



XXXII

, 4. - 7.4.2024

29
06.04.2024 - 16:21

, 400m

25 - 94

70 - 74

1.											70	7:07.19
	50m:	49.42	49.42	150m:	2:37.44	54.38	250m:	4:27.15	54.73	350m:	6:16.47	54.57
	100m:	1:43.06	53.64	200m:	3:32.42	54.98	300m:	5:21.90	54.75	400m:	7:07.19	50.72
2.											70	7:16.74
	50m:	46.76	46.76	150m:	2:35.70	56.20	250m:	4:30.81	59.16	350m:	6:23.66	55.29
	100m:	1:39.50	52.74	200m:	3:31.65	55.95	300m:	5:28.37	57.56	400m:	7:16.74	53.08
3.											73	7:50.46
	50m:	50.42	50.42	150m:	2:48.43	59.82	250m:	4:49.02	1:00.30	350m:	6:53.47	1:02.69
	100m:	1:48.61	58.19	200m:	3:48.72	1:00.29	300m:	5:50.78	1:01.76	400m:	7:50.46	56.99
4.											71	9:06.44
	50m:	59.69	59.69	150m:	3:20.25	1:11.27	250m:	5:40.91	1:09.28	350m:	8:01.28	1:09.21
	100m:	2:08.98	1:09.29	200m:	4:31.63	1:11.38	300m:	6:52.07	1:11.16	400m:	9:06.44	1:05.16
5.											73	9:35.81
	50m:	58.86	58.86	150m:	3:24.63	1:14.74	250m:	5:54.89	1:16.59	350m:	8:25.60	1:15.92
	100m:	2:09.89	1:11.03	200m:	4:38.30	1:13.67	300m:	7:09.68	1:14.79	400m:	9:35.81	1:10.21

65 - 69

1.											69	6:56.18
	50m:	45.19	45.19	150m:	2:31.04	53.90	250m:	4:18.25	53.81	350m:	6:05.48	53.31
	100m:	1:37.14	51.95	200m:	3:24.44	53.40	300m:	5:12.17	53.92	400m:	6:56.18	50.70
2.											69	7:20.12
	50m:	48.85	48.85	150m:	2:40.47	56.23	250m:	4:34.39	56.86	350m:	6:26.80	56.11
	100m:	1:44.24	55.39	200m:	3:37.53	57.06	300m:	5:30.69	56.30	400m:	7:20.12	53.32
3.											65	7:42.28
	50m:	49.99	49.99	150m:	2:49.27	1:00.47	250m:	4:49.10	1:00.10	350m:	6:47.50	59.22
	100m:	1:48.80	58.81	200m:	3:49.00	59.73	300m:	5:48.28	59.18	400m:	7:42.28	54.78
4.											67	8:15.57
	50m:	52.83	52.83	150m:	2:58.33	1:04.13	250m:	5:07.18	1:03.68	350m:	7:14.83	1:03.28
	100m:	1:54.20	1:01.37	200m:	4:03.50	1:05.17	300m:	6:11.55	1:04.37	400m:	8:15.57	1:00.74
5.											68	8:51.49
	50m:	59.07	59.07	150m:	3:13.24	1:09.00	250m:	5:29.97	1:09.91	350m:	7:45.89	1:07.58
	100m:	2:04.24	1:05.17	200m:	4:20.06	1:06.82	300m:	6:38.31	1:08.34	400m:	8:51.49	1:05.60

60 - 64

1.											60	5:40.13
	50m:	38.76	38.76	150m:	2:04.83	44.07	250m:	3:32.24	43.96	350m:	4:59.92	43.91
	100m:	1:20.76	42.00	200m:	2:48.28	43.45	300m:	4:16.01	43.77	400m:	5:40.13	40.21
2.											64	5:58.10
	50m:	40.42	40.42	150m:	2:12.34	46.41	250m:	3:44.70	46.11	350m:	5:15.54	44.88
	100m:	1:25.93	45.51	200m:	2:58.59	46.25	300m:	4:30.66	45.96	400m:	5:58.10	42.56
3.											62	6:01.59
	50m:	39.26	39.26	150m:	2:09.95	45.93	250m:	3:43.93	47.09	350m:	5:18.45	47.21
	100m:	1:24.02	44.76	200m:	2:56.84	46.89	300m:	4:31.24	47.31	400m:	6:01.59	43.14

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ALGE TIMING

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, 4. - 7.4.2024

	29,	, 400m	, 60 - 64									
4.			63									6:10.27
	50m: 39.54	39.54	150m: 2:11.10	46.63	250m: 3:46.33	47.45	350m: 5:22.58	48.06				
	100m: 1:24.47	44.93	200m: 2:58.88	47.78	300m: 4:34.52	48.19	400m: 6:10.27	47.69				
5.			64									7:36.98
	50m: 51.14	51.14	150m: 2:45.83	58.07	250m: 4:43.52	58.56	350m: 6:42.21	59.02				
	100m: 1:47.76	56.62	200m: 3:44.96	59.13	300m: 5:43.19	59.67	400m: 7:36.98	54.77				
55 - 59												
1.			55									5:30.27
	50m: 37.47	37.47	150m: 2:02.30	43.08	250m: 3:27.29	42.37	350m: 4:51.03	41.57				
	100m: 1:19.22	41.75	200m: 2:44.92	42.62	300m: 4:09.46	42.17	400m: 5:30.27	39.24				
2.			55									5:33.37
	50m: 36.86	36.86	150m: 2:00.31	42.29	250m: 3:26.33	43.13	350m: 4:52.52	43.35				
	100m: 1:18.02	41.16	200m: 2:43.20	42.89	300m: 4:09.17	42.84	400m: 5:33.37	40.85				
3.			59									5:52.55
	50m: 38.73	38.73	150m: 2:06.21	44.90	250m: 3:37.80	46.08	350m: 5:09.90	46.17				
	100m: 1:21.31	42.58	200m: 2:51.72	45.51	300m: 4:23.73	45.93	400m: 5:52.55	42.65				
4.			55		-							6:47.79
	50m: 41.78	41.78	150m: 2:22.11	51.35	250m: 4:07.71	53.00	350m: 5:55.61	54.14				
	100m: 1:30.76	48.98	200m: 3:14.71	52.60	300m: 5:01.47	53.76	400m: 6:47.79	52.18				
5.			56									6:59.11
	50m: 45.74	45.74	150m: 2:30.85	53.41	250m: 4:18.74	54.08	350m: 6:07.91	54.15				
	100m: 1:37.44	51.70	200m: 3:24.66	53.81	300m: 5:13.76	55.02	400m: 6:59.11	51.20				
6.			55									7:12.31
	50m: 43.10	43.10	150m: 2:30.02	56.17	250m: 4:23.50	57.00	350m: 6:17.33	56.07				
	100m: 1:33.85	50.75	200m: 3:26.50	56.48	300m: 5:21.26	57.76	400m: 7:12.31	54.98				
7.			56									7:37.79
	50m: 53.12	53.12	150m: 2:47.24	57.94	250m: 4:44.32	59.16	350m: 6:41.74	58.72				
	100m: 1:49.30	56.18	200m: 3:45.16	57.92	300m: 5:43.02	58.70	400m: 7:37.79	56.05				
8.			59									7:40.97
	50m: 53.88	53.88	150m: 2:52.53	1:00.20	250m: 4:50.70	58.58	350m: 6:47.14	58.77				
	100m: 1:52.33	58.45	200m: 3:52.12	59.59	300m: 5:48.37	57.67	400m: 7:40.97	53.83				
50 - 54												
1.			50	105-								5:20.32
	50m: 35.78	35.78	150m: 1:55.63	40.15	250m: 3:17.64	41.15	350m: 4:41.36	42.17				
	100m: 1:15.48	39.70	200m: 2:36.49	40.86	300m: 3:59.19	41.55	400m: 5:20.32	38.96				
2.			50									5:32.22
	50m: 38.18	38.18	150m: 2:01.98	41.80	250m: 3:26.15	41.82	350m: 4:51.45	42.40				
	100m: 1:20.18	42.00	200m: 2:44.33	42.35	300m: 4:09.05	42.90	400m: 5:32.22	40.77				
3.			54	-								5:41.60
	50m: 36.71	36.71	150m: 2:00.50	42.48	250m: 3:28.27	43.89	350m: 4:57.60	44.62				
	100m: 1:18.02	41.31	200m: 2:44.38	43.88	300m: 4:12.98	44.71	400m: 5:41.60	44.00				
4.			53									5:44.48
	50m: 36.54	36.54	150m: 2:00.77	42.94	250m: 3:29.60	44.69	350m: 5:00.51	45.34				
	100m: 1:17.83	41.29	200m: 2:44.91	44.14	300m: 4:15.17	45.57	400m: 5:44.48	43.97				

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29,		, 400m		, 50 - 54					
5.				51				6:14.20	
	50m: 41.26	41.26	150m: 2:14.77	48.50	250m: 3:52.04	49.50	350m: 5:29.06	49.13	
	100m: 1:26.27	45.01	200m: 3:02.54	47.77	300m: 4:39.93	47.89	400m: 6:14.20	45.14	
6.				51				6:34.51	
	50m: 44.43	44.43	150m: 2:23.23	49.64	250m: 4:04.94	50.65	350m: 5:45.50	49.54	
	100m: 1:33.59	49.16	200m: 3:14.29	51.06	300m: 4:55.96	51.02	400m: 6:34.51	49.01	
7.				52				7:09.45	
	50m: 41.70	41.70	150m: 2:23.47	53.36	250m: 4:15.88	56.51	350m:		
	100m: 1:30.11	48.41	200m: 3:19.37	55.90	300m: 5:13.18	57.30	400m: 7:09.45		
45 - 49									
1.				47	-			4:59.71	
	50m: 33.14	33.14	150m: 1:47.22	37.72	250m: 3:05.28	39.07	350m: 4:22.83	38.65	
	100m: 1:09.50	36.36	200m: 2:26.21	38.99	300m: 3:44.18	38.90	400m: 4:59.71	36.88	
2.				46				5:32.55	
	50m: 37.12	37.12	150m: 2:00.43	41.79	250m: 3:26.26	42.95	350m: 4:52.21	42.55	
	100m: 1:18.64	41.52	200m: 2:43.31	42.88	300m: 4:09.66	43.40	400m: 5:32.55	40.34	
3.				47	-			5:39.54	
	50m: 36.65	36.65	150m: 2:02.10	43.29	250m: 3:31.35	44.56	350m: 4:59.57	43.66	
	100m: 1:18.81	42.16	200m: 2:46.79	44.69	300m: 4:15.91	44.56	400m: 5:39.54	39.97	
4.				47				5:45.17	
	50m: 36.40	36.40	150m: 2:02.08	43.43	250m: 3:31.86	45.08	350m: 5:01.85	44.42	
	100m: 1:18.65	42.25	200m: 2:46.78	44.70	300m: 4:17.43	45.57	400m: 5:45.17	43.32	
5.				49	43			6:07.45	
	50m: 39.31	39.31	150m: 2:11.56	47.12	250m: 3:46.33	47.36	350m: 5:21.26	47.40	
	100m: 1:24.44	45.13	200m: 2:58.97	47.41	300m: 4:33.86	47.53	400m: 6:07.45	46.19	
6.				49				6:24.49	
	50m: 44.19	44.19	150m: 2:20.70	49.17	250m: 3:59.64	49.66	350m: 5:37.68	49.13	
	100m: 1:31.53	47.34	200m: 3:09.98	49.28	300m: 4:48.55	48.91	400m: 6:24.49	46.81	
7.				45				6:35.87	
	50m: 43.62	43.62	150m: 2:24.23	50.40	250m: 4:06.93	52.18	350m: 5:48.44	51.70	
	100m: 1:33.83	50.21	200m: 3:14.75	50.52	300m: 4:56.74	49.81	400m: 6:35.87	47.43	
8.				46				7:05.85	
	50m: 47.27	47.27	150m: 2:31.59	53.24	250m: 4:20.90	54.61	350m: 6:12.84	55.99	
	100m: 1:38.35	51.08	200m: 3:26.29	54.70	300m: 5:16.85	55.95	400m: 7:05.85	53.01	
40 - 44									
1.				40				5:06.88	
	50m: 33.58	33.58	150m: 1:49.70	39.15	250m: 3:09.09	40.02	350m: 4:29.54	39.86	
	100m: 1:10.55	36.97	200m: 2:29.07	39.37	300m: 3:49.68	40.59	400m: 5:06.88	37.34	
2.				43				5:24.06	
	50m: 35.92	35.92	150m: 1:56.73	41.41	250m: 3:20.16	41.57	350m: 4:44.97	42.19	
	100m: 1:15.32	39.40	200m: 2:38.59	41.86	300m: 4:02.78	42.62	400m: 5:24.06	39.09	
3.				41				5:45.35	
	50m: 37.57	37.57	150m: 2:02.97	43.65	250m: 3:31.50	44.45	350m: 5:02.97	45.67	
	100m: 1:19.32	41.75	200m: 2:47.05	44.08	300m: 4:17.30	45.80	400m: 5:45.35	42.38	

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, 4. - 7.4.2024

29,		, 400m		, 40 - 44					
4.			42					5:52.83	
	50m: 36.74	36.74	150m: 2:01.62	43.95	250m: 3:33.65	46.77	350m: 5:08.72	47.69	
	100m: 1:17.67	40.93	200m: 2:46.88	45.26	300m: 4:21.03	47.38	400m: 5:52.83	44.11	
5.			41	-				6:04.65	
	50m: 40.47	40.47	150m: 2:10.70	45.90	250m: 3:44.08	46.85	350m: 5:18.23	47.03	
	100m: 1:24.80	44.33	200m: 2:57.23	46.53	300m: 4:31.20	47.12	400m: 6:04.65	46.42	
35 - 39									
1.			37					5:30.95	
	50m: 37.27	37.27	150m: 1:59.06	41.35	250m: 3:24.88	43.21	350m: 4:51.14	42.58	
	100m: 1:17.71	40.44	200m: 2:41.67	42.61	300m: 4:08.56	43.68	400m: 5:30.95	39.81	
2.			38					5:40.07	
	50m: 37.95	37.95	150m: 2:01.33	42.27	250m: 3:28.08	43.36	350m: 4:56.98	44.52	
	100m: 1:19.06	41.11	200m: 2:44.72	43.39	300m: 4:12.46	44.38	400m: 5:40.07	43.09	
3.			38					5:44.57	
	50m: 35.45	35.45	150m: 1:59.00	43.87	250m: 3:29.32	45.29	350m: 5:00.01	46.07	
	100m: 1:15.13	39.68	200m: 2:44.03	45.03	300m: 4:13.94	44.62	400m: 5:44.57	44.56	
4.			39					5:47.36	
	50m: 37.80	37.80	150m: 2:04.34	44.21	250m: 3:34.37	45.24	350m: 5:03.86	44.85	
	100m: 1:20.13	42.33	200m: 2:49.13	44.79	300m: 4:19.01	44.64	400m: 5:47.36	43.50	
5.			37					5:48.88	
	50m: 38.56	38.56	150m: 2:01.54	42.49	250m: 3:30.89	45.14	350m: 5:02.65	46.52	
	100m: 1:19.05	40.49	200m: 2:45.75	44.21	300m: 4:16.13	45.24	400m: 5:48.88	46.23	
6.			36					5:48.95	
	50m: 39.31	39.31	150m: 2:05.81	43.73	250m: 3:34.91	44.65	350m: 5:04.85	44.67	
	100m: 1:22.08	42.77	200m: 2:50.26	44.45	300m: 4:20.18	45.27	400m: 5:48.95	44.10	
7.			38					6:09.17	
	50m: 39.15	39.15	150m: 2:12.51	46.92	250m: 3:48.16	47.93	350m: 5:23.86	47.38	
	100m: 1:25.59	46.44	200m: 3:00.23	47.72	300m: 4:36.48	48.32	400m: 6:09.17	45.31	
8.			37					6:12.40	
	50m: 40.71	40.71	150m: 2:13.50	47.70	250m: 3:49.47	48.16	350m: 5:26.47	48.78	
	100m: 1:25.80	45.09	200m: 3:01.31	47.81	300m: 4:37.69	48.22	400m: 6:12.40	45.93	
9.			37					6:18.70	
	50m: 41.39	41.39	150m: 2:18.29	49.04	250m: 3:55.37	48.23	350m: 5:32.07	48.35	
	100m: 1:29.25	47.86	200m: 3:07.14	48.85	300m: 4:43.72	48.35	400m: 6:18.70	46.63	
10.			37					6:49.11	
	50m: 44.06	44.06	150m: 2:29.55	53.34	250m: 4:14.96	53.15	350m: 6:00.59	53.07	
	100m: 1:36.21	52.15	200m: 3:21.81	52.26	300m: 5:07.52	52.56	400m: 6:49.11	48.52	
11.			37					7:01.46	
	50m: 43.95	43.95	150m: 2:23.94	51.99	250m: 4:16.25	58.48	350m: 6:08.79	56.39	
	100m: 1:31.95	48.00	200m: 3:17.77	53.83	300m: 5:12.40	56.15	400m: 7:01.46	52.67	
			36					NT	NT
			39					NT	NT
			38					NT	NT





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29, , 400m

30 - 34

1.				32						4:53.91		
	50m:	31.32	31.32	150m:	1:42.34	36.51	250m:	2:58.31	37.97	350m:	4:16.14	39.16
	100m:	1:05.83	34.51	200m:	2:20.34	38.00	300m:	3:36.98	38.67	400m:	4:53.91	37.77
2.				34						5:10.75		
	50m:	34.33	34.33	150m:	1:50.80	39.08	250m:	3:10.07	39.84	350m:	4:30.34	39.80
	100m:	1:11.72	37.39	200m:	2:30.23	39.43	300m:	3:50.54	40.47	400m:	5:10.75	40.41
3.				33						5:21.50		
	50m:	34.97	34.97	150m:	1:56.66	41.86	250m:	3:19.08	41.55	350m:	4:41.75	41.80
	100m:	1:14.80	39.83	200m:	2:37.53	40.87	300m:	3:59.95	40.87	400m:	5:21.50	39.75
4.				30						5:44.66		
	50m:	35.99	35.99	150m:	1:58.27	42.03	250m:	3:27.21	44.74	350m:	4:59.76	46.58
	100m:	1:16.24	40.25	200m:	2:42.47	44.20	300m:	4:13.18	45.97	400m:	5:44.66	44.90
5.				31						5:56.42		
	50m:	38.53	38.53	150m:	2:06.12	45.14	250m:	3:38.03	46.62	350m:	5:11.79	47.18
	100m:	1:20.98	42.45	200m:	2:51.41	45.29	300m:	4:24.61	46.58	400m:	5:56.42	44.63
6.				32						6:25.34		
	50m:	42.26	42.26	150m:	2:18.76	49.20	250m:	3:58.27	50.12	350m:	5:38.29	50.29
	100m:	1:29.56	47.30	200m:	3:08.15	49.39	300m:	4:48.00	49.73	400m:	6:25.34	47.05
7.				34						6:44.47		
	50m:	42.09	42.09	150m:	2:18.83	49.70	250m:	4:03.48	52.60	350m:	5:51.95	54.52
	100m:	1:29.13	47.04	200m:	3:10.88	52.05	300m:	4:57.43	53.95	400m:	6:44.47	52.52

25 - 29

1.				26						5:07.41		
	50m:	34.53	34.53	150m:	1:51.21	39.46	250m:	3:10.63	39.88	350m:	4:29.72	39.51
	100m:	1:11.75	37.22	200m:	2:30.75	39.54	300m:	3:50.21	39.58	400m:	5:07.41	37.69
2.				25						5:41.28		
	50m:	37.32	37.32	150m:	2:00.86	42.35	250m:	3:29.49	44.63	350m:	5:00.87	45.62
	100m:	1:18.51	41.19	200m:	2:44.86	44.00	300m:	4:15.25	45.76	400m:	5:41.28	40.41

" "

ALGE TIMING

50

