

XVI NEMO KUP 2020  
SKOPJE, 22.11.2020

Disciplina 43  
22.11.2020

Muški/M, 400m Slobodno/Free

2008 i stariji  
Rezultati

MKD Otvoreno/Open	3:56.32
MKD - 18	3:57.07
MKD - 16	4:01.44
MKD - 14	4:14.98
MKD - 12	4:47.91

Bodova: FINA 2020

Rang					G.R.					Vreme	Bodova	
<b>A</b>												
1.	Filip DERKOSKI				00	Orion, SK				<b>4:03.31</b>	663	
	50m:	28.35	28.35	150m:	1:29.88	30.81	250m:	2:31.77	350m:	3:33.42	30.97	
	100m:	59.07	30.72	200m:			300m:	3:02.45	30.68	400m:	4:03.31	29.89
2.	Bozidar MIRCEVSKI				03	Vip Rabot. SKO				<b>4:22.60</b>	528	
	50m:	28.58	28.58	150m:	1:32.89	32.80	250m:	2:40.36	350m:	3:48.71	34.28	
	100m:	1:00.09	31.51	200m:			300m:	3:14.43	34.07	400m:	4:22.60	33.89
3.	Stefan CVETKOSKI				04	Skopje, SK				<b>4:27.23</b>	501	
	50m:	29.18	29.18	150m:	1:35.73	34.06	250m:	2:43.51	33.58	350m:	3:52.60	34.98
	100m:	1:01.67	32.49	200m:	2:09.93	34.20	300m:	3:17.62	34.11	400m:	4:27.23	34.63
4.	David TANUROVSKI				04	Orion, SK				<b>4:35.52</b>	457	
	50m:	30.63	30.63	150m:	1:39.99	35.16	250m:	2:51.30	34.38	350m:	4:01.75	35.91
	100m:	1:04.83	34.20	200m:	2:16.92	36.93	300m:	3:25.84	34.54	400m:	4:35.52	33.77
5.	Aron ZEKA				04	Step, PR				<b>4:39.50</b>	437	
	50m:	30.35	30.35	150m:	1:39.94	35.12	250m:	2:51.80	35.94	350m:	4:03.71	35.93
	100m:	1:04.82	34.47	200m:	2:15.86	35.92	300m:	3:27.78	35.98	400m:	4:39.50	35.79
<b>B</b>												
1.	Sidrit DESKU				05	Step, PR				<b>4:22.08</b>	531	
	50m:	30.20	30.20	150m:	1:36.03	33.72	250m:	2:43.05	33.38	350m:	3:50.06	33.38
	100m:	1:02.31	32.11	200m:	2:09.67	33.64	300m:	3:16.68	33.63	400m:	4:22.08	32.02
2.	Andrej KARASKAKOVSKI				05	Skopje, SK				<b>4:23.83</b>	520	
	50m:	29.41	29.41	150m:	1:35.51	33.63	250m:	2:44.08	34.27	350m:	3:52.15	33.83
	100m:	1:01.88	32.47	200m:	2:09.81	34.30	300m:	3:18.32	34.24	400m:	4:23.83	31.68
3.	Jakov VELKOVSKI				05	Orion, SK				<b>4:25.26</b>	512	
	50m:	29.77	29.77	150m:	1:37.03	34.20	250m:	2:45.58	34.12	350m:	3:53.23	33.68
	100m:	1:02.83	33.06	200m:	2:11.46	34.43	300m:	3:19.55	33.97	400m:	4:25.26	32.03
4.	Simon POPOVSKI				06	Vardar 2018, SK				<b>4:34.56</b>	461	
	50m:	30.85	30.85	150m:	1:38.31	33.85	250m:	2:48.47	35.17	350m:	3:59.90	35.81
	100m:	1:04.46	33.61	200m:	2:13.30	34.99	300m:	3:24.09	35.62	400m:	4:34.56	34.66
<b>C</b>												
1.	Andrej STOJANOVSKI				07	Skopje, SK				<b>4:40.62</b>	432	
	50m:	30.18	30.18	150m:	1:38.37	34.66	250m:	2:50.79	36.63	350m:	4:05.17	37.51
	100m:	1:03.71	33.53	200m:	2:14.16	35.79	300m:	3:27.66	36.87	400m:	4:40.62	35.45
2.	Dimitar BOSHPAKOV				08	Skopje, SK				<b>4:45.39</b>	411	
	*** Nezvani no rekord MKD ***											
	50m:	31.23	31.23	150m:	1:41.22	35.51	250m:	2:54.95	36.62	350m:	4:09.69	37.47
	100m:	1:05.71	34.48	200m:	2:18.33	37.11	300m:	3:32.22	37.27	400m:	4:45.39	35.70