

LAC deel 1
Sommelsdijk, 20-1-2024

Programmanr. 1
20-01-2024 - 13:45

800m wisselslag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Senioren Open, Heren					
1.	Laurens Kalle	De Schotejil	NT 200600161	10:18.60	
	50m: 31.46	31.46	250m: 3:08.22	41.39	450m: 5:48.53
	100m: 1:09.11	37.65	300m: 3:47.77	39.55	500m: 6:32.77
	150m: 1:48.13	39.02	350m: 4:25.88	38.11	550m: 7:16.87
	200m: 2:26.83	38.70	400m: 5:05.29	39.41	600m: 8:01.72
					43.24
					650m: 8:38.22
					36.50
					700m: 9:13.88
					35.66
					750m: 9:48.79
					34.91
					800m: 10:18.60
					29.81
2.	Frank v.d. Voordt	De Schotejil	NT 198302259	11:13.25	
	50m: 32.22	32.22	250m: 3:15.07	43.49	450m: 6:09.68
	100m: 1:09.56	37.34	300m: 3:56.95	41.88	500m: 6:57.60
	150m: 1:49.18	39.62	350m: 4:39.23	42.28	550m: 7:46.57
	200m: 2:31.58	42.40	400m: 5:22.16	42.93	600m: 8:36.80
					47.52
					650m: 9:15.73
					38.93
					700m: 9:54.73
					39.00
					750m: 10:34.30
					39.57
					800m: 11:13.25
					38.95

Programmanr. 2
20-01-2024 - 14:00

200m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Minioren 3 en 4, Jongens									
1.	Guus van Wingerden	Dwf	NT 201500119	3:35.98		48.20	1:43.84	2:41.84	3:35.98
2.	Noah van Buuren	De Gooye	NT 201500359	3:40.94		45.39	1:41.16	2:40.73	3:40.94

Programmanr. 3
20-01-2024 - 14:05

400m vrije slag

Meisjes Min 5 en Jun1, Jongens Min 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Minioren 5 en 6, Jongens					
1.	Jules Boerema	De Schotejil	9:14.21	201300249	7:54.56
	50m: 50.61	50.61	150m: 2:53.94	1:03.01	250m: 4:57.73
	100m: 1:50.93	1:00.32	200m: 3:56.31	1:02.37	300m: 5:55.69
					1:01.42
					350m: 6:57.78
					1:02.09
					400m: 7:54.56
					56.78
Minioren 5 en Junioren 1, Meisjes					
1.	Roos van Wingerden	Dwf	6:53.08	201300946	6:47.97
	50m: 43.50	43.50	150m: 2:25.78	51.78	250m: 4:11.25
	100m: 1:34.00	50.50	200m: 3:18.40	52.62	300m: 5:04.32
					52.85
					350m: 5:58.03
					53.71
					400m: 6:47.97
					49.94
2.	Fiene Buth	De Schotejil	NT 201302142	7:16.51	FJ 1
	50m: 44.45	44.45	150m: 2:36.40	56.56	250m: 4:30.64
	100m: 1:39.84	55.39	200m: 3:32.33	55.93	300m: 5:27.42
					58.31
					350m: 6:24.74
					57.32
					400m: 7:16.51
					51.77
3.	Fenna Bogerman	De Schotejil	NT 201301596	7:16.51	FJ 2
	50m: 44.09	44.09	150m: 2:33.76	55.78	250m: 4:28.38
	100m: 1:37.98	53.89	200m: 3:30.19	56.43	300m: 5:25.34
					58.19
					350m: 6:23.16
					57.82
					400m: 7:16.51
					53.35
4.	Iris Dagevos	De Gooye	NT 201202756	8:27.75	
	50m: 49.06	49.06	150m: 2:55.01	1:02.56	250m: 5:10.41
	100m: 1:52.45	1:03.39	200m: 4:03.17	1:08.16	300m: 6:17.30
					1:07.24
					350m: 7:19.45
					1:02.15
					400m: 8:27.75
					1:08.30

Programmanr. 4
20-01-2024 - 14:25

800m vrije slag

Meisjes Jun1 e.j, Jongens Min6 e.j
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Minioren 6 en jonger, Jongens					
1.	Matthijs Biesheuvel	Dwf	NT 201400871	15:46.75	
	50m: 47.25	47.25	250m: 4:43.05	1:00.98	450m: 8:46.61
	100m: 1:45.27	58.02	300m: 5:42.16	59.11	500m: 9:47.39
	150m: 2:42.38	57.11	350m: 6:44.16	1:02.00	550m: 10:49.25
	200m: 3:42.07	59.69	400m: 7:46.14	1:01.98	600m: 11:50.75
					1:00.47
					650m: 12:53.91
					1:03.16
					700m: 13:53.21
					59.30
					750m: 14:54.26
					1:01.05
					800m: 15:46.75
					52.49

LAC deel 1
Sommelsdijk, 20-1-2024

Programmanr. 5
20-01-2024 - 14:25

800m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Senioren Open, Heren					
1.	Rien Mackloet	De Schotejil	10:34.51	200600533	10:34.21
	50m: 33.17	33.17 250m: 3:09.28	40.18	450m: 5:52.00	41.11
	100m: 1:10.85	37.68 300m: 3:49.27	39.99	500m: 6:32.81	40.81
	150m: 1:49.88	39.03 350m: 4:30.12	40.85	550m: 7:14.10	41.29
	200m: 2:29.10	39.22 400m: 5:10.89	40.77	600m: 7:55.11	41.01
				650m: 8:35.78	40.67
				700m: 9:16.08	40.30
				750m: 9:56.31	40.23
				800m: 10:34.21	37.90
2.	Sven Dubbeld	De Schotejil	10:43.91	199601141	10:35.85
	50m: 35.43	35.43 250m: 3:15.25	40.85	450m: 5:58.23	41.00
	100m: 1:13.89	38.46 300m: 3:56.21	40.96	500m: 6:39.35	41.12
	150m: 1:53.96	40.07 350m: 4:36.83	40.62	550m: 7:19.69	40.34
	200m: 2:34.40	40.44 400m: 5:17.23	40.40	600m: 8:00.26	40.57
				650m: 8:41.43	41.17
				700m: 9:21.64	40.21
				750m: 10:03.96	42.32
				800m: 10:35.85	31.89
3.	Syb Boerema	De Schotejil	11:59.29	201000359	11:18.95
	50m: 35.67	35.67 250m: 3:25.42	42.63	450m: 6:21.58	44.03
	100m: 1:16.17	40.50 300m: 4:09.77	44.35	500m: 7:04.81	43.23
	150m: 1:59.07	42.90 350m: 4:53.68	43.91	550m: 7:49.32	44.51
	200m: 2:42.79	43.72 400m: 5:37.55	43.87	600m: 8:31.54	42.22
				650m: 9:15.17	43.63
				700m: 9:58.32	43.15
				750m: 10:39.25	40.93
				800m: 11:18.95	39.70
4.	Rufus Zorge	De Gooye	11:59.29	201000443	11:48.30
	50m: 35.14	35.14 250m: 3:25.46	44.51	450m: 6:28.90	45.88
	100m: 1:14.98	39.84 300m: 4:11.33	45.87	500m: 7:15.20	46.30
	150m: 1:57.11	42.13 350m: 4:57.04	45.71	550m: 8:01.63	46.43
	200m: 2:40.95	43.84 400m: 5:43.02	45.98	600m: 8:48.52	46.89
				650m: 9:35.13	46.61
				700m: 10:22.03	46.90
				750m: 11:07.52	45.49
				800m: 11:48.30	40.78
5.	Dj Nobel	De Gooye	12:37.98	200901539	12:17.26
	50m: 35.67	35.67 250m: 3:32.06	45.30	450m: 6:45.08	48.79
	100m: 1:17.35	41.68 300m: 4:19.65	47.59	500m: 7:33.78	48.70
	150m: 2:01.35	44.00 350m: 5:07.51	47.86	550m: 8:22.81	49.03
	200m: 2:46.76	45.41 400m: 5:56.29	48.78	600m: 9:12.87	50.06
				650m: 10:01.65	48.78
				700m: 10:49.92	48.27
				750m: 11:38.12	48.20
				800m: 12:17.26	39.14
6.	Thijs Militie	Dwf	NT	200901507	12:26.36
	50m: 38.20	38.20 250m: 3:44.30	48.17	450m: 6:56.22	48.14
	100m: 1:22.85	44.65 300m: 4:31.42	47.12	500m: 7:44.35	48.13
	150m: 2:08.60	45.75 350m: 5:18.79	47.37	550m: 8:32.39	48.04
	200m: 2:56.13	47.53 400m: 6:08.08	49.29	600m: 9:21.33	48.94
				650m: 10:09.57	48.24
				700m: 10:58.52	48.95
				750m: 11:43.60	45.08
				800m: 12:26.36	42.76
7.	Lorenzo Kats	De Gooye	15:11.41	201001139	12:58.62
	50m: 39.19	39.19 250m: 3:49.26	49.14	450m: 7:11.86	51.89
	100m: 1:23.91	44.72 300m: 4:39.04	49.78	500m: 8:02.29	50.43
	150m: 2:10.99	47.08 350m: 5:30.15	51.11	550m: 8:52.04	49.75
	200m: 3:00.12	49.13 400m: 6:19.97	49.82	600m: 9:41.52	49.48
				650m: 10:32.88	51.36
				700m: 11:23.35	50.47
				750m: 12:11.78	48.43
				800m: 12:58.62	46.84
Senioren Open, Dames					
1.	Meyke v. Nimwegen	De Schotejil	9:39.34	200800106	10:00.85
	50m: 34.09	34.09 250m: 3:02.84	37.75	450m: 5:33.37	38.16
	100m: 1:10.70	36.61 300m: 3:40.22	37.38	500m: 6:11.40	38.03
	150m: 1:47.88	37.18 350m: 4:17.52	37.30	550m: 6:49.82	38.42
	200m: 2:25.09	37.21 400m: 4:55.21	37.69	600m: 7:28.43	38.61
				650m: 8:06.71	38.28
				700m: 8:45.44	38.73
				750m: 9:23.68	38.24
				800m: 10:00.85	37.17
2.	Famke Franzen	De Schotejil	NT	201000058	10:27.90
	50m: 34.59	34.59 250m: 3:12.32	39.43	450m: 5:52.22	39.55
	100m: 1:13.25	38.66 300m: 3:51.67	39.35	500m: 6:32.42	40.20
	150m: 1:52.85	39.60 350m: 4:32.69	41.02	550m: 7:13.33	40.91
	200m: 2:32.89	40.04 400m: 5:12.67	39.98	600m: 7:53.63	40.30
				650m: 8:33.73	40.10
				700m: 9:13.31	39.58
				750m: 9:51.52	38.21
				800m: 10:27.90	36.38
3.	Dominique Overduin	De Schotejil	10:58.07	200700172	10:34.40
	50m: 34.53	34.53 250m: 3:12.40	40.58	450m: 5:54.25	40.57
	100m: 1:12.25	37.72 300m: 3:52.28	39.88	500m: 6:34.86	40.61
	150m: 1:51.68	39.43 350m: 4:32.78	40.50	550m: 7:14.78	39.92
	200m: 2:31.82	40.14 400m: 5:13.68	40.90	600m: 7:56.11	41.33
				650m: 8:36.32	40.21
				700m: 9:16.90	40.58
				750m: 9:57.40	40.50
				800m: 10:34.40	37.00
4.	Aisha Nobels	De Schotejil	10:01.70	200501710	10:35.58
	50m: 33.30	33.30 250m: 3:11.34	39.35	450m: 5:55.00	41.27
	100m: 1:12.02	38.72 300m: 3:51.57	40.23	500m: 6:35.90	40.90
	150m: 1:52.00	39.98 350m: 4:32.78	41.21	550m: 7:15.31	39.41
	200m: 2:31.99	39.99 400m: 5:13.73	40.95	600m: 7:55.55	40.24
				650m: 8:37.45	41.90
				700m: 9:18.22	40.77
				750m: 9:58.82	40.60
				800m: 10:35.58	36.76
5.	Evy de Bonte	De Schotejil	NT	201000220	11:09.81
	50m: 35.87	35.87 250m: 3:22.02	42.46	450m: 6:15.95	43.86
	100m: 1:15.84	39.97 300m: 4:05.24	43.22	500m: 7:00.02	44.07
	150m: 1:57.52	41.68 350m: 4:48.06	42.82	550m: 7:42.84	42.82
	200m: 2:39.56	42.04 400m: 5:32.09	44.03	600m: 8:26.87	44.03
				650m: 9:10.31	43.44
				700m: 9:51.61	41.30
				750m: 10:32.34	40.73
				800m: 11:09.81	37.47
6.	Stella Offerhaus	De Schotejil	12:43.40	200903926	11:32.28
	50m: 35.90	35.90 250m: 3:30.38	45.00	450m: 6:27.92	44.84
	100m: 1:18.17	42.27 300m: 4:15.33	44.95	500m: 7:11.90	43.98
	150m: 2:02.00	43.83 350m: 4:59.57	44.24	550m: 7:56.36	44.46
	200m: 2:45.38	43.38 400m: 5:43.08	43.51	600m: 8:39.75	43.39
				650m: 9:24.73	44.98
				700m: 10:08.14	43.41
				750m:	
				800m: 11:32.28	

LAC deel 1
Sommelsdijk, 20-1-2024

Programmanr. 5, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
7.	Abya Buscop	De Schotejil	NT	201100056	11:43.87			
	50m: 38.53	38.53	250m: 3:38.20	44.41	450m: 6:39.85	44.89	650m: 9:39.64	44.39
	100m: 1:22.26	43.73	300m: 4:23.57	45.37	500m: 7:25.86	46.01	700m: 10:23.84	44.20
	150m: 2:07.75	45.49	350m: 5:09.24	45.67	550m: 8:10.25	44.39	750m: 11:05.61	41.77
	200m: 2:53.79	46.04	400m: 5:54.96	45.72	600m: 8:55.25	45.00	800m: 11:43.87	38.26
8.	Evy v. Nimwegen	De Schotejil	12:02.41	201100168	11:47.74			
	50m: 38.78	38.78	250m: 3:35.81	45.53	450m: 6:35.96	44.29	650m: 9:37.24	45.67
	100m: 1:22.78	44.00	300m: 4:21.57	45.76	500m: 7:21.28	45.32	700m: 10:20.53	43.29
	150m: 2:06.31	43.53	350m: 5:06.17	44.60	550m: 8:06.42	45.14	750m: 11:06.28	45.75
	200m: 2:50.28	43.97	400m: 5:51.67	45.50	600m: 8:51.57	45.15	800m: 11:47.74	41.46
9.	Mélanie Sonder	De Schotejil	NT	200900478	12:32.05			
	50m: 39.21	39.21	250m: 3:44.64	47.83	450m: 6:56.35	48.49	650m: 11:00.36	
	100m: 1:23.58	44.37	300m: 4:31.47	46.83	500m: 7:43.48	47.13	700m: 11:46.87	46.51
	150m: 2:09.31	45.73	350m: 5:19.52	48.05	550m: 8:33.52	50.04	750m: 11:46.87	46.51
	200m: 2:56.81	47.50	400m: 6:07.86	48.34	600m: 9:23.00	49.48	800m: 12:32.05	45.18
10.	Evi de Vogel	De Schotejil	NT	201101380	13:42.91			
	50m: 42.79	42.79	250m: 4:06.68	52.14	450m: 7:38.70	52.55	650m: 11:11.24	53.22
	100m: 1:31.13	48.34	300m: 4:59.80	53.12	500m: 8:31.69	52.99	700m: 12:03.32	52.08
	150m: 2:22.11	50.98	350m: 5:52.96	53.16	550m: 9:24.95	53.26	750m: 12:55.34	52.02
	200m: 3:14.54	52.43	400m: 6:46.15	53.19	600m: 10:18.02	53.07	800m: 13:42.91	47.57
11.	Maud v.d. Slik	De Schotejil	NT	201000624	13:46.02			
	50m: 42.69	42.69	250m: 4:05.82	51.35	450m: 7:36.39	52.89	650m: 11:11.89	54.26
	100m: 1:32.03	49.34	300m: 4:57.87	52.05	500m: 8:29.90	53.51	700m: 12:04.66	52.77
	150m: 2:22.84	50.81	350m: 5:50.10	52.23	550m: 9:23.97	54.07	750m: 13:00.51	55.85
	200m: 3:14.47	51.63	400m: 6:43.50	53.40	600m: 10:17.63	53.66	800m: 13:46.02	46.51
12.	Nienke van Cuijlenburg	Dwf	NT	201003854	15:37.03			
	50m: 45.96	45.96	250m: 4:41.21	1:00.57	450m: 8:42.56	59.70	650m: 12:45.11	59.47
	100m: 1:41.71	55.75	300m: 5:42.06	1:00.85	500m: 9:43.71	1:01.15	700m: 13:42.86	57.75
	150m: 2:40.75	59.04	350m: 6:43.11	1:01.05	550m: 10:45.74	1:02.03	750m: 14:42.28	59.42
	200m: 3:40.64	59.89	400m: 7:42.86	59.75	600m: 11:45.64	59.90	800m: 15:37.03	54.75
AFGEM	Nienke v. Weenen	De Schotejil	NT	201000282				

Programmanr. 6
20-01-2024

200m wisselslag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 7
20-01-2024 - 16:05

1500m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Senioren Open, Heren								
1.	Niels Albrechts	De Schotejil	18:19.37	198800039	18:38.36			
	50m: 34.79	34.79	450m: 5:34.31	37.81	850m: 10:31.45	35.95	1250m: 15:32.43	37.66
	100m: 1:11.59	36.80	500m: 6:10.96	36.65	900m: 11:08.29	36.84	1300m: 16:10.11	37.68
	150m: 1:49.11	37.52	550m: 6:48.33	37.37	950m: 11:45.97	37.68	1350m: 16:48.11	38.00
	200m: 2:26.77	37.66	600m: 7:25.13	36.80	1000m: 12:23.11	37.14	1400m: 17:25.61	37.50
	250m: 3:03.95	37.18	650m: 8:02.30	37.17	1050m: 13:01.21	38.10	1450m: 18:03.36	37.75
	300m: 3:41.65	37.70	700m: 8:39.65	37.35	1100m: 13:39.18	37.97	1500m: 18:38.36	35.00
	350m: 4:19.05	37.40	750m: 9:17.60	37.95	1150m: 14:16.89	37.71		
	400m: 4:56.50	37.45	800m: 9:55.50	37.90	1200m: 14:54.77	37.88		
2.	Sybren Groenewegen	De Schotejil	18:47.85	199306223	19:06.02			
	50m: 35.12	35.12	450m: 5:42.02	37.31	850m: 10:44.73	36.81	1250m: 15:54.93	40.34
	100m: 1:13.19	38.07	500m: 6:20.46	38.44	900m: 11:22.02	37.29	1300m: 16:32.88	37.95
	150m: 1:52.23	39.04	550m: 6:58.44	37.98	950m: 12:00.12	38.10	1350m: 17:13.74	40.86
	200m: 2:31.62	39.39	600m: 7:37.02	38.58	1000m: 12:38.26	38.14	1400m: 17:53.20	39.46
	250m: 3:10.40	38.78	650m: 8:14.77	37.75	1050m: 13:16.91	38.65	1450m: 18:31.12	37.92
	300m: 3:48.67	38.27	700m: 8:52.00	37.23	1100m: 13:56.37	39.46	1500m: 19:06.02	34.90
	350m: 4:26.81	38.14	750m: 9:29.78	37.78	1150m: 14:35.16	38.79		
	400m: 5:04.71	37.90	800m: 10:07.92	38.14	1200m: 15:14.59	39.43		
3.	Jolan Huisman	Dwf	NT	199605527	22:03.59			
	50m: 38.41	38.41	450m: 6:33.13	44.90	850m: 12:29.76	44.35	1250m: 18:26.34	45.03
	100m: 1:21.41	43.00	500m: 7:17.73	44.60	900m: 13:14.31	44.55	1300m: 19:11.51	45.17
	150m: 2:06.06	44.65	550m: 8:02.91	45.18	950m: 13:59.13	44.82	1350m: 19:56.44	44.93
	200m: 2:50.26	44.20	600m: 8:47.19	44.28	1000m: 14:43.19	44.06	1400m: 20:40.66	44.22
	250m: 3:34.48	44.22	650m: 9:32.31	45.12	1050m: 15:27.59	44.40	1450m: 21:23.94	43.28
	300m: 4:19.19	44.71	700m: 10:17.44	45.13	1100m: 16:12.41	44.82	1500m: 22:03.59	39.65
	350m: 5:04.09	44.90	750m: 11:01.73	44.29	1150m: 16:56.81	44.40		
	400m: 5:48.23	44.14	800m: 11:45.41	43.68	1200m: 17:41.31	44.50		

LAC deel 1
Sommelsdijk, 20-1-2024

Programmanr. 7, Heren, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd		tijd		RT					
4.	Kenji Bor	Dwf	NT		201001419		24:36.51					
	50m:	41.11	450m:	7:16.34	50.18	850m:	13:55.80	49.76	1250m:	20:38.65	50.19	
	100m:	1:28.79	47.68	500m:	8:05.59	49.25	900m:	14:45.00	49.20	1300m:	21:28.34	49.69
	150m:	2:17.72	48.93	550m:	8:56.56	50.97	950m:	15:37.21	52.21	1350m:	22:17.92	49.58
	200m:	3:07.20	49.48	600m:	9:46.82	50.26	1000m:	16:26.61	49.40	1400m:	23:06.82	48.90
	250m:	3:56.61	49.41	650m:	10:36.48	49.66	1050m:	17:16.78	50.17	1450m:	23:54.86	48.04
	300m:	4:47.15	50.54	700m:	11:25.79	49.31	1100m:	18:07.71	50.93	1500m:	24:36.51	41.65
	350m:	5:36.65	49.50	750m:	12:15.57	49.78	1150m:	18:57.73	50.02			
	400m:	6:26.16	49.51	800m:	13:06.04	50.47	1200m:	19:48.46	50.73			

Senioren Open, Dames

1.	Sanne Nederveen	Dwf	NT		200204884		21:56.31					
	50m:	39.30	450m:	6:34.66	44.27	850m:	12:28.91	44.34	1250m:	18:23.49	43.98	
	100m:	1:23.07	43.77	500m:	7:19.24	44.58	900m:	13:13.63	44.72	1300m:	19:07.19	43.70
	150m:	2:07.35	44.28	550m:	8:03.22	43.98	950m:	13:58.14	44.51	1350m:	19:50.66	43.47
	200m:	2:52.22	44.87	600m:	8:47.71	44.49	1000m:	14:42.36	44.22	1400m:	20:33.85	43.19
	250m:	3:36.59	44.37	650m:	9:31.76	44.05	1050m:	15:27.08	44.72	1450m:	21:17.45	43.60
	300m:	4:21.31	44.72	700m:	10:15.82	44.06	1100m:	16:11.61	44.53	1500m:	21:56.31	38.86
	350m:	5:05.93	44.62	750m:	11:00.07	44.25	1150m:	16:55.58	43.97			
	400m:	5:50.39	44.46	800m:	11:44.57	44.50	1200m:	17:39.51	43.93			
2.	Amy Ambachtsheer	Dwf	NT		200701932		28:37.39					
	50m:	45.18	450m:	8:12.51	59.10	850m:	16:02.34	59.10	1250m:	23:54.27	58.83	
	100m:	1:35.74	50.56	500m:	9:10.86	58.35	900m:	17:00.41	58.07	1300m:	24:51.04	56.77
	150m:	2:27.99	52.25	550m:	10:10.08	59.22	950m:	17:59.43	59.02	1350m:	25:49.77	58.73
	200m:	3:22.62	54.63	600m:	11:08.96	58.88	1000m:	18:59.29	59.86	1400m:	26:47.20	57.43
	250m:	4:19.84	57.22	650m:	12:07.69	58.73	1050m:	19:57.87	58.58	1450m:	27:45.46	58.26
	300m:	5:17.39	57.55	700m:	13:07.09	59.40	1100m:	20:56.94	59.07	1500m:	28:37.39	51.93
	350m:	6:15.15	57.76	750m:	14:05.23	58.14	1150m:	21:56.84	59.90			
	400m:	7:13.41	58.26	800m:	15:03.24	58.01	1200m:	22:55.44	58.60			