

### **EVENT 111 Men 11 Yrs/Over 1500m Freestyle**

#### **11/12 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Tyler Stone	12	Co Norwich	20:16.82
	50m 35.52	100m 1:16.19	150m 1:56.71	200m 2:38.56
	35.52	40.67	40.52	41.85
	450m 6:07.72	500m 6:50.68	550m 7:31.35	600m 8:13.38
	41.13	42.96	40.67	42.03
	850m 11:36.94	900m 12:18.67	950m 12:59.08	1000m 13:40.61
	39.58	41.73	40.41	41.53
	1250m 17:00.44	1300m 17:41.25	1350m 18:20.63	1400m 19:00.65
	39.43	40.81	39.38	40.02
2.	Alexander Gaydon	12	teamipswich	20:55.51
	50m 37.03	100m 1:18.45	150m 1:59.81	200m 2:41.19
	37.03	41.42	41.36	41.38
	450m 6:10.55	500m 6:53.51	550m 7:35.34	600m 8:16.78
	41.20	42.96	41.83	41.44
	850m 11:47.68	900m 12:29.47	950m 13:10.76	1000m 13:54.02
	41.66	41.79	41.29	43.26
	1250m 17:24.54	1300m 18:07.53	1350m 18:50.06	1400m 19:33.12
	42.70	42.99	42.53	43.06
3.	Kai Patel	12	Thurrock	21:36.54
	50m 36.67	100m 1:16.83	150m 1:59.87	200m 2:42.00
	36.67	40.16	43.04	42.13
	450m 6:20.41	500m 7:03.20	550m 7:46.65	600m 8:28.94
	44.43	42.79	43.45	42.29
	850m 12:08.61	900m 12:51.96	950m 13:37.05	1000m 14:20.70
	44.70	43.35	45.09	43.65
	1250m 18:02.15	1300m 18:44.84	1350m 19:29.39	1400m 20:12.13
	45.25	42.69	44.55	42.74

#### **13 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Toby Lashmar	13	Basildon Ph	19:01.31
	50m 33.43	100m 1:09.70	150m 1:48.11	200m 2:25.68
	33.43	36.27	38.41	37.57
	450m 5:37.06	500m 6:14.76	550m 6:53.37	600m 7:31.19
	38.47	37.70	38.61	37.82
	850m 10:42.73	900m 11:20.80	950m 11:59.53	1000m 12:37.61
	38.36	38.07	38.73	38.08
	1250m 15:51.19	1300m 16:29.23	1350m 17:08.05	1400m 17:46.10
	39.06	38.04	38.82	38.05
2.	Jude Gunner	13	St Felix Sch	19:50.12
	50m 33.57	100m 1:10.09	150m 1:49.10	200m 2:26.78
	33.57	36.52	39.01	37.68
	450m 5:43.84	500m 6:23.25	550m 7:04.69	600m 7:44.40
	40.68	39.41	41.44	39.71
	850m 11:09.22	900m 11:48.84	950m 12:30.18	1000m 13:09.97
	41.39	39.62	41.34	39.79
	1250m 16:33.52	1300m 17:13.15	1350m 17:54.05	1400m 18:32.91
	41.19	39.63	40.90	38.86
3.	Oscar Hunter	13	Norwich Swan	20:13.15
	50m 35.94	100m 1:15.36	150m 1:56.37	200m 2:36.88
	35.94	39.42	41.01	40.51
	450m 6:07.39	500m 6:49.45	550m 7:30.56	600m 8:11.18
	42.30	42.06	41.11	40.62
	850m 11:36.21	900m 12:16.71	950m 12:57.95	1000m 13:39.49
	40.99	40.50	41.24	41.54
	1250m 16:59.72	1300m 17:40.02	1350m 18:19.41	1400m 18:59.00
	39.59	40.30	39.39	39.59
4.	Tobi Olajide	13	Thurrock	20:15.46
	50m 33.73	100m 1:13.15	150m 1:52.73	200m 2:34.25
	33.73	39.42	39.58	41.52
	450m 5:58.09	500m 6:39.86	550m 7:20.21	600m 8:01.93
	40.72	41.77	40.35	41.72
	850m 11:26.22	900m 12:08.15	950m 12:48.35	1000m 13:30.57
	40.13	41.93	40.20	42.22
	1250m 16:54.34	1300m 17:36.63	1350m 18:16.39	1400m 18:58.45
	40.04	42.29	39.76	42.06
5.	Daniel Andrews	13	Halstead	20:43.32
	50m 34.39	100m 1:13.48	150m 1:55.42	200m 2:36.53
	34.39	39.09	41.94	41.11
	450m 6:03.77	500m 6:44.78	550m 7:27.07	600m 8:08.56
	41.67	41.01	42.29	41.49
	850m 11:39.97	900m 12:21.57	950m 13:04.49	1000m 13:45.73
	42.54	41.60	42.92	41.24
	1250m 17:18.54	1300m 18:00.26	1350m 18:42.72	1400m 19:23.89
	43.10	41.72	42.46	41.17
6.	Berkley Barnicoat	13	Modernian	20:46.80
	50m 34.47	100m 1:15.19	150m 1:54.26	200m 2:36.27
	34.47	40.72	39.07	42.01
	450m 6:00.80	500m 6:43.62	550m 7:24.04	600m 8:06.85
	40.37	42.82	40.42	42.81
	850m 11:35.89	900m 12:17.60	950m 12:57.99	1000m 13:39.60
	40.71	41.71	40.39	41.61
	1250m 17:12.51	1300m 17:57.14	1350m 18:40.09	1400m 19:23.87
	42.47	44.63	42.95	43.78

**14 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Orlando Dearing	14	Co Peterboro	18:06.93
	50m 31.67	100m 1:06.10	150m 1:41.91	200m 2:16.71
	31.67	34.43	35.81	34.80
	250m 2:52.79	300m 3:27.91	350m 4:04.46	400m 4:39.84
	36.08	35.12	36.55	35.38
	450m 5:16.67	500m 5:52.95	550m 6:30.16	600m 7:06.66
	36.83	36.28	37.21	36.50
	650m 7:44.05	700m 8:20.54	750m 8:57.57	800m 9:33.84
	37.39	36.49	37.03	36.27
	850m 10:11.22	900m 10:47.22	950m 11:23.97	1000m 12:00.73
	37.38	36.00	36.75	36.76
	1050m 12:37.78	1100m 13:14.20	1150m 13:51.25	1200m 14:27.78
	37.05	36.42	37.05	36.53
	1250m 15:05.07	1300m 15:42.16	1350m 16:19.60	1400m 16:55.82
	37.29	37.09	37.44	36.22
2.	Massimo Girolami	14	Colchester	18:16.34
	50m 31.44	100m 1:06.43	150m 1:42.88	200m 2:19.27
	31.44	34.99	36.45	36.39
	250m 2:56.78	300m 3:33.54	350m 4:11.48	400m 4:47.97
	37.51	36.76	37.94	36.49
	450m 5:25.72	500m 6:02.28	550m 6:40.40	600m 7:16.84
	37.75	36.56	38.12	36.44
	650m 7:54.44	700m 8:31.01	750m 9:08.83	800m 9:45.19
	37.60	36.57	37.82	36.36
	850m 10:22.15	900m 10:58.28	950m 11:35.96	1000m 12:12.00
	36.96	36.13	37.68	36.04
	1050m 12:49.69	1100m 13:26.92	1150m 14:04.75	1200m 14:40.85
	37.69	37.23	37.83	36.10
	1250m 15:18.13	1300m 15:54.33	1350m 16:30.99	1400m 17:06.70
	37.28	36.20	36.66	35.71
3.	Alex Harrop	14	teamipswich	18:36.40
	50m 30.42	100m 1:07.26	150m 1:43.95	200m 2:20.65
	30.42	36.84	36.69	36.70
	250m 2:56.58	300m 3:34.51	350m 4:11.05	400m 4:49.70
	35.93	37.93	36.54	36.65
	450m 5:26.19	500m 6:05.42	550m 6:42.84	600m 7:21.33
	36.49	39.23	37.42	38.49
	650m 7:58.13	700m 8:37.07	750m 9:15.11	800m 9:53.74
	36.80	38.94	38.04	38.63
	850m 10:31.36	900m 11:09.59	950m 11:46.58	1000m 12:25.10
	37.62	38.23	36.99	38.52
	1050m 13:00.47	1100m 13:39.15	1150m 14:16.60	1200m 14:55.49
	35.37	38.68	37.45	38.89
	1250m 15:33.03	1300m 16:13.12	1350m 16:47.98	1400m 17:26.12
	37.54	40.09	34.86	38.14
4.	Robert Fenner	14	Basildon Ph	18:46.35
	50m 32.14	100m 1:07.48	150m 1:44.10	200m 2:20.89
	32.14	35.34	36.62	36.79
	250m 2:58.38	300m 3:35.40	350m 4:13.55	400m 4:50.70
	37.49	37.02	38.15	37.15
	450m 5:28.69	500m 6:06.31	550m 6:44.80	600m 7:22.46
	37.99	37.62	38.49	37.66
	650m 8:01.29	700m 8:38.97	750m 9:17.58	800m 9:55.51
	38.83	37.68	38.61	37.93
	850m 10:34.89	900m 11:12.48	950m 11:51.73	1000m 12:29.51
	39.38	37.59	39.25	37.78
	1050m 13:07.00	1100m 13:44.86	1150m 14:23.89	1200m 15:01.07
	37.49	37.86	39.03	37.18
	1250m 15:39.75	1300m 16:17.63	1350m 16:55.91	1400m 17:33.49
	38.68	37.88	38.28	37.58
5.	Oscar Winterburn	14	teamipswich	18:57.67
	50m 33.53	100m 1:09.69	150m 1:47.58	200m 2:24.79
	33.53	36.16	37.89	37.21
	250m 3:03.35	300m 3:41.27	350m 4:19.54	400m 4:57.13
	38.56	37.92	38.27	37.59
	450m 5:36.63	500m 6:14.63	550m 6:53.87	600m 7:32.06
	39.50	38.00	39.24	38.19
	650m 8:11.55	700m 8:49.34	750m 9:28.41	800m 10:06.57
	39.49	37.79	39.07	38.16
	850m 10:44.87	900m 11:22.80	950m 12:01.68	1000m 12:39.65
	38.30	37.93	38.88	37.97
	1050m 13:17.90	1100m 13:55.78	1150m 14:34.90	1200m 15:12.80
	38.25	37.88	39.12	37.90
	1250m 15:51.57	1300m 16:28.93	1350m 17:07.61	1400m 17:45.02
	38.77	37.36	38.68	37.41
6.	R Hiotis- Sklaventitis	14	Hatfield	19:16.81
	50m 32.94	100m 1:11.16	150m 1:48.35	200m 2:28.04
	32.94	38.22	37.19	39.69
	250m 3:05.55	300m 3:45.20	350m 4:23.17	400m 5:03.05
	37.51	39.65	37.97	39.88
	450m 5:41.11	500m 7:38.43	550m 6:58.55	600m 8:56.12
	38.06	1:57.32	20.12	1:57.57
	650m 8:16.26	700m -	750m 9:34.60	800m -
	20.14	-	1:18.34	-
	850m 10:52.82	900m 11:33.21	950m 12:11.22	1000m -
	1:18.22	40.39	38.01	-
	1050m 13:29.16	1100m 14:09.18	1150m 14:47.03	1200m 15:27.70
	1:17.94	40.02	37.85	40.67
	1250m 16:05.37	1300m 18:05.12	1350m 17:23.61	1400m -
	37.67	1:59.75	18.49	-
7.	Remi-Maysen Keane	14	Basildon Ph	20:01.16
	50m 34.49	100m 1:14.36	150m 1:54.67	200m 2:36.30
	34.49	39.87	40.31	41.63
	250m 3:17.41	300m 3:58.76	350m 4:39.90	400m 5:20.88
	41.11	41.35	41.14	40.98
	450m 6:01.34	500m 6:41.98	550m 7:22.37	600m 8:02.77
	40.46	40.64	40.39	40.40
	650m 8:42.78	700m 9:23.27	750m 10:03.01	800m 10:43.47
	40.01	40.49	39.74	40.46
	850m 11:23.59	900m 12:04.11	950m 12:44.19	1000m 13:24.47
	40.12	40.52	40.08	40.28
	1050m 14:05.48	1100m 14:46.53	1150m 15:26.77	1200m 16:07.42
	41.01	41.05	40.24	40.65
	1250m 16:47.72	1300m 17:28.28	1350m 18:08.18	1400m 18:47.66
	40.30	40.56	39.90	39.48
	Ben Every	14	St Felix Sch	DNC

**15 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Ryan Wall	15	Co Cambridge	17:41.09
	50m 30.72	100m 1:05.82	150m 1:40.18	200m 2:15.38
	30.72	35.10	34.36	35.20
	450m 5:11.13	500m 5:46.20	550m 6:20.44	600m 6:55.99
	34.71	35.07	34.24	35.55
	850m 9:55.23	900m 10:31.69	950m 11:07.66	1000m 11:45.31
	35.78	36.46	35.97	37.65
	1250m 14:46.44	1300m 15:22.99	1350m 15:58.13	1400m 16:33.80
	35.24	36.55	35.14	35.67
2.	Joe Power	15	Basildon Ph	17:41.57
	50m 31.86	100m 1:06.12	150m 1:41.85	200m 2:17.42
	31.86	34.26	35.73	35.57
	450m 5:16.63	500m 5:51.85	550m 6:27.99	600m 7:03.31
	35.70	35.22	36.14	35.32
	850m 10:03.43	900m 10:38.48	950m 11:14.08	1000m 11:49.11
	36.03	35.05	35.60	35.03
	1250m 14:48.28	1300m 15:23.62	1350m 15:59.05	1400m 16:33.51
	36.07	35.34	35.43	34.46
3.	Patch Robinson	15	teamipswich	17:50.95
	50m 30.53	100m 1:05.74	150m 1:40.81	200m 2:17.54
	30.53	35.21	35.07	36.73
	450m 5:17.21	500m 5:53.87	550m 6:29.03	600m 7:06.20
	35.67	36.66	35.16	37.17
	850m 10:07.22	900m 10:44.49	950m 11:19.84	1000m 11:56.68
	35.25	37.27	35.35	36.84
	1250m 14:54.82	1300m 15:31.43	1350m 16:06.84	1400m 16:43.43
	35.11	36.61	35.41	36.59
4.	Daniel Thompson	15	Thurrock	18:12.24
	50m 30.73	100m 1:05.79	150m 1:40.71	200m 2:17.45
	30.73	35.06	34.92	36.74
	450m 5:17.21	500m 5:54.19	550m 6:29.11	600m 7:06.28
	35.60	36.98	34.92	37.17
	850m 10:07.48	900m 10:44.97	950m 11:20.44	1000m 11:57.30
	35.53	37.49	35.47	36.86
	1250m 15:02.81	1300m 15:41.59	1350m 16:18.97	1400m 16:58.10
	36.96	38.78	37.38	39.13
5.	Samuel Jeffrey	15	Hatfield	18:37.62
	50m 32.54	100m 1:07.97	150m 1:45.19	200m 2:22.09
	32.54	35.43	37.22	36.90
	450m 5:29.93	500m 6:07.65	550m 6:46.35	600m 7:23.73
	38.16	37.72	38.70	37.38
	850m 10:32.78	900m 11:09.71	950m 11:48.43	1000m 12:25.24
	37.99	36.93	38.72	36.81
	1250m 15:33.59	1300m 16:10.35	1350m 16:48.54	1400m 17:25.62
	38.15	36.76	38.19	37.08
6.	Harrison Shaw	15	Flitwick	18:56.43
	50m 30.84	100m 1:07.90	150m 1:45.26	200m 2:23.92
	30.84	37.06	37.36	38.66
	450m 5:31.83	500m 6:10.46	550m 6:47.99	600m 7:26.02
	37.20	38.63	37.53	38.03
	850m 10:35.17	900m 11:14.27	950m 11:51.43	1000m 12:30.28
	37.68	39.10	37.16	38.85
	1250m 15:42.96	1300m 16:22.98	1350m 17:01.63	1400m 17:41.65
	38.38	40.02	38.65	40.02

**16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Daniel McGuinness	16	Basildon Ph	16:56.91
	50m 29.67	100m 1:02.48	150m 1:36.12	200m 2:10.51
	29.67	32.81	33.64	34.39
	450m 4:59.46	500m 5:33.32	550m 6:06.68	600m 6:40.36
	33.91	33.86	33.36	33.68
	850m 9:31.47	900m 10:06.06	950m 10:40.23	1000m 11:15.12
	34.35	34.59	34.17	34.89
	1250m 14:07.50	1300m 14:41.96	1350m 15:15.74	1400m 15:49.72
	34.97	34.46	33.78	33.98
2.	Jason Ho	16	Hatfield	17:45.60
	50m 30.33	100m 1:04.87	150m 1:40.22	200m 2:15.96
	30.33	34.54	35.35	35.74
	450m 5:15.42	500m 5:51.48	550m 6:27.02	600m 7:03.08
	35.77	36.06	35.54	36.06
	850m 10:02.09	900m 10:37.80	950m 11:13.25	1000m 11:49.33
	35.79	35.71	35.45	36.08
	1250m 14:50.13	1300m 15:26.28	1350m 16:01.97	1400m 16:37.75
	36.29	36.15	35.69	35.78
3.	Ben Minister	16	Thurrock	17:48.30
	50m 31.49	100m 1:05.58	150m 1:41.05	200m 2:16.02
	31.49	34.09	35.47	34.97
	450m 5:13.76	500m 5:49.27	550m 6:24.85	600m 7:00.39
	35.94	35.51	35.58	35.54
	850m 10:01.03	900m 10:37.19	950m 11:13.44	1000m 11:49.16
	36.60	36.16	36.25	35.72
	1250m 14:50.33	1300m 15:26.39	1350m 16:02.79	1400m 16:38.43
	36.60	36.06	36.40	35.64
4.	Daniel Moyses	16	Co Peterboro	17:59.73
	50m 31.39	100m 1:06.35	150m 1:42.35	200m 2:18.17
	31.39	34.96	36.00	35.82
	450m 5:21.24	500m 5:58.34	550m 6:35.72	600m 7:12.80
	36.99	37.10	37.38	37.08
	850m 10:14.80	900m 10:51.15	950m 11:27.03	1000m 12:03.29
	36.39	36.35	35.88	36.26
	1250m 15:01.27	1300m 15:38.10	1350m 16:13.97	1400m 16:49.68
	35.79	36.83	35.87	35.71
5.	Richard Vanstone	16	Chelmsford	18:45.81
	50m 32.31	100m 1:09.25	150m 1:45.18	200m 2:23.22
	32.31	36.94	35.93	38.04
	450m 5:32.89	500m 6:11.28	550m 6:48.68	600m 7:26.38
	38.06	38.39	37.40	37.70
	850m 10:34.01	900m 11:11.92	950m 11:48.49	1000m 12:26.62
	36.96	37.91	36.57	38.13
	1250m 15:36.15	1300m 16:14.45	1350m 16:52.26	1400m 17:31.16
	37.49	38.30	37.81	38.90
6.	Corey Hare	16	Colchester	19:23.67
	50m 31.98	100m 1:08.23	150m 1:45.84	200m 2:23.71
	31.98	36.25	37.61	37.87
	450m 5:36.61	500m 6:15.98	550m 6:54.90	600m 7:34.29
	38.80	39.37	38.92	39.39
	850m 10:50.00	900m 11:29.77	950m 12:08.85	1000m 12:48.68
	38.80	39.77	39.08	39.83
	1250m 16:07.59	1300m 16:47.37	1350m 17:26.57	1400m 18:06.53
	39.59	39.78	39.20	39.96
				250m 2:44.06
				33.55
				650m 7:14.30
				33.94
				1050m 11:49.33
				34.21
				1450m 16:23.90
				34.18
				300m 3:17.68
				33.62
				700m 7:48.54
				34.24
				1100m 12:23.98
				34.65
				1500m 16:56.91
				33.01
				350m 4:03.45
				35.73
				750m 8:22.78
				34.24
				1150m 12:58.56
				34.58
				1200m 13:32.53
				33.97
				400m 4:25.55
				33.94
				800m 8:57.12
				34.34
				1200m 14:13.84
				36.41
				400m 4:39.65
				36.20
				800m 9:26.30
				35.78
				1200m 14:13.84
				36.41
				400m 4:37.82
				35.28
				800m 9:24.43
				35.78
				1200m 14:13.73
				36.02
				400m 4:44.25
				36.55
				800m 9:38.41
				36.68
				1200m 14:25.48
				35.85
				400m 4:54.83
				38.37
				800m 9:57.05
				37.99
				1200m 14:58.66
				38.63
				400m 4:57.81
				38.98
				800m 10:11.20
				39.60
				1200m 15:28.00
				40.16

## 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Marin De Villard	17	St Felix Sch	17:10.74
	50m 29.50	100m 1:01.06	150m 1:35.16	200m 2:08.68
	29.50	31.56	34.10	33.52
	450m 4:59.46	500m 5:33.48	550m 6:07.81	600m 6:41.90
	34.24	34.02	34.33	34.09
	850m 9:36.39	900m 10:11.53	950m 10:47.18	1000m 11:21.71
	35.23	35.14	35.65	34.53
	1250m 14:18.88	1300m 14:53.83	1350m 15:29.19	1400m 16:04.14
	35.61	34.95	35.36	34.95
2.	Mark Milburn	17	Colchester	17:19.26
	50m 29.96	100m 1:02.57	150m 1:36.46	200m 2:10.76
	29.96	32.61	33.89	34.30
	450m 5:02.62	500m 5:40.99	550m 6:16.01	600m 6:51.40
	31.41	38.37	35.02	35.39
	850m 9:47.64	900m 10:22.73	950m 10:57.84	1000m 11:32.61
	35.51	35.09	35.11	34.77
	1250m 14:27.74	1300m 15:02.74	1350m 15:37.41	1400m 16:11.46
	35.10	35.00	34.67	34.05
3.	Matthew Monie	17	Co Cambridge	17:22.64
	50m 30.94	100m 1:04.63	150m 1:39.68	200m 2:13.90
	30.94	33.69	35.05	34.22
	450m 5:08.84	500m 5:43.51	550m 6:18.54	600m 6:53.37
	35.23	34.67	35.03	34.83
	850m 9:50.36	900m 10:25.08	950m 10:59.66	1000m 11:34.71
	35.31	34.72	34.58	35.05
	1250m 14:30.87	1300m 15:05.79	1350m 15:41.71	1400m 16:16.21
	35.82	34.92	35.92	34.50
4.	Jack Barnard	17	Potters Bar	17:51.10
	50m 30.62	100m 1:05.85	150m 1:41.32	200m 2:17.65
	30.62	35.23	35.47	36.33
	450m 5:17.28	500m 5:53.83	550m 6:29.68	600m 7:06.16
	35.61	36.55	35.85	36.48
	850m 10:06.31	900m 10:42.97	950m 11:19.15	1000m 11:55.52
	35.93	36.66	36.18	36.37
	1250m 14:56.14	1300m 15:32.85	1350m 16:08.03	1400m 16:44.12
	35.62	36.71	35.18	36.09
5.	Jack Pallant	18	Team Waveney	17:51.65
	50m 30.68	100m 1:06.12	150m 1:40.18	200m 2:14.99
	30.68	35.44	34.06	34.81
	450m 5:11.70	500m 5:47.48	550m 6:22.64	600m 6:59.22
	35.15	35.78	35.16	36.58
	850m 10:00.91	900m 10:37.72	950m 11:13.64	1000m 11:50.84
	36.26	36.81	35.92	37.20
	1250m 14:52.57	1300m 15:29.47	1350m 16:05.54	1400m 16:41.50
	35.30	36.90	36.07	35.96
6.	Ryan Roberts	17	Putteridge	18:25.90
	50m 30.86	100m 1:04.83	150m 1:40.79	200m 2:16.49
	30.86	33.97	35.96	35.70
	450m 5:21.38	500m 5:58.18	550m 6:36.02	600m 7:12.82
	37.85	36.80	37.84	36.80
	850m 10:20.27	900m 10:56.90	950m 11:35.42	1000m 12:12.48
	38.13	36.63	38.52	37.06
	1250m 15:20.20	1300m 15:56.98	1350m 16:35.42	1400m 17:13.01
	37.78	36.78	38.44	37.59
7.	Harley West	18	Thurrock	18:44.08
	50m 31.05	100m 1:06.13	150m 1:40.79	200m 2:16.92
	31.05	35.08	34.66	36.13
	450m 5:17.70	500m 5:55.20	550m 6:32.15	600m 7:10.37
	36.21	37.50	36.95	38.22
	850m 10:19.83	900m 10:59.20	950m 11:36.93	1000m 12:16.20
	37.89	39.37	37.73	39.27
	1250m 15:30.24	1300m 16:09.59	1350m 16:48.03	1400m 17:27.36
	38.09	39.35	38.44	39.33