

RZO: Regionale Hallenmeisterschaften  
Uster, 23. - 24.10.2010

Wettkampf 15 Herren, 400m Vierlagen allg. Kategorie  
23.10.2010 - 16:45 Rangliste

Swiss National Records	4:11.70	Platel Yves	GEN	Antwerpen (BEL)	13.12.2001
Regionalrekorde Zentralschweiz-Ost	4:17.50	Bachmann Stephan	LIMM	Esbjerg (DEN)	28.05.2006

Punkte: FINA 2010

Rang	Jg.	Abk.	RT	Zeit	Pkt.
<b>13 Jahre und jünger</b>					
1.	Läufer Jacques	1997 BAAR	+0,71	<b>4:55.72</b>	516
	50m: 31.39 31.39	150m: 1:45.82 38.31	250m: 3:03.44 40.83	350m: 4:21.01 35.96	
	100m: 1:07.51 36.12	200m: 2:22.61 36.79	300m: 3:45.05 41.61	400m: 4:55.72 34.71	
disq.	Zumeri Agon	1998 SCUW	+0,55	<b>6:33.55</b>	
	<i>305 - Wand nicht in Rückenlage verlassen (Wende 1)</i>				
	50m: 43.64 43.64	150m: 2:22.13 44.71	250m: 4:07.29 58.75	350m: 5:50.08 44.36	
	100m: 1:37.42 53.78	200m: 3:08.54 46.41	300m: 5:05.72 58.43	400m: 6:33.55 43.47	
<b>14 Jahre und älter</b>					
1.	Bailod Julien	1980 SCUW	+0,87	<b>4:36.12</b>	634
	50m: 30.39 30.39	150m: 1:41.06 37.08	250m: 2:55.67 38.97	350m: 4:06.59 32.05	
	100m: 1:03.98 33.59	200m: 2:16.70 35.64	300m: 3:34.54 38.87	400m: 4:36.12 29.53	
2.	Bossard Kilian	1986 LIMM	+0,81	<b>4:36.16</b>	634
	50m: 30.08 30.08	150m: 1:41.51 37.27	250m: 2:54.85 37.63	350m: 4:05.25 32.81	
	100m: 1:04.24 34.16	200m: 2:17.22 35.71	300m: 3:32.44 37.59	400m: 4:36.16 30.91	
3.	Rabold Simon	1990 SCUW	+0,86	<b>4:40.50</b>	605
	50m: 29.48 29.48	150m: 1:40.26 36.82	250m: 2:57.98 41.30	350m: 4:10.84 31.25	
	100m: 1:03.44 33.96	200m: 2:16.68 36.42	300m: 3:39.59 41.61	400m: 4:40.50 29.66	
4.	De Corso Flavio	1992 LIMM	+0,76	<b>4:42.87</b>	590
	50m: 29.51 29.51	150m: 1:40.59 37.40	250m: 2:56.26 39.80	350m: 4:10.24 33.92	
	100m: 1:03.19 33.68	200m: 2:16.46 35.87	300m: 3:36.32 40.06	400m: 4:42.87 32.63	
5.	Müller Michael	1992 BAAR	+0,79	<b>4:51.25</b>	540
	50m: 29.48 29.48	150m: 1:41.23 37.62	250m: 3:01.45 43.79	350m: 4:18.31 33.72	
	100m: 1:03.61 34.13	200m: 2:17.66 36.43	300m: 3:44.59 43.14	400m: 4:51.25 32.94	
6.	Hofmann Ciril	1991 SCUW	+0,78	<b>4:53.25</b>	529
	50m: 30.65 30.65	150m: 1:45.06 38.23	250m: 3:03.91 41.11	350m: 4:20.02 34.43	
	100m: 1:06.83 36.18	200m: 2:22.80 37.74	300m: 3:45.59 41.68	400m: 4:53.25 33.23	
7.	Sturzenegger Andri	1995 SCUW	+0,78	<b>4:53.85</b>	526
	50m: 30.81 30.81	150m: 1:45.14 37.32	250m: 3:04.16 42.70	350m: 4:21.29 34.38	
	100m: 1:07.82 37.01	200m: 2:21.46 36.32	300m: 3:46.91 42.75	400m: 4:53.85 32.56	
8.	Zarro Sergio	1995 LIMM	+0,80	<b>4:55.55</b>	517
	50m: 31.33 31.33	150m: 1:45.57 38.16	250m: 3:06.13 42.47	350m: 4:22.38 32.16	
	100m: 1:07.41 36.08	200m: 2:23.66 38.09	300m: 3:50.22 44.09	400m: 4:55.55 33.17	
9.	Hofmann Fabian	1991 SCUW	+0,84	<b>4:55.74</b>	516
	50m: 30.47 30.47	150m: 1:46.52 39.30	250m: 3:04.63 40.56	350m: 4:21.75 36.62	
	100m: 1:07.22 36.75	200m: 2:24.07 37.55	300m: 3:45.13 40.50	400m: 4:55.74 33.99	
10.	Bernatschek Alexander	1996 SCUW	+0,89	<b>5:03.36</b>	478
	50m: 31.08 31.08	150m: 1:48.25 40.58	250m: 3:10.93 43.18	350m: 4:29.80 35.03	
	100m: 1:07.67 36.59	200m: 2:27.75 39.50	300m: 3:54.77 43.84	400m: 5:03.36 33.56	
11.	Manser Björn	1994 WAED	+0,75	<b>5:05.30</b>	469
	50m: 30.78 30.78	150m: 1:46.54 38.84	250m: 3:09.43 44.83	350m: 4:30.64 36.19	
	100m: 1:07.70 36.92	200m: 2:24.60 38.06	300m: 3:54.45 45.02	400m: 5:05.30 34.66	
12.	Federer Silvio	1992 MEIL	+0,82	<b>5:13.68</b>	432
	50m: 32.34 32.34	150m: 1:52.26 42.33	250m: 3:19.65 47.42	350m: 4:42.59 35.29	
	100m: 1:09.93 37.59	200m: 2:32.23 39.97	300m: 4:07.30 47.65	400m: 5:13.68 31.09	

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Wettkampf 15, Herren, 400m Vierlagen, 14 Jahre und älter

Rang			Jg.	Abk.				RT	Zeit	Pkt.		
13.	Livio Stephan		1995	SCUW				+0,79	<b>5:14.70</b>	428		
	50m:	33.23	33.23	150m:	1:54.78	40.98	250m:	3:18.73	45.44	350m:	4:40.53	35.91
	100m:	1:13.80	40.57	200m:	2:33.29	38.51	300m:	4:04.62	45.89	400m:	5:14.70	34.17
14.	Caride Rodriguez Brandon		1996	LIMM				+0,73	<b>5:21.36</b>	402		
	50m:	34.08	34.08	150m:	1:55.31	41.89	250m:	3:22.75	46.12	350m:	4:45.30	37.04
	100m:	1:13.42	39.34	200m:	2:36.63	41.32	300m:	4:08.26	45.51	400m:	5:21.36	36.06