

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 1
12.06.2009 - 9:00

Heren, 400m vrije slag

Jeugd 1 en ouder
Resultaten

Wereld Record	3:40.08	Ian Thorpe	Manchester (GBR)	30.07.2002
Europees Record	3:43.40	Massimiliano Rosolino	Sydney (AUS)	16.09.2000
Nederlands Record Senioren	3:47.20	Pieter van den Hoogenband	Amersfoort	20.04.2002
Nederlands Record Jeugd	3:56.45	Pieter van den Hoogenband	Pardubice (CEC)	04.08.1994
Kampioenschaps Record	3:47.20	Pieter van den Hoogenband	Amersfoort	20.04.2002

rang	naam		vereniging		inschrijftijd		tijd	RT	niv.	finale
Jeugd 1 en 2										
1.	Bryan Mannaart		WVZ		4:06.74	9101533	4:03.86	+0,86	B	
	50m: 28.14	28.14	150m: 1:29.30	31.00	250m: 2:31.59	31.08	350m: 3:33.80			31.06
	100m: 58.30	30.16	200m: 2:00.51	31.21	300m: 3:02.74	31.15	400m: 4:03.86			30.06
2.	Grégoire Brousmiche		Nord Pas de Calais		4:04.12	380936	4:04.86	+0,86	A	
	50m: 28.64	28.64	150m: 1:28.94	30.09	250m: 2:30.73	31.06	350m: 3:33.49			31.61
	100m: 58.85	30.21	200m: 1:59.67	30.73	300m: 3:01.88	31.15	400m: 4:04.86			31.37
3.	Mike Marissen		AZ&PC		4:11.86	9202187	4:08.60	+0,82	B	
	50m: 28.04	28.04	150m: 1:30.98	31.78	250m: 2:35.16	32.09	350m: 3:38.53			31.21
	100m: 59.20	31.16	200m: 2:03.07	32.09	300m: 3:07.32	32.16	400m: 4:08.60			30.07
4.	Ferry Weertman		DWK		4:06.35	9201461	4:08.77	+0,79	B	
	50m: 28.05	28.05	150m: 1:31.32	32.10	250m: 2:35.39	31.47	350m: 3:38.57			31.35
	100m: 59.22	31.17	200m: 2:03.92	32.60	300m: 3:07.22	31.83	400m: 4:08.77			30.20
5.	Sebastiaan Rosendaal		De Schotelij		4:11.60	9101947	4:09.44	+0,84	C	
	50m: 27.69	27.69	150m: 1:29.84	31.68	250m: 2:34.78	32.48	350m: 3:38.48			31.41
	100m: 58.16	30.47	200m: 2:02.30	32.46	300m: 3:07.07	32.29	400m: 4:09.44			30.96
6.	Enzo Murzilli		Comité de Provence		4:06.77	333060	4:10.19	+0,82	C	
	50m: 28.93	28.93	150m: 1:32.26	31.87	250m: 2:36.09	31.53	350m: 3:39.70			31.82
	100m: 1:00.39	31.46	200m: 2:04.56	32.30	300m: 3:07.88	31.79	400m: 4:10.19			30.49
7.	Luc Delmotte		Nord Pas de Calais		4:07.43	243686	4:11.55	+0,77	C	
	50m: 28.42	28.42	150m: 1:31.87	31.80	250m: 2:35.47	31.47	350m: 3:40.16			32.75
	100m: 1:00.07	31.65	200m: 2:04.00	32.13	300m: 3:07.41	31.94	400m: 4:11.55			31.39
8.	Vincent van Iperen		Orca		4:16.87	9106179	4:13.03	+0,73	D	
	50m: 28.64	28.64	150m: 1:32.23	32.08	250m: 2:36.12	31.95	350m: 3:41.58			32.67
	100m: 1:00.15	31.51	200m: 2:04.17	31.94	300m: 3:08.91	32.79	400m: 4:13.03			31.45
9.	Hans Peter Hartog		DAW-FINENZO		4:15.83	9100859	4:14.58	+0,87	D	
	50m: 28.34	28.34	150m: 1:31.21	31.82	250m: 2:36.54	33.06	350m: 3:42.73			32.93
	100m: 59.39	31.05	200m: 2:03.48	32.27	300m: 3:09.80	33.26	400m: 4:14.58			31.85
10.	Marvin Gastaldello		Comité de Provence		4:03.38	330739	4:16.59	+0,76	D	
	50m: 27.80	27.80	150m: 1:31.77	32.86	250m: 2:37.19	32.83	350m: 3:43.51			33.30
	100m: 58.91	31.11	200m: 2:04.36	32.59	300m: 3:10.21	33.02	400m: 4:16.59			33.08
11.	Marco van der Stel		Vlaardingen		4:20.83	9102879	4:19.75	+0,73	E	
	50m: 29.34	29.34	150m: 1:35.80	33.58	250m: 2:42.90	33.58	350m: 3:49.03			33.13
	100m: 1:02.22	32.88	200m: 2:09.32	33.52	300m: 3:15.90	33.00	400m: 4:19.75			30.72
12.	Demi de Rooij		DAW-FINENZO		4:23.60	9105607	4:22.00	+0,83	E	
	50m: 28.26	28.26	150m: 1:33.68	33.49	250m: 2:41.33	33.61	350m: 3:49.24			33.80
	100m: 1:00.19	31.93	200m: 2:07.72	34.04	300m: 3:15.44	34.11	400m: 4:22.00			32.76
13.	Julian van Leuven		Rapido '82		4:18.94	9200823	4:22.92	+0,79	E	
	50m: 29.55	29.55	150m: 1:36.03	33.85	250m: 2:44.07	33.81	350m: 3:51.89			33.07
	100m: 1:02.18	32.63	200m: 2:10.26	34.23	300m: 3:18.82	34.75	400m: 4:22.92			31.03
14.	Victor Poot		Vlaardingen		4:16.39	9203651	4:23.55	+0,77	E	
	50m: 28.79	28.79	150m: 1:33.45	32.97	250m: 2:41.31	34.39	350m: 3:49.62			33.85
	100m: 1:00.48	31.69	200m: 2:06.92	33.47	300m: 3:15.77	34.46	400m: 4:23.55			33.93
15.	Boris Galjart		Vlaardingen		4:25.84	9201997	4:25.07	+0,78	E	
	50m: 30.19	30.19	150m: 1:36.59	33.59	250m: 2:43.98	33.91	350m: 3:53.62			35.07
	100m: 1:03.00	32.81	200m: 2:10.07	33.48	300m: 3:18.55	34.57	400m: 4:25.07			31.45
16.	Jelmar Kluiwstra		LZ 1886		4:27.55	9204323	4:26.81	+0,91	E	
	50m: 29.73	29.73	150m: 1:37.60	34.56	250m: 2:47.55	34.97	350m: 3:55.91			33.79
	100m: 1:03.04	33.31	200m: 2:12.58	34.98	300m: 3:22.12	34.57	400m: 4:26.81			30.90
17.	Richard Veerman		Ed-Vo		4:24.88	9106345	4:27.90	+0,88	E	
	50m: 28.25	28.25	150m: 1:33.65	33.56	250m: 2:43.79	35.10	350m: 3:54.43			35.60
	100m: 1:00.09	31.84	200m: 2:08.69	35.04	300m: 3:18.83	35.04	400m: 4:27.90			33.47
18.	Tim Wagenmans		Aquarijn		4:17.01	9104945	4:27.99	+0,79	E	
	50m: 29.60	29.60	150m: 1:35.32	33.42	250m: 2:43.20	34.09	350m: 3:53.15			35.01
	100m: 1:01.90	32.30	200m: 2:09.11	33.79	300m: 3:18.14	34.94	400m: 4:27.99			34.84

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Programmanr. 1, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale
19.	Chester Hautvast	Torpedo	4:29.61 9204359	4:28.42	+0,70	E	
	50m: 28.59 28.59	150m: 1:35.38 33.97	250m: 2:45.17 34.93	350m: 3:54.68 34.66			
	100m: 1:01.41 32.82	200m: 2:10.24 34.86	300m: 3:20.02 34.85	400m: 4:28.42 33.74			
20.	Alwin Hillebrink	MNC Dordrecht	4:25.29 9201661	4:33.59	+0,86		
	50m: 30.81 30.81	150m: 1:38.44 34.59	250m: 2:48.35 35.51	350m: 3:59.30 35.83			
	100m: 1:03.85 33.04	200m: 2:12.84 34.40	300m: 3:23.47 35.12	400m: 4:33.59 34.29			
21.	Dennis Bos	HZ&PC Heerenveen	4:21.54 9201965	4:35.94	+0,71		
	50m: 29.27 29.27	150m: 1:37.08 34.56	250m: 2:47.88 35.86	350m: 4:00.25 36.39			
	100m: 1:02.52 33.25	200m: 2:12.02 34.94	300m: 3:23.86 35.98	400m: 4:35.94 35.69			

all-in

1.	Sebastiaan Verschuren	E.ON-NZA	3:50.23 8803571	3:51.17	+0,83	A+	
	50m: 27.26 27.26	150m: 1:24.60 28.81	250m: 2:23.39 29.57	350m: 3:22.53 29.63			
	100m: 55.79 28.53	200m: 1:53.82 29.22	300m: 2:52.90 29.51	400m: 3:51.17 28.64			
2.	Tom Vangeneugden	Eiffel Swimmers PSV	3:55.16 8302775	3:54.47	+0,89	A	
	50m: 27.76 27.76	150m: 1:27.26 29.78	250m: 2:26.68 29.44	350m: 3:25.90 29.59			
	100m: 57.48 29.72	200m: 1:57.24 29.98	300m: 2:56.31 29.63	400m: 3:54.47 28.57			
3.	Job Kienhuis	Eiffel Swimmers PSV	3:54.13 8901631	3:55.28	+0,94	A+	
	50m: 27.46 27.46	150m: 1:26.65 29.77	250m: 2:26.55 29.86	350m: 3:26.56 29.48			
	100m: 56.88 29.42	200m: 1:56.69 30.04	300m: 2:57.08 30.53	400m: 3:55.28 28.72			
4.	Arjen van der Meulen	Eiffel Swimmers PSV	3:49.83 8702223	3:56.93	+0,85	A	
	50m: 27.87 27.87	150m: 1:27.75 30.19	250m: 2:28.44 30.71	350m: 3:26.61 28.36			
	100m: 57.56 29.69	200m: 1:57.73 29.98	300m: 2:58.25 29.81	400m: 3:56.93 30.32			
5.	Joost Reijns	E.ON-NZA	4:01.54 8702725	4:01.97	+0,81	D	
	50m: 27.83 27.83	150m: 1:27.80 29.73	250m: 2:28.21 30.23	350m: 3:30.51 31.04			
	100m: 58.07 30.24	200m: 1:57.98 30.18	300m: 2:59.47 31.26	400m: 4:01.97 31.46			
6.	Bryan Mannaart	WVZ	4:06.74 9101533	4:03.86	+0,86	B	
	50m: 28.14 28.14	150m: 1:29.30 31.00	250m: 2:31.59 31.08	350m: 3:33.80 31.06			
	100m: 58.30 30.16	200m: 2:00.51 31.21	300m: 3:02.74 31.15	400m: 4:03.86 30.06			
7.	Grégoire Brousmiche	Nord Pas de Calais	4:04.12 380936	4:04.86	+0,86	A	
	50m: 28.64 28.64	150m: 1:28.94 30.09	250m: 2:30.73 31.06	350m: 3:33.49 31.61			
	100m: 58.85 30.21	200m: 1:59.67 30.73	300m: 3:01.88 31.15	400m: 4:04.86 31.37			
8.	Mike Marissen	AZ&PC	4:11.86 9202187	4:08.60	+0,82	B	
	50m: 28.04 28.04	150m: 1:30.98 31.78	250m: 2:35.16 32.09	350m: 3:38.53 31.21			
	100m: 59.20 31.16	200m: 2:03.07 32.09	300m: 3:07.32 32.16	400m: 4:08.60 30.07			
9.	Ferry Weertman	DWK	4:06.35 9201461	4:08.77	+0,79	B	
	50m: 28.05 28.05	150m: 1:31.32 32.10	250m: 2:35.39 31.47	350m: 3:38.57 31.35			
	100m: 59.22 31.17	200m: 2:03.92 32.60	300m: 3:07.22 31.83	400m: 4:08.77 30.20			
10.	Sebastiaan Rosendaal	De Schotelij	4:11.60 9101947	4:09.44	+0,84	C	
	50m: 27.69 27.69	150m: 1:29.84 31.68	250m: 2:34.78 32.48	350m: 3:38.48 31.41			
	100m: 58.16 30.47	200m: 2:02.30 32.46	300m: 3:07.07 32.29	400m: 4:09.44 30.96			
11.	Enzo Murzilli	Comité de Provence	4:06.77 333060	4:10.19	+0,82	C	
	50m: 28.93 28.93	150m: 1:32.26 31.87	250m: 2:36.09 31.53	350m: 3:39.70 31.82			
	100m: 1:00.39 31.46	200m: 2:04.56 32.30	300m: 3:07.88 31.79	400m: 4:10.19 30.49			
12.	Luc Delmotte	Nord Pas de Calais	4:07.43 243686	4:11.55	+0,77	C	
	50m: 28.42 28.42	150m: 1:31.87 31.80	250m: 2:35.47 31.47	350m: 3:40.16 32.75			
	100m: 1:00.07 31.65	200m: 2:04.00 32.13	300m: 3:07.41 31.94	400m: 4:11.55 31.39			
13.	Tom Verbeek	Het Y	4:04.85 8803527	4:12.60	+0,86	E	
	50m: 27.65 27.65	150m: 1:30.49 31.73	250m: 2:35.53 32.31	350m: 3:40.86 32.65			
	100m: 58.76 31.11	200m: 2:03.22 32.73	300m: 3:08.21 32.68	400m: 4:12.60 31.74			
14.	Vincent van Iperen	Orca	4:16.87 9106179	4:13.03	+0,73	D	
	50m: 28.64 28.64	150m: 1:32.23 32.08	250m: 2:36.12 31.95	350m: 3:41.58 32.67			
	100m: 1:00.15 31.51	200m: 2:04.17 31.94	300m: 3:08.91 32.79	400m: 4:13.03 31.45			
15.	Ewoud Potiek	DZ&PC	4:07.56 8902503	4:13.49	+0,79	E	
	50m: 28.19 28.19	150m: 1:31.55 32.21	250m: 2:35.85 32.00	350m: 3:40.82 32.70			
	100m: 59.34 31.15	200m: 2:03.85 32.30	300m: 3:08.12 32.27	400m: 4:13.49 32.67			
16.	Yvo op den Kamp	ZC Valkenburg	4:11.17 8901553	4:14.46	+0,76	E	
	50m: 28.87 28.87	150m: 1:33.67 33.12	250m: 2:38.04 31.42	350m: 3:42.14 32.37			
	100m: 1:00.55 31.68	200m: 2:06.62 32.95	300m: 3:09.77 31.73	400m: 4:14.46 32.32			
17.	Hans Peter Hartog	DAW-FINENZO	4:15.83 9100859	4:14.58	+0,87	D	
	50m: 28.34 28.34	150m: 1:31.21 31.82	250m: 2:36.54 33.06	350m: 3:42.73 32.93			
	100m: 59.39 31.05	200m: 2:03.48 32.27	300m: 3:09.80 33.26	400m: 4:14.58 31.85			

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Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale
18.	Erik Schröder	TriVia	4:12.70 8402025		4:15.69	+0,85	E	
	50m: 28.32 28.32	150m: 1:30.60 31.66	250m: 2:36.30 33.05	350m: 3:44.03 33.91				
	100m: 58.94 30.62	200m: 2:03.25 32.65	300m: 3:10.12 33.82	400m: 4:15.69 31.66				
19.	Marvin Gastaldello	Comité de Provence	4:03.38 330739		4:16.59	+0,76	D	
	50m: 27.80 27.80	150m: 1:31.77 32.86	250m: 2:37.19 32.83	350m: 3:43.51 33.30				
	100m: 58.91 31.11	200m: 2:04.36 32.59	300m: 3:10.21 33.02	400m: 4:16.59 33.08				
20.	Richard Huisken	De Whee	4:18.29 8501141		4:18.83	+0,82	E	
	50m: 28.07 28.07	150m: 1:31.98 32.75	250m: 2:39.13 33.73	350m: 3:46.92 34.13				
	100m: 59.23 31.16	200m: 2:05.40 33.42	300m: 3:12.79 33.66	400m: 4:18.83 31.91				
21.	Michael van der Linden	De Zijl/LGB	4:16.88 8601921		4:19.63	+0,80	E	
	50m: 29.73 29.73	150m: 1:34.70 32.77	250m: 2:40.48 33.06	350m: 3:46.91 33.39				
	100m: 1:01.93 32.20	200m: 2:07.42 32.72	300m: 3:13.52 33.04	400m: 4:19.63 32.72				
22.	Marco van der Stel	Vlaardingen	4:20.83 9102879		4:19.75	+0,73	E	
	50m: 29.34 29.34	150m: 1:35.80 33.58	250m: 2:42.90 33.58	350m: 3:49.03 33.13				
	100m: 1:02.22 32.88	200m: 2:09.32 33.52	300m: 3:15.90 33.00	400m: 4:19.75 30.72				
23.	Erik Simons	WZK zwemmen	4:06.13 8902845		4:20.57	+0,93	E	
	50m: 28.44 28.44	150m: 1:32.56 32.52	250m: 2:40.01 34.15	350m: 3:48.28 34.24				
	100m: 1:00.04 31.60	200m: 2:05.86 33.30	300m: 3:14.04 34.03	400m: 4:20.57 32.29				
24.	Haico Weijers	Numansdorp	4:16.95 8803759		4:21.07	+0,80	E	
	50m: 28.22 28.22	150m: 1:32.50 32.95	250m: 2:40.10 34.01	350m: 3:48.01 33.18				
	100m: 59.55 31.33	200m: 2:06.09 33.59	300m: 3:14.83 34.73	400m: 4:21.07 33.06				
25.	Matthijs Dekker	De Dolfijn	4:18.54 9000621		4:21.95	+0,92	E	
	50m: 29.40 29.40	150m: 1:34.40 33.12	250m: 2:41.64 34.13	350m: 3:49.48 34.26				
	100m: 1:01.28 31.88	200m: 2:07.51 33.11	300m: 3:15.22 33.58	400m: 4:21.95 32.47				
26.	Demi de Rooij	DAW-FINENZO	4:23.60 9105607		4:22.00	+0,83	E	
	50m: 28.26 28.26	150m: 1:33.68 33.49	250m: 2:41.33 33.61	350m: 3:49.24 33.80				
	100m: 1:00.19 31.93	200m: 2:07.72 34.04	300m: 3:15.44 34.11	400m: 4:22.00 32.76				
27.	Jan-Willem v.d. Graaff	Het Y	4:10.42 8901023		4:22.82	+0,79	E	
	50m: 30.42 30.42	150m: 1:36.38 33.42	250m: 2:43.22 33.18	350m: 3:50.75 33.79				
	100m: 1:02.96 32.54	200m: 2:10.04 33.66	300m: 3:16.96 33.74	400m: 4:22.82 32.07				
28.	Julian van Leuven	Rapido '82	4:18.94 9200823		4:22.92	+0,79	E	
	50m: 29.55 29.55	150m: 1:36.03 33.85	250m: 2:44.07 33.81	350m: 3:51.89 33.07				
	100m: 1:02.18 32.63	200m: 2:10.26 34.23	300m: 3:18.82 34.75	400m: 4:22.92 31.03				
29.	Victor Poot	Vlaardingen	4:16.39 9203651		4:23.55	+0,77	E	
	50m: 28.79 28.79	150m: 1:33.45 32.97	250m: 2:41.31 34.39	350m: 3:49.62 33.85				
	100m: 1:00.48 31.69	200m: 2:06.92 33.47	300m: 3:15.77 34.46	400m: 4:23.55 33.93				
30.	Dennis Overhage	Eiffel Swimmers PSV	4:21.11 9002223		4:24.29	+0,85	E	
	50m: 29.16 29.16	150m: 1:35.50 33.82	250m: 2:43.93 34.00	350m: 3:52.24 33.98				
	100m: 1:01.68 32.52	200m: 2:09.93 34.43	300m: 3:18.26 34.33	400m: 4:24.29 32.05				
31.	Boris Galjart	Vlaardingen	4:25.84 9201997		4:25.07	+0,78	E	
	50m: 30.19 30.19	150m: 1:36.59 33.59	250m: 2:43.98 33.91	350m: 3:53.62 35.07				
	100m: 1:03.00 32.81	200m: 2:10.07 33.48	300m: 3:18.55 34.57	400m: 4:25.07 31.45				
32.	Jelmar Kluiwstra	LZ 1886	4:27.55 9204323		4:26.81	+0,91	E	
	50m: 29.73 29.73	150m: 1:37.60 34.56	250m: 2:47.55 34.97	350m: 3:55.91 33.79				
	100m: 1:03.04 33.31	200m: 2:12.58 34.98	300m: 3:22.12 34.57	400m: 4:26.81 30.90				
33.	Richard Veerman	Ed-Vo	4:24.88 9106345		4:27.90	+0,88	E	
	50m: 28.25 28.25	150m: 1:33.65 33.56	250m: 2:43.79 35.10	350m: 3:54.43 35.60				
	100m: 1:00.09 31.84	200m: 2:08.69 35.04	300m: 3:18.83 35.04	400m: 4:27.90 33.47				
34.	Tim Wagenmans	Aquarijn	4:17.01 9104945		4:27.99	+0,79	E	
	50m: 29.60 29.60	150m: 1:35.32 33.42	250m: 2:43.20 34.09	350m: 3:53.15 35.01				
	100m: 1:01.90 32.30	200m: 2:09.11 33.79	300m: 3:18.14 34.94	400m: 4:27.99 34.84				
35.	Chester Hautvast	Torpedo	4:29.61 9204359		4:28.42	+0,70	E	
	50m: 28.59 28.59	150m: 1:35.38 33.97	250m: 2:45.17 34.93	350m: 3:54.68 34.66				
	100m: 1:01.41 32.82	200m: 2:10.24 34.86	300m: 3:20.02 34.85	400m: 4:28.42 33.74				
36.	Rolan van der Lugt	ZV Westland Dijkglas	4:16.19 9001869		4:32.78	+0,89		
	50m: 29.15 29.15	150m: 1:34.24 32.86	250m: 2:44.75 35.77	350m: 3:57.04 36.13				
	100m: 1:01.38 32.23	200m: 2:08.98 34.74	300m: 3:20.91 36.16	400m: 4:32.78 35.74				
37.	Alwin Hillebrink	MNC Dordrecht	4:25.29 9201661		4:33.59	+0,86		
	50m: 30.81 30.81	150m: 1:38.44 34.59	250m: 2:48.35 35.51	350m: 3:59.30 35.83				
	100m: 1:03.85 33.04	200m: 2:12.84 34.40	300m: 3:23.47 35.12	400m: 4:33.59 34.29				
38.	Dennis Bos	HZ&PC Heerenveen	4:21.54 9201965		4:35.94	+0,71		
	50m: 29.27 29.27	150m: 1:37.08 34.56	250m: 2:47.88 35.86	350m: 4:00.25 36.39				
	100m: 1:02.52 33.25	200m: 2:12.02 34.94	300m: 3:23.86 35.98	400m: 4:35.94 35.69				

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 1, Heren, 400m vrije slag, all-in

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale
NG	Victor Merle	Comité de Provence	4:09.02	80895				
BM	Wilfried Jaffuel	Comité de Provence	4:24.11	723151	4:24.55	+1,02	E	
	50m: 29.31	29.31	150m: 1:34.17	33.01	250m: 2:41.78	33.86	350m: 3:51.05	34.72
	100m: 1:01.16	31.85	200m: 2:07.92	33.75	300m: 3:16.33	34.55	400m: 4:24.55	33.50
BM	Guillaume Luc	Comité de Provence	4:27.78	570229	4:25.30	+0,78	E	
	50m: 29.07	29.07	150m: 1:34.36	33.42	250m: 2:43.50	34.39	350m: 3:52.40	34.14
	100m: 1:00.94	31.87	200m: 2:09.11	34.75	300m: 3:18.26	34.76	400m: 4:25.30	32.90
BM	Pierre Biol	Comité de Provence	4:23.93	382373	4:30.12	+0,90	E	
	50m: 30.41	30.41	150m: 1:37.40	34.03	250m: 2:46.32	34.29	350m: 3:56.31	34.72
	100m: 1:03.37	32.96	200m: 2:12.03	34.63	300m: 3:21.59	35.27	400m: 4:30.12	33.81