

17ème Meeting Masters Plan-le-Ouates  
Plan-les-Ouates, 22/3/2025

Event 15 400m Freestyle 20 years and older  
22/03/2025 - 15:25 Results

Points: AQUA 2024

Rank			YB					Time	Pts	
<b>25 - 29 years, Women</b>										
1.	MUN, Valentine		98	Master grenoble alp 38				<b>5:03.62</b>	442	
	50m:	33.68 33.68	150m:	1:50.90	39.15	250m:	3:08.72	39.03	350m:	4:26.69 38.61
	100m:	1:11.75 38.07	200m:	2:29.69	38.79	300m:	3:48.08	39.36	400m:	5:03.62 36.93
2.	DESIRE VALDOR, Paula		99	Geneve Natation 1885				<b>5:12.22</b>	406	
	50m:	35.43 35.43	150m:	1:53.80	39.40	250m:	3:13.34	39.30	350m:	4:33.42 39.60
	100m:	1:14.40 38.97	200m:	2:34.04	40.24	300m:	3:53.82	40.48	400m:	5:12.22 38.80
<b>30 - 34 years, Men</b>										
1.	LEVACIC, Guillaume		95	CN Thonon-les-Bains				<b>4:35.65</b>	456	
	50m:	31.05 31.05	150m:	1:41.17	35.65	250m:	2:53.10	35.96	350m:	4:00.14 32.70
	100m:	1:05.52 34.47	200m:	2:17.14	35.97	300m:	3:27.44	34.34	400m:	4:35.65 35.51
<b>35 - 39 years, Men</b>										
1.	TEMPEZ, Pierre		88	CN Plan-les-Ouates				<b>5:45.47</b>	231	
	50m:	38.76 38.76	150m:	2:05.40	43.83	250m:	3:34.44	44.38	350m:	5:02.90 44.61
	100m:	1:21.57 42.81	200m:	2:50.06	44.66	300m:	4:18.29	43.85	400m:	5:45.47 42.57
<b>40 - 44 years, Women</b>										
1.	ZANOTTO, Valentina		82	SC Winterthur				<b>5:46.16</b>	298	
	50m:	38.84 38.84	150m:	2:03.50	42.81	250m:	3:30.92	43.99	350m:	5:00.81 45.47
	100m:	1:20.69 41.85	200m:	2:46.93	43.43	300m:	4:15.34	44.42	400m:	5:46.16 45.35
<b>40 - 44 years, Men</b>										
1.	MARANO, Stefano		83	SAS Swiss Alumni Swimming				<b>4:34.77</b>	460	
	50m:	30.01 30.01	150m:	1:39.13	35.47	250m:	2:49.96	35.16	350m:	4:00.95 35.17
	100m:	1:03.66 33.65	200m:	2:14.80	35.67	300m:	3:25.78	35.82	400m:	4:34.77 33.82
<b>45 - 49 years, Men</b>										
1.	BAILLOD, Julien		80	Red-Fish Neuchatel				<b>4:36.05</b>	454	
	50m:	32.13 32.13	150m:	1:41.62	35.18	250m:	2:52.32	35.38	350m:	4:02.93 35.23
	100m:	1:06.44 34.31	200m:	2:16.94	35.32	300m:	3:27.70	35.38	400m:	4:36.05 33.12
2.	CEREGHETTI, Damiano		76	SAS Swiss Alumni Swimming				<b>5:41.79</b>	239	
	50m:	34.64 34.64	150m:	1:59.53	44.56	250m:	3:28.76	44.56	350m:	4:58.93 45.15
	100m:	1:14.97 40.33	200m:	2:44.20	44.67	300m:	4:13.78	45.02	400m:	5:41.79 42.86
<b>50 - 54 years, Women</b>										
1.	DE ROOS, Borbala Judit		74	Cercle des Nageurs de Nyon				<b>5:10.04</b>	415	
	50m:	36.14 36.14	150m:	1:54.07	39.35	250m:	3:12.55	38.99	350m:	4:31.08 39.28
	100m:	1:14.72 38.58	200m:	2:33.56	39.49	300m:	3:51.80	39.25	400m:	5:10.04 38.96
2.	YABLOKOVA, Natalie		71	CN Plan-les-Ouates				<b>5:37.12</b>	322	
	50m:	38.11 38.11	150m:	2:04.32	43.39	250m:	3:30.71	42.98	350m:	4:55.88 42.74
	100m:	1:20.93 42.82	200m:	2:47.73	43.41	300m:	4:13.14	42.43	400m:	5:37.12 41.24
3.	PEDACE, Magda		73	Cercle des Nageurs de Nyon				<b>6:32.10</b>	205	
	50m:	44.60 44.60	150m:	2:24.46	50.26	250m:	4:03.71	49.15	350m:	5:43.50 50.28
	100m:	1:34.20 49.60	200m:	3:14.56	50.10	300m:	4:53.22	49.51	400m:	6:32.10 48.60

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Event 15, 400m Freestyle

50 - 54 years, Men

1.	VIGNOLI, Laurent		72	Master grenoble alp 38		<b>4:43.46</b>	419					
	50m:	31.30	31.30	150m:	1:41.71	35.51	250m:	2:54.74	36.65	350m:	4:08.22	36.60
	100m:	1:06.20	34.90	200m:	2:18.09	36.38	300m:	3:31.62	36.88	400m:	4:43.46	35.24
2.	MENU, Frederic		73	CN Plan-les-Ouates		<b>5:01.67</b>	348					
	50m:	35.53	35.53	150m:	1:51.15	37.99	250m:	3:08.74	38.54	350m:	4:26.10	38.32
	100m:	1:13.16	37.63	200m:	2:30.20	39.05	300m:	3:47.78	39.04	400m:	5:01.67	35.57
3.	MURRAY, Sean		74	Geneve Natation 1885		<b>5:30.25</b>	265					
	50m:	36.87	36.87	150m:	1:59.28	41.75	250m:	3:23.54	42.06	350m:	4:48.90	42.68
	100m:	1:17.53	40.66	200m:	2:41.48	42.20	300m:	4:06.22	42.68	400m:	5:30.25	41.35

55 - 59 years, Men

1.	ALLEGRIINI, Philippe		66	Red-Fish Neuchatel		<b>4:53.97</b>	376					
	50m:	33.79	33.79	150m:	1:47.58	37.31	250m:	3:02.67	37.44	350m:	4:17.92	37.47
	100m:	1:10.27	36.48	200m:	2:25.23	37.65	300m:	3:40.45	37.78	400m:	4:53.97	36.05

65 - 69 years, Men

1.	MCMAHON, Kenneth		59	Aquatic Masters Team		<b>5:07.16</b>	329					
	50m:	34.98	34.98	150m:	1:53.05	39.46	250m:	3:11.94	39.34	350m:	4:29.74	38.69
	100m:	1:13.59	38.61	200m:	2:32.60	39.55	300m:	3:51.05	39.11	400m:	5:07.16	37.42