

37
 22.09.2024 - 11:46

, 400m

25 - 94

: FPM Masters 23

75 - 79

1.				76						7:52.41	630	
	50m:	48.72	48.72	150m:	2:46.49	1:00.01	250m:	4:50.54	1:01.79	350m:	6:53.48	1:00.50
	100m:	1:46.48	57.76	200m:	3:48.75	1:02.26	300m:	5:52.98	1:02.44	400m:	7:52.41	58.93

70 - 74

1.				70						7:15.82	608	
	50m:	47.97	47.97	150m:	2:37.23	56.33	250m:	4:31.47	57.96	350m:	6:24.41	56.36
	100m:	1:40.90	52.93	200m:	3:33.51	56.28	300m:	5:28.05	56.58	400m:	7:15.82	51.41

65 - 69

1.				69						7:32.92	397	
	50m:	49.26	49.26	150m:	2:44.73	58.89	250m:	4:42.43	59.64	350m:	6:38.33	57.63
	100m:	1:45.84	56.58	200m:	3:42.79	58.06	300m:	5:40.70	58.27	400m:	7:32.92	54.59
2.				66						8:02.20	328	
	50m:	54.19	54.19	150m:	2:58.77	1:02.82	250m:	5:04.18	1:02.43	350m:	7:04.21	58.92
	100m:	1:55.95	1:01.76	200m:	4:01.75	1:02.98	300m:	6:05.29	1:01.11	400m:	8:02.20	57.99
3.				67						9:55.69	174	
	50m:	1:02.12	1:02.12	150m:	3:34.46	1:18.54	250m:	6:11.54	1:18.54	350m:	8:44.14	1:17.29
	100m:	2:15.92	1:13.80	200m:	4:53.00	1:18.54	300m:	7:26.85	1:15.31	400m:	9:55.69	1:11.55

60 - 64

1.				60						6:00.40	665	
	50m:	40.09	40.09	150m:	2:09.36	45.54	250m:	3:41.85	46.39	350m:	5:16.12	47.30
	100m:	1:23.82	43.73	200m:	2:55.46	46.10	300m:	4:28.82	46.97	400m:	6:00.40	44.28
2.				63						6:19.42	570	
	50m:	42.12	42.12	150m:	2:18.04	48.58	250m:	3:56.24	49.34	350m:	5:33.62	48.53
	100m:	1:29.46	47.34	200m:	3:06.90	48.86	300m:	4:45.09	48.85	400m:	6:19.42	45.80

55 - 59

1.				56						6:37.66	396	
	50m:	41.03	41.03	150m:	2:20.57	50.81	250m:	4:03.42	51.37	350m:	5:47.18	51.72
	100m:	1:29.76	48.73	200m:	3:12.05	51.48	300m:	4:55.46	52.04	400m:	6:37.66	50.48
2.				57						7:51.28	238	
	50m:	52.15	52.15	150m:	2:51.86	1:01.01	250m:	4:53.17	1:00.41	350m:	6:53.78	58.79
	100m:	1:50.85	58.70	200m:	3:52.76	1:00.90	300m:	5:54.99	1:01.82	400m:	7:51.28	57.50
3.				58						7:58.89	227	
	50m:	50.34	50.34	150m:	2:50.18	1:01.66	250m:	4:55.76	1:02.41	350m:	7:00.32	1:01.73
	100m:	1:48.52	58.18	200m:	3:53.35	1:03.17	300m:	5:58.59	1:02.83	400m:	7:58.89	58.57

50 - 54

1.				54						6:30.94	386	
	50m:	40.60	40.60	150m:	2:20.10	50.54	250m:	4:02.49	51.08	350m:	5:43.19	50.11
	100m:	1:29.56	48.96	200m:	3:11.41	51.31	300m:	4:53.08	50.59	400m:	6:30.94	47.75

				50						NT	NT
				52						NT	NT

37, , 400m

40 - 44

1. 44 **7:08.28** 256
 50m: 45.09 45.09 150m: 2:32.26 54.36 250m: 4:24.28 54.95 350m: 6:14.69 53.80
 100m: 1:37.90 52.81 200m: 3:29.33 57.07 300m: 5:20.89 56.61 400m: 7:08.28 53.59

41 NT NT

35 - 39

1. 35 **5:00.24** 740
 50m: 32.78 32.78 150m: 1:45.79 36.94 250m: 3:02.32 38.63 350m: 4:22.31 40.38
 100m: 1:08.85 36.07 200m: 2:23.69 37.90 300m: 3:41.93 39.61 400m: 5:00.24 37.93