

6
10.11.2024 - 14:05

, 400m

: Rudolph Table 2018

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1. , 10 90 **6:07.88** 1,8
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 **6:13.77**
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 . . **5:13.91** 18,4
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 **6:03.20** 4,6
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 " " **6:06.13** 3,9
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 **6:11.51** 6,3
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 **6:15.07** 1,9
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 **6:15.66** 1,8
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 **6:23.57** 3,7
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 **6:50.25** 2,5
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 **6:59.46**
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 **7:11.30**
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 **7:28.86**
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 **6:50.50** 7,2
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							5:13.91	18,4
	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							6:03.20	4,6
	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	"			"			6:06.13	3,9
	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			6:07.88	1,8
	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			6:11.51	6,3
	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							6:13.77	
	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							6:15.07	1,9
	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			6:15.66	1,8
	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							6:23.57	3,7
	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							6:50.25	2,5
	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							6:59.46	
	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							7:11.30	
	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							7:28.86	
	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	