Programmanr. 2
25-5-2024 - 13:00

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd						tijd	RT
Junioren 1 en 2										
1.	Lise Markes	SBC2000	6:08.78	201101276					**6:03.40**	+0,77
	50m: 37.06	37.06	150m: 2:10.99	49.45	250m: 3:49.93	50.99	350m: 5:24.15	42.68		
	100m: 1:21.54	44.48	200m: 2:58.94	47.95	300m: 4:41.47	51.54	400m: 6:03.40	39.25		
2.	Pien Walstra	De Treffers	6:13.89	201101034					**6:12.36**	+0,69
	50m: 38.45	38.45	150m: 2:16.18	50.40	250m: 3:57.81	55.03	350m: 5:34.11	39.92		
	100m: 1:25.78	47.33	200m: 3:02.78	46.60	300m: 4:54.19	56.38	400m: 6:12.36	38.25		
3.	Dagmar Wierckx	SBC2000	6:19.28	201101278					**6:15.65**	+0,90
	50m: 39.21	39.21	150m: 2:14.42	48.45	250m: 3:54.97	52.53	350m: 5:32.84	43.93		
	100m: 1:25.97	46.76	200m: 3:02.44	48.02	300m: 4:48.91	53.94	400m: 6:15.65	42.81		
4.	Alissa Rooijakkers	Z&PV Nuenen	6:46.58	201101892					**6:26.02**	+0,78
	50m: 37.54	37.54	150m: 2:12.65	45.88	250m: 3:57.94	58.80	350m: 5:42.74	45.14		
	100m: 1:26.77	49.23	200m: 2:59.14	46.49	300m: 4:57.60	59.66	400m: 6:26.02	43.28		
5.	Brecht van Ravensteijn	Arethusa	6:32.52	201100738					**6:33.04**	+0,77
	50m: 43.61	43.61	150m: 2:27.09	52.58	250m: 4:09.76	52.99	350m: 5:48.75	44.95		
	100m: 1:34.51	50.90	200m: 3:16.77	49.68	300m: 5:03.80	54.04	400m: 6:33.04	44.29		
6.	Kate Broekman	Arethusa	6:50.27	201200176					**6:50.26**	+0,69
	50m: 46.64	46.64	150m: 2:32.69	51.61	250m: 4:20.37	58.02	350m: 6:06.34	47.16		
	100m: 1:41.08	54.44	200m: 3:22.35	49.66	300m: 5:19.18	58.81	400m: 6:50.26	43.92		
7.	Eline van de Wal	De Treffers	6:50.37	201103284					**7:00.58** *	+0,74
	50m: 42.27	42.27	150m: 2:30.15	53.45	250m: 4:20.61	1:01.61	350m: 6:10.30	48.14		
	100m: 1:36.70	54.43	200m: 3:19.00	48.85	300m: 5:22.16	1:01.55	400m: 7:00.58	50.28		
8.	Jante Cremers	Tempo Valkenswaard	7:15.19	201102406					**7:16.35**	+0,74
	50m: 49.85	49.85	150m: 2:46.32	55.52	250m: 4:37.81	57.36	350m: 6:28.32	51.07		
	100m: 1:50.80	1:00.95	200m: 3:40.45	54.13	300m: 5:37.25	59.44	400m: 7:16.35	48.03		
Junioren 1 en 2										
1.	Julia Ketelaars	Hellas-Glana	6:05.58	201200028					**6:00.64** *	+0,80
	50m: 37.29	37.29	150m: 2:10.41	48.46	250m: 3:48.30	50.28	350m: 5:19.63	40.67		
	100m: 1:21.95	44.66	200m: 2:58.02	47.61	300m: 4:38.96	50.66	400m: 6:00.64	41.01		
2.	Esra Simon	Hellas-Glana	6:05.17	201100004					**6:06.50**	+0,60
	50m: 36.08	36.08	150m: 2:06.32	46.20	250m: 3:44.96	52.19	350m: 5:25.04	45.62		
	100m: 1:20.12	44.04	200m: 2:52.77	46.45	300m: 4:39.42	54.46	400m: 6:06.50	41.46		
3.	Sara Creemers	Hellas-Glana	6:13.57	201100242					**6:07.56**	+0,73
	50m: 39.11	39.11	150m: 2:14.54	47.83	250m: 3:50.90	49.69	350m: 5:26.87	45.54		
	100m: 1:26.71	47.60	200m: 3:01.21	46.67	300m: 4:41.33	50.43	400m: 6:07.56	40.69		
4.	Vicky Horens	Hellas-Glana	6:08.25	201200252					**6:10.21**	+0,71
	50m: 41.06	41.06	150m: 2:18.48	48.68	250m: 3:54.42	48.37	350m: 5:29.04	42.10		
	100m: 1:29.80	48.74	200m: 3:06.05	47.57	300m: 4:46.94	52.52	400m: 6:10.21	41.17		
5.	Koosje Versteeg	HZPC	6:40.21	201100422					**6:51.91**	+0,70
	50m: 49.50	49.50	150m: 2:35.20	48.20	250m: 4:20.69	58.62	350m: 6:07.85	46.43		
	100m: 1:47.00	57.50	200m: 3:22.07	46.87	300m: 5:21.42	1:00.73	400m: 6:51.91	44.06		
6.	Anna Dinghs	HZPC	7:00.59	201201192					**6:56.71**	+0,83
	50m: 46.19	46.19	150m: 2:33.41	53.05	250m: 4:23.35	58.26	350m: 6:10.64	48.27		
	100m: 1:40.36	54.17	200m: 3:25.09	51.68	300m: 5:22.37	59.02	400m: 6:56.71	46.07		
7.	Djalisa Theunissen	Mosa~Regio	7:11.76	201102642					**7:20.86**	+0,77
	50m: 48.67	48.67	150m: 2:44.07	54.48	250m: 4:39.91	1:01.58	350m: 6:31.28	49.50		
	100m: 1:49.59	1:00.92	200m: 3:38.33	54.26	300m: 5:41.78	1:01.87	400m: 7:20.86	49.58		
8.	Felicia de Kaste	Mosa~Regio	7:16.48	201201212					**7:32.49**	+0,58
	50m: 54.08	54.08	150m: 2:49.95	55.41	250m: 4:45.28	1:02.27	350m: 6:38.87	51.42		
	100m: 1:54.54	1:00.46	200m: 3:43.01	53.06	300m: 5:47.45	1:02.17	400m: 7:32.49	53.62		
Junioren 3 en 4										
1.	Luus Gielens	PSV	5:16.85	200900138					**5:18.66**	+0,90
	50m: 33.24	33.24	150m: 1:51.59	40.09	250m: 3:17.24	45.97	350m: 4:41.93	38.57		
	100m: 1:11.50	38.26	200m: 2:31.27	39.68	300m: 4:03.36	46.12	400m: 5:18.66	36.73		
2.	Renske van den Bosch	V.Z.V. Njord	5:48.47	201001828					**5:50.02**	+0,90
	50m: 37.55	37.55	150m: 2:07.22	44.91	250m: 3:41.16	51.01	350m: 5:12.43	40.28		
	100m: 1:22.31	44.76	200m: 2:50.15	42.93	300m: 4:32.15	50.99	400m: 5:50.02	37.59		
3.	Isa van der Sanden	De Krabben	5:58.58	200903452					**5:58.94**	+0,83
	50m: 40.07	40.07	150m: 2:15.72	43.84	250m: 3:48.68	50.27	350m: 5:19.44	41.99		
	100m: 1:31.88	51.81	200m: 2:58.41	42.69	300m: 4:37.45	48.77	400m: 5:58.94	39.50		

Programmanr. 2, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd							tijd	RT	
4.	Jayna Wagemakers	Hieronymus	5:58.16	201000226						**5:59.75**	+0,76	
	50m: 37.74	37.74	150m: 2:08.48	43.97	250m: 3:43.49	51.16	350m: 5:19.80	43.59				
	100m: 1:24.51	46.77	200m: 2:52.33	43.85	300m: 4:36.21	52.72	400m: 5:59.75	39.95				
5.	Annebel Kluijtmans	Arethusa	5:51.33	200900808						**6:00.10**	+0,84	
	50m: 39.42	39.42	150m: 2:11.79	44.01	250m: 3:46.02	50.21	350m: 5:18.90	42.35				
	100m: 1:27.78	48.36	200m: 2:55.81	44.02	300m: 4:36.55	50.53	400m: 6:00.10	41.20				
6.	Rona Goverde	Hieronymus	6:02.25	200900298						**6:13.08**	+0,75	
	50m: 38.29	38.29	150m: 2:13.96	48.60	250m: 3:54.28	53.32	350m: 5:32.82	42.87				
	100m: 1:25.36	47.07	200m: 3:00.96	47.00	300m: 4:49.95	55.67	400m: 6:13.08	40.26				
7.	Evi Grauwmans	SBC2000	6:41.28	200902326						**6:35.31**	+0,77	
	50m: 41.57	41.57	150m: 2:26.23	51.13	250m: 4:11.24	56.39	350m: 5:52.43	43.85				
	100m: 1:35.10	53.53	200m: 3:14.85	48.62	300m: 5:08.58	57.34	400m: 6:35.31	42.88				
8.	Eva Steggerda	SBC2000	6:39.45	200901506						**6:43.56**	+0,86	
	50m: 43.60	43.60	150m: 2:31.43	50.44	250m: 4:18.94	57.40	350m: 6:00.80	44.38				
	100m: 1:40.99	57.39	200m: 3:21.54	50.11	300m: 5:16.42	57.48	400m: 6:43.56	42.76				
DIS	Ilja van Gemeren	Arethusa	6:14.24	201001330							+0,65	
	RH - Het eindpunt niet in rugligging aangeraakt.											

Junioren 3 en 4

1.	Myrthe Stelten	Hellas-Glana	5:34.87	200900234						**5:36.17**	+0,71	
	50m: 33.82	33.82	150m: 2:00.49	44.93	250m: 3:29.68	46.14	350m: 4:57.54	41.74				
	100m: 1:15.56	41.74	200m: 2:43.54	43.05	300m: 4:15.80	46.12	400m: 5:36.17	38.63				
2.	Laura Dumont	SG Patrick - De Roersoppers	5:39.71	200900020						**5:56.88**	+0,84	
	50m: 34.03	34.03	150m: 2:02.38	46.25	250m: 3:39.45	53.74	350m: 5:15.13	43.43				
	100m: 1:16.13	42.10	200m: 2:45.71	43.33	300m: 4:31.70	52.25	400m: 5:56.88	41.75				
3.	Renske Slangen	Hellas-Glana	6:01.66	201002740						**6:06.58**	+0,83	
	50m: 40.21	40.21	150m: 2:15.31	46.30	250m: 3:51.95	50.44	350m: 5:26.19	42.07				
	100m: 1:29.01	48.80	200m: 3:01.51	46.20	300m: 4:44.12	52.17	400m: 6:06.58	40.39				
4.	Alaine Lomans	Hellas-Glana	6:02.89	201000420						**6:09.22** *	+0,64	
	50m: 37.43	37.43	150m: 2:12.24	48.22	250m: 3:52.18	52.64	350m: 5:27.58	42.17				
	100m: 1:24.02	46.59	200m: 2:59.54	47.30	300m: 4:45.41	53.23	400m: 6:09.22	41.64				
5.	Lynn Peters	Mosa~Regio	6:27.54	200900454						**6:20.27**	+0,75	
	50m: 41.34	41.34	150m: 2:20.28	47.56	250m: 4:00.99	53.75	350m: 5:38.57	43.72				
	100m: 1:32.72	51.38	200m: 3:07.24	46.96	300m: 4:54.85	53.86	400m: 6:20.27	41.70				
6.	Renske Coppens	Vivalo	6:34.92	200900440						**6:28.61**	+0,82	
	50m: 42.29	42.29	150m: 2:21.58	49.14	250m: 4:05.72	55.23	350m: 5:46.91	45.04				
	100m: 1:32.44	50.15	200m: 3:10.49	48.91	300m: 5:01.87	56.15	400m: 6:28.61	41.70				
7.	Fenna Greijn	ZPC De Rog Weert	6:38.00	200900654						**6:33.13**	+0,74	
	50m: 39.07	39.07	150m: 2:20.81	50.75	250m: 4:05.19	55.66	350m: 5:49.48	45.59				
	100m: 1:30.06	50.99	200m: 3:09.53	48.72	300m: 5:03.89	58.70	400m: 6:33.13	43.65				
8.	Danné van Munster	Hellas-Glana	6:25.00	200901262						**6:44.59**	+0,62	
	50m: 45.58	45.58	150m: 2:29.60	48.76	250m: 4:16.97	58.41	350m: 5:59.85	45.85				
	100m: 1:40.84	55.26	200m: 3:18.56	48.96	300m: 5:14.00	57.03	400m: 6:44.59	44.74				
9.	Fleur Veens	HZPC	6:35.56	201000092						**6:45.41** *	+0,85	
	50m: 44.68	44.68	150m: 2:30.30	50.95	250m: 4:15.75	55.21	350m: 5:59.73	48.74				
	100m: 1:39.35	54.67	200m: 3:20.54	50.24	300m: 5:10.99	55.24	400m: 6:45.41	45.68				
10.	Elize Wijzenbeek	Hellas-Glana	6:48.09	201001338						**7:13.60**	+0,79	
	50m: 47.86	47.86	150m: 2:36.15	52.23	250m: 4:32.35	1:04.62	350m: 6:26.70	50.46				
	100m: 1:43.92	56.06	200m: 3:27.73	51.58	300m: 5:36.24	1:03.89	400m: 7:13.60	46.90				

Jeugd 1 en 2

1.	Ylva Konings	PSV	5:14.82	200700148						**5:25.61**	+0,70	
	50m: 34.80	34.80	150m: 1:56.87	42.60	250m: 3:25.18	47.33	350m: 4:49.15	37.37				
	100m: 1:14.27	39.47	200m: 2:37.85	40.98	300m: 4:11.78	46.60	400m: 5:25.61	36.46				
2.	Isa Jansen	SBC2000	5:30.25	200701176						**5:33.70**	+0,76	
	50m: 34.62	34.62	150m: 2:00.68	43.12	250m: 3:29.07	46.82	350m: 4:55.63	39.25				
	100m: 1:17.56	42.94	200m: 2:42.25	41.57	300m: 4:16.38	47.31	400m: 5:33.70	38.07				
3.	Lotte Blanken	SBC2000	5:52.79	200801476						**5:52.65**	+0,75	
	50m: 35.85	35.85	150m: 2:06.05	45.06	250m: 3:40.00	49.27	350m: 5:12.93	42.64				
	100m: 1:20.99	45.14	200m: 2:50.73	44.68	300m: 4:30.29	50.29	400m: 5:52.65	39.72				
4.	Manaudou Verhaar	AquaDream	6:00.94	200801376						**6:11.61**	+0,66	
	50m: 35.08	35.08	150m: 2:06.55	46.99	250m: 3:49.00	56.64	350m: 5:29.41	42.55				
	100m: 1:19.56	44.48	200m: 2:52.36	45.81	300m: 4:46.86	57.86	400m: 6:11.61	42.20				
5.	Suzie Pellis	De Krabben	6:16.11	200701600	SM9					**6:19.44**	+0,72	1170
	50m: 37.56	37.56	150m: 2:12.44	49.95	250m: 3:52.62	51.81	350m: 5:32.99	47.31				
	100m: 1:22.49	44.93	200m: 3:00.81	48.37	300m: 4:45.68	53.06	400m: 6:19.44	46.45				

Programmanr. 2, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
6.	Marith Ewijk	Waalwijkse Zwem Vereniging	6:18.89	200801414	**6:23.41**	+0,78
	50m: 37.53	37.53 150m: 2:14.09	48.08	250m: 3:56.20	55.47 350m: 5:37.99	45.63
	100m: 1:26.01	48.48 200m: 3:00.73	46.64	300m: 4:52.36	56.16 400m: 6:23.41	45.42
7.	Jansje de Ridder	De Biesboschzwemmers	6:06.96	200800194	**6:35.67**	+0,87
	50m: 39.67	39.67 150m: 2:22.42	54.53	250m: 4:11.19	57.49 350m: 5:54.03	42.04
	100m: 1:27.89	48.22 200m: 3:13.70	51.28	300m: 5:11.99	1:00.80 400m: 6:35.67	41.64

Jeugd 1 en 2

1.	Nina Derckx	ZEPS	5:50.92	200700030	**5:46.30**	+0,82
	50m: 37.20	37.20 150m: 2:04.86	42.91	250m: 3:36.83	50.81 350m: 5:08.57	41.81
	100m: 1:21.95	44.75 200m: 2:46.02	41.16	300m: 4:26.76	49.93 400m: 5:46.30	37.73
2.	Lucie Schreurs	RZL	6:08.55	200801464	**6:14.31**	+0,80
	50m: 39.12	39.12 150m: 2:23.16	50.98	250m: 4:01.23	50.54 350m: 5:34.03	41.77
	100m: 1:32.18	53.06 200m: 3:10.69	47.53	300m: 4:52.26	51.03 400m: 6:14.31	40.28
3.	Veerle Claessens	ZEPS	6:07.89	200800100	**6:24.82**	+0,80
	50m: 39.78	39.78 150m: 2:17.43	46.35	250m: 3:57.10	54.10 350m: 5:39.98	45.71
	100m: 1:31.08	51.30 200m: 3:03.00	45.57	300m: 4:54.27	57.17 400m: 6:24.82	44.84

Senioren 1 en ouder

1.	Nikita van den Ouden	PSV	4:58.81	199900622	**5:03.83**	+0,73
	50m: 30.91	30.91 150m: 1:47.74	40.60	250m: 3:09.86	43.15 350m: 4:29.36	35.39
	100m: 1:07.14	36.23 200m: 2:26.71	38.97	300m: 3:53.97	44.11 400m: 5:03.83	34.47
2.	Roos Englebert	Hieronymus	5:15.54	200200606	**5:13.01**	+0,75
	50m: 32.28	32.28 150m: 1:50.76	41.04	250m: 3:15.56	44.25 350m: 4:37.39	36.62
	100m: 1:09.72	37.44 200m: 2:31.31	40.55	300m: 4:00.77	45.21 400m: 5:13.01	35.62
3.	Robin Goossens	Z&PV Nuenen	5:14.73	200003128	**5:16.75**	+0,86
	50m: 33.99	33.99 150m: 1:57.65	43.03	250m: 3:21.73	42.14 350m: 4:41.82	38.07
	100m: 1:14.62	40.63 200m: 2:39.59	41.94	300m: 4:03.75	42.02 400m: 5:16.75	34.93
4.	Isa Schellekens	Zegenwerp	5:25.72	200002330	**5:17.18**	+0,74
	50m: 32.83	32.83 150m: 1:51.83	39.84	250m: 3:18.10	46.15 350m: 4:42.07	37.46
	100m: 1:11.99	39.16 200m: 2:31.95	40.12	300m: 4:04.61	46.51 400m: 5:17.18	35.11
5.	Valesca van den Bogert	Hieronymus	5:10.65	200102138	**5:20.75**	+0,73
	50m: 33.33	33.33 150m: 1:55.15	43.10	250m: 3:21.04	43.32 350m: 4:43.15	38.20
	100m: 1:12.05	38.72 200m: 2:37.72	42.57	300m: 4:04.95	43.91 400m: 5:20.75	37.60
6.	Fiona Meuffels	PSV	5:57.77	199504366	**5:46.60**	+0,73
	50m: 36.77	36.77 150m: 2:08.57	46.98	250m: 3:41.58	47.30 350m: 5:08.37	39.17
	100m: 1:21.59	44.82 200m: 2:54.28	45.71	300m: 4:29.20	47.62 400m: 5:46.60	38.23
7.	Liselotte Joling	PSV	5:48.40	197500268	**5:54.43**	+0,83
	50m: 36.91	36.91 150m: 2:08.80	48.53	250m: 3:44.50	50.44 350m: 5:16.56	40.65
	100m: 1:20.27	43.36 200m: 2:54.06	45.26	300m: 4:35.91	51.41 400m: 5:54.43	37.87
8.	Birgit Hage	PSV	5:49.57	200602898	**6:01.26**	+0,85
	50m: 35.79	35.79 150m: 2:08.56	47.26	250m: 3:47.31	55.62 350m: 5:23.16	39.89
	100m: 1:21.30	45.51 200m: 2:51.69	43.13	300m: 4:43.27	55.96 400m: 6:01.26	38.10
9.	Larissa Jansen	PSV	6:00.83	199500660	**6:01.32**	+0,82
	50m: 36.51	36.51 150m: 2:10.89	48.09	250m: 3:47.89	50.76 350m: 5:20.78	42.13
	100m: 1:22.80	46.29 200m: 2:57.13	46.24	300m: 4:38.65	50.76 400m: 6:01.32	40.54
10.	Isabel van Alebeek	Waalwijkse Zwem Vereniging	6:03.00	200301694	**6:01.83**	+0,77
	50m: 34.16	34.16 150m: 2:04.97	48.16	250m: 3:44.11	50.17 350m: 5:19.97	42.43
	100m: 1:16.81	42.65 200m: 2:53.94	48.97	300m: 4:37.54	53.43 400m: 6:01.83	41.86
11.	Gwen Eygendaal	O.Z. & P.C. De Warande	5:53.56	200404680	**6:02.82**	+0,75
	50m: 36.52	36.52 150m: 2:10.14	48.99	250m: 3:46.62	49.96 350m: 5:20.59	43.35
	100m: 1:21.15	44.63 200m: 2:56.66	46.52	300m: 4:37.24	50.62 400m: 6:02.82	42.23
12.	Anne de Beer	ZWK Merlet	5:46.13	200502878	**6:03.38**	+0,77
	50m: 38.31	38.31 150m: 2:10.45	46.37	250m: 3:46.31	51.73 350m: 5:22.75	42.92
	100m: 1:24.08	45.77 200m: 2:54.58	44.13	300m: 4:39.83	53.52 400m: 6:03.38	40.63
13.	Michelle van Dijk	DZT'62	6:11.64	199806564	**6:13.40**	+0,79
	50m: 36.63	36.63 150m: 2:11.46	48.40	250m: 3:53.93	54.00 350m: 5:33.76	41.75
	100m: 1:23.06	46.43 200m: 2:59.93	48.47	300m: 4:52.01	58.08 400m: 6:13.40	39.64
14.	Anais Hoeppe	V.Z.V. Njord	6:09.24	200402048	**6:21.99**	+0,69
	50m: 38.91	38.91 150m: 2:20.58	49.18	250m: 3:59.73	51.18 350m: 5:38.91	45.63
	100m: 1:31.40	52.49 200m: 3:08.55	47.97	300m: 4:53.28	53.55 400m: 6:21.99	43.08

Programmanr. 2, Dames, 400m wisselslag

Senioren 1 en ouder

1.	Meike van de Ree		HZPC			5:29.17		200402646				**5:28.66**		+0,79
	50m:	34.76	34.76	150m:	1:56.93	40.58	250m:	3:23.49	46.69	350m:	4:50.04	39.11		
	100m:	1:16.35	41.59	200m:	2:36.80	39.87	300m:	4:10.93	47.44	400m:	5:28.66	38.62		
2.	Kim Crins		RZL			6:03.17		200501212				**5:54.51**		+0,82
	50m:	35.90	35.90	150m:	2:07.63	46.76	250m:	3:43.23	49.21	350m:	5:14.79	41.68		
	100m:	1:20.87	44.97	200m:	2:54.02	46.39	300m:	4:33.11	49.88	400m:	5:54.51	39.72		
3.	Myrthe Paas		ZEPS			6:07.26		200600410				**6:19.79**		+0,81
	50m:	39.96	39.96	150m:	2:15.70	48.82	250m:	3:57.04	54.48	350m:	5:35.71	43.47		
	100m:	1:26.88	46.92	200m:	3:02.56	46.86	300m:	4:52.24	55.20	400m:	6:19.79	44.08		
BM	Carlijn Dezutter		Scheldestroom			6:30.37		201100770				**6:09.75**		+0,67
	50m:	38.23	38.23	150m:	2:13.58	47.36	250m:	3:51.18	51.60	350m:	5:27.56	44.40		
	100m:	1:26.22	47.99	200m:	2:59.58	46.00	300m:	4:43.16	51.98	400m:	6:09.75	42.19		
BM	Olivia Snijder		De Schelde			6:38.66		201100202				**7:00.62**		+0,77
	50m:	43.68	43.68	150m:	2:34.08	54.67	250m:	4:27.22	1:00.04	350m:	6:15.42	47.39		
	100m:	1:39.41	55.73	200m:	3:27.18	53.10	300m:	5:28.03	1:00.81	400m:	7:00.62	45.20		