

Event 19

Men, 1500m Freestyle

Absolutos

05/02/2022 - 16:03

Results

Recordes Nacionais 50m Open	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Recordes Nacionais 50m 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30/08/2015
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Recordes Nacionais 50m Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21/07/2016
Recordes Nacionais 50m Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19/06/2004
Recordes Nacionais 50m Inf B	17:21.58	Pedro Fontoura, OLIVEIRA	CFB	Restelo	27/07/2003
Recorde Meeting	15:21.94	START,		Póvoa de Varzim	
Recorde Regional 50m Open	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14/08/2007
Recorde Regional 50m Sen	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14/08/2007
Recorde Regional 50m 18	15:34.51	Fernando Eurico, COSTA	LSC	Luxemburgo (LUX)	24/01/2003
Recorde Regional 50m 17	15:53.24	Fernando Eurico, COSTA	LSC	Lisboa	28/07/2002
Recorde Regional 50m Juv A	16:04.07	Rui Filipe, COSTA	VSC	Loulé	08/06/2007
Recorde Regional 50m Juv B	16:35.93	Rui Filipe, COSTA	VSC	Porto	06/07/2006
Recorde Regional 50m Inf A	16:53.40	Rui Paulo, BORGES	FCP	Olivais	31/07/1981
Recorde Regional 50m Inf B	17:36.07	Rui Paulo, BORGES	FCP	Coimbra	17/08/1980

TLP ABS MASCULINOS : 17:59.71

Points: FINA 2021

Rank			YB					Time	Pts
1.	Jose Paulo, LOPES		00	Braga				15:46.02	780
	50m: 29.67	29.67	450m: 4:44.11	31.77	850m: 8:58.06	31.61	1250m: 13:10.20	31.70	
	100m: 1:01.51	31.84	500m: 5:15.96	31.85	900m: 9:29.58	31.52	1300m: 13:41.86	31.66	
	150m: 1:33.03	31.52	550m: 5:47.72	31.76	950m: 10:01.13	31.55	1350m: 14:13.46	31.60	
	200m: 2:04.79	31.76	600m: 6:19.46	31.74	1000m: 10:32.80	31.67	1400m: 14:44.92	31.46	
	250m: 2:36.68	31.89	650m: 6:51.36	31.90	1050m: 11:03.91	31.11	1450m: 15:15.90	30.98	
	300m: 3:08.65	31.97	700m: 7:23.13	31.77	1100m: 11:35.21	31.30	1500m: 15:46.02	30.12	
	350m: 3:40.58	31.93	750m: 7:54.82	31.69	1150m: 12:06.77	31.56			
	400m: 4:12.34	31.76	800m: 8:26.45	31.63	1200m: 12:38.50	31.73			
2.	Francisco Rodriguez, AMARAL		02	Futebol Clube do Porto				16:51.02	639
	50m: 30.40	30.40	450m: 4:57.31	33.60	850m: 9:25.28	33.79	1250m: 13:58.52	34.36	
	100m: 1:02.97	32.57	500m: 5:30.78	33.47	900m: 9:59.27	33.99	1300m: 14:33.07	34.55	
	150m: 1:36.06	33.09	550m: 6:03.69	32.91	950m: 10:33.08	33.81	1350m: 15:07.63	34.56	
	200m: 2:09.81	33.75	600m: 6:37.12	33.43	1000m: 11:07.19	34.11	1400m: 15:41.38	33.75	
	250m: 2:43.16	33.35	650m: 7:10.25	33.13	1050m: 11:41.52	34.33	1450m: 16:16.60	35.22	
	300m: 3:16.69	33.53	700m: 7:43.80	33.55	1100m: 12:15.66	34.14	1500m: 16:51.02	34.42	
	350m: 3:50.17	33.48	750m: 8:17.60	33.80	1150m: 12:49.65	33.99			
	400m: 4:23.71	33.54	800m: 8:51.49	33.89	1200m: 13:24.16	34.51			
3.	Tomas Amor, SARREIRA		05	Nautico Marinha Grande				16:57.15	627
	50m: 30.38	30.38	450m: 5:02.86	34.65	850m: 9:37.00	34.10	1250m: 14:10.16	33.97	
	100m: 1:03.30	32.92	500m: 5:37.24	34.38	900m: 10:11.24	34.24	1300m: 14:44.18	34.02	
	150m: 1:37.10	33.80	550m: 6:11.09	33.85	950m: 10:45.43	34.19	1350m: 15:17.85	33.67	
	200m: 2:11.31	34.21	600m: 6:45.21	34.12	1000m: 11:19.59	34.16	1400m: 15:52.06	34.21	
	250m: 2:45.68	34.37	650m: 7:19.43	34.22	1050m: 11:53.62	34.03	1450m: 16:25.15	33.09	
	300m: 3:20.07	34.39	700m: 7:54.10	34.67	1100m: 12:27.67	34.05	1500m: 16:57.15	32.00	
	350m: 3:54.26	34.19	750m: 8:28.63	34.53	1150m: 13:01.87	34.20			
	400m: 4:28.21	33.95	800m: 9:02.90	34.27	1200m: 13:36.19	34.32			
4.	Goncalo Renato, CARVALHO		04	Futebol Clube do Porto				17:07.08	609
	50m: 31.42	31.42	450m: 5:05.55	34.37	850m: 9:40.90	34.29	1250m: 14:16.46	34.37	
	100m: 1:05.11	33.69	500m: 5:40.36	34.81	900m: 10:15.22	34.32	1300m: 14:51.08	34.62	
	150m: 1:39.24	34.13	550m: 6:14.47	34.11	950m: 10:49.42	34.20	1350m: 15:25.33	34.25	
	200m: 2:13.69	34.45	600m: 6:49.23	34.76	1000m: 11:23.81	34.39	1400m: 15:59.63	34.30	
	250m: 2:47.98	34.29	650m: 7:23.30	34.07	1050m: 11:58.20	34.39	1450m: 16:34.03	34.40	
	300m: 3:22.12	34.14	700m: 7:57.97	34.67	1100m: 12:32.96	34.76	1500m: 17:07.08	33.05	
	350m: 3:56.24	34.12	750m: 8:32.14	34.17	1150m: 13:07.19	34.23			
	400m: 4:31.18	34.94	800m: 9:06.61	34.47	1200m: 13:42.09	34.90			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.71436

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO



Event 19, Men, 1500m Freestyle, Absolutos

Rank			YB					Time	Pts		
5.	Bruno Silva, LOUREIRO		06	Futebol Clube do Porto				17:12.42	600		
	50m:	31.40 31.40	450m:	5:06.26	34.27	850m:	9:42.02	33.86	1250m:	14:20.92	34.93
	100m:	1:05.94 34.54	500m:	5:41.08	34.82	900m:	10:16.77	34.75	1300m:	14:55.39	34.47
	150m:	1:39.70 33.76	550m:	6:15.05	33.97	950m:	10:51.52	34.75	1350m:	15:29.96	34.57
	200m:	2:14.14 34.44	600m:	6:49.57	34.52	1000m:	11:26.49	34.97	1400m:	16:05.13	35.17
	250m:	2:48.13 33.99	650m:	7:23.68	34.11	1050m:	12:00.95	34.46	1450m:	16:39.25	34.12
	300m:	3:22.99 34.86	700m:	7:58.50	34.82	1100m:	12:36.21	35.26	1500m:	17:12.42	33.17
	350m:	3:57.84 34.85	750m:	8:32.93	34.43	1150m:	13:11.12	34.91			
	400m:	4:31.99 34.15	800m:	9:08.16	35.23	1200m:	13:45.99	34.87			
6.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				17:15.02	595		
	50m:	31.06 31.06	450m:	5:04.42	34.22	850m:	9:41.97	35.26	1250m:	14:23.86	35.20
	100m:	1:04.98 33.92	500m:	5:38.56	34.14	900m:	10:16.86	34.89	1300m:	14:58.45	34.59
	150m:	1:38.85 33.87	550m:	6:13.06	34.50	950m:	10:51.71	34.85	1350m:	15:33.07	34.62
	200m:	2:13.09 34.24	600m:	6:47.67	34.61	1000m:	11:26.97	35.26	1400m:	16:07.37	34.30
	250m:	2:47.13 34.04	650m:	7:22.29	34.62	1050m:	12:02.84	35.87	1450m:	16:41.77	34.40
	300m:	3:21.44 34.31	700m:	7:57.18	34.89	1100m:	12:37.78	34.94	1500m:	17:15.02	33.25
	350m:	3:55.81 34.37	750m:	8:31.77	34.59	1150m:	13:13.38	35.60			
	400m:	4:30.20 34.39	800m:	9:06.71	34.94	1200m:	13:48.66	35.28			
7.	Joao Maria, SOUSA		05	Braga				17:20.88	585		
	50m:	30.69 30.69	450m:	5:06.43	34.41	850m:	9:44.81	35.22	1250m:	14:25.97	35.07
	100m:	1:05.00 34.31	500m:	5:40.88	34.45	900m:	10:19.98	35.17	1300m:	15:01.26	35.29
	150m:	1:39.64 34.64	550m:	6:15.40	34.52	950m:	10:55.03	35.05	1350m:	15:36.76	35.50
	200m:	2:14.22 34.58	600m:	6:49.99	34.59	1000m:	11:30.33	35.30	1400m:	16:12.01	35.25
	250m:	2:48.58 34.36	650m:	7:24.69	34.70	1050m:	12:05.47	35.14	1450m:	16:46.53	34.52
	300m:	3:23.34 34.76	700m:	7:59.77	35.08	1100m:	12:40.97	35.50	1500m:	17:20.88	34.35
	350m:	3:57.57 34.23	750m:	8:34.78	35.01	1150m:	13:15.92	34.95			
	400m:	4:32.02 34.45	800m:	9:09.59	34.81	1200m:	13:50.90	34.98			
8.	Rui Miguel, SANTOS		06	Famalicao				17:23.58	581		
	50m:	30.51 30.51	450m:	5:03.22	34.53	850m:	9:46.56	35.67	1250m:	14:30.91	35.25
	100m:	1:04.30 33.79	500m:	5:38.28	35.06	900m:	10:22.44	35.88	1300m:	15:06.73	35.82
	150m:	1:38.05 33.75	550m:	6:12.96	34.68	950m:	10:57.60	35.16	1350m:	15:42.04	35.31
	200m:	2:12.21 34.16	600m:	6:47.96	35.00	1000m:	11:32.95	35.35	1400m:	16:18.32	36.28
	250m:	2:46.26 34.05	650m:	7:23.04	35.08	1050m:	12:08.25	35.30	1450m:	16:51.82	33.50
	300m:	3:20.26 34.00	700m:	7:58.87	35.83	1100m:	12:43.79	35.54	1500m:	17:23.58	31.76
	350m:	3:54.47 34.21	750m:	8:34.75	35.88	1150m:	13:19.94	36.15			
	400m:	4:28.69 34.22	800m:	9:10.89	36.14	1200m:	13:55.66	35.72			
9.	Marcio Fernandes, GOMES		04	Braga				17:30.89	569		
	50m:	30.94 30.94	450m:	5:06.98	34.74	850m:	9:49.68	35.39	1250m:	14:33.69	36.18
	100m:	1:04.58 33.64	500m:	5:42.10	35.12	900m:	10:24.80	35.12	1300m:	15:08.93	35.24
	150m:	1:38.56 33.98	550m:	6:17.21	35.11	950m:	10:59.74	34.94	1350m:	15:44.55	35.62
	200m:	2:12.50 33.94	600m:	6:53.02	35.81	1000m:	11:35.04	35.30	1400m:	16:20.49	35.94
	250m:	2:47.28 34.78	650m:	7:28.33	35.31	1050m:	12:10.26	35.22	1450m:	16:55.99	35.50
	300m:	3:22.37 35.09	700m:	8:03.80	35.47	1100m:	12:45.70	35.44	1500m:	17:30.89	34.90
	350m:	3:57.04 34.67	750m:	8:38.67	34.87	1150m:	13:21.51	35.81			
	400m:	4:32.24 35.20	800m:	9:14.29	35.62	1200m:	13:57.51	36.00			
10.	Alexandre Ramos, GONCALVES		05	Colegio Efanor				17:38.38	557		
	50m:	30.91 30.91	450m:	5:05.91	34.62	850m:	9:49.00	36.05	1250m:	14:37.91	35.63
	100m:	1:05.19 34.28	500m:	5:41.13	35.22	900m:	10:24.77	35.77	1300m:	15:13.96	36.05
	150m:	1:39.59 34.40	550m:	6:16.27	35.14	950m:	11:00.72	35.95	1350m:	15:49.89	35.93
	200m:	2:13.68 34.09	600m:	6:51.61	35.34	1000m:	11:36.54	35.82	1400m:	16:26.63	36.74
	250m:	2:47.95 34.27	650m:	7:26.77	35.16	1050m:	12:12.99	36.45	1450m:	17:02.71	36.08
	300m:	3:22.14 34.19	700m:	8:02.22	35.45	1100m:	12:49.94	36.95	1500m:	17:38.38	35.67
	350m:	3:56.71 34.57	750m:	8:37.78	35.56	1150m:	13:26.50	36.56			
	400m:	4:31.29 34.58	800m:	9:12.95	35.17	1200m:	14:02.28	35.78			

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ORGANIZA O



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO



Event 19, Men, 1500m Freestyle, Absolutos

Rank			YB					Time	Pts
11.	Vasco Monteiro, CASTRO		06	Futebol Clube do Porto				17:46.63	544
	50m:	31.48 31.48	450m:	5:12.15 35.27	850m:	9:57.27 35.80	1250m:	14:47.18 36.34	
	100m:	1:05.71 34.23	500m:	5:47.75 35.60	900m:	10:33.38 36.11	1300m:	15:23.28 36.10	
	150m:	1:41.20 35.49	550m:	6:23.33 35.58	950m:	11:09.86 36.48	1350m:	15:59.21 35.93	
	200m:	2:16.36 35.16	600m:	6:58.75 35.42	1000m:	11:46.02 36.16	1400m:	16:35.21 36.00	
	250m:	2:51.27 34.91	650m:	7:34.31 35.56	1050m:	12:22.10 36.08	1450m:	17:11.35 36.14	
	300m:	3:26.60 35.33	700m:	8:09.93 35.62	1100m:	12:58.29 36.19	1500m:	17:46.63 35.28	
	350m:	4:01.73 35.13	750m:	8:45.86 35.93	1150m:	13:34.55 36.26			
	400m:	4:36.88 35.15	800m:	9:21.47 35.61	1200m:	14:10.84 36.29			
12.	Milan Santos, JEVIC		06	Braga				17:54.36	532
	50m:	30.94 30.94	450m:	5:11.58 35.73	850m:	10:00.79 36.63	1250m:	14:54.68 37.12	
	100m:	1:05.28 34.34	500m:	5:47.60 36.02	900m:	10:37.18 36.39	1300m:	15:31.10 36.42	
	150m:	1:39.96 34.68	550m:	6:23.81 36.21	950m:	11:14.16 36.98	1350m:	16:07.91 36.81	
	200m:	2:14.78 34.82	600m:	6:59.88 36.07	1000m:	11:50.23 36.07	1400m:	16:44.62 36.71	
	250m:	2:49.98 35.20	650m:	7:36.17 36.29	1050m:	12:27.16 36.93	1450m:	17:20.25 35.63	
	300m:	3:24.98 35.00	700m:	8:12.30 36.13	1100m:	13:03.85 36.69	1500m:	17:54.36 34.11	
	350m:	4:00.39 35.41	750m:	8:48.19 35.89	1150m:	13:40.58 36.73			
	400m:	4:35.85 35.46	800m:	9:24.16 35.97	1200m:	14:17.56 36.98			
13.	Afonso Martim, LEITE		05	Foca Quinta Da Lixa - Cnf				17:59.35	525
	50m:	31.04 31.04	450m:	5:07.71 34.78	850m:	9:59.00 36.95	1250m:	14:55.59 37.44	
	100m:	1:05.12 34.08	500m:	5:43.24 35.53	900m:	10:35.94 36.94	1300m:	15:32.53 36.94	
	150m:	1:38.94 33.82	550m:	6:19.35 36.11	950m:	11:12.80 36.86	1350m:	16:09.60 37.07	
	200m:	2:13.50 34.56	600m:	6:56.07 36.72	1000m:	11:49.70 36.90	1400m:	16:47.04 37.44	
	250m:	2:47.87 34.37	650m:	7:32.08 36.01	1050m:	12:26.82 37.12	1450m:	17:23.85 36.81	
	300m:	3:22.93 35.06	700m:	8:08.91 36.83	1100m:	13:03.65 36.83	1500m:	17:59.35 35.50	
	350m:	3:57.71 34.78	750m:	8:45.57 36.66	1150m:	13:40.97 37.32			
	400m:	4:32.93 35.22	800m:	9:22.05 36.48	1200m:	14:18.15 37.18			
14.	Axel Guedes, ASMAR FTL		07	Portugal				18:02.87	520
	50m:	29.65 29.65	450m:	5:12.37 36.30	850m:	10:05.04 37.00	1250m:	14:59.89 37.21	
	100m:	1:03.90 34.25	500m:	5:48.87 36.50	900m:	10:40.84 35.80	1300m:	15:36.53 36.64	
	150m:	1:38.81 34.91	550m:	6:25.32 36.45	950m:	11:17.53 36.69	1350m:	16:13.69 37.16	
	200m:	2:14.19 35.38	600m:	7:01.92 36.60	1000m:	11:54.75 37.22	1400m:	16:50.45 36.76	
	250m:	2:49.34 35.15	650m:	7:38.61 36.69	1050m:	12:31.62 36.87	1450m:	17:27.39 36.94	
	300m:	3:24.60 35.26	700m:	8:14.73 36.12	1100m:	13:08.69 37.07	1500m:	18:02.87 35.48	
	350m:	4:00.04 35.44	750m:	8:51.57 36.84	1150m:	13:45.73 37.04			
	400m:	4:36.07 36.03	800m:	9:28.04 36.47	1200m:	14:22.68 36.95			
15.	Tiago Diniz, LIMA FTL		04	Clube Desportivo Estarreja				18:03.75	519
	50m:	31.65 31.65	450m:	5:15.34 35.76	850m:	10:05.98 36.40	1250m:	15:02.76 37.28	
	100m:	1:06.57 34.92	500m:	5:51.51 36.17	900m:	10:42.90 36.92	1300m:	15:39.75 36.99	
	150m:	1:41.63 35.06	550m:	6:27.56 36.05	950m:	11:19.53 36.63	1350m:	16:16.11 36.36	
	200m:	2:16.87 35.24	600m:	7:03.62 36.06	1000m:	11:56.48 36.95	1400m:	16:52.74 36.63	
	250m:	2:52.42 35.55	650m:	7:39.82 36.20	1050m:	12:33.27 36.79	1450m:	17:28.87 36.13	
	300m:	3:28.43 36.01	700m:	8:15.94 36.12	1100m:	13:10.61 37.34	1500m:	18:03.75 34.88	
	350m:	4:03.72 35.29	750m:	8:52.52 36.58	1150m:	13:47.84 37.23			
	400m:	4:39.58 35.86	800m:	9:29.58 37.06	1200m:	14:25.48 37.64			
16.	Gil Amaral, MATOS FTL		04	Futebol Clube do Porto				18:27.96	485
	50m:	33.85 33.85	450m:	5:30.89 36.75	850m:	10:26.69 36.73	1250m:	15:24.18 37.16	
	100m:	1:10.69 36.84	500m:	6:08.17 37.28	900m:	11:04.18 37.49	1300m:	16:01.32 37.14	
	150m:	1:47.87 37.18	550m:	6:44.89 36.72	950m:	11:40.98 36.80	1350m:	16:38.26 36.94	
	200m:	2:25.25 37.38	600m:	7:21.75 36.86	1000m:	12:18.36 37.38	1400m:	17:15.62 37.36	
	250m:	3:02.68 37.43	650m:	7:58.64 36.89	1050m:	12:55.27 36.91	1450m:	17:52.03 36.41	
	300m:	3:40.08 37.40	700m:	8:35.87 37.23	1100m:	13:32.61 37.34	1500m:	18:27.96 35.93	
	350m:	4:16.94 36.86	750m:	9:12.80 36.93	1150m:	14:09.67 37.06			
	400m:	4:54.14 37.20	800m:	9:49.96 37.16	1200m:	14:47.02 37.35			

O Secretário do Juri

O Juiz  rbitro

Splash Meet Manager, 11.71436

Registered to Associa o de Nata o do Norte de Portugal

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ORGANIZA O



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO



Event 19, Men, 1500m Freestyle, Absolutos

Rank			YB			Time			Pts			
17.	Afonso Dinis, ROQUE		07	Ba-Leiria		18:39.09			471			
	<i>FTL</i>											
	50m:	31.80	31.80	450m:	4:15.19		850m:	9:11.64	1250m:	14:13.08		
	100m:	1:07.93	36.13	500m:	6:03.33	1:48.14	900m:	11:03.91	1:52.27	1300m:	16:07.30	1:54.22
	150m:	1:43.48	35.55	550m:	5:26.53		950m:	10:26.68		1350m:	15:29.45	
	200m:	2:20.28	36.80	600m:	7:18.45	1:51.92	1000m:	12:20.07	1:53.39	1400m:	17:24.28	1:54.83
	250m:	2:57.59	37.31	650m:	6:41.06		1050m:	11:42.46		1450m:	16:45.72	
	300m:	3:34.66	37.07	700m:	8:33.73	1:52.67	1100m:	13:36.22	1:53.76	1500m:	18:39.09	1:53.37
	350m:	4:11.58	36.92	750m:	7:56.47		1150m:	12:58.44				
	400m:	4:48.55	36.97	800m:	9:48.55	1:52.08	1200m:	14:50.76	1:52.32			
18.	Martim Santos, CARREIRA		07	Ba-Leiria		19:55.09			387			
	<i>FTL</i>											
	50m:	35.19	35.19	450m:	5:55.31	40.54	850m:	11:19.27	40.36	1250m:	16:40.71	39.83
	100m:	1:14.04	38.85	500m:	6:36.05	40.74	900m:	11:59.46	40.19	1300m:	17:20.42	39.71
	150m:	1:53.80	39.76	550m:	7:16.36	40.31	950m:	12:39.50	40.04	1350m:	17:59.61	39.19
	200m:	2:33.44	39.64	600m:	7:57.19	40.83	1000m:	13:20.08	40.58	1400m:	18:38.94	39.33
	250m:	3:13.48	40.04	650m:	8:37.57	40.38	1050m:	14:00.15	40.07	1450m:	19:17.59	38.65
	300m:	3:53.87	40.39	700m:	9:18.23	40.66	1100m:	14:40.54	40.39	1500m:	19:55.09	37.50
	350m:	4:34.31	40.44	750m:	9:58.77	40.54	1150m:	15:20.74	40.20			
	400m:	5:14.77	40.46	800m:	10:38.91	40.14	1200m:	16:00.88	40.14			
DSQ	Tomas Carvalhinho, RIBEIRO		05	Natacao da Maia								
	<i>1001 - O(A) nadador(a), nadando uma prova individual, não cobriu o percurso completo - SW 10.2</i>											
	50m:	30.56	30.56	350m:	4:03.71	36.21	650m:	7:46.37	37.21	950m:	11:28.62	37.10
	100m:	1:04.62	34.06	400m:	4:40.39	36.68	700m:	8:23.08	36.71	1000m:	12:05.49	36.87
	150m:	1:39.54	34.92	450m:	5:17.97	37.58	750m:	9:00.53	37.45	1050m:	12:42.56	37.07
	200m:	2:15.19	35.65	500m:	5:55.21	37.24	800m:	9:37.00	36.47	1100m:	13:19.21	36.65
	250m:	2:51.05	35.86	550m:	6:32.82	37.61	850m:	10:14.43	37.43			
	300m:	3:27.50	36.45	600m:	7:09.16	36.34	900m:	10:51.52	37.09			