

22e Lémanique 2026  
Montreux, 21. - 22.3.2026

Epreuve 32  
22.03.2026 - 16:30

Messieurs, 400m 4 nages

Cat. générale  
Liste résultats

Temps limite : 6:00.00

Points: AQUA 2025

Rang	AN								Temps	Pts		
1.	TTSCHANZ, Adrian		09		Skbe				<b>4:52.53</b>	569		
	50m:	29.98	29.98	150m:	1:43.70	38.62	250m:	3:01.91	40.61	350m:	4:19.04	34.54
	100m:	1:05.08	35.10	200m:	2:21.30	37.60	300m:	3:44.50	42.59	400m:	4:52.53	33.49
2.	DONATI, Ernesto		11		La				<b>5:03.01</b>	512		
	50m:	31.98	31.98	150m:	1:51.26	40.92	250m:	3:15.16	44.29	350m:	4:30.49	33.30
	100m:	1:10.34	38.36	200m:	2:30.87	39.61	300m:	3:57.19	42.03	400m:	5:03.01	32.52
3.	BERGER-SABBATEL, Adrien		11		Roll				<b>5:17.96</b>	443		
	50m:	33.32	33.32	150m:	1:51.25	38.84	250m:	3:19.22	49.39	350m:	4:43.26	36.05
	100m:	1:12.41	39.09	200m:	2:29.83	38.58	300m:	4:07.21	47.99	400m:	5:17.96	34.70
4.	BACKHAUS, Stefan		11		La				<b>5:18.12</b>	442		
	50m:	32.41	32.41	150m:	1:53.38	41.25	250m:	3:20.01	45.95	350m:	4:41.77	37.11
	100m:	1:12.13	39.72	200m:	2:34.06	40.68	300m:	4:04.66	44.65	400m:	5:18.12	36.35
5.	MATHYS, Luc		06		Srm				<b>5:18.51</b>	441		
	50m:	30.71	30.71	150m:	1:53.79	44.61	250m:	3:23.24	45.97	350m:	4:45.71	35.53
	100m:	1:09.18	38.47	200m:	2:37.27	43.48	300m:	4:10.18	46.94	400m:	5:18.51	32.80
6.	ALEMU, Noah		10		La				<b>5:20.54</b>	433		
	50m:	35.22	35.22	150m:	1:57.36	40.52	250m:	3:22.79	46.55	350m:	4:46.37	36.51
	100m:	1:16.84	41.62	200m:	2:36.24	38.88	300m:	4:09.86	47.07	400m:	5:20.54	34.17
7.	WAGNER, Malone		12		CN La Chaux-de-Fonds				<b>5:25.26</b>	414		
	50m:	35.18	35.18	150m:	1:58.17	40.13	250m:	3:26.33	46.62	350m:	4:50.15	35.13
	100m:	1:18.04	42.86	200m:	2:39.71	41.54	300m:	4:15.02	48.69	400m:	5:25.26	35.11
8.	STEINHART, Kilian		09		Skbe				<b>5:25.47</b>	413		
	50m:	33.13	33.13	150m:	2:01.01	46.20	250m:	3:29.98	45.59	350m:	4:51.33	34.03
	100m:	1:14.81	41.68	200m:	2:44.39	43.38	300m:	4:17.30	47.32	400m:	5:25.47	34.14
9.	BAILLOD, Julien		80		Rfn				<b>5:32.44</b>	388		
	50m:	34.74	34.74	150m:	2:01.17	45.87	250m:	3:31.63	46.50	350m:	4:56.02	38.56
	100m:	1:15.30	40.56	200m:	2:45.13	43.96	300m:	4:17.46	45.83	400m:	5:32.44	36.42
disq.	SCHMID, Johannes		08		Biel				<b>5:01.45</b>			
	<i>208 - Nagé plus de 15m sous l'eau (départ) (Temps: 16:49)</i>											
	50m:	30.87	30.87	150m:	1:49.27	40.88	250m:	3:10.45	40.87	350m:	4:27.34	33.82
	100m:	1:08.39	37.52	200m:	2:29.58	40.31	300m:	3:53.52	43.07	400m:	5:01.45	34.11
disq.	FAURIE, Clément		09		Biel				<b>5:11.06</b>			
	<i>527 - Battements alternés pendant la course (Temps: 16:48)</i>											
	50m:	32.35	32.35	150m:	1:52.37	42.39	250m:	3:15.36	42.87	350m:	4:35.98	37.47
	100m:	1:09.98	37.63	200m:	2:32.49	40.12	300m:	3:58.51	43.15	400m:	5:11.06	35.08
abandon	DI LORENZO, Luca		09		CN Yverdon							
	<i>112 - Aquitté son couloir de nage ou le bassin irrégulièrement (Temps: 16:46)</i>											