

Championnats Romand Masters OPEN
Delémont, 16. - 17.3.2024

Epreuve 23
17.03.2024 - 9:20

Messieurs, 400m Libre

19 ans et plus
Liste résultats

Points: FINA Master 2023

Rank			AG							Temps	Pts	
70 - 74 ans												
1.	RUSCH, Benedikt		54	SC Flipper Gossau						5:34.15	632	
	50m:	36.03	36.03	150m:	2:00.02	43.00	250m:	3:26.18	43.04	350m:	4:52.85	43.46
	100m:	1:17.02	40.99	200m:	2:43.14	43.12	300m:	4:09.39	43.21	400m:	5:34.15	41.30
65 - 69 ans												
1.	SESTER, Alain		56	CN La Chaux-de-Fonds						6:11.22	375	
	50m:	42.33	42.33	150m:	2:16.46	47.36	250m:	3:51.04	47.09	350m:	5:25.67	47.24
	100m:	1:29.10	46.77	200m:	3:03.95	47.49	300m:	4:38.43	47.39	400m:	6:11.22	45.55
55 - 59 ans												
1.	STEINER, Dieter		66	SC Delphin Uetendorf						5:50.28	390	
	50m:	38.13	38.13	150m:	2:04.39	43.66	250m:	3:34.20	45.05	350m:	5:05.17	45.52
	100m:	1:20.73	42.60	200m:	2:49.15	44.76	300m:	4:19.65	45.45	400m:	5:50.28	45.11
40 - 44 ans												
1.	BAILLOD, Julien		80	Red-Fish Neuchâtel						4:45.60	598	
	50m:	33.17	33.17	150m:	1:45.67	36.61	250m:	2:58.85	36.61	350m:	4:11.35	35.94
	100m:	1:09.06	35.89	200m:	2:22.24	36.57	300m:	3:35.41	36.56	400m:	4:45.60	34.25
2.	HENCK, Laurent		82	Dauphins St-Louis						4:53.36	552	
	50m:	34.87	34.87	150m:	1:52.00	39.01	250m:	3:07.22	36.95	350m:	4:18.27	35.17
	100m:	1:12.99	38.12	200m:	2:30.27	38.27	300m:	3:43.10	35.88	400m:	4:53.36	35.09
25 - 29 ans												
1.	MARI, Luca		95	Renens-Natation						4:28.30	653	
	50m:	29.35	29.35	150m:	1:36.70	33.90	250m:	2:44.86	33.99	350m:	3:54.10	34.71
	100m:	1:02.80	33.45	200m:	2:10.87	34.17	300m:	3:19.39	34.53	400m:	4:28.30	34.20