

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18
30-05-2021 - 9:00

Femin., 200m Livres

Absolutos
Resultados

RN50 Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapest (HUN)	25-07-2017
RN50 Sen	2:01.48	DURAES Diana Margarida	POR	Budapest (HUN)	25-07-2017
RN50 Jun17	2:03.11	MARTINS Francisca Soares	POR	Loule	16-08-2020
RN50 Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
RN50 Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
RN50 Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

TAC Sen19+ 50m: 2:11.05 - 25m: 2:07.81; Sen18 50m: 2:13.45 - 25m: 2:11.32; Jun17 50m: 2:14.12 - 25m: 2:11.97; Jun16 50m: 2:17.61 - 25m: 2:15.71; Juv A 50m: 2:23.98 - 25m: 2:21.16; Juv B 50m: 2:28.13 - 25m: 2:25.23

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	FRANCO Catarina Andrade	07	Geslours	2:12.82		615	
	50m: 29.52 31.67	100m: 1:02.06	32.54 150m: 1:36.61	34.55 200m: 2:12.82		36.21	
2.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	2:18.93		537	
	50m: 31.67 31.67	100m: 1:06.69	35.02 150m: 1:42.91	36.22 200m: 2:18.93		36.02	
3.	PARENTE Leonor Peso	07	Palmela	2:19.87		527	
	50m: 32.68 32.68	100m: 1:07.85	35.17 150m: 1:44.15	36.30 200m: 2:19.87		35.72	
4.	RODRIGUES Leonor Carreiro	07	Benfica	2:20.72		517	
	50m: 31.18 31.18	100m: 1:06.00	34.82 150m: 1:43.51	37.51 200m: 2:20.72		37.21	
5.	RODEIA Mariana Figueira	07	Naval de Faro	2:21.86		505	
	50m: 33.07 33.07	100m: 1:08.24	35.17 150m: 1:44.74	36.50 200m: 2:21.86		37.12	
6.	PIRES Teresa Joao	07	Alges	2:23.16		491	
	50m: 32.40 32.40	100m: 1:08.57	36.17 150m: 1:46.43	37.86 200m: 2:23.16		36.73	
7.	CAMARA Ines Cruz	07	Desportivo Nacional	2:23.37		489	
	50m: 32.81 32.81	100m: 1:09.04	36.23 150m: 1:46.10	37.06 200m: 2:23.37		37.27	
8.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	2:24.42		478	
	50m: 33.14 33.14	100m: 1:10.03	36.89 150m: 1:47.73	37.70 200m: 2:24.42		36.69	
9.	MALFEITO Maria Francisca	07	Natacao de Lisboa	2:24.46		478	
	50m: 33.70 33.70	100m: 1:09.88	36.18 150m: 1:47.93	38.05 200m: 2:24.46		36.53	
10.	SIMÕES Ana Madalena	07	Geslours	2:26.23		461	
	50m: 34.22 34.22	100m: 1:11.82	37.60 150m: 1:49.42	37.60 200m: 2:26.23		36.81	
11.	JORGE Luisa Ponte	07	Uniao Piedense	2:27.21		452	
	50m: 34.66 34.66	100m: 1:11.86	37.20 150m: 1:50.09	38.23 200m: 2:27.21		37.12	
12.	ALVES Sara Sofia	07	Naval Setubalense	2:27.58		448	
	50m: 33.17 33.17	100m: 1:10.91	37.74 150m: 1:49.80	38.89 200m: 2:27.58		37.78	
13.	SIMAO Laura Roque	07	Nautico Marinha Grande	2:27.91		445	
	50m: 33.79 33.79	100m: 1:11.77	37.98 150m: 1:50.59	38.82 200m: 2:27.91		37.32	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	RODRIGUES Maria Leonor	07	Salesianos	2:28.52		440	
	50m: 33.53 33.53	100m: 1:12.03	38.50	150m: 1:51.22	39.19	200m: 2:28.52	37.30
15.	MIDOES Madalena Maria	07	20Km de Almeirim	2:29.57		430	
	50m: 33.87 33.87	100m: 1:10.69	36.82	150m: 1:50.77	40.08	200m: 2:29.57	38.80

Juvenis A

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	2:14.09		598	
	50m: 31.73 31.73	100m: 1:05.76	34.03	150m: 1:40.61	34.85	200m: 2:14.09	33.48
2.	CATALAO Leonor Tavares	06	Sporting	2:14.39		594	
	50m: 30.60 30.60	100m: 1:04.52	33.92	150m: 1:39.09	34.57	200m: 2:14.39	35.30
3.	COELHO Maria Leonor	06	Benfica	2:14.68		590	
	50m: 31.18 31.18	100m: 1:05.82	34.64	150m: 1:40.47	34.65	200m: 2:14.68	34.21
4.	TEIXEIRA Ines Correia	06	Amadora	2:17.77		551	
	50m: 31.91 31.91	100m: 1:06.02	34.11	150m: 1:41.73	35.71	200m: 2:17.77	36.04
5.	VALENTE Maria Esteves	06	Benfica	2:17.79		551	
	50m: 32.58 32.58	100m: 1:07.32	34.74	150m: 1:42.96	35.64	200m: 2:17.79	34.83
6.	COSTA Maria Jardim	06	Desportivo Nacional	2:18.40		543	
	50m: 31.48 31.48	100m: 1:06.57	35.09	150m: 1:42.85	36.28	200m: 2:18.40	35.55
7.	DIAS Madalena Graca	06	Natacao de Lisboa	2:19.30		533	
	50m: 32.65 32.65	100m: 1:08.34	35.69	150m: 1:44.42	36.08	200m: 2:19.30	34.88
8.	PARREIRA Carolina	06	Sporting	2:19.45		531	
	50m: 32.41 32.41	100m: 1:07.64	35.23	150m: 1:43.97	36.33	200m: 2:19.45	35.48
9.	ALVES Maria Madalena	06	Ba-Leiria	2:20.61		518	
	50m: 32.41 32.41	100m: 1:07.81	35.40	150m: 1:44.42	36.61	200m: 2:20.61	36.19
10.	FROIS Maria Francisca	06	Ba-Leiria	2:21.66		507	
	50m: 31.77 31.77	100m: 1:07.88	36.11	150m: 1:44.60	36.72	200m: 2:21.66	37.06
11.	NEVES Diana Patricia	06	Naval da Horta	2:22.05		503	
	50m: 33.85 33.85	100m: 1:10.30	36.45	150m: 1:46.16	35.86	200m: 2:22.05	35.89
12.	MONTEIRO Maria Pinto	06	Uniao Piedense	2:23.60		487	
	50m: 32.66 32.66	100m: 1:09.09	36.43	150m: 1:47.42	38.33	200m: 2:23.60	36.18
13.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	2:24.41		478	
	50m: 32.63 32.63	100m: 1:08.49	35.86	150m: 1:46.76	38.27	200m: 2:24.41	37.65
14.	COSTA Maria Beatriz	06	Sporting	2:24.43		478	
	50m: 33.49 33.49	100m: 1:09.49	36.00	150m: 1:47.18	37.69	200m: 2:24.43	37.25

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	2:24.57		477	
	50m: 33.19 33.19	100m: 1:09.65	36.46 150m: 1:47.49	37.84 200m: 2:24.57		37.08	
16.	MENDES Erica Candeias	06	Geslours	2:24.86		474	
	50m: 32.73 32.73	100m: 1:09.60	36.87 150m: 1:47.15	37.55 200m: 2:24.86		37.71	
17.	SIMOES Filipa Mendes	06	Ba-Leiria	2:27.12		452	
	50m: 32.84 32.84	100m: 1:09.69	36.85 150m: 1:48.49	38.80 200m: 2:27.12		38.63	
18.	ALMEIDA Isabel Pires	06	Nucleo Sporting da Terceira	2:27.27		451	
	50m: 34.01 34.01	100m: 1:11.17	37.16 150m: 1:49.92	38.75 200m: 2:27.27		37.35	
19.	NIZA Beatriz Mocego	06	Amadora	2:29.06		435	
	50m: 34.98 34.98	100m: 1:12.70	37.72 150m: 1:51.00	38.30 200m: 2:29.06		38.06	
20.	LOURA Raquel Maria	06	Naval de Faro	2:29.45		432	
	50m: 33.08 33.08	100m: 1:10.19	37.11 150m: 1:49.95	39.76 200m: 2:29.45		39.50	
21.	FREITAS Margarida Ramos	06	Desportivo Nacional	2:29.49		431	
	50m: 32.92 32.92	100m: 1:10.14	37.22 150m: 1:50.14	40.00 200m: 2:29.49		39.35	
22.	COSTA Catarina Gomes	06	Sporting	2:29.88		428	
	50m: 34.11 34.11	100m: 1:12.42	38.31 150m: 1:51.69	39.27 200m: 2:29.88		38.19	

Juniores

1.	PIRES Marta Joao	05	Alges	2:07.97		688	
	50m: 29.57 29.57	100m: 1:02.20	32.63 150m: 1:35.11	32.91 200m: 2:07.97		32.86	
2.	MOURA Maria Ferreira	04	Sporting	2:08.12		685	
	50m: 30.09 30.09	100m: 1:02.19	32.10 150m: 1:35.15	32.96 200m: 2:08.12		32.97	
3.	ALVES Joana Silva	05	Benedita	2:12.21		624	
	50m: 31.52 31.52	100m: 1:04.78	33.26 150m: 1:38.76	33.98 200m: 2:12.21		33.45	
4.	GOMES Carolina Fonseca	05	Sporting	2:17.48		554	
	50m: 31.63 31.63	100m: 1:06.03	34.40 150m: 1:41.82	35.79 200m: 2:17.48		35.66	
5.	FERREIRA Joana Rocha	05	Benfica	2:18.89		538	
	50m: 31.04 31.04	100m: 1:05.29	34.25 150m: 1:41.41	36.12 200m: 2:18.89		37.48	
6.	SIMOES Ana Beatriz	05	Sporting	2:19.82		527	
	50m: 31.90 31.90	100m: 1:06.34	34.44 150m: 1:42.27	35.93 200m: 2:19.82		37.55	
7.	COSTA Mafalda Santos	05	Colegio Monte Maior	2:21.01		514	
	50m: 32.59 32.59	100m: 1:07.90	35.31 150m: 1:44.36	36.46 200m: 2:21.01		36.65	
8.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	2:23.32		489	
	50m: 32.87 32.87	100m: 1:08.56	35.69 150m: 1:45.96	37.40 200m: 2:23.32		37.36	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	ANDRE Isadora Maia	05	Benfica	2:24.62		476	
	50m: 33.14 33.14	100m: 1:09.03	35.89 150m: 1:46.84	37.81 200m: 2:24.62		37.78	
DNS	CARRAO Iris Pereira	05	Laranjeiro				

Absolutos

1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	2:07.17		701	
	50m: 29.35 29.35	100m: 1:00.95	31.60 150m: 1:34.14	33.19 200m: 2:07.17		33.03	
2.	PIRES Marta Joao	05	Alges	2:07.97		688	
	50m: 29.57 29.57	100m: 1:02.20	32.63 150m: 1:35.11	32.91 200m: 2:07.97		32.86	
3.	MOURA Maria Ferreira	04	Sporting	2:08.12		685	
	50m: 30.09 30.09	100m: 1:02.19	32.10 150m: 1:35.15	32.96 200m: 2:08.12		32.97	
4.	FOMINA Anna	02	Louletano / Loule Concelho	2:08.78		675	
	50m: 29.50 29.50	100m: 1:01.51	32.01 150m: 1:35.08	33.57 200m: 2:08.78		33.70	
5.	PINTO Mafalda Marques	02	Sporting	2:10.07		655	
	50m: 31.16 31.16	100m: 1:04.87	33.71 150m: 1:38.14	33.27 200m: 2:10.07		31.93	
6.	ALVES Joana Silva	05	Benedita	2:12.21		624	
	50m: 31.52 31.52	100m: 1:04.78	33.26 150m: 1:38.76	33.98 200m: 2:12.21		33.45	
7.	FRANCO Catarina Andrade	07	Geslours	2:12.82		615	
	50m: 29.52 29.52	100m: 1:02.06	32.54 150m: 1:36.61	34.55 200m: 2:12.82		36.21	
8.	FARIA Leonor Verissimo	06	Nucleo de Pombal	2:14.09		598	
	50m: 31.73 31.73	100m: 1:05.76	34.03 150m: 1:40.61	34.85 200m: 2:14.09		33.48	
9.	CATALAO Leonor Tavares	06	Sporting	2:14.39		594	
	50m: 30.60 30.60	100m: 1:04.52	33.92 150m: 1:39.09	34.57 200m: 2:14.39		35.30	
10.	COELHO Maria Leonor	06	Benfica	2:14.68		590	
	50m: 31.18 31.18	100m: 1:05.82	34.64 150m: 1:40.47	34.65 200m: 2:14.68		34.21	
11.	GOMES Carolina Fonseca	05	Sporting	2:17.48		554	
	50m: 31.63 31.63	100m: 1:06.03	34.40 150m: 1:41.82	35.79 200m: 2:17.48		35.66	
12.	TEIXEIRA Ines Correia	06	Amadora	2:17.77		551	
	50m: 31.91 31.91	100m: 1:06.02	34.11 150m: 1:41.73	35.71 200m: 2:17.77		36.04	
13.	VALENTE Maria Esteves	06	Benfica	2:17.79		551	
	50m: 32.58 32.58	100m: 1:07.32	34.74 150m: 1:42.96	35.64 200m: 2:17.79		34.83	
14.	COSTA Maria Jardim	06	Desportivo Nacional	2:18.40		543	
	50m: 31.48 31.48	100m: 1:06.57	35.09 150m: 1:42.85	36.28 200m: 2:18.40		35.55	
15.	FERREIRA Joana Rocha	05	Benfica	2:18.89		538	
	50m: 31.04 31.04	100m: 1:05.29	34.25 150m: 1:41.41	36.12 200m: 2:18.89		37.48	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	2:18.93		537	
	50m: 31.67 31.67	100m: 1:06.69	35.02 150m: 1:42.91	36.22 200m: 2:18.93		36.02	
17.	DIAS Madalena Graca	06	Natacao de Lisboa	2:19.30		533	
	50m: 32.65 32.65	100m: 1:08.34	35.69 150m: 1:44.42	36.08 200m: 2:19.30		34.88	
18.	PARREIRA Carolina	06	Sporting	2:19.45		531	
	50m: 32.41 32.41	100m: 1:07.64	35.23 150m: 1:43.97	36.33 200m: 2:19.45		35.48	
19.	SIMOES Ana Beatriz	05	Sporting	2:19.82		527	
	50m: 31.90 31.90	100m: 1:06.34	34.44 150m: 1:42.27	35.93 200m: 2:19.82		37.55	
20.	PARENTE Leonor Peso	07	Palmela	2:19.87		527	
	50m: 32.68 32.68	100m: 1:07.85	35.17 150m: 1:44.15	36.30 200m: 2:19.87		35.72	
21.	ALVES Maria Madalena	06	Ba-Leiria	2:20.61		518	
	50m: 32.41 32.41	100m: 1:07.81	35.40 150m: 1:44.42	36.61 200m: 2:20.61		36.19	
22.	RODRIGUES Leonor Carreiro	07	Benfica	2:20.72		517	
	50m: 31.18 31.18	100m: 1:06.00	34.82 150m: 1:43.51	37.51 200m: 2:20.72		37.21	
23.	COSTA Mafalda Santos	05	Colegio Monte Maior	2:21.01		514	
	50m: 32.59 32.59	100m: 1:07.90	35.31 150m: 1:44.36	36.46 200m: 2:21.01		36.65	
24.	FROIS Maria Francisca	06	Ba-Leiria	2:21.66		507	
	50m: 31.77 31.77	100m: 1:07.88	36.11 150m: 1:44.60	36.72 200m: 2:21.66		37.06	
25.	RODEIA Mariana Figueira	07	Naval de Faro	2:21.86		505	
	50m: 33.07 33.07	100m: 1:08.24	35.17 150m: 1:44.74	36.50 200m: 2:21.86		37.12	
26.	NEVES Diana Patricia	06	Naval da Horta	2:22.05		503	
	50m: 33.85 33.85	100m: 1:10.30	36.45 150m: 1:46.16	35.86 200m: 2:22.05		35.89	
27.	PIRES Teresa Joao	07	Alges	2:23.16		491	
	50m: 32.40 32.40	100m: 1:08.57	36.17 150m: 1:46.43	37.86 200m: 2:23.16		36.73	
28.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	2:23.32		489	
	50m: 32.87 32.87	100m: 1:08.56	35.69 150m: 1:45.96	37.40 200m: 2:23.32		37.36	
29.	CAMARA Ines Cruz	07	Desportivo Nacional	2:23.37		489	
	50m: 32.81 32.81	100m: 1:09.04	36.23 150m: 1:46.10	37.06 200m: 2:23.37		37.27	
30.	MONTEIRO Maria Pinto	06	Uniao Piedense	2:23.60		487	
	50m: 32.66 32.66	100m: 1:09.09	36.43 150m: 1:47.42	38.33 200m: 2:23.60		36.18	
31.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	2:24.41		478	
	50m: 32.63 32.63	100m: 1:08.49	35.86 150m: 1:46.76	38.27 200m: 2:24.41		37.65	
32.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	2:24.42		478	
	50m: 33.14 33.14	100m: 1:10.03	36.89 150m: 1:47.73	37.70 200m: 2:24.42		36.69	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
33.	COSTA Maria Beatriz	06	Sporting	2:24.43		478	
	50m: 33.49 33.49	100m: 1:09.49	36.00 150m: 1:47.18	37.69 200m: 2:24.43		37.25	
34.	MALFEITO Maria Francisca	07	Natacao de Lisboa	2:24.46		478	
	50m: 33.70 33.70	100m: 1:09.88	36.18 150m: 1:47.93	38.05 200m: 2:24.46		36.53	
35.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	2:24.57		477	
	50m: 33.19 33.19	100m: 1:09.65	36.46 150m: 1:47.49	37.84 200m: 2:24.57		37.08	
36.	ANDRE Isadora Maia	05	Benfica	2:24.62		476	
	50m: 33.14 33.14	100m: 1:09.03	35.89 150m: 1:46.84	37.81 200m: 2:24.62		37.78	
37.	MENDES Erica Candeias	06	Geslours	2:24.86		474	
	50m: 32.73 32.73	100m: 1:09.60	36.87 150m: 1:47.15	37.55 200m: 2:24.86		37.71	
38.	SIMOEES Ana Madalena	07	Geslours	2:26.23		461	
	50m: 34.22 34.22	100m: 1:11.82	37.60 150m: 1:49.42	37.60 200m: 2:26.23		36.81	
39.	SIMOEES Filipa Mendes	06	Ba-Leiria	2:27.12		452	
	50m: 32.84 32.84	100m: 1:09.69	36.85 150m: 1:48.49	38.80 200m: 2:27.12		38.63	
40.	JORGE Luisa Ponte	07	Uniao Piedense	2:27.21		452	
	50m: 34.66 34.66	100m: 1:11.86	37.20 150m: 1:50.09	38.23 200m: 2:27.21		37.12	
41.	ALMEIDA Isabel Pires	06	Nucleo Sporting da Terceira	2:27.27		451	
	50m: 34.01 34.01	100m: 1:11.17	37.16 150m: 1:49.92	38.75 200m: 2:27.27		37.35	
42.	ALVES Sara Sofia	07	Naval Setubalense	2:27.58		448	
	50m: 33.17 33.17	100m: 1:10.91	37.74 150m: 1:49.80	38.89 200m: 2:27.58		37.78	
43.	SIMAO Laura Roque	07	Nautico Marinha Grande	2:27.91		445	
	50m: 33.79 33.79	100m: 1:11.77	37.98 150m: 1:50.59	38.82 200m: 2:27.91		37.32	
44.	RODRIGUES Maria Leonor	07	Salesianos	2:28.52		440	
	50m: 33.53 33.53	100m: 1:12.03	38.50 150m: 1:51.22	39.19 200m: 2:28.52		37.30	
45.	NIZA Beatriz Mocego	06	Amadora	2:29.06		435	
	50m: 34.98 34.98	100m: 1:12.70	37.72 150m: 1:51.00	38.30 200m: 2:29.06		38.06	
46.	LOURA Raquel Maria	06	Naval de Faro	2:29.45		432	
	50m: 33.08 33.08	100m: 1:10.19	37.11 150m: 1:49.95	39.76 200m: 2:29.45		39.50	
47.	FREITAS Margarida Ramos	06	Desportivo Nacional	2:29.49		431	
	50m: 32.92 32.92	100m: 1:10.14	37.22 150m: 1:50.14	40.00 200m: 2:29.49		39.35	
48.	MIDOES Madalena Maria	07	20Km de Almeirim	2:29.57		430	
	50m: 33.87 33.87	100m: 1:10.69	36.82 150m: 1:50.77	40.08 200m: 2:29.57		38.80	
49.	COSTA Catarina Gomes	06	Sporting	2:29.88		428	
	50m: 34.11 34.11	100m: 1:12.42	38.31 150m: 1:51.69	39.27 200m: 2:29.88		38.19	
DNS	CARRAO Iris Pereira	05	Laranjeiro				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres

Seniores

1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	2:07.17	701
	50m: 29.35 29.35	100m: 1:00.95	31.60 150m: 1:34.14	33.19 200m: 2:07.17	33.03
2.	FOMINA Anna	02	Louletano / Loule Concelho	2:08.78	675
	50m: 29.50 29.50	100m: 1:01.51	32.01 150m: 1:35.08	33.57 200m: 2:08.78	33.70
3.	PINTO Mafalda Marques	02	Sporting	2:10.07	655
	50m: 31.16 31.16	100m: 1:04.87	33.71 150m: 1:38.14	33.27 200m: 2:10.07	31.93