



5. Christmas Cup Uster 2023
Uster, 9. - 10.12.2023



Event 89
10.12.2023 - 15:00

Girls, 400m Freestyle

YOB 2009 - 2010
Results

Swiss National Records	4:09.29	Rigamonti Flavia	AST	Austin (USA)	06.06.2008
Swiss Agegroup Records 14	4:31.19	Krüger Nadia	SKBE	???	01.01.1982
Swiss Agegroup Records 13	4:36.64	Triska Katarina	L84	???	01.01.1988

Points: FINA 2023

Rank	YB				Time				Pts
1.	09 Limmat Sharks				4:50.77				537
	50m:	33.79	33.79	150m:	1:48.99	37.98	250m:	3:03.56	37.35
	100m:	1:11.01	37.22	200m:	2:26.21	37.22	300m:	3:39.68	36.12
							400m:	4:50.77	34.68
2.	09 SC Kreuzlingen				4:53.59				522
	50m:	33.73	33.73	150m:	1:49.15	38.09	250m:	3:05.19	38.04
	100m:	1:11.06	37.33	200m:	2:27.15	38.00	300m:	3:42.70	37.51
							400m:	4:53.59	34.11
3.	09 Limmat Sharks				4:53.68				521
	50m:	33.86	33.86	150m:	1:49.35	37.72	250m:	3:04.44	37.41
	100m:	1:11.63	37.77	200m:	2:27.03	37.68	300m:	3:42.11	37.67
							400m:	4:53.68	34.71
4.	10 SK Bern				4:56.32				507
	50m:	33.52	33.52	150m:	1:48.49	37.49	250m:	3:04.87	37.95
	100m:	1:11.00	37.48	200m:	2:26.92	38.43	300m:	3:42.89	38.02
							400m:	4:56.32	36.34
5.	10 Limmat Sharks				4:56.86				504
	50m:	30.88	30.88	150m:	1:41.35	35.98	250m:	3:00.76	43.43
	100m:	1:05.37	34.49	200m:	2:17.33	35.98	300m:	3:41.01	40.25
							400m:	4:56.86	37.38
6.	10 Ast				4:57.74				500
	50m:	33.12	33.12	150m:	1:49.30	38.27	250m:	3:05.26	37.81
	100m:	1:11.03	37.91	200m:	2:27.45	38.15	300m:	3:43.36	38.10
							400m:	4:57.74	36.76
7.	09 SC Uster				4:59.02				494
	50m:	34.52	34.52	150m:	1:49.63	37.97	250m:	3:06.09	38.36
	100m:	1:11.66	37.14	200m:	2:27.73	38.10	300m:	3:44.71	38.62
							400m:	4:59.02	35.82
8.	09 Limmat Sharks				4:59.43				492
	50m:	33.69	33.69	150m:	1:49.72	38.25	250m:	3:05.45	37.58
	100m:	1:11.47	37.78	200m:	2:27.87	38.15	300m:	3:43.47	38.02
							400m:	4:59.43	37.85
9.	09 Mendrisiotto Nuoto				5:00.75				485
	50m:	33.71	33.71	150m:	1:49.53	38.23	250m:	3:06.62	38.55
	100m:	1:11.30	37.59	200m:	2:28.07	38.54	300m:	3:45.79	39.17
							400m:	5:00.75	36.86
10.	10 SV St.Gallen-Wittenbach				5:00.87				485
	50m:	34.80	34.80	150m:	1:51.15	39.02	250m:	3:07.68	38.77
	100m:	1:12.13	37.33	200m:	2:28.91	37.76	300m:	3:45.56	37.88
							400m:	5:00.87	36.01
11.	10 SC Chur				5:04.13				469
	50m:	33.56	33.56	150m:	1:47.95	37.69	250m:	3:06.20	39.36
	100m:	1:10.26	36.70	200m:	2:26.84	38.89	300m:	3:45.92	39.72
							400m:	5:04.13	38.11
12.	10 Limmat Sharks				5:04.58				467
	50m:	33.56	33.56	150m:	1:52.01	39.14	250m:	3:10.43	38.91
	100m:	1:12.87	39.31	200m:	2:31.52	39.51	300m:	3:48.89	38.46
							400m:	5:04.58	36.92
13.	10 SC Meilen				5:08.01				452
	50m:	33.09	33.09	150m:	1:51.11	39.62	250m:	3:10.14	39.49
	100m:	1:11.49	38.40	200m:	2:30.65	39.54	300m:	3:50.43	40.29
							400m:	5:08.01	38.15
14.	10 Rhy Swimming				5:10.87				439
	50m:	34.50	34.50	150m:	1:53.87	39.50	250m:	3:14.10	40.18
	100m:	1:14.37	39.87	200m:	2:33.92	40.05	300m:	3:54.18	40.08
							400m:	5:10.87	37.38
15.	10 Limmat Sharks				5:12.69				432
	50m:	36.31	36.31	150m:	1:56.98	40.64	250m:	3:16.29	39.39
	100m:	1:16.34	40.03	200m:	2:36.90	39.92	300m:	3:55.47	39.18
							400m:	5:12.69	37.90
16.	10 SC Winterthur				5:14.99				422
	50m:	34.85	34.85	150m:	1:54.12	40.80	250m:	3:15.00	40.85
	100m:	1:13.32	38.47	200m:	2:34.15	40.03	300m:	3:55.70	40.70
							400m:	5:14.99	38.70



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Rank	YB										Time	Pts		
17.	Kuriger Liana										10	SRV Linth	5:18.55	408
	50m:	35.27	35.27	150m:	1:58.42	42.85	250m:	3:21.00	41.53	350m:	4:41.16	40.35		
	100m:	1:15.57	40.30	200m:	2:39.47	41.05	300m:	4:00.81	39.81	400m:	5:18.55	37.39		
18.	Moesle Jana										10	SC Flipper Gossau	5:20.30	402
	50m:	33.98	33.98	150m:	1:53.24	40.35	250m:	3:16.10	41.45	350m:	4:40.07	41.68		
	100m:	1:12.89	38.91	200m:	2:34.65	41.41	300m:	3:58.39	42.29	400m:	5:20.30	40.23		
19.	Krull Klara										10	SC Herisau	5:24.34	387
	50m:	36.15	36.15	150m:	1:58.68	42.01	250m:	3:22.03	41.83	350m:	4:44.83	41.58		
	100m:	1:16.67	40.52	200m:	2:40.20	41.52	300m:	4:03.25	41.22	400m:	5:24.34	39.51		
20.	Ferludina Olha										10	Limmat Sharks	5:29.86	368
	50m:	36.28	36.28	150m:	1:57.96	40.89	250m:	3:22.47	42.20	350m:	4:47.77	42.33		
	100m:	1:17.07	40.79	200m:	2:40.27	42.31	300m:	4:05.44	42.97	400m:	5:29.86	42.09		