

SSF KSA NATIONAL CHAMPIONSHIP DEC 2024
DAMMAM, 19- - 22-12-2024

Event 10
2024-12-20

Men, 400m Freestyle

11 years and older
Results

11 - 12: 5:55.00; 13 - 14: 5:19.00; 15 - 17: 4:58.00; 18 - 90: 4:50.00

Points: FINA 2023

Rank	Age	Time	Pts	100m	200m	300m	400m
11 - 12 years							
1.		4:44.48	462				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:44.48	
2.	12	5:00.05	394				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:00.05	
3.	12	5:07.52	366				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:07.52	
4.	12	5:10.96	354				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:10.96	
5.	11	5:19.75	326				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:19.75	
6.	11	5:35.78	281				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:35.78	
7.	11	5:42.51	265				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:42.51	
8.	12	5:46.13	257				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:46.13	
13 - 14 years							
1.	13	4:18.35	618				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:18.35	
2.	14	4:32.48	526				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:32.48	
3.	13	4:36.68	503				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:36.68	
4.	14	4:39.28	489				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:39.28	
5.	13	4:54.08	419				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:54.08	
6.	14	4:54.15	418				
		50m:		250m:	350m:		
		100m:		300m:	400m:	4:54.15	
7.	13	5:01.98	387				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:01.98	
8.	14	5:03.76	380				
		50m:		250m:	350m:		
		100m:		300m:	400m:	5:03.76	

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15 - 17 years

1. GHANEM ESSA, ALSULHI	15	HJR	4:21.45	596		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:21.45
2. MOSTAFA AHMED, M.	15	QDS	4:27.24	558		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:27.24
3. OMAR SHERIF, ROSHDY	17	ABH	4:28.76	549		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:28.76
4. RIDHA MAHDI, ALOSAIF	17	KHJ	4:32.48	526		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:32.48
5. KHALED YAHYA, .	15	ITHD	4:42.68	471		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:42.68
6. MAHER ABDULRAHMAN, J	16	WJ	4:47.62	447		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:47.62
7. ALI FAISAL, ALSAIHATI	15	KHJ	4:49.12	441		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:49.12
8. SAIF ZAHRAN, A.	16	NSR	4:52.63	425		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:52.63

18 years and older

1. MOHAMMED HANI, A.	18	ADL	4:24.44	576		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:24.44
2. AHMED ALI, ALHASHIM	27	ADL	4:24.64	575		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:24.64
3. YOUSSEF KARIM, E.	18	KHD	4:30.47	538		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:30.47
4. AMAR YASSER, A.	24	SFA	4:33.43	521		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:33.43
5. ABDULMOHSEN JASSIM22.	FTH		4:48.99	441		
50m:		150m:	250m:		350m:	
100m:		200m:	300m:		400m:	4:48.99
HASSAN ALI, ALBAQSHI	21	FTH				
			NT			