

19th International Meeting Uster  
Uster, 30. - 31.1.2010

Wettkampf 2  
30.01.2010 - 9:22

Herren, 400m Freistil  
Helsana

allg. Kategorie  
Rangliste Vorläufe

World Record	3:32.77	Biedermann Paul	GER	Berlin (GER)	14.11.2009
European Record	3:32.77	Biedermann Paul	GER	Berlin (GER)	14.11.2009
Swiss Record	3:39.86	Meichtry Dominik	SCUW	Berlin (GER)	14.11.2009
Meet Record	3:42.92	Biedermann Paul	GER	Uster	27.01.2007
Winner 2009	3:45.05	Glaesner Mads	DEN	Uster	31.01.2009

Limite : 4:08.00

Punkte: FINA 2009

Rang				Jg.				Zeit	Pkt.	RT		
1.	Palladino Dario			91	ITA Aniene			<b>3:55.37</b>	774	+0.80 A		
	50m:	27.00	27.00	150m:	1:26.33	29.89	250m:	2:25.92	29.43	350m:	3:26.24	30.40
	100m:	56.44	29.44	200m:	1:56.49	30.16	300m:	2:55.84	29.92	400m:	3:55.37	29.13
2.	Liess Alexandre			91	SUI Switzerland			<b>3:55.40</b>	774	+0.74 A		
	50m:	26.40	26.40	150m:	1:25.36	29.66	250m:	2:25.66	30.09	350m:	3:26.42	30.55
	100m:	55.70	29.30	200m:	1:55.57	30.21	300m:	2:55.87	30.21	400m:	3:55.40	28.98
3.	Cassio Nicola			85	ITA Aniene			<b>3:55.74</b>	770	+0.77 A		
	50m:	27.47	27.47	150m:	1:27.34	30.17	250m:	2:27.43	29.85	350m:	3:27.69	30.40
	100m:	57.17	29.70	200m:	1:57.58	30.24	300m:	2:57.29	29.86	400m:	3:55.74	28.05
4.	Verraszto David			88	HUN Hungary			<b>3:56.75</b>	761	+0.89 A		
	50m:	27.93	27.93	150m:	1:27.96	30.18	250m:	2:27.73	29.56	350m:	3:27.21	29.82
	100m:	57.78	29.85	200m:	1:58.17	30.21	300m:	2:57.39	29.66	400m:	3:56.75	29.54
5.	Meichtry Dominik			84	SUI Switzerland			<b>3:57.37</b>	755	+0.73 A		
	50m:	26.38	26.38	150m:	1:26.27	30.14	250m:	2:26.66	30.31	350m:	3:27.95	30.77
	100m:	56.13	29.75	200m:	1:56.35	30.08	300m:	2:57.18	30.52	400m:	3:57.37	29.42
6.	Samuel Curtis			90	CAN Ontario			<b>3:58.17</b>	747	+0.76 A		
	50m:	27.49	27.49	150m:	1:27.01	30.06	250m:	2:27.62	30.24	350m:	3:28.33	30.41
	100m:	56.95	29.46	200m:	1:57.38	30.37	300m:	2:57.92	30.30	400m:	3:58.17	29.84
7.	Mitrovic Jovan			91	SUI Savosa			<b>4:00.04</b>	730	+0.84 B		
	50m:	28.08	28.08	150m:	1:28.13	30.25	250m:	2:29.02	30.43	350m:	3:30.43	30.67
	100m:	57.88	29.80	200m:	1:58.59	30.46	300m:	2:59.76	30.74	400m:	4:00.04	29.61
8.	Bianchi Eugenio			89	SUI Lugano			<b>4:02.79</b>	705	+0.90 B		
	50m:	28.08	28.08	150m:	1:28.44	30.25	250m:	2:29.77	30.62	350m:	3:32.03	31.28
	100m:	58.19	30.11	200m:	1:59.15	30.71	300m:	3:00.75	30.98	400m:	4:02.79	30.76
9.	Rabold Simon			90	SUI Switzerland			<b>4:03.51</b>	699	+0.86 B		
	50m:	28.15	28.15	150m:	1:29.77	31.02	250m:	2:31.80	30.96	350m:	3:33.40	30.75
	100m:	58.75	30.60	200m:	2:00.84	31.07	300m:	3:02.65	30.85	400m:	4:03.51	30.11
10.	Batka Balint			91	HUN Hungary			<b>4:04.01</b>	695	+0.80 B		
	50m:	27.51	27.51	150m:	1:29.37	30.97	250m:	2:31.07	30.51	350m:	3:34.00	31.26
	100m:	58.40	30.89	200m:	2:00.56	31.19	300m:	3:02.74	31.67	400m:	4:04.01	30.01
11.	Chetrat Zack			90	CAN Ontario			<b>4:04.45</b>	691	+0.75 B		
	50m:	27.35	27.35	150m:	1:27.12	30.27	250m:	2:28.41	30.71	350m:	3:32.27	32.35
	100m:	56.85	29.50	200m:	1:57.70	30.58	300m:	2:59.92	31.51	400m:	4:04.45	32.18
12.	Weber Thomas			88	SUI Baar			<b>4:06.14</b>	677	+0.74 B		
	50m:	27.81	27.81	150m:	1:30.15	31.48	250m:	2:32.91	31.02	350m:	3:35.82	31.10
	100m:	58.67	30.86	200m:	2:01.89	31.74	300m:	3:04.72	31.81	400m:	4:06.14	30.32
13.	Maia Jorge Manuel			89	POR Portugal			<b>4:06.44</b>	674	+0.83 R		
	50m:	27.78	27.78	150m:	1:28.52	30.68	250m:	2:30.96	31.40	350m:	3:35.07	32.24
	100m:	57.84	30.06	200m:	1:59.56	31.04	300m:	3:02.83	31.87	400m:	4:06.44	31.37
14.	Hohl Martin			83	SUI Bern			<b>4:07.41</b>	666	+0.80 R		
	50m:	28.36	28.36	150m:	1:30.29	31.11	250m:	2:33.10	31.48	350m:	3:36.52	31.79
	100m:	59.18	30.82	200m:	2:01.62	31.33	300m:	3:04.73	31.63	400m:	4:07.41	30.89

19th International Meeting Uster  
 Uster, 30. - 31.1.2010

## Wettkampf 2, Herren, 400m Freistil, Vorläufe, allg. Kategorie

Rang					Jg.					Zeit	Pkt.	RT
15.	Escher Joël				89	SUI Aarau				<b>4:08.20</b>	660	+0.89 *
	50m:	28.57	28.57	150m:	1:30.02	31.07	250m:	2:33.00	31.60	350m:	3:36.75	31.96
	100m:	58.95	30.38	200m:	2:01.40	31.38	300m:	3:04.79	31.79	400m:	4:08.20	31.45
16.	Huesing Lukas				90	GER Sindelfingen				<b>4:09.73</b>	648	+0.86 *
	50m:	27.92	27.92	150m:	1:30.15	31.52	250m:	2:33.85	31.98	350m:	3:38.09	32.27
	100m:	58.63	30.71	200m:	2:01.87	31.72	300m:	3:05.82	31.97	400m:	4:09.73	31.64
17.	Van Duijn Nico				90	SUI Switzerland				<b>4:10.67</b>	641	+0.75 *
	50m:	27.66	27.66	150m:	1:30.23	31.78	250m:	2:34.00	31.74	350m:	3:38.74	32.65
	100m:	58.45	30.79	200m:	2:02.26	32.03	300m:	3:06.09	32.09	400m:	4:10.67	31.93
18.	Rolli Camille				93	SUI Biel-Bienne				<b>4:10.68</b>	641	+0.71 *
	50m:	28.09	28.09	150m:	1:30.76	31.49	250m:	2:34.35	31.85	350m:	3:39.03	32.37
	100m:	59.27	31.18	200m:	2:02.50	31.74	300m:	3:06.66	32.31	400m:	4:10.68	31.65
19.	Berger Florian				88	GER Sindelfingen				<b>4:11.25</b>	636	+0.83 *
	50m:	27.79	27.79	150m:	1:29.31	31.14	250m:	2:32.66	31.66	350m:	3:38.66	33.16
	100m:	58.17	30.38	200m:	2:01.00	31.69	300m:	3:05.50	32.84	400m:	4:11.25	32.59
20.	Jegerlehner David				90	SUI Bern				<b>4:11.59</b>	634	+0.69 *
	50m:	28.27	28.27	150m:	1:31.17	31.73	250m:	2:34.80	32.07	350m:	3:39.24	32.26
	100m:	59.44	31.17	200m:	2:02.73	31.56	300m:	3:06.98	32.18	400m:	4:11.59	32.35
21.	Erni Sven				88	SUI Neuchatel				<b>4:12.96</b>	624	+0.90 *
	50m:	28.47	28.47	150m:	1:30.76	31.34	250m:	2:35.38	32.44	350m:	3:40.91	32.95
	100m:	59.42	30.95	200m:	2:02.94	32.18	300m:	3:07.96	32.58	400m:	4:12.96	32.05
22.	Aebersold Jan-This				93	SUI Langenthal				<b>4:14.21</b>	614	+0.82 *
	50m:	28.29	28.29	150m:	1:31.37	31.98	250m:	2:35.66	32.18	350m:	3:41.56	33.16
	100m:	59.39	31.10	200m:	2:03.48	32.11	300m:	3:08.40	32.74	400m:	4:14.21	32.65
23.	Göldlin Philipp				92	SUI Aarau				<b>4:22.49</b>	558	+0.81 *
	50m:	30.33	30.33	150m:	1:38.30	34.45	250m:	2:45.68	32.73	350m:	3:50.71	31.94
	100m:	1:03.85	33.52	200m:	2:12.95	34.65	300m:	3:18.77	33.09	400m:	4:22.49	31.78
24.	Bauer Gian Carlo				92	SUI Uster				<b>4:25.60</b>	539	+0.84 *
	50m:	29.63	29.63	150m:	1:35.99	33.53	250m:	2:43.33	33.62	350m:	3:51.45	34.21
	100m:	1:02.46	32.83	200m:	2:09.71	33.72	300m:	3:17.24	33.91	400m:	4:25.60	34.15
25.	Niederhauser Sandro				92	SUI Uster				<b>4:30.30</b>	511	+0.77 *
	50m:	30.53	30.53	150m:	1:37.91	34.08	250m:	2:47.33	34.75	350m:	3:57.06	34.80
	100m:	1:03.83	33.30	200m:	2:12.58	34.67	300m:	3:22.26	34.93	400m:	4:30.30	33.24