

Prova 1 3000m Livres 14 - 15 anos  
25-02-2017 - 9:30 Resultados

Camp Nac Longa Distancia Juv B	34:04.66	Diogo Manuel Marques	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Juv B	37:21.97	Mariana Amaral Mendes	ADRCIMM	Rio Maior	20-02-2016
Camp Nac Longa Distancia Juv A	37:54.47	Beatriz Paulo Ranito	SCP	Rio Maior	26-04-2014

Pontos: FINA 2017

Lugar Nome Ano Clube Tempo Final TReac Pts FINA Pts  
Juvenis B, Femin.

<b>1. Mafalda Sofia Rosa</b>	<b>03</b>	<b>Rio Maior</b>	<b>36:40.47</b>	<b>595</b>
<i>Melhor Marca dos Campeonatos</i>				
100m: 1:11.04	1:11.04	900m: 10:52.83	1:13.31	1700m: 20:38.40
200m: 2:22.57	1:11.53	1000m: 12:06.16	1:13.33	1800m: 21:52.25
300m: 3:34.70	1:12.13	1100m: 13:19.19	1:13.03	1900m: 23:05.94
400m: 4:46.98	1:12.28	1200m: 14:32.55	1:13.36	2000m: 24:20.14
500m: 5:59.34	1:12.36	1300m: 15:45.34	1:12.79	2100m: 25:34.11
600m: 7:12.21	1:12.87	1400m: 16:58.41	1:13.07	2200m: 26:48.30
700m: 8:25.90	1:13.69	1500m: 18:11.67	1:13.26	2300m: 28:02.39
800m: 9:39.52	1:13.62	1600m: 19:24.97	1:13.30	2400m: 29:16.44
<b>2. Joana Ribeiro Martins</b>	<b>03</b>	<b>Benfica</b>	<b>39:07.13</b>	<b>490</b>
100m: 1:15.05	1:15.05	900m: 11:34.27	1:18.40	1700m: 22:02.20
200m: 2:32.55	1:17.50	1000m: 12:52.78	1:18.51	1800m: 23:22.25
300m: 3:50.64	1:18.09	1100m: 14:11.76	1:18.98	1900m: 24:42.30
400m: 5:07.76	1:17.12	1200m: 15:28.94	1:17.18	2000m: 26:02.62
500m: 6:24.39	1:16.63	1300m: 16:46.90	1:17.96	2100m: 27:21.92
600m: 7:40.99	1:16.60	1400m: 18:05.03	1:18.13	2200m: 28:40.86
700m: 8:58.24	1:17.25	1500m: 19:24.37	1:19.34	2300m: 29:59.18
800m: 10:15.87	1:17.63	1600m: 20:42.94	1:18.57	2400m: 31:17.54
<b>3. Ines Matos Sousa</b>	<b>03</b>	<b>Nautico /Urgicentro-Sanfil</b>	<b>39:18.67</b>	<b>483</b>
100m: 1:15.30	1:15.30	900m: 11:37.05	1:18.23	1700m: 22:08.57
200m: 2:33.38	1:18.08	1000m: 12:55.73	1:18.68	1800m: 23:28.22
300m: 3:51.38	1:18.00	1100m: 14:13.71	1:17.98	1900m: 24:47.53
400m: 5:08.69	1:17.31	1200m: 15:31.48	1:17.77	2000m: 26:06.83
500m: 6:26.25	1:17.56	1300m: 16:50.08	1:18.60	2100m: 27:25.84
600m: 7:42.74	1:16.49	1400m: 18:09.41	1:19.33	2200m: 28:44.69
700m: 9:00.52	1:17.78	1500m: 19:29.08	1:19.67	2300m: 30:02.83
800m: 10:18.82	1:18.30	1600m: 20:49.38	1:20.30	2400m: 31:22.15
<b>4. Maria Carlota Rebelo</b>	<b>03</b>	<b>Nautico /Urgicentro-Sanfil</b>	<b>39:42.50</b>	<b>468</b>
100m: 1:14.41	1:14.41	900m: 11:39.20	1:18.90	1700m: 22:16.90
200m: 2:32.18	1:17.77	1000m: 12:58.28	1:19.08	1800m: 23:37.47
300m: 3:50.21	1:18.03	1100m: 14:17.30	1:19.02	1900m: 24:57.85
400m: 5:08.40	1:18.19	1200m: 15:36.96	1:19.66	2000m: 26:18.47
500m: 6:26.43	1:18.03	1300m: 16:56.06	1:19.10	2100m: 27:38.31
600m: 7:44.22	1:17.79	1400m: 18:15.91	1:19.85	2200m: 28:59.28
700m: 9:02.27	1:18.05	1500m: 19:35.69	1:19.78	2300m: 30:20.07
800m: 10:20.30	1:18.03	1600m: 20:56.38	1:20.69	2400m: 31:42.26
<b>5. Beatriz Moreira Carvalho</b>	<b>03</b>	<b>Rio Maior</b>	<b>40:57.70</b>	<b>427</b>
100m: 1:15.85	1:15.85	900m: 12:06.38	1:22.01	1700m: 23:04.49
200m: 2:35.73	1:19.88	1000m: 13:28.98	1:22.60	1800m: 24:27.72
300m: 3:54.91	1:19.18	1100m: 14:51.59	1:22.61	1900m: 25:52.05
400m: 5:15.26	1:20.35	1200m: 16:13.72	1:22.13	2000m: 27:15.09
500m: 6:36.61	1:21.35	1300m: 17:36.17	1:22.45	2100m: 28:38.77
600m: 7:58.43	1:21.82	1400m: 18:58.05	1:21.88	2200m: 30:02.90
700m: 9:21.76	1:23.33	1500m: 20:19.68	1:21.63	2300m: 31:26.55
800m: 10:44.37	1:22.61	1600m: 21:41.65	1:21.97	2400m: 32:49.74

Prova 1, Femin., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Ines Freitas Rocha	03	Aquatico Pacense	<b>42:26.08</b>		<b>384</b>	
	100m: 1:15.44 1:15.44		900m: 12:30.15 1:26.19	1700m: 23:57.36 1:25.48		2500m: 35:29.54 1:26.39	
	200m: 2:36.54 1:21.10		1000m: 13:55.80 1:25.65	1800m: 25:23.29 1:25.93		2600m: 36:56.99 1:27.45	
	300m: 3:59.71 1:23.17		1100m: 15:21.42 1:25.62	1900m: 26:49.61 1:26.32		2700m: 38:21.21 1:24.22	
	400m: 5:23.21 1:23.50		1200m: 16:47.62 1:26.20	2000m: 28:15.68 1:26.07		2800m: 39:45.18 1:23.97	
	500m: 6:47.67 1:24.46		1300m: 18:13.95 1:26.33	2100m: 29:41.51 1:25.83		2900m: 41:07.30 1:22.12	
	600m: 8:12.84 1:25.17		1400m: 19:38.96 1:25.01	2200m: 31:08.27 1:26.76		3000m: 42:26.08 1:18.78	
	700m: 9:38.05 1:25.21		1500m: 21:05.68 1:26.72	2300m: 32:35.34 1:27.07			
	800m: 11:03.96 1:25.91		1600m: 22:31.88 1:26.20	2400m: 34:03.15 1:27.81			
7.	Sofia Correia Barbado	03	A Atletico Montemor	<b>42:49.90</b>		<b>373</b>	
	100m: 1:19.13 1:19.13		900m: 12:33.86 1:24.41	1700m: 24:01.02 1:26.97		2500m: 35:49.25 1:28.14	
	200m: 2:41.35 1:22.22		1000m: 13:58.72 1:24.86	1800m: 25:29.15 1:28.13		2600m: 37:15.74 1:26.49	
	300m: 4:04.62 1:23.27		1100m: 15:24.19 1:25.47	1900m: 26:57.15 1:28.00		2700m: 38:41.59 1:25.85	
	400m: 5:29.45 1:24.83		1200m: 16:49.25 1:25.06	2000m: 28:25.60 1:28.45		2800m: 40:07.11 1:25.52	
	500m: 6:54.40 1:24.95		1300m: 18:15.39 1:26.14	2100m: 29:54.54 1:28.94		2900m: 41:31.65 1:24.54	
	600m: 8:20.27 1:25.87		1400m: 19:41.69 1:26.30	2200m: 31:23.14 1:28.60		3000m: 42:49.90 1:18.25	
	700m: 9:44.94 1:24.67		1500m: 21:07.97 1:26.28	2300m: 32:51.86 1:28.72			
	800m: 11:09.45 1:24.51		1600m: 22:34.05 1:26.08	2400m: 34:21.11 1:29.25			
8.	Tatiana Valente Cardoso	03	Aquatico Pacense	<b>43:52.74</b>		<b>347</b>	
	100m: 1:20.36 1:20.36		900m: 12:50.36 1:27.83	1700m: 24:42.56 1:30.21		2500m: 36:41.21 1:30.20	
	200m: 2:44.42 1:24.06		1000m: 14:18.32 1:27.96	1800m: 26:11.88 1:29.32		2600m: 38:08.98 1:27.77	
	300m: 4:09.25 1:24.83		1100m: 15:46.38 1:28.06	1900m: 27:40.75 1:28.87		2700m: 39:36.21 1:27.23	
	400m: 5:34.78 1:25.53		1200m: 17:15.32 1:28.94	2000m: 29:10.24 1:29.49		2800m: 41:02.45 1:26.24	
	500m: 7:01.63 1:26.85		1300m: 18:44.22 1:28.90	2100m: 30:39.55 1:29.31		2900m: 42:29.61 1:27.16	
	600m: 8:28.44 1:26.81		1400m: 20:12.62 1:28.40	2200m: 32:10.33 1:30.78		3000m: 43:52.74 1:23.13	
	700m: 9:55.46 1:27.02		1500m: 21:42.35 1:29.73	2300m: 33:40.69 1:30.36			
	800m: 11:22.53 1:27.07		1600m: 23:12.35 1:30.00	2400m: 35:11.01 1:30.32			
9.	Rafaela Sofia Silva	03	Benfica	<b>44:23.89</b>		<b>335</b>	
	100m: 1:23.89 1:23.89		900m: 13:17.23 1:29.57	1700m: 25:15.09 1:29.63		2500m: 37:10.54 1:28.79	
	200m: 2:52.05 1:28.16		1000m: 14:47.73 1:30.50	1800m: 26:45.38 1:30.29		2600m: 38:38.04 1:27.50	
	300m: 4:21.15 1:29.10		1100m: 16:17.79 1:30.06	1900m: 28:14.54 1:29.16		2700m: 40:05.49 1:27.45	
	400m: 5:50.34 1:29.19		1200m: 17:46.72 1:28.93	2000m: 29:43.84 1:29.30		2800m: 41:32.44 1:26.95	
	500m: 7:19.73 1:29.39		1300m: 19:15.69 1:28.97	2100m: 31:13.47 1:29.63		2900m: 42:58.68 1:26.24	
	600m: 8:49.61 1:29.88		1400m: 20:45.72 1:30.03	2200m: 32:43.34 1:29.87		3000m: 44:23.89 1:25.21	
	700m: 10:18.53 1:28.92		1500m: 22:15.36 1:29.64	2300m: 34:12.62 1:29.28			
	800m: 11:47.66 1:29.13		1600m: 23:45.46 1:30.10	2400m: 35:41.75 1:29.13			

DSQ Rita Baptista Marques 03 Nautico /Urgicentro-Sanfil  
501 - Não tocou na parede na viragem aos 150 metros - SW 5.2

Juvenis B, Masc.

1.	Ivan Emanuel Amorim	02	Fluival Portuense	<b>35:40.86</b>		<b>538</b>	
	100m: 1:06.51 1:06.51		900m: 10:29.84 1:11.03	1700m: 20:05.70 1:12.95		2500m: 29:48.71 1:12.52	
	200m: 2:15.75 1:09.24		1000m: 11:40.94 1:11.10	1800m: 21:18.34 1:12.64		2600m: 31:00.56 1:11.85	
	300m: 3:26.16 1:10.41		1100m: 12:52.49 1:11.55	1900m: 22:30.87 1:12.53		2700m: 32:11.94 1:11.38	
	400m: 4:36.36 1:10.20		1200m: 14:04.47 1:11.98	2000m: 23:44.38 1:13.51		2800m: 33:22.96 1:11.02	
	500m: 5:46.51 1:10.15		1300m: 15:16.69 1:12.22	2100m: 24:57.81 1:13.43		2900m: 34:33.80 1:10.84	
	600m: 6:57.20 1:10.69		1400m: 16:28.59 1:11.90	2200m: 26:10.68 1:12.87		3000m: 35:40.86 1:07.06	
	700m: 8:07.79 1:10.59		1500m: 17:40.54 1:11.95	2300m: 27:23.46 1:12.78			
	800m: 9:18.81 1:11.02		1600m: 18:52.75 1:12.21	2400m: 28:36.19 1:12.73			

Prova 1, Masc., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
2.	Paulo Andre Frota	02	Fundacao Beatriz Santos	<b>35:53.91</b>		<b>529</b>		
	100m: 1:06.61	1:06.61	900m: 10:32.51	1:11.63	1700m: 20:16.53	1:13.68	2500m: 29:54.00	1:11.40
	200m: 2:15.35	1:08.74	1000m: 11:44.55	1:12.04	1800m: 21:29.90	1:13.37	2600m: 31:05.63	1:11.63
	300m: 3:25.53	1:10.18	1100m: 12:56.62	1:12.07	1900m: 22:43.34	1:13.44	2700m: 32:17.48	1:11.85
	400m: 4:35.80	1:10.27	1200m: 14:09.39	1:12.77	2000m: 23:56.84	1:13.50	2800m: 33:29.80	1:12.32
	500m: 5:46.56	1:10.76	1300m: 15:22.61	1:13.22	2100m: 25:08.23	1:11.39	2900m: 34:41.28	1:11.48
	600m: 6:57.80	1:11.24	1400m: 16:35.44	1:12.83	2200m: 26:19.82	1:11.59	3000m: 35:53.91	1:12.63
	700m: 8:09.28	1:11.48	1500m: 17:49.42	1:13.98	2300m: 27:31.00	1:11.18		
	800m: 9:20.88	1:11.60	1600m: 19:02.85	1:13.43	2400m: 28:42.60	1:11.60		
3.	Bernardo Cardetas Cardoso	02	Columbofila Cantanhedense	<b>36:33.40</b>		<b>500</b>		
	100m: 1:10.27	1:10.27	900m: 10:40.34	1:11.61	1700m: 20:24.10	1:14.03	2500m: 30:21.97	1:15.41
	200m: 2:21.91	1:11.64	1000m: 11:52.13	1:11.79	1800m: 21:37.73	1:13.63	2600m: 31:37.27	1:15.30
	300m: 3:34.02	1:12.11	1100m: 13:04.68	1:12.55	1900m: 22:51.86	1:14.13	2700m: 32:52.51	1:15.24
	400m: 4:44.72	1:10.70	1200m: 14:17.18	1:12.50	2000m: 24:06.63	1:14.77	2800m: 34:07.59	1:15.08
	500m: 5:55.02	1:10.30	1300m: 15:30.13	1:12.95	2100m: 25:21.25	1:14.62	2900m: 35:21.68	1:14.09
	600m: 7:05.99	1:10.97	1400m: 16:43.21	1:13.08	2200m: 26:36.07	1:14.82	3000m: 36:33.40	1:11.72
	700m: 8:17.59	1:11.60	1500m: 17:56.98	1:13.77	2300m: 27:50.99	1:14.92		
	800m: 9:28.73	1:11.14	1600m: 19:10.07	1:13.09	2400m: 29:06.56	1:15.57		
4.	Francisco Rodriguez Amaral	02	Campinho	<b>36:54.11</b>		<b>487</b>		
	100m: 1:09.32	1:09.32	900m: 10:51.76	1:12.86	1700m: 20:42.51	1:14.62	2500m: 30:44.40	1:15.35
	200m: 2:21.71	1:12.39	1000m: 12:05.11	1:13.35	1800m: 21:58.20	1:15.69	2600m: 31:59.72	1:15.32
	300m: 3:35.09	1:13.38	1100m: 13:18.46	1:13.35	1900m: 23:13.78	1:15.58	2700m: 33:14.31	1:14.59
	400m: 4:48.72	1:13.63	1200m: 14:32.30	1:13.84	2000m: 24:28.91	1:15.13	2800m: 34:29.42	1:15.11
	500m: 6:02.10	1:13.38	1300m: 15:45.47	1:13.17	2100m: 25:43.77	1:14.86	2900m: 35:43.03	1:13.61
	600m: 7:14.29	1:12.19	1400m: 16:59.28	1:13.81	2200m: 26:58.12	1:14.35	3000m: 36:54.11	1:11.08
	700m: 8:26.41	1:12.12	1500m: 18:13.52	1:14.24	2300m: 28:13.62	1:15.50		
	800m: 9:38.90	1:12.49	1600m: 19:27.89	1:14.37	2400m: 29:29.05	1:15.43		
5.	Ruy Manuel Domingos	02	Sporting	<b>37:24.49</b>		<b>467</b>		
	100m: 1:10.88	1:10.88	900m: 10:53.97	1:14.17	1700m: 20:56.75	1:15.70	2500m: 31:04.79	1:15.99
	200m: 2:22.43	1:11.55	1000m: 12:08.53	1:14.56	1800m: 22:12.55	1:15.80	2600m: 32:20.89	1:16.10
	300m: 3:34.47	1:12.04	1100m: 13:23.52	1:14.99	1900m: 23:28.13	1:15.58	2700m: 33:37.29	1:16.40
	400m: 4:46.76	1:12.29	1200m: 14:38.71	1:15.19	2000m: 24:43.99	1:15.86	2800m: 34:53.77	1:16.48
	500m: 5:59.45	1:12.69	1300m: 15:54.29	1:15.58	2100m: 25:59.91	1:15.92	2900m: 36:09.40	1:15.63
	600m: 7:12.17	1:12.72	1400m: 17:09.56	1:15.27	2200m: 27:16.01	1:16.10	3000m: 37:24.49	1:15.09
	700m: 8:26.14	1:13.97	1500m: 18:25.09	1:15.53	2300m: 28:32.71	1:16.70		
	800m: 9:39.80	1:13.66	1600m: 19:41.05	1:15.96	2400m: 29:48.80	1:16.09		
6.	Rodrigo Alexandre Travassos	02	Fundacao Beatriz Santos	<b>37:29.61</b>		<b>464</b>		
	100m: 1:12.27	1:12.27	900m: 11:04.13	1:15.52	1700m: 21:06.14	1:15.71	2500m: 31:19.56	1:16.41
	200m: 2:25.73	1:13.46	1000m: 12:18.68	1:14.55	1800m: 22:22.31	1:16.17	2600m: 32:35.81	1:16.25
	300m: 3:39.72	1:13.99	1100m: 13:33.57	1:14.89	1900m: 23:38.86	1:16.55	2700m: 33:50.45	1:14.64
	400m: 4:53.93	1:14.21	1200m: 14:48.69	1:15.12	2000m: 24:56.22	1:17.36	2800m: 35:05.71	1:15.26
	500m: 6:07.87	1:13.94	1300m: 16:03.76	1:15.07	2100m: 26:12.44	1:16.22	2900m: 36:18.39	1:12.68
	600m: 7:21.69	1:13.82	1400m: 17:18.45	1:14.69	2200m: 27:28.63	1:16.19	3000m: 37:29.61	1:11.22
	700m: 8:35.23	1:13.54	1500m: 18:33.46	1:15.01	2300m: 28:45.28	1:16.65		
	800m: 9:48.61	1:13.38	1600m: 19:50.43	1:16.97	2400m: 30:03.15	1:17.87		
7.	Bernardo Safara Inverno	02	Sporting	<b>37:50.61</b>		<b>451</b>		
	100m: 1:10.19	1:10.19	900m: 11:14.40	1:15.36	1700m: 21:18.86	1:15.27	2500m: 31:30.16	1:17.73
	200m: 2:24.26	1:14.07	1000m: 12:29.79	1:15.39	1800m: 22:34.02	1:15.16	2600m: 32:48.02	1:17.86
	300m: 3:39.24	1:14.98	1100m: 13:45.90	1:16.11	1900m: 23:49.93	1:15.91	2700m: 34:05.56	1:17.54
	400m: 4:55.36	1:16.12	1200m: 15:00.89	1:14.99	2000m: 25:05.66	1:15.73	2800m: 35:20.64	1:15.08
	500m: 6:11.09	1:15.73	1300m: 16:16.49	1:15.60	2100m: 26:21.00	1:15.34	2900m: 36:35.50	1:14.86
	600m: 7:27.18	1:16.09	1400m: 17:32.36	1:15.87	2200m: 27:37.83	1:16.83	3000m: 37:50.61	1:15.11
	700m: 8:43.44	1:16.26	1500m: 18:48.32	1:15.96	2300m: 28:54.55	1:16.72		
	800m: 9:59.04	1:15.60	1600m: 20:03.59	1:15.27	2400m: 30:12.43	1:17.88		

Prova 1, Masc., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Ricardo Filipe Rocha	02	Aquatico Pacense	<b>38:25.58</b>		431	
	100m: 1:10.44 1:10.44	900m: 11:06.56 1:16.29	1700m: 21:20.20 1:16.41	2500m: 31:49.58 1:18.95			
	200m: 2:22.51 1:12.07	1000m: 12:21.78 1:15.22	1800m: 22:39.74 1:19.54	2600m: 33:09.12 1:19.54			
	300m: 3:35.32 1:12.81	1100m: 13:38.01 1:16.23	1900m: 23:58.49 1:18.75	2700m: 34:28.85 1:19.73			
	400m: 4:49.64 1:14.32	1200m: 14:54.04 1:16.03	2000m: 25:17.91 1:19.42	2800m: 35:48.29 1:19.44			
	500m: 6:05.00 1:15.36	1300m: 16:11.55 1:17.51	2100m: 26:37.37 1:19.46	2900m: 37:08.24 1:19.95			
	600m: 7:20.47 1:15.47	1400m: 17:28.47 1:16.92	2200m: 27:55.22 1:17.85	3000m: 38:25.58 1:17.34			
	700m: 8:35.18 1:14.71	1500m: 18:46.64 1:18.17	2300m: 29:11.80 1:16.58				
	800m: 9:50.27 1:15.09	1600m: 20:03.79 1:17.15	2400m: 30:30.63 1:18.83				
9.	Martim Rebelo Malfeito	02	Sporting	<b>38:27.21</b>		430	
	100m: 1:08.27 1:08.27	900m: 10:56.36 1:15.99	1700m: 21:21.69 1:17.40	2500m: 31:58.62 1:20.42			
	200m: 2:19.35 1:11.08	1000m: 12:12.94 1:16.58	1800m: 22:41.02 1:19.33	2600m: 33:18.87 1:20.25			
	300m: 3:31.45 1:12.10	1100m: 13:30.20 1:17.26	1900m: 24:01.08 1:20.06	2700m: 34:39.53 1:20.66			
	400m: 4:43.53 1:12.08	1200m: 14:48.60 1:18.40	2000m: 25:20.79 1:19.71	2800m: 35:57.08 1:17.55			
	500m: 5:57.14 1:13.61	1300m: 16:07.76 1:19.16	2100m: 26:39.61 1:18.82	2900m: 37:13.07 1:15.99			
	600m: 7:11.77 1:14.63	1400m: 17:27.65 1:19.89	2200m: 27:58.45 1:18.84	3000m: 38:27.21 1:14.14			
	700m: 8:26.24 1:14.47	1500m: 18:46.35 1:18.70	2300m: 29:18.07 1:19.62				
	800m: 9:40.37 1:14.13	1600m: 20:04.29 1:17.94	2400m: 30:38.20 1:20.13				
10.	Vicente Oliveira Gomes	02	Sporting	<b>38:28.58</b>		429	
	100m: 1:11.77 1:11.77	900m: 11:16.20 1:15.58	1700m: 21:32.92 1:17.94	2500m: 32:04.58 1:19.43			
	200m: 2:26.69 1:14.92	1000m: 12:31.71 1:15.51	1800m: 22:51.89 1:18.97	2600m: 33:23.71 1:19.13			
	300m: 3:42.46 1:15.77	1100m: 13:48.12 1:16.41	1900m: 24:10.59 1:18.70	2700m: 34:42.93 1:19.22			
	400m: 4:57.90 1:15.44	1200m: 15:04.15 1:16.03	2000m: 25:28.82 1:18.23	2800m: 35:59.40 1:16.47			
	500m: 6:13.31 1:15.41	1300m: 16:20.82 1:16.67	2100m: 26:47.63 1:18.81	2900m: 37:16.16 1:16.76			
	600m: 7:29.30 1:15.99	1400m: 17:38.38 1:17.56	2200m: 28:06.95 1:19.32	3000m: 38:28.58 1:12.42			
	700m: 8:45.29 1:15.99	1500m: 18:56.23 1:17.85	2300m: 29:26.06 1:19.11				
	800m: 10:00.62 1:15.33	1600m: 20:14.98 1:18.75	2400m: 30:45.15 1:19.09				