

5 , 400m
10.11.2024 - 13:30

: Rudolph Table 2018

14 - 15

1.				09									5:01.41	11,4
	50m:	31.88	31.88	150m:	1:47.80	36.94	250m:	3:09.60	45.58	350m:	4:29.04	33.84		
	100m:	1:10.86	38.98	200m:	2:24.02	36.22	300m:	3:55.20	45.60	400m:	5:01.41	32.37		
2.				10									5:02.32	12,9
	50m:	32.68	32.68	150m:	1:50.04	39.38	250m:	3:11.14	42.86	350m:	4:30.36	35.69		
	100m:	1:10.66	37.98	200m:	2:28.28	38.24	300m:	3:54.67	43.53	400m:	5:02.32	31.96		
3.				09									5:03.09	11,0
	50m:	32.49	32.49	150m:	1:52.54	39.96	250m:	3:14.89	44.22	350m:	4:31.26	32.91		
	100m:	1:12.58	40.09	200m:	2:30.67	38.13	300m:	3:58.35	43.46	400m:	5:03.09	31.83		
4.				10									5:06.83	11,9
	50m:	32.50	32.50	150m:	1:49.94	39.53	250m:	3:13.02	45.03	350m:	4:33.08	35.25		
	100m:	1:10.41	37.91	200m:	2:27.99	38.05	300m:	3:57.83	44.81	400m:	5:06.83	33.75		
5.				09									5:25.96	5,5
	50m:	33.41	33.41	150m:	1:58.48	44.36	250m:	4:20.82	1:38.98	350m:	5:26.19	29.22		
	100m:	1:14.12	40.71	200m:	2:41.84	43.36	300m:	4:56.97	36.15	400m:	5:25.96			
6.				10									5:26.74	7,1
	50m:	34.92	34.92	150m:	1:59.48	43.61	250m:	3:30.02	48.23	350m:	4:54.28	35.99		
	100m:	1:15.87	40.95	200m:	2:41.79	42.31	300m:	4:18.29	48.27	400m:	5:26.74	32.46		
7.				10			6						5:27.23	7,0
	50m:	34.15	34.15	150m:	1:58.78	42.91	250m:	3:24.93	44.57	350m:	4:51.59	40.50		
	100m:	1:15.87	41.72	200m:	2:40.36	41.58	300m:	4:11.09	46.16	400m:	5:27.23	35.64		
8.				10									5:28.60	6,7
	50m:	35.29	35.29	150m:	2:00.68	44.38	250m:	3:28.97	42.61	350m:	4:50.95	37.69		
	100m:	1:16.30	41.01	200m:	2:46.36	45.68	300m:	4:13.26	44.29	400m:	5:28.60	37.65		
9.				09									5:29.29	4,7
	50m:	34.59	34.59	150m:	1:59.82	44.34	250m:	3:29.14	44.91	350m:	4:54.89	38.75		
	100m:	1:15.48	40.89	200m:	2:44.23	44.41	300m:	4:16.14	47.00	400m:	5:29.29	34.40		
10.				10			6						5:47.75	2,1
	50m:	35.84	35.84	150m:	2:04.60	44.89	250m:	3:37.09	47.74	350m:	5:06.86	42.33		
	100m:	1:19.71	43.87	200m:	2:49.35	44.75	300m:	4:24.53	47.44	400m:	5:47.75	40.89		
11.				09									5:48.97	
	50m:	37.51	37.51	150m:	2:08.13	44.96	250m:	3:41.62	48.31	350m:	5:11.68	40.40		
	100m:	1:23.17	45.66	200m:	2:53.31	45.18	300m:	4:31.28	49.66	400m:	5:48.97	37.29		
12.				10									5:52.89	
	50m:	39.13	39.13	150m:	2:13.89	47.65	250m:	3:46.64	47.75	350m:	5:12.97	39.83		
	100m:	1:26.24	47.11	200m:	2:58.89	45.00	300m:	4:33.14	46.50	400m:	5:52.89	39.92		
13.				09									6:06.07	
	50m:	38.43	38.43	150m:	2:58.24	49.30	250m:	4:45.68	54.15	350m:	6:06.22	39.33		
	100m:	2:08.94	1:30.51	200m:	3:51.53	53.29	300m:	5:26.89	41.21	400m:	6:06.07			
14.				10									6:20.44	
	50m:	44.42	44.42	150m:	2:23.31	47.27	250m:	4:00.72	48.70	350m:	5:35.11	45.39		
	100m:	1:36.04	51.62	200m:	3:12.02	48.71	300m:	4:49.72	49.00	400m:	6:20.44	45.33		
DSQ				10									5:54.73	
	50m:	36.15	36.15	150m:	2:05.97	45.42	250m:	3:42.74	52.02	350m:	5:16.75	39.74		
	100m:	1:20.55	44.40	200m:	2:50.72	44.75	300m:	4:37.01	54.27	400m:	5:54.73	37.98		

5, , 400m

11 - 13

1.			11						5:06.50	14,3		
	50m:	32.68	32.68	150m:	1:50.98	40.45	250m:	3:15.41	44.76	350m:	4:34.27	33.51
	100m:	1:10.53	37.85	200m:	2:30.65	39.67	300m:	4:00.76	45.35	400m:	5:06.50	32.23
2.			11							5:07.15	14,2	
	50m:	33.09	33.09	150m:	1:50.53	39.64	250m:	3:13.77	44.80	350m:	4:33.24	35.04
	100m:	1:10.89	37.80	200m:	2:28.97	38.44	300m:	3:58.20	44.43	400m:	5:07.15	33.91
3.			11							5:16.83	11,9	
	50m:	32.92	32.92	150m:	1:52.64	40.76	250m:	3:19.06	46.84	350m:	4:42.99	36.59
	100m:	1:11.88	38.96	200m:	2:32.22	39.58	300m:	4:06.40	47.34	400m:	5:16.83	33.84
4.			11							5:18.55	11,5	
	50m:	35.71	35.71	150m:	1:58.47	41.87	250m:	3:24.41	46.31	350m:	4:45.24	35.51
	100m:	1:16.60	40.89	200m:	2:38.10	39.63	300m:	4:09.73	45.32	400m:	5:18.55	33.31
5.			11							5:26.55	9,7	
	50m:	35.27	35.27	150m:	2:01.54	45.03	250m:	3:32.60	48.48	350m:	4:54.61	34.64
	100m:	1:16.51	41.24	200m:	2:44.12	42.58	300m:	4:19.97	47.37	400m:	5:26.55	31.94
6.			11							5:44.28	5,6	
	50m:	38.35	38.35	150m:	2:09.19	44.67	250m:	3:42.69	50.42	350m:	5:09.28	36.14
	100m:	1:24.52	46.17	200m:	2:52.27	43.08	300m:	4:33.14	50.45	400m:	5:44.28	35.00
7.			12					90		5:44.92	9,5	
	50m:	39.67	39.67	150m:	2:10.27	41.90	250m:	3:40.37	46.44	350m:	5:09.08	38.12
	100m:	1:28.37	48.70	200m:	2:53.93	43.66	300m:	4:30.96	50.59	400m:	5:44.92	35.84
8.			11							5:48.67	4,6	
	50m:	37.02	37.02	150m:	2:06.89	44.95	250m:	3:40.92	51.57	350m:	5:11.57	40.58
	100m:	1:21.94	44.92	200m:	2:49.35	42.46	300m:	4:30.99	50.07	400m:	5:48.67	37.10
9.			11							5:58.39	2,4	
	50m:	37.37	37.37	150m:	2:07.15	44.59	250m:	3:44.13	53.36	350m:	5:18.59	39.79
	100m:	1:22.56	45.19	200m:	2:50.77	43.62	300m:	4:38.80	54.67	400m:	5:58.39	39.80
10.			12							6:02.94	5,6	
	50m:	38.05	38.05	150m:	2:13.47	48.75	250m:	3:50.52	51.01	350m:	5:23.71	41.04
	100m:	1:24.72	46.67	200m:	2:59.51	46.04	300m:	4:42.67	52.15	400m:	6:02.94	39.23
11.			13							6:12.30	9,6	
	50m:	42.60	42.60	150m:	2:18.59	45.95	250m:	3:56.95	53.39	350m:	5:32.67	41.51
	100m:	1:32.64	50.04	200m:	3:03.56	44.97	300m:	4:51.16	54.21	400m:	6:12.30	39.63
12.			13							6:13.91	9,3	
	50m:	41.25	41.25	150m:	2:19.30	49.33	250m:	3:57.78	50.62	350m:	5:32.28	42.81
	100m:	1:29.97	48.72	200m:	3:07.16	47.86	300m:	4:49.47	51.69	400m:	6:13.91	41.63
DSQ			12									
	50m:	39.99	39.99	150m:	2:24.49	51.33	250m:	4:09.28	56.39	350m:		
	100m:	1:33.16	53.17	200m:	3:12.89	48.40	300m:	5:06.14	56.86	400m:		
DSQ			11							5:41.81		
	50m:	42.05	42.05	150m:	2:13.36	43.82	250m:	3:43.58	46.00	350m:	5:06.69	37.09
	100m:	1:29.54	47.49	200m:	2:57.58	44.22	300m:	4:29.60	46.02	400m:	5:41.81	35.12
9 - 10												
1.			14					6		6:24.14	13,2	
	50m:	41.87	41.87	150m:	2:24.73	48.21	250m:	4:04.71	53.73	350m:	5:42.91	43.52
	100m:	1:36.52	54.65	200m:	3:10.98	46.25	300m:	4:59.39	54.68	400m:	6:24.14	41.23

5,		, 400m											
11													
1.				08								4:55.51	11,4
	50m:	29.51	29.51	150m:	1:40.71	37.32	250m:	3:02.82	44.16	350m:	4:21.63	33.42	
	100m:	1:03.39	33.88	200m:	2:18.66	37.95	300m:	3:48.21	45.39	400m:	4:55.51	33.88	
2.				09								5:01.41	11,4
	50m:	31.88	31.88	150m:	1:47.80	36.94	250m:	3:09.60	45.58	350m:	4:29.04	33.84	
	100m:	1:10.86	38.98	200m:	2:24.02	36.22	300m:	3:55.20	45.60	400m:	5:01.41	32.37	
3.				10								5:02.32	12,9
	50m:	32.68	32.68	150m:	1:50.04	39.38	250m:	3:11.14	42.86	350m:	4:30.36	35.69	
	100m:	1:10.66	37.98	200m:	2:28.28	38.24	300m:	3:54.67	43.53	400m:	5:02.32	31.96	
4.				09								5:03.09	11,0
	50m:	32.49	32.49	150m:	1:52.54	39.96	250m:	3:14.89	44.22	350m:	4:31.26	32.91	
	100m:	1:12.58	40.09	200m:	2:30.67	38.13	300m:	3:58.35	43.46	400m:	5:03.09	31.83	
5.				11								5:06.50	14,3
	50m:	32.68	32.68	150m:	1:50.98	40.45	250m:	3:15.41	44.76	350m:	4:34.27	33.51	
	100m:	1:10.53	37.85	200m:	2:30.65	39.67	300m:	4:00.76	45.35	400m:	5:06.50	32.23	
6.				10								5:06.83	11,9
	50m:	32.50	32.50	150m:	1:49.94	39.53	250m:	3:13.02	45.03	350m:	4:33.08	35.25	
	100m:	1:10.41	37.91	200m:	2:27.99	38.05	300m:	3:57.83	44.81	400m:	5:06.83	33.75	
7.				11								5:07.15	14,2
	50m:	33.09	33.09	150m:	1:50.53	39.64	250m:	3:13.77	44.80	350m:	4:33.24	35.04	
	100m:	1:10.89	37.80	200m:	2:28.97	38.44	300m:	3:58.20	44.43	400m:	5:07.15	33.91	
8.				11	TIPI Swim							5:16.83	11,9
	50m:	32.92	32.92	150m:	1:52.64	40.76	250m:	3:19.06	46.84	350m:	4:42.99	36.59	
	100m:	1:11.88	38.96	200m:	2:32.22	39.58	300m:	4:06.40	47.34	400m:	5:16.83	33.84	
9.				11								5:18.55	11,5
	50m:	35.71	35.71	150m:	1:58.47	41.87	250m:	3:24.41	46.31	350m:	4:45.24	35.51	
	100m:	1:16.60	40.89	200m:	2:38.10	39.63	300m:	4:09.73	45.32	400m:	5:18.55	33.31	
10.				09								5:25.96	5,5
	50m:	33.41	33.41	150m:	1:58.48	44.36	250m:	4:20.82	1:38.98	350m:	5:26.19	29.22	
	100m:	1:14.12	40.71	200m:	2:41.84	43.36	300m:	4:56.97	36.15	400m:	5:25.96		
11.				11								5:26.55	9,7
	50m:	35.27	35.27	150m:	2:01.54	45.03	250m:	3:32.60	48.48	350m:	4:54.61	34.64	
	100m:	1:16.51	41.24	200m:	2:44.12	42.58	300m:	4:19.97	47.37	400m:	5:26.55	31.94	
12.				10								5:26.74	7,1
	50m:	34.92	34.92	150m:	1:59.48	43.61	250m:	3:30.02	48.23	350m:	4:54.28	35.99	
	100m:	1:15.87	40.95	200m:	2:41.79	42.31	300m:	4:18.29	48.27	400m:	5:26.74	32.46	
13.				10	6							5:27.23	7,0
	50m:	34.15	34.15	150m:	1:58.78	42.91	250m:	3:24.93	44.57	350m:	4:51.59	40.50	
	100m:	1:15.87	41.72	200m:	2:40.36	41.58	300m:	4:11.09	46.16	400m:	5:27.23	35.64	
14.				10								5:28.60	6,7
	50m:	35.29	35.29	150m:	2:00.68	44.38	250m:	3:28.97	42.61	350m:	4:50.95	37.69	
	100m:	1:16.30	41.01	200m:	2:46.36	45.68	300m:	4:13.26	44.29	400m:	5:28.60	37.65	
15.				09								5:29.29	4,7
	50m:	34.59	34.59	150m:	1:59.82	44.34	250m:	3:29.14	44.91	350m:	4:54.89	38.75	
	100m:	1:15.48	40.89	200m:	2:44.23	44.41	300m:	4:16.14	47.00	400m:	5:29.29	34.40	
16.				11	TIPI Swim							5:44.28	5,6
	50m:	38.35	38.35	150m:	2:09.19	44.67	250m:	3:42.69	50.42	350m:	5:09.28	36.14	
	100m:	1:24.52	46.17	200m:	2:52.27	43.08	300m:	4:33.14	50.45	400m:	5:44.28	35.00	
17.				12			90					5:44.92	9,5
	50m:	39.67	39.67	150m:	2:10.27	41.90	250m:	3:40.37	46.44	350m:	5:09.08	38.12	
	100m:	1:28.37	48.70	200m:	2:53.93	43.66	300m:	4:30.96	50.59	400m:	5:44.92	35.84	
18.				10	6							5:47.75	2,1
	50m:	35.84	35.84	150m:	2:04.60	44.89	250m:	3:37.09	47.74	350m:	5:06.86	42.33	
	100m:	1:19.71	43.87	200m:	2:49.35	44.75	300m:	4:24.53	47.44	400m:	5:47.75	40.89	

	5,	, 400m		, 11								
19.				11							5:48.67	4,6
	50m:	37.02	37.02	150m:	2:06.89	44.95	250m:	3:40.92	51.57	350m:	5:11.57	40.58
	100m:	1:21.94	44.92	200m:	2:49.35	42.46	300m:	4:30.99	50.07	400m:	5:48.67	37.10
20.				09							5:48.97	
	50m:	37.51	37.51	150m:	2:08.13	44.96	250m:	3:41.62	48.31	350m:	5:11.68	40.40
	100m:	1:23.17	45.66	200m:	2:53.31	45.18	300m:	4:31.28	49.66	400m:	5:48.97	37.29
21.				10							5:52.89	
	50m:	39.13	39.13	150m:	2:13.89	47.65	250m:	3:46.64	47.75	350m:	5:12.97	39.83
	100m:	1:26.24	47.11	200m:	2:58.89	45.00	300m:	4:33.14	46.50	400m:	5:52.89	39.92
22.				11	50 Gym						5:58.39	2,4
	50m:	37.37	37.37	150m:	2:07.15	44.59	250m:	3:44.13	53.36	350m:	5:18.59	39.79
	100m:	1:22.56	45.19	200m:	2:50.77	43.62	300m:	4:38.80	54.67	400m:	5:58.39	39.80
23.				12							6:02.94	5,6
	50m:	38.05	38.05	150m:	2:13.47	48.75	250m:	3:50.52	51.01	350m:	5:23.71	41.04
	100m:	1:24.72	46.67	200m:	2:59.51	46.04	300m:	4:42.67	52.15	400m:	6:02.94	39.23
24.				09							6:06.07	
	50m:	38.43	38.43	150m:	2:58.24	49.30	250m:	4:45.68	54.15	350m:	6:06.22	39.33
	100m:	2:08.94	1:30.51	200m:	3:51.53	53.29	300m:	5:26.89	41.21	400m:	6:06.07	
25.				13							6:12.30	9,6
	50m:	42.60	42.60	150m:	2:18.59	45.95	250m:	3:56.95	53.39	350m:	5:32.67	41.51
	100m:	1:32.64	50.04	200m:	3:03.56	44.97	300m:	4:51.16	54.21	400m:	6:12.30	39.63
26.				13	"	"					6:13.91	9,3
	50m:	41.25	41.25	150m:	2:19.30	49.33	250m:	3:57.78	50.62	350m:	5:32.28	42.81
	100m:	1:29.97	48.72	200m:	3:07.16	47.86	300m:	4:49.47	51.69	400m:	6:13.91	41.63
27.				10							6:20.44	
	50m:	44.42	44.42	150m:	2:23.31	47.27	250m:	4:00.72	48.70	350m:	5:35.11	45.39
	100m:	1:36.04	51.62	200m:	3:12.02	48.71	300m:	4:49.72	49.00	400m:	6:20.44	45.33
DSQ				12								
	50m:	39.99	39.99	150m:	2:24.49	51.33	250m:	4:09.28	56.39	350m:		
	100m:	1:33.16	53.17	200m:	3:12.89	48.40	300m:	5:06.14	56.86	400m:		
DSQ				11							5:41.81	
	50m:	42.05	42.05	150m:	2:13.36	43.82	250m:	3:43.58	46.00	350m:	5:06.69	37.09
	100m:	1:29.54	47.49	200m:	2:57.58	44.22	300m:	4:29.60	46.02	400m:	5:41.81	35.12
DSQ				10							5:54.73	
	50m:	36.15	36.15	150m:	2:05.97	45.42	250m:	3:42.74	52.02	350m:	5:16.75	39.74
	100m:	1:20.55	44.40	200m:	2:50.72	44.75	300m:	4:37.01	54.27	400m:	5:54.73	37.98