

19th International Meeting Uster
Uster, 30. - 31.1.2010

Wettkampf 16
31.01.2010 - 9:48

Herren, 400m Vierlagen
Value Coaching

allg. Kategorie
Rangliste Vorläufe

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		
1.	Verraszto David			88	HUN Hungary			4:20.04	810	+0.81 A		
	50m:	28.42	28.42	150m:	1:32.94	32.71	250m:	2:42.49	37.53	350m:	3:50.17	30.94
	100m:	1:00.23	31.81	200m:	2:04.96	32.02	300m:	3:19.23	36.74	400m:	4:20.04	29.87
2.	Wojt Lukasz			82	POL Poland			4:27.54	744	+0.74 A		
	50m:	28.44	28.44	150m:	1:34.94	33.80	250m:	2:45.86	37.43	350m:	3:56.18	32.55
	100m:	1:01.14	32.70	200m:	2:08.43	33.49	300m:	3:23.63	37.77	400m:	4:27.54	31.36
3.	Pelizzari Matteo			91	ITA Aniene			4:29.17	731	+1.03 A		
	50m:	28.52	28.52	150m:	1:35.99	35.55	250m:	2:47.56	37.37	350m:	3:58.58	32.60
	100m:	1:00.44	31.92	200m:	2:10.19	34.20	300m:	3:25.98	38.42	400m:	4:29.17	30.59
4.	Jensen Mads			91	DEN Sigma			4:29.91	725	+0.80 A		
	50m:	28.42	28.42	150m:	1:35.24	34.36	250m:	2:47.48	38.64	350m:	3:58.72	31.93
	100m:	1:00.88	32.46	200m:	2:08.84	33.60	300m:	3:26.79	39.31	400m:	4:29.91	31.19
5.	Ford Andrew			89	CAN Ontario			4:30.74	718	+0.75 A		
	50m:	28.44	28.44	150m:	1:36.85	34.58	250m:	2:47.39	37.50	350m:	3:58.97	33.18
	100m:	1:02.27	33.83	200m:	2:09.89	33.04	300m:	3:25.79	38.40	400m:	4:30.74	31.77
6.	Huesing Lukas			90	GER Sindelfingen			4:31.07	715	+0.79 A		
	50m:	28.00	28.00	150m:	1:35.38	34.64	250m:	2:48.70	39.40	350m:	4:00.40	31.94
	100m:	1:00.74	32.74	200m:	2:09.30	33.92	300m:	3:28.46	39.76	400m:	4:31.07	30.67
7.	Samuel Curtis			90	CAN Ontario			4:31.16	715	+0.77 B		
	50m:	28.16	28.16	150m:	1:34.87	34.27	250m:	2:48.78	40.27	350m:	4:00.85	31.05
	100m:	1:00.60	32.44	200m:	2:08.51	33.64	300m:	3:29.80	41.02	400m:	4:31.16	30.31
8.	Mitrovic Jovan			91	SUI Savosa			4:33.99	693	+0.86 B		
	50m:	29.84	29.84	150m:	1:38.64	34.73	250m:	2:52.00	39.59	350m:	4:03.96	31.63
	100m:	1:03.91	34.07	200m:	2:12.41	33.77	300m:	3:32.33	40.33	400m:	4:33.99	30.03
9.	Lucido Andrea			91	ITA Cagliari			4:36.51	674	+0.78 B		
	50m:	29.93	29.93	150m:	1:40.02	36.05	250m:	2:53.38	37.15	350m:	4:05.12	32.70
	100m:	1:03.97	34.04	200m:	2:16.23	36.21	300m:	3:32.42	39.04	400m:	4:36.51	31.39
10.	Stolz Elijah			93	SUI Switzerland			4:38.70	658	+0.76 B		
	50m:	29.93	29.93	150m:	1:40.18	35.70	250m:	2:54.59	39.90	350m:	4:07.39	33.60
	100m:	1:04.48	34.55	200m:	2:14.69	34.51	300m:	3:33.79	39.20	400m:	4:38.70	31.31
11.	Baillod Julien			80	SUI Uster			4:39.52	652	+0.90 B		
	50m:	30.10	30.10	150m:	1:40.97	36.71	250m:	2:56.48	39.87	350m:	4:08.74	32.83
	100m:	1:04.26	34.16	200m:	2:16.61	35.64	300m:	3:35.91	39.43	400m:	4:39.52	30.78
12.	Escher Joël			89	SUI Aarau			4:44.40	619	+0.80 B		
	50m:	29.45	29.45	150m:	1:40.37	38.19	250m:	2:58.79	41.26	350m:	4:12.88	32.27
	100m:	1:02.18	32.73	200m:	2:17.53	37.16	300m:	3:40.61	41.82	400m:	4:44.40	31.52
13.	De Corso Flavio			92	SUI Zürich			4:46.36	607	+0.77 R		
	50m:	29.15	29.15	150m:	1:40.70	37.58	250m:	2:56.89	39.89	350m:	4:13.10	34.97
	100m:	1:03.12	33.97	200m:	2:17.00	36.30	300m:	3:38.13	41.24	400m:	4:46.36	33.26
14.	Hoegild Stefan B.			91	DEN Herning			4:48.98	590	+0.70 R		
	50m:	30.15	30.15	150m:	1:41.35	36.76	250m:	2:59.70	40.79	350m:	4:15.86	35.17
	100m:	1:04.59	34.44	200m:	2:18.91	37.56	300m:	3:40.69	40.99	400m:	4:48.98	33.12

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Rang					Jg.					Zeit	Pkt.	RT
15.	Mitrovic Ivan				94	SUI Switzerland				4:49.99	584	+0.80
	50m:	30.28	30.28	150m:	1:40.98	36.01	250m:	2:59.67	41.95	350m:	4:16.64	34.24
	100m:	1:04.97	34.69	200m:	2:17.72	36.74	300m:	3:42.40	42.73	400m:	4:49.99	33.35
16.	van Westendorp Jeroen				90	SUI Winterthur				4:50.59	581	+0.95
	50m:	29.34	29.34	150m:	1:41.29	37.85	250m:	2:58.37	39.96	350m:	4:16.17	35.04
	100m:	1:03.44	34.10	200m:	2:18.41	37.12	300m:	3:41.13	42.76	400m:	4:50.59	34.42
17.	Escher Oliver				92	SUI Aarau				4:51.75	574	+0.75
	50m:	30.19	30.19	150m:	1:42.53	37.99	250m:	3:00.03	40.40	350m:	4:17.91	35.00
	100m:	1:04.54	34.35	200m:	2:19.63	37.10	300m:	3:42.91	42.88	400m:	4:51.75	33.84
18.	Hansen Martin G.				92	DEN Herning				4:52.06	572	+0.74
	50m:	31.21	31.21	150m:	1:45.54	39.26	250m:	3:02.91	39.38	350m:	4:18.95	35.53
	100m:	1:06.28	35.07	200m:	2:23.53	37.99	300m:	3:43.42	40.51	400m:	4:52.06	33.11
19.	Cicccone Fabio				95	SUI Switzerland				4:57.73	540	+0.85 *
	50m:	29.79	29.79	150m:	1:42.24	38.55	250m:	3:03.70	44.42	350m:	4:24.95	34.59
	100m:	1:03.69	33.90	200m:	2:19.28	37.04	300m:	3:50.36	46.66	400m:	4:57.73	32.78
20.	Girardin Axel				93	SUI Lausanne				4:58.62	535	+0.82 *
	50m:	30.07	30.07	150m:	1:44.17	38.85	250m:	3:05.19	42.69	350m:	4:24.66	36.20
	100m:	1:05.32	35.25	200m:	2:22.50	38.33	300m:	3:48.46	43.27	400m:	4:58.62	33.96
21.	Niederhauser Sandro				92	SUI Uster				5:02.64	514	+0.76 *
	50m:	30.95	30.95	150m:	1:46.11	38.86	250m:	3:08.37	43.79	350m:	4:28.76	36.51
	100m:	1:07.25	36.30	200m:	2:24.58	38.47	300m:	3:52.25	43.88	400m:	5:02.64	33.88
22.	Oderbolz This				95	SUI Switzerland				5:07.06	492	+0.81 *
	50m:	30.76	30.76	150m:	1:47.52	41.14	250m:	3:12.65	45.28	350m:	4:33.43	35.52
	100m:	1:06.38	35.62	200m:	2:27.37	39.85	300m:	3:57.91	45.26	400m:	5:07.06	33.63
disq.	Göldlin Philipp				92	SUI Aarau				4:52.79		+0.82
	<i>303 - Wall not touched simultaneously with both hands (turn 9) (Zeit: 9:50)</i>											
	50m:	29.11	29.11	150m:	1:40.22	37.26	250m:	3:00.73	44.13	350m:	4:19.97	34.68
	100m:	1:02.96	33.85	200m:	2:16.60	36.38	300m:	3:45.29	44.56	400m:	4:52.79	32.82
krank	Vauthier Matthias				85	SUI Neuchatel						