

203
24.06.2024 - 11:53

, 400m

2012

: WPP 2018

							100m	200m	300m	400m		
50	(S6)											
1.		10				5:53.39 826	1:19.62	1:29.68	1:32.83	1:31.26		
	50m:	37.54	37.54	150m:	2:03.75	44.13	250m:	3:35.23	45.93	350m:	5:08.54	46.41
	100m:	1:19.62	42.08	200m:	2:49.30	45.55	300m:	4:22.13	46.90	400m:	5:53.39	44.85
2.		09				6:49.01 392	1:30.76	1:45.99	1:48.63	1:43.63		
	50m:	41.66	41.66	150m:	2:23.22	52.46	250m:	4:11.02	54.27	350m:	5:58.26	52.88
	100m:	1:30.76	49.10	200m:	3:16.75	53.53	300m:	5:05.38	54.36	400m:	6:49.01	50.75
3.		05				6:57.31 332	1:37.56	1:47.00	1:47.19	1:45.56		
	50m:	46.72	46.72	150m:	2:31.29	53.73	250m:	4:18.11	53.55	350m:	6:05.25	53.50
	100m:	1:37.56	50.84	200m:	3:24.56	53.27	300m:	5:11.75	53.64	400m:	6:57.31	52.06
4.		10				7:17.81 204	1:45.81	1:53.36	1:55.07	1:43.57		
	50m:	49.57	49.57	150m:	2:42.35	56.54	250m:	4:35.94	56.77	350m:	6:26.01	51.77
	100m:	1:45.81	56.24	200m:	3:39.17	56.82	300m:	5:34.24	58.30	400m:	7:17.81	51.80
5.		04				7:18.61 200	1:41.00	1:54.21	1:53.64	1:49.76		
	50m:	46.51	46.51	150m:	2:38.56	57.56	250m:	4:32.11	56.90	350m:	6:25.98	57.13
	100m:	1:41.00	54.49	200m:	3:35.21	56.65	300m:	5:28.85	56.74	400m:	7:18.61	52.63
6.		08				7:18.99 198	1:44.13	1:53.02	1:53.94	1:47.90		
	50m:	49.81	49.81	150m:	2:40.53	56.40	250m:	4:33.91	56.76	350m:	6:27.02	55.93
	100m:	1:44.13	54.32	200m:	3:37.15	56.62	300m:	5:31.09	57.18	400m:	7:18.99	51.97
7.		03				7:20.51 190	1:43.15	1:52.82	1:53.29	1:51.25		
	50m:	48.44	48.44	150m:	2:40.08	56.93	250m:	4:32.60	56.63	350m:	6:26.47	57.21
	100m:	1:43.15	54.71	200m:	3:35.97	55.89	300m:	5:29.26	56.66	400m:	7:20.51	54.04
8.		10				7:58.39 55 I	1:48.38	2:03.87	2:06.79	1:59.35		
	50m:	49.84	49.84	150m:	2:49.83	1:01.45	250m:	4:55.20	1:02.95	350m:	7:01.88	1:02.84
	100m:	1:48.38	58.54	200m:	3:52.25	1:02.42	300m:	5:59.04	1:03.84	400m:	7:58.39	56.51

50	(S7)											
1.		09				6:09.37 488	1:26.64	1:32.40	1:35.81	1:34.52		
	50m:	42.14	42.14	150m:	2:12.04	45.40	250m:	3:46.92	47.88	350m:	5:22.11	47.26
	100m:	1:26.64	44.50	200m:	2:59.04	47.00	300m:	4:34.85	47.93	400m:	6:09.37	47.26
2.		85				6:11.83 467	1:22.63	1:34.05	1:37.90	1:37.25		
	50m:	39.06	39.06	150m:	2:08.99	46.36	250m:	3:45.46	48.78	350m:	5:24.19	49.61
	100m:	1:22.63	43.57	200m:	2:56.68	47.69	300m:	4:34.58	49.12	400m:	6:11.83	47.64
3.		08				6:26.96 344	1:29.74	1:38.28	1:41.97	1:36.97		
	50m:	42.37	42.37	150m:	2:18.11	48.37	250m:	3:58.19	50.17	350m:	5:38.96	48.97
	100m:	1:29.74	47.37	200m:	3:08.02	49.91	300m:	4:49.99	51.80	400m:	6:26.96	48.00
4.		09				6:27.74 339	1:31.37	1:39.01	1:39.02	1:38.34		
	50m:	42.80	42.80	150m:	2:20.34	48.97	250m:	3:59.48	49.10	350m:	5:39.95	50.55
	100m:	1:31.37	48.57	200m:	3:10.38	50.04	300m:	4:49.40	49.92	400m:	6:27.74	47.79
5.		09				6:42.46 236	1:29.15	1:43.39	1:45.98	1:43.94		
	50m:	41.14	41.14	150m:	2:20.71	51.56	250m:	4:05.83	53.29	350m:	5:51.55	53.03
	100m:	1:29.15	48.01	200m:	3:12.54	51.83	300m:	4:58.52	52.69	400m:	6:42.46	50.91
6.		11				6:51.59 183	1:31.62	1:45.74	1:48.77	1:45.46		
	50m:	43.99	43.99	150m:	2:23.13	51.51	250m:	4:11.36	54.00	350m:	6:00.10	53.97
	100m:	1:31.62	47.63	200m:	3:17.36	54.23	300m:	5:06.13	54.77	400m:	6:51.59	51.49
7.		05				7:03.45 126	1:34.23	1:49.35	1:52.85	1:47.02		
	50m:	44.85	44.85	150m:	2:27.01	52.78	250m:	4:20.83	57.25	350m:	6:11.65	55.22
	100m:	1:34.23	49.38	200m:	3:23.58	56.57	300m:	5:16.43	55.60	400m:	7:03.45	51.80

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OMEGA SWISS TIMING

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203,		, 400m		, 50		(S7)		100m	200m	300m	400m	
8.		05	-			7:10.70	98	1:42.17	1:49.33	1:51.38	1:47.82	
	50m:	47.66	47.66	150m:	2:36.62	54.45	250m:	4:26.56	55.06	350m:	6:17.50	54.62
	100m:	1:42.17	54.51	200m:	3:31.50	54.88	300m:	5:22.88	56.32	400m:	7:10.70	53.20
9.		06				7:15.96	81	1:33.28	1:47.15	1:57.32	1:58.21	
	50m:	42.97	42.97	150m:	2:26.74	53.46	250m:	4:19.36	58.93	350m:	6:17.99	1:00.24
	100m:	1:33.28	50.31	200m:	3:20.43	53.69	300m:	5:17.75	58.39	400m:	7:15.96	57.97
10.		04				7:27.11	52 I	1:48.06	1:57.14	1:54.12	1:47.79	
	50m:	51.98	51.98	150m:	2:47.03	58.97	250m:	4:42.64	57.44	350m:	6:34.36	55.04
	100m:	1:48.06	56.08	200m:	3:45.20	58.17	300m:	5:39.32	56.68	400m:	7:27.11	52.75
11.		05				7:27.21	51 I	1:45.28	1:55.09	1:56.12	1:50.72	
	50m:	50.08	50.08	150m:	2:42.77	57.49	250m:	4:38.38	58.01	350m:	6:33.95	57.46
	100m:	1:45.28	55.20	200m:	3:40.37	57.60	300m:	5:36.49	58.11	400m:	7:27.21	53.26
12.		98				7:47.07	21 I	1:54.51	2:01.07	2:00.39	1:51.10	
	50m:	54.20	54.20	150m:	2:55.30	1:00.79	250m:	4:57.08	1:01.50	350m:	6:53.68	57.71
	100m:	1:54.51	1:00.31	200m:	3:55.58	1:00.28	300m:	5:55.97	58.89	400m:	7:47.07	53.39
13.		08				7:57.13	12	1:50.66	2:01.41	2:04.62	2:00.44	
	50m:	52.07	52.07	150m:	2:51.17	1:00.51	250m:	4:54.61	1:02.54	350m:	6:58.57	1:01.88
	100m:	1:50.66	58.59	200m:	3:52.07	1:00.90	300m:	5:56.69	1:02.08	400m:	7:57.13	58.56
14.		07				7:59.94	10	1:49.78	2:04.20	2:07.17	1:58.79	
	50m:	50.56	50.56	150m:	2:50.85	1:01.07	250m:	4:58.45	1:04.47	350m:	7:03.83	1:02.68
	100m:	1:49.78	59.22	200m:	3:53.98	1:03.13	300m:	6:01.15	1:02.70	400m:	7:59.94	56.11
50		(S8)										
1.		98				5:24.29	779	1:19.04	1:24.28	1:19.33	1:21.64	
	50m:	37.53	37.53	150m:	2:00.12	41.08	250m:	3:22.73	39.41	350m:	4:43.41	40.76
	100m:	1:19.04	41.51	200m:	2:43.32	43.20	300m:	4:02.65	39.92	400m:	5:24.29	40.88
2.		04				5:48.52	567	1:21.81	1:28.57	1:31.22	1:26.92	
	50m:	38.96	38.96	150m:	2:06.10	44.29	250m:	3:36.16	45.78	350m:	5:06.71	45.11
	100m:	1:21.81	42.85	200m:	2:50.38	44.28	300m:	4:21.60	45.44	400m:	5:48.52	41.81
3.		06				5:49.92	555	1:20.91	1:29.48	1:30.47	1:29.06	
	50m:	37.76	37.76	150m:	2:05.96	45.05	250m:	3:35.63	45.24	350m:	5:06.51	45.65
	100m:	1:20.91	43.15	200m:	2:50.39	44.43	300m:	4:20.86	45.23	400m:	5:49.92	43.41
4.		08				6:36.66	192 I	1:32.58	1:40.88	1:43.62	1:39.58	
	50m:	44.13	44.13	150m:	2:23.56	50.98	250m:	4:05.01	51.55	350m:	5:49.28	52.20
	100m:	1:32.58	48.45	200m:	3:13.46	49.90	300m:	4:57.08	52.07	400m:	6:36.66	47.38
5.		10				6:44.62	149 I	1:36.76	1:42.24	1:42.06	1:43.56	
	50m:	45.22	45.22	150m:	2:26.87	50.11	250m:	4:09.13	50.13	350m:	5:53.87	52.81
	100m:	1:36.76	51.54	200m:	3:19.00	52.13	300m:	5:01.06	51.93	400m:	6:44.62	50.75
DSQ		08				11:25.59		2:25.38	2:58.41	3:04.69	2:57.11	
	50m:	1:06.20	1:06.20	150m:	3:52.49	1:27.11	250m:	6:56.12	1:32.33	350m:	9:58.55	1:30.07
	100m:	2:25.38	1:19.18	200m:	5:23.79	1:31.30	300m:	8:28.48	1:32.36	400m:	11:25.59	1:27.04
50		(S9)										
1.		96				5:17.66	738	1:13.91	1:22.69	1:22.70	1:18.36	
	50m:	34.93	34.93	150m:	1:54.73	40.82	250m:	3:17.54	40.94	350m:	4:40.19	40.89
	100m:	1:13.91	38.98	200m:	2:36.60	41.87	300m:	3:59.30	41.76	400m:	5:17.66	37.47
2.		04				5:17.86	736	1:17.54	1:22.62	1:22.90	1:14.80	
	50m:	36.26	36.26	150m:	1:58.62	41.08	250m:	3:21.58	41.42	350m:	4:42.95	39.89
	100m:	1:17.54	41.28	200m:	2:40.16	41.54	300m:	4:03.06	41.48	400m:	5:17.86	34.91
3.		03				5:35.73	573	1:18.88	1:23.07	1:27.91	1:25.87	
	50m:	36.60	36.60	150m:	2:00.27	41.39	250m:	3:25.60	43.65	350m:	4:52.82	42.96
	100m:	1:18.88	42.28	200m:	2:41.95	41.68	300m:	4:09.86	44.26	400m:	5:35.73	42.91

203,		, 400m		, 50		(S9)		100m	200m	300m	400m	
4.		05		5:40.39	529	1:21.59	1:28.86	1:28.14	1:21.80			
	50m:	37.75	37.75	150m:	2:05.92	44.33	250m:	3:34.67	44.22	350m:	5:00.53	41.94
	100m:	1:21.59	43.84	200m:	2:50.45	44.53	300m:	4:18.59	43.92	400m:	5:40.39	39.86
5.		08		6:10.64	272	1:22.00	1:36.15	1:36.60	1:35.89			
	50m:	37.60	37.60	150m:	2:09.76	47.76	250m:	3:47.03	48.88	350m:	5:20.89	46.14
	100m:	1:22.00	44.40	200m:	2:58.15	48.39	300m:	4:34.75	47.72	400m:	6:10.64	49.75
6.		08		6:14.90	242	1:28.15	1:35.43	1:36.38	1:34.94			
	50m:	41.27	41.27	150m:	2:15.91	47.76	250m:	3:51.51	47.93	350m:	5:27.82	47.86
	100m:	1:28.15	46.88	200m:	3:03.58	47.67	300m:	4:39.96	48.45	400m:	6:14.90	47.08
7.		10		6:16.08	234	1:27.68	1:39.47	1:39.84	1:29.09			
	50m:	40.31	40.31	150m:	2:16.78	49.10	250m:	3:56.69	49.54	350m:	5:32.70	45.71
	100m:	1:27.68	47.37	200m:	3:07.15	50.37	300m:	4:46.99	50.30	400m:	6:16.08	43.38
8.		09		6:19.92	209 I	1:27.50	1:36.02	1:39.10	1:37.30			
	50m:	40.38	40.38	150m:	2:15.15	47.65	250m:	3:53.13	49.61	350m:	5:33.33	50.71
	100m:	1:27.50	47.12	200m:	3:03.52	48.37	300m:	4:42.62	49.49	400m:	6:19.92	46.59
9.		99		6:31.38	145 I	1:28.52	1:40.33	1:41.75	1:40.78			
	50m:	40.51	40.51	150m:	2:17.75	49.23	250m:	3:58.98	50.13	350m:	5:42.10	51.50
	100m:	1:28.52	48.01	200m:	3:08.85	51.10	300m:	4:50.60	51.62	400m:	6:31.38	49.28
10.		10		6:34.69	129 I	1:31.19	1:43.22	1:42.40	1:37.88			
	50m:	41.47	41.47	150m:	2:22.99	51.80	250m:	4:05.71	51.30	350m:	5:47.42	50.61
	100m:	1:31.19	49.72	200m:	3:14.41	51.42	300m:	4:56.81	51.10	400m:	6:34.69	47.27
11.		10		6:35.25	126 I	1:37.80	1:42.91	1:39.85	1:34.69			
	50m:	46.22	46.22	150m:	2:29.22	51.42	250m:	4:10.63	49.92	350m:	5:49.61	49.05
	100m:	1:37.80	51.58	200m:	3:20.71	51.49	300m:	5:00.56	49.93	400m:	6:35.25	45.64
12.		06		6:40.81	103 I	1:38.40	1:43.73	1:40.54	1:38.14			
	50m:	46.16	46.16	150m:	2:29.75	51.35	250m:	4:11.61	49.48	350m:	5:52.84	50.17
	100m:	1:38.40	52.24	200m:	3:22.13	52.38	300m:	5:02.67	51.06	400m:	6:40.81	47.97
13.		09		7:12.04	26	1:40.11	1:52.39	1:52.71	1:46.83			
	50m:	45.94	45.94	150m:	2:35.66	55.55	250m:	4:29.22	56.72	350m:	6:19.81	54.60
	100m:	1:40.11	54.17	200m:	3:32.50	56.84	300m:	5:25.21	55.99	400m:	7:12.04	52.23
DSQ		11		7:53.02		1:45.31	2:03.63	2:06.84	1:57.24			
	50m:	47.79	47.79	150m:	2:46.83	1:01.52	250m:	4:52.06	1:03.12	350m:	6:59.21	1:03.43
	100m:	1:45.31	57.52	200m:	3:48.94	1:02.11	300m:	5:55.78	1:03.72	400m:	7:53.02	53.81

50 (S10)

1.		06		4:58.68	768	1:10.32	1:15.69	1:16.57	1:16.10			
	50m:	33.55	33.55	150m:	1:47.98	37.66	250m:	3:04.25	38.24	350m:	4:20.61	38.03
	100m:	1:10.32	36.77	200m:	2:26.01	38.03	300m:	3:42.58	38.33	400m:	4:58.68	38.07
2.		08		5:07.89	682	1:11.65	1:17.06	1:19.24	1:19.94			
	50m:	34.10	34.10	150m:	1:50.15	38.50	250m:	3:08.07	39.36	350m:	4:28.06	40.11
	100m:	1:11.65	37.55	200m:	2:28.71	38.56	300m:	3:47.95	39.88	400m:	5:07.89	39.83
3.		08		5:11.87	644	1:14.07	1:17.90	1:20.50	1:19.40			
	50m:	34.69	34.69	150m:	1:53.04	38.97	250m:	3:12.50	40.53	350m:	4:32.52	40.05
	100m:	1:14.07	39.38	200m:	2:31.97	38.93	300m:	3:52.47	39.97	400m:	5:11.87	39.35
4.		07		5:23.27	533	1:16.61	1:22.79	1:23.26	1:20.61			
	50m:	36.13	36.13	150m:	1:57.46	40.85	250m:	3:20.79	41.39	350m:	4:44.26	41.60
	100m:	1:16.61	40.48	200m:	2:39.40	41.94	300m:	4:02.66	41.87	400m:	5:23.27	39.01
5.		08		5:26.20	504	1:16.00	1:22.21	1:23.59	1:24.40			
	50m:	36.00	36.00	150m:	1:56.68	40.68	250m:	3:19.85	41.64	350m:	4:44.36	42.56
	100m:	1:16.00	40.00	200m:	2:38.21	41.53	300m:	4:01.80	41.95	400m:	5:26.20	41.84
6.		12		5:37.58	397	1:21.16	1:25.77	1:28.06	1:22.59			
	50m:	38.59	38.59	150m:	2:03.64	42.48	250m:	3:30.61	43.68	350m:	4:57.65	42.66
	100m:	1:21.16	42.57	200m:	2:46.93	43.29	300m:	4:14.99	44.38	400m:	5:37.58	39.93

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OMEGA SWISS TIMING

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203,		, 400m		, 50		(S10)		100m	200m	300m	400m	
7.		03				5:42.18	356	1:18.84	1:26.22	1:28.51	1:28.61	
	50m:	37.99	37.99	150m:	2:01.70	42.86	250m:	3:29.22	44.16	350m:	4:58.23	44.66
	100m:	1:18.84	40.85	200m:	2:45.06	43.36	300m:	4:13.57	44.35	400m:	5:42.18	43.95
8.		09				5:48.46	303	1:22.14	1:31.72	1:29.78	1:24.82	
	50m:	37.67	37.67	150m:	2:07.99	45.85	250m:	3:39.71	45.85	350m:	5:08.60	44.96
	100m:	1:22.14	44.47	200m:	2:53.86	45.87	300m:	4:23.64	43.93	400m:	5:48.46	39.86
9.		07				5:54.05	260	1:22.63	1:33.63	1:35.08	1:22.71	
	50m:	37.76	37.76	150m:	2:08.80	46.17	250m:	3:44.13	47.87	350m:	5:15.34	44.00
	100m:	1:22.63	44.87	200m:	2:56.26	47.46	300m:	4:31.34	47.21	400m:	5:54.05	38.71
10.		06				5:54.20	259	1:20.61	1:29.99	1:32.33	1:31.27	
	50m:	38.03	38.03	150m:	2:05.20	44.59	250m:	3:36.81	46.21	350m:	5:09.40	46.47
	100m:	1:20.61	42.58	200m:	2:50.60	45.40	300m:	4:22.93	46.12	400m:	5:54.20	44.80
11.		10				5:58.01	231	1:22.18	1:31.66	1:32.91	1:31.26	
	50m:	38.62	38.62	150m:	2:07.54	45.36	250m:	3:40.09	46.25	350m:	5:12.75	46.00
	100m:	1:22.18	43.56	200m:	2:53.84	46.30	300m:	4:26.75	46.66	400m:	5:58.01	45.26
12.		11				6:01.30	209	1:28.88	1:34.75	1:33.87	1:23.80	
	50m:	42.66	42.66	150m:	2:16.79	47.91	250m:	3:51.13	47.50	350m:	5:21.90	44.40
	100m:	1:28.88	46.22	200m:	3:03.63	46.84	300m:	4:37.50	46.37	400m:	6:01.30	39.40
13.		09				6:05.44	182 I	1:22.97	1:35.00	1:36.02	1:31.45	
	50m:	38.30	38.30	150m:	2:10.00	47.03	250m:	3:46.96	48.99	350m:	5:22.41	48.42
	100m:	1:22.97	44.67	200m:	2:57.97	47.97	300m:	4:33.99	47.03	400m:	6:05.44	43.03
14.		11				6:07.02	173 I	1:26.66	1:36.33	1:35.16	1:28.87	
	50m:	40.30	40.30	150m:	2:14.99	48.33	250m:	3:51.04	48.05	350m:	5:24.46	46.31
	100m:	1:26.66	46.36	200m:	3:02.99	48.00	300m:	4:38.15	47.11	400m:	6:07.02	42.56
15.		02		-		6:23.16	95 I	1:22.44	1:39.77	1:42.88	1:38.07	
	50m:	37.23	37.23	150m:	2:10.90	48.46	250m:	3:52.82	50.61	350m:	5:34.69	49.60
	100m:	1:22.44	45.21	200m:	3:02.21	51.31	300m:	4:45.09	52.27	400m:	6:23.16	48.47
16.		06				6:26.02	84 I	1:28.27	1:37.01	1:39.96	1:40.78	
	50m:	40.92	40.92	150m:	2:16.81	48.54	250m:	3:54.56	49.28	350m:	5:36.51	51.27
	100m:	1:28.27	47.35	200m:	3:05.28	48.47	300m:	4:45.24	50.68	400m:	6:26.02	49.51
17.		09				6:43.79	37	1:31.32	1:45.23	1:45.88	1:41.36	
	50m:	42.07	42.07	150m:	2:23.30	51.98	250m:	4:08.67	52.12	350m:	5:55.51	53.08
	100m:	1:31.32	49.25	200m:	3:16.55	53.25	300m:	5:02.43	53.76	400m:	6:43.79	48.28