

Championnat Suisse des Clubs - Ligue nationale A
Neuchâtel, 20. - 21.3.2010

Epreuve 12 Messieurs, 400m Libre Cat. générale
20.03.2010 - 18:15 Liste résultats

Swiss National Records	3:39.86	Meichtry Dominik	SCUW	Berlin (GER)	14.11.2009
Swiss Team Championships Records	3:50.91	Strasser Gerry	LIMM	Neuchatel	30.11.2002

Points: FINA 2009

Rang			AN						Temps	Pts		
1.	Ribold Simon		90		SC Uster Wallisellen				3:58.64	743		
	50m:	28.22	28.22	150m:	1:28.74	30.37	250m:	2:29.54	30.32	350m:	3:29.97	30.25
	100m:	58.37	30.15	200m:	1:59.22	30.48	300m:	2:59.72	30.18	400m:	3:58.64	28.67
2.	Van Duijn Nico		90		Limmat Sharks Zürich				3:59.16	738		
	50m:	27.52	27.52	150m:	1:28.30	30.34	250m:	2:29.76	30.15	350m:	3:30.42	30.56
	100m:	57.96	30.44	200m:	1:59.61	31.31	300m:	2:59.86	30.10	400m:	3:59.16	28.74
3.	Jegerlehner David		90		Schwimmklub Bern				4:04.85	688		
	50m:	26.65	26.65	150m:	1:26.37	30.12	250m:	2:27.67	30.65	350m:	3:31.72	32.34
	100m:	56.25	29.60	200m:	1:57.02	30.65	300m:	2:59.38	31.71	400m:	4:04.85	33.13
4.	Pagani Ivan		92		Lugano Nuoto Pallanuoto				4:06.90	671		
	50m:	27.32	27.32	150m:	1:28.44	31.05	250m:	2:31.51	31.48	350m:	3:36.28	32.22
	100m:	57.39	30.07	200m:	2:00.03	31.59	300m:	3:04.06	32.55	400m:	4:06.90	30.62
5.	Rezzonico Carlo		94		Mendrisiotto Nuoto				4:07.07	669		
	50m:	27.57	27.57	150m:	1:29.05	31.22	250m:	2:31.97	31.59	350m:	3:36.29	32.28
	100m:	57.83	30.26	200m:	2:00.38	31.33	300m:	3:04.01	32.04	400m:	4:07.07	30.78
6.	Lazdins Alessandro		90		Genève Natation 1885				4:08.06	661		
	50m:	27.06	27.06	150m:	1:28.14	31.08	250m:	2:31.82	32.15	350m:	3:36.87	32.70
	100m:	57.06	30.00	200m:	1:59.67	31.53	300m:	3:04.17	32.35	400m:	4:08.06	31.19
7.	Disler Cyrill		93		Schwimmverein Kriens				4:11.91	631		
	50m:	27.79	27.79	150m:	1:30.48	31.91	250m:	2:35.10	32.55	350m:	3:40.44	32.83
	100m:	58.57	30.78	200m:	2:02.55	32.07	300m:	3:07.61	32.51	400m:	4:11.91	31.47
8.	Rochat Jean François		91		Red-Fish Neuchâtel				4:12.74	625		
	50m:	28.95	28.95	150m:	1:31.59	31.75	250m:	2:36.00	32.24	350m:	3:41.17	32.51
	100m:	59.84	30.89	200m:	2:03.76	32.17	300m:	3:08.66	32.66	400m:	4:12.74	31.57
9.	Fornasari Lino		94		Lancy-Natation				4:15.11	608		
	50m:	28.68	28.68	150m:	1:32.70	32.55	250m:	2:37.99	32.48	350m:	3:44.35	33.31
	100m:	1:00.15	31.47	200m:	2:05.51	32.81	300m:	3:11.04	33.05	400m:	4:15.11	30.76
10.	Favero Dante		92		Nuoto Sport Locarno				4:16.32	599		
	50m:	29.54	29.54	150m:	1:34.49	32.82	250m:	2:40.69	33.08	350m:	3:46.10	32.21
	100m:	1:01.67	32.13	200m:	2:07.61	33.12	300m:	3:13.89	33.20	400m:	4:16.32	30.22
11.	Gaudin Mikael		83		Lausanne Natation				4:19.62	577		
	50m:	29.24	29.24	150m:	1:33.02	32.19	250m:	2:39.34	33.32	350m:	3:46.77	33.71
	100m:	1:00.83	31.59	200m:	2:06.02	33.00	300m:	3:13.06	33.72	400m:	4:19.62	32.85
12.	Wüthrich Alain		84		Schwimmclub Liestal				4:29.43	516		
	50m:	31.24	31.24	150m:	1:38.79	34.04	250m:	2:46.91	33.95	350m:	3:55.62	34.40
	100m:	1:04.75	33.51	200m:	2:12.96	34.17	300m:	3:21.22	34.31	400m:	4:29.43	33.81