

Prova 26 Femin., 400m Livres Master Esc A  
10-07-2016 - 9:00 Resultados

RN A(25-29) 4:57.88 Carolina Santos Silva CNMAIA Eindhoven (NED) 02-09-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Joana Isabel Alves	88	Porto	<b>5:27.68</b>		577	9,00
	50m: 36.83 36.83	150m: 1:57.10 40.69	250m: 3:21.27 41.93	350m: 4:45.82 42.09			
	100m: 1:16.41 39.58	200m: 2:39.34 42.24	300m: 4:03.73 42.46	400m: 5:27.68 41.86			
2.	Raquel Alexandra Silva	91	Leixoes	<b>5:37.18</b>	+0,95	530	7,00
	50m: 38.14 38.14	150m: 2:02.17 42.73	250m: 3:27.60 43.07	350m: 4:54.82 43.93			
	100m: 1:19.44 41.30	200m: 2:44.53 42.36	300m: 4:10.89 43.29	400m: 5:37.18 42.36			
3.	Ana Teresa Nunes	88	Natacao do Tejo	<b>5:38.90</b>	+0,96	522	6,00
	50m: 37.53 37.53	150m: 2:02.35 43.03	250m: 3:29.48 43.39	350m: 4:57.43 43.41			
	100m: 1:19.32 41.79	200m: 2:46.09 43.74	300m: 4:14.02 44.54	400m: 5:38.90 41.47			
4.	Helena Manuel Jose	90	Ginasio Santo Tirso	<b>5:49.92</b>	+0,93	474	5,00
	50m: 39.30 39.30	150m: 2:06.67 44.69	250m: 3:36.53 45.42	350m: 5:08.03 45.38			
	100m: 1:21.98 42.68	200m: 2:51.11 44.44	300m: 4:22.65 46.12	400m: 5:49.92 41.89			
5.	Ana Raquel Lirio	90	Ginasio Santo Tirso	<b>6:06.79</b>	+0,93	412	4,00
	50m: 40.76 40.76	150m: 2:12.88 46.62	250m: 3:47.25 47.43	350m: 5:21.38 46.70			
	100m: 1:26.26 45.50	200m: 2:59.82 46.94	300m: 4:34.68 47.43	400m: 6:06.79 45.41			
6.	Ana Raquel Barbosa	88	Gesloures	<b>6:39.59</b>	+0,98	318	3,00
	50m: 42.83 42.83	150m: 2:20.74 50.02	250m: 4:03.15 52.04	350m: 5:49.07 53.45			
	100m: 1:30.72 47.89	200m: 3:11.11 50.37	300m: 4:55.62 52.47	400m: 6:39.59 50.52			

Prova 26 Femin., 400m Livres Master Esc B  
10-07-2016 - 9:00 Resultados

RN B(30-34) 4:39.43 Ana Paula Grilo INATEL Riccione (ITA) 20-06-2003

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Carolina Santos Silva	86	Individual ANNP	<b>4:59.95</b>	+0,67	761	9,00
	50m: 33.54 33.54	150m: 1:48.77 37.97	250m: 3:05.38 38.58	350m: 4:22.34 38.45			
	100m: 1:10.80 37.26	200m: 2:26.80 38.03	300m: 3:43.89 38.51	400m: 4:59.95 37.61			
2.	Keissy Joselin Sousa	85	Porto	<b>5:09.59</b>	+0,81	692	7,00
	50m: 34.10 34.10	150m: 1:51.74 39.54	250m: 3:11.06 39.47	350m: 4:30.73 40.02			
	100m: 1:12.20 38.10	200m: 2:31.59 39.85	300m: 3:50.71 39.65	400m: 5:09.59 38.86			
3.	Catia Santos Ramalho	86	Natacao da Maia	<b>5:35.77</b>	+0,92	542	6,00
	50m: 38.46 38.46	150m: 2:02.83 43.07	250m: 3:28.16 43.16	350m: 4:54.67 43.48			
	100m: 1:19.76 41.30	200m: 2:45.00 42.17	300m: 4:11.19 43.03	400m: 5:35.77 41.10			
4.	Ana Filipe Costa	83	Porto	<b>5:55.07</b>	+1,02	459	5,00
	50m: 39.18 39.18	150m: 2:05.91 44.08	250m: 3:36.90 45.96	350m: 5:09.43 46.27			
	100m: 1:21.83 42.65	200m: 2:50.94 45.03	300m: 4:23.16 46.26	400m: 5:55.07 45.64			
5.	Marina Zaborskaya	85	FC Ferreiras	<b>6:01.52</b>	+0,81	435	4,00
	50m: 38.06 38.06	150m: 2:06.87 45.86	250m: 3:41.91 47.81	350m: 5:16.77 46.83			
	100m: 1:21.01 42.95	200m: 2:54.10 47.23	300m: 4:29.94 48.03	400m: 6:01.52 44.75			
6.	Rita Loureiro Pinto	85	Ginasio Clube	<b>6:04.77</b>	+1,03	423	3,00
	50m: 39.41 39.41	150m: 2:10.43 46.71	250m: 3:45.37 47.70	350m: 5:19.89 47.16			
	100m: 1:23.72 44.31	200m: 2:57.67 47.24	300m: 4:32.73 47.36	400m: 6:04.77 44.88			

Prova 26, Femin., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
7.	Maria Ana Fonseca	82	Fluvial Portuense	<b>6:23.94</b>	+0,98	363	2,00
	50m: 43.51 43.51	150m: 2:20.58 49.74	250m: 4:00.85 50.02	350m: 5:38.16 48.72			
	100m: 1:30.84 47.33	200m: 3:10.83 50.25	300m: 4:49.44 48.59	400m: 6:23.94 45.78			

Prova 26 Femin., 400m Livres Master Esc C  
10-07-2016 - 9:00 Resultados

RN C(35-39)	4:35.74	Ana Paula Grilo	UDCA	Stanford (USA)	10-08-2006
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Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Mafalda Sofia Moreira	79	Benedita	<b>5:32.30</b>	+0,96	626	9,00
	50m: 37.45 37.45	150m: 1:59.43 41.92	250m: 3:25.12 43.45	350m: 4:51.17 43.01			
	100m: 1:17.51 40.06	200m: 2:41.67 42.24	300m: 4:08.16 43.04	400m: 5:32.30 41.13			
2.	Catarina Andrade Alves	78	Desportivo Nacional	<b>5:47.04</b>	+0,85	550	7,00
	50m: 38.41 38.41	150m: 2:04.79 43.59	250m: 3:34.47 44.92	350m: 5:03.88 44.37			
	100m: 1:21.20 42.79	200m: 2:49.55 44.76	300m: 4:19.51 45.04	400m: 5:47.04 43.16			
3.	Sandra Goncalves Santos	79	Fundacao Salesianos	<b>7:10.21</b>	+1,02	288	6,00
	50m: 48.31 48.31	150m: 2:36.16 55.74	250m: 4:28.38 56.53	350m: 6:22.65 57.27			
	100m: 1:40.42 52.11	200m: 3:31.85 55.69	300m: 5:25.38 57.00	400m: 7:10.21 47.56			
4.	Ana Maria Martins	79	Sporting de Aveiro	<b>7:24.76</b>	+1,16	261	5,00
	50m: 53.02 53.02	150m: 2:46.76 57.38	250m: 4:41.42 57.19	350m: 6:32.02 54.73			
	100m: 1:49.38 56.36	200m: 3:44.23 57.47	300m: 5:37.29 55.87	400m: 7:24.76 52.74			
5.	Carmen Silvia Malheiros	81	Litoral Alentejano	<b>7:47.48</b>	+1,17	225	4,00
	50m: 52.12 52.12	150m: 2:48.06 59.59	250m: 4:49.69 1:02.30	350m: 6:52.15 1:01.37			
	100m: 1:48.47 56.35	200m: 3:47.39 59.33	300m: 5:50.78 1:01.09	400m: 7:47.48 55.33			
6.	Ana Filipa Santos	77	O2-Portimao	<b>7:54.84</b>	+1,23	214	3,00
	50m: 53.30 53.30	150m: 2:53.06 1:00.23	250m: 4:56.65 1:01.20	350m: 6:58.28 1:00.00			
	100m: 1:52.83 59.53	200m: 3:55.45 1:02.39	300m: 5:58.28 1:01.63	400m: 7:54.84 56.56			
DNS	Isabel Losada Martinez	79	Mast Murcia				-

Prova 26 Femin., 400m Livres Master Esc D  
10-07-2016 - 9:00 Resultados

RN D(40-44)	5:09.48	Carla Santa Barbara	FCP	London (GBR)	28-05-2016
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Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Carla Santa Barbara <i>Rec Nac Esc D</i>	75	Porto	<b>5:08.12</b>	+0,86	772	9,00
	50m: 33.96 33.96	150m: 1:51.44 39.98	250m: 3:12.33 40.47	350m: 4:32.58 40.28			
	100m: 1:11.46 37.50	200m: 2:31.86 40.42	300m: 3:52.30 39.97	400m: 5:08.12 35.54			
2.	Rita Mendonca Gomes	73	Alges	<b>5:31.68</b>	+0,82	619	7,00
	50m: 35.78 35.78	150m: 1:58.04 41.98	250m: 3:23.94 43.45	350m: 4:50.14 42.97			
	100m: 1:16.06 40.28	200m: 2:40.49 42.45	300m: 4:07.17 43.23	400m: 5:31.68 41.54			
3.	Ines Maria Rothes	73	Fluvial Portuense	<b>5:32.05</b>		617	6,00
	50m: 37.16 37.16	150m: 2:00.35 43.17	250m: 3:27.07 43.66	350m: 4:53.06 43.74			
	100m: 1:17.18 40.02	200m: 2:43.41 43.06	300m: 4:09.32 42.25	400m: 5:32.05 38.99			

Prova 26, Femin., 400m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
4.	Ana Lanca Rodrigues	73	Gesloures	<b>6:01.18</b>	+0,92	479	5,00
	50m: 40.05 40.05	150m: 2:08.78 45.52	250m: 3:41.89 47.07	350m: 5:16.48 47.22		47.22	
	100m: 1:23.26 43.21	200m: 2:54.82 46.04	300m: 4:29.26 47.37	400m: 6:01.18 44.70		44.70	
5.	Joana Isabel Aguiar	76	Alges	<b>6:11.85</b>	+0,83	439	4,00
	50m: 41.22 41.22	150m: 2:12.75 47.18	250m: 3:48.73 48.63	350m: 5:25.40 49.21		49.21	
	100m: 1:25.57 44.35	200m: 3:00.10 47.35	300m: 4:36.19 47.46	400m: 6:11.85 46.45		46.45	
6.	Helena Sofia Diogo	73	Millennium BCP	<b>6:27.34</b>	+0,90	389	3,00
	50m: 41.75 41.75	150m: 2:20.57 50.61	250m: 4:01.88 51.20	350m: 5:42.27 49.79		49.79	
	100m: 1:29.96 48.21	200m: 3:10.68 50.11	300m: 4:52.48 50.60	400m: 6:27.34 45.07		45.07	
7.	Fernanda Maria Santinha	72	Masters de Almada	<b>7:15.25</b>	+1,20	274	2,00
	50m: 48.72 48.72	150m: 2:38.17 55.78	250m: 4:30.08 57.01	350m: 6:21.54 55.85		55.85	
	100m: 1:42.39 53.67	200m: 3:33.07 54.90	300m: 5:25.69 55.61	400m: 7:15.25 53.71		53.71	
8.	Carla Sofia Sequeira	75	Colegio Monte Maior	<b>7:35.11</b>	+0,91	239	1,00
	50m: 51.24 51.24	150m: 2:44.78 58.12	250m: 4:43.95 59.17	350m: 6:42.11 59.06		59.06	
	100m: 1:46.66 55.42	200m: 3:44.78 1:00.00	300m: 5:43.05 59.10	400m: 7:35.11 53.00		53.00	

Prova 26 Femin., 400m Livres Master Esc E  
10-07-2016 - 9:00 Resultados

RN E(45-49) 5:24.65 Patricia Diogenes Pereira SAD Coimbra 17-01-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Maria Teresa Brandao	69	Fluivial Portuense	<b>5:42.73</b>	+1,01	571	9,00
	50m: 38.47 38.47	150m: 2:03.49 43.05	250m: 3:31.92 44.37	350m: 5:00.60 43.99		43.99	
	100m: 1:20.44 41.97	200m: 2:47.55 44.06	300m: 4:16.61 44.69	400m: 5:42.73 42.13		42.13	
2.	Elisabete Maria Rosa	69	Pimpoes/Cimai	<b>6:00.89</b>	+1,06	489	7,00
	50m: 40.32 40.32	150m: 2:11.37 46.49	250m: 3:43.16 46.11	350m: 5:16.65 47.23		47.23	
	100m: 1:24.88 44.56	200m: 2:57.05 45.68	300m: 4:29.42 46.26	400m: 6:00.89 44.24		44.24	
3.	Laura Manuela Miranda	67	Alges	<b>6:32.08</b>	+1,21	381	6,00
	50m: 45.99 45.99	150m: 2:25.64 51.15	250m: 4:06.02 50.29	350m: 5:45.34 49.89		49.89	
	100m: 1:34.49 48.50	200m: 3:15.73 50.09	300m: 4:55.45 49.43	400m: 6:32.08 46.74		46.74	
4.	Catarina Araujo Blanco	71	Alges	<b>6:41.06</b>	+1,18	356	5,00
	50m: 45.99 45.99	150m: 2:30.87 53.57	250m: 4:14.38 51.03	350m: 5:55.10 49.30		49.30	
	100m: 1:37.30 51.31	200m: 3:23.35 52.48	300m: 5:05.80 51.42	400m: 6:41.06 45.96		45.96	
5.	Maria Manuela Ferreira	70	Vitoria/ Olicargo	<b>6:56.93</b>	+1,14	317	4,00
	50m: 45.66 45.66	150m: 2:30.18 53.52	250m: 4:18.86 54.94	350m: 6:06.54 53.63		53.63	
	100m: 1:36.66 51.00	200m: 3:23.92 53.74	300m: 5:12.91 54.05	400m: 6:56.93 50.39		50.39	
6.	Emma Leonora Yates	71	Alges	<b>7:07.38</b>	+1,19	294	3,00
	50m: 46.23 46.23	150m: 2:33.72 56.12	250m: 4:25.73 55.90	350m: 6:15.64 54.45		54.45	
	100m: 1:37.60 51.37	200m: 3:29.83 56.11	300m: 5:21.19 55.46	400m: 7:07.38 51.74		51.74	
7.	Maria Joao Taborda	67	Porto	<b>7:09.35</b>	+1,28	290	2,00
	50m: 47.79 47.79	150m: 2:37.07 55.02	250m: 4:26.66 55.60	350m: 6:16.91 54.56		54.56	
	100m: 1:42.05 54.26	200m: 3:31.06 53.99	300m: 5:22.35 55.69	400m: 7:09.35 52.44		52.44	
8.	Luisa Lopes Agante	71	Leixoes	<b>7:13.01</b>	+0,98	283	1,00
	50m: 47.31 47.31	150m: 2:35.65 55.49	250m: 4:27.71 56.66	350m: 6:21.97 57.77		57.77	
	100m: 1:40.16 52.85	200m: 3:31.05 55.40	300m: 5:24.20 56.49	400m: 7:13.01 51.04		51.04	

Prova 26, Femin., 400m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
9.	Ana Bernardo Barbara	70	Portinado	<b>8:13.57</b>	+1,03	191	-	
	50m: 55.05 55.05	150m: 3:00.25 1:03.69	250m: 5:07.85 1:04.92	350m: 7:14.78 1:03.38	100m: 1:56.56 1:01.51	200m: 4:02.93 1:02.68	300m: 6:11.40 1:03.55	400m: 8:13.57 58.79
10.	Carmen Maria Dias	70	Fundacao Salesianos	<b>8:47.65</b>	+1,24	156	-	
	50m: 58.20 58.20	150m: 3:09.35 1:06.43	250m: 5:26.65 1:09.06	350m: 7:43.21 1:07.26	100m: 2:02.92 1:04.72	200m: 4:17.59 1:08.24	300m: 6:35.95 1:09.30	400m: 8:47.65 1:04.44

Prova 26 Femin., 400m Livres Master Esc F  
10-07-2016 - 9:00 Resultados

RN F(50-54) 5:43.18 Elena Nikolaevna Kraeva ADRCIMM Reguengos de Monsaraz 01-07-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
1.	Maria Helena Carmo	66	Alges	<b>5:50.33</b>	+0,98	573	9,00	
	50m: 39.45 39.45	150m: 2:08.20 45.15	250m: 3:38.33 45.10	350m: 5:08.01 45.01	100m: 1:23.05 43.60	200m: 2:53.23 45.03	300m: 4:23.00 44.67	400m: 5:50.33 42.32
2.	Maria Fernanda Goncalves	66	Porto	<b>6:02.15</b>	+1,02	519	7,00	
	50m: 39.80 39.80	150m: 2:10.51 46.48	250m: 3:44.46 46.91	350m: 5:18.39 47.01	100m: 1:24.03 44.23	200m: 2:57.55 47.04	300m: 4:31.38 46.92	400m: 6:02.15 43.76
3.	Rita Cabral Guimaraes	64	Fluval Portuense	<b>6:21.48</b>	+0,94	444	6,00	
	50m: 42.05 42.05	150m: 2:19.33 49.43	250m: 3:57.50 49.40	350m: 5:35.42 48.80	100m: 1:29.90 47.85	200m: 3:08.10 48.77	300m: 4:46.62 49.12	400m: 6:21.48 46.06
4.	Maria Margarida Urbano	63	Academica de Coimbra	<b>6:50.38</b>	+1,09	356	5,00	
	50m: 46.93 46.93	150m: 2:29.31 52.32	250m: 4:15.18 53.54	350m: 6:01.13 53.17	100m: 1:36.99 50.06	200m: 3:21.64 52.33	300m: 5:07.96 52.78	400m: 6:50.38 49.25
5.	Maria Adriana Viseu	66	Leixoes	<b>6:54.82</b>	+0,89	345	4,00	
	50m: 44.43 44.43	150m: 2:29.78 53.63	250m: 4:18.06 54.06	350m: 6:04.11 52.11	100m: 1:36.15 51.72	200m: 3:24.00 54.22	300m: 5:12.00 53.94	400m: 6:54.82 50.71
6.	Maria Madalena Caninas	63	Masters de Almada	<b>7:06.86</b>	+1,05	317	3,00	
	50m: 46.15 46.15	150m: 2:34.47 55.44	250m: 4:25.34 55.18	350m: 6:17.73 55.51	100m: 1:39.03 52.88	200m: 3:30.16 55.69	300m: 5:22.22 56.88	400m: 7:06.86 49.13
7.	Maria Santos Fernandes	62	Leixoes	<b>7:09.81</b>	+1,05	310	2,00	
	50m: 47.94 47.94	150m: 2:35.86 54.39	250m: 4:26.13 54.65	350m: 6:15.80 54.90	100m: 1:41.47 53.53	200m: 3:31.48 55.62	300m: 5:20.90 54.77	400m: 7:09.81 54.01
8.	Helena Paula Carvalho	64	Uniao Piedense	<b>7:12.50</b>	+1,04	304	1,00	
	50m: 48.42 48.42	150m: 2:40.24 57.31	250m: 4:29.82 54.91	350m: 6:21.43 55.31	100m: 1:42.93 54.51	200m: 3:34.91 54.67	300m: 5:26.12 56.30	400m: 7:12.50 51.07
9.	Graca Maria Vilarinho	65	Sporting de Aveiro	<b>7:34.75</b>	+1,12	262	-	
	50m: 48.24 48.24	150m: 2:39.35 57.36	250m: 4:37.69 59.57	350m: 6:37.43 1:00.03	100m: 1:41.99 53.75	200m: 3:38.12 58.77	300m: 5:37.40 59.71	400m: 7:34.75 57.32
10.	Maria Manuela Neto	62	Natacao da Maia	<b>7:48.68</b>		239	-	
	50m: 47.48 47.48	150m: 2:52.18 59.89	250m: 4:50.65 58.33	350m: 6:49.62 58.37	100m: 1:52.29 1:04.81	200m: 3:52.32 1:00.14	300m: 5:51.25 1:00.60	400m: 7:48.68 59.06
11.	Maria Trigueiros Cunha	64	Leixoes	<b>7:56.88</b>	+1,17	227	-	
	50m: 50.11 50.11	150m: 2:45.92 1:00.78	250m: 4:52.60 1:04.45	350m: 7:00.15 1:02.83	100m: 1:45.14 55.03	200m: 3:48.15 1:02.23	300m: 5:57.32 1:04.72	400m: 7:56.88 56.73

Prova 26, Femin., 400m Livres

Prova 26 Femin., 400m Livres Master Esc G  
10-07-2016 - 9:00 Resultados

RN G(55-59) 5:57.80 Elena Nikolaevna Kraeva ADRCIMM Loulé 08-07-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Elena Nikolaevna Kraeva <i>Rec Nac Esc G</i>	61	Colegio Monte Maior	<b>5:48.63</b>	+0,84	972	9,00
	50m: 39.65 39.65	150m: 2:08.33 45.35	250m: 3:37.88 44.96	350m: 5:06.60 44.53			
	100m: 1:22.98 43.33	200m: 2:52.92 44.59	300m: 4:22.07 44.19	400m: 5:48.63 42.03			

Prova 26 Femin., 400m Livres Master Esc H  
10-07-2016 - 9:00 Resultados

RN H(60-64) 6:14.83 Ana Maria Ferreira SAD Riccione (ITA) 16-06-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Luisa Maria Pintao	54	Nadadores dos Estoris	<b>7:27.11</b>	+1,09	474	9,00
	50m: 50.46 50.46	150m: 2:45.38 58.12	250m: 4:41.32 58.02	350m: 6:33.89 55.56			
	100m: 1:47.26 56.80	200m: 3:43.30 57.92	300m: 5:38.33 57.01	400m: 7:27.11 53.22			
2.	Maria Margarida Torres	55	Academica de Coimbra	<b>8:50.86</b>	+1,03	283	7,00
	50m: 57.85 57.85	150m: 3:12.87 1:07.37	250m: 5:29.88 1:08.65	350m: 7:46.06 1:08.42			
	100m: 2:05.50 1:07.65	200m: 4:21.23 1:08.36	300m: 6:37.64 1:07.76	400m: 8:50.86 1:04.80			
3.	Maria Felix Ferreira	54	Alges	<b>10:02.05</b>	+1,21	194	6,00
	50m: 1:02.91 1:02.91	150m: 3:33.73 1:17.48	250m: 6:10.86 1:17.32	350m: 8:47.22 1:16.94			
	100m: 2:16.25 1:13.34	200m: 4:53.54 1:19.81	300m: 7:30.28 1:19.42	400m: 10:02.05 1:14.83			

Prova 26 Femin., 400m Livres Master Esc J  
10-07-2016 - 9:00 Resultados

RN J(70-74) 59:00.00

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	Luisa Bessone Basto <i>Rec Nac Esc J</i>	44	Alges	<b>8:23.00</b>	+1,09	438	9,00
	50m: 52.80 52.80	150m: 2:58.81 1:04.35	250m: 5:09.10 1:05.43	350m: 7:21.05 1:06.01			
	100m: 1:54.46 1:01.66	200m: 4:03.67 1:04.86	300m: 6:15.04 1:05.94	400m: 8:23.00 1:01.95			