

ARAB SPORTS GAMES 2023 "ALGERIA"
ORAN, 5 - 10/7/2023

10 - FINAL 05

09/07/2023 - 18:00

Event 30
09/07/2023 - 18:22

Men, 400m Medley

Open
Results Final

Points: FINA 2022

Rank	YB		Time		Pts	100m	200m	300m	400m
1.	SYOUD, JAOUAD	99	ALG	4:25.34	776	57.64	1:08.10	1:13.64	1:05.96
	50m: 26.55	26.55	150m: 1:31.75	34.11	250m: 2:41.92	36.18	350m: 3:53.13	33.75	
	100m: 57.64	31.09	200m: 2:05.74	33.99	300m: 3:19.38	37.46	400m: 4:25.34	32.21	
2.	CHOUCHAR, RAMZI	97	ALG	4:27.87	754	59.26	1:10.95	1:14.23	1:03.43
	50m: 27.62	27.62	150m: 1:34.98	35.72	250m: 2:47.31	37.10	350m: 3:56.51	32.07	
	100m: 59.26	31.64	200m: 2:10.21	35.23	300m: 3:24.44	37.13	400m: 4:27.87	31.36	
3.	TRABLUSI, OSAMA	05	SYR	4:35.69	691	1:00.88	1:11.29	1:18.87	1:04.65
	50m: 28.61	28.61	150m: 1:37.00	36.12	250m: 2:51.92	39.75	350m: 4:03.73	32.69	
	100m: 1:00.88	32.27	200m: 2:12.17	35.17	300m: 3:31.04	39.12	400m: 4:35.69	31.96	
4.	RAHMOUNI, RAMI	09	TUN	4:43.73	634	1:02.61	1:12.18	1:25.48	1:03.46
	50m: 28.75	28.75	150m: 1:39.87	37.26	250m: 2:57.26	42.47	350m: 4:11.65	31.38	
	100m: 1:02.61	33.86	200m: 2:14.79	34.92	300m: 3:40.27	43.01	400m: 4:43.73	32.08	
5.	AL ABDALLAT, A.	07	JOR	4:49.93	594	1:01.29	1:12.28	1:27.20	1:09.16
	50m: 27.93	27.93	150m: 1:37.85	36.56	250m: 2:55.97	42.40	350m: 4:14.38	33.61	
	100m: 1:01.29	33.36	200m: 2:13.57	35.72	300m: 3:40.77	44.80	400m: 4:49.93	35.55	
6.	ABDULLA, AHMED	05	BRN	5:03.58	518	1:04.38	1:20.74	1:27.72	1:10.74
	50m: 29.43	29.43	150m: 1:45.56	41.18	250m: 3:08.67	43.55	350m: 4:28.56	35.72	
	100m: 1:04.38	34.95	200m: 2:25.12	39.56	300m: 3:52.84	44.17	400m: 5:03.58	35.02	