


RZO: Regionale Hallenmeisterschaften
Uster, 23. - 24.10.2010

Wettkampf 16

Damen, 400m Vierlagen

allg. Kategorie

23.10.2010 - 17:05

Rangliste

Swiss National Records	4:42.97	van Berkel Martina	LIMM	Neuchatel	29.03.2009
Regionalrekorde Zentralschweiz-Ost	4:42.97	van Berkel Martina	LIMM	Neuchatel	29.03.2009

Punkte: FINA 2010

Rang			Jg.	Abk.					RT	Zeit	Pkt.
13 Jahre und jünger											
1.	Abplanalp Gabriela		1997	SCUW					+0,79	5:47.79	422
	50m:	36.68 36.68	150m:	2:06.37 46.31	250m:	3:40.43 49.24	350m:	5:10.64 40.49			
	100m:	1:20.06 43.38	200m:	2:51.19 44.82	300m:	4:30.15 49.72	400m:	5:47.79 37.15			
2.	Müller Hanna-Karina		1999	SCUW					+0,78	5:52.66	405
	50m:	36.67 36.67	150m:	2:04.40 42.26	250m:	3:36.42 49.72	350m:	5:10.77 43.59			
	100m:	1:22.14 45.47	200m:	2:46.70 42.30	300m:	4:27.18 50.76	400m:	5:52.66 41.89			
3.	Preisig Zoe		1999	SCUW					+0,92	6:00.59	379
	50m:	38.74 38.74	150m:	2:12.34 46.87	250m:	3:46.23 48.64	350m:	5:18.65 41.55			
	100m:	1:25.47 46.73	200m:	2:57.59 45.25	300m:	4:37.10 50.87	400m:	6:00.59 41.94			
4.	Meier Alicia		1997	WAED					+1,01	6:03.53	370
	50m:	39.67 39.67	150m:	2:17.42 47.75	250m:	3:50.28 47.34	350m:	5:22.94 43.58			
	100m:	1:29.67 50.00	200m:	3:02.94 45.52	300m:	4:39.36 49.08	400m:	6:03.53 40.59			
14 Jahre und älter											
1.	Villars Danielle		1993	LIMM					+0,76	5:00.17	657
	50m:	30.34 30.34	150m:	1:45.32 38.54	250m:	3:08.06 46.19	350m:	4:28.34 34.44			
	100m:	1:06.78 36.44	200m:	2:21.87 36.55	300m:	3:53.90 45.84	400m:	5:00.17 31.83			
2.	Schweiger Melanie		1984	BAAR					+0,82	5:07.21	613
	50m:	31.64 31.64	150m:	1:48.71 39.26	250m:	3:12.41 44.38	350m:	4:32.99 36.36			
	100m:	1:09.45 37.81	200m:	2:28.03 39.32	300m:	3:56.63 44.22	400m:	5:07.21 34.22			
3.	Rangelov Tamara		1992	LIMM					+0,73	5:14.41	572
	50m:	32.31 32.31	150m:	1:48.67 38.56	250m:	3:13.71 47.86	350m:	4:38.61 37.51			
	100m:	1:10.11 37.80	200m:	2:25.85 37.18	300m:	4:01.10 47.39	400m:	5:14.41 35.80			
4.	Mamié Sara		1996	LIMM					+0,79	5:20.57	539
	50m:	33.18 33.18	150m:	1:54.02 41.46	250m:	3:20.22 45.80	350m:	4:44.53 38.43			
	100m:	1:12.56 39.38	200m:	2:34.42 40.40	300m:	4:06.10 45.88	400m:	5:20.57 36.04			
5.	Matheson Cristina		1996	BAAR					+0,77	5:27.80	505
	50m:	34.65 34.65	150m:	1:57.26 42.75	250m:	3:24.93 46.50	350m:	4:51.68 38.60			
	100m:	1:14.51 39.86	200m:	2:38.43 41.17	300m:	4:13.08 48.15	400m:	5:27.80 36.12			
6.	Deix Tamara		1991	BAAR					+0,90	5:31.22	489
	50m:	34.79 34.79	150m:	1:59.20 43.11	250m:	3:29.86 49.12	350m:	4:56.27 36.99			
	100m:	1:16.09 41.30	200m:	2:40.74 41.54	300m:	4:19.28 49.42	400m:	5:31.22 34.95			
7.	Webber Ilona		1994	SCUW					+0,80	5:36.37	467
	50m:	36.78 36.78	150m:	2:04.51 44.82	250m:	3:33.85 46.09	350m:	4:58.54 38.16			
	100m:	1:19.69 42.91	200m:	2:47.76 43.25	300m:	4:20.38 46.53	400m:	5:36.37 37.83			
8.	Suter Ariane		1994	MEIL					+0,70	5:39.80	453
	50m:	34.68 34.68	150m:	2:02.16 46.31	250m:	3:32.74 45.17	350m:	4:59.03 40.53			
	100m:	1:15.85 41.17	200m:	2:47.57 45.41	300m:	4:18.50 45.76	400m:	5:39.80 40.77			
9.	Chávez Chantal		1992	BAAR					+0,82	6:12.73	343
	50m:	38.56 38.56	150m:	2:10.54 46.65	250m:	3:50.09 55.11	350m:	5:29.45 43.85			
	100m:	1:23.89 45.33	200m:	2:54.98 44.44	300m:	4:45.60 55.51	400m:	6:12.73 43.28			
10.	Cumes Jeany		1995	WAED					+0,89	6:16.89	332
	50m:	40.37 40.37	150m:	2:14.84 45.90	250m:	3:56.54 54.67	350m:	5:34.64 43.30			
	100m:	1:28.94 48.57	200m:	3:01.87 47.03	300m:	4:51.34 54.80	400m:	6:16.89 42.25			