


RZO: Regionale Hallenmeisterschaften  
Uster, 23. - 24.10.2010

## Wettkampf 40

## Damen, 400m Freistil

## allg. Kategorie

24.10.2010 - 16:50

Rangliste

Swiss National Records	4:03.73	Rigamonti Flavia	TAL	Debrecen (HUN)	15.12.2007
Regionalrekorde Zentralschweiz-Ost	4:09.30	Strasser Chantal	SCUW	Uster	21.11.2003

Punkte: FINA 2010

Rang			Jg.	Abk.					RT	Zeit	Pkt.	
13 Jahre und jünger												
1.	Abplanalp Gabriela		1997 SCUW						+0,81	<b>4:58.48</b>	487	
	50m:	33.60	33.60	150m:	1:48.96	38.00	250m:	3:05.73	38.52	350m:	4:22.91	38.84
	100m:	1:10.96	37.36	200m:	2:27.21	38.25	300m:	3:44.07	38.34	400m:	4:58.48	35.57
2.	Eberhart Nadia		1997 SCUW						+0,81	<b>5:00.46</b>	477	
	50m:	34.43	34.43	150m:	1:50.38	38.35	250m:	3:06.73	38.18	350m:	4:23.75	38.38
	100m:	1:12.03	37.60	200m:	2:28.55	38.17	300m:	3:45.37	38.64	400m:	5:00.46	36.71
3.	Sturzenegger Seraina		1997 SCUW						+0,95	<b>5:03.27</b>	464	
	50m:	34.50	34.50	150m:	1:50.60	37.91	250m:	3:07.65	38.80	350m:	4:25.28	38.86
	100m:	1:12.69	38.19	200m:	2:28.85	38.25	300m:	3:46.42	38.77	400m:	5:03.27	37.99
4.	Colamonico Cristina		1997 BREM						+0,94	<b>5:08.53</b>	441	
	50m:	35.14	35.14	150m:	1:52.71	39.21	250m:	3:11.19	39.23	350m:	4:30.66	39.94
	100m:	1:13.50	38.36	200m:	2:31.96	39.25	300m:	3:50.72	39.53	400m:	5:08.53	37.87
5.	Kyburz Ines		1998 BUEL						+0,73	<b>5:10.81</b>	431	
	50m:	34.45	34.45	150m:	1:54.36	40.57	250m:	3:14.57	40.26	350m:	4:33.42	38.23
	100m:	1:13.79	39.34	200m:	2:34.31	39.95	300m:	3:55.19	40.62	400m:	5:10.81	37.39
6.	Staudinger Simona		1999 SCUW						+0,85	<b>5:16.61</b>	408	
	50m:	35.79	35.79	150m:	1:55.42	40.24	250m:	3:16.93	40.68	350m:	4:38.57	40.93
	100m:	1:15.18	39.39	200m:	2:36.25	40.83	300m:	3:57.64	40.71	400m:	5:16.61	38.04
7.	Riemenschneider Kim		1997 TAGI						+0,86	<b>5:17.25</b>	406	
	50m:	36.52	36.52	150m:	1:56.65	40.05	250m:	3:17.75	40.27	350m:	4:39.30	40.38
	100m:	1:16.60	40.08	200m:	2:37.48	40.83	300m:	3:58.92	41.17	400m:	5:17.25	37.95
8.	Müller Hanna-Karina		1999 SCUW						+0,78	<b>5:17.56</b>	404	
	50m:	34.75	34.75	150m:	1:55.23	40.66	250m:	3:16.66	40.33	350m:	4:38.25	40.71
	100m:	1:14.57	39.82	200m:	2:36.33	41.10	300m:	3:57.54	40.88	400m:	5:17.56	39.31
9.	Bosshard Jessica		1997 BUEL						+0,83	<b>5:18.93</b>	399	
	50m:	35.34	35.34	150m:	1:56.53	40.74	250m:	3:18.27	40.46	350m:	4:39.90	40.62
	100m:	1:15.79	40.45	200m:	2:37.81	41.28	300m:	3:59.28	41.01	400m:	5:18.93	39.03
10.	Diyenis Sophia		1997 BUEL						+0,84	<b>5:20.67</b>	393	
	50m:	35.79	35.79	150m:	1:56.07	40.66	250m:	3:18.46	41.17	350m:	4:40.75	41.20
	100m:	1:15.41	39.62	200m:	2:37.29	41.22	300m:	3:59.55	41.09	400m:	5:20.67	39.92
11.	Aeschlimann Fiona		1997 SCUW						+0,71	<b>5:24.26</b>	380	
	50m:	35.75	35.75	150m:	1:57.92	41.68	250m:	3:21.10	41.45	350m:	4:43.92	41.53
	100m:	1:16.24	40.49	200m:	2:39.65	41.73	300m:	4:02.39	41.29	400m:	5:24.26	40.34
12.	Staudinger Sara		1999 SCUW						+0,67	<b>5:27.69</b>	368	
	50m:	35.76	35.76	150m:	1:58.68	41.40	250m:	3:22.58	42.09	350m:	4:47.60	43.01
	100m:	1:17.28	41.52	200m:	2:40.49	41.81	300m:	4:04.59	42.01	400m:	5:27.69	40.09
13.	Meier Alicia		1997 WAED						+0,96	<b>5:28.04</b>	367	
	50m:	36.45	36.45	150m:	2:00.29	42.48	250m:	3:25.01	42.25	350m:	4:49.35	42.00
	100m:	1:17.81	41.36	200m:	2:42.76	42.47	300m:	4:07.35	42.34	400m:	5:28.04	38.69
14.	Enz Seraina		1997 LIMM						+0,86	<b>5:28.72</b>	364	
	50m:	35.64	35.64	150m:	1:56.98	41.57	250m:	3:21.44	41.99	350m:	4:46.80	42.95
	100m:	1:15.41	39.77	200m:	2:39.45	42.47	300m:	4:03.85	42.41	400m:	5:28.72	41.92
15.	Preisig Zoe		1999 SCUW						+0,93	<b>5:29.54</b>	362	
	50m:	36.15	36.15	150m:	2:00.80	42.89	250m:	3:25.65	42.33	350m:	4:48.74	40.64
	100m:	1:17.91	41.76	200m:	2:43.32	42.52	300m:	4:08.10	42.45	400m:	5:29.54	40.80


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## Wettkampf 40, Mädchen, 400m Freistil, 13 Jahre und jünger

Rang			Jg.	Abk.					RT	Zeit	Pkt.	
16.	Heim Sarah		1998	SCUW					+0,79	<b>5:30.19</b>	360	
	50m:	37.37	37.37	150m:	2:00.79	42.07	250m:	3:24.11	41.40	350m:	4:47.78	41.97
	100m:	1:18.72	41.35	200m:	2:42.71	41.92	300m:	4:05.81	41.70	400m:	5:30.19	42.41
17.	Benne Jill		1999	SCUW					+0,66	<b>5:31.06</b>	357	
	50m:	39.62	39.62	150m:	2:04.87	43.03	250m:	3:28.83	41.97	350m:	4:51.61	41.04
	100m:	1:21.84	42.22	200m:	2:46.86	41.99	300m:	4:10.57	41.74	400m:	5:31.06	39.45
18.	Weber Jasmin		1998	SCUW					+0,71	<b>5:31.43</b>	356	
	50m:	35.88	35.88	150m:	1:58.59	41.58	250m:	3:22.83	42.59	350m:	4:48.99	42.76
	100m:	1:17.01	41.13	200m:	2:40.24	41.65	300m:	4:06.23	43.40	400m:	5:31.43	42.44
19.	Gächter Shannon		1997	SCUW					+0,90	<b>5:38.33</b>	334	
	50m:	37.38	37.38	150m:	2:01.35	42.71	250m:	3:26.12	42.52	350m:	4:54.80	45.47
	100m:	1:18.64	41.26	200m:	2:43.60	42.25	300m:	4:09.33	43.21	400m:	5:38.33	43.53
20.	Zueck Franziska		1997	SCUW					+0,82	<b>5:45.12</b>	315	
	50m:	38.50	38.50	150m:	2:05.27	43.87	250m:	3:31.85	42.93	350m:	5:00.87	44.36
	100m:	1:21.40	42.90	200m:	2:48.92	43.65	300m:	4:16.51	44.66	400m:	5:45.12	44.25
21.	Garne Tseyang		1999	WINT					+0,86	<b>5:45.72</b>	313	
	50m:	37.95	37.95	150m:	2:06.02	44.33	250m:	3:35.36	44.73	350m:	5:06.24	45.92
	100m:	1:21.69	43.74	200m:	2:50.63	44.61	300m:	4:20.32	44.96	400m:	5:45.72	39.48
22.	Schmid Svenja		1998	SCUW					+0,84	<b>5:46.31</b>	312	
	50m:	37.02	37.02	150m:	2:04.47	44.49	250m:	3:34.35	44.87	350m:	5:05.07	45.15
	100m:	1:19.98	42.96	200m:	2:49.48	45.01	300m:	4:19.92	45.57	400m:	5:46.31	41.24
23.	Manser Tamara		1997	WINT					+0,97	<b>5:52.85</b>	295	
	50m:	39.84	39.84	150m:	2:09.50	45.31	250m:	3:40.81	45.74	350m:	5:05.07	39.95
	100m:	1:24.19	44.35	200m:	2:55.07	45.57	300m:	4:25.12	44.31	400m:	5:52.85	47.78
24.	Kempfer Rahel		1999	SCUW					+0,83	<b>5:54.88</b>	290	
	50m:	39.91	39.91	150m:	2:08.67	44.76	250m:	3:39.34	45.69	350m:	5:10.92	45.50
	100m:	1:23.91	44.00	200m:	2:53.65	44.98	300m:	4:25.42	46.08	400m:	5:54.88	43.96
25.	Rümmeli Martina		1997	WINT					+1,02	<b>5:56.83</b>	285	
	50m:	39.43	39.43	150m:	2:09.90	45.75	250m:	3:44.54	46.49	350m:	5:14.02	46.01
	100m:	1:24.15	44.72	200m:	2:58.05	48.15	300m:	4:28.01	43.47	400m:	5:56.83	42.81
26.	Bruno Chiara		1999	WINT					+0,88	<b>6:02.28</b>	272	
	50m:	40.34	40.34	150m:	2:10.63	46.16	250m:	3:43.30	46.41	350m:	5:16.84	46.84
	100m:	1:24.47	44.13	200m:	2:56.89	46.26	300m:	4:30.00	46.70	400m:	6:02.28	45.44
27.	Di Febbo Alessia		2000	WINT					+0,71	<b>6:08.99</b>	258	
	50m:	41.14	41.14	150m:	2:14.12	46.87	250m:	3:49.66	47.63	350m:	5:25.70	47.75
	100m:	1:27.25	46.11	200m:	3:02.03	47.91	300m:	4:37.95	48.29	400m:	6:08.99	43.29
28.	Shaw Kim		1998	SCUW					+0,85	<b>6:11.19</b>	253	
	50m:	41.11	41.11	150m:	2:14.56	47.41	250m:	3:50.47	47.69	350m:	5:27.94	48.43
	100m:	1:27.15	46.04	200m:	3:02.78	48.22	300m:	4:39.51	49.04	400m:	6:11.19	43.25
29.	Gyger Larissa		1998	SCUW					+0,92	<b>6:13.50</b>	248	
	50m:	42.04	42.04	150m:	2:15.12	47.82	250m:	3:51.41	48.46	350m:	5:25.34	45.80
	100m:	1:27.30	45.26	200m:	3:02.95	47.83	300m:	4:39.54	48.13	400m:	6:13.50	48.16
30.	Trabattoni Giorgia Maria		1998	SCUW					+0,90	<b>6:19.59</b>	237	
	50m:	41.05	41.05	150m:	2:14.45	47.27	250m:	3:51.64	49.27	350m:	5:31.27	50.43
	100m:	1:27.18	46.13	200m:	3:02.37	47.92	300m:	4:40.84	49.20	400m:	6:19.59	48.32
31.	Fieramonte Carmen		1997	SCUW					+0,88	<b>6:24.64</b>	227	
	50m:	38.79	38.79	150m:	2:16.71	49.46	250m:	3:55.64	50.52	350m:	5:36.59	50.18
	100m:	1:27.25	48.46	200m:	3:05.12	48.41	300m:	4:46.41	50.77	400m:	6:24.64	48.05
32.	Streule Sinja		1999	SCUW					+0,69	<b>6:32.99</b>	213	
	50m:	42.32	42.32	150m:	2:20.26	49.92	250m:	4:01.72	51.02	350m:	5:42.75	49.95
	100m:	1:30.34	48.02	200m:	3:10.70	50.44	300m:	4:52.80	51.08	400m:	6:32.99	50.24



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Wettkampf 40, Mädchen, 400m Freistil, 13 Jahre und jünger

Rang			Jg.	Abk.					RT	Zeit	Pkt.
33.	Reinhart Laura-Moana		1999	SCUW					+0,87	<b>6:33.96</b>	212
	50m:	43.41 43.41	150m:	2:24.33 50.84	250m:	4:04.45 50.59	350m:	5:45.57 50.19			
	100m:	1:33.49 50.08	200m:	3:13.86 49.53	300m:	4:55.38 50.93	400m:	6:33.96 48.39			
34.	Schreiber Nadine		1997	SCUW					+0,93	<b>6:44.94</b>	195
	50m:	42.10 42.10	150m:	2:20.91 51.12	250m:	4:07.32 53.40	350m:	5:54.24 53.64			
	100m:	1:29.79 47.69	200m:	3:13.92 53.01	300m:	5:00.60 53.28	400m:	6:44.94 50.70			
35.	Manz Anaïs		1999	SCUW					+0,83	<b>6:47.87</b>	191
	50m:	44.18 44.18	150m:	2:28.61 53.31	250m:	4:13.73 52.12	350m:	5:58.07 51.39			
	100m:	1:35.30 51.12	200m:	3:21.61 53.00	300m:	5:06.68 52.95	400m:	6:47.87 49.80			
36.	Abegg Muriel		1999	SCUW					+0,87	<b>6:50.39</b>	187
	50m:	43.21 43.21	150m:	2:27.54 52.64	250m:	4:13.47 53.28	350m:	6:00.20			
	100m:	1:34.90 51.69	200m:	3:20.19 52.65	300m:		400m:	6:50.39 50.19			
disq.	Schneiter Simone		1999	SCUW					+0,52	<b>6:07.00</b>	
	<i>204 - Starten vor dem Startkommando (Zeit: 17:12)</i>										
	50m:	40.82 40.82	150m:	2:14.40 47.33	250m:	3:49.43 47.88	350m:	5:23.69 46.84			
	100m:	1:27.07 46.25	200m:	3:01.55 47.15	300m:	4:36.85 47.42	400m:	6:07.00 43.31			

14 Jahre und älter

1.	Villars Danielle		1993	LIMM					+0,69	<b>4:27.97</b>	673
	50m:	30.05 30.05	150m:	1:36.89 33.64	250m:	2:45.25 33.96	350m:	3:53.98 34.32			
	100m:	1:03.25 33.20	200m:	2:11.29 34.40	300m:	3:19.66 34.41	400m:	4:27.97 33.99			
2.	Oderbolz Pia		1992	LIMM					+0,85	<b>4:35.14</b>	622
	50m:	31.35 31.35	150m:	1:40.48 34.99	250m:	2:51.13 35.25	350m:	4:01.19 34.88			
	100m:	1:05.49 34.14	200m:	2:15.88 35.40	300m:	3:26.31 35.18	400m:	4:35.14 33.95			
3.	Piesbergen Elina		1991	LIMM					+0,82	<b>4:37.54</b>	606
	50m:	31.63 31.63	150m:	1:41.11 34.90	250m:	2:50.98 34.70	350m:	4:01.85 35.74			
	100m:	1:06.21 34.58	200m:	2:16.28 35.17	300m:	3:26.11 35.13	400m:	4:37.54 35.69			
4.	Zivkovic Martina		1996	LIMM					+0,81	<b>4:44.76</b>	561
	50m:	31.76 31.76	150m:	1:43.71 36.51	250m:	2:57.58 36.76	350m:	4:11.08 36.27			
	100m:	1:07.20 35.44	200m:	2:20.82 37.11	300m:	3:34.81 37.23	400m:	4:44.76 33.68			
5.	Deix Tamara		1991	BAAR					+0,93	<b>4:45.26</b>	558
	50m:	31.26 31.26	150m:	1:43.13 36.34	250m:	2:56.60 36.79	350m:	4:10.15 36.68			
	100m:	1:06.79 35.53	200m:	2:19.81 36.68	300m:	3:33.47 36.87	400m:	4:45.26 35.11			
6.	Eberhart Jessica		1994	SCUW					+0,87	<b>4:48.18</b>	541
	50m:	33.52 33.52	150m:	1:47.77 37.40	250m:	3:01.23 35.91	350m:	4:13.11 35.99			
	100m:	1:10.37 36.85	200m:	2:25.32 37.55	300m:	3:37.12 35.89	400m:	4:48.18 35.07			
7.	Matheson Cristina		1996	BAAR					+0,73	<b>4:53.18</b>	514
	50m:	31.43 31.43	150m:	1:42.85 36.41	250m:	2:58.37 37.96	350m:	4:15.50 38.47			
	100m:	1:06.44 35.01	200m:	2:20.41 37.56	300m:	3:37.03 38.66	400m:	4:53.18 37.68			
8.	Webber Ilona		1994	SCUW					+0,89	<b>4:55.82</b>	500
	50m:	34.49 34.49	150m:	1:48.90 37.35	250m:	3:03.67 37.43	350m:	4:18.64 37.61			
	100m:	1:11.55 37.06	200m:	2:26.24 37.34	300m:	3:41.03 37.36	400m:	4:55.82 37.18			
9.	Rangelov Tamara		1992	LIMM					+0,75	<b>5:00.47</b>	477
	50m:	32.20 32.20	150m:	1:46.25 37.84	250m:	3:03.49 38.40	350m:	4:22.13 39.49			
	100m:	1:08.41 36.21	200m:	2:25.09 38.84	300m:	3:42.64 39.15	400m:	5:00.47 38.34			
10.	Cuenin Dominique		1996	SCUW					+0,90	<b>5:04.53</b>	459
	50m:	34.04 34.04	150m:	1:50.51 38.54	250m:	3:08.45 38.97	350m:	4:26.64 39.06			
	100m:	1:11.97 37.93	200m:	2:29.48 38.97	300m:	3:47.58 39.13	400m:	5:04.53 37.89			
11.	Rangelov Natascha		1989	SCUW					+0,88	<b>5:10.84</b>	431
	50m:	35.11 35.11	150m:	1:53.52 39.56	250m:	3:13.35 39.83	350m:	4:32.92 39.55			
	100m:	1:13.96 38.85	200m:	2:33.52 40.00	300m:	3:53.37 40.02	400m:	5:10.84 37.92			

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## Wettkampf 40, Damen, 400m Freistil, 14 Jahre und älter

Rang			Jg.	Abk.				RT	Zeit	Pkt.		
12.	Federer Nadine		1994	MEIL				+0,81	<b>5:12.08</b>	426		
	50m:	34.67	34.67	150m:	1:52.51	39.62	250m:	3:12.55	39.83	350m:	4:33.04	39.77
	100m:	1:12.89	38.22	200m:	2:32.72	40.21	300m:	3:53.27	40.72	400m:	5:12.08	39.04
13.	Kottmeyer Demi		1995	BAAR				+0,83	<b>5:12.42</b>	425		
	50m:	34.81	34.81	150m:	1:54.21	39.80	250m:	3:13.88	39.57	350m:	4:33.90	40.21
	100m:	1:14.41	39.60	200m:	2:34.31	40.10	300m:	3:53.69	39.81	400m:	5:12.42	38.52
14.	Fernandez Lara		1994	BAAR				+0,93	<b>5:12.82</b>	423		
	50m:	34.28	34.28	150m:	1:52.21	39.27	250m:	3:12.05	40.19	350m:	4:33.06	40.70
	100m:	1:12.94	38.66	200m:	2:31.86	39.65	300m:	3:52.36	40.31	400m:	5:12.82	39.76
15.	Vinci Linda		1993	BAAR				+0,87	<b>5:16.44</b>	409		
	50m:	34.80	34.80	150m:	1:53.66	40.19	250m:	3:15.19	40.67	350m:	4:37.00	40.87
	100m:	1:13.47	38.67	200m:	2:34.52	40.86	300m:	3:56.13	40.94	400m:	5:16.44	39.44
16.	Keck Miriam		1993	MEIL				+0,89	<b>5:16.96</b>	407		
	50m:	35.76	35.76	150m:	1:54.92	39.77	250m:	3:15.24	40.44	350m:	4:36.65	40.55
	100m:	1:15.15	39.39	200m:	2:34.80	39.88	300m:	3:56.10	40.86	400m:	5:16.96	40.31
17.	Eberle Vanessa		1996	SCUW				+0,83	<b>5:21.57</b>	389		
	50m:	34.80	34.80	150m:	1:54.81	40.09	250m:	3:17.55	41.28	350m:	4:39.99	41.61
	100m:	1:14.72	39.92	200m:	2:36.27	41.46	300m:	3:58.38	40.83	400m:	5:21.57	41.58
18.	Chávez Chantal		1992	BAAR				+0,82	<b>5:24.49</b>	379		
	50m:	36.35	36.35	150m:	1:55.87	40.67	250m:	3:18.72	41.57	350m:	4:43.75	42.62
	100m:	1:15.20	38.85	200m:	2:37.15	41.28	300m:	4:01.13	42.41	400m:	5:24.49	40.74
19.	Cumes Jeany		1995	WAED				+0,93	<b>5:28.52</b>	365		
	50m:	35.66	35.66	150m:	1:56.84	41.52	250m:	3:21.07	42.50	350m:	4:45.34	41.57
	100m:	1:15.32	39.66	200m:	2:38.57	41.73	300m:	4:03.77	42.70	400m:	5:28.52	43.18
20.	Stoffel Anna		1993	BAAR				+0,74	<b>5:33.97</b>	348		
	50m:	35.05	35.05	150m:	1:57.66	42.60	250m:	3:24.31	43.97	350m:	4:52.70	44.08
	100m:	1:15.06	40.01	200m:	2:40.34	42.68	300m:	4:08.62	44.31	400m:	5:33.97	41.27
21.	Spahn Stéphanie		1991	SCUW				+0,85	<b>5:40.41</b>	328		
	50m:	36.85	36.85	150m:	2:04.86	44.61	250m:	3:33.51	44.57	350m:	4:59.64	41.99
	100m:	1:20.25	43.40	200m:	2:48.94	44.08	300m:	4:17.65	44.14	400m:	5:40.41	40.77
22.	Gächter Olivia		1995	SCUW				+1,02	<b>5:41.08</b>	326		
	50m:	37.58	37.58	150m:	2:02.29	42.96	250m:	3:29.24	43.43	350m:	4:58.38	44.65
	100m:	1:19.33	41.75	200m:	2:45.81	43.52	300m:	4:13.73	44.49	400m:	5:41.08	42.70
23.	Schättin Dominique		1995	SCUW				+0,72	<b>5:51.09</b>	299		
	50m:	39.09	39.09	150m:	2:09.01	45.80	250m:	3:38.99	45.10	350m:	5:08.81	44.71
	100m:	1:23.21	44.12	200m:	2:53.89	44.88	300m:	4:24.10	45.11	400m:	5:51.09	42.28
24.	Meister Jessica		1995	SCUW				+0,89	<b>6:06.99</b>	262		
	50m:	40.04	40.04	150m:	2:13.12	47.35	250m:	3:48.27	47.87	350m:	5:21.30	46.02
	100m:	1:25.77	45.73	200m:	3:00.40	47.28	300m:	4:35.28	47.01	400m:	6:06.99	45.69