

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu
Olsztyn, 26-29.04.2023

Konkurencja 27

Kobiet, 400m dowolny

14 lat i starsi

2023-04-28 - 10:33

Wyniki Eliminacje

| | | | | | |
|-----------------------------|---------|--------------------|-------|-----------------|------|
| Rekord Polski | 4:04.23 | JEDRZEJCZAK Otylia | 00114 | Melbourne (AUS) | 2007 |
| Rekord Polski Młodzie owców | 4:05.84 | JEDRZEJCZAK Otylia | 00114 | Budapeszt (HUN) | 2006 |

Min. M Fukuoka 2023 Open: 4:10.57 / Min. Uniwersjada Chengdu 18 - 27: 4:15.01 / Min. ME U-23 Dublin 2023 19 - 23: 4:15.01 /
Min. M J Netanya 2023 K 14 - 18: 4:11.83 / Min. MEJ Belgrad 2023 K 16 - 18: 4:20.86

Punkty: FINA 2023

| Pozycja | | | Rok ur. | | | | Czas | Pkt. | | | | |
|---------|-------------|------------|---------|--------------------------|----------------|-------|-------|---------|-------|-------|---------|-------|
| 1. | GU | Wiktorja | 04 | MKP Szczecin | 4:25.88 | 702 | A | | | | | |
| | 50m: | 30.46 | 30.46 | 150m: | 1:37.53 | 33.95 | 250m: | 2:45.38 | 33.94 | 350m: | 3:52.51 | 33.58 |
| | 100m: | 1:03.58 | 33.12 | 200m: | 2:11.44 | 33.91 | 300m: | 3:18.93 | 33.55 | 400m: | 4:25.88 | 33.37 |
| 2. | CZUBAK | Maria | 06 | IKS Konstancin | 4:26.23 | 700 | A | | | | | |
| | 50m: | 30.28 | 30.28 | 150m: | 1:37.37 | 33.82 | 250m: | 2:45.67 | 33.96 | 350m: | 3:53.50 | 33.90 |
| | 100m: | 1:03.55 | 33.27 | 200m: | 2:11.71 | 34.34 | 300m: | 3:19.60 | 33.93 | 400m: | 4:26.23 | 32.73 |
| 3. | MACIAK | Julia | 06 | IUKS MUSZELKA Warszawa | 4:26.42 | 698 | A | | | | | |
| | 50m: | 30.28 | 30.28 | 150m: | 1:37.26 | 33.80 | 250m: | 2:45.40 | 34.32 | 350m: | 3:53.60 | 34.16 |
| | 100m: | 1:03.46 | 33.18 | 200m: | 2:11.08 | 33.82 | 300m: | 3:19.44 | 34.04 | 400m: | 4:26.42 | 32.82 |
| 4. | TARASIEWICZ | Klaudia | 04 | MKP Szczecin | 4:27.47 | 690 | A | | | | | |
| | 50m: | 30.77 | 30.77 | 150m: | 1:37.52 | 33.67 | 250m: | 2:45.77 | 34.10 | 350m: | 3:53.76 | 33.87 |
| | 100m: | 1:03.85 | 33.08 | 200m: | 2:11.67 | 34.15 | 300m: | 3:19.89 | 34.12 | 400m: | 4:27.47 | 33.71 |
| 5. | NOWAK | Maja | 03 | KU AZS UW Warszawa | 4:28.38 | 683 | A | | | | | |
| | 50m: | 31.87 | 31.87 | 150m: | 1:39.96 | 33.81 | 250m: | 2:47.75 | 33.33 | 350m: | 3:54.95 | 33.71 |
| | 100m: | 1:06.15 | 34.28 | 200m: | 2:14.42 | 34.46 | 300m: | 3:21.24 | 33.49 | 400m: | 4:28.38 | 33.43 |
| 6. | KOWALSKA | Klara | 05 | KU AZS UMCS Lublin | 4:30.45 | 667 | A | | | | | |
| | 50m: | 31.40 | 31.40 | 150m: | 1:40.11 | 34.47 | 250m: | 2:48.25 | 34.01 | 350m: | 3:57.14 | 34.37 |
| | 100m: | 1:05.64 | 34.24 | 200m: | 2:14.24 | 34.13 | 300m: | 3:22.77 | 34.52 | 400m: | 4:30.45 | 33.31 |
| 7. | PIECHOTA | Paulina | 99 | UKS 190 Łód | 4:30.58 | 666 | A | | | | | |
| | 50m: | 31.76 | 31.76 | 150m: | 1:40.33 | 34.41 | 250m: | 2:48.23 | 33.97 | 350m: | 3:56.88 | 34.31 |
| | 100m: | 1:05.92 | 34.16 | 200m: | 2:14.26 | 33.93 | 300m: | 3:22.57 | 34.34 | 400m: | 4:30.58 | 33.70 |
| 8. | KNOP | Aleksandra | 03 | UKS 190 Łód | 4:31.07 | 663 | A | | | | | |
| | 50m: | 31.64 | 31.64 | 150m: | 1:40.33 | 34.61 | 250m: | 2:49.01 | 34.24 | 350m: | 3:57.12 | 33.90 |
| | 100m: | 1:05.72 | 34.08 | 200m: | 2:14.77 | 34.44 | 300m: | 3:23.22 | 34.21 | 400m: | 4:31.07 | 33.95 |
| 9. | KRASZEWSKA | Martyna | 05 | MTP KORMORAN Olsztyn | 4:31.30 | 661 | A | | | | | |
| | 50m: | 31.54 | 31.54 | 150m: | 1:39.87 | 34.60 | 250m: | 2:49.47 | 34.82 | 350m: | 3:59.23 | 34.93 |
| | 100m: | 1:05.27 | 33.73 | 200m: | 2:14.65 | 34.78 | 300m: | 3:24.30 | 34.83 | 400m: | 4:31.30 | 32.07 |
| 10. | RUDOMINA | Agnieszka | 06 | MKP Gda sk | 4:31.50 | 660 | A | | | | | |
| | 50m: | 30.93 | 30.93 | 150m: | 1:38.49 | 34.22 | 250m: | 2:47.51 | 34.69 | 350m: | 3:57.61 | 35.13 |
| | 100m: | 1:04.27 | 33.34 | 200m: | 2:12.82 | 34.33 | 300m: | 3:22.48 | 34.97 | 400m: | 4:31.50 | 33.89 |
| 11. | WALCZAK | Barbara | 06 | UKS G-8 Bielany Warszawa | 4:33.17 | 648 | B | | | | | |
| | 50m: | 30.65 | 30.65 | 150m: | 1:38.65 | 34.38 | 250m: | 2:48.73 | 35.07 | 350m: | 3:59.36 | 35.02 |
| | 100m: | 1:04.27 | 33.62 | 200m: | 2:13.66 | 35.01 | 300m: | 3:24.34 | 35.61 | 400m: | 4:33.17 | 33.81 |
| 12. | KOSSAKOWSKA | Dominika | 01 | KU AZS UMCS Lublin | 4:33.21 | 647 | B | | | | | |
| | 50m: | 31.44 | 31.44 | 150m: | 1:39.31 | 33.96 | 250m: | 2:48.00 | 34.45 | 350m: | 3:58.21 | 35.05 |
| | 100m: | 1:05.35 | 33.91 | 200m: | 2:13.55 | 34.24 | 300m: | 3:23.16 | 35.16 | 400m: | 4:33.21 | 35.00 |
| 13. | SIWKO | Natalia | 04 | KU AZS UMCS Lublin | 4:33.59 | 645 | B | | | | | |
| | 50m: | 31.36 | 31.36 | 150m: | 1:40.93 | 34.93 | 250m: | 2:50.95 | 35.00 | 350m: | 4:00.86 | 34.96 |
| | 100m: | 1:06.00 | 34.64 | 200m: | 2:15.95 | 35.02 | 300m: | 3:25.90 | 34.95 | 400m: | 4:33.59 | 32.73 |
| 14. | ŁUCZAK | Dominika | 02 | TP Zielona Góra | 4:34.33 | 639 | B | | | | | |
| | 50m: | 31.90 | 31.90 | 150m: | 1:40.83 | 34.77 | 250m: | 2:50.34 | 34.83 | 350m: | 3:59.96 | 35.11 |
| | 100m: | 1:06.06 | 34.16 | 200m: | 2:15.51 | 34.68 | 300m: | 3:24.85 | 34.51 | 400m: | 4:34.33 | 34.37 |
| 15. | SAVCHENKO | Oleksandra | 08 | KS KSZO Ostrowiec w. | 4:35.66 | 630 | B | | | | | |
| | 50m: | 30.82 | 30.82 | 150m: | 1:38.82 | 34.13 | 250m: | 2:48.75 | 35.16 | 350m: | 4:00.55 | 35.91 |
| | 100m: | 1:04.69 | 33.87 | 200m: | 2:13.59 | 34.77 | 300m: | 3:24.64 | 35.89 | 400m: | 4:35.66 | 35.11 |
| 16. | KOSSOWSKA | Julita | 05 | UKS 190 Łód | 4:36.00 | 628 | B | | | | | |
| | 50m: | 31.67 | 31.67 | 150m: | 1:41.33 | 35.05 | 250m: | 2:51.67 | 35.10 | 350m: | 4:02.30 | 35.12 |
| | 100m: | 1:06.28 | 34.61 | 200m: | 2:16.57 | 35.24 | 300m: | 3:27.18 | 35.51 | 400m: | 4:36.00 | 33.70 |

Konkurencja 27, Kobiety, 400m dowolny, Eliminacje, 14 lat i starsi

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|------------------------|---------------|---------------------------------|---------------|-------|---------------|-------|----------------|-------|
| 17. | BOBROVSKA Alina | 08 | KS KSZO Ostrowiec w. | | | | | 4:36.24 | 626 B |
| | 50m: 31.34 31.34 | 150m: 1:41.39 | 35.24 | 250m: 2:52.66 | 35.55 | 350m: 4:02.44 | 34.50 | | |
| | 100m: 1:06.15 34.81 | 200m: 2:17.11 | 35.72 | 300m: 3:27.94 | 35.28 | 400m: 4:36.24 | 33.80 | | |
| 18. | GULCZY SKA Natalia | 07 | UKS CITYZEN Pozna | | | | | 4:36.61 | 624 B |
| | 50m: 31.62 31.62 | 150m: 1:40.87 | 35.16 | 250m: 2:51.47 | 35.11 | 350m: 4:02.71 | 35.38 | | |
| | 100m: 1:05.71 34.09 | 200m: 2:16.36 | 35.49 | 300m: 3:27.33 | 35.86 | 400m: 4:36.61 | 33.90 | | |
| 19. | SAMORAJ Oliwia | 05 | MKS Piaseczno | | | | | 4:36.73 | 623 B |
| | 50m: 31.46 31.46 | 150m: 1:39.62 | 34.48 | 250m: 2:50.46 | 35.54 | 350m: 4:02.48 | 35.90 | | |
| | 100m: 1:05.14 33.68 | 200m: 2:14.92 | 35.30 | 300m: 3:26.58 | 36.12 | 400m: 4:36.73 | 34.25 | | |
| 20. | GÓRSKA Zofia | 05 | KU AZS UW Warszawa | | | | | 4:37.23 | 620 B |
| | 50m: 31.23 31.23 | 150m: 1:41.00 | 35.35 | 250m: 2:52.10 | 35.52 | 350m: 4:03.52 | 35.85 | | |
| | 100m: 1:05.65 34.42 | 200m: 2:16.58 | 35.58 | 300m: 3:27.67 | 35.57 | 400m: 4:37.23 | 33.71 | | |
| 21. | JAKUBCZYK Natalia | 08 | CSiR MOS D browa Górnicza | | | | | 4:37.68 | 617 R |
| | 50m: 31.95 31.95 | 150m: 1:41.92 | 34.99 | 250m: 2:53.06 | 35.77 | 350m: 4:04.60 | 35.80 | | |
| | 100m: 1:06.93 34.98 | 200m: 2:17.29 | 35.37 | 300m: 3:28.80 | 35.74 | 400m: 4:37.68 | 33.08 | | |
| 22. | KONDRASIUK Zofia | 08 | UKS GIM 92 Ursynów | | | | | 4:38.18 | 613 R |
| | 50m: 31.56 31.56 | 150m: 1:41.26 | 35.03 | 250m: 2:52.49 | 35.66 | 350m: 4:04.06 | 35.68 | | |
| | 100m: 1:06.23 34.67 | 200m: 2:16.83 | 35.57 | 300m: 3:28.38 | 35.89 | 400m: 4:38.18 | 34.12 | | |
| 23. | DRABYCH Mariana | 07 | KS KSZO Ostrowiec w. | | | | | 4:38.35 | 612 |
| | 50m: 31.46 31.46 | 150m: 1:40.94 | 35.17 | 250m: 2:52.53 | 35.74 | 350m: 4:04.20 | 35.61 | | |
| | 100m: 1:05.77 34.31 | 200m: 2:16.79 | 35.85 | 300m: 3:28.59 | 36.06 | 400m: 4:38.35 | 34.15 | | |
| 24. | TRACZYK Anna | 06 | MKS JUVENIA Wrocław | | | | | 4:39.11 | 607 |
| | 50m: 31.56 31.56 | 150m: 1:41.85 | 35.52 | 250m: 2:53.87 | 36.23 | 350m: 4:05.21 | 35.53 | | |
| | 100m: 1:06.33 34.77 | 200m: 2:17.64 | 35.79 | 300m: 3:29.68 | 35.81 | 400m: 4:39.11 | 33.90 | | |
| 25. | HELLAK Emilia | 03 | KS SWIM-ART Wrocław | | | | | 4:41.40 | 592 |
| | 50m: 31.10 31.10 | 150m: 1:39.91 | 35.06 | 250m: 2:51.92 | 36.49 | 350m: 4:05.29 | 36.85 | | |
| | 100m: 1:04.85 33.75 | 200m: 2:15.43 | 35.52 | 300m: 3:28.44 | 36.52 | 400m: 4:41.40 | 36.11 | | |
| 26. | POPPE Marta | 07 | KU AZS UMCS Lublin | | | | | 4:41.58 | 591 |
| | 50m: 31.34 31.34 | 150m: 1:41.20 | 35.43 | 250m: 2:53.23 | 36.25 | 350m: 4:06.23 | 36.53 | | |
| | 100m: 1:05.77 34.43 | 200m: 2:16.98 | 35.78 | 300m: 3:29.70 | 36.47 | 400m: 4:41.58 | 35.35 | | |
| 27. | KARKOCHA Gabriela | 09 | UKS MANTA Kochłowice Ruda I ska | | | | | 4:42.55 | 585 |
| | 50m: 31.82 31.82 | 150m: 1:41.82 | 35.31 | 250m: 2:54.16 | 36.16 | 350m: 4:07.20 | 36.40 | | |
| | 100m: 1:06.51 34.69 | 200m: 2:18.00 | 36.18 | 300m: 3:30.80 | 36.64 | 400m: 4:42.55 | 35.35 | | |
| 28. | TADKO Wiktoria | 05 | MKS SMS Victoria Racibórz | | | | | 4:44.88 | 571 |
| | 50m: 32.17 32.17 | 150m: 1:43.90 | 36.41 | 250m: 2:56.98 | 36.29 | 350m: 4:10.20 | 36.57 | | |
| | 100m: 1:07.49 35.32 | 200m: 2:20.69 | 36.79 | 300m: 3:33.63 | 36.65 | 400m: 4:44.88 | 34.68 | | |
| 29. | ŁUKASIK Zuzanna | 08 | CSiR MOS D browa Górnicza | | | | | 4:45.43 | 568 |
| | 50m: 33.22 33.22 | 150m: 1:45.33 | 36.16 | 250m: 2:57.23 | 35.88 | 350m: 4:09.88 | 36.56 | | |
| | 100m: 1:09.17 35.95 | 200m: 2:21.35 | 36.02 | 300m: 3:33.32 | 36.09 | 400m: 4:45.43 | 35.55 | | |
| 30. | TOMASZEWSKA Aleksandra | 99 | St. Lok. SALOS Cortile Kielce | | | | | 4:48.14 | 552 |
| | 50m: 32.28 32.28 | 150m: 1:44.13 | 36.34 | 250m: 2:58.05 | 36.98 | 350m: 4:12.18 | 36.92 | | |
| | 100m: 1:07.79 35.51 | 200m: 2:21.07 | 36.94 | 300m: 3:35.26 | 37.21 | 400m: 4:48.14 | 35.96 | | |
| 31. | FARTUSZY SKA Weronika | 08 | UKS JUNIOR Kluczbork | | | | | 4:48.62 | 549 |
| | 50m: 33.24 33.24 | 150m: 1:46.67 | 36.85 | 250m: 3:00.91 | 36.92 | 350m: 4:14.26 | 36.49 | | |
| | 100m: 1:09.82 36.58 | 200m: 2:23.99 | 37.32 | 300m: 3:37.77 | 36.86 | 400m: 4:48.62 | 34.36 | | |
| 32. | BARTOSZEWICZ Julia | 04 | KU AZS UMCS Lublin | | | | | 4:49.07 | 546 |
| | 50m: 33.77 33.77 | 150m: 1:49.25 | 37.74 | 250m: 3:03.19 | 36.32 | 350m: 4:14.93 | 35.76 | | |
| | 100m: 1:11.51 37.74 | 200m: 2:26.87 | 37.62 | 300m: 3:39.17 | 35.98 | 400m: 4:49.07 | 34.14 | | |
| 33. | RYDY SKA Maja | 07 | MKS SP 63 Bydgoszcz | | | | | 4:50.96 | 536 |
| | 50m: 31.95 31.95 | 150m: 1:43.94 | 36.58 | 250m: 2:58.75 | 37.24 | 350m: 4:14.80 | 37.86 | | |
| | 100m: 1:07.36 35.41 | 200m: 2:21.51 | 37.57 | 300m: 3:36.94 | 38.19 | 400m: 4:50.96 | 36.16 | | |
| 34. | KRAUZE Alicja | 01 | AZS AWFIS Gda sk | | | | | 4:51.40 | 533 |
| | 50m: 32.01 32.01 | 150m: 1:44.04 | 36.72 | 250m: 2:59.74 | 38.39 | 350m: 4:15.24 | 37.55 | | |
| | 100m: 1:07.32 35.31 | 200m: 2:21.35 | 37.31 | 300m: 3:37.69 | 37.95 | 400m: 4:51.40 | 36.16 | | |

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu
Olsztyn, 26-29.04.2023

Konkurencja 27, Kobiety, 400m dowolny, Eliminacje, 14 lat i starsi

| Pozycja | | | Rok ur. | | | | Czas | | | | Pkt. |
|---------|-----------------------|---------------|---------|-----------------------------------|-------|-------|----------------|-------|-------|---------|-------|
| 35. | KORDEK Zuzanna | | 08 | Akademia SMS Racibórz | | | 4:51.67 | | | | 532 |
| | 50m: | 32.20 32.20 | 150m: | 1:43.58 | 36.86 | 250m: | 2:59.73 | 38.37 | 350m: | 4:16.44 | 38.39 |
| | 100m: | 1:06.72 34.52 | 200m: | 2:21.36 | 37.78 | 300m: | 3:38.05 | 38.32 | 400m: | 4:51.67 | 35.23 |
| 36. | LECHOWSKA Magdalena | | 06 | WKS L SK Wrocław | | | 4:52.61 | | | | 527 |
| | 50m: | 32.90 32.90 | 150m: | 1:46.54 | 37.30 | 250m: | 3:01.58 | 37.37 | 350m: | 4:16.36 | 37.42 |
| | 100m: | 1:09.24 36.34 | 200m: | 2:24.21 | 37.67 | 300m: | 3:38.94 | 37.36 | 400m: | 4:52.61 | 36.25 |
| 37. | KLIMIUK Zuzanna | | 05 | MKP SŁOWIANKA Gorzów Wlkp. | | | 4:53.64 | | | | 521 |
| | 50m: | 32.67 32.67 | 150m: | 1:46.74 | 37.17 | 250m: | 3:01.55 | 37.58 | 350m: | 4:16.73 | 37.03 |
| | 100m: | 1:09.57 36.90 | 200m: | 2:23.97 | 37.23 | 300m: | 3:39.70 | 38.15 | 400m: | 4:53.64 | 36.91 |
| 38. | SOBOLAK Gabriela | | 09 | TP OLIMPIJCZYK Aleksandrów Łódzki | | | 4:57.14 | | | | 503 |
| | 50m: | 33.42 33.42 | 150m: | 1:47.14 | 37.32 | 250m: | 3:03.00 | 37.98 | 350m: | 4:20.67 | 38.56 |
| | 100m: | 1:09.82 36.40 | 200m: | 2:25.02 | 37.88 | 300m: | 3:42.11 | 39.11 | 400m: | 4:57.14 | 36.47 |
| 39. | BAIDALINOVA Sofia | | 07 | KS KSZO Ostrowiec w. | | | 4:57.16 | | | | 503 |
| | 50m: | 31.77 31.77 | 150m: | 1:43.10 | 36.10 | 250m: | 2:58.39 | 38.23 | 350m: | 4:17.96 | 39.82 |
| | 100m: | 1:07.00 35.23 | 200m: | 2:20.16 | 37.06 | 300m: | 3:38.14 | 39.75 | 400m: | 4:57.16 | 39.20 |
| 40. | RYKHLINSKA Anastasiia | | 07 | KS OLIMPIA Lublin | | | 4:57.93 | | | | 499 |
| | 50m: | 34.05 34.05 | 150m: | 1:49.55 | 37.91 | 250m: | 3:05.61 | 37.80 | 350m: | 4:21.31 | 37.76 |
| | 100m: | 1:11.64 37.59 | 200m: | 2:27.81 | 38.26 | 300m: | 3:43.55 | 37.94 | 400m: | 4:57.93 | 36.62 |
| 41. | MAZUR Zuzanna | | 05 | MKP SŁOWIANKA Gorzów Wlkp. | | | 4:59.91 | | | | 489 |
| | 50m: | 32.68 32.68 | 150m: | 1:46.45 | 37.32 | 250m: | 3:03.91 | 38.73 | 350m: | 4:22.19 | 38.96 |
| | 100m: | 1:09.13 36.45 | 200m: | 2:25.18 | 38.73 | 300m: | 3:43.23 | 39.32 | 400m: | 4:59.91 | 37.72 |
| 42. | ZI TEK Julia | | 09 | UKP Ruda I ska | | | 5:01.50 | | | | 482 |
| | 50m: | 33.51 33.51 | 150m: | 1:49.49 | 38.96 | 250m: | 3:07.42 | 39.23 | 350m: | 4:24.82 | 38.08 |
| | 100m: | 1:10.53 37.02 | 200m: | 2:28.19 | 38.70 | 300m: | 3:46.74 | 39.32 | 400m: | 5:01.50 | 36.68 |
| 43. | SELL Karolina | | 07 | MUKP Korona-Swim Kielce | | | 5:02.90 | | | | 475 |
| | 50m: | 33.37 33.37 | 150m: | 1:48.24 | 37.57 | 250m: | 3:05.84 | 38.83 | 350m: | 4:24.92 | 38.95 |
| | 100m: | 1:10.67 37.30 | 200m: | 2:27.01 | 38.77 | 300m: | 3:45.97 | 40.13 | 400m: | 5:02.90 | 37.98 |
| 44. | JABŁO SKA Natalia | | 08 | MTP KORMORAN Olsztyn | | | 5:04.61 | | | | 467 |
| | 50m: | 34.85 34.85 | 150m: | 1:51.97 | 38.62 | 250m: | 3:10.34 | 39.17 | 350m: | 4:27.89 | 38.55 |
| | 100m: | 1:13.35 38.50 | 200m: | 2:31.17 | 39.20 | 300m: | 3:49.34 | 39.00 | 400m: | 5:04.61 | 36.72 |
| 45. | O KA Nina | | 08 | KS DELFIN Gdynia | | | 5:09.66 | | | | 444 |
| | 50m: | 33.12 33.12 | 150m: | 1:48.22 | 38.30 | 250m: | 3:07.76 | 40.30 | 350m: | 4:29.61 | 41.16 |
| | 100m: | 1:09.92 36.80 | 200m: | 2:27.46 | 39.24 | 300m: | 3:48.45 | 40.69 | 400m: | 5:09.66 | 40.05 |
| 46. | SZCZUDŁO Alicja | | 06 | SWIMLAND Olsztyn | | | 5:20.08 | | | | 402 |
| | 50m: | 34.36 34.36 | 150m: | 1:51.49 | 39.30 | 250m: | 3:13.15 | 41.07 | 350m: | 4:37.56 | 42.40 |
| | 100m: | 1:12.19 37.83 | 200m: | 2:32.08 | 40.59 | 300m: | 3:55.16 | 42.01 | 400m: | 5:20.08 | 42.52 |