

2016 Memoriał Henryka Kosakowskiego
Lublin, 13- - 14-2-2016

Konkurencja 31
2016-02-14 - 11:20

Kobiet, 400m dowolny

10 lat i starsi
Wyniki

Rek Polski Seniorów	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25
Rek Okr gu Lub Seniorów	4:18.01	BARZYCKA Paulina	01403	Ostrowiec Sw.	2008-04-05

Punkty: FINA 2015

Pozycja			Wiek			Czas	Pkt.
10 - 11 lat							
1.	AMILKIEWICZ Aleksandra		11	Olimpia Lublin		5:14.89	433
	50m: 35.07 35.07	150m: 1:55.03	40.71	250m: 3:16.03	40.15	350m: 4:36.26	39.37
	100m: 1:14.32 39.25	200m: 2:35.88	40.85	300m: 3:56.89	40.86	400m: 5:14.89	38.63
12 - 13 lat							
1.	BADZIAN Natalia		13	Muszelka Warszawa		4:50.31	553
	50m: 32.79 32.79	150m: 1:46.52	37.27	250m: 3:00.43	37.07	350m: 4:14.62	37.21
	100m: 1:09.25 36.46	200m: 2:23.36	36.84	300m: 3:37.41	36.98	400m: 4:50.31	35.69
2.	CYNARSKA Weronika		13	Muszelka Warszawa		4:57.45	514
	50m: 33.18 33.18	150m: 1:47.42	37.64	250m: 3:03.25	37.99	350m: 4:20.34	38.61
	100m: 1:09.78 36.60	200m: 2:25.26	37.84	300m: 3:41.73	38.48	400m: 4:57.45	37.11
3.	ZIEMACKA Julia		13	Muszelka Warszawa		5:05.03	477
	50m: 34.24 34.24	150m: 1:50.51	39.12	250m: 3:08.90	39.26	350m: 4:27.68	39.41
	100m: 1:11.39 37.15	200m: 2:29.64	39.13	300m: 3:48.27	39.37	400m: 5:05.03	37.35
4.	GAZDA Małgorzata		12	Olimpijczyk 23 Lublin		5:18.40	419
	50m: 35.77 35.77	150m: 1:57.18	41.08	250m: 3:18.99	41.07	350m: 4:39.67	40.27
	100m: 1:16.10 40.33	200m: 2:37.92	40.74	300m: 3:59.40	40.41	400m: 5:18.40	38.73
5.	KURZYNA Aleksandra		13	Fala Kra nik		5:24.20	397
	50m: 36.09 36.09	150m: 1:57.26	40.85	250m: 3:19.82	41.76	350m: 4:44.24	42.44
	100m: 1:16.41 40.32	200m: 2:38.06	40.80	300m: 4:01.80	41.98	400m: 5:24.20	39.96
6.	BORZ CKA Julia		12	Olimpijczyk 23 Lublin		5:26.57	388
	50m: 36.29 36.29	150m: 1:59.01	41.98	250m: 3:22.98	41.86	350m: 4:46.79	41.92
	100m: 1:17.03 40.74	200m: 2:41.12	42.11	300m: 4:04.87	41.89	400m: 5:26.57	39.78
7.	DRAGAN Julia		12	Lublinianka		5:32.63	368
	50m: 37.14 37.14	150m: 2:01.70	42.43	250m: 3:27.18	42.77	350m: 4:52.52	42.64
	100m: 1:19.27 42.13	200m: 2:44.41	42.71	300m: 4:09.88	42.70	400m: 5:32.63	40.11
8.	SZYNAL Amelia		13	Skarpa Lublin		5:37.66	351
	50m: 37.74 37.74	150m: 2:03.28	43.03	250m: 3:30.50	44.10	350m: 4:57.23	43.14
	100m: 1:20.25 42.51	200m: 2:46.40	43.12	300m: 4:14.09	43.59	400m: 5:37.66	40.43
9.	SVISTÁKOVÁ Ráchel		13	Aquacity Poprad		5:46.17	326
	50m: 36.76 36.76	150m: 2:03.99	44.86	250m: 3:33.39	45.45	350m: 5:01.97	43.45
	100m: 1:19.13 42.37	200m: 2:47.94	43.95	300m: 4:18.52	45.13	400m: 5:46.17	44.20
10.	KOZAK Katarzyna		12	Olimpijczyk 23 Lublin		5:49.17	318
	50m: 36.39 36.39	150m: 2:05.40	45.70	250m: 3:35.46	45.51	350m: 5:06.50	45.19
	100m: 1:19.70 43.31	200m: 2:49.95	44.55	300m: 4:21.31	45.85	400m: 5:49.17	42.67
11.	VL KOVÁ Dáša		13	Aquacity Poprad		5:50.29	315
	50m: 38.20 38.20	150m: 2:05.95	44.55	250m: 3:36.63	45.18	350m: 5:07.13	45.18
	100m: 1:21.40 43.20	200m: 2:51.45	45.50	300m: 4:21.95	45.32	400m: 5:50.29	43.16
12.	KMETTYOVÁ Alexandra		13	Aquacity Poprad		6:01.54	286
	50m: 40.60 40.60	150m: 2:14.28	46.53	250m: 3:48.56	47.02	350m: 5:19.87	44.84
	100m: 1:27.75 47.15	200m: 3:01.54	47.26	300m: 4:35.03	46.47	400m: 6:01.54	41.67
13.	PACEK Aleksandra		12	Lublinianka		6:06.68	274
	50m: 38.75 38.75	150m: 2:11.57	47.60	250m: 3:47.45	47.79	350m: 5:21.86	47.31
	100m: 1:23.97 45.22	200m: 2:59.66	48.09	300m: 4:34.55	47.10	400m: 6:06.68	44.82

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Konkurencja 31, Kobiet, 400m dowolny

14 - 15 lat

1.	ŁYSAKOWSKA Julia	15	AZS UMCS Lublin	4:49.66	557
	50m: 33.53 33.53	150m: 1:46.72	36.72 250m: 3:00.47	36.74 350m: 4:14.10	36.55
	100m: 1:10.00 36.47	200m: 2:23.73	37.01 300m: 3:37.55	37.08 400m: 4:49.66	35.56
2.	JASIORSKA Aleksandra	14	Muszelka Warszawa	4:51.49	546
	50m: 33.04 33.04	150m: 1:45.06	36.41 250m: 2:59.08	37.25 350m: 4:14.40	37.30
	100m: 1:08.65 35.61	200m: 2:21.83	36.77 300m: 3:37.10	38.02 400m: 4:51.49	37.09
3.	WILCZEWSKA Aleksandra	14	Olimpia Lublin	4:52.44	541
	50m: 33.83 33.83	150m: 1:47.68	37.38 250m: 3:02.14	37.01 350m: 4:16.46	36.96
	100m: 1:10.30 36.47	200m: 2:25.13	37.45 300m: 3:39.50	37.36 400m: 4:52.44	35.98
4.	BUJAK Maria	15	Skarpa Lublin	5:07.21	467
	50m: 36.12 36.12	150m: 1:56.19	40.10 250m: 3:14.86	39.40 350m: 4:31.97	37.26
	100m: 1:16.09 39.97	200m: 2:35.46	39.27 300m: 3:54.71	39.85 400m: 5:07.21	35.24
5.	ZOLKOWSKA Anna	15	Skarpa Lublin	5:11.18	449
	50m: 36.07 36.07	150m: 1:54.83	40.04 250m: 3:15.31	40.10 350m: 4:33.88	38.84
	100m: 1:14.79 38.72	200m: 2:35.21	40.38 300m: 3:55.04	39.73 400m: 5:11.18	37.30
6.	SZEWCZYK Zofia	14	Fala Kra nik	5:16.11	428
	50m: 35.37 35.37	150m: 1:55.02	40.51 250m: 3:17.01	41.39 350m: 4:37.89	40.33
	100m: 1:14.51 39.14	200m: 2:35.62	40.60 300m: 3:57.56	40.55 400m: 5:16.11	38.22
7.	MAŁEK Martyna	14	Skarpa Lublin	5:27.51	385
	50m: 35.51 35.51	150m: 1:58.68	42.27 250m: 3:22.75	42.24 350m: 4:47.46	42.22
	100m: 1:16.41 40.90	200m: 2:40.51	41.83 300m: 4:05.24	42.49 400m: 5:27.51	40.05
8.	WOJTASZEK Oktawia	14	Fala Kra nik	5:29.48	378
	50m: 35.98 35.98	150m: 1:58.60	41.61 250m: 3:23.13	42.06 350m: 4:48.08	42.19
	100m: 1:16.99 41.01	200m: 2:41.07	42.47 300m: 4:05.89	42.76 400m: 5:29.48	41.40
9.	BREJ ÁKOVÁ Laura	14	Aquacity Poprad	6:05.42	277
	50m: 38.44 38.44	150m: 2:10.15	47.29 250m: 3:45.54	48.07 350m: 5:21.37	47.57
	100m: 1:22.86 44.42	200m: 2:57.47	47.32 300m: 4:33.80	48.26 400m: 6:05.42	44.05
10.	KUCEKOVÁ Regína	14	Aquacity Poprad	6:17.52	251
	50m: 39.31 39.31	150m: 2:15.14	48.28 250m: 3:53.30	48.91 350m: 5:31.88	48.77
	100m: 1:26.86 47.55	200m: 3:04.39	49.25 300m: 4:43.11	49.81 400m: 6:17.52	45.64
11.	KOPÁ OVÁ Natália	14	Aquacity Poprad	6:23.34	240
	50m: 42.63 42.63	150m: 2:19.37	48.58 250m: 3:57.09	49.48 350m: 5:35.80	49.53
	100m: 1:30.79 48.16	200m: 3:07.61	48.24 300m: 4:46.27	49.18 400m: 6:23.34	47.54

16 - 17 lat

1.	ADAMCZYK Julia	17	AZS UMCS Lublin	4:34.40	655
	50m: 31.98 31.98	150m: 1:41.22	34.91 250m: 2:51.25	35.21 350m: 4:01.48	35.09
	100m: 1:06.31 34.33	200m: 2:16.04	34.82 300m: 3:26.39	35.14 400m: 4:34.40	32.92
2.	ANDRZEJEWSKA Kamila SL	17	Lider Chełm	4:34.82	652
	50m: 32.10 32.10	150m: 1:43.28	35.67 250m: 2:53.25	34.71 350m: 4:01.86	34.02
	100m: 1:07.61 35.51	200m: 2:18.54	35.26 300m: 3:27.84	34.59 400m: 4:34.82	32.96
3.	LICZNIAK Weronika	17	AZS UMCS Lublin	4:45.38	582
	50m: 33.30 33.30	150m: 1:44.28	35.65 250m: 2:56.15	35.96 350m: 4:09.12	36.94
	100m: 1:08.63 35.33	200m: 2:20.19	35.91 300m: 3:32.18	36.03 400m: 4:45.38	36.26
4.	CZARNECKA Wiktoria SL	17	Skarpa Lublin	4:46.30	577
	50m: 32.87 32.87	150m: 1:45.83	36.88 250m: 2:58.67	36.32 350m: 4:11.39	36.18
	100m: 1:08.95 36.08	200m: 2:22.35	36.52 300m: 3:35.21	36.54 400m: 4:46.30	34.91
5.	HAJDENRAICH Julia	16	Fala Kra nik	4:57.12	516
	50m: 33.11 33.11	150m: 1:47.12	37.53 250m: 3:02.79	37.98 350m: 4:19.92	38.45
	100m: 1:09.59 36.48	200m: 2:24.81	37.69 300m: 3:41.47	38.68 400m: 4:57.12	37.20
6.	MUDA Weronika	16	AZS UMCS Lublin	5:07.00	468
	50m: 33.92 33.92	150m: 1:49.41	38.40 250m: 3:07.67	39.16 350m: 4:27.42	40.20
	100m: 1:11.01 37.09	200m: 2:28.51	39.10 300m: 3:47.22	39.55 400m: 5:07.00	39.58

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Konkurencja 31, Kobiet, 400m dowolny, 16 - 17 lat

Pozycja			Wiek						Czas	Pkt.
7.	FIL Konstancja SL		17		Skarpa Lublin				5:16.45	427
	50m:	34.70 34.70	150m:	1:53.46 40.02	250m:	3:14.64 41.00	350m:	4:37.80 42.04		
	100m:	1:13.44 38.74	200m:	2:33.64 40.18	300m:	3:55.76 41.12	400m:	5:16.45 38.65		
OPEN										
1.	KARPISZ Milena		19		Piłka Konstantynów Łódzki				4:22.71	747
	50m:	31.03 31.03	150m:	1:36.82 33.00	250m:	2:43.26 33.22	350m:	3:50.11 33.48		
	100m:	1:03.82 32.79	200m:	2:10.04 33.22	300m:	3:16.63 33.37	400m:	4:22.71 32.60		
2.	WOJCIECHOWSKA Joanna		18		Orlik Lublin				4:29.49	692
	50m:	31.67 31.67	150m:	1:39.02 33.91	250m:	2:47.31 34.13	350m:	3:56.53 34.73		
	100m:	1:05.11 33.44	200m:	2:13.18 34.16	300m:	3:21.80 34.49	400m:	4:29.49 32.96		
3.	ADAMCZYK Julia		17		AZS UMCS Lublin				4:34.40	655
	50m:	31.98 31.98	150m:	1:41.22 34.91	250m:	2:51.25 35.21	350m:	4:01.48 35.09		
	100m:	1:06.31 34.33	200m:	2:16.04 34.82	300m:	3:26.39 35.14	400m:	4:34.40 32.92		
4.	ANDRZEJEWSKA Kamila SL		17		Lider Chełm				4:34.82	652
	50m:	32.10 32.10	150m:	1:43.28 35.67	250m:	2:53.25 34.71	350m:	4:01.86 34.02		
	100m:	1:07.61 35.51	200m:	2:18.54 35.26	300m:	3:27.84 34.59	400m:	4:34.82 32.96		
5.	LICZNIAK Weronika		17		AZS UMCS Lublin				4:45.38	582
	50m:	33.30 33.30	150m:	1:44.28 35.65	250m:	2:56.15 35.96	350m:	4:09.12 36.94		
	100m:	1:08.63 35.33	200m:	2:20.19 35.91	300m:	3:32.18 36.03	400m:	4:45.38 36.26		
6.	CZARNECKA Wiktoria SL		17		Skarpa Lublin				4:46.30	577
	50m:	32.87 32.87	150m:	1:45.83 36.88	250m:	2:58.67 36.32	350m:	4:11.39 36.18		
	100m:	1:08.95 36.08	200m:	2:22.35 36.52	300m:	3:35.21 36.54	400m:	4:46.30 34.91		
7.	ŁYSAKOWSKA Julia		15		AZS UMCS Lublin				4:49.66	557
	50m:	33.53 33.53	150m:	1:46.72 36.72	250m:	3:00.47 36.74	350m:	4:14.10 36.55		
	100m:	1:10.00 36.47	200m:	2:23.73 37.01	300m:	3:37.55 37.08	400m:	4:49.66 35.56		
8.	BADZIAN Natalia		13		Muszelka Warszawa				4:50.31	553
	50m:	32.79 32.79	150m:	1:46.52 37.27	250m:	3:00.43 37.07	350m:	4:14.62 37.21		
	100m:	1:09.25 36.46	200m:	2:23.36 36.84	300m:	3:37.41 36.98	400m:	4:50.31 35.69		
9.	JASIORSKA Aleksandra		14		Muszelka Warszawa				4:51.49	546
	50m:	33.04 33.04	150m:	1:45.06 36.41	250m:	2:59.08 37.25	350m:	4:14.40 37.30		
	100m:	1:08.65 35.61	200m:	2:21.83 36.77	300m:	3:37.10 38.02	400m:	4:51.49 37.09		
10.	WILCZEWSKA Aleksandra		14		Olimpia Lublin				4:52.44	541
	50m:	33.83 33.83	150m:	1:47.68 37.38	250m:	3:02.14 37.01	350m:	4:16.46 36.96		
	100m:	1:10.30 36.47	200m:	2:25.13 37.45	300m:	3:39.50 37.36	400m:	4:52.44 35.98		
11.	HAJDENRAICH Julia		16		Fala Krańnik				4:57.12	516
	50m:	33.11 33.11	150m:	1:47.12 37.53	250m:	3:02.79 37.98	350m:	4:19.92 38.45		
	100m:	1:09.59 36.48	200m:	2:24.81 37.69	300m:	3:41.47 38.68	400m:	4:57.12 37.20		
12.	CYNARSKA Weronika		13		Muszelka Warszawa				4:57.45	514
	50m:	33.18 33.18	150m:	1:47.42 37.64	250m:	3:03.25 37.99	350m:	4:20.34 38.61		
	100m:	1:09.78 36.60	200m:	2:25.26 37.84	300m:	3:41.73 38.48	400m:	4:57.45 37.11		
13.	ZIEMACKA Julia		13		Muszelka Warszawa				5:05.03	477
	50m:	34.24 34.24	150m:	1:50.51 39.12	250m:	3:08.90 39.26	350m:	4:27.68 39.41		
	100m:	1:11.39 37.15	200m:	2:29.64 39.13	300m:	3:48.27 39.37	400m:	5:05.03 37.35		
14.	MUDA Weronika		16		AZS UMCS Lublin				5:07.00	468
	50m:	33.92 33.92	150m:	1:49.41 38.40	250m:	3:07.67 39.16	350m:	4:27.42 40.20		
	100m:	1:11.01 37.09	200m:	2:28.51 39.10	300m:	3:47.22 39.55	400m:	5:07.00 39.58		
15.	BUJAK Maria		15		Skarpa Lublin				5:07.21	467
	50m:	36.12 36.12	150m:	1:56.19 40.10	250m:	3:14.86 39.40	350m:	4:31.97 37.26		
	100m:	1:16.09 39.97	200m:	2:35.46 39.27	300m:	3:54.71 39.85	400m:	5:07.21 35.24		
16.	ZOLKOWSKA Anna		15		Skarpa Lublin				5:11.18	449
	50m:	36.07 36.07	150m:	1:54.83 40.04	250m:	3:15.31 40.10	350m:	4:33.88 38.84		
	100m:	1:14.79 38.72	200m:	2:35.21 40.38	300m:	3:55.04 39.73	400m:	5:11.18 37.30		

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Konkurencja 31, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
17.	AMILKIEWICZ Aleksandra	11	Olimpia Lublin					5:14.89	433
	50m: 35.07 35.07	150m: 1:55.03	40.71	250m: 3:16.03	40.15	350m: 4:36.26	39.37		
	100m: 1:14.32 39.25	200m: 2:35.88	40.85	300m: 3:56.89	40.86	400m: 5:14.89	38.63		
18.	SZEWCZYK Zofia	14	Fala Kra nik					5:16.11	428
	50m: 35.37 35.37	150m: 1:55.02	40.51	250m: 3:17.01	41.39	350m: 4:37.89	40.33		
	100m: 1:14.51 39.14	200m: 2:35.62	40.60	300m: 3:57.56	40.55	400m: 5:16.11	38.22		
19.	FIL Konstancja SL	17	Skarpa Lublin					5:16.45	427
	50m: 34.70 34.70	150m: 1:53.46	40.02	250m: 3:14.64	41.00	350m: 4:37.80	42.04		
	100m: 1:13.44 38.74	200m: 2:33.64	40.18	300m: 3:55.76	41.12	400m: 5:16.45	38.65		
20.	GAZDA Małgorzata	12	Olimpijczyk 23 Lublin					5:18.40	419
	50m: 35.77 35.77	150m: 1:57.18	41.08	250m: 3:18.99	41.07	350m: 4:39.67	40.27		
	100m: 1:16.10 40.33	200m: 2:37.92	40.74	300m: 3:59.40	40.41	400m: 5:18.40	38.73		
21.	KURZYNA Aleksandra	13	Fala Kra nik					5:24.20	397
	50m: 36.09 36.09	150m: 1:57.26	40.85	250m: 3:19.82	41.76	350m: 4:44.24	42.44		
	100m: 1:16.41 40.32	200m: 2:38.06	40.80	300m: 4:01.80	41.98	400m: 5:24.20	39.96		
22.	BORZ CKA Julia	12	Olimpijczyk 23 Lublin					5:26.57	388
	50m: 36.29 36.29	150m: 1:59.01	41.98	250m: 3:22.98	41.86	350m: 4:46.79	41.92		
	100m: 1:17.03 40.74	200m: 2:41.12	42.11	300m: 4:04.87	41.89	400m: 5:26.57	39.78		
23.	MAŁEK Martyna	14	Skarpa Lublin					5:27.51	385
	50m: 35.51 35.51	150m: 1:58.68	42.27	250m: 3:22.75	42.24	350m: 4:47.46	42.22		
	100m: 1:16.41 40.90	200m: 2:40.51	41.83	300m: 4:05.24	42.49	400m: 5:27.51	40.05		
24.	WOJTASZEK Oktawia	14	Fala Kra nik					5:29.48	378
	50m: 35.98 35.98	150m: 1:58.60	41.61	250m: 3:23.13	42.06	350m: 4:48.08	42.19		
	100m: 1:16.99 41.01	200m: 2:41.07	42.47	300m: 4:05.89	42.76	400m: 5:29.48	41.40		
25.	DRAGAN Julia	12	Lublinianka					5:32.63	368
	50m: 37.14 37.14	150m: 2:01.70	42.43	250m: 3:27.18	42.77	350m: 4:52.52	42.64		
	100m: 1:19.27 42.13	200m: 2:44.41	42.71	300m: 4:09.88	42.70	400m: 5:32.63	40.11		
26.	SZYNAL Amelia	13	Skarpa Lublin					5:37.66	351
	50m: 37.74 37.74	150m: 2:03.28	43.03	250m: 3:30.50	44.10	350m: 4:57.23	43.14		
	100m: 1:20.25 42.51	200m: 2:46.40	43.12	300m: 4:14.09	43.59	400m: 5:37.66	40.43		
27.	SVISTÁKOVÁ Ráchel	13	Aquacity Poprad					5:46.17	326
	50m: 36.76 36.76	150m: 2:03.99	44.86	250m: 3:33.39	45.45	350m: 5:01.97	43.45		
	100m: 1:19.13 42.37	200m: 2:47.94	43.95	300m: 4:18.52	45.13	400m: 5:46.17	44.20		
28.	KOZAK Katarzyna	12	Olimpijczyk 23 Lublin					5:49.17	318
	50m: 36.39 36.39	150m: 2:05.40	45.70	250m: 3:35.46	45.51	350m: 5:06.50	45.19		
	100m: 1:19.70 43.31	200m: 2:49.95	44.55	300m: 4:21.31	45.85	400m: 5:49.17	42.67		
29.	VL KOVÁ Dáša	13	Aquacity Poprad					5:50.29	315
	50m: 38.20 38.20	150m: 2:05.95	44.55	250m: 3:36.63	45.18	350m: 5:07.13	45.18		
	100m: 1:21.40 43.20	200m: 2:51.45	45.50	300m: 4:21.95	45.32	400m: 5:50.29	43.16		
30.	KMETTYOVÁ Alexandra	13	Aquacity Poprad					6:01.54	286
	50m: 40.60 40.60	150m: 2:14.28	46.53	250m: 3:48.56	47.02	350m: 5:19.87	44.84		
	100m: 1:27.75 47.15	200m: 3:01.54	47.26	300m: 4:35.03	46.47	400m: 6:01.54	41.67		
31.	BREJ ÁKOVÁ Laura	14	Aquacity Poprad					6:05.42	277
	50m: 38.44 38.44	150m: 2:10.15	47.29	250m: 3:45.54	48.07	350m: 5:21.37	47.57		
	100m: 1:22.86 44.42	200m: 2:57.47	47.32	300m: 4:33.80	48.26	400m: 6:05.42	44.05		
32.	PACEK Aleksandra	12	Lublinianka					6:06.68	274
	50m: 38.75 38.75	150m: 2:11.57	47.60	250m: 3:47.45	47.79	350m: 5:21.86	47.31		
	100m: 1:23.97 45.22	200m: 2:59.66	48.09	300m: 4:34.55	47.10	400m: 6:06.68	44.82		
33.	KUCEKOVÁ Regína	14	Aquacity Poprad					6:17.52	251
	50m: 39.31 39.31	150m: 2:15.14	48.28	250m: 3:53.30	48.91	350m: 5:31.88	48.77		
	100m: 1:26.86 47.55	200m: 3:04.39	49.25	300m: 4:43.11	49.81	400m: 6:17.52	45.64		
34.	KOPÁ OVÁ Natália	14	Aquacity Poprad					6:23.34	240
	50m: 42.63 42.63	150m: 2:19.37	48.58	250m: 3:57.09	49.48	350m: 5:35.80	49.53		
	100m: 1:30.79 48.16	200m: 3:07.61	48.24	300m: 4:46.27	49.18	400m: 6:23.34	47.54		