

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu  
Warszawa, 30.11. - 1.12.2018

Konkurencja 20  
30.11.2018 - 20:12

Chłopców, 400m dowolny

10 - 14 lat  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
<b>10 lat</b>									
1.	JARECKI, Bartosz		08	ródmiejski UKS				<b>5:41.34</b>	267
	50m:	38.67 38.67	150m:	2:07.01 44.55	250m:	3:34.30 42.25	350m:	5:00.88 42.25	
	100m:	1:22.46 43.79	200m:	2:52.05 45.04	300m:	4:18.63 44.33	400m:	5:41.34 40.46	
2.	BIELECKI, Borys		08	UKS G-8 Bielany				<b>5:56.45</b>	235
	50m:	39.75 39.75	150m:	2:10.65 44.60	250m:	3:41.83 45.00	350m:	5:13.27 45.18	
	100m:	1:26.05 46.30	200m:	2:56.83 46.18	300m:	4:28.09 46.26	400m:	5:56.45 43.18	
3.	BAŁABAN, Antoni		08	ródmiejski UKS				<b>5:56.88</b>	234
	50m:	39.85 39.85	150m:	2:08.44 44.87	250m:	3:39.67 44.82	350m:	5:11.79 45.79	
	100m:	1:23.57 43.72	200m:	2:54.85 46.41	300m:	4:26.00 46.33	400m:	5:56.88 45.09	
4.	ROZBICKI, Kacper		08	ródmiejski UKS				<b>6:02.16</b>	224
	50m:	41.14 41.14	150m:	2:12.91 46.07	250m:	3:45.52 45.77	350m:	5:18.76 46.96	
	100m:	1:26.84 45.70	200m:	2:59.75 46.84	300m:	4:31.80 46.28	400m:	6:02.16 43.40	
5.	PA K, Mikołaj		08	ródmiejski UKS				<b>6:31.77</b>	177
	50m:	42.72 42.72	150m:	2:21.33 50.21	250m:	4:03.04 51.00	350m:	5:43.96 49.83	
	100m:	1:31.12 48.40	200m:	3:12.04 50.71	300m:	4:54.13 51.09	400m:	6:31.77 47.81	
6.	PŁUCIENNIK, Filip		08	Swim Team Wilanów				<b>6:33.60</b>	174
	50m:	42.51 42.51	150m:	2:21.67 50.30	250m:	4:05.28 51.93	350m:	5:48.24 51.23	
	100m:	1:31.37 48.86	200m:	3:13.35 51.68	300m:	4:57.01 51.73	400m:	6:33.60 45.36	
7.	TSIARESHCHANKA, Illia		08	Olimpiec				<b>7:03.69</b>	140
	50m:	44.15 44.15	150m:	2:31.16 54.97	250m:	4:23.01 56.81	350m:	6:11.72 55.34	
	100m:	1:36.19 52.04	200m:	3:26.20 55.04	300m:	5:16.38 53.37	400m:	7:03.69 51.97	
<b>11 lat</b>									
1.	KOZŁOWSKI, Iwo		07	Ukp Polonia Warszawa				<b>5:13.86</b>	344
	50m:	35.97 35.97	150m:	1:55.33 40.12	250m:	3:15.90 39.91	350m:	4:35.51 39.78	
	100m:	1:15.21 39.24	200m:	2:35.99 40.66	300m:	3:55.73 39.83	400m:	5:13.86 38.35	
2.	KULESZA, Jakub		07	Ukp Polonia Warszawa				<b>5:22.15</b>	318
	50m:	37.03 37.03	150m:	2:00.30 41.59	250m:	3:23.24 40.28	350m:	4:44.25 39.57	
	100m:	1:18.71 41.68	200m:	2:42.96 42.66	300m:	4:04.68 41.44	400m:	5:22.15 37.90	
3.	RESZKA, Jakub		07	Ukp Polonia Warszawa				<b>5:22.79</b>	316
	50m:	36.36 36.36	150m:	1:59.54 42.26	250m:	3:22.94 41.02	350m:	4:44.48 40.11	
	100m:	1:17.28 40.92	200m:	2:41.92 42.38	300m:	4:04.37 41.43	400m:	5:22.79 38.31	
4.	SZCZEPANIAK, Michał		07	ródmiejski UKS				<b>5:24.70</b>	311
	50m:	36.56 36.56	150m:	1:58.94 42.03	250m:	3:21.27 41.25	350m:	4:44.79 41.71	
	100m:	1:16.91 40.35	200m:	2:40.02 41.08	300m:	4:03.08 41.81	400m:	5:24.70 39.91	
5.	FR CZYK, Jakub		07	UKS "Siódemka" Gdynia				<b>5:37.01</b>	278
	50m:	36.60 36.60	150m:	2:02.41 43.79	250m:	3:30.40 43.99	350m:	4:57.18 42.33	
	100m:	1:18.62 42.02	200m:	2:46.41 44.00	300m:	4:14.85 44.45	400m:	5:37.01 39.83	
6.	CHMIELEWSKI, Franciszek		07	UKS G-8 Bielany				<b>5:37.97</b>	276
	50m:	36.94 36.94	150m:	2:02.02 43.15	250m:	3:29.30 43.62	350m:	4:56.80 43.45	
	100m:	1:18.87 41.93	200m:	2:45.68 43.66	300m:	4:13.35 44.05	400m:	5:37.97 41.17	
7.	ŁUKAWSKI, Tomasz		07	ródmiejski UKS				<b>5:40.21</b>	270
	50m:	38.24 38.24	150m:	2:06.42 43.46	250m:	3:34.39 43.07	350m:	5:00.94 42.46	
	100m:	1:22.96 44.72	200m:	2:51.32 44.90	300m:	4:18.48 44.09	400m:	5:40.21 39.27	
8.	MUCHA, Maksym		07	Swim Team Wilanów				<b>5:42.09</b>	266
	50m:	37.82 37.82	150m:	2:03.73 43.22	250m:	3:33.00 44.23	350m:	5:00.27 42.87	
	100m:	1:20.51 42.69	200m:	2:48.77 45.04	300m:	4:17.40 44.40	400m:	5:42.09 41.82	
9.	CHMIELEWSKI, Jan		07	UKS G-8 Bielany				<b>5:48.88</b>	250
	50m:	38.19 38.19	150m:	2:05.93 44.73	250m:	3:36.04 44.95	350m:	5:05.69 44.07	
	100m:	1:21.20 43.01	200m:	2:51.09 45.16	300m:	4:21.62 45.58	400m:	5:48.88 43.19	

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu  
Warszawa, 30.11. - 1.12.2018

Konkurencja 20, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
10.	IWASZKIEWICZ, Jan		07	MKP Warszawianka				<b>5:58.09</b>	232		
	50m:	39.96 39.96	150m:	2:11.17	46.10	250m:	3:41.80	44.40	350m:	5:14.36	46.05
	100m:	1:25.07 45.11	200m:	2:57.40	46.23	300m:	4:28.31	46.51	400m:	5:58.09	43.73
11.	PEZOWICZ, Wiktor		07	UKS Manta Warszawa Włochy				<b>5:58.38</b>	231		
	50m:	37.53 37.53	150m:	2:09.26	46.25	250m:	3:43.86	47.35	350m:	5:17.46	45.77
	100m:	1:23.01 45.48	200m:	2:56.51	47.25	300m:	4:31.69	47.83	400m:	5:58.38	40.92
12.	ŁUCZAK, Konstanty		07	MKP Warszawianka				<b>6:29.12</b>	180		
	50m:	44.37 44.37	150m:	2:25.20	50.95	250m:	4:05.80	49.28	350m:	5:45.83	48.84
	100m:	1:34.25 49.88	200m:	3:16.52	51.32	300m:	4:56.99	51.19	400m:	6:29.12	43.29

12 lat

1.	MIENICKI, Rafał		06	ródmiejski UKS				<b>4:34.68</b>	514		
	50m:	31.05 31.05	150m:	1:40.21	35.02	250m:	2:51.09	35.71	350m:	4:01.73	35.14
	100m:	1:05.19 34.14	200m:	2:15.38	35.17	300m:	3:26.59	35.50	400m:	4:34.68	32.95
2.	LARY , Jerzy		06	Iuks Muszelka Warszawa				<b>4:47.62</b>	447		
	50m:	32.94 32.94	150m:	1:46.62	36.93	250m:	2:59.95	36.25	350m:	4:12.73	36.54
	100m:	1:09.69 36.75	200m:	2:23.70	37.08	300m:	3:36.19	36.24	400m:	4:47.62	34.89
3.	GAWENDA, Bartłomiej		06	ródmiejski UKS				<b>4:55.79</b>	411		
	50m:	32.67 32.67	150m:	1:45.43	36.71	250m:	3:01.48	38.42	350m:	4:18.46	38.20
	100m:	1:08.72 36.05	200m:	2:23.06	37.63	300m:	3:40.26	38.78	400m:	4:55.79	37.33
4.	LEDZION, Szymon		06	UKS SP 149 Łód				<b>4:57.39</b>	405		
	50m:	33.98 33.98	150m:	1:50.14	38.11	250m:	3:06.11	38.14	350m:	4:21.43	37.51
	100m:	1:12.03 38.05	200m:	2:27.97	37.83	300m:	3:43.92	37.81	400m:	4:57.39	35.96
5.	HANDZLIK, Mateusz		06	MKP Warszawianka				<b>5:03.12</b>	382		
	50m:	33.71 33.71	150m:	1:50.18	38.75	250m:	3:08.53	39.28	350m:	4:26.41	38.53
	100m:	1:11.43 37.72	200m:	2:29.25	39.07	300m:	3:47.88	39.35	400m:	5:03.12	36.71
6.	STE , Oliwier		06	Iuks Muszelka Warszawa				<b>5:04.60</b>	377		
	50m:	34.61 34.61	150m:	1:51.04	38.54	250m:	3:10.00	39.49	350m:	4:28.43	39.10
	100m:	1:12.50 37.89	200m:	2:30.51	39.47	300m:	3:49.33	39.33	400m:	5:04.60	36.17
7.	SZYMANEK, Jakub		06	UKS G-8 Bielany				<b>5:07.19</b>	367		
	50m:	33.33 33.33	150m:	1:52.33	40.01	250m:	3:12.56	40.33	350m:	4:30.09	38.68
	100m:	1:12.32 38.99	200m:	2:32.23	39.90	300m:	3:51.41	38.85	400m:	5:07.19	37.10
8.	GAWLIK, Kacper		06	UKS Jagiellonka Warszawa				<b>5:08.81</b>	361		
	50m:	33.02 33.02	150m:	1:51.09	39.95	250m:	3:12.59	40.53	350m:	4:32.73	39.23
	100m:	1:11.14 38.12	200m:	2:32.06	40.97	300m:	3:53.50	40.91	400m:	5:08.81	36.08
9.	NOSAL, Łukasz		06	MKP Warszawianka				<b>5:12.82</b>	348		
	50m:	34.87 34.87	150m:	1:55.45	40.73	250m:	3:16.37	39.81	350m:	4:35.33	39.23
	100m:	1:14.72 39.85	200m:	2:36.56	41.11	300m:	3:56.10	39.73	400m:	5:12.82	37.49
10.	CIBOROWSKI, Dominik		06	MKP Warszawianka				<b>5:14.03</b>	344		
	50m:	34.76 34.76	150m:	1:55.64	40.97	250m:	3:16.63	39.70	350m:	4:35.65	39.24
	100m:	1:14.67 39.91	200m:	2:36.93	41.29	300m:	3:56.41	39.78	400m:	5:14.03	38.38
11.	PUZIYCHUK, Kanstantsin		06	Akvastars				<b>5:17.64</b>	332		
	50m:	34.22 34.22	150m:	1:55.90	41.73	250m:	3:17.60	41.18	350m:	4:39.45	40.51
	100m:	1:14.17 39.95	200m:	2:36.42	40.52	300m:	3:58.94	41.34	400m:	5:17.64	38.19
12.	WRONA, Maciej		06	MKP Warszawianka				<b>5:41.06</b>	268		
	50m:	38.70 38.70	150m:	2:07.35	44.51	250m:	3:33.74	42.89	350m:	4:59.50	42.82
	100m:	1:22.84 44.14	200m:	2:50.85	43.50	300m:	4:16.68	42.94	400m:	5:41.06	41.56
13.	SHEPIALEVICH, Andrei		06	Akvastars				<b>6:06.86</b>	215		
	50m:	37.88 37.88	150m:	2:10.44	47.29	250m:	3:45.18	47.36	350m:	5:20.80	47.72
	100m:	1:23.15 45.27	200m:	2:57.82	47.38	300m:	4:33.08	47.90	400m:	6:06.86	46.06
DYSKW.	KUBIAK, Olivier		06	UKS G-8 Bielany				<b>5:22.44</b>			
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>										
	50m:	35.10 35.10	150m:	1:55.67	40.66	250m:	3:19.70	42.66	350m:	4:42.98	41.62
	100m:	1:15.01 39.91	200m:	2:37.04	41.37	300m:	4:01.36	41.66	400m:	5:22.44	39.46

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu  
Warszawa, 30.11. - 1.12.2018

Konkurencja 20, Chłopców, 400m dowolny

13 lat

1.	PŁOSZKA, Kacper	05	MKS Jedyńka Łód	<b>4:27.32</b>	557
	50m: 29.39 29.39	150m: 1:36.18	34.27	250m: 2:45.81	34.84
	100m: 1:01.91 32.52	200m: 2:10.97	34.79	300m: 3:20.46	34.65
				350m: 3:55.36	34.90
				400m: 4:27.32	31.96
2.	PAWŁOWSKI, Michał	05	UKS V Łoamianki	<b>4:31.04</b>	535
	50m: 30.06 30.06	150m: 1:37.72	34.23	250m: 2:47.49	34.90
	100m: 1:03.49 33.43	200m: 2:12.59	34.87	300m: 3:22.45	34.96
				350m: 3:57.48	35.03
				400m: 4:31.04	33.56
3.	POGODA, Krzysztof	05	MKS Jedyńka Łód	<b>4:36.72</b>	502
	50m: 30.72 30.72	150m: 1:40.06	35.16	250m: 2:51.52	35.62
	100m: 1:04.90 34.18	200m: 2:15.90	35.84	300m: 3:27.46	35.94
				350m: 4:03.12	35.66
				400m: 4:36.72	33.60
4.	KUCHARCZYK, Paweł	05	Ukp Polonia Warszawa	<b>4:39.85</b>	486
	50m: 31.62 31.62	150m: 1:42.27	35.71	250m: 2:53.58	35.51
	100m: 1:06.56 34.94	200m: 2:18.07	35.80	300m: 3:29.51	35.93
				350m: 4:05.74	36.23
				400m: 4:39.85	34.11
5.	DZIEWGU , Benjamin	05	MKS Piaseczno	<b>4:40.34</b>	483
	50m: 30.62 30.62	150m: 1:42.10	36.66	250m: 2:54.25	36.29
	100m: 1:05.44 34.82	200m: 2:17.96	35.86	300m: 3:30.74	36.49
				350m: 4:06.22	35.48
				400m: 4:40.34	34.12
6.	TKACZ, Wiktor	05	MKS Piaseczno	<b>4:43.64</b>	467
	50m: 30.78 30.78	150m: 1:42.04	36.59	250m: 2:54.85	36.64
	100m: 1:05.45 34.67	200m: 2:18.21	36.17	300m: 3:32.01	37.16
				350m: 4:08.57	36.56
				400m: 4:43.64	35.07
7.	BULI SKI, Hektor	05	UKS G-8 Bielany	<b>4:45.95</b>	455
	50m: 30.85 30.85	150m: 1:43.80	36.76	250m: 2:58.51	37.36
	100m: 1:07.04 36.19	200m: 2:21.15	37.35	300m: 3:35.53	37.02
				350m: 4:11.84	36.31
				400m: 4:45.95	34.11
8.	BETA, Szymon	05	UKS G-8 Bielany	<b>4:48.03</b>	446
	50m: 32.34 32.34	150m: 1:45.53	36.71	250m: 3:00.16	37.18
	100m: 1:08.82 36.48	200m: 2:22.98	37.45	300m: 3:37.28	37.12
				350m: 4:13.53	36.25
				400m: 4:48.03	34.50
9.	KASPRZAK, Krzysztof	05	UKS "Skalar" Góra Kalwaria	<b>4:54.01</b>	419
	50m: 31.90 31.90	150m: 1:46.43	37.79	250m: 3:03.05	38.18
	100m: 1:08.64 36.74	200m: 2:24.87	38.44	300m: 3:41.06	38.01
				350m: 4:18.92	37.86
				400m: 4:54.01	35.09
10.	BORECKI, Kasper	05	ródmiejski UKS	<b>4:55.07</b>	414
	50m: 32.35 32.35	150m: 1:45.58	37.58	250m: 3:02.66	38.66
	100m: 1:08.00 35.65	200m: 2:24.00	38.42	300m: 3:41.54	38.88
				350m: 4:19.17	37.63
				400m: 4:55.07	35.90
11.	SOBIESZEK, Franciszek	05	MKS Piaseczno	<b>4:57.46</b>	404
	50m: 32.59 32.59	150m: 1:48.51	38.46	250m: 3:05.91	38.16
	100m: 1:10.05 37.46	200m: 2:27.75	39.24	300m: 3:44.69	38.78
				350m: 4:22.02	37.33
				400m: 4:57.46	35.44
12.	JURDA, Mikołaj	05	UKS SP 149 Łód	<b>5:01.70</b>	388
	50m: 33.81 33.81	150m: 1:51.99	39.40	250m: 3:10.13	38.67
	100m: 1:12.59 38.78	200m: 2:31.46	39.47	300m: 3:48.37	38.24
				350m: 4:25.50	37.13
				400m: 5:01.70	36.20
13.	MILKOWSKI, Wiktor	05	ródmiejski UKS	<b>5:03.01</b>	383
	50m: 32.51 32.51	150m: 1:48.38	38.54	250m: 3:06.36	38.95
	100m: 1:09.84 37.33	200m: 2:27.41	39.03	300m: 3:45.93	39.57
				350m: 4:24.90	38.97
				400m: 5:03.01	38.11
14.	REGNOWSKI, Kajetan	05	Swim Team Wilanów	<b>5:11.92</b>	351
	50m: 32.86 32.86	150m: 1:51.46	40.14	250m: 3:11.89	39.86
	100m: 1:11.32 38.46	200m: 2:32.03	40.57	300m: 3:52.86	40.97
				350m: 4:32.72	39.86
				400m: 5:11.92	39.20
15.	MATOFIJ, Mikołaj	05	UKS "Siódemka" Gdynia	<b>5:25.03</b>	310
	50m: 34.75 34.75	150m: 1:57.20	41.90	250m: 3:21.56	41.87
	100m: 1:15.30 40.55	200m: 2:39.69	42.49	300m: 4:03.90	42.34
				350m: 4:45.71	41.81
				400m: 5:25.03	39.32
16.	CHINIEWICZ, Filip	05	Iuks Muszelka Warszawa	<b>5:26.65</b>	305
	50m: 35.87 35.87	150m: 1:58.98	41.92	250m: 3:23.20	42.69
	100m: 1:17.06 41.19	200m: 2:40.51	41.53	300m: 4:06.43	43.23
				350m: 4:48.15	41.72
				400m: 5:26.65	38.50

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu  
Warszawa, 30.11. - 1.12.2018

Konkurencja 20, Chłopców, 400m dowolny

14 lat

1.	CHMIELEWSKI, Krzysztof	04	Iuks Muszelka Warszawa	<b>4:13.01</b>	658
	50m: 29.04 29.04	150m: 1:32.46	31.98	250m: 2:36.86	32.23
	100m: 1:00.48 31.44	200m: 2:04.63	32.17	300m: 3:09.29	32.43
				350m: 3:41.32	32.03
				400m: 4:13.01	31.69
2.	CHMIELEWSKI, Michał	04	Iuks Muszelka Warszawa	<b>4:21.09</b>	598
	50m: 29.76 29.76	150m: 1:35.49	33.26	250m: 2:42.16	33.18
	100m: 1:02.23 32.47	200m: 2:08.98	33.49	300m: 3:15.52	33.36
				350m: 3:48.82	33.30
				400m: 4:21.09	32.27
3.	BEDNAREK, Przemysław	04	Iuks Muszelka Warszawa	<b>4:26.68</b>	561
	50m: 30.47 30.47	150m: 1:37.18	33.69	250m: 2:45.82	34.35
	100m: 1:03.49 33.02	200m: 2:11.47	34.29	300m: 3:19.87	34.05
				350m: 3:54.14	34.27
				400m: 4:26.68	32.54
4.	JENDRZEJCZYK, Maxim	04	UKS G-8 Bielany	<b>4:32.02</b>	529
	50m: 30.26 30.26	150m: 1:38.70	34.54	250m: 2:48.70	35.12
	100m: 1:04.16 33.90	200m: 2:13.58	34.88	300m: 3:23.77	35.07
				350m: 3:58.34	34.57
				400m: 4:32.02	33.68
5.	ROGACKI, Michał	04	UKS SP 149 Łódź	<b>4:38.18</b>	495
	50m: 30.91 30.91	150m: 1:41.26	35.70	250m: 2:53.86	35.85
	100m: 1:05.56 34.65	200m: 2:18.01	36.75	300m: 3:29.47	35.61
				350m: 4:04.68	35.21
				400m: 4:38.18	33.50
6.	WRZOSEK, Bartosz	04	UKS G-8 Bielany	<b>4:40.22</b>	484
	50m: 30.53 30.53	150m: 1:41.16	35.71	250m: 2:53.13	35.79
	100m: 1:05.45 34.92	200m: 2:17.34	36.18	300m: 3:29.61	36.48
				350m: 4:05.96	36.35
				400m: 4:40.22	34.26
7.	SZCZERBA, Kacper	04	UKS G-8 Bielany	<b>4:41.42</b>	478
	50m: 30.94 30.94	150m: 1:41.56	35.84	250m: 2:54.58	36.53
	100m: 1:05.72 34.78	200m: 2:18.05	36.49	300m: 3:30.76	36.18
				350m: 4:06.87	36.11
				400m: 4:41.42	34.55
8.	KAŁASKA, Partyk	04	Ukp Polonia Warszawa	<b>4:44.87</b>	461
	50m: 30.78 30.78	150m: 1:40.87	35.45	250m: 2:54.76	37.36
	100m: 1:05.42 34.64	200m: 2:17.40	36.53	300m: 3:32.04	37.28
				350m: 4:09.25	37.21
				400m: 4:44.87	35.62
9.	KOSMAŁSKI, Krzysztof	04	UKS G-8 Bielany	<b>4:57.33</b>	405
	50m: 32.51 32.51	150m: 1:46.80	37.47	250m: 3:03.21	37.97
	100m: 1:09.33 36.82	200m: 2:25.24	38.44	300m: 3:41.98	38.77
				350m: 4:20.34	38.36
				400m: 4:57.33	36.99
PK	RODKIEWICZ, Radosław	03	Iuks Muszelka Warszawa	<b>4:18.29</b>	618
	50m: 29.45 29.45	150m: 1:35.05	33.22	250m: 2:41.64	33.29
	100m: 1:01.83 32.38	200m: 2:08.35	33.30	300m: 3:14.22	32.58
				350m: 3:46.82	32.60
				400m: 4:18.29	31.47
PK	DOŁOWY, Grzegorz	02	Iuks Muszelka Warszawa	<b>4:24.00</b>	579
	50m: 30.18 30.18	150m: 1:36.32	33.39	250m: 2:44.27	34.11
	100m: 1:02.93 32.75	200m: 2:10.16	33.84	300m: 3:18.37	34.10
				350m: 3:52.29	33.92
				400m: 4:24.00	31.71
PK	ROGUSKI, Mateusz	03	Iuks Muszelka Warszawa	<b>4:26.62</b>	562
	50m: 30.19 30.19	150m: 1:36.75	33.63	250m: 2:44.92	34.04
	100m: 1:03.12 32.93	200m: 2:10.88	34.13	300m: 3:19.30	34.38
				350m: 3:53.38	34.08
				400m: 4:26.62	33.24
PK	ILCEWICZ, Hubert	03	UKS Victorja Józefów	<b>4:36.46</b>	504
	50m: 29.67 29.67	150m: 1:38.09	34.75	250m: 2:51.43	36.70
	100m: 1:03.34 33.67	200m: 2:14.73	36.64	300m: 3:28.04	36.61
				350m: 4:03.57	35.53
				400m: 4:36.46	32.89