

Mi dzywojewódzkie Dru ynowe Mistrzostwa 12 i 13 lat - I Runda
Szczecin, 15- - 16-3-2012

Konkurencja 7
2012-03-15 - 14:34

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
13 lat									
1.	SZATANEK, JULIA		99	MKP Szczecin				4:43.51	568
	50m:	30.89 30.89	150m:	1:41.36 35.77	250m:	2:54.53 36.92	350m:	4:08.14 36.51	
	100m:	1:05.59 34.70	200m:	2:17.61 36.25	300m:	3:31.63 37.10	400m:	4:43.51 35.37	
2.	LESNER, ZUZANNA		99	MKP Szczecin				5:01.23	474
	50m:	32.59 32.59	150m:	1:48.06 38.56	250m:	3:05.45 38.24	350m:	4:24.11 39.80	
	100m:	1:09.50 36.91	200m:	2:27.21 39.15	300m:	3:44.31 38.86	400m:	5:01.23 37.12	
3.	STEPANCHENKO, Anna		99	MKP My libórz				5:03.93	461
	50m:	33.87 33.87	150m:	1:51.35 39.38	250m:	3:09.47 39.44	350m:	4:28.16 39.23	
	100m:	1:11.97 38.10	200m:	2:30.03 38.68	300m:	3:48.93 39.46	400m:	5:03.93 35.77	
4.	KAWCZAK, JOANNA		99	MKP Szczecin				5:03.97	461
	50m:	33.72 33.72	150m:	1:51.16 39.26	250m:	3:09.47 39.13	350m:	4:28.14 39.29	
	100m:	1:11.90 38.18	200m:	2:30.34 39.18	300m:	3:48.85 39.38	400m:	5:03.97 35.83	
5.	LEWANDOWSKA, OKTAWIA		99	MKP Szczecin				5:10.24	434
	50m:	34.36 34.36	150m:	1:52.56 39.71	250m:	3:12.18 39.82	350m:	4:31.92 40.04	
	100m:	1:12.85 38.49	200m:	2:32.36 39.80	300m:	3:51.88 39.70	400m:	5:10.24 38.32	
6.	SOSNOWSKA, Patrycja		99	Znicz Koszalin				5:13.14	422
	50m:	34.30 34.30	150m:	1:52.84 39.70	250m:	3:12.67 40.29	350m:	4:30.62 38.15	
	100m:	1:13.14 38.84	200m:	2:32.38 39.54	300m:	3:52.47 39.80	400m:	5:13.14 42.52	
7.	TARKOWSKA, Paulina		99	MKP Słowianka Gorzów Wlkp.				5:14.66	416
	50m:	35.06 35.06	150m:	1:55.14 40.71	250m:	3:15.16 39.80	350m:	4:36.11 40.76	
	100m:	1:14.43 39.37	200m:	2:35.36 40.22	300m:	3:55.35 40.19	400m:	5:14.66 38.55	
8.	FRANCZAK, SYLWIA		99	MKP Szczecin				5:17.62	404
	50m:	36.00 36.00	150m:	1:56.56 40.67	250m:	3:17.63 40.12	350m:	4:36.96 38.90	
	100m:	1:15.89 39.89	200m:	2:37.51 40.95	300m:	3:58.06 40.43	400m:	5:17.62 40.66	
9.	MADEJ, Adrianna		99	Znicz Koszalin				5:20.86	392
	50m:	35.35 35.35	150m:	1:55.50 40.55	250m:	3:18.46 41.88	350m:	4:41.58 41.61	
	100m:	1:14.95 39.60	200m:	2:36.58 41.08	300m:	3:59.97 41.51	400m:	5:20.86 39.28	
10.	GUSIEW, Klaudia		99	MKP Słowianka Gorzów Wlkp.				5:22.09	387
	50m:	34.81 34.81	150m:	1:56.76 41.32	250m:	3:18.73 41.57	350m:	4:44.05 42.39	
	100m:	1:15.44 40.63	200m:	2:37.16 40.40	300m:	4:01.66 42.93	400m:	5:22.09 38.04	
11.	MUSZTAFAGA, MAJA		99	MKP Szczecin				5:22.14	387
	50m:	35.95 35.95	150m:	1:55.68 40.50	250m:	3:17.44 40.86	350m:	4:41.05 42.62	
	100m:	1:15.18 39.23	200m:	2:36.58 40.90	300m:	3:58.43 40.99	400m:	5:22.14 41.09	
12.	WIECZORKIEWICZ, KLARA		99	MKP Szczecin				5:23.64	382
	50m:	36.97 36.97	150m:	1:58.84 41.55	250m:	3:22.66 41.82	350m:	4:45.29 41.20	
	100m:	1:17.29 40.32	200m:	2:40.84 42.00	300m:	4:04.09 41.43	400m:	5:23.64 38.35	
13.	ŁASZKIEWICZ, NICOLA		99	MKP Szczecin				5:25.66	375
	50m:	36.01 36.01	150m:	1:58.74 42.20	250m:	3:23.30 42.88	350m:	4:46.60 40.29	
	100m:	1:16.54 40.53	200m:	2:40.42 41.68	300m:	4:06.31 43.01	400m:	5:25.66 39.06	
14.	CHEŁMINIAK, Karolina		99	MKP Słowianka Gorzów Wlkp.				5:30.00	360
	50m:	36.63 36.63	150m:	2:00.37 42.51	250m:	3:25.29 42.78	350m:	4:49.92 42.57	
	100m:	1:17.86 41.23	200m:	2:42.51 42.14	300m:	4:07.35 42.06	400m:	5:30.00 40.08	
15.	KRUPSKA, Patrycja		99	MKP Słowianka Gorzów Wlkp.				5:32.38	353
	50m:	36.19 36.19	150m:	1:59.94 42.35	250m:	3:25.30 42.52	350m:	4:51.57 42.93	
	100m:	1:17.59 41.40	200m:	2:42.78 42.84	300m:	4:08.64 43.34	400m:	5:32.38 40.81	
16.	RO EK, MARTYNA		99	MKP Szczecin				5:33.94	348
	50m:	37.86 37.86	150m:	2:03.53 42.89	250m:	3:28.54 41.87	350m:	4:53.10 41.97	
	100m:	1:20.64 42.78	200m:	2:46.67 43.14	300m:	4:11.13 42.59	400m:	5:33.94 40.84	
17.	NAWROCKA, Paulina		99	MKP Słowianka Gorzów Wlkp.				5:34.12	347
	50m:	37.97 37.97	150m:	2:03.78 43.42	250m:	3:30.31 42.84	350m:	4:55.19 42.51	
	100m:	1:20.36 42.39	200m:	2:47.47 43.69	300m:	4:12.68 42.37	400m:	5:34.12 38.93	

Mi dzywojewódzkie Dru ynowe Mistrzostwa 12 i 13 lat - I Runda
Szczecin, 15- - 16-3-2012

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	STASIK, Kinga		99	MKS "Neptun" Stargard Szcz.			5:38.39	334	
	50m: 35.70	35.70	150m: 2:02.44	44.16	250m: 3:30.11	43.35	350m: 4:56.87	42.89	
	100m: 1:18.28	42.58	200m: 2:46.76	44.32	300m: 4:13.98	43.87	400m: 5:38.39	41.52	
19.	SADOWSKA, Sandra		99	Znicz Koszalin			5:39.28	331	
	50m: 35.67	35.67	150m: 1:58.85	42.02	250m: 3:25.97	44.17	350m: 4:56.27	45.33	
	100m: 1:16.83	41.16	200m: 2:41.80	42.95	300m: 4:10.94	44.97	400m: 5:39.28	43.01	
20.	CARLOS, ANITA		99	MKP Szczecin			5:49.79	302	
	50m: 37.08	37.08	150m: 2:05.19	44.99	250m: 3:35.67	44.99	350m: 5:05.87	44.93	
	100m: 1:20.20	43.12	200m: 2:50.68	45.49	300m: 4:20.94	45.27	400m: 5:49.79	43.92	
21.	KOWALIK, Karolina		99	Znicz Koszalin			6:03.83	269	
	50m: 36.04	36.04	150m: 2:07.23	46.39	250m: 3:44.08	48.80	350m: 5:18.08	47.83	
	100m: 1:20.84	44.80	200m: 2:55.28	48.05	300m: 4:30.25	46.17	400m: 6:03.83	45.75	
22.	BANA , Nicole		99	Znicz Koszalin			6:28.08	221	
	50m: 40.91	40.91	150m: 2:20.40	49.84	250m: 4:00.86	50.26	350m: 5:41.52	50.09	
	100m: 1:30.56	49.65	200m: 3:10.60	50.20	300m: 4:51.43	50.57	400m: 6:28.08	46.56	
23.	BARTCZAK, Patrycja		99	MKP Kołobrzeg			6:49.75	188	
	50m: 41.56	41.56	150m: 2:25.09	52.46	250m: 4:13.75	53.09	350m: 6:49.75	47.46	
	100m: 1:32.63	51.07	200m: 3:20.66	55.57	300m: 6:02.29	1:48.54	400m: 6:49.75		
DYSKW.	BIELI SKA, Karolina		99	MKP Słowianka Gorzów Wlkp.			4:44.41		
	<i>O4 - Start wykonany przed Sygnałem (przedwczesny start)</i>								
	50m: 31.22	31.22	150m: 1:41.68	35.91	250m: 2:55.23	36.94	350m: 4:09.41	36.81	
	100m: 1:05.77	34.55	200m: 2:18.29	36.61	300m: 3:32.60	37.37	400m: 4:44.41	35.00	

12 lat

1.	MARGULA, WERONIKA		00	MKP Szczecin			5:03.85	462
	50m: 35.26	35.26	150m: 1:51.73	38.70	250m: 3:09.47	39.28	350m: 4:26.68	39.06
	100m: 1:13.03	37.77	200m: 2:30.19	38.46	300m: 3:47.62	38.15	400m: 5:03.85	37.17
2.	BIERNACKA, Wiktoria		00	Znicz Koszalin			5:05.78	453
	50m: 34.44	34.44	150m: 1:51.75	39.15	250m: 3:09.60	38.53	350m: 4:28.74	39.59
	100m: 1:12.60	38.16	200m: 2:31.07	39.32	300m: 3:49.15	39.55	400m: 5:05.78	37.04
3.	BOREJSZO, PAULA		00	MKP Szczecin			5:09.56	437
	50m: 34.07	34.07	150m: 1:51.96	39.73	250m: 3:11.42	39.98	350m: 4:31.23	40.15
	100m: 1:12.23	38.16	200m: 2:31.44	39.48	300m: 3:51.08	39.66	400m: 5:09.56	38.33
4.	MA KOWIAK, Anna		00	MKS "Neptun" Stargard Szcz.			5:14.58	416
	50m: 35.48	35.48	150m: 1:56.05	40.90	250m: 3:17.36	40.74	350m: 4:36.46	38.68
	100m: 1:15.15	39.67	200m: 2:36.62	40.57	300m: 3:57.78	40.42	400m: 5:14.58	38.12
5.	TOŁŁOCZKO, Oliwia		00	Znicz Koszalin			5:33.29	350
	50m: 36.88	36.88	150m: 1:59.84	41.80	250m: 3:26.01	43.44	350m: 4:52.20	42.76
	100m: 1:18.04	41.16	200m: 2:42.57	42.73	300m: 4:09.44	43.43	400m: 5:33.29	41.09
6.	RADZIMSKA, Roksana		00	MKP Słowianka Gorzów Wlkp.			5:33.38	349
	50m: 36.57	36.57	150m: 2:01.30	43.25	250m: 3:26.39	42.53	350m: 4:52.35	43.00
	100m: 1:18.05	41.48	200m: 2:43.86	42.56	300m: 4:09.35	42.96	400m: 5:33.38	41.03
7.	DUDA, Katarzyna		00	MKP Szczecin			5:33.50	349
	50m: 36.80	36.80	150m: 2:01.55	43.09	250m: 3:27.53	42.34	350m: 4:53.93	42.92
	100m: 1:18.46	41.66	200m: 2:45.19	43.64	300m: 4:11.01	43.48	400m: 5:33.50	39.57
8.	WOLSKA, Maja		00	Znicz Koszalin			5:39.55	331
	50m: 35.38	35.38	150m: 2:00.69	43.80	250m: 3:28.23	43.84	350m: 4:56.97	44.05
	100m: 1:16.89	41.51	200m: 2:44.39	43.70	300m: 4:12.92	44.69	400m: 5:39.55	42.58
9.	SZYLI SKA, Weronika		00	Znicz Koszalin			5:39.88	330
	50m: 37.17	37.17	150m: 2:03.98	44.49	250m: 3:34.34	45.20	350m: 5:01.73	42.11
	100m: 1:19.49	42.32	200m: 2:49.14	45.16	300m: 4:19.62	45.28	400m: 5:39.88	38.15
10.	GRZEGORZEWSKA, Katarzyna		00	MKP Słowianka Gorzów Wlkp.			5:41.07	326
	50m: 38.89	38.89	150m: 2:06.27	44.44	250m: 3:34.60	44.08	350m: 5:01.02	42.96
	100m: 1:21.83	42.94	200m: 2:50.52	44.25	300m: 4:18.06	43.46	400m: 5:41.07	40.05

Mi dzywojewódzkie Dru ynowe Mistrzostwa 12 i 13 lat - I Runda
Szczecin, 15- - 16-3-2012

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
11.	KAŁU NA, Patrycja		00	MKP Słowianka Gorzów Wlkp.			5:43.00	321	
	50m: 38.64 38.64	150m: 2:06.93 44.73		250m: 3:36.29 44.19	350m: 5:04.37 43.43				
	100m: 1:22.20 43.56	200m: 2:52.10 45.17		300m: 4:20.94 44.65	400m: 5:43.00 38.63				
12.	PACEWICZ, Martyna		00	Znicz Koszalin			5:43.04	321	
	50m: 38.45 38.45	150m: 2:07.51 44.25		250m: 3:36.72 44.44	350m: 5:02.56 41.41				
	100m: 1:23.26 44.81	200m: 2:52.28 44.77		300m: 4:21.15 44.43	400m: 5:43.04 40.48				
13.	JANCZAK, PATRYCJA		00	MKP Szczecin			5:50.16	301	
	50m: 39.27 39.27	150m: 2:06.27 44.39		250m: 3:36.12 44.81	350m: 5:06.55 44.88				
	100m: 1:21.88 42.61	200m: 2:51.31 45.04		300m: 4:21.67 45.55	400m: 5:50.16 43.61				
14.	MOREL, Aleksandra		00	MKP Słowianka Gorzów Wlkp.			5:50.21	301	
	50m: 39.50 39.50	150m: 2:08.91 44.97		250m: 3:39.82 45.10	350m: 5:09.91 44.87				
	100m: 1:23.94 44.44	200m: 2:54.72 45.81		300m: 4:25.04 45.22	400m: 5:50.21 40.30				
15.	WASILEWSKA, Martyna		00	Znicz Koszalin			5:56.99	284	
	50m: 39.15 39.15	150m: 2:09.42 45.22		250m: 3:42.90 47.19	350m: 5:13.61 44.80				
	100m: 1:24.20 45.05	200m: 2:55.71 46.29		300m: 4:28.81 45.91	400m: 5:56.99 43.38				
16.	FLASI SKA, Gabriela		00	MKS "Neptun" Stargard Szcz.			5:58.33	281	
	50m: 39.15 39.15	150m: 2:11.04 46.51		250m: 3:43.99 46.24	350m: 5:13.77 43.69				
	100m: 1:24.53 45.38	200m: 2:57.75 46.71		300m: 4:30.08 46.09	400m: 5:58.33 44.56				
17.	GABRYSZEWSKA, Karina		00	MKP My libórz			5:59.84	278	
	50m: 41.37 41.37	150m: 2:13.38 46.67		250m: 3:47.42 47.29	350m: 5:18.50 45.26				
	100m: 1:26.71 45.34	200m: 3:00.13 46.75		300m: 4:33.24 45.82	400m: 5:59.84 41.34				
18.	SIEDLECKA, Patrycja		00	Znicz Koszalin			6:00.42	276	
	50m: 40.95 40.95	150m: 2:12.30 45.74		250m: 3:43.83 45.75	350m: 5:15.85 45.96				
	100m: 1:26.56 45.61	200m: 2:58.08 45.78		300m: 4:29.89 46.06	400m: 6:00.42 44.57				
19.	GŁOWACKA, Monika		00	UKP Marlin			6:07.00	262	
	50m: 38.94 38.94	150m: 2:11.31 46.72		250m: 3:48.63 48.98	350m: 5:23.60 47.55				
	100m: 1:24.59 45.65	200m: 2:59.65 48.34		300m: 4:36.05 47.42	400m: 6:07.00 43.40				
20.	PRUSINOWSKA, Klaudyna		00	MKP Słowianka Gorzów Wlkp.			6:11.83	252	
	50m: 39.41 39.41	150m: 2:12.91 47.61		250m: 3:49.76 48.30	350m: 5:25.97 47.58				
	100m: 1:25.30 45.89	200m: 3:01.46 48.55		300m: 4:38.39 48.63	400m: 6:11.83 45.86				
21.	D BOWSKA, Wiktoria		00	Znicz Koszalin			6:13.76	248	
	50m: 40.33 40.33	150m: 2:12.79 47.18		250m: 3:48.48 48.43	350m: 5:26.08 48.57				
	100m: 1:25.61 45.28	200m: 3:00.05 47.26		300m: 4:37.51 49.03	400m: 6:13.76 47.68				
22.	GROBLICA, Joanna		00	Foka			6:13.93	247	
	50m: 41.10 41.10	150m: 2:17.24 48.23		250m: 3:54.62 48.57	350m: 5:32.20 48.09				
	100m: 1:29.01 47.91	200m: 3:06.05 48.81		300m: 4:44.11 49.49	400m: 6:13.93 41.73				
23.	SWENDROWSKA, Karolina		00	UKP Marlin			6:16.25	243	
	50m: 42.33 42.33	150m: 2:17.15 48.48		250m: 3:54.67 49.26	350m: 5:32.13 48.58				
	100m: 1:28.67 46.34	200m: 3:05.41 48.26		300m: 4:43.55 48.88	400m: 6:16.25 44.12				
24.	CENTKOWSKA, Iwona		00	MKP Szczecin			6:16.80	242	
	50m: 41.84 41.84	150m: 2:19.80 49.43		250m: 3:57.42 48.55	350m: 5:34.23 48.19				
	100m: 1:30.37 48.53	200m: 3:08.87 49.07		300m: 4:46.04 48.62	400m: 6:16.80 42.57				
25.	IZYDOREK, Zuzanna		00	MKP Szczecin			6:18.24	239	
	50m: 44.29 44.29	150m: 2:22.76 49.40		250m: 4:00.81 48.82	350m: 5:36.17 46.89				
	100m: 1:33.36 49.07	200m: 3:11.99 49.23		300m: 4:49.28 48.47	400m: 6:18.24 42.07				
26.	MORDAK, Julia		00	MKP Szczecin			6:21.55	233	
	50m: 40.10 40.10	150m: 2:15.29 48.10		250m: 3:53.24 49.03	350m: 5:33.41 50.45				
	100m: 1:27.19 47.09	200m: 3:04.21 48.92		300m: 4:42.96 49.72	400m: 6:21.55 48.14				
27.	OSI SKA, Aleksandra		00	MKP Słowianka Gorzów Wlkp.			6:24.40	228	
	50m: 43.78 43.78	150m: 2:21.04 48.48		250m: 3:59.94 50.50	350m: 5:38.02 48.52				
	100m: 1:32.56 48.78	200m: 3:09.44 48.40		300m: 4:49.50 49.56	400m: 6:24.40 46.38				
28.	JANIUK, Gabriela		00	Znicz Koszalin			6:24.48	228	
	50m: 41.49 41.49	150m: 2:18.47 48.97		250m: 3:58.50 49.59	350m: 5:38.54 50.02				
	100m: 1:29.50 48.01	200m: 3:08.91 50.44		300m: 4:48.52 50.02	400m: 6:24.48 45.94				

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Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.							Czas	Pkt.	
29.	WOWK, Anita		00	MKS "Neptun" Stargard Szcz.						6:24.83	227	
	50m:	43.19	43.19	150m:	2:20.88	49.41	250m:	4:01.57	50.61	350m:	5:43.67	51.01
	100m:	1:31.47	48.28	200m:	3:10.96	50.08	300m:	4:52.66	51.09	400m:	6:24.83	41.16
30.	NEUMANN NGO QUOCK, Klaudia		00	MKP Szczecin						6:28.02	221	
	50m:	42.55	42.55	150m:	2:23.87	50.98	250m:	4:06.08	51.84	350m:	5:42.87	47.73
	100m:	1:32.89	50.34	200m:	3:14.24	50.37	300m:	4:55.14	49.06	400m:	6:28.02	45.15
31.	KORLAGA, Paulina		00	MKP Szczecin						6:29.56	219	
	50m:	42.17	42.17	150m:	2:22.49	50.99	250m:	4:03.34	50.40	350m:	5:43.01	49.91
	100m:	1:31.50	49.33	200m:	3:12.94	50.45	300m:	4:53.10	49.76	400m:	6:29.56	46.55
32.	PILEWSKA, Daria		00	MKP Szczecin						6:31.83	215	
	50m:	41.72	41.72	150m:	2:19.61	50.01	250m:	4:00.84	50.93	350m:		
	100m:	1:29.60	47.88	200m:	3:09.91	50.30	300m:	6:31.83	2:30.99	400m:	6:31.83	
33.	KUSA, Karolina		00	MKP Szczecin						6:46.13	193	
	50m:	42.79	42.79	150m:	2:25.83	51.66	250m:	4:11.39	54.07	350m:	5:58.39	53.37
	100m:	1:34.17	51.38	200m:	3:17.32	51.49	300m:	5:05.02	53.63	400m:	6:46.13	47.74
34.	KOBER, Julia		00	MKS "Neptun" Stargard Szcz.						6:52.15	185	
	50m:	41.62	41.62	150m:	2:25.54	53.25	250m:	4:12.19	53.68	350m:	6:01.93	53.71
	100m:	1:32.29	50.67	200m:	3:18.51	52.97	300m:	5:08.22	56.03	400m:	6:52.15	50.22
35.	KULCZYCKA, Maja		00	MKP My libórz						6:59.12	176	
	50m:	46.64	46.64	150m:	2:36.99	55.23	250m:	4:26.12	53.08	350m:	6:13.00	52.47
	100m:	1:41.76	55.12	200m:	3:33.04	56.05	300m:	5:20.53	54.41	400m:	6:59.12	46.12
36.	EKIERT, Wiktoria		00	UKP Marlin						7:00.91	173	
	50m:	46.40	46.40	150m:	2:31.81	52.67	250m:	4:20.35	54.17	350m:	6:08.85	53.92
	100m:	1:39.14	52.74	200m:	3:26.18	54.37	300m:	5:14.93	54.58	400m:	7:00.91	52.06
37.	MAKOWSKA, Weronika		00	UKP Marlin						7:08.42	164	
	50m:	44.96	44.96	150m:	2:34.49	55.91	250m:	4:26.88	56.45	350m:	6:18.85	55.36
	100m:	1:38.58	53.62	200m:	3:30.43	55.94	300m:	5:23.49	56.61	400m:	7:08.42	49.57
38.	STRÓ YK, Maja		00	UKP Marlin						7:11.46	161	
	50m:	43.83	43.83	150m:	2:34.17	57.33	250m:	4:27.87	56.11	350m:	6:19.47	56.04
	100m:	1:36.84	53.01	200m:	3:31.76	57.59	300m:	5:23.43	55.56	400m:	7:11.46	51.99
39.	KUROSZ, Monika		00	MKS "Neptun" Stargard Szcz.						7:22.47	149	
	50m:	50.88	50.88	150m:	2:55.38	1:04.71	250m:	6:17.33	1:08.51	350m:		
	100m:	1:50.67	59.79	200m:	5:08.82	2:13.44	300m:	7:22.47	1:05.14	400m:	7:22.47	
DYSKW.	KRAJEWSKA, Katarzyna		00	MKP Słowianka Gorzów Wlkp.								
	<i>D2 - Brak kontaktu fizycznego ze cian nawrotow</i>											
	50m:	41.98	41.98	150m:	3:10.77	49.20	250m:	4:54.30	51.87	350m:	6:35.45	49.63
	100m:	2:21.57	1:39.59	200m:	4:02.43	51.66	300m:	5:45.82	51.52	400m:		