

19th International Meeting Uster
Uster, 30. - 31.1.2010

Wettkampf 15
31.01.2010 - 9:30

Damen, 400m Vierlagen
Hotel Ochsen, Uster

allg. Kategorie
Rangliste Vorläufe

World Record	4:21.04	Smit Julia	USA	Manchester (GBR)	18.12.2009
European Record	4:24.51	Miley Hannah	GBR	Manchester (GBR)	18.12.2009
Swiss Record	4:42.97	van Berkel Martina	LIMM	Neuchatel	29.03.2009
Meet Record	4:39.40	Verraszto Evelyn	HUN	Uster	01.02.2009
Winner 2009	4:39.40	Verraszto Evelyn	HUN	Uster	01.02.2009

Limite : 5:29.00

Punkte: FINA 2009

Rang				Jg.				Zeit	Pkt.	RT
1.	Michalak Theresa	92	GER Halle				4:53.42	755	+0.70 A	
	50m: 29.35 29.35	150m: 1:41.57 37.24	250m: 3:00.69 42.11				350m: 4:18.87 35.55			
	100m: 1:04.33 34.98	200m: 2:18.58 37.01	300m: 3:43.32 42.63				400m: 4:53.42 34.55			
2.	Jakabos Zsuzsanna	89	HUN Hungary				4:54.35	748	+0.87 A	
	50m: 30.63 30.63	150m: 1:42.60 37.29	250m: 3:00.99 42.73				350m: 4:20.23 35.97			
	100m: 1:05.31 34.68	200m: 2:18.26 35.66	300m: 3:44.26 43.27				400m: 4:54.35 34.12			
3.	van Westendorp Annick	93	SUI Winterthur				4:55.58	738	+0.94 A	
	50m: 31.68 31.68	150m: 1:46.69 39.76	250m: 3:07.96 42.52				350m: 4:23.92 33.36			
	100m: 1:06.93 35.25	200m: 2:25.44 38.75	300m: 3:50.56 42.60				400m: 4:55.58 31.66			
4.	Lucconi Valentina	92	ITA Aniene				4:59.01	713	+0.92 A	
	50m: 32.14 32.14	150m: 1:45.38 37.02	250m: 3:05.97 44.25				350m: 4:25.79 35.01			
	100m: 1:08.36 36.22	200m: 2:21.72 36.34	300m: 3:50.78 44.81				400m: 4:59.01 33.22			
5.	Ruksys Pamela	89	CAN Ontario				4:59.19	712	+0.76 A	
	50m: 32.56 32.56	150m: 1:47.23 38.21	250m: 3:08.15 43.91				350m: 4:26.71 34.18			
	100m: 1:09.02 36.46	200m: 2:24.24 37.01	300m: 3:52.53 44.38				400m: 4:59.19 32.48			
6.	Thomsen Amalie Emma	94	DEN Sigma				5:03.62	681	+0.79 A	
	50m: 31.74 31.74	150m: 1:48.47 38.78	250m: 3:10.72 44.00				350m: 4:30.67 35.14			
	100m: 1:09.69 37.95	200m: 2:26.72 38.25	300m: 3:55.53 44.81				400m: 5:03.62 32.95			
7.	Piesbergen Elina	91	SUI Zürich				5:12.16	627	+0.80 B	
	50m: 32.95 32.95	150m: 1:52.14 40.81	250m: 3:15.57 44.24				350m: 4:36.79 36.59			
	100m: 1:11.33 38.38	200m: 2:31.33 39.19	300m: 4:00.20 44.63				400m: 5:12.16 35.37			
8.	Chenevard Noémie	92	SUI Lausanne				5:16.99	599	+0.90 B	
	50m: 34.02 34.02	150m: 1:55.84 41.79	250m: 3:21.28 44.53				350m: 4:42.59 36.39			
	100m: 1:14.05 40.03	200m: 2:36.75 40.91	300m: 4:06.20 44.92				400m: 5:16.99 34.40			
9.	Wüthrich Rachel	95	SUI Worb				5:19.07	587	+0.82 B	
	50m: 32.92 32.92	150m: 1:52.60 41.77	250m: 3:18.84 45.70				350m: 4:43.51 37.56			
	100m: 1:10.83 37.91	200m: 2:33.14 40.54	300m: 4:05.95 47.11				400m: 5:19.07 35.56			
10.	Heri Laura	93	SUI Aarau				5:19.35	585	+0.89 B	
	50m: 33.69 33.69	150m: 1:53.65 41.11	250m: 3:19.13 45.40				350m: 4:43.63 37.89			
	100m: 1:12.54 38.85	200m: 2:33.73 40.08	300m: 4:05.74 46.61				400m: 5:19.35 35.72			
11.	Appenzeller Kathrin	94	SUI Zürich				5:20.17	581	+0.84 B	
	50m: 33.35 33.35	150m: 1:53.62 39.63	250m: 3:18.89 46.90				350m: 4:43.68 37.11			
	100m: 1:13.99 40.64	200m: 2:31.99 38.37	300m: 4:06.57 47.68				400m: 5:20.17 36.49			
12.	Webber Ilona	94	SUI Uster				5:23.68	562	+0.86 B	
	50m: 35.01 35.01	150m: 1:56.12 41.24	250m: 3:22.63 45.28				350m: 4:46.30 38.27			
	100m: 1:14.88 39.87	200m: 2:37.35 41.23	300m: 4:08.03 45.40				400m: 5:23.68 37.38			
13.	Gmür Désirée	92	SUI Wittenbach				5:26.93	546	+0.89 R	
	50m: 34.85 34.85	150m: 1:56.00 41.65	250m: 3:24.79 47.64				350m: 4:50.41 37.84			
	100m: 1:14.35 39.50	200m: 2:37.15 41.15	300m: 4:12.57 47.78				400m: 5:26.93 36.52			
14.	Mamié Sara	96	SUI Zürich				5:27.09	545	+0.80 R	
	50m: 34.68 34.68	150m: 1:55.95 40.72	250m: 3:23.74 47.78				350m: 4:49.95 38.28			
	100m: 1:15.23 40.55	200m: 2:35.96 40.01	300m: 4:11.67 47.93				400m: 5:27.09 37.14			

19th International Meeting Uster
 Uster, 30. - 31.1.2010

Wettkampf 15, Damen, 400m Vierlagen, Vorläufe, allg. Kategorie

Rang					Jg.					Zeit	Pkt.	RT
15.	Schwerzmann Fabienne				95	SUI Aarau				5:32.58	518	+0.87 *
	50m:	35.28	35.28	150m:	2:00.99	43.25	250m:	3:28.89	46.08	350m:	4:54.92	39.37
	100m:	1:17.74	42.46	200m:	2:42.81	41.82	300m:	4:15.55	46.66	400m:	5:32.58	37.66
16.	Jacot-Descombes Maëlle				95	SUI Lausanne				5:36.19	502	+0.72 *
	50m:	34.95	34.95	150m:	1:59.67	43.16	250m:	3:28.78	47.03	350m:	4:57.64	40.23
	100m:	1:16.51	41.56	200m:	2:41.75	42.08	300m:	4:17.41	48.63	400m:	5:36.19	38.55
17.	de Courten Isabelle				90	SUI Basel				5:48.77	449	+0.74 *
	50m:	35.92	35.92	150m:	2:03.90	45.39	250m:	3:37.76	49.10	350m:	5:09.53	41.03
	100m:	1:18.51	42.59	200m:	2:48.66	44.76	300m:	4:28.50	50.74	400m:	5:48.77	39.24