



MARE NOSTRUM MONACO
MONACO
from 29th to 30th May 2021 - 50m pool



Results

[FINA quotation]

Records du 400 4 Nages Messieurs

Record du Monde: **4:03.84** PHELPS Michael (1985) USA 10/08/2008 PÉKIN
Record d'Europe: **4:06.16** CSEH Laszlo (1985) HUN 10/08/2008 PÉKIN
Monaco Record: **4:10.30** SETO Daiya (1994) JPN 09/06/2019 MONACO
Mare Nostrum Record: **4:07.96** CSEH Laszlo (1985) HUN 14/06/2008 CANET

Prelim : 400 Medley Men

[Sunday, 30/05/2021]

1.	KNIPPING Arjan	1994	NED	NETHERLANDS	+0.72	4:16.24	861 pts
	50 m : 27.18 (27.18)	100 m : 58.85 (31.67)	[58.85]	150 m : 1:32.87 (34.02)	200 m : 2:06.06 (33.19)	[1:07.21]	
	250 m : 2:40.72 (34.66)	300 m : 3:15.90 (35.18)	[1:09.84]	350 m : 3:47.05 (31.15)	400 m : 4:16.24 (29.19)	[1:00.34]	
2.	POLONSKY Ron	2001	ISR	ISRAEL SWIMMING ASSOCIATION	+0.66	4:19.00	834 pts
	50 m : 27.78 (27.78)	100 m : 1:00.19 (32.41)	[1:00.19]	150 m : 1:34.08 (33.89)	200 m : 2:07.31 (33.23)	[1:07.12]	
	250 m : 2:42.62 (35.31)	300 m : 3:18.67 (36.05)	[1:11.36]	350 m : 3:49.59 (30.92)	400 m : 4:19.00 (29.41)	[1:00.33]	
3.	VANMOEN Romain	2002	FRA	AS. SP. MONACO NATATION	+0.64	4:37.16	680 pts
	50 m : 29.32 (29.32)	100 m : 1:03.28 (33.96)	[1:03.28]	150 m : 1:38.54 (35.26)	200 m : 2:13.21 (34.67)	[1:09.93]	
	250 m : 2:53.53 (40.32)	300 m : 3:33.78 (40.25)	[1:20.57]	350 m : 4:05.97 (32.19)	400 m : 4:37.16 (31.19)	[1:03.38]	
---	CHOUCHAR Ramzi	1997	ALG	SAINT-RAPHAEL NATATION		DNS dec	
---	KHALIL Adib	2002	LBN	AS. SP. MONACO NATATION		DNS dec	
---	SYOUD Jaouad	1999	ALG	OLYMPIC NICE NATATION		DNS dec	