

Prova 15 Masc., 400m Livres Master Esc A
29-06-2013 - 16:20 Resultados

RN A(25-29) 4:22.25 Nuno Jose Vicente CNTN Estocolmo (SWE) 19-08-2005

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ricardo Sousa Filipe <i>Rec Nac Esc A</i>	88	Louletano/Loule Concelho	4:18.06	+0,78	819	9
	50m: 29.01 29.01 150m: 1:34.91 33.18 250m: 2:41.94 33.73 350m: 3:47.70 32.61						
	100m: 1:01.73 32.72 200m: 2:08.21 33.30 300m: 3:15.09 33.15 400m: 4:18.06 30.36						
2.	Alvaro Miguel Cardoso	84	Nadadores dos Estoris	5:04.09	+0,72	500	7
	50m: 34.47 34.47 150m: 1:51.47 38.51 250m: 3:09.83 39.06 350m: 4:27.69 38.46						
	100m: 1:12.96 38.49 200m: 2:30.77 39.30 300m: 3:49.23 39.40 400m: 5:04.09 36.40						
3.	Joao Duarte Cruz	86	Masters Almada	5:04.91	+0,88	496	6
	50m: 34.39 34.39 150m: 1:51.32 38.54 250m: 3:09.77 38.58 350m: 4:28.25 38.68						
	100m: 1:12.78 38.39 200m: 2:31.19 39.87 300m: 3:49.57 39.80 400m: 5:04.91 36.66						
4.	Vasco Vieira Lopes	84	Leixoes	5:17.35	+0,79	440	5
	50m: 33.65 33.65 150m: 1:50.72 39.12 250m: 3:10.50 40.43 350m: 4:35.03 43.03						
	100m: 1:11.60 37.95 200m: 2:30.07 39.35 300m: 3:52.00 41.50 400m: 5:17.35 42.32						
5.	Hugo Folgar Ferreiro	84	Gespacos	5:23.11	+0,90	417	4
	50m: 35.40 35.40 150m: 1:58.18 42.35 250m: 3:22.40 42.29 350m: 4:46.75 42.52						
	100m: 1:15.83 40.43 200m: 2:40.11 41.93 300m: 4:04.23 41.83 400m: 5:23.11 36.36						

Prova 15 Masc., 400m Livres Master Esc B
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RN B(30-34) 4:13.07 Pedro Miguel Silva CFV Coimbra 21-06-2009

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nelson Palma Mestre	80	Academica de Coimbra	5:40.56	+0,65	352	9
	50m: 36.91 36.91 150m: 1:59.04 42.00 250m: 3:26.58 44.75 350m: 4:56.98 45.62						
	100m: 1:17.04 40.13 200m: 2:41.83 42.79 300m: 4:11.36 44.78 400m: 5:40.56 43.58						
2.	Joao Carlos Malta	82	Natacao da Maia	5:44.50	+0,84	340	7
	50m: 38.36 38.36 150m: 2:03.49 41.82 250m: 3:32.70 45.25 350m: 5:02.06 44.79						
	100m: 1:21.67 43.31 200m: 2:47.45 43.96 300m: 4:17.27 44.57 400m: 5:44.50 42.44						
3.	Goncalo Miguel Costa	82	Ginasio Clube	5:45.76	+0,88	337	6
	50m: 36.97 36.97 150m: 2:00.81 42.61 250m: 3:32.41 46.20 350m: 5:03.89 45.28						
	100m: 1:18.20 41.23 200m: 2:46.21 45.40 300m: 4:18.61 46.20 400m: 5:45.76 41.87						
4.	Nuno Andre Campos	81	Galitos	5:54.58	+0,80	312	5
	50m: 38.41 38.41 150m: 2:07.25 44.44 250m: 3:40.30 46.86 350m: 5:14.97 46.51						
	100m: 1:22.81 44.40 200m: 2:53.44 46.19 300m: 4:28.46 48.16 400m: 5:54.58 39.61						
DNS	Pedro Guedes Silva	82	Colegio Monte Maior				
DNS	Antonio Torres Del Cerro	80	Nacional de Natacao				

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Masc., 400m Livres

Master Esc C
Resultados

RN C(35-39) 4:24.85 Pedro Miguel Silva CFV Oeiras 02-07-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ruben Antonio Gutierrez Fuentes	76	C.N. Jerez	5:03.80	+0,72	527	9
	50m: 33.75 33.75 150m: 1:51.15 39.50 250m: 3:10.28 39.70 350m: 4:27.80 38.55						
	100m: 1:11.65 37.90 200m: 2:30.58 39.43 300m: 3:49.25 38.97 400m: 5:03.80 36.00						
2.	Pedro Nuno Braga	74	Natacao da Maia	5:10.11	+0,90	495	7
	50m: 35.47 35.47 150m: 1:56.09 39.98 250m: 3:15.29 39.82 350m: 4:34.22 39.18						
	100m: 1:16.11 40.64 200m: 2:35.47 39.38 300m: 3:55.04 39.75 400m: 5:10.11 35.89						
3.	Nuno Alexandre Crespo	75	Colegio Monte Maior	5:16.04	+0,74	468	6
	50m: 35.25 35.25 150m: 1:55.85 40.19 250m: 3:17.02 40.03 350m: 4:37.06 39.85						
	100m: 1:15.66 40.41 200m: 2:36.99 41.14 300m: 3:57.21 40.19 400m: 5:16.04 38.98						
4.	Antonio Joao Matos	75	Alcobaca	5:20.06	+1,08	450	5
	50m: 34.84 34.84 150m: 1:53.00 39.82 250m: 3:15.82 41.82 350m: 4:39.23 41.69						
	100m: 1:13.18 38.34 200m: 2:34.00 41.00 300m: 3:57.54 41.72 400m: 5:20.06 40.83						
5.	Artur Jorge Rosa	76	Natacao da Maia	5:34.23	+0,84	395	4
	50m: 38.37 38.37 150m: 2:03.28 43.10 250m: 3:28.79 42.62 350m: 4:53.47 41.71						
	100m: 1:20.18 41.81 200m: 2:46.17 42.89 300m: 4:11.76 42.97 400m: 5:34.23 40.76						
6.	Joao Miguel Macedo	74	Leixoes	5:36.66	+0,84	387	3
	50m: 37.16 37.16 150m: 2:01.41 43.32 250m: 3:29.06 43.86 350m: 4:56.19 42.93						
	100m: 1:18.09 40.93 200m: 2:45.20 43.79 300m: 4:13.26 44.20 400m: 5:36.66 40.47						
7.	Eduardo Jose Amaral	78	Pimpoes/Cimai	5:38.47	+0,95	381	2
	50m: 36.21 36.21 150m: 2:01.17 43.41 250m: 3:29.45 44.77 350m: 4:58.69 44.62						
	100m: 1:17.76 41.55 200m: 2:44.68 43.51 300m: 4:14.07 44.62 400m: 5:38.47 39.78						
8.	Alexandre Marques Pereira	76	Colegio Monte Maior	5:39.67	+0,93	377	1
	50m: 39.34 39.34 150m: 2:05.67 43.19 250m: 3:32.54 43.67 350m: 4:59.77 43.46						
	100m: 1:22.48 43.14 200m: 2:48.87 43.20 300m: 4:16.31 43.77 400m: 5:39.67 39.90						
9.	David Brito Tristao	75	Portinado	5:46.18	+1,20	356	
	50m: 37.67 37.67 150m: 2:02.65 42.96 250m: 3:31.09 44.93 350m: 5:01.60 45.31						
	100m: 1:19.69 42.02 200m: 2:46.16 43.51 300m: 4:16.29 45.20 400m: 5:46.18 44.58						
10.	Nuno Manuel Pereira	74	Colegio Monte Maior	6:03.34	+0,84	308	
	50m: 39.87 39.87 150m: 2:12.23 46.81 250m: 3:46.19 46.74 350m: 5:19.51 46.02						
	100m: 1:25.42 45.55 200m: 2:59.45 47.22 300m: 4:33.49 47.30 400m: 6:03.34 43.83						
11.	Joao Antonio Gomes	75	Leixoes	6:04.78	+0,90	304	
	50m: 39.26 39.26 150m: 2:10.85 47.50 250m: 3:46.86 47.39 350m: 5:21.83 47.15						
	100m: 1:23.35 44.09 200m: 2:59.47 48.62 300m: 4:34.68 47.82 400m: 6:04.78 42.95						
12.	Antonio Filipe Sousa	76	Naval Setubalense	7:11.35	+1,13	184	
	50m: 46.41 46.41 150m: 2:35.63 56.24 250m: 4:28.23 56.53 350m: 6:19.37 55.11						
	100m: 1:39.39 52.98 200m: 3:31.70 56.07 300m: 5:24.26 56.03 400m: 7:11.35 51.98						

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Masc., 400m Livres

Master Esc D
Resultados

RN D(40-44) 4:53.70 Paulo Paula Carvalho SFP Palma Maiorca (ESP) 06-07-2001

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carlos Guimaraes Goncalves	70	Fluvial Portuense	5:07.39	+0,97	545	9
	50m: 35.51 35.51 150m: 1:52.83 38.52 250m: 3:10.59 38.84 350m: 4:29.31 39.27						
	100m: 1:14.31 38.80 200m: 2:31.75 38.92 300m: 3:50.04 39.45 400m: 5:07.39 38.08						
2.	Americo Pedro Goncalves	71	Galitos	5:14.83	+0,98	508	7
	50m: 36.25 36.25 150m: 1:55.96 40.58 250m: 3:18.51 41.29 350m: 4:38.49 39.48						
	100m: 1:15.38 39.13 200m: 2:37.22 41.26 300m: 3:59.01 40.50 400m: 5:14.83 36.34						
3.	Sergio David Silva	73	Natacao da Maia	5:22.83	+0,96	471	6
	50m: 35.67 35.67 150m: 1:57.10 41.22 250m: 3:20.46 41.78 350m: 4:45.13 41.86						
	100m: 1:15.88 40.21 200m: 2:38.68 41.58 300m: 4:03.27 42.81 400m: 5:22.83 37.70						
4.	Ricardo Miguel Frias	73	Alges	5:30.43	+0,92	439	5
	50m: 36.50 36.50 150m: 1:56.79 40.83 250m: 3:21.98 43.23 350m: 4:48.87 43.60						
	100m: 1:15.96 39.46 200m: 2:38.75 41.96 300m: 4:05.27 43.29 400m: 5:30.43 41.56						
5.	Juan-Antonio Grau	69	Cd.Un.Polit.Valencia	5:34.23	+1,09	424	4
	50m: 35.73 35.73 150m: 1:57.66 41.71 250m: 3:24.19 43.84 350m: 4:52.28 44.32						
	100m: 1:15.95 40.22 200m: 2:40.35 42.69 300m: 4:07.96 43.77 400m: 5:34.23 41.95						
6.	Nuno Andre Ramalhao	73	Leixoes	5:42.00	+0,97	396	3
	50m: 37.30 37.30 150m: 2:02.44 43.40 250m: 3:32.60 45.30 350m: 5:01.72 43.84						
	100m: 1:19.04 41.74 200m: 2:47.30 44.86 300m: 4:17.88 45.28 400m: 5:42.00 40.28						
7.	Miguel Jose Ferreira	70	Leixoes	6:24.00	+0,94	280	2
	50m: 41.47 41.47 150m: 2:17.89 49.35 250m: 3:58.80 50.54 350m: 5:38.67 49.60						
	100m: 1:28.54 47.07 200m: 3:08.26 50.37 300m: 4:49.07 50.27 400m: 6:24.00 45.33						
8.	Eduardo Alexandre Junior	70	Ginasio Santo Tirso	6:37.98	+1,02	251	1
	50m: 41.68 41.68 150m: 2:18.98 50.63 250m: 4:03.22 51.86 350m: 5:46.07 50.74						
	100m: 1:28.35 46.67 200m: 3:11.36 52.38 300m: 4:55.33 52.11 400m: 6:37.98 51.91						
9.	Nuno Cristiano Pereira	73	Leixoes	6:40.55	+0,97	246	
	50m: 42.43 42.43 150m: 2:19.52 49.84 250m: 4:04.51 53.34 350m: 5:51.10 52.62						
	100m: 1:29.68 47.25 200m: 3:11.17 51.65 300m: 4:58.48 53.97 400m: 6:40.55 49.45						
10.	Francisco Goncalves Malheiro	69	Desportiva de Viana	6:43.04	+1,19	242	
	50m: 44.43 44.43 150m: 2:29.23 52.63 250m: 4:14.49 52.52 350m: 5:58.27 51.81						
	100m: 1:36.60 52.17 200m: 3:21.97 52.74 300m: 5:06.46 51.97 400m: 6:43.04 44.77						
11.	Jose Manuel Brandao	70	Desportiva de Viana	6:43.96	+1,19	240	
	50m: 42.19 42.19 150m: 2:19.78 49.70 250m: 4:04.35 52.54 350m: 5:51.98 53.68						
	100m: 1:30.08 47.89 200m: 3:11.81 52.03 300m: 4:58.30 53.95 400m: 6:43.96 51.98						
12.	Paulo Jorge Reis	70	Funcao Publica	6:57.87	+0,93	217	
	50m: 44.55 44.55 150m: 2:29.81 54.58 250m: 4:16.33 53.87 350m: 6:05.34 54.57						
	100m: 1:35.23 50.68 200m: 3:22.46 52.65 300m: 5:10.77 54.44 400m: 6:57.87 52.53						

Prova 15, Masc., 400m Livres

Prova 15 Masc., 400m Livres Master Esc E
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RN E(45-49) 4:27.36 Jose Carlos Freitas CFP Gotemburgo (SWE) 06-08-2010

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Paulo Piteira	68	Naval Setubalense	5:23.62	+0,99	535	9
	50m: 36.77 36.77 150m: 1:57.73 40.88 250m: 3:21.34 42.06 350m: 4:43.45 40.96						
	100m: 1:16.85 40.08 200m: 2:39.28 41.55 300m: 4:02.49 41.15 400m: 5:23.62 40.17						
2.	Pedro Alexandre Fernando	67	Academica de Coimbra	5:24.29	+0,99	532	7
	50m: 37.13 37.13 150m: 2:00.37 41.51 250m: 3:24.57 41.60 350m: 4:47.48 41.17						
	100m: 1:18.86 41.73 200m: 2:42.97 42.60 300m: 4:06.31 41.74 400m: 5:24.29 36.81						
3.	Ralf Pinto Soares	64	Nadadores dos Estoris	5:37.74	+0,99	471	6
	50m: 36.56 36.56 150m: 2:00.19 41.90 250m: 3:27.85 43.96 350m: 4:55.50 44.05						
	100m: 1:18.29 41.73 200m: 2:43.89 43.70 300m: 4:11.45 43.60 400m: 5:37.74 42.24						
4.	Paulo Alexandre Neves	66	Leixoes	6:20.16	+0,94	330	5
	50m: 42.58 42.58 150m: 2:17.28 47.73 250m: 3:55.12 49.03 350m: 5:34.60 49.88						
	100m: 1:29.55 46.97 200m: 3:06.09 48.81 300m: 4:44.72 49.60 400m: 6:20.16 45.56						
5.	Rui Manuel Velez	64	Luz e Vida	7:09.87	+1,20	228	4
	50m: 45.39 45.39 150m: 2:29.30 53.06 250m: 4:22.27 57.40 350m: 6:18.94 57.94						
	100m: 1:36.24 50.85 200m: 3:24.87 55.57 300m: 5:21.00 58.73 400m: 7:09.87 50.93						
6.	Carlos Sousa Gomes	65	Portinado	8:19.64	+0,89	145	3
	50m: 50.66 50.66 150m: 2:52.90 1:03.56 250m: 5:04.80 1:06.79 400m: 8:19.64 2:07.45						
	100m: 1:49.34 58.68 200m: 3:58.01 1:05.11 300m: 6:12.19 1:07.39						

Prova 15 Masc., 400m Livres Master Esc F
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RN F(50-54) 4:35.56 Jose Carlos Freitas CFP Coimbra 02-06-2013

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Carlos Freitas <i>Rec Nac Esc F</i>	63	Fluvial Portuense	4:35.19	+0,82	927	9
	50m: 32.16 32.16 150m: 1:42.02 35.12 250m: 2:52.35 35.30 350m: 4:02.23 34.90						
	100m: 1:06.90 34.74 200m: 2:17.05 35.03 300m: 3:27.33 34.98 400m: 4:35.19 32.96						
2.	Armando Joao Costa	63	Colegio SMLamas	5:47.08	+0,84	462	7
	50m: 37.70 37.70 150m: 2:08.31 45.51 250m: 3:39.07 45.30 350m: 5:07.29 43.46						
	100m: 1:22.80 45.10 200m: 2:53.77 45.46 300m: 4:23.83 44.76 400m: 5:47.08 39.79						
3.	Juan Luis Silva	63	Masters Almada	6:18.39	+1,17	356	6
	50m: 39.96 39.96 250m: 3:53.90 2:27.11 350m: 5:31.83 48.20						
	100m: 1:26.79 46.83 300m: 4:43.63 49.73 400m: 6:18.39 46.56						
4.	Francisco Jorge Ferreira	62	Academica de Coimbra	6:28.57	+1,06	329	5
	50m: 42.36 42.36 150m: 2:18.54 48.65 250m: 3:59.66 51.14 350m: 5:40.93 50.66						
	100m: 1:29.89 47.53 200m: 3:08.52 49.98 300m: 4:50.27 50.61 400m: 6:28.57 47.64						
5.	Pedro Militao Fernandes	61	Academica de Coimbra	6:29.28	+1,17	327	4
	50m: 43.96 43.96 150m: 2:22.65 50.31 250m: 4:02.89 50.51 350m: 5:42.59 50.00						
	100m: 1:32.34 48.38 200m: 3:12.38 49.73 300m: 4:52.59 49.70 400m: 6:29.28 46.69						

XV Campeonato Nacional Masters de Verão - OPEN
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Prova 15, Masc., 400m Livres

Prova 15 Masc., 400m Livres Master Esc G
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RN G(55-59) 5:22.90 Vitor Manuel Mavioso SAD Coimbra 02-06-2013

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Alberto Vaz Correia	55	Albicastrense	6:02.33		493	9
	50m: 39.53 39.53	150m: 2:11.14 46.55	250m: 3:45.64 47.43	350m: 5:19.87 47.28			
	100m: 1:24.59 45.06	200m: 2:58.21 47.07	300m: 4:32.59 46.95	400m: 6:02.33 42.46			
2.	Antonio Prestes Pires	56	Academica de Coimbra	6:15.35	+1,05	443	7
	50m: 40.60 40.60	150m: 2:15.03 48.78	250m: 2:19.03 350m: 5:31.57 48.94				
	100m: 1:26.25 45.65	200m: 3:04.57 49.54	300m: 4:42.63 2:23.60 400m: 6:15.35 43.78				
3.	Antonio Julio Viana	57	Natacao de Lagos	6:31.60	+1,30	390	6
	50m: 42.42 42.42	150m: 2:22.84 50.19	250m: 4:04.43 50.28	350m: 5:44.51 50.39			
	100m: 1:32.65 50.23	200m: 3:14.15 51.31	300m: 4:54.12 49.69	400m: 6:31.60 47.09			
4.	Rui Manuel Pereira	56	Funcao Publica	7:09.49	+1,29	296	5
	50m: 46.28 46.28	150m: 2:33.26 54.18	250m: 4:26.51 57.18	350m: 6:19.02 55.82			
	100m: 1:39.08 52.80	200m: 3:29.33 56.07	300m: 5:23.20 56.69	400m: 7:09.49 50.47			
5.	Jose Henrique Madail	54	Galitos	7:16.90	+1,15	281	4
	50m: 51.19 51.19	150m: 2:42.93 56.31	250m: 4:34.92 54.69	350m: 6:25.82 54.80			
	100m: 1:46.62 55.43	200m: 3:40.23 57.30	300m: 5:31.02 56.10	400m: 7:16.90 51.08			
6.	Teofilo Manuel Relvas	58	Porto	7:35.58	+0,92	248	3
	50m: 46.65 46.65	150m: 2:39.75 57.77	250m: 4:37.28 59.17	350m: 6:37.92 1:00.44			
	100m: 1:41.98 55.33	200m: 3:38.11 58.36	300m: 5:37.48 1:00.20	400m: 7:35.58 57.66			

Prova 15 Masc., 400m Livres Master Esc H
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RN H(60-64) 5:45.85 Stephen Thomas Dyson CFB Faro 31-05-2008

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carlos Augusto Correia	52	Masters Almada	6:49.62	+1,15	373	9
	50m: 46.03 46.03	150m: 2:28.61 51.75	250m: 4:12.96 52.81	350m: 5:58.48 53.24			
	100m: 1:36.86 50.83	200m: 3:20.15 51.54	300m: 5:05.24 52.28	400m: 6:49.62 51.14			
2.	Hugo Francisco Figueiredo	53	Academica de Coimbra	7:20.60	+0,97	300	7
	50m: 48.03 48.03	150m: 2:39.92 55.70	250m: 4:33.14 57.23	350m: 6:26.30 57.07			
	100m: 1:44.22 56.19	200m: 3:35.91 55.99	300m: 5:29.23 56.09	400m: 7:20.60 54.30			
3.	Antonio Manuel Tavares	51	Funcao Publica	7:21.08	+1,18	299	6
	50m: 49.30 49.30	150m: 2:42.94 57.20	250m: 4:36.87 56.27	350m: 6:28.39 54.49			
	100m: 1:45.74 56.44	200m: 3:40.60 57.66	300m: 5:33.90 57.03	400m: 7:21.08 52.69			
4.	Fernando Manuel Damas	53	Alges	7:33.63	+1,19	275	5
	50m: 51.56 51.56	150m: 2:44.79 56.67	250m: 4:41.49 58.14	350m: 6:38.79 58.78			
	100m: 1:48.12 56.56	200m: 3:43.35 58.56	300m: 5:40.01 58.52	400m: 7:33.63 54.84			

Prova 15, Masc., 400m Livres

Prova 15

Masc., 400m Livres

Master Esc I

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Resultados

RN I(65-69)	5:51.59	Stephen Thomas Dyson	INDANL	Reguengos de Monsaraz	30-06-2012
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Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Stephen Thomas Dyson	47	Alges	5:55.02	+1,05	782	9
	50m: 40.59 40.59	150m: 2:11.57 45.91	250m: 3:43.12 45.22	350m: 5:12.51 44.22			
	100m: 1:25.66 45.07	200m: 2:57.90 46.33	300m: 4:28.29 45.17	400m: 5:55.02 42.51			
2.	Jose Joaquim Marreiros	46	Alges	7:53.74		329	7
	50m: 53.19 53.19	150m: 2:52.63 1:00.87	250m: 4:52.35 1:00.56	350m: 6:57.30 1:02.88			
	100m: 1:51.76 58.57	200m: 3:51.79 59.16	300m: 5:54.42 1:02.07	400m: 7:53.74 56.44			