

19th International Meeting Uster
Uster, 30. - 31.1.2010

Wettkampf 16
31.01.2010 - 15:26

Herren, 400m Vierlagen
Value Coaching

allg. Kategorie
Rangliste Final

World Record	3:57.27	Cseh Laszlo	HUN	Istanbul (TUR)	11.12.2009
European Record	3:57.27	Cseh Laszlo	HUN	Istanbul (TUR)	11.12.2009
Swiss Record	4:11.70	Platel Yves	GEN	Antwerpen (BEL)	13.12.2001
Meet Record	4:09.05	Verraszto David	HUN	Uster	01.02.2009
Winner 2009	4:09.05	Verraszto David	HUN	Uster	01.02.2009

Limite : 4:54.00

Punkte: FINA 2009

Rang				Jg.				Zeit	Pkt.	RT		
Final A												
1.	Verraszto David			88	HUN Hungary			4:12.94	880	+0.85		
	50m:	28.06	28.06	150m:	1:31.34	31.92	250m:	2:37.88	35.45	350m:	3:43.68	30.48
	100m:	59.42	31.36	200m:	2:02.43	31.09	300m:	3:13.20	35.32	400m:	4:12.94	29.26
2.	Wojt Lukasz			82	POL Poland			4:14.45	865	+0.74		
	50m:	27.31	27.31	150m:	1:31.29	32.18	250m:	2:38.94	36.18	350m:	3:45.62	30.00
	100m:	59.11	31.80	200m:	2:02.76	31.47	300m:	3:15.62	36.68	400m:	4:14.45	28.83
3.	Pelizzari Matteo			91	ITA Aniene			4:23.13	782	+0.88		
	50m:	27.62	27.62	150m:	1:32.94	34.10	250m:	2:43.19	36.65	350m:	3:52.79	31.43
	100m:	58.84	31.22	200m:	2:06.54	33.60	300m:	3:21.36	38.17	400m:	4:23.13	30.34
4.	Jensen Mads			91	DEN Sigma			4:27.54	744	+0.80		
	50m:	28.02	28.02	150m:	1:33.97	33.85	250m:	2:45.86	38.66	350m:	3:56.82	32.02
	100m:	1:00.12	32.10	200m:	2:07.20	33.23	300m:	3:24.80	38.94	400m:	4:27.54	30.72
5.	Ford Andrew			89	CAN Ontario			4:31.23	714	+0.76		
	50m:	28.08	28.08	150m:	1:35.71	34.68	250m:	2:48.39	38.76	350m:	4:00.19	32.57
	100m:	1:01.03	32.95	200m:	2:09.63	33.92	300m:	3:27.62	39.23	400m:	4:31.23	31.04
6.	Huesing Lukas			90	GER Sindelfingen			4:33.05	700	+0.77		
	50m:	27.75	27.75	150m:	1:35.00	35.00	250m:	2:49.04	39.65	350m:	4:01.74	32.76
	100m:	1:00.00	32.25	200m:	2:09.39	34.39	300m:	3:28.98	39.94	400m:	4:33.05	31.31
Final B												
7.	Mitrovic Jovan			91	SUI Savosa			4:29.33	729	+0.86		
	50m:	29.51	29.51	150m:	1:37.24	33.98	250m:	2:48.90	38.67	350m:	4:00.10	31.54
	100m:	1:03.26	33.75	200m:	2:10.23	32.99	300m:	3:28.56	39.66	400m:	4:29.33	29.23
8.	Samuel Curtis			90	CAN Ontario			4:32.02	708	+0.73		
	50m:	28.19	28.19	150m:	1:34.56	34.03	250m:	2:48.07	40.04	350m:	4:01.15	31.75
	100m:	1:00.53	32.34	200m:	2:08.03	33.47	300m:	3:29.40	41.33	400m:	4:32.02	30.87
9.	Lucido Andrea			91	ITA Cagliari			4:35.71	680	+0.77		
	50m:	29.53	29.53	150m:	1:39.58	36.17	250m:	2:53.64	37.59	350m:	4:05.38	32.89
	100m:	1:03.41	33.88	200m:	2:16.05	36.47	300m:	3:32.49	38.85	400m:	4:35.71	30.33
10.	Stolz Elijah			93	SUI Switzerland			4:36.04	677	+0.72		
	50m:	28.82	28.82	150m:	1:37.13	35.03	250m:	2:50.88	39.08	350m:	4:04.55	33.40
	100m:	1:02.10	33.28	200m:	2:11.80	34.67	300m:	3:31.15	40.27	400m:	4:36.04	31.49
11.	Baillod Julien			80	SUI Uster			4:38.19	662	+0.90		
	50m:	29.97	29.97	150m:	1:40.45	36.73	250m:	2:54.97	39.33	350m:	4:07.44	33.03
	100m:	1:03.72	33.75	200m:	2:15.64	35.19	300m:	3:34.41	39.44	400m:	4:38.19	30.75
disq.	Escher Joël			89	SUI Aarau			4:41.07		+0.79		
	<i>303 - Wall not touched simultaneously with both hands (turn 10) (Zeit: 15:44)</i>											
	50m:	29.19	29.19	150m:	1:39.61	37.37	250m:	2:57.36	41.61	350m:	4:10.12	31.79
	100m:	1:02.24	33.05	200m:	2:15.75	36.14	300m:	3:38.33	40.97	400m:	4:41.07	30.95