

6 , 400m  
10.11.2024 - 14:05

: Rudolph Table 2022

14 - 15

1.				10		90			<b>6:07.88</b>	1,6	II	
	50m:	39.98	39.98	150m:	2:11.16	43.56	250m:	3:50.00	54.95	350m:	5:27.03	41.96
	100m:	1:27.60	47.62	200m:	2:55.05	43.89	300m:	4:45.07	55.07	400m:	6:07.88	40.85
2.				10						<b>6:13.77</b>	II	
	50m:	37.77	37.77	150m:	2:14.62	46.08	250m:	3:51.85	52.65	350m:	5:31.08	45.63
	100m:	1:28.54	50.77	200m:	2:59.20	44.58	300m:	4:45.45	53.60	400m:	6:13.77	42.69

11 - 13

1.				12						<b>5:13.91</b>	17,9	
	50m:	32.50	32.50	150m:	1:52.37	39.93	250m:	3:15.71	44.00	350m:	4:38.54	36.65
	100m:	1:12.44	39.94	200m:	2:31.71	39.34	300m:	4:01.89	46.18	400m:	5:13.91	35.37
2.				11						<b>6:03.20</b>	4,2	II
	50m:	39.33	39.33	150m:	2:12.96	44.75	250m:	3:50.12	53.21	350m:	5:23.73	41.59
	100m:	1:28.21	48.88	200m:	2:56.91	43.95	300m:	4:42.14	52.02	400m:	6:03.20	39.47
3.				11	"	"				<b>6:06.13</b>	3,6	II
	50m:	44.10	44.10	150m:	2:19.60	46.49	250m:	3:55.35	48.25	350m:	5:27.13	40.83
	100m:	1:33.11	49.01	200m:	3:07.10	47.50	300m:	4:46.30	50.95	400m:	6:06.13	39.00
4.				12		6				<b>6:11.51</b>	5,7	II
	50m:	41.57	41.57	150m:	2:18.08	47.97	250m:	3:51.73	47.36	350m:	5:26.77	46.15
	100m:	1:30.11	48.54	200m:	3:04.37	46.29	300m:	4:40.62	48.89	400m:	6:11.51	44.74
5.				11						<b>6:15.07</b>	1,6	II
	50m:	41.08	41.08	150m:	2:18.14	46.36	250m:	3:57.35	54.30	350m:	5:35.35	41.83
	100m:	1:31.78	50.70	200m:	3:03.05	44.91	300m:	4:53.52	56.17	400m:	6:15.07	39.72
6.				11		90				<b>6:15.66</b>	1,5	II
	50m:	39.86	39.86	150m:	2:17.17	48.34	250m:	3:56.52	52.96	350m:	5:33.97	44.27
	100m:	1:28.83	48.97	200m:	3:03.56	46.39	300m:	4:49.70	53.18	400m:	6:15.66	41.69
7.				12						<b>6:23.57</b>	3,1	III
	50m:	43.20	43.20	150m:	2:23.81	46.34	250m:	4:02.62	54.10	350m:	5:41.56	42.79
	100m:	1:37.47	54.27	200m:	3:08.52	44.71	300m:	4:58.77	56.15	400m:	6:23.57	42.01
8.				13						<b>6:50.25</b>	2,0	III
	50m:	48.85	48.85	150m:	2:38.56	54.32	250m:	4:24.74	54.38	350m:	6:06.88	46.78
	100m:	1:44.24	55.39	200m:	3:30.36	51.80	300m:	5:20.10	55.36	400m:	6:50.25	43.37
9.				11						<b>6:59.46</b>	III	
	50m:	42.33	42.33	150m:	2:26.89	52.25	250m:	4:18.83	58.77	350m:	6:11.37	48.96
	100m:	1:34.64	52.31	200m:	3:20.06	53.17	300m:	5:22.41	1:03.58	400m:	6:59.46	48.09
10.				12						<b>7:11.30</b>	III	
	50m:	48.61	48.61	150m:	2:45.19	55.90	250m:	4:38.29	1:00.70	350m:	6:26.70	49.18
	100m:	1:49.29	1:00.68	200m:	3:37.59	52.40	300m:	5:37.52	59.23	400m:	7:11.30	44.60
11.				12						<b>7:28.86</b>	1	
	50m:	46.98	46.98	150m:	2:42.09	1:00.25	250m:	4:41.92	1:05.53	350m:	6:38.67	51.76
	100m:	1:41.84	54.86	200m:	3:36.39	54.30	300m:	5:46.91	1:04.99	400m:	7:28.86	50.19

9 - 10

1.				14						<b>6:50.50</b>	6,7	III
	50m:	48.03	48.03	150m:	2:32.86	49.44	250m:	4:19.78	57.03	350m:	6:06.04	47.62
	100m:	1:43.42	55.39	200m:	3:22.75	49.89	300m:	5:18.42	58.64	400m:	6:50.50	44.46

6,		, 400m										
11												
1.				12						<b>5:13.91</b>	17,9	
	50m:	32.50	32.50	150m:	1:52.37	39.93	250m:	3:15.71	44.00	350m:	4:38.54	36.65
	100m:	1:12.44	39.94	200m:	2:31.71	39.34	300m:	4:01.89	46.18	400m:	5:13.91	35.37
2.				11						<b>6:03.20</b>	4,2 II	
	50m:	39.33	39.33	150m:	2:12.96	44.75	250m:	3:50.12	53.21	350m:	5:23.73	41.59
	100m:	1:28.21	48.88	200m:	2:56.91	43.95	300m:	4:42.14	52.02	400m:	6:03.20	39.47
3.				11	"	"				<b>6:06.13</b>	3,6 II	
	50m:	44.10	44.10	150m:	2:19.60	46.49	250m:	3:55.35	48.25	350m:	5:27.13	40.83
	100m:	1:33.11	49.01	200m:	3:07.10	47.50	300m:	4:46.30	50.95	400m:	6:06.13	39.00
4.				10			90			<b>6:07.88</b>	1,6 II	
	50m:	39.98	39.98	150m:	2:11.16	43.56	250m:	3:50.00	54.95	350m:	5:27.03	41.96
	100m:	1:27.60	47.62	200m:	2:55.05	43.89	300m:	4:45.07	55.07	400m:	6:07.88	40.85
5.				12			6			<b>6:11.51</b>	5,7 II	
	50m:	41.57	41.57	150m:	2:18.08	47.97	250m:	3:51.73	47.36	350m:	5:26.77	46.15
	100m:	1:30.11	48.54	200m:	3:04.37	46.29	300m:	4:40.62	48.89	400m:	6:11.51	44.74
6.				10						<b>6:13.77</b>	II	
	50m:	37.77	37.77	150m:	2:14.62	46.08	250m:	3:51.85	52.65	350m:	5:31.08	45.63
	100m:	1:28.54	50.77	200m:	2:59.20	44.58	300m:	4:45.45	53.60	400m:	6:13.77	42.69
7.				11						<b>6:15.07</b>	1,6 II	
	50m:	41.08	41.08	150m:	2:18.14	46.36	250m:	3:57.35	54.30	350m:	5:35.35	41.83
	100m:	1:31.78	50.70	200m:	3:03.05	44.91	300m:	4:53.52	56.17	400m:	6:15.07	39.72
8.				11			90			<b>6:15.66</b>	1,5 II	
	50m:	39.86	39.86	150m:	2:17.17	48.34	250m:	3:56.52	52.96	350m:	5:33.97	44.27
	100m:	1:28.83	48.97	200m:	3:03.56	46.39	300m:	4:49.70	53.18	400m:	6:15.66	41.69
9.				12						<b>6:23.57</b>	3,1 III	
	50m:	43.20	43.20	150m:	2:23.81	46.34	250m:	4:02.62	54.10	350m:	5:41.56	42.79
	100m:	1:37.47	54.27	200m:	3:08.52	44.71	300m:	4:58.77	56.15	400m:	6:23.57	42.01
10.				13						<b>6:50.25</b>	2,0 III	
	50m:	48.85	48.85	150m:	2:38.56	54.32	250m:	4:24.74	54.38	350m:	6:06.88	46.78
	100m:	1:44.24	55.39	200m:	3:30.36	51.80	300m:	5:20.10	55.36	400m:	6:50.25	43.37
11.				11						<b>6:59.46</b>	III	
	50m:	42.33	42.33	150m:	2:26.89	52.25	250m:	4:18.83	58.77	350m:	6:11.37	48.96
	100m:	1:34.64	52.31	200m:	3:20.06	53.17	300m:	5:22.41	1:03.58	400m:	6:59.46	48.09
12.				12						<b>7:11.30</b>	III	
	50m:	48.61	48.61	150m:	2:45.19	55.90	250m:	4:38.29	1:00.70	350m:	6:26.70	49.18
	100m:	1:49.29	1:00.68	200m:	3:37.59	52.40	300m:	5:37.52	59.23	400m:	7:11.30	44.60
13.				12						<b>7:28.86</b>	1	
	50m:	46.98	46.98	150m:	2:42.09	1:00.25	250m:	4:41.92	1:05.53	350m:	6:38.67	51.76
	100m:	1:41.84	54.86	200m:	3:36.39	54.30	300m:	5:46.91	1:04.99	400m:	7:28.86	50.19