

19th International Meeting Uster  
Uster, 30. - 31.1.2010

Wettkampf 1 30.01.2010 - 9:00	Damen, 400m Freistil Clientis, Bezirkssparkasse Uster				allg. Kategorie Rangliste Vorläufe	
World Record	3:54.92	Jackson Joanne	GBR	Leeds (GBR)	08.08.2009	
European Record	3:54.92	Jackson Joanne	GBR	Leeds (GBR)	08.08.2009	
Swiss Record	4:03.73	Rigamonti Flavia	TAL	Debrecen (HUN)	15.12.2007	
Meet Record	4:05.99	Friis Lotte	DEN	Uster	31.01.2009	
Winner 2009	4:05.99	Friis Lotte	DEN	Uster	31.01.2009	

Limite : 4:39.00

Punkte: FINA 2009

Rang				Jg.				Zeit	Pkt.	RT
1.	van Berkel Martina	89	SUI Switzerland				<b>4:17.11</b>	796	+0.77 A	
	50m: 30.30	30.30	150m: 1:35.04	32.39	250m: 2:39.39	32.05	350m: 3:44.95	32.86		
	100m: 1:02.65	32.35	200m: 2:07.34	32.30	300m: 3:12.09	32.70	400m: 4:17.11	32.16		
2.	Mutina Agnes	88	HUN Hungary				<b>4:18.25</b>	785	+0.67 A	
	50m: 29.53	29.53	150m: 1:34.28	32.68	250m: 2:39.84	32.88	350m: 3:46.77	33.94		
	100m: 1:01.60	32.07	200m: 2:06.96	32.68	300m: 3:12.83	32.99	400m: 4:18.25	31.48		
3.	Borghetti Laura	90	ITA Aniene				<b>4:18.99</b>	779	+0.85 A	
	50m: 30.36	30.36	150m: 1:35.04	32.62	250m: 2:40.54	32.77	350m: 3:46.59	32.95		
	100m: 1:02.42	32.06	200m: 2:07.77	32.73	300m: 3:13.64	33.10	400m: 4:18.99	32.40		
4.	Ruksys Pamela	89	CAN Ontario				<b>4:21.00</b>	761	+0.79 A	
	50m: 30.12	30.12	150m: 1:35.37	32.73	250m: 2:41.62	33.34	350m: 3:48.69	33.52		
	100m: 1:02.64	32.52	200m: 2:08.28	32.91	300m: 3:15.17	33.55	400m: 4:21.00	32.31		
5.	Jakabos Zsuzsanna	89	HUN Hungary				<b>4:21.23</b>	759	+0.84 A	
	50m: 30.61	30.61	150m: 1:36.75	32.98	250m: 2:42.46	32.83	350m: 3:48.85	33.18		
	100m: 1:03.77	33.16	200m: 2:09.63	32.88	300m: 3:15.67	33.21	400m: 4:21.23	32.38		
6.	van Westendorp Annick	93	SUI Winterthur				<b>4:21.55</b>	756	+0.86 A	
	50m: 30.04	30.04	150m: 1:36.16	33.11	250m: 2:43.23	33.48	350m: 3:49.47	33.00		
	100m: 1:03.05	33.01	200m: 2:09.75	33.59	300m: 3:16.47	33.24	400m: 4:21.55	32.08		
7.	Hassler Julia	93	SUI Unterland				<b>4:21.88</b>	753	+0.98 B	
	50m: 30.22	30.22	150m: 1:35.57	32.89	250m: 2:42.29	33.40	350m: 3:49.34	33.48		
	100m: 1:02.68	32.46	200m: 2:08.89	33.32	300m: 3:15.86	33.57	400m: 4:21.88	32.54		
8.	Maitland Heather	89	CAN Ontario				<b>4:21.90</b>	753	+0.81 B	
	50m: 30.48	30.48	150m: 1:35.80	32.77	250m: 2:41.63	32.97	350m: 3:48.48	33.48		
	100m: 1:03.03	32.55	200m: 2:08.66	32.86	300m: 3:15.00	33.37	400m: 4:21.90	33.42		
9.	Oestinger Cherelle	91	SUI Biel-Bienne				<b>4:23.87</b>	736	+0.90 B	
	50m: 30.20	30.20	150m: 1:35.76	33.01	250m: 2:43.09	33.55	350m: 3:51.09	34.24		
	100m: 1:02.75	32.55	200m: 2:09.54	33.78	300m: 3:16.85	33.76	400m: 4:23.87	32.78		
10.	Ribi Marina	88	SUI Switzerland				<b>4:24.08</b>	734	+0.85 B	
	50m: 30.52	30.52	150m: 1:36.47	33.30	250m: 2:43.61	33.49	350m: 3:51.36	33.72		
	100m: 1:03.17	32.65	200m: 2:10.12	33.65	300m: 3:17.64	34.03	400m: 4:24.08	32.72		
11.	Davis Melanie	89	CAN Toronto				<b>4:26.60</b>	714	+0.92 B	
	50m: 30.54	30.54	150m: 1:36.76	33.37	250m: 2:44.22	33.71	350m: 3:52.72	34.35		
	100m: 1:03.39	32.85	200m: 2:10.51	33.75	300m: 3:18.37	34.15	400m: 4:26.60	33.88		
12.	Thomsen Amalie Emma	94	DEN Sigma				<b>4:27.53</b>	706	+0.82 B	
	50m: 30.24	30.24	150m: 1:36.98	33.66	250m: 2:44.49	33.97	350m: 3:53.90	34.59		
	100m: 1:03.32	33.08	200m: 2:10.52	33.54	300m: 3:19.31	34.82	400m: 4:27.53	33.63		
13.	Villars Danielle	93	SUI Switzerland				<b>4:27.54</b>	706	+0.78 R	
	50m: 30.03	30.03	150m: 1:36.80	33.65	250m: 2:44.98	34.07	350m: 3:53.85	34.51		
	100m: 1:03.15	33.12	200m: 2:10.91	34.11	300m: 3:19.34	34.36	400m: 4:27.54	33.69		
14.	Sims Micah	92	SUI Uster				<b>4:34.85</b>	651	+0.83 R	
	50m: 31.25	31.25	150m: 1:38.75	34.22	250m: 2:48.22	34.83	350m: 3:59.42	35.67		
	100m: 1:04.53	33.28	200m: 2:13.39	34.64	300m: 3:23.75	35.53	400m: 4:34.85	35.43		

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## Wettkampf 1, Damen, 400m Freistil, Vorläufe, allg. Kategorie

Rang					Jg.					Zeit	Pkt.	RT
15.	Hellings Anouk				91	SUI Emmen				<b>4:34.93</b>	651	+0.73
	50m:	30.63	30.63	150m:	1:37.95	34.10	250m:	2:48.25	35.44	350m:	4:00.17	35.95
	100m:	1:03.85	33.22	200m:	2:12.81	34.86	300m:	3:24.22	35.97	400m:	4:34.93	34.76
16.	Wüthrich Rachel				95	SUI Worb				<b>4:36.36</b>	641	+0.80
	50m:	30.66	30.66	150m:	1:39.45	34.80	250m:	2:49.98	35.44	350m:	4:01.61	35.96
	100m:	1:04.65	33.99	200m:	2:14.54	35.09	300m:	3:25.65	35.67	400m:	4:36.36	34.75
17.	Neeser Nathalie				91	SUI Biel-Bienne				<b>4:40.21</b>	615	+0.75 *
	50m:	31.59	31.59	150m:	1:42.61	35.89	250m:	2:54.85	36.01	350m:	4:06.84	35.71
	100m:	1:06.72	35.13	200m:	2:18.84	36.23	300m:	3:31.13	36.28	400m:	4:40.21	33.37
18.	Gaffuri Sara				90	SUI Mendrisio				<b>4:46.36</b>	576	+0.96 *
	50m:	32.22	32.22	150m:	1:44.30	36.55	250m:	2:57.23	36.40	350m:	4:10.62	36.77
	100m:	1:07.75	35.53	200m:	2:20.83	36.53	300m:	3:33.85	36.62	400m:	4:46.36	35.74
19.	Gmür Désirée				92	SUI Wittenbach				<b>4:48.63</b>	563	+0.86 *
	50m:	33.23	33.23	150m:	1:44.18	35.51	250m:	2:56.27	36.26	350m:	4:08.49	36.00
	100m:	1:08.67	35.44	200m:	2:20.01	35.83	300m:	3:32.49	36.22	400m:	4:48.63	40.14
20.	Schwermann Fabienne				95	SUI Aarau				<b>4:49.61</b>	557	+0.85 *
	50m:	31.91	31.91	150m:	1:43.44	36.18	250m:	2:56.65	36.71	350m:	4:09.39	35.91
	100m:	1:07.26	35.35	200m:	2:19.94	36.50	300m:	3:33.48	36.83	400m:	4:49.61	40.22
21.	Widmer Laura				91	SUI Frauenfeld				<b>4:55.15</b>	526	+0.95 *
	50m:	31.64	31.64	150m:	1:42.75	36.15	250m:	2:57.18	37.44	350m:	4:15.38	39.62
	100m:	1:06.60	34.96	200m:	2:19.74	36.99	300m:	3:35.76	38.58	400m:	4:55.15	39.77