

Championnats Romand Masters OPEN
Cossonay, 12.4.2025

Epreuve 8
12.04.2025 - 10:10

Messieurs, 400m Libre

19 ans et plus
Liste résultats

Points: FINA Master 2023

Rank	AG										Temps	Pts
65 - 69 ans												
1.	SESTER, Alain			56	CN La Chaux-de-Fonds					6:14.99	364	
	50m:	42.11	42.11	150m:	2:13.79	46.59	250m:	3:50.69	48.74	350m:	5:28.16	48.66
	100m:	1:27.20	45.09	200m:	3:01.95	48.16	300m:	4:39.50	48.81	400m:	6:14.99	46.83
55 - 59 ans												
1.	ALLEGRINI, Philippe			66	Red-Fish Neuchâtel					4:53.84	661	
	50m:	34.08	34.08	150m:	1:47.62	37.05	250m:	3:02.63	37.59	350m:	4:18.09	37.78
	100m:	1:10.57	36.49	200m:	2:25.04	37.42	300m:	3:40.31	37.68	400m:	4:53.84	35.75
45 - 49 ans												
1.	GABELLIERI, Emanuele			77	Renens-Natation					4:33.70	700	
	50m:	31.01	31.01	150m:	1:40.14	34.75	250m:	2:50.19	34.91	350m:	3:59.86	34.65
	100m:	1:05.39	34.38	200m:	2:15.28	35.14	300m:	3:25.21	35.02	400m:	4:33.70	33.84
2.	BAILLOD, Julien			80	Red-Fish Neuchâtel					4:38.99	661	
	50m:	33.26	33.26	150m:	1:44.23	35.72	250m:	2:55.12	35.20	350m:	4:05.16	34.94
	100m:	1:08.51	35.25	200m:	2:19.92	35.69	300m:	3:30.22	35.10	400m:	4:38.99	33.83
30 - 34 ans												
1.	MARI, Luca			95	Renens-Natation					4:32.52	616	
	50m:	30.09	30.09	150m:	1:39.68	35.13	250m:	2:49.23	34.52	350m:	3:58.36	34.40
	100m:	1:04.55	34.46	200m:	2:14.71	35.03	300m:	3:23.96	34.73	400m:	4:32.52	34.16
19 - 24 ans												
1.	GONZALEZ SERRANO, Adrian			01	Lausanne Aquatique					5:23.55		
	50m:	35.54	35.54	150m:	1:54.58	40.27	250m:	3:18.43	42.31	350m:	4:42.47	42.38
	100m:	1:14.31	38.77	200m:	2:36.12	41.54	300m:	4:00.09	41.66	400m:	5:23.55	41.08