

30 , 400m 90 - 94
23.11.2024 - 18:12

: FPM Masters 24

1. 91 **9:23.52** 863
50m: 1:03.59 1:03.59 150m: 3:25.73 1:12.79 250m: 5:48.23 1:11.09 350m: 8:11.10 1:11.47
100m: 2:12.94 1:09.35 200m: 4:37.14 1:11.41 300m: 6:59.63 1:11.40 400m: 9:23.52 1:12.42

30 , 400m 80 - 84
23.11.2024 - 18:12

: FPM Masters 24

1. 80 **8:28.75** 399
50m: 57.08 57.08 150m: 3:03.44 1:04.12 250m: 5:13.95 1:05.37 350m: 7:23.32 1:04.60
100m: 1:59.32 1:02.24 200m: 4:08.58 1:05.14 300m: 6:18.72 1:04.77 400m: 8:28.75 1:05.43

30 , 400m 75 - 79
23.11.2024 - 18:12

: FPM Masters 24

1. 76 **6:14.08** 807
50m: 44.44 44.44 150m: 2:18.49 46.77 250m: 3:52.75 47.71 350m: 5:28.54 47.97
100m: 1:31.72 47.28 200m: 3:05.04 46.55 300m: 4:40.57 47.82 400m: 6:14.08 45.54

2. 76 **6:15.74** 797
50m: 41.51 41.51 150m: 2:14.43 47.03 250m: 3:51.16 48.25 350m: 5:28.09 48.76
100m: 1:27.40 45.89 200m: 3:02.91 48.48 300m: 4:39.33 48.17 400m: 6:15.74 47.65

3. 75 **6:48.99** 618
50m: 45.08 45.08 150m: 2:30.05 53.64 250m: 4:14.96 53.15 350m: 6:01.32 53.21
100m: 1:36.41 51.33 200m: 3:21.81 51.76 300m: 5:08.11 53.15 400m: 6:48.99 47.67

4. 79 **7:37.16** 442
50m: 52.50 52.50 150m: 2:51.20 59.89 250m: 4:49.02 57.66 350m: 6:45.42 57.56
100m: 1:51.31 58.81 200m: 3:51.36 1:00.16 300m: 5:47.86 58.84 400m: 7:37.16 51.74

30 , 400m 70 - 74
23.11.2024 - 18:12

: FPM Masters 24

1. 70 - **6:12.97** 597
50m: 44.14 44.14 150m: 2:19.29 48.08 250m: 3:52.53 46.18 350m: 5:26.41 47.08
100m: 1:31.21 47.07 200m: 3:06.35 47.06 300m: 4:39.33 46.80 400m: 6:12.97 46.56

2. 70 **6:15.32** 586
50m: 40.55 40.55 150m: 2:13.80 47.86 250m: 3:51.04 48.51 350m: 5:24.45 45.86
100m: 1:25.94 45.39 200m: 3:02.53 48.73 300m: 4:38.59 47.55 400m: 6:15.32 50.87

3. 71 **6:40.97** 481
50m: 1:33.58 1:33.58 150m: 2:23.85 250m: 350m: 5:50.32 52.38
100m: 200m: 4:05.88 1:42.03 300m: 4:57.94 400m: 6:40.97 50.65

4. 71 **6:51.16** 446
50m: 48.00 48.00 150m: 2:32.66 52.32 250m: 4:17.49 52.58 350m: 6:02.72 52.31
100m: 1:40.34 52.34 200m: 3:24.91 52.25 300m: 5:10.41 52.92 400m: 6:51.16 48.44

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SWISS TIMING

25

30, , 400m , 70 - 74

74

NT

NT

30 , 400m

65 - 69

23.11.2024 - 18:12

: FPM Masters 24

1.			68						5:33.41		668	
	50m:	39.18	39.18	150m:	2:05.68	43.21	250m:	3:31.93	42.73	350m:	4:55.12	40.97
	100m:	1:22.47	43.29	200m:	2:49.20	43.52	300m:	4:14.15	42.22	400m:	5:33.41	38.29
2.			67						5:43.03		613	
	50m:			150m:	2:05.66		250m:	4:17.26	44.19	350m:	5:43.03	42.36
	100m:			200m:	3:33.07	1:27.41	300m:	5:00.67	43.41	400m:	5:43.03	
3.			65						5:58.38		538	
	50m:	38.82	38.82	150m:	2:09.05	45.79	250m:	3:42.97	46.72	350m:	5:15.06	46.00
	100m:	1:23.26	44.44	200m:	2:56.25	47.20	300m:	4:29.06	46.09	400m:	5:58.38	43.32
4.			68						6:08.50		495	
	50m:	41.66	41.66	150m:	2:14.04	46.40	250m:	3:50.46	48.06	350m:	5:24.52	46.47
	100m:	1:27.64	45.98	200m:	3:02.40	48.36	300m:	4:38.05	47.59	400m:	6:08.50	43.98
5.			68						6:11.84		482	
	50m:	41.71	41.71	150m:	2:15.80	48.11	250m:	3:50.61	47.25	350m:	5:26.14	47.58
	100m:	1:27.69	45.98	200m:	3:03.36	47.56	300m:	4:38.56	47.95	400m:	6:11.84	45.70
6.			66						6:21.38		446	
	50m:	42.94	42.94	150m:			250m:			350m:	5:35.43	48.14
	100m:	2:19.47	1:36.53	200m:			300m:	4:47.29		400m:	6:21.38	45.95

30 , 400m

60 - 64

23.11.2024 - 18:12

: FPM Masters 24

1.			63						5:00.23		755	
	50m:	34.08	34.08	150m:	1:49.25	37.88	250m:	3:06.44	38.52	350m:	4:23.76	38.34
	100m:	1:11.37	37.29	200m:	2:27.92	38.67	300m:	3:45.42	38.98	400m:	5:00.23	36.47
2.			60						5:05.05		719	
	50m:	34.11	34.11	150m:	1:51.38	39.02	250m:	3:10.40	39.57	350m:	4:28.43	38.83
	100m:	1:12.36	38.25	200m:	2:30.83	39.45	300m:	3:49.60	39.20	400m:	5:05.05	36.62
3.			61						5:09.65		688	
	50m:	35.29	35.29	150m:	1:51.59	38.57	250m:	3:09.68	39.57	350m:	4:29.66	40.16
	100m:	1:13.02	37.73	200m:	2:30.11	38.52	300m:	3:49.50	39.82	400m:	5:09.65	39.99
4.			63						5:14.33		658	
	50m:	35.53	35.53	150m:	1:52.84	39.21	250m:	3:13.05	40.37	350m:	4:34.45	40.61
	100m:	1:13.63	38.10	200m:	2:32.68	39.84	300m:	3:53.84	40.79	400m:	5:14.33	39.88
5.			60						5:17.73		637	
	50m:	35.98	35.98	150m:	1:57.18	41.04	250m:	3:19.92	41.43	350m:	4:40.91	40.40
	100m:	1:16.14	40.16	200m:	2:38.49	41.31	300m:	4:00.51	40.59	400m:	5:17.73	36.82
6.			64						5:23.16		605	
	50m:	36.80	36.80	150m:	1:57.46	40.48	250m:	3:19.90	40.96	350m:	4:43.19	42.34
	100m:	1:16.98	40.18	200m:	2:38.94	41.48	300m:	4:00.85	40.95	400m:	5:23.16	39.97

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SWISS TIMING

25

30, , 400m , 60 - 64

7.				60						5:27.07	584	
	50m:	38.81	38.81	150m:	2:03.66	42.49	250m:	3:28.17	42.00	350m:	4:50.12	40.77
	100m:	1:21.17	42.36	200m:	2:46.17	42.51	300m:	4:09.35	41.18	400m:	5:27.07	36.95
8.				62						6:18.19	377	
	50m:	41.69	41.69	150m:	2:14.29	47.19	250m:	3:50.58	48.49	350m:	5:30.87	50.78
	100m:	1:27.10	45.41	200m:	3:02.09	47.80	300m:	4:40.09	49.51	400m:	6:18.19	47.32
9.				62						6:38.30	323	
	50m:	43.99	43.99	150m:	2:21.95	49.26	250m:	4:02.25	50.37	350m:	5:45.05	52.00
	100m:	1:32.69	48.70	200m:	3:11.88	49.93	300m:	4:53.05	50.80	400m:	6:38.30	53.25
DNS				61								

30 , 400m 55 - 59

23.11.2024 - 18:12

: FPM Masters 24

1.				58						4:40.61	825	
	50m:	1:07.44	1:07.44	150m:			250m:	2:52.65	35.17	350m:	4:04.62	36.16
	100m:			200m:	2:17.48		300m:	3:28.46	35.81	400m:	4:40.61	35.99
2.				58						4:45.92	780	
	50m:	32.94	32.94	150m:	1:43.71	35.76	250m:	2:56.57	36.60	350m:	4:10.93	37.19
	100m:	1:07.95	35.01	200m:	2:19.97	36.26	300m:	3:33.74	37.17	400m:	4:45.92	34.99
3.				58						4:55.76	705	
	50m:	32.19	32.19	150m:	1:45.21	37.21	250m:	3:01.13	38.25	350m:	4:17.85	38.66
	100m:	1:08.00	35.81	200m:	2:22.88	37.67	300m:	3:39.19	38.06	400m:	4:55.76	37.91
4.				56						5:15.80	579	
	50m:	35.52	35.52	150m:	1:56.09	40.75	250m:	3:18.48	40.93	350m:	4:38.93	39.98
	100m:	1:15.34	39.82	200m:	2:37.55	41.46	300m:	3:58.95	40.47	400m:	5:15.80	36.87
5.				55						5:18.11	566	
	50m:			150m:	1:58.27	41.98	250m:			350m:	4:40.42	39.17
	100m:	1:16.29		200m:			300m:	4:01.25		400m:	5:18.11	37.69
6.				57						5:18.13	566	
	50m:	34.98	34.98	150m:	1:52.93	39.76	250m:			350m:	4:37.59	42.51
	100m:	1:13.17	38.19	200m:	2:32.99	40.06	300m:	3:55.08		400m:	5:18.13	40.54
7.				59						5:23.66	538	
	50m:	35.78	35.78	150m:	1:57.34	41.34	250m:	3:20.99	41.72	350m:	4:43.77	41.41
	100m:	1:16.00	40.22	200m:	2:39.27	41.93	300m:	4:02.36	41.37	400m:	5:23.66	39.89
8.				55						5:27.50	519	
	50m:	35.59	35.59	150m:	1:57.73	41.51	250m:	3:22.23	42.64	350m:	4:46.94	42.39
	100m:	1:16.22	40.63	200m:	2:39.59	41.86	300m:	4:04.55	42.32	400m:	5:27.50	40.56
9.				55						5:33.60	491	
	50m:	34.56	34.56	150m:	1:55.86		250m:	3:22.69	43.60	350m:	4:50.84	44.24
	100m:			200m:	2:39.09	43.23	300m:	4:06.60	43.91	400m:	5:33.60	42.76
10.				59						6:04.15	377	
	50m:			150m:	2:09.09		250m:	3:44.18	47.91	350m:		
	100m:			200m:	2:56.27	47.18	300m:	4:32.02	47.84	400m:	6:04.15	
11.				59						6:37.21	291	
	50m:	43.09	43.09	150m:	2:22.22	50.24	250m:	4:04.80	51.48	350m:	5:47.50	51.15
	100m:	1:31.98	48.89	200m:	3:13.32	51.10	300m:	4:56.35	51.55	400m:	6:37.21	49.71

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SWISS TIMING

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, 21-24 2024 .



30, , 400m , 55 - 59

DNS 55
DNS 5730 , 400m 50 - 54
23.11.2024 - 18:12

: FPM Masters 24

1.				52								4:35.16	785
	50m:	30.71	30.71	150m:	1:40.32	35.11	250m:	2:50.84	35.31	350m:	4:01.02	35.08	
	100m:	1:05.21	34.50	200m:	2:15.53	35.21	300m:	3:25.94	35.10	400m:	4:35.16	34.14	
2.				51								4:55.56	633
	50m:	32.53	32.53	150m:	1:46.45	37.54	250m:	3:02.55	37.92	350m:	4:18.62	38.19	
	100m:	1:08.91	36.38	200m:	2:24.63	38.18	300m:	3:40.43	37.88	400m:	4:55.56	36.94	
3.				54								4:57.90	618
	50m:	33.78	33.78	150m:	1:49.19	38.10	250m:	3:05.96	38.18	350m:	4:22.17	38.16	
	100m:	1:11.09	37.31	200m:	2:27.78	38.59	300m:	3:44.01	38.05	400m:	4:57.90	35.73	
4.				53								4:58.48	615
	50m:	32.43	32.43	150m:	1:46.05	37.38	250m:	3:03.20	38.64	350m:	4:21.93	39.48	
	100m:	1:08.67	36.24	200m:	2:24.56	38.51	300m:	3:42.45	39.25	400m:	4:58.48	36.55	
5.				50								5:03.08	587
	50m:	34.80	34.80	150m:	1:51.92	38.98	250m:	3:08.68	38.17	350m:	4:26.22	38.43	
	100m:	1:12.94	38.14	200m:	2:30.51	38.59	300m:	3:47.79	39.11	400m:	5:03.08	36.86	
6.				51								5:05.49	573
	50m:			150m:	1:50.01	38.41	250m:	3:09.01	39.49	350m:			
	100m:	1:11.60		200m:	2:29.52	39.51	300m:	3:48.81	39.80	400m:	5:05.49		
7.				51								6:22.96	291
	50m:	40.52	40.52	150m:	2:13.60	47.67	250m:	3:50.92	49.04	350m:	5:32.65	51.25	
	100m:	1:25.93	45.41	200m:	3:01.88	48.28	300m:	4:41.40	50.48	400m:	6:22.96	50.31	
DNS				53									
DNS				53									
DNS				51									

30 , 400m 45 - 49
23.11.2024 - 18:12

: FPM Masters 24

1.				45								4:16.72	904
	50m:	30.38	30.38	150m:	1:34.24	31.84	250m:	2:38.59	32.26	350m:	3:44.05	32.62	
	100m:	1:02.40	32.02	200m:	2:06.33	32.09	300m:	3:11.43	32.84	400m:	4:16.72	32.67	
2.				47								4:30.44	773
	50m:	30.08	30.08	150m:	1:35.95	33.50	250m:	2:45.49	34.72	350m:	3:56.05	35.30	
	100m:	1:02.45	32.37	200m:	2:10.77	34.82	300m:	3:20.75	35.26	400m:	4:30.44	34.39	
3.				46								4:44.70	662
	50m:	30.12	30.12	150m:	1:39.66	35.69	250m:	2:52.56	36.30	350m:	4:07.19	37.57	
	100m:	1:03.97	33.85	200m:	2:16.26	36.60	300m:	3:29.62	37.06	400m:	4:44.70	37.51	
4.				46								4:53.14	607
	50m:	32.03	32.03	150m:	1:43.68	36.40	250m:	2:58.19	37.19	350m:	4:15.93	39.24	
	100m:	1:07.28	35.25	200m:	2:21.00	37.32	300m:	3:36.69	38.50	400m:	4:53.14	37.21	

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SWISS TIMING

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30,

, 400m

, 45 - 49

5.				49								4:55.91	590
	50m:	32.33	32.33	150m:	1:45.18	37.30	250m:	3:01.16	38.11	350m:	4:18.56	38.74	
	100m:	1:07.88	35.55	200m:	2:23.05	37.87	300m:	3:39.82	38.66	400m:	4:55.91	37.35	
6.				45								5:00.23	565
	50m:	34.03	34.03	150m:	1:48.44	37.49	250m:	3:06.74	39.28	350m:	4:24.68	39.05	
	100m:	1:10.95	36.92	200m:	2:27.46	39.02	300m:	3:45.63	38.89	400m:	5:00.23	35.55	
7.				48								5:08.21	522
	50m:	34.46	34.46	150m:	1:53.77	40.72	250m:	3:14.16	40.25	350m:	4:32.92	38.80	
	100m:	1:13.05	38.59	200m:	2:33.91	40.14	300m:	3:54.12	39.96	400m:	5:08.21	35.29	
8.				48			-					5:10.75	509
	50m:	35.15	35.15	150m:	1:53.24	39.73	250m:	3:12.58	39.42	350m:	4:32.84	40.69	
	100m:	1:13.51	38.36	200m:	2:33.16	39.92	300m:	3:52.15	39.57	400m:	5:10.75	37.91	
9.				48								5:18.34	474
	50m:	37.10	37.10	150m:	1:57.47	39.36	250m:	3:18.46	40.57	350m:	4:39.10	40.35	
	100m:	1:18.11	41.01	200m:	2:37.89	40.42	300m:	3:58.75	40.29	400m:	5:18.34	39.24	
10.				48			-					5:22.81	454
	50m:	34.50	34.50	150m:	1:55.08	41.47	250m:	3:18.17	41.40	350m:	4:43.32	42.85	
	100m:	1:13.61	39.11	200m:	2:36.77	41.69	300m:	4:00.47	42.30	400m:	5:22.81	39.49	
11.				46			-					5:29.34	428
	50m:	35.19	35.19	150m:	1:59.11	42.87	250m:	3:24.49	42.84	350m:	4:49.59	42.78	
	100m:	1:16.24	41.05	200m:	2:41.65	42.54	300m:	4:06.81	42.32	400m:	5:29.34	39.75	
12.				47								5:31.11	421
	50m:	36.01	36.01	150m:	1:58.06	42.01	250m:	3:24.60	43.51	350m:	4:50.16	42.80	
	100m:	1:16.05	40.04	200m:	2:41.09	43.03	300m:	4:07.36	42.76	400m:	5:31.11	40.95	
13.				45			-					6:02.00	322
	50m:	39.63	39.63	150m:	2:09.02	45.52	250m:	3:42.04	46.60	350m:	5:15.87	47.19	
	100m:	1:23.50	43.87	200m:	2:55.44	46.42	300m:	4:28.68	46.64	400m:	6:02.00	46.13	
DNS				45									

30

, 400m

40 - 44

23.11.2024 - 18:12

: FPM Masters 24

1.				43								4:12.20	884
	50m:	28.98	28.98	150m:	1:31.57	31.41	250m:			350m:	3:40.19		
	100m:	1:00.16	31.18	200m:	2:03.64	32.07	300m:			400m:	4:12.20	32.01	
2.				41								4:35.80	676
	50m:	31.07	31.07	150m:	1:38.97	34.25	250m:	2:49.17	35.62	350m:	4:00.67	35.61	
	100m:	1:04.72	33.65	200m:	2:13.55	34.58	300m:	3:25.06	35.89	400m:	4:35.80	35.13	
3.				41								4:36.28	673
	50m:	29.48	29.48	150m:	1:37.47	34.80	250m:	2:48.48	35.57	350m:	4:00.53	36.29	
	100m:	1:02.67	33.19	200m:	2:12.91	35.44	300m:	3:24.24	35.76	400m:	4:36.28	35.75	
4.				43								4:40.80	641
	50m:	32.63	32.63	150m:	1:43.94	36.07	250m:	2:55.56	35.63	350m:	4:06.34	35.29	
	100m:	1:07.87	35.24	200m:	2:19.93	35.99	300m:	3:31.05	35.49	400m:	4:40.80	34.46	
5.				43								4:41.79	634
	50m:	30.31	30.31	150m:	1:36.90	33.71	250m:	2:47.80	36.00	350m:	4:04.06	38.78	
	100m:	1:03.19	32.88	200m:	2:11.80	34.90	300m:	3:25.28	37.48	400m:	4:41.79	37.73	

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SWISS TIMING

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30,		, 400m		, 40 - 44					
6.				42	-			4:42.69	628
	50m:	32.53	32.53	150m:	1:44.96	36.31	250m:	2:57.06	35.85
	100m:	1:08.65	36.12	200m:	2:21.21	36.25	300m:	3:32.97	35.91
							350m:	4:08.78	35.81
							400m:	4:42.69	33.91
7.				41				4:44.99	613
	50m:	32.79	32.79	150m:	1:44.74	36.32	250m:	2:57.61	36.42
	100m:	1:08.42	35.63	200m:	2:21.19	36.45	300m:	3:33.57	35.96
							350m:	4:09.64	36.07
							400m:	4:44.99	35.35
8.				42				4:48.77	589
	50m:	32.46	32.46	150m:	1:44.04	36.62	250m:	2:57.74	36.80
	100m:	1:07.42	34.96	200m:	2:20.94	36.90	300m:	3:35.16	37.42
							350m:	4:12.51	37.35
							400m:	4:48.77	36.26
9.				40				5:07.18	489
	50m:	32.36	32.36	150m:	1:47.07	38.38	250m:	3:05.66	39.81
	100m:	1:08.69	36.33	200m:	2:25.85	38.78	300m:	3:46.22	40.56
							350m:	4:28.63	42.41
							400m:	5:07.18	38.55
10.				40				5:16.03	449
	50m:	34.59	34.59	150m:			250m:		350m:
	100m:			200m:			300m:		400m:
								5:16.03	
11.				44				5:22.05	424
	50m:	35.40	35.40	150m:	1:55.92	41.04	250m:	3:19.55	42.05
	100m:	1:14.88	39.48	200m:	2:37.50	41.58	300m:	4:01.53	41.98
							350m:	4:42.90	41.37
							400m:	5:22.05	39.15
12.				44				5:29.97	395
	50m:	37.01	37.01	150m:	1:59.60	42.07	250m:	3:26.04	43.33
	100m:	1:17.53	40.52	200m:	2:42.71	43.11	300m:	4:08.60	42.56
							350m:	4:50.68	42.08
							400m:	5:29.97	39.29
13.				43				5:44.44	347
	50m:	36.50	36.50	150m:	2:01.44	43.73	250m:	3:31.02	44.89
	100m:	1:17.71	41.21	200m:	2:46.13	44.69	300m:	4:16.71	45.69
							350m:	5:01.63	44.92
							400m:	5:44.44	42.81
14.				42				5:49.33	332
	50m:	37.84	37.84	150m:	2:02.72	43.39	250m:	3:32.73	45.35
	100m:	1:19.33	41.49	200m:	2:47.38	44.66	300m:	4:18.82	46.09
							350m:	5:05.17	46.35
							400m:	5:49.33	44.16
DNS				42					
DNS				44					

30 , 400m 35 - 39
23.11.2024 - 18:12

: FPM Masters 24

1.				35				4:09.71	884
	50m:	28.56	28.56	150m:	1:30.75		250m:	2:34.46	31.84
	100m:			200m:	2:02.62	31.87	300m:	3:06.50	32.04
							350m:	3:38.55	32.05
							400m:	4:09.71	31.16
2.				38				4:13.93	841
	50m:	27.61	27.61	150m:	1:28.72	30.92	250m:	2:34.38	33.40
	100m:	57.80	30.19	200m:	2:00.98	32.26	300m:	3:07.62	33.24
							350m:	3:40.94	33.32
							400m:	4:13.93	32.99
3.				37				4:25.32	737
	50m:	27.80	27.80	150m:	1:31.47	32.49	250m:	2:39.50	34.67
	100m:	58.98	31.18	200m:	2:04.83	33.36	300m:	3:15.27	35.77
							350m:	3:50.81	35.54
							400m:	4:25.32	34.51
4.				38				4:27.59	718
	50m:	28.43	28.43	150m:	1:33.21	33.20	250m:	2:42.05	35.01
	100m:	1:00.01	31.58	200m:	2:07.04	33.83	300m:	3:17.47	35.42
							350m:	3:53.48	36.01
							400m:	4:27.59	34.11
5.				38				4:27.74	717
	50m:	29.89	29.89	150m:	1:36.35	33.88	250m:	2:44.61	34.24
	100m:	1:02.47	32.58	200m:	2:10.37	34.02	300m:	3:18.98	34.37
							350m:	3:53.44	34.46
							400m:	4:27.74	34.30

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SWISS TIMING

25

30,

, 400m

, 35 - 39

6.				39								4:28.11	714
	50m:	28.43	28.43	150m:	1:35.46	34.08	250m:	2:44.72	34.79	350m:	3:54.20	34.60	
	100m:	1:01.38	32.95	200m:	2:09.93	34.47	300m:	3:19.60	34.88	400m:	4:28.11	33.91	
7.				36								4:31.20	690
	50m:	30.23	30.23	150m:	1:37.77	33.83	250m:	2:47.05	34.38	350m:	3:57.13	34.95	
	100m:	1:03.94	33.71	200m:	2:12.67	34.90	300m:	3:22.18	35.13	400m:	4:31.20	34.07	
8.				35								4:33.25	675
	50m:	30.06	30.06	150m:	1:38.01	34.49	250m:	2:48.11	35.05	350m:	3:59.41	35.97	
	100m:	1:03.52	33.46	200m:	2:13.06	35.05	300m:	3:23.44	35.33	400m:	4:33.25	33.84	
9.				37								4:33.54	672
	50m:	30.03	30.03	150m:	1:36.26	33.75	250m:	2:45.33	34.92	350m:	3:57.57	36.37	
	100m:	1:02.51	32.48	200m:	2:10.41	34.15	300m:	3:21.20	35.87	400m:	4:33.54	35.97	
10.				37								4:37.02	647
	50m:	29.50	29.50	150m:	1:37.32	34.48	250m:	2:48.75	35.94	350m:	4:01.13	36.11	
	100m:	1:02.84	33.34	200m:	2:12.81	35.49	300m:	3:25.02	36.27	400m:	4:37.02	35.89	
11.				36								4:48.73	572
	50m:	1:08.95	1:08.95	150m:			250m:			350m:			
	100m:			200m:			300m:	3:37.95		400m:	4:48.73		
12.				35								5:01.59	502
	50m:	33.59	33.59	150m:	1:48.27	37.74	250m:	3:05.83	38.80	350m:	4:24.87	39.50	
	100m:	1:10.53	36.94	200m:	2:27.03	38.76	300m:	3:45.37	39.54	400m:	5:01.59	36.72	
13.				35								5:04.37	488
	50m:	33.62	33.62	150m:	1:47.75	37.89	250m:	3:05.64	39.16	350m:	4:25.75	40.33	
	100m:	1:09.86	36.24	200m:	2:26.48	38.73	300m:	3:45.42	39.78	400m:	5:04.37	38.62	
14.				38								5:09.73	463
	50m:	33.10	33.10	150m:	1:48.38	38.47	250m:	3:09.09	40.35	350m:	4:30.55	40.77	
	100m:	1:09.91	36.81	200m:	2:28.74	40.36	300m:	3:49.78	40.69	400m:	5:09.73	39.18	
15.				37								5:31.56	377
	50m:	37.48	37.48	150m:			250m:	3:23.79	43.24	350m:	4:51.80	44.32	
	100m:	1:58.07	1:20.59	200m:	2:40.55		300m:	4:07.48	43.69	400m:	5:31.56	39.76	
16.				39	43							5:38.02	356
	50m:	36.85	36.85	150m:	2:02.44	43.33	250m:	3:30.26	43.93	350m:	4:57.88	43.80	
	100m:	1:19.11	42.26	200m:	2:46.33	43.89	300m:	4:14.08	43.82	400m:	5:38.02	40.14	
DNS				38									
DNS				38									
DNS				35									

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, 400m

30 - 34

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: FPM Masters 24

1.				34								4:08.72	878
	50m:	28.78	28.78	150m:	1:31.83	31.67	250m:	2:35.71	32.02	350m:	3:39.42	31.29	
	100m:	1:00.16	31.38	200m:	2:03.69	31.86	300m:	3:08.13	32.42	400m:	4:08.72	29.30	
2.				33								4:15.96	806
	50m:	28.95	28.95	150m:	1:32.39	31.97	250m:	2:37.72	32.74	350m:	3:44.08	33.10	
	100m:	1:00.42	31.47	200m:	2:04.98	32.59	300m:	3:10.98	33.26	400m:	4:15.96	31.88	
3.				30								4:23.11	742
	50m:	29.72	29.72	150m:	1:33.93	32.58	250m:	2:40.93	33.60	350m:	3:50.14	34.85	
	100m:	1:01.35	31.63	200m:	2:07.33	33.40	300m:	3:15.29	34.36	400m:	4:23.11	32.97	

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SWISS TIMING

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30,		, 400m		, 30 - 34					
4.					33			4:26.15	717
	50m:	1:02.19	1:02.19	150m:	1:35.67	250m:	2:43.85	350m:	3:52.45
	100m:			200m:	2:09.77	300m:	3:18.08	400m:	4:26.15
					34.10		34.23		33.70
5.					32	105-		4:31.83	673
	50m:	30.46	30.46	150m:	1:37.18	250m:	2:46.75	350m:	3:57.39
	100m:	1:03.34	32.88	200m:	2:11.62	300m:	3:22.10	400m:	4:31.83
					33.84		35.13		35.29
					34.44		35.35		34.44
6.					32			4:37.40	633
	50m:	32.14	32.14	150m:		250m:		350m:	4:37.40
	100m:			200m:		300m:		400m:	4:37.40
7.					34			4:50.24	552
	50m:	34.69	34.69	150m:	1:47.73	250m:	3:01.78	350m:	4:15.81
	100m:	1:11.20	36.51	200m:	2:24.74	300m:	3:39.00	400m:	4:50.24
					36.53		37.04		36.81
					37.01		37.22		34.43
DNS					32				
DNS					33				

30 , 400m 25 - 29
23.11.2024 - 18:12

: FPM Masters 24

1.					27			4:05.90	886
	50m:	27.43	27.43	150m:	1:28.64	250m:	2:30.79	350m:	3:34.16
	100m:	57.96	30.53	200m:	1:59.49	300m:	3:02.62	400m:	4:05.90
					30.68		31.30		31.54
					30.85		31.83		31.74
2.					27			4:06.14	883
	50m:	28.02	28.02	150m:	1:30.34	250m:	2:32.98	350m:	3:35.01
	100m:	58.59	30.57	200m:	2:02.04	300m:	3:04.22	400m:	4:06.14
					31.75		30.94		30.79
					31.70		31.24		31.13
3.					27			4:07.43	869
	50m:	28.61	28.61	150m:	1:31.16	250m:	2:34.57	350m:	3:36.47
	100m:	59.65	31.04	200m:	2:02.81	300m:	3:05.74	400m:	4:07.43
					31.51		31.76		30.73
					31.65		31.17		30.96
4.					25			4:17.57	770
	50m:	27.92	27.92	150m:	1:30.32	250m:	2:35.74	350m:	3:43.63
	100m:	58.65	30.73	200m:	2:02.78	300m:	3:09.35	400m:	4:17.57
					31.67		32.96		34.28
					32.46		33.61		33.94
5.					25			4:18.29	764
	50m:	27.95	27.95	150m:	1:32.44	250m:	2:39.23	350m:	3:46.27
	100m:	59.59	31.64	200m:	2:05.71	300m:	3:12.87	400m:	4:18.29
					32.85		33.52		33.40
					33.27		33.64		32.02
6.					27			4:20.13	748
	50m:	29.68	29.68	150m:	1:35.61	250m:	2:41.36	350m:	3:47.38
	100m:	1:02.54	32.86	200m:	2:08.47	300m:	3:14.24	400m:	4:20.13
					33.07		32.89		33.14
					32.86		32.88		32.75
7.					28	43		4:27.20	690
	50m:	29.03	29.03	150m:	1:33.58	250m:	2:41.62	350m:	3:52.33
	100m:	1:00.77	31.74	200m:	2:07.36	300m:	3:16.78	400m:	4:27.20
					32.81		34.26		35.55
					33.78		35.16		34.87
8.					26			4:43.19	580
	50m:	31.05	31.05	150m:	1:40.15	250m:	2:52.08	350m:	4:06.84
	100m:	1:04.95	33.90	200m:	2:15.92	300m:	3:28.94	400m:	4:43.19
					35.20		36.16		37.90
					35.77		36.86		36.35