



XXXII

, 4. - 7.4.2024

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30
06.04.2024 - 17:39

, 400m

25 - 94

90 - 94

1.				91						9:12.71		
	50m:	1:00.69	1:00.69	150m:	3:18.35	1:10.32	250m:	5:41.00	1:12.32	350m:	8:04.37	1:11.97
	100m:	2:08.03	1:07.34	200m:	4:28.68	1:10.33	300m:	6:52.40	1:11.40	400m:	9:12.71	1:08.34

80 - 84

1.				80						8:00.44		
	50m:	54.80	54.80	150m:	2:55.09	1:01.59	250m:	4:58.09	1:01.96	350m:	7:00.41	1:01.45
	100m:	1:53.50	58.70	200m:	3:56.13	1:01.04	300m:	5:58.96	1:00.87	400m:	8:00.44	1:00.03

75 - 79

1.				76						6:34.45		
	50m:	43.24	43.24	150m:	2:22.14	50.91	250m:	4:04.06	51.62	350m:	5:45.65	50.73
	100m:	1:31.23	47.99	200m:	3:12.44	50.30	300m:	4:54.92	50.86	400m:	6:34.45	48.80

2.				76						6:36.80		
	50m:	46.23	46.23	150m:	2:27.16	50.95	250m:	4:08.43	50.88	350m:	5:49.72	50.63
	100m:	1:36.21	49.98	200m:	3:17.55	50.39	300m:	4:59.09	50.66	400m:	6:36.80	47.08

3.				75						7:18.03		
	50m:	45.48	45.48	150m:	2:36.28	56.83	250m:	4:29.25	56.88	350m:	6:23.82	56.62
	100m:	1:39.45	53.97	200m:	3:32.37	56.09	300m:	5:27.20	57.95	400m:	7:18.03	54.21

4.				77	43					7:33.73		
	50m:	50.47	50.47	150m:	2:41.14	56.55	250m:	4:36.85	58.52	350m:	6:34.78	58.21
	100m:	1:44.59	54.12	200m:	3:38.33	57.19	300m:	5:36.57	59.72	400m:	7:33.73	58.95

5.				79						7:50.01		
	50m:	54.91	54.91	150m:	2:53.89	59.71	250m:	4:54.19	1:01.48	350m:	6:57.46	1:01.35
	100m:	1:54.18	59.27	200m:	3:52.71	58.82	300m:	5:56.11	1:01.92	400m:	7:50.01	52.55

70 - 74

1.				70						6:20.91		
	50m:	40.44	40.44	150m:	2:13.83	47.40	250m:	3:52.68	50.03	350m:	5:33.29	50.06
	100m:	1:26.43	45.99	200m:	3:02.65	48.82	300m:	4:43.23	50.55	400m:	6:20.91	47.62

2.				70						6:42.32		
	50m:	44.33	44.33	150m:	2:26.18	50.98	250m:	4:09.59	50.57	350m:	5:53.76	51.57
	100m:	1:35.20	50.87	200m:	3:19.02	52.84	300m:	5:02.19	52.60	400m:	6:42.32	48.56

3.				71						6:44.26		
	50m:	44.96	44.96	150m:	2:27.77	51.67	250m:	4:11.20	51.83	350m:	5:54.49	51.78
	100m:	1:36.10	51.14	200m:	3:19.37	51.60	300m:	5:02.71	51.51	400m:	6:44.26	49.77

4.				71						7:12.06		
	50m:	49.18	49.18	150m:	2:37.63	55.10	250m:	4:28.22	54.79	350m:	6:19.56	55.51
	100m:	1:42.53	53.35	200m:	3:33.43	55.80	300m:	5:24.05	55.83	400m:	7:12.06	52.50

				70						NT	NT
				74						NT	NT

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ALGE TIMING

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30, , 400m

65 - 69

1.			65						5:37.48			
	50m:	36.21	36.21	150m:	1:59.91	42.40	250m:	3:28.06	44.12	350m:	4:56.24	44.14
	100m:	1:17.51	41.30	200m:	2:43.94	44.03	300m:	4:12.10	44.04	400m:	5:37.48	41.24
2.			67								5:58.39	
	50m:	39.60	39.60	150m:	2:09.57	45.50	250m:	3:41.61	46.22	350m:	5:13.27	44.92
	100m:	1:24.07	44.47	200m:	2:55.39	45.82	300m:	4:28.35	46.74	400m:	5:58.39	45.12
3.			68								6:21.11	
	50m:	41.42	41.42	150m:	2:14.64	47.31	250m:	3:52.35	48.46	350m:	5:31.87	50.05
	100m:	1:27.33	45.91	200m:	3:03.89	49.25	300m:	4:41.82	49.47	400m:	6:21.11	49.24
4.			65								6:29.77	
	50m:	40.92	40.92	150m:	2:15.26	48.76	250m:	3:54.00	49.78	350m:	5:37.22	51.98
	100m:	1:26.50	45.58	200m:	3:04.22	48.96	300m:	4:45.24	51.24	400m:	6:29.77	52.55
5.			69								6:40.77	
	50m:	44.65	44.65	150m:	2:26.70	51.91	250m:	4:08.94	50.09	350m:	5:51.05	50.62
	100m:	1:34.79	50.14	200m:	3:18.85	52.15	300m:	5:00.43	51.49	400m:	6:40.77	49.72
			69								NT NT	

60 - 64

1.			61								5:10.18	
	50m:	34.34	34.34	150m:	1:52.48	39.49	250m:	3:12.20	39.55	350m:	4:31.97	39.45
	100m:	1:12.99	38.65	200m:	2:32.65	40.17	300m:	3:52.52	40.32	400m:	5:10.18	38.21
2.			61								5:11.33	
	50m:	36.37	36.37	150m:	1:55.71	39.53	250m:	3:13.94	39.00	350m:	4:33.27	39.23
	100m:	1:16.18	39.81	200m:	2:34.94	39.23	300m:	3:54.04	40.10	400m:	5:11.33	38.06
3.			60								5:14.68	
	50m:	35.68	35.68	150m:	1:56.53	40.97	250m:	3:17.92	40.11	350m:	4:37.90	39.92
	100m:	1:15.56	39.88	200m:	2:37.81	41.28	300m:	3:57.98	40.06	400m:	5:14.68	36.78
4.			60								5:17.05	
	50m:	35.75	35.75	150m:	1:55.58	40.75	250m:	3:18.48	41.66	350m:	4:39.82	40.03
	100m:	1:14.83	39.08	200m:	2:36.82	41.24	300m:	3:59.79	41.31	400m:	5:17.05	37.23
5.			61								5:30.98	
	50m:	39.09	39.09	150m:	2:05.31	43.72	250m:	3:31.28	42.96	350m:	4:54.73	41.35
	100m:	1:21.59	42.50	200m:	2:48.32	43.01	300m:	4:13.38	42.10	400m:	5:30.98	36.25
6.			64								5:59.06	
	50m:	39.02	39.02	150m:	2:07.64	45.30	250m:	3:40.76	46.81	350m:	5:14.60	47.16
	100m:	1:22.34	43.32	200m:	2:53.95	46.31	300m:	4:27.44	46.68	400m:	5:59.06	44.46
7.			62								6:02.11	
	50m:	39.19	39.19	150m:	2:08.70	45.43	250m:	3:41.31	46.55	350m:	5:15.95	47.64
	100m:	1:23.27	44.08	200m:	2:54.76	46.06	300m:	4:28.31	47.00	400m:	6:02.11	46.16
8.			62								6:47.94	
	50m:	44.87	44.87	150m:	2:28.06	52.77	250m:	4:14.37	53.61	350m:	5:58.86	52.19
	100m:	1:35.29	50.42	200m:	3:20.76	52.70	300m:	5:06.67	52.30	400m:	6:47.94	49.08

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ALGE TIMING

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30, , 400m

55 - 59

1.				58								4:53.14	
	50m:	33.26	33.26	150m:	1:45.38	36.16	250m:	2:59.16	36.90	350m:	4:15.30	38.17	
	100m:	1:09.22	35.96	200m:	2:22.26	36.88	300m:	3:37.13	37.97	400m:	4:53.14	37.84	
2.				58								5:07.81	
	50m:	34.31	34.31	150m:	1:51.47	39.01	250m:	3:10.42	39.59	350m:	4:30.25	39.86	
	100m:	1:12.46	38.15	200m:	2:30.83	39.36	300m:	3:50.39	39.97	400m:	5:07.81	37.56	
3.				56	-							5:17.58	
	50m:	37.11	37.11	150m:	1:58.89	41.00	250m:	3:20.65	40.63	350m:	4:40.76	39.74	
	100m:	1:17.89	40.78	200m:	2:40.02	41.13	300m:	4:01.02	40.37	400m:	5:17.58	36.82	
4.				55								5:30.30	
	50m:	36.08	36.08	150m:	1:58.85	42.75	250m:	3:26.33	44.16	350m:	4:51.70	42.28	
	100m:	1:16.10	40.02	200m:	2:42.17	43.32	300m:	4:09.42	43.09	400m:	5:30.30	38.60	
5.				55								5:33.08	
	50m:	34.59	34.59	150m:	1:56.45	41.82	250m:	3:22.94	43.68	350m:	4:51.08	44.42	
	100m:	1:14.63	40.04	200m:	2:39.26	42.81	300m:	4:06.66	43.72	400m:	5:33.08	42.00	
6.				59								5:35.08	
	50m:	37.67	37.67	150m:	2:02.80	43.31	250m:	3:28.60	42.75	350m:	4:54.56	43.12	
	100m:	1:19.49	41.82	200m:	2:45.85	43.05	300m:	4:11.44	42.84	400m:	5:35.08	40.52	
7.				59								6:17.22	
	50m:	40.30	40.30	150m:	2:15.23	48.99	250m:	3:53.68	49.89	350m:	5:32.39	49.88	
	100m:	1:26.24	45.94	200m:	3:03.79	48.56	300m:	4:42.51	48.83	400m:	6:17.22	44.83	

50 - 54

1.				52								4:44.79	
	50m:	32.07	32.07	150m:	1:44.17	36.19	250m:	2:56.93	36.48	350m:	4:09.54	36.39	
	100m:	1:07.98	35.91	200m:	2:20.45	36.28	300m:	3:33.15	36.22	400m:	4:44.79	35.25	
2.				53	-							5:07.17	
	50m:	34.63	34.63	150m:	1:51.27	38.22	250m:	3:08.37	38.41	350m:	4:27.67	39.56	
	100m:	1:13.05	38.42	200m:	2:29.96	38.69	300m:	3:48.11	39.74	400m:	5:07.17	39.50	
3.				52								5:11.05	
	50m:	34.56	34.56	150m:	1:52.23	38.79	250m:	3:13.04	40.23	350m:	4:33.99	40.56	
	100m:	1:13.44	38.88	200m:	2:32.81	40.58	300m:	3:53.43	40.39	400m:	5:11.05	37.06	
4.				51	-							5:11.43	
	50m:	34.41	34.41	150m:	1:51.49	39.35	250m:	3:11.41	39.70	350m:	4:32.55	40.34	
	100m:	1:12.14	37.73	200m:	2:31.71	40.22	300m:	3:52.21	40.80	400m:	5:11.43	38.88	
5.				51								5:16.96	
	50m:	33.40	33.40	150m:	1:51.98	39.58	250m:	3:15.61	41.96	350m:	4:38.29	41.30	
	100m:	1:12.40	39.00	200m:	2:33.65	41.67	300m:	3:56.99	41.38	400m:	5:16.96	38.67	
6.				50	-							6:09.85	
	50m:	38.34	38.34	150m:	2:06.74	45.29	250m:	3:42.36	48.43	350m:	5:21.27	49.76	
	100m:	1:21.45	43.11	200m:	2:53.93	47.19	300m:	4:31.51	49.15	400m:	6:09.85	48.58	

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ALGE TIMING

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30, , 400m

45 - 49

1.			47						4:41.04			
	50m:	31.42	31.42	150m:	1:40.90	35.30	250m:	2:53.03	36.25	350m:	4:05.98	36.69
	100m:	1:05.60	34.18	200m:	2:16.78	35.88	300m:	3:29.29	36.26	400m:	4:41.04	35.06
2.			45							4:50.31		
	50m:	31.58	31.58	150m:	1:43.93	36.72	250m:	2:58.34	37.33	350m:	4:13.61	38.23
	100m:	1:07.21	35.63	200m:	2:21.01	37.08	300m:	3:35.38	37.04	400m:	4:50.31	36.70
3.			46							5:03.95		
	50m:	32.19	32.19	150m:	1:45.36	37.30	250m:	3:03.73	40.36	350m:	4:25.83	41.22
	100m:	1:08.06	35.87	200m:	2:23.37	38.01	300m:	3:44.61	40.88	400m:	5:03.95	38.12
4.			49							5:09.77		
	50m:	34.10	34.10	150m:	1:52.03	39.53	250m:	3:12.77	40.40	350m:	4:32.77	39.74
	100m:	1:12.50	38.40	200m:	2:32.37	40.34	300m:	3:53.03	40.26	400m:	5:09.77	37.00
5.			48							5:18.61		
	50m:	37.13	37.13	150m:	1:57.90	40.01	250m:	3:19.58	41.14	350m:	4:39.94	39.99
	100m:	1:17.89	40.76	200m:	2:38.44	40.54	300m:	3:59.95	40.37	400m:	5:18.61	38.67
6.			45							5:36.50		
	50m:	37.91	37.91	150m:	2:00.50	42.02	250m:	3:27.77		350m:	4:56.26	43.65
	100m:	1:18.48	40.57	200m:			300m:	4:12.61	44.84	400m:	5:36.50	40.24
7.			45							5:37.68		
	50m:	36.32	36.32	150m:	1:58.28	42.52	250m:	3:27.43	45.37	350m:	4:56.83	44.83
	100m:	1:15.76	39.44	200m:	2:42.06	43.78	300m:	4:12.00	44.57	400m:	5:37.68	40.85
8.			49							6:19.93		
	50m:	40.81	40.81	150m:	2:13.60	47.03	250m:	3:50.65	49.34	350m:	5:31.84	51.30
	100m:	1:26.57	45.76	200m:	3:01.31	47.71	300m:	4:40.54	49.89	400m:	6:19.93	48.09

40 - 44

1.			43							4:21.89		
	50m:	29.63	29.63	150m:	1:35.94	33.37	250m:	2:42.90	33.37	350m:	3:49.66	33.29
	100m:	1:02.57	32.94	200m:	2:09.53	33.59	300m:	3:16.37	33.47	400m:	4:21.89	32.23
2.			43							4:43.44		
	50m:	32.33	32.33	150m:	1:43.48	36.32	250m:	2:56.45	36.47	350m:	4:09.14	36.55
	100m:	1:07.16	34.83	200m:	2:19.98	36.50	300m:	3:32.59	36.14	400m:	4:43.44	34.30
3.			41							4:53.11		
	50m:	31.90	31.90	150m:	1:45.25	37.38	250m:	3:00.50	37.27	350m:	4:16.69	37.76
	100m:	1:07.87	35.97	200m:	2:23.23	37.98	300m:	3:38.93	38.43	400m:	4:53.11	36.42
4.			42							4:54.73		
	50m:	33.07	33.07	150m:	1:47.36	38.02	250m:	3:03.78	38.38	350m:	4:19.34	37.39
	100m:	1:09.34	36.27	200m:	2:25.40	38.04	300m:	3:41.95	38.17	400m:	4:54.73	35.39
5.			41							4:57.91		
	50m:	33.91	33.91	150m:	1:49.07	38.04	250m:	3:05.43	38.00	350m:	4:21.11	37.74
	100m:	1:11.03	37.12	200m:	2:27.43	38.36	300m:	3:43.37	37.94	400m:	4:57.91	36.80
6.			40							5:04.00		
	50m:	33.51	33.51	150m:	1:47.68	37.51	250m:	3:06.25	39.88	350m:	4:26.66	40.37
	100m:	1:10.17	36.66	200m:	2:26.37	38.69	300m:	3:46.29	40.04	400m:	5:04.00	37.34
7.			40							5:43.37		
	50m:	36.28	36.28	150m:	2:01.00	43.59	250m:	3:31.10	45.76	350m:	5:01.68	44.93
	100m:	1:17.41	41.13	200m:	2:45.34	44.34	300m:	4:16.75	45.65	400m:	5:43.37	41.69

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ALGE TIMING

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	30,	, 400m		, 40 - 44								
8.			43							5:49.27		
	50m: 36.70	36.70	150m: 2:02.73	44.48	250m: 3:34.14	46.03	350m: 5:06.21	45.18				
	100m: 1:18.25	41.55	200m: 2:48.11	45.38	300m: 4:21.03	46.89	400m: 5:49.27	43.06				
9.			41							5:55.13		
	50m: 38.16	38.16	150m: 2:03.82	44.32	250m: 3:35.26	45.64	350m: 5:09.09	47.43				
	100m: 1:19.50	41.34	200m: 2:49.62	45.80	300m: 4:21.66	46.40	400m: 5:55.13	46.04				
			40							NT		NT
35 - 39												
1.			38							4:23.36		
	50m: 30.28	30.28	150m: 1:35.79	32.94	250m: 2:43.47	34.04	350m: 3:51.39	33.80				
	100m: 1:02.85	32.57	200m: 2:09.43	33.64	300m: 3:17.59	34.12	400m: 4:23.36	31.97				
2.			37							4:35.80		
	50m: 29.34	29.34	150m: 1:37.43	34.93	250m: 2:48.80	35.65	350m: 4:00.98	35.93				
	100m: 1:02.50	33.16	200m: 2:13.15	35.72	300m: 3:25.05	36.25	400m: 4:35.80	34.82				
3.			39	-						4:42.94		
	50m: 34.11	34.11	150m: 1:47.51	36.16	250m: 2:58.85	35.41	350m: 4:08.69	34.25				
	100m: 1:11.35	37.24	200m: 2:23.44	35.93	300m: 3:34.44	35.59	400m: 4:42.94	34.25				
4.			39							4:45.47		
	50m: 32.17	32.17	150m: 1:43.23	36.06	250m: 2:55.64	36.11	350m: 4:09.11	37.07				
	100m: 1:07.17	35.00	200m: 2:19.53	36.30	300m: 3:32.04	36.40	400m: 4:45.47	36.36				
5.			38							5:01.84		
	50m: 33.42	33.42	150m: 1:47.96	38.12	250m: 3:04.95	38.33	350m: 4:23.31	39.24				
	100m: 1:09.84	36.42	200m: 2:26.62	38.66	300m: 3:44.07	39.12	400m: 5:01.84	38.53				
6.			36							5:19.32		
	50m: 35.56	35.56	150m: 1:55.70	40.43	250m: 3:16.95	41.16	350m: 4:39.44	41.28				
	100m: 1:15.27	39.71	200m: 2:35.79	40.09	300m: 3:58.16	41.21	400m: 5:19.32	39.88				
7.			35							5:26.65		
	50m: 33.98	33.98	150m: 1:51.84	40.25	250m: 3:16.68	42.87	350m: 4:44.14	43.99				
	100m: 1:11.59	37.61	200m: 2:33.81	41.97	300m: 4:00.15	43.47	400m: 5:26.65	42.51				
			35							NT		NT
			38							NT		NT
			39							NT		NT
30 - 34												
1.			33							4:03.00		
	50m: 27.34	27.34	150m: 1:27.83	30.54	250m: 2:30.04	31.11	350m: 3:33.28	31.60				
	100m: 57.29	29.95	200m: 1:58.93	31.10	300m: 3:01.68	31.64	400m: 4:03.00	29.72				
2.			33							4:16.91		
	50m: 28.24	28.24	150m: 1:31.23	32.20	250m: 2:36.38	32.91	350m: 3:43.71	33.94				
	100m: 59.03	30.79	200m: 2:03.47	32.24	300m: 3:09.77	33.39	400m: 4:16.91	33.20				
3.			30							4:23.08		
	50m: 29.50	29.50	150m: 1:35.28	33.24	250m: 2:42.33	33.51	350m: 3:50.39	33.64				
	100m: 1:02.04	32.54	200m: 2:08.82	33.54	300m: 3:16.75	34.42	400m: 4:23.08	32.69				
4.			33							4:25.27		
	50m: 29.28	29.28	150m: 1:34.35	32.76	250m: 2:43.18	34.49	350m: 3:52.68	34.78				
	100m: 1:01.59	32.31	200m: 2:08.69	34.34	300m: 3:17.90	34.72	400m: 4:25.27	32.59				

ALGE TIMING

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	30,	, 400m	, 30 - 34									
5.			30									4:32.41
	50m: 30.48	30.48	150m: 1:38.50	33.86	250m: 2:47.98	34.74	350m: 3:58.90	35.01				
	100m: 1:04.64	34.16	200m: 2:13.24	34.74	300m: 3:23.89	35.91	400m: 4:32.41	33.51				
6.			33									4:33.96
	50m: 29.76	29.76	150m: 1:38.02	35.02	250m: 2:48.79	35.63	350m: 3:59.97	35.66				
	100m: 1:03.00	33.24	200m: 2:13.16	35.14	300m: 3:24.31	35.52	400m: 4:33.96	33.99				
7.			32									4:47.65
	50m: 33.42	33.42	150m: 1:45.58	36.45	250m: 2:58.98	36.57	350m: 4:12.72	36.87				
	100m: 1:09.13	35.71	200m: 2:22.41	36.83	300m: 3:35.85	36.87	400m: 4:47.65	34.93				
8.			33									5:00.36
	50m: 29.07	29.07	150m: 1:40.67	37.37	250m: 3:00.65	40.39	350m: 4:22.31	40.63				
	100m: 1:03.30	34.23	200m: 2:20.26	39.59	300m: 3:41.68	41.03	400m: 5:00.36	38.05				
			31									NT
			33									NT
25 - 29												
1.			27									4:14.18
	50m: 28.34	28.34	150m: 1:32.90	32.56	250m: 2:38.00	32.17	350m: 3:43.07	32.30				
	100m: 1:00.34	32.00	200m: 2:05.83	32.93	300m: 3:10.77	32.77	400m: 4:14.18	31.11				
2.			26									4:29.33
	50m: 29.51	29.51	150m: 1:34.72	32.93	250m: 2:44.49	35.60	350m: 3:55.61	35.41				
	100m: 1:01.79	32.28	200m: 2:08.89	34.17	300m: 3:20.20	35.71	400m: 4:29.33	33.72				
3.			27									4:30.69
	50m: 30.44	30.44	150m: 1:37.49	33.92	250m: 2:47.37	35.04	350m: 3:57.71	35.04				
	100m: 1:03.57	33.13	200m: 2:12.33	34.84	300m: 3:22.67	35.30	400m: 4:30.69	32.98				
4.			26									4:32.67
	50m: 29.38	29.38	150m: 1:37.58	34.49	250m: 2:48.77	35.71	350m: 4:00.21	35.16				
	100m: 1:03.09	33.71	200m: 2:13.06	35.48	300m: 3:25.05	36.28	400m: 4:32.67	32.46				
5.			29									4:45.56
	50m: 32.31	32.31	150m: 1:43.44	35.88	250m: 2:56.59	36.71	350m: 4:09.94	36.83				
	100m: 1:07.56	35.25	200m: 2:19.88	36.44	300m: 3:33.11	36.52	400m: 4:45.56	35.62				

" "

ALGE TIMING

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