.95	200m: 2:44.98	42.47	300m: 4:15.17	45.54	400m: 5:30.40	36.93
5. RYSER, Damian	11	5:45.83	313			
50m: 37.16 37.16	150m: 2:06.46	45.09	250m: 3:38.75	49.96	350m: 5:08.78	37.92
100m: 1:21.37 44.21	200m: 2:48.79	42.33	300m: 4:30.86	52.11	400m: 5:45.83	37.05
6. FIABANE, Gian	11	5:50.57	300			
50m: 36.29 36.29	150m: 2:05.86	44.58	250m: 3:41.37	52.14	350m: 5:12.21	38.25
100m: 1:21.28 44.99	200m: 2:49.23	43.37	300m: 4:33.96	52.59	400m: 5:50.57	38.36
squal. 10% COSSU, Filippo	09	5:41.96	291			
<i>505 - Colpi di gambe alternati durante la nuotata</i>						
50m: 36.54 36.54	150m: 2:06.17	43.22	250m: 3:37.92	49.89	350m: 5:05.87	37.31
100m: 1:22.95 46.41	200m: 2:48.03	41.86	300m: 4:28.56	50.64	400m: 5:41.96	36.09