



Konkurencja 8
21.03.2024 - 13:31

Chłopców, 400m dowolny

12 - 13 lat
Wyniki

Rekord I ską Open	3:46.93	Klich Kacper - 2017	POL	AZS AWF Katowice
Rekord I ską 13	4:11.85	Kalkan Jakub - 2017	POL	Jedno 32 Przystowice
Rekord I ską 12	4:26.46	Kalkan Jakub - 2016	POL	Jedno 32 Przystowice

Punkty: FINA 2023

Pozycja			Rok ur.			Czas	Pkt.	
12 lat								
1.	Kapka Mikołaj	12	CSiR MOS w D browie Górnicezej	4:51.70	385			
	50m: 34.39	34.39	150m: 1:49.29	37.68	250m: 3:03.97	37.44	350m: 4:16.89	36.14
	100m: 1:11.61	37.22	200m: 2:26.53	37.24	300m: 3:40.75	36.78	400m: 4:51.70	34.81
2.	Matuszczyk Mateusz	12	CSiR MOS w D browie Górnicezej	5:01.97	347			
	50m: 34.31	34.31	150m: 1:49.95	38.33	250m: 3:06.29	38.45	350m: 4:24.07	39.10
	100m: 1:11.62	37.31	200m: 2:27.84	37.89	300m: 3:44.97	38.68	400m: 5:01.97	37.90
3.	Poradzisz Bruno	12	MKS Park Wodny Tarnowskie Góry	5:15.22	305			
	50m: 34.56	34.56	150m: 1:53.43	40.65	250m: 3:13.93	40.72	350m: 4:35.27	40.02
	100m: 1:12.78	38.22	200m: 2:33.21	39.78	300m: 3:55.25	41.32	400m: 5:15.22	39.95
4.	Zaj c Konrad	12	UKS Wodnik Siemianowice I skie	5:20.97	289			
	50m: 35.23	35.23	150m: 1:57.54	42.13	250m: 3:21.47	42.48	350m: 4:42.99	39.84
	100m: 1:15.41	40.18	200m: 2:38.99	41.45	300m: 4:03.15	41.68	400m: 5:20.97	37.98
5.	Bieli ski Oskar	12	CSiR MOS w D browie Górnicezej	5:21.21	288			
	50m: 35.59	35.59	150m: 1:58.13	41.73	250m: 3:22.10	41.80	350m: 4:43.33	39.45
	100m: 1:16.40	40.81	200m: 2:40.30	42.17	300m: 4:03.88	41.78	400m: 5:21.21	37.88
6.	Jaskólski Szymon	12	UKP „Ruda I ską”	5:32.23	260			
	50m: 37.91	37.91	150m: 2:02.02	42.15	250m: 3:26.46	42.13	350m: 4:50.72	41.81
	100m: 1:19.87	41.96	200m: 2:44.33	42.31	300m: 4:08.91	42.45	400m: 5:32.23	41.51
7.	ebrowski Tymon	12	MKS Park Wodny Tarnowskie Góry	5:35.31	253			
	50m: 37.52	37.52	150m: 2:04.59	43.42	250m: 3:32.53	44.52	350m: 4:57.17	42.34
	100m: 1:21.17	43.65	200m: 2:48.01	43.42	300m: 4:14.83	42.30	400m: 5:35.31	38.14
8.	Celejewski Antoni	12	"Sikret" Głiwice	5:38.46	246			
	50m: 38.45	38.45	150m: 2:07.77	44.48	250m: 3:34.91	42.36	350m: 4:58.39	40.66
	100m: 1:23.29	44.84	200m: 2:52.55	44.78	300m: 4:17.73	42.82	400m: 5:38.46	40.07
9.	Nowak Michał	12	CSiR MOS w D browie Górnicezej	5:39.40	244			
	50m: 38.91	38.91	150m: 2:07.46	44.13	250m: 3:35.74	43.75	350m: 4:58.97	41.09
	100m: 1:23.33	44.42	200m: 2:51.99	44.53	300m: 4:17.88	42.14	400m: 5:39.40	40.43
10.	Lecht Jeremiasz	12	Swim Team MOSiR K dzierzyn-Ko le	5:39.48	244			
	50m: 36.99	36.99	150m: 2:00.96	42.67	250m: 3:29.80	44.00	350m: 4:58.43	43.74
	100m: 1:18.29	41.30	200m: 2:45.80	44.84	300m: 4:14.69	44.89	400m: 5:39.48	41.05
11.	Urbas Mateusz	12	UKS „Na Fali Bytom”	5:42.46	238			
	50m: 37.48	37.48	150m: 2:04.62	44.67	250m: 3:33.89	44.73	350m: 5:02.77	44.48
	100m: 1:19.95	42.47	200m: 2:49.16	44.54	300m: 4:18.29	44.40	400m: 5:42.46	39.69
12.	Kubik Franciszek	12	Swim Team MOSiR K dzierzyn-Ko le	5:46.52	229			
	50m: 38.88	38.88	150m: 2:08.11	44.65	250m: 3:37.04	44.87	350m: 5:05.95	44.09
	100m: 1:23.46	44.58	200m: 2:52.17	44.06	300m: 4:21.86	44.82	400m: 5:46.52	40.57
13.	Niemiec Aleksander	12	MOSM Tychy	5:48.81	225			
	50m: 35.69	35.69	150m: 1:59.87	43.85	250m: 3:31.27	46.16	350m: 5:03.82	46.55
	100m: 1:16.02	40.33	200m: 2:45.11	45.24	300m: 4:17.27	46.00	400m: 5:48.81	44.99
14.	Karp Jakub	12	Uks "Salmo ory"	5:50.03	222			
	50m: 38.49	38.49	150m: 2:07.38	45.47	250m: 3:39.32	46.25	350m: 5:10.24	44.49
	100m: 1:21.91	43.42	200m: 2:53.07	45.69	300m: 4:25.75	46.43	400m: 5:50.03	39.79
15.	Siewi ski Mateusz	12	AZS KU Politechniki Opolskiej	5:53.47	216			
	50m: 38.44	38.44	150m: 2:07.71	45.05	250m: 3:38.42	45.51	350m: 5:04.77	41.98
	100m: 1:22.66	44.22	200m: 2:52.91	45.20	300m: 4:22.79	44.37	400m: 5:53.47	48.70
16.	Marut-Waszkiewicz Ryszard	12	UKS Wodnik Siemianowice I skie	6:00.43	204			
	50m: 39.22	39.22	150m: 2:08.17	44.83	250m: 3:39.77	45.68	350m: 5:06.57	41.42
	100m: 1:23.34	44.12	200m: 2:54.09	45.92	300m: 4:25.15	45.38	400m: 6:00.43	53.86



Konkurencja 8, Chłopców, 400m dowolny, 12 lat

Pozycja					Rok ur.					Czas	Pkt.	
17.	Czapla Aleks				12	UKS Wodnik Siemianowice I skie				6:05.47	195	
	50m:		150m:			250m:		350m:				
	100m:		200m:			300m:		400m:	6:05.47			
18.	Młynek Dawid				12	Uks "Salmo ory"				6:06.93	193	
	50m:	38.74	38.74	150m:	2:11.70	47.61	250m:	3:47.35	48.28	350m:	5:23.15	47.67
	100m:	1:24.09	45.35	200m:	2:59.07	47.37	300m:	4:35.48	48.13	400m:	6:06.93	43.78
19.	Golec Jan				12	UKS „Manta Kochłowice Ruda I ska"				6:07.95	191	
	50m:	37.19	37.19	150m:	2:08.68	46.50	250m:	3:46.06	49.05	350m:	5:23.54	47.98
	100m:	1:22.18	44.99	200m:	2:57.01	48.33	300m:	4:35.56	49.50	400m:	6:07.95	44.41
20.	Ma ka Borys				12	UKS „Manta Kochłowice Ruda I ska"				6:16.63	178	
	50m:	38.98	38.98	150m:	2:10.88	46.84	250m:	3:47.43	48.08	350m:	5:26.33	49.65
	100m:	1:24.04	45.06	200m:	2:59.35	48.47	300m:	4:36.68	49.25	400m:	6:16.63	50.30
21.	Bomba Mateusz				12	CSiR MOS w D browie Górnicyej				6:17.29	178	
	50m:	42.33	42.33	150m:	2:19.95	50.20	250m:	3:58.14	49.31	350m:	5:35.68	48.55
	100m:	1:29.75	47.42	200m:	3:08.83	48.88	300m:	4:47.13	48.99	400m:	6:17.29	41.61
22.	Karbowski Nikodem				12	MOSM Tychy				6:19.39	175	
	50m:	39.93	39.93	150m:	2:14.54	48.52	250m:	3:52.63	49.13	350m:	5:32.00	49.01
	100m:	1:26.02	46.09	200m:	3:03.50	48.96	300m:	4:42.99	50.36	400m:	6:19.39	47.39
23.	Skrzypiec Tobiasz				12	UKS Wodnik Siemianowice I skie				6:21.56	172	
	50m:		150m:			250m:		350m:				
	100m:		200m:			300m:		400m:	6:21.56			
24.	Urych Wojciech				12	Swim Team MOSiR K dzierzyn-Ko le				6:27.60	164	
	50m:	44.45	44.45	150m:	2:24.71	50.58	250m:	4:56.13	1:40.52	350m:	6:27.40	42.18
	100m:	1:34.13	49.68	200m:	3:15.61	50.90	300m:	5:45.22	49.09	400m:	6:27.60	0.20
25.	Wesołowski Samuel				12	UKS „Manta Kochłowice Ruda I ska"				6:28.51	163	
	50m:	41.39	41.39	150m:	2:20.88	50.66	250m:	4:02.80	51.07	350m:	5:43.55	50.05
	100m:	1:30.22	48.83	200m:	3:11.73	50.85	300m:	4:53.50	50.70	400m:	6:28.51	44.96
26.	Bem Adam				12	UKS DELFIN Krapkowice				6:38.84	150	
	50m:		150m:			250m:		350m:				
	100m:		200m:			300m:		400m:	6:38.84			
27.	Blauman Antoni				12	Uks "Salmo ory"				6:58.36	130	
	50m:	43.78	43.78	150m:	2:32.45	56.09	250m:	4:21.16	52.84	350m:	6:09.08	53.79
	100m:	1:36.36	52.58	200m:	3:28.32	55.87	300m:	5:15.29	54.13	400m:	6:58.36	49.28
28.	Ied Mateusz				12	Uks "Salmo ory"				7:11.48	119	
	50m:	46.11	46.11	150m:	2:35.06	56.03	250m:	4:27.40	56.19	350m:	6:21.23	56.57
	100m:	1:39.03	52.92	200m:	3:31.21	56.15	300m:	5:24.66	57.26	400m:	7:11.48	50.25
29.	Szpitalny Eryk				12	Uks "Salmo ory"				7:14.91	116	
	50m:	47.34	47.34	150m:	2:37.59	55.71	250m:	4:30.48	55.61	350m:	6:22.46	55.72
	100m:	1:41.88	54.54	200m:	3:34.87	57.28	300m:	5:26.74	56.26	400m:	7:14.91	52.45
30.	Kicol Nikodem				12	Swim Team MOSiR K dzierzyn-Ko le				7:39.09	98	
	50m:	49.79	49.79	150m:	2:47.11	58.72	250m:	4:48.58	1:01.07	350m:	6:45.33	56.40
	100m:	1:48.39	58.60	200m:	3:47.51	1:00.40	300m:	5:48.93	1:00.35	400m:	7:39.09	53.76
31.	Kucharz Michał				12	DOKiS SP Vega Dobrodzie				7:52.72	90	
	50m:	48.38	48.38	150m:	2:44.45	59.91	250m:	4:48.46	1:02.62	350m:	6:51.12	1:01.34
	100m:	1:44.54	56.16	200m:	3:45.84	1:01.39	300m:	5:49.78	1:01.32	400m:	7:52.72	1:01.60
32.	Gryntkiewicz Mikołaj				12	Uks "Salmo ory"				8:41.25	67	
	50m:	52.06	52.06	150m:	3:02.28	1:06.81	250m:	5:19.44	1:09.28	350m:	7:36.36	1:07.70
	100m:	1:55.47	1:03.41	200m:	4:10.16	1:07.88	300m:	6:28.66	1:09.22	400m:	8:41.25	1:04.89

Konkurencja 8, Chłopców, 400m dowolny

13 lat

1.	Ignatenko Mykola	11	CSiR MOS w D browie Górnicy	4:29.04	491
	50m: 31.65 31.65	150m: 1:38.78	33.54 250m: 2:47.26 34.33	350m: 3:56.16	34.50
	100m: 1:05.24 33.59	200m: 2:12.93	34.15 300m: 3:21.66 34.40	400m: 4:29.04	32.88
2.	Gr dziak Kacper	11	MKS Park Wodny Tarnowskie Góry	4:46.51	406
	50m: 32.54 32.54	150m: 1:46.62	37.80 250m: 2:59.54 36.61	350m: 4:11.67	35.55
	100m: 1:08.82 36.28	200m: 2:22.93	36.31 300m: 3:36.12 36.58	400m: 4:46.51	34.84
3.	Robakiewicz Kacper	11	CSiR MOS w D browie Górnicy	4:48.02	400
	50m: 33.03 33.03	150m: 1:45.45	36.76 250m: 2:59.60 37.29	350m: 4:13.57	36.87
	100m: 1:08.69 35.66	200m: 2:22.31	36.86 300m: 3:36.70 37.10	400m: 4:48.02	34.45
4.	Moiseienko Valerii	11	NKP Nowy Klub Pływacki	4:55.39	370
	50m: 34.62 34.62	150m: 1:50.70	37.95 250m: 3:07.38 38.45	350m: 4:23.17	37.14
	100m: 1:12.75 38.13	200m: 2:28.93	38.23 300m: 3:46.03 38.65	400m: 4:55.39	32.22
5.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzie	4:58.12	360
	50m: 33.18 33.18	150m: 1:49.28	38.14 250m: 3:05.36 37.96	350m: 4:22.25	38.48
	100m: 1:11.14 37.96	200m: 2:27.40	38.12 300m: 3:43.77 38.41	400m: 4:58.12	35.87
6.	Mi kowiec Oliwier	11	UKS „Manta Kochłowice Ruda I ska”	4:59.39	356
	50m: 33.20 33.20	150m: 1:46.83	37.25 250m: 3:03.01 38.15	350m: 4:21.43	39.43
	100m: 1:09.58 36.38	200m: 2:24.86	38.03 300m: 3:42.00 38.99	400m: 4:59.39	37.96
7.	Gajocha Nataniel	11	CSiR MOS w D browie Górnicy	5:01.60	348
	50m: 34.74 34.74	150m: 1:52.42	39.17 250m: 3:10.38 38.57	350m: 4:26.73	37.47
	100m: 1:13.25 38.51	200m: 2:31.81	39.39 300m: 3:49.26 38.88	400m: 5:01.60	34.87
8.	Wróbel Filip	11	Swim Team MOSiR K dzierzyn-Ko le	5:02.42	345
	50m: 33.62 33.62	150m: 1:50.16	38.95 250m: 3:09.32 39.80	350m: 4:26.81	37.72
	100m: 1:11.21 37.59	200m: 2:29.52	39.36 300m: 3:49.09 39.77	400m: 5:02.42	35.61
9.	Wi zik Piotr	11	CSiR MOS w D browie Górnicy	5:04.87	337
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	5:04.87
10.	Gruszka Franciszek	11	UKS Wodnik Siemianowice I skie	5:05.12	336
	50m: 34.99 34.99	150m: 1:53.26	39.60 250m: 3:11.19 38.98	350m: 4:27.52	36.71
	100m: 1:13.66 38.67	200m: 2:32.21	38.95 300m: 3:50.81 39.62	400m: 5:05.12	37.60
11.	Kantorosi ski Nikodem	11	MKP Zabrze	5:19.27	293
	50m: 36.25 36.25	150m: 1:56.95	40.69 250m: 3:19.96 41.62	350m: 4:41.64	40.54
	100m: 1:16.26 40.01	200m: 2:38.34	41.39 300m: 4:01.10 41.14	400m: 5:19.27	37.63
12.	Rozczypała Mikołaj	11	Uks "Salmo ory"	5:20.76	289
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	5:20.76
13.	Sobkowicz Piotr	11	UKS „Manta Kochłowice Ruda I ska”	5:20.86	289
	50m: 35.37 35.37	150m: 1:58.46	42.14 250m: 3:22.91 43.41	350m: 4:43.43	39.58
	100m: 1:16.32 40.95	200m: 2:39.50	41.04 300m: 4:03.85 40.94	400m: 5:20.86	37.43
14.	Konopi ski Dominik	11	UKS Wodnik Siemianowice I skie	5:27.93	271
	50m: 36.89 36.89	150m: 2:00.38	41.78 250m: 3:24.23 42.23	350m: 4:47.51	41.39
	100m: 1:18.60 41.71	200m: 2:42.00	41.62 300m: 4:06.12 41.89	400m: 5:27.93	40.42
15.	Wi niewski Michał	11	UKS DELFIN Krapkowice	5:31.51	262
	50m: 36.24 36.24	150m: 1:57.96	41.54 250m: 3:23.12 42.83	350m: 4:49.84	43.56
	100m: 1:16.42 40.18	200m: 2:40.29	42.33 300m: 4:06.28 43.16	400m: 5:31.51	41.67
16.	Podbucki Mateusz	11	UKS „Na Fali Bytom”	5:31.53	262
	50m: 36.53 36.53	150m: 2:00.78	43.13 250m: 3:26.03 42.26	350m: 4:51.05	42.49
	100m: 1:17.65 41.12	200m: 2:43.77	42.99 300m: 4:08.56 42.53	400m: 5:31.53	40.48
17.	Sorek Tymon	11	MOSM Tychy	5:32.29	260
	50m: 37.59 37.59	150m: 2:00.50	42.52 250m: 3:27.07 43.38	350m: 4:53.30	43.61
	100m: 1:17.98 40.39	200m: 2:43.69	43.19 300m: 4:09.69 42.62	400m: 5:32.29	38.99
18.	Konopka Wojciech	11	CSiR MOS w D browie Górnicy	5:32.50	260
	50m: 37.18 37.18	150m: 2:03.73	43.13 250m: 3:28.71 42.47	350m: 4:52.84	42.00
	100m: 1:20.60 43.42	200m: 2:46.24	42.51 300m: 4:10.84 42.13	400m: 5:32.50	39.66



Konkurencja 8, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.							Czas	Pkt.	
19.	J derko Bartosz		11	UKS „Na Fali Bytom”						5:37.53	248	
	50m:	39.39	39.39	150m:	2:05.50	43.33	250m:	3:32.46	43.28	350m:	4:58.70	42.38
	100m:	1:22.17	42.78	200m:	2:49.18	43.68	300m:	4:16.32	43.86	400m:	5:37.53	38.83
20.	Cuper Wojciech		11	UKS „Manta Kochłowice Ruda I ska”						5:43.52	235	
	50m:	38.23	38.23	150m:	2:05.40	43.36	250m:	3:33.44	43.91	350m:	5:02.05	43.97
	100m:	1:22.04	43.81	200m:	2:49.53	44.13	300m:	4:18.08	44.64	400m:	5:43.52	41.47
21.	Marcinkowski Jan		11	UKS Wodnik Siemianowice I skie						5:43.74	235	
	50m:	37.78	37.78	150m:	2:03.65	43.34	250m:	3:32.35	44.89	350m:	5:02.29	45.54
	100m:	1:20.31	42.53	200m:	2:47.46	43.81	300m:	4:16.75	44.40	400m:	5:43.74	41.45
22.	Watzlaw Patryk		11	UKS DELFIN Krapkowice						5:45.02	232	
	50m:	36.30	36.30	150m:	2:01.32	43.59	250m:	3:30.47	44.70	350m:	5:01.24	45.70
	100m:	1:17.73	41.43	200m:	2:45.77	44.45	300m:	4:15.54	45.07	400m:	5:45.02	43.78
23.	Wierzbicki Maksymilian		11	Uks "Salmo ory"						5:45.99	230	
	50m:	36.09	36.09	150m:	2:01.42	43.40	250m:	3:30.15	44.49	350m:	4:57.82	43.82
	100m:	1:18.02	41.93	200m:	2:45.66	44.24	300m:	4:14.00	43.85	400m:	5:45.99	48.17
24.	Knapik Jan		11	MOSM Tychy						5:47.60	227	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:47.60	
25.	Spott Szymon		11	DOKiS SP Vega Dobrodzie						5:50.30	222	
	50m:	35.94	35.94	150m:	2:05.18	45.34	250m:	3:36.49	44.94	350m:		
	100m:	1:19.84	43.90	200m:	2:51.55	46.37	300m:	4:20.92	44.43	400m:	5:50.30	
26.	Suchecki Ryszard		11	CSiR MOS w D browie Górnicy						5:51.21	220	
	50m:	37.82	37.82	150m:	2:07.04	45.42	250m:	3:39.13	45.77	350m:	5:08.76	43.51
	100m:	1:21.62	43.80	200m:	2:53.36	46.32	300m:	4:25.25	46.12	400m:	5:51.21	42.45
27.	Brzózka Marcel		11	MOSM Tychy						5:57.75	208	
	50m:	40.08	40.08	150m:	2:11.36	46.66	250m:	3:44.46	46.81	350m:	5:14.70	45.17
	100m:	1:24.70	44.62	200m:	2:57.65	46.29	300m:	4:29.53	45.07	400m:	5:57.75	43.05
28.	Zieli ski Jakub		11	UKS „Na Fali Bytom”						6:01.22	202	
	50m:	41.38	41.38	150m:	2:14.60	47.81	250m:	3:49.14	47.24	350m:	5:18.65	43.41
	100m:	1:26.79	45.41	200m:	3:01.90	47.30	300m:	4:35.24	46.10	400m:	6:01.22	42.57
29.	Kostorz Wojciech		11	UKS „Manta Kochłowice Ruda I ska”						6:04.57	197	
	50m:	40.34	40.34	150m:	2:11.24	45.72	250m:	3:45.45	47.63	350m:	5:18.85	46.67
	100m:	1:25.52	45.18	200m:	2:57.82	46.58	300m:	4:32.18	46.73	400m:	6:04.57	45.72
30.	Czarnota Maksymilian		11	UKP „Ruda I ska”						6:04.81	196	
	50m:	39.79	39.79	150m:	2:10.73	45.76	250m:	3:44.98	48.09	350m:	5:18.96	47.20
	100m:	1:24.97	45.18	200m:	2:56.89	46.16	300m:	4:31.76	46.78	400m:	6:04.81	45.85
31.	Donajski Stanisław		11	Swim Team MOSiR K dzierzyn-Ko le						6:10.66	187	
	50m:	40.54	40.54	150m:	2:12.11	46.49	250m:	3:48.79	47.23	350m:	5:24.75	47.19
	100m:	1:25.62	45.08	200m:	3:01.56	49.45	300m:	4:37.56	48.77	400m:	6:10.66	45.91
32.	Man Jerzy		11	UKS „Manta Kochłowice Ruda I ska”						6:19.92	174	
	50m:	40.15	40.15	150m:	2:15.85	48.95	250m:	3:53.46	49.33	350m:	5:30.42	47.66
	100m:	1:26.90	46.75	200m:	3:04.13	48.28	300m:	4:42.76	49.30	400m:	6:19.92	49.50
33.	Zalewski Adam		11	Uks "Salmo ory"						6:32.38	158	
	50m:	39.52	39.52	150m:	2:17.29	50.08	250m:	4:00.50	51.41	350m:	5:43.17	50.56
	100m:	1:27.21	47.69	200m:	3:09.09	51.80	300m:	4:52.61	52.11	400m:	6:32.38	49.21
34.	Napiórkowski Bartosz		11	Uks "Salmo ory"						6:48.79	139	
	50m:	43.63	43.63	150m:	2:25.33	51.72	250m:	4:11.68	54.75	350m:	5:58.70	53.01
	100m:	1:33.61	49.98	200m:	3:16.93	51.60	300m:	5:05.69	54.01	400m:	6:48.79	50.09
35.	Boczek Bruno		11	MKP Zabrze						6:52.66	136	
	50m:	45.17	45.17	150m:	2:31.03	53.97	250m:	4:20.32	54.27	350m:	6:06.51	52.40
	100m:	1:37.06	51.89	200m:	3:26.05	55.02	300m:	5:14.11	53.79	400m:	6:52.66	46.15
36.	Tichy Alan		11	MKS Park Wodny Tarnowskie Góry						7:41.97	96	
	50m:	50.41	50.41	150m:	2:47.16	59.93	250m:	4:46.92	1:00.04	350m:	6:48.18	59.07
	100m:	1:47.23	56.82	200m:	3:46.88	59.72	300m:	5:49.11	1:02.19	400m:	7:41.97	53.79