

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
10-12-2017 - 16:00 Resultados

Rec Nac 25m Absoluto	15:00.65	GIL Rafael Lourenco	SFUAP	Porto	13-12-2015
Rec Nac 25m Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009
Rec Nac 25m Jun18	15:09.03	VITAL Joao Alexandre	SCP	Vila Real Stº Antonio	07-11-2015
Rec Nac 25m Sen	15:00.65	GIL Rafael Lourenco	SFUAP	Porto	13-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	CARVALHO Jose Paula	98	Uniao Piedense	15:06.03	+0,75
	50m: 27.88 27.88	450m: 4:30.81 30.60	850m: 8:32.55 30.39	1250m: 12:34.16 30.53	
	100m: 57.76 29.88	500m: 5:01.36 30.55	900m: 9:02.75 30.20	1300m: 13:04.78 30.62	
	150m: 1:27.97 30.21	550m: 5:31.77 30.41	950m: 9:33.18 30.43	1350m: 13:35.75 30.97	
	200m: 1:58.23 30.26	600m: 6:01.54 29.77	1000m: 10:03.55 30.37	1400m: 14:06.02 30.27	
	250m: 2:28.77 30.54	650m: 6:31.59 30.05	1050m: 10:33.08 29.53	1450m: 14:36.39 30.37	
	300m: 2:59.10 30.33	700m: 7:01.78 30.19	1100m: 11:03.11 30.03	1500m: 15:06.03 29.64	
	350m: 3:29.71 30.61	750m: 7:31.97 30.19	1150m: 11:33.15 30.04		
	400m: 4:00.21 30.50	800m: 8:02.16 30.19	1200m: 12:03.63 30.48		
2.	PINA Guilherme Filipe	98	Sporting	15:08.61	+0,70
	50m: 28.02 28.02	450m: 4:30.89 30.48	850m: 8:34.01 30.34	1250m: 12:36.65 30.68	
	100m: 58.14 30.12	500m: 5:01.50 30.61	900m: 9:04.30 30.29	1300m: 13:07.29 30.64	
	150m: 1:28.22 30.08	550m: 5:32.17 30.67	950m: 9:34.47 30.17	1350m: 13:37.58 30.29	
	200m: 1:58.50 30.28	600m: 6:02.48 30.31	1000m: 10:04.45 29.98	1400m: 14:08.26 30.68	
	250m: 2:28.89 30.39	650m: 6:32.84 30.36	1050m: 10:34.74 30.29	1450m: 14:38.82 30.56	
	300m: 2:59.33 30.44	700m: 7:03.23 30.39	1100m: 11:04.72 29.98	1500m: 15:08.61 29.79	
	350m: 3:29.83 30.50	750m: 7:33.49 30.26	1150m: 11:35.24 30.52		
	400m: 4:00.41 30.58	800m: 8:03.67 30.18	1200m: 12:05.97 30.73		
3.	BATE Miguel Ribeiro	99	Alges	15:39.41	+0,73
	50m: 28.69 28.69	450m: 4:38.00 31.40	850m: 8:50.17 31.41	1250m: 13:04.16 31.47	
	100m: 59.48 30.79	500m: 5:09.84 31.84	900m: 9:21.77 31.60	1300m: 13:36.01 31.85	
	150m: 1:30.35 30.87	550m: 5:41.12 31.28	950m: 9:53.60 31.83	1350m: 14:07.83 31.82	
	200m: 2:01.50 31.15	600m: 6:12.53 31.41	1000m: 10:25.34 31.74	1400m: 14:39.66 31.83	
	250m: 2:32.59 31.09	650m: 6:43.96 31.43	1050m: 10:56.80 31.46	1450m: 15:10.53 30.87	
	300m: 3:03.65 31.06	700m: 7:15.39 31.43	1100m: 11:28.86 32.06	1500m: 15:39.41 28.88	
	350m: 3:35.14 31.49	750m: 7:47.13 31.74	1150m: 12:00.62 31.76		
	400m: 4:06.60 31.46	800m: 8:18.76 31.63	1200m: 12:32.69 32.07		
4.	PINTO Antonio Fernando	99	Estrelas S. Joao de Brito	15:41.26	+0,77
	50m: 28.30 28.30	450m: 4:38.07 31.07	850m: 8:51.33 31.71	1250m: 13:03.71 31.83	
	100m: 59.02 30.72	500m: 5:09.84 31.77	900m: 9:22.96 31.63	1300m: 13:35.65 31.94	
	150m: 1:30.33 31.31	550m: 5:41.50 31.66	950m: 9:54.52 31.56	1350m: 14:07.57 31.92	
	200m: 2:01.75 31.42	600m: 6:13.18 31.68	1000m: 10:26.09 31.57	1400m: 14:39.47 31.90	
	250m: 2:32.86 31.11	650m: 6:45.00 31.82	1050m: 10:57.80 31.71	1450m: 15:11.13 31.66	
	300m: 3:04.02 31.16	700m: 7:16.44 31.44	1100m: 11:29.21 31.41	1500m: 15:41.26 30.13	
	350m: 3:35.48 31.46	750m: 7:47.86 31.42	1150m: 12:00.51 31.30		
	400m: 4:07.00 31.52	800m: 8:19.62 31.76	1200m: 12:31.88 31.37		
5.	MACHADO Joao Daniel	99	Benfica	15:42.90	+0,74
	50m: 27.92 27.92	450m: 4:38.69 31.45	850m: 8:50.47 31.56	1250m: 13:03.45 31.85	
	100m: 59.03 31.11	500m: 5:10.16 31.47	900m: 9:22.06 31.59	1300m: 13:35.60 32.15	
	150m: 1:30.49 31.46	550m: 5:41.80 31.64	950m: 9:53.77 31.71	1350m: 14:07.85 32.25	
	200m: 2:01.94 31.45	600m: 6:13.09 31.29	1000m: 10:25.19 31.42	1400m: 14:39.81 31.96	
	250m: 2:33.40 31.46	650m: 6:44.48 31.39	1050m: 10:56.69 31.50	1450m: 15:11.25 31.44	
	300m: 3:04.53 31.13	700m: 7:15.76 31.28	1100m: 11:28.36 31.67	1500m: 15:42.90 31.65	
	350m: 3:35.86 31.33	750m: 7:47.15 31.39	1150m: 11:59.97 31.61		
	400m: 4:07.24 31.38	800m: 8:18.91 31.76	1200m: 12:31.60 31.63		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	SILVA Pedro Miguel	94	Colegio Monte Maior	15:56.38	+0,73
	50m: 29.18 29.18	450m: 4:43.19	31.68	850m: 8:58.77	31.97
	100m: 1:00.89 31.71	500m: 5:14.99	31.80	900m: 9:30.74	31.97
	150m: 1:32.85 31.96	550m: 5:46.64	31.65	950m: 10:02.79	32.05
	200m: 2:04.48 31.63	600m: 6:18.38	31.74	1000m: 10:34.90	32.11
	250m: 2:36.54 32.06	650m: 6:50.39	32.01	1050m: 11:07.15	32.25
	300m: 3:08.29 31.75	700m: 7:22.49	32.10	1100m: 11:39.20	32.05
	350m: 3:39.97 31.68	750m: 7:54.66	32.17	1150m: 12:11.97	32.77
	400m: 4:11.51 31.54	800m: 8:26.80	32.14	1200m: 12:44.17	32.20
7.	CAMPOS Tiago Filipe	99	Rio Maior	15:57.30	+0,89
	50m: 28.04 28.04	450m: 4:35.74	31.65	850m: 8:54.94	32.22
	100m: 58.68 30.64	500m: 5:07.71	31.97	900m: 9:27.69	32.75
	150m: 1:29.41 30.73	550m: 5:39.98	32.27	950m: 10:00.43	32.74
	200m: 1:59.98 30.57	600m: 6:12.32	32.34	1000m: 10:33.07	32.64
	250m: 2:30.83 30.85	650m: 6:44.68	32.36	1050m: 11:05.60	32.53
	300m: 3:01.81 30.98	700m: 7:17.30	32.62	1100m: 11:38.70	33.10
	350m: 3:32.69 30.88	750m: 7:50.00	32.70	1150m: 12:11.49	32.79
	400m: 4:04.09 31.40	800m: 8:22.72	32.72	1200m: 12:44.06	32.57
8.	SANTOS Tiago Carlos	98	Benfica	16:20.78	+0,74
	50m: 28.39 28.39	450m: 4:46.11	32.65	850m: 9:08.09	32.69
	100m: 59.90 31.51	500m: 5:18.52	32.41	900m: 9:41.23	33.14
	150m: 1:32.02 32.12	550m: 5:51.19	32.67	950m: 10:14.45	33.22
	200m: 2:03.91 31.89	600m: 6:24.14	32.95	1000m: 10:47.82	33.37
	250m: 2:36.37 32.46	650m: 6:57.00	32.86	1050m: 11:20.84	33.02
	300m: 3:08.48 32.11	700m: 7:29.87	32.87	1100m: 11:53.92	33.08
	350m: 3:41.07 32.59	750m: 8:02.47	32.60	1150m: 12:27.08	33.16
	400m: 4:13.46 32.39	800m: 8:35.40	32.93	1200m: 13:00.29	33.21
9.	FARIA Rui Pedro	94	Famalicao	16:29.70	+0,81
	50m: 29.70 29.70	450m: 4:48.05	32.80	850m: 9:12.07	33.16
	100m: 1:01.73 32.03	500m: 5:20.79	32.74	900m: 9:45.52	33.45
	150m: 1:33.75 32.02	550m: 5:54.09	33.30	950m: 10:19.18	33.66
	200m: 2:05.56 31.81	600m: 6:26.90	32.81	1000m: 10:53.04	33.86
	250m: 2:37.80 32.24	650m: 6:59.71	32.81	1050m: 11:26.68	33.64
	300m: 3:09.89 32.09	700m: 7:32.62	32.91	1100m: 12:00.57	33.89
	350m: 3:42.33 32.44	750m: 8:05.73	33.11	1150m: 12:34.09	33.52
	400m: 4:15.25 32.92	800m: 8:38.91	33.18	1200m: 13:07.41	33.32

DNF REBELO Diogo Nogueira 98 Colegio Monte Maior

Juniores

1.	LOPES Jose Paulo	00	Braga	15:19.81	+0,68
	50m: 27.87 27.87	450m: 4:30.92	30.58	850m: 8:36.53	31.01
	100m: 57.99 30.12	500m: 5:01.46	30.54	900m: 9:07.61	31.08
	150m: 1:28.15 30.16	550m: 5:32.09	30.63	950m: 9:38.54	30.93
	200m: 1:58.36 30.21	600m: 6:02.62	30.53	1000m: 10:09.55	31.01
	250m: 2:28.76 30.40	650m: 6:33.10	30.48	1050m: 10:40.29	30.74
	300m: 2:59.20 30.44	700m: 7:03.89	30.79	1100m: 11:11.18	30.89
	350m: 3:29.70 30.50	750m: 7:34.69	30.80	1150m: 11:42.22	31.04
	400m: 4:00.34 30.64	800m: 8:05.52	30.83	1200m: 12:13.29	31.07

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
2.	GOMES Roberto Donald	00	Alges	15:25.75	+0,70
	50m: 28.29 28.29	450m: 4:32.53	30.52	850m: 8:39.76	31.05
	100m: 58.77 30.48	500m: 5:03.08	30.55	900m: 9:10.71	30.95
	150m: 1:29.24 30.47	550m: 5:33.78	30.70	950m: 9:41.79	31.08
	200m: 1:59.86 30.62	600m: 6:04.52	30.74	1000m: 10:12.92	31.13
	250m: 2:30.32 30.46	650m: 6:35.56	31.04	1050m: 10:44.27	31.35
	300m: 3:00.86 30.54	700m: 7:06.51	30.95	1100m: 11:15.64	31.37
	350m: 3:31.62 30.76	750m: 7:37.67	31.16	1150m: 11:47.24	31.60
	400m: 4:02.01 30.39	800m: 8:08.71	31.04	1200m: 12:18.78	31.54
3.	SANTO Filipe Miguel	00	Benfica	15:37.10	+0,79
	50m: 28.03 28.03	450m: 4:32.08	30.63	850m: 8:41.01	31.73
	100m: 58.45 30.42	500m: 5:02.60	30.52	900m: 9:12.40	31.39
	150m: 1:29.04 30.59	550m: 5:33.22	30.62	950m: 9:44.12	31.72
	200m: 1:59.40 30.36	600m: 6:04.12	30.90	1000m: 10:16.22	32.10
	250m: 2:29.88 30.48	650m: 6:35.12	31.00	1050m: 10:48.09	31.87
	300m: 3:00.47 30.59	700m: 7:06.28	31.16	1100m: 11:20.08	31.99
	350m: 3:30.94 30.47	750m: 7:37.69	31.41	1150m: 11:52.39	32.31
	400m: 4:01.45 30.51	800m: 8:09.28	31.59	1200m: 12:24.90	32.51
4.	CARDOSO Diogo Santos	01	Colegio Monte Maior	15:39.63	+0,81
	50m: 29.29 29.29	450m: 4:43.89	31.83	850m: 8:57.81	31.87
	100m: 1:01.35 32.06	500m: 5:16.00	32.11	900m: 9:29.39	31.58
	150m: 1:33.43 32.08	550m: 5:48.04	32.04	950m: 10:00.71	31.32
	200m: 2:05.29 31.86	600m: 6:19.55	31.51	1000m: 10:31.92	31.21
	250m: 2:36.98 31.69	650m: 6:51.06	31.51	1050m: 11:03.26	31.34
	300m: 3:08.86 31.88	700m: 7:22.88	31.82	1100m: 11:34.45	31.19
	350m: 3:40.29 31.43	750m: 7:54.58	31.70	1150m: 12:05.34	30.89
	400m: 4:12.06 31.77	800m: 8:25.94	31.36	1200m: 12:36.45	31.11
5.	SANTOS Pedro Miguel	01	Porto	15:52.01	+0,71
	50m: 29.45 29.45	450m: 4:43.31	31.84	850m: 8:58.64	31.79
	100m: 1:01.09 31.64	500m: 5:15.12	31.81	900m: 9:30.74	32.10
	150m: 1:32.82 31.73	550m: 5:46.40	31.28	950m: 10:02.72	31.98
	200m: 2:04.77 31.95	600m: 6:18.13	31.73	1000m: 10:34.11	31.39
	250m: 2:36.50 31.73	650m: 6:49.95	31.82	1050m: 11:06.36	32.25
	300m: 3:08.18 31.68	700m: 7:22.21	32.26	1100m: 11:39.30	32.94
	350m: 3:39.69 31.51	750m: 7:54.63	32.42	1150m: 12:11.81	32.51
	400m: 4:11.47 31.78	800m: 8:26.85	32.22	1200m: 12:44.05	32.24
6.	JORGE Duarte Miguel	01	Galitos / Bresimar	15:53.46	+0,82
	50m: 29.27 29.27	450m: 4:43.27	32.08	850m: 8:58.46	32.08
	100m: 1:00.83 31.56	500m: 5:14.80	31.53	900m: 9:30.68	32.22
	150m: 1:32.74 31.91	550m: 5:45.76	30.96	950m: 10:02.70	32.02
	200m: 2:04.13 31.39	600m: 6:17.46	31.70	1000m: 10:34.55	31.85
	250m: 2:36.05 31.92	650m: 6:49.54	32.08	1050m: 11:06.70	32.15
	300m: 3:07.75 31.70	700m: 7:21.87	32.33	1100m: 11:38.96	32.26
	350m: 3:39.00 31.25	750m: 7:54.61	32.74	1150m: 12:11.56	32.60
	400m: 4:11.19 32.19	800m: 8:26.38	31.77	1200m: 12:43.37	31.81
7.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	15:58.78	+0,78
	50m: 29.57 29.57	450m: 4:43.97	31.69	850m: 8:58.32	31.87
	100m: 1:01.44 31.87	500m: 5:15.59	31.62	900m: 9:30.08	31.76
	150m: 1:33.39 31.95	550m: 5:47.34	31.75	950m: 10:02.09	32.01
	200m: 2:05.40 32.01	600m: 6:19.16	31.82	1000m: 10:34.15	32.06
	250m: 2:37.35 31.95	650m: 6:51.04	31.88	1050m: 11:06.52	32.37
	300m: 3:09.06 31.71	700m: 7:22.95	31.91	1100m: 11:39.02	32.50
	350m: 3:40.59 31.53	750m: 7:54.59	31.64	1150m: 12:11.43	32.41
	400m: 4:12.28 31.69	800m: 8:26.45	31.86	1200m: 12:43.95	32.52

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
8.	NUNES Diogo Barbosa	00	Fluvial Portuense	16:24.01	+0,73
	50m: 29.37 29.37	450m: 4:47.49	33.11	850m: 9:13.74	33.03
	100m: 1:01.49 32.12	500m: 5:20.92	33.43	900m: 9:47.11	33.37
	150m: 1:33.53 32.04	550m: 5:54.27	33.35	950m: 10:20.35	33.24
	200m: 2:05.56 32.03	600m: 6:27.60	33.33	1000m: 10:53.64	33.29
	250m: 2:37.52 31.96	650m: 7:00.59	32.99	1050m: 11:26.84	33.20
	300m: 3:09.48 31.96	700m: 7:33.80	33.21	1100m: 12:00.30	33.46
	350m: 3:41.67 32.19	750m: 8:07.13	33.33	1150m: 12:33.59	33.29
	400m: 4:14.38 32.71	800m: 8:40.71	33.58	1200m: 13:06.84	33.25
9.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	16:27.39	+0,78
	50m: 30.15 30.15	450m: 4:54.43	32.66	850m: 9:18.56	33.57
	100m: 1:03.27 33.12	500m: 5:27.40	32.97	900m: 9:52.06	33.50
	150m: 1:36.75 33.48	550m: 6:00.67	33.27	950m: 10:25.62	33.56
	200m: 2:09.81 33.06	600m: 6:33.40	32.73	1000m: 10:58.20	32.58
	250m: 2:43.16 33.35	650m: 7:05.79	32.39	1050m: 11:31.36	33.16
	300m: 3:16.31 33.15	700m: 7:38.70	32.91	1100m: 12:04.14	32.78
	350m: 3:48.96 32.65	750m: 8:11.88	33.18	1150m: 12:37.93	33.79
	400m: 4:21.77 32.81	800m: 8:44.99	33.11	1200m: 13:11.92	33.99
10.	TRAVANCA Sergio Filipe	00	Fluvial Portuense	16:27.69	+0,76
	50m: 29.77 29.77	450m: 4:51.18	32.98	850m: 9:16.27	33.21
	100m: 1:01.40 31.63	500m: 5:24.19	33.01	900m: 9:49.49	33.22
	150m: 1:33.80 32.40	550m: 5:56.78	32.59	950m: 10:23.04	33.55
	200m: 2:06.17 32.37	600m: 6:30.08	33.30	1000m: 10:56.20	33.16
	250m: 2:39.22 33.05	650m: 7:03.17	33.09	1050m: 11:29.77	33.57
	300m: 3:12.17 32.95	700m: 7:36.84	33.67	1100m: 12:03.12	33.35
	350m: 3:45.12 32.95	750m: 8:09.91	33.07	1150m: 12:36.28	33.16
	400m: 4:18.20 33.08	800m: 8:43.06	33.15	1200m: 13:09.77	33.49
11.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	16:32.20	+0,79
	50m: 29.99 29.99	450m: 4:54.68	32.87	850m: 9:18.55	33.46
	100m: 1:03.03 33.04	500m: 5:27.56	32.88	900m: 9:52.13	33.58
	150m: 1:36.22 33.19	550m: 6:00.59	33.03	950m: 10:25.70	33.57
	200m: 2:09.39 33.17	600m: 6:33.67	33.08	1000m: 10:59.07	33.37
	250m: 2:42.71 33.32	650m: 7:06.09	32.42	1050m: 11:32.33	33.26
	300m: 3:15.40 32.69	700m: 7:39.06	32.97	1100m: 12:06.07	33.74
	350m: 3:48.67 33.27	750m: 8:12.17	33.11	1150m: 12:39.86	33.79
	400m: 4:21.81 33.14	800m: 8:45.09	32.92	1200m: 13:13.60	33.74
12.	BASTOS Diogo Moreno	00	Fluvial Portuense	16:32.56	+0,84
	50m: 30.45 30.45	450m: 4:55.96	32.92	850m: 9:22.46	33.51
	100m: 1:03.24 32.79	500m: 5:29.29	33.33	900m: 9:55.73	33.27
	150m: 1:36.41 33.17	550m: 6:02.51	33.22	950m: 10:28.91	33.18
	200m: 2:09.76 33.35	600m: 6:35.78	33.27	1000m: 11:02.23	33.32
	250m: 2:43.21 33.45	650m: 7:08.97	33.19	1050m: 11:35.67	33.44
	300m: 3:16.69 33.48	700m: 7:42.36	33.39	1100m: 12:09.29	33.62
	350m: 3:49.73 33.04	750m: 8:15.57	33.21	1150m: 12:43.05	33.76
	400m: 4:23.04 33.31	800m: 8:48.95	33.38	1200m: 13:16.31	33.26
13.	NEVES Pedro Barata	00	Laranjeiro	16:35.21	+0,79
	50m: 30.58 30.58	450m: 4:57.07	33.16	850m: 9:24.17	33.83
	100m: 1:03.89 33.31	500m: 5:30.05	32.98	900m: 9:57.70	33.53
	150m: 1:36.94 33.05	550m: 6:03.21	33.16	950m: 10:31.34	33.64
	200m: 2:10.52 33.58	600m: 6:36.22	33.01	1000m: 11:05.10	33.76
	250m: 2:44.11 33.59	650m: 7:09.45	33.23	1050m: 11:38.52	33.42
	300m: 3:17.30 33.19	700m: 7:42.99	33.54	1100m: 12:12.27	33.75
	350m: 3:50.48 33.18	750m: 8:16.84	33.85	1150m: 12:46.04	33.77
	400m: 4:23.91 33.43	800m: 8:50.34	33.50	1200m: 13:19.46	33.42

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
14.	GONCALVES Bernardo Marques	00	Galitos / Bresimar	16:53.76	+0,78
	50m: 30.57 30.57	450m: 4:56.48 33.10	850m: 9:26.53 33.84	1250m: 14:02.27 34.88	
	100m: 1:03.29 32.72	500m: 5:29.73 33.25	900m: 10:00.90 34.37	1300m: 14:36.80 34.53	
	150m: 1:36.90 33.61	550m: 6:03.40 33.67	950m: 10:35.24 34.34	1350m: 15:11.23 34.43	
	200m: 2:10.16 33.26	600m: 6:36.79 33.39	1000m: 11:09.41 34.17	1400m: 15:45.83 34.60	
	250m: 2:43.30 33.14	650m: 7:10.41 33.62	1050m: 11:44.02 34.61	1450m: 16:20.29 34.46	
	300m: 3:16.81 33.51	700m: 7:44.13 33.72	1100m: 12:18.51 34.49	1500m: 16:53.76 33.47	
	350m: 3:50.10 33.29	750m: 8:18.36 34.23	1150m: 12:53.01 34.50		
	400m: 4:23.38 33.28	800m: 8:52.69 34.33	1200m: 13:27.39 34.38		
EXH	BORRAS Miguel Bautista	94	Benfica	16:27.40	+0,82
	50m: 29.49 29.49	450m: 4:50.75 32.86	850m: 9:15.94 33.15	1250m: 13:45.14 33.18	
	100m: 1:01.93 32.44	500m: 5:23.64 32.89	900m: 9:49.69 33.75	1300m: 14:18.56 33.42	
	150m: 1:34.32 32.39	550m: 5:56.39 32.75	950m: 10:23.54 33.85	1350m: 14:51.95 33.39	
	200m: 2:06.78 32.46	600m: 6:29.62 33.23	1000m: 10:56.88 33.34	1400m: 15:25.03 33.08	
	250m: 2:39.27 32.49	650m: 7:03.39 33.77	1050m: 11:29.97 33.09	1450m: 15:57.60 32.57	
	300m: 3:11.94 32.67	700m: 7:36.49 33.10	1100m: 12:03.91 33.94	1500m: 16:27.40 29.80	
	350m: 3:44.91 32.97	750m: 8:09.54 33.05	1150m: 12:37.61 33.70		
	400m: 4:17.89 32.98	800m: 8:42.79 33.25	1200m: 13:11.96 34.35		