

Epreuve 9 Messieurs, 400m 4 nages Cat. générale  
14.11.2025 - 18:24 Liste résultats

Swiss National Records 4:03.71 Desplanches Jérémy GEN Angers (FRA) 14.12.2019

EA KBEM Lublin : 4:12.17 / Limite x 2 : 4:53.24 / Limite x 3 : 4:57.74

Points: AQUA 2025

Rang	AN		Temps		Pts	TR
1.	Toscan Marius	02 SC Uster	<b>4:09.15</b>	837	+0.69	
	<i>Schweizermeister (kurze Bahn)</i>					
	50m: 26.39 26.39	150m: 1:29.80 32.77	250m: 2:35.40 34.59	350m: 3:40.38	29.22	
	100m: 57.03 30.64	200m: 2:00.81 31.01	300m: 3:11.16 35.76	400m: 4:09.15	28.77	
2.	Gartmann Gian-Luca	03 SC Uster	<b>4:14.88</b>	781	+0.65	
	50m: 26.67 26.67	150m: 1:31.36 33.36	250m: 2:39.38 35.74	350m: 3:47.16	30.86	
	100m: 58.00 31.33	200m: 2:03.64 32.28	300m: 3:16.30 36.92	400m: 4:14.88	27.72	
3.	Bucca Flavio	05 SC Uster	<b>4:15.35</b>	777	+0.75	
	50m: 26.77 26.77	150m: 1:29.09 31.45	250m: 2:36.26 36.71	350m: 3:44.54	31.43	
	100m: 57.64 30.87	200m: 1:59.55 30.46	300m: 3:13.11 36.85	400m: 4:15.35	30.81	
4.	Guidotti Lorenzo	08 Genève Natation	<b>4:23.08</b>	711	+0.66	
	50m: 27.51 27.51	150m: 1:34.20 34.52	250m: 2:45.40 36.02	350m: 3:53.20	30.82	
	100m: 59.68 32.17	200m: 2:09.38 35.18	300m: 3:22.38 36.98	400m: 4:23.08	29.88	
5.	Polster Attila	07 SC Thalwil	<b>4:25.29</b>	693	+0.61	
	50m: 27.35 27.35	150m: 1:33.67 34.27	250m: 2:44.95 37.60	350m: 3:54.97	31.58	
	100m: 59.40 32.05	200m: 2:07.35 33.68	300m: 3:23.39 38.44	400m: 4:25.29	30.32	
6.	McAvoy Samuel	06 Limmat Sharks	<b>4:25.99</b>	687	+0.61	
	50m: 27.79 27.79	150m: 1:35.25 34.90	250m: 2:46.80 37.08	350m: 3:55.32	30.50	
	100m: 1:00.35 32.56	200m: 2:09.72 34.47	300m: 3:24.82 38.02	400m: 4:25.99	30.67	
7.	D'Iorio Ian	06 Turrita Nuoto	<b>4:30.26</b>	655	+0.66	
	50m: 27.51 27.51	150m: 1:36.36 36.11	250m: 2:49.19 37.66	350m: 3:59.69	31.60	
	100m: 1:00.25 32.74	200m: 2:11.53 35.17	300m: 3:28.09 38.90	400m: 4:30.26	30.57	
8.	Rykov Vladyslav	08 SC Bülach	<b>4:32.16</b>	642	+0.70	
	50m: 28.41 28.41	150m: 1:36.09 34.96	250m: 2:50.10 39.77	350m: 4:01.53	31.11	
	100m: 1:01.13 32.72	200m: 2:10.33 34.24	300m: 3:30.42 40.32	400m: 4:32.16	30.63	
9.	Birrer Tobias	08 Swim Regio Solothurn	<b>4:32.36</b>	640	+0.72	
	50m: 29.03 29.03	150m: 1:38.47 35.68	250m: 2:53.26 39.06	350m: 4:03.44	30.49	
	100m: 1:02.79 33.76	200m: 2:14.20 35.73	300m: 3:32.95 39.69	400m: 4:32.36	28.92	
10.	Andreoli Simone	07 Turrita Nuoto	<b>4:32.53</b>	639	+0.62	
	50m: 29.11 29.11	150m: 1:39.40 37.26	250m: 2:51.29 35.62	350m: 4:00.96	33.49	
	100m: 1:02.14 33.03	200m: 2:15.67 36.27	300m: 3:27.47 36.18	400m: 4:32.53	31.57	
11.	Baur Luca	07 Lausanne Aquatique	<b>4:32.82</b>	637	+0.63	
	50m: 28.80 28.80	150m: 1:37.11 35.02	250m: 2:50.21 38.92	350m: 4:02.42	32.34	
	100m: 1:02.09 33.29	200m: 2:11.29 34.18	300m: 3:30.08 39.87	400m: 4:32.82	30.40	
12.	Knab Yannick	06 SC Liestal	<b>4:35.19</b>	621	+0.66	
	50m: 28.04 28.04	150m: 1:36.24 35.41	250m: 2:50.60 39.40	350m: 4:03.63	33.28	
	100m: 1:00.83 32.79	200m: 2:11.20 34.96	300m: 3:30.35 39.75	400m: 4:35.19	31.56	
13.	McAvoy Alexander	09 Limmat Sharks	<b>4:35.83</b>	616	+0.60	
	50m: 28.07 28.07	150m: 1:35.39 34.45	250m: 2:49.78 39.77	350m: 4:04.14	32.84	
	100m: 1:00.94 32.87	200m: 2:10.01 34.62	300m: 3:31.30 41.52	400m: 4:35.83	31.69	
14.	Weidner Paul	08 Swim Team Biel-Bienne	<b>4:37.48</b>	605	+0.73	
	50m: 29.08 29.08	150m: 1:38.25 34.52	250m: 2:52.72 39.69	350m: 4:05.56	32.94	
	100m: 1:03.73 34.65	200m: 2:13.03 34.78	300m: 3:32.62 39.90	400m: 4:37.48	31.92	
15.	Alberti Davide	10 A-Club Team Savosa	<b>4:38.39</b>	600	+0.71	
	50m: 28.85 28.85	150m: 1:37.93 34.62	250m: 2:53.35 40.48	350m: 4:06.76	32.12	
	100m: 1:03.31 34.46	200m: 2:12.87 34.94	300m: 3:34.64 41.29	400m: 4:38.39	31.63	
16.	Yotsumoto Yuuki	10 Limmat Sharks	<b>4:39.18</b>	594	+0.64	
	50m: 29.80 29.80	150m: 1:40.98 36.64	250m: 2:55.49 38.56	350m: 4:07.72	32.76	
	100m: 1:04.34 34.54	200m: 2:16.93 35.95	300m: 3:34.96 39.47	400m: 4:39.18	31.46	

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Rang	AN		Temps		Pts	TR
17.	Gentina Vico	09	SV St.Gallen-Witten	<b>4:39.70</b>	591	+0.62
	50m: 29.14	29.14	150m: 1:37.97	35.16	250m: 2:53.36	39.98
	100m: 1:02.81	33.67	200m: 2:13.38	35.41	300m: 3:34.64	41.28
					350m: 4:07.62	32.98
					400m: 4:39.70	32.08
18.	Ducret Max	10	CN Plan-les-Ouates	<b>4:40.39</b>	587	+0.69
	50m: 28.54	28.54	150m: 1:38.90	36.54	250m: 2:53.58	39.24
	100m: 1:02.36	33.82	200m: 2:14.34	35.44	300m: 3:35.06	41.48
					350m: 4:08.54	33.48
					400m: 4:40.39	31.85
19.	Tschanz Adrian	09	SK Bern	<b>4:43.24</b>	569	+0.73
	50m: 29.07	29.07	150m: 1:39.58	36.33	250m: 2:56.05	40.78
	100m: 1:03.25	34.18	200m: 2:15.27	35.69	300m: 3:37.33	41.28
					350m: 4:11.14	33.81
					400m: 4:43.24	32.10
20.	Neidow Jonathan	10	SG Liechtenstein	<b>4:47.86</b>	542	+0.63
	50m: 31.26	31.26	150m: 1:45.17	37.47	250m: 3:02.01	40.40
	100m: 1:07.70	36.44	200m: 2:21.61	36.44	300m: 3:43.32	41.31
					350m: 4:16.77	33.45
					400m: 4:47.86	31.09
21.	Dziuba Valerii	08	CN Delémont	<b>4:49.11</b>	535	+0.65
	50m: 30.13	30.13	150m: 1:41.05	36.05	250m: 2:57.66	41.46
	100m: 1:05.00	34.87	200m: 2:16.20	35.15	300m: 3:39.58	41.92
					350m: 4:15.24	35.66
					400m: 4:49.11	33.87
22.	Michalis Leo	11	Genève Natation	<b>4:49.62</b>	532	+0.75
	50m: 31.07	31.07	150m: 1:42.64	36.44	250m: 3:01.08	43.79
	100m: 1:06.20	35.13	200m: 2:17.29	34.65	300m: 3:44.33	43.25
					350m: 4:18.06	33.73
					400m: 4:49.62	31.56
23.	Zweiacker Charly	10	Red-Fish Neuchâtel	<b>4:51.04</b>	525	+0.67
	50m: 31.00	31.00	150m: 1:45.26	37.43	250m: 3:03.53	42.00
	100m: 1:07.83	36.83	200m: 2:21.53	36.27	300m: 3:45.85	42.32
					350m: 4:19.41	33.56
					400m: 4:51.04	31.63
disq.	Dorfmeister David	10	SV Baar	<b>4:50.32</b>		+0.72
	<i>404 - Nicht in Rückenlage angeschlagen (Ziel) (Temps: 11:04)</i>					
	50m: 31.51	31.51	150m: 1:45.41	37.33	250m: 3:02.65	40.38
	100m: 1:08.08	36.57	200m: 2:22.27	36.86	300m: 3:45.49	42.84
					350m: 4:19.67	34.18
					400m: 4:50.32	30.65
forf.déc.	Niederberger Julien	05	Lausanne Aquatique			