



Mare Nostrum Monaco

MONACO

from 20th to 21st May 2023 - 50m pool



Results

[FINA quotation]

Records du 400 Nage Libre Messieurs

Record du Monde: **3:40.07** Paul BIEDERMANN (1986) GER 26/07/2009 ROME
 Record d'Europe: **3:40.07** Paul BIEDERMANN (1986) GER 26/07/2009 ROME
 Monaco Record: **3:41.71** Ian THORPE (1982) AUS 12/06/2001 MONACO
 Mare Nostrum Record: **3:41.71** Ian THORPE (1982) AUS 12/06/2001 MONACO

Final A : 400 Freestyle Men

[Saturday, 20/05/2023]

1. Kregor ZIRK		1999	EST	ESTONIAN SWIMMING FEDERATION	+0.62	3:50.24	873 pts		
50 m :	26.19 (26.19)	100 m :	54.93 (28.74)	[54.93]	150 m :	1:24.00 (29.07)	200 m :	1:53.31 (29.31)	[58.38]
250 m :	2:22.56 (29.25)	300 m :	2:52.19 (29.63)	[58.88]	350 m :	3:21.77 (29.58)	400 m :	3:50.24 (28.47)	[58.05]
2. Tommy-Lee CAMBLONG		2001	FRA	CANET 66 NATATION	+0.66	3:51.14	863 pts		
50 m :	27.13 (27.13)	100 m :	56.18 (29.05)	[56.18]	150 m :	1:25.29 (29.11)	200 m :	1:54.57 (29.28)	[58.39]
250 m :	2:23.65 (29.08)	300 m :	2:52.92 (29.27)	[58.35]	350 m :	3:22.59 (29.67)	400 m :	3:51.14 (28.55)	[58.22]
3. Albert ESCRITS MANOSA		1998	ESP	FEDERACIO CATALANA NATACIO	+0.73	3:56.71	803 pts		
50 m :	26.94 (26.94)	100 m :	56.63 (29.69)	[56.63]	150 m :	1:26.71 (30.08)	200 m :	1:57.02 (30.31)	[1:00.39]
250 m :	2:27.37 (30.35)	300 m :	2:57.96 (30.59)	[1:00.94]	350 m :	3:27.50 (29.54)	400 m :	3:56.71 (29.21)	[58.75]
4. Roman FUCHS		1998	FRA	FFN - INSEP	+0.61	3:57.50	795 pts		
50 m :	27.09 (27.09)	100 m :	56.81 (29.72)	[56.81]	150 m :	1:26.91 (30.10)	200 m :	1:57.29 (30.38)	[1:00.48]
250 m :	2:27.87 (30.58)	300 m :	2:58.70 (30.83)	[1:01.41]	350 m :	3:29.15 (30.45)	400 m :	3:57.50 (28.35)	[58.80]
5. Paul BEAUGRAND		2000	FRA	CANET 66 NATATION	+0.70	3:57.65	794 pts		
50 m :	27.21 (27.21)	100 m :	56.54 (29.33)	[56.54]	150 m :	1:26.71 (30.17)	200 m :	1:57.21 (30.50)	[1:00.67]
250 m :	2:28.42 (31.21)	300 m :	2:59.32 (30.90)	[1:02.11]	350 m :	3:29.93 (30.61)	400 m :	3:57.65 (27.72)	[58.33]
6. Ryo NAKAMITSU		2005	JPN	JAPAN SWIMMING FEDERATION	+0.73	3:58.29	787 pts		
50 m :	27.09 (27.09)	100 m :	56.81 (29.72)	[56.81]	150 m :	1:26.67 (29.86)	200 m :	1:57.13 (30.46)	[1:00.32]
250 m :	2:27.68 (30.55)	300 m :	2:58.75 (31.07)	[1:01.62]	350 m :	3:29.20 (30.45)	400 m :	3:58.29 (29.09)	[59.54]
7. Lluís ESCRITS MANOSA		2001	ESP	FEDERACIO CATALANA NATACIO	+0.75	4:02.47	747 pts		
50 m :	28.04 (28.04)	100 m :	57.79 (29.75)	[57.79]	150 m :	1:28.42 (30.63)	200 m :	1:59.13 (30.71)	[1:01.34]
250 m :	2:29.91 (30.78)	300 m :	3:01.06 (31.15)	[1:01.93]	350 m :	3:32.07 (31.01)	400 m :	4:02.47 (30.40)	[1:01.41]
8. Theo DRUENNE		2005	MON	FEDERATION MONEGASQUE DE NATATION	+0.66	4:04.26	731 pts		
50 m :	27.48 (27.48)	100 m :	57.97 (30.49)	[57.97]	150 m :	1:28.76 (30.79)	200 m :	1:59.91 (31.15)	[1:01.94]
250 m :	2:30.87 (30.96)	300 m :	3:02.31 (31.44)	[1:02.40]	350 m :	3:33.32 (31.01)	400 m :	4:04.26 (30.94)	[1:01.95]