

Open Nederlandse Masters Kampioenschappen 2009 korte baan  
Vlissingen, 23. - 25.1.2009

Programmanr. 34  
25.01.2009 - 10:55

Dames, 1500m vrije slag

Masters 20+  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Carmen de Ridder	De Bruinvis	18:06.51	8803634	18:20.62 +0,91			
	50m: 31.94	31.94	450m: 5:22.51	36.95	850m: 10:19.52	37.23	1250m: 15:17.93	37.23
	100m: 1:06.80	34.86	500m: 5:59.34	36.83	900m: 10:57.11	37.59	1300m: 15:54.67	36.74
	150m: 1:42.72	35.92	550m: 6:36.51	37.17	950m: 11:34.32	37.21	1350m: 16:31.68	37.01
	200m: 2:18.75	36.03	600m: 7:13.69	37.18	1000m: 12:11.76	37.44	1400m: 17:08.27	36.59
	250m: 2:55.38	36.63	650m: 7:50.95	37.26	1050m: 12:48.94	37.18	1450m: 17:45.34	37.07
	300m: 3:31.90	36.52	700m: 8:28.09	37.14	1100m: 13:26.22	37.28	1500m: 18:20.62	35.28
	350m: 4:08.65	36.75	750m: 9:04.90	36.81	1150m: 14:03.37	37.15		
	400m: 4:45.56	36.91	800m: 9:42.29	37.39	1200m: 14:40.70	37.33		
2.	Susanne Blom	De Inktvis	20:08.45	8500282	19:41.65			
	50m: 35.90	35.90	450m: 5:48.12	39.69	850m: 11:05.43	39.52	1250m: 16:24.80	40.20
	100m: 1:13.93	38.03	500m: 6:27.75	39.63	900m: 11:45.06	39.63	1300m: 17:05.09	40.29
	150m: 1:52.70	38.77	550m: 7:07.38	39.63	950m: 12:24.71	39.65	1350m: 17:45.38	40.29
	200m: 2:31.51	38.81	600m: 7:47.16	39.78	1000m: 13:04.73	40.02	1400m: 18:24.73	39.35
	250m: 3:10.54	39.03	650m: 8:26.84	39.68	1050m: 13:44.82	40.09	1450m: 19:04.04	39.31
	300m: 3:49.69	39.15	700m: 9:06.91	40.07	1100m: 14:24.54	39.72	1500m: 19:41.65	37.61
	350m: 4:29.08	39.39	750m: 9:46.40	39.49	1150m: 15:04.41	39.87		
	400m: 5:08.43	39.35	800m: 10:25.91	39.51	1200m: 15:44.60	40.19		
3.	Karin van Dijk	HZ&PC Heerenveen	21:40.76	8600850	20:19.64 +0,98			
	50m: 34.91	34.91	450m: 5:56.19	41.10	850m: 11:25.63	40.98	1250m: 16:57.72	41.22
	100m: 1:13.33	38.42	500m: 6:37.24	41.05	900m: 12:07.06	41.43	1300m: 17:39.47	41.75
	150m: 1:53.03	39.70	550m: 7:18.21	40.97	950m: 12:48.35	41.29	1350m: 18:20.17	40.70
	200m: 2:33.19	40.16	600m: 7:59.04	40.83	1000m: 13:30.12	41.77	1400m: 19:01.15	40.98
	250m: 3:13.64	40.45	650m: 8:39.99	40.95	1050m: 14:11.72	41.60	1450m: 19:41.66	40.51
	300m: 3:54.29	40.65	700m: 9:21.71	41.72	1100m: 14:53.16	41.44	1500m: 20:19.64	37.98
	350m: 4:34.57	40.28	750m: 10:02.96	41.25	1150m: 15:34.85	41.69		
	400m: 5:15.09	40.52	800m: 10:44.65	41.69	1200m: 16:16.50	41.65		
4.	Sunanda van Heteren	PCG	21:58.69	8901728	21:13.43 +0,96			
	50m: 36.29	36.29	450m: 6:13.63	43.53	850m: 11:57.94	43.57	1250m: 17:45.73	44.12
	100m: 1:16.37	40.08	500m: 6:57.19	43.56	900m: 12:42.09	44.15	1300m: 18:28.47	42.74
	150m: 1:57.67	41.30	550m: 7:40.12	42.93	950m: 13:25.62	43.53	1350m: 19:11.37	42.90
	200m: 2:39.31	41.64	600m: 8:22.41	42.29	1000m: 14:08.20	42.58	1400m: 19:54.19	42.82
	250m: 3:21.20	41.89	650m: 9:05.36	42.95	1050m: 14:51.04	42.84	1450m: 20:35.76	41.57
	300m: 4:04.03	42.83	700m: 9:48.41	43.05	1100m: 15:34.47	43.43	1500m: 21:13.43	37.67
	350m: 4:47.03	43.00	750m: 10:31.20	42.79	1150m: 16:17.72	43.25		
	400m: 5:30.10	43.07	800m: 11:14.37	43.17	1200m: 17:01.61	43.89		

Programmanr. 34  
25.01.2009 - 10:55

Dames, 1500m vrije slag

Masters 25+  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Linda Hoogendam	D'Elft	20:49.99	8300892	20:29.96 +0,79			
	50m: 35.04	35.04	450m: 6:04.98	41.66	850m: 11:40.24	41.86	1250m: 17:08.68	40.97
	100m: 1:14.70	39.66	500m: 6:46.37	41.39	900m: 12:22.23	41.99	1300m: 17:50.14	41.46
	150m: 1:55.55	40.85	550m: 7:28.16	41.79	950m: 13:03.31	41.08	1350m: 18:31.35	41.21
	200m: 2:36.80	41.25	600m: 8:09.90	41.74	1000m: 13:44.22	40.91	1400m: 19:12.73	41.38
	250m: 3:17.97	41.17	650m: 8:52.18	42.28	1050m: 14:25.40	41.18	1450m: 19:52.43	39.70
	300m: 3:59.74	41.77	700m: 9:34.04	41.86	1100m: 15:06.76	41.36	1500m: 20:29.96	37.53
	350m: 4:41.24	41.50	750m: 10:16.24	42.20	1150m: 15:46.89	40.13		
	400m: 5:23.32	42.08	800m: 10:58.38	42.14	1200m: 16:27.71	40.82		
2.	Marion Groenewoud	ZVS	20:24.09	8200554	21:16.02 +0,94			
	50m: 35.09	35.09	450m: 6:07.15	42.47	850m: 11:54.95	43.87	1250m: 17:41.86	43.45
	100m: 1:14.38	39.29	500m: 6:50.39	43.24	900m: 12:38.84	43.89	1300m: 18:24.75	42.89
	150m: 1:55.13	40.75	550m: 7:33.99	43.60	950m: 13:22.46	43.62	1350m: 19:08.17	43.42
	200m: 2:36.41	41.28	600m: 8:17.45	43.46	1000m: 14:05.99	43.53	1400m: 19:51.22	43.05
	250m: 3:17.97	41.56	650m: 9:01.08	43.63	1050m: 14:48.74	42.75	1450m: 20:34.36	43.14
	300m: 4:00.11	42.14	700m: 9:44.50	43.42	1100m: 15:31.65	42.91	1500m: 21:16.02	41.66
	350m: 4:42.70	42.59	750m: 10:27.82	43.32	1150m: 16:15.27	43.62		
	400m: 5:24.68	41.98	800m: 11:11.08	43.26	1200m: 16:58.41	43.14		
3.	Andrea van Leeuwen	De Zijl/LGB	20:58.28	8100904	21:28.58 +0,94			
	50m: 37.98	37.98	450m: 6:22.57	43.26	850m: 12:06.96	43.36	1250m: 17:55.83	42.94
	100m: 1:20.11	42.13	500m: 7:05.54	42.97	900m: 12:49.91	42.95	1300m: 18:38.30	42.47
	150m: 2:02.68	42.57	550m: 7:48.23	42.69	950m: 13:33.83	43.92	1350m: 19:21.20	42.90
	200m: 2:45.82	43.14	600m: 8:31.24	43.01	1000m: 14:17.38	43.55	1400m: 20:04.54	43.34
	250m: 3:28.96	43.14	650m: 9:14.58	43.34	1050m: 15:01.23	43.85	1450m: 20:47.41	42.87
	300m: 4:12.32	43.36	700m: 9:57.70	43.12	1100m: 15:44.90	43.67	1500m: 21:28.58	41.17
	350m: 4:55.70	43.38	750m: 10:40.66	42.96	1150m: 16:28.83	43.93		
	400m: 5:39.31	43.61	800m: 11:23.60	42.94	1200m: 17:12.89	44.06		

Open Nederlandse Masters Kampioenschappen 2009 korte baan  
Vlissingen, 23. - 25.1.2009

Programmanr. 34, Dames, 1500m vrije slag

Programmanr. 34 Dames, 1500m vrije slag Masters 30+  
25.01.2009 - 10:55 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Helma Koot	AZ&PC	21:22.35	7600336	21:29.29 +1,03			
	50m: 38.05	38.05	450m: 6:17.65	43.38	850m: 12:05.05	44.20	1250m: 17:52.09	43.77
	100m: 1:19.25	41.20	500m: 7:00.49	42.84	900m: 12:49.11	44.06	1300m: 18:35.77	43.68
	150m: 2:01.41	42.16	550m: 7:43.35	42.86	950m: 13:31.39	42.28	1350m: 19:19.80	44.03
	200m: 2:43.62	42.21	600m: 8:26.53	43.18	1000m: 14:13.85	42.46	1400m: 20:03.18	43.38
	250m: 3:26.00	42.38	650m: 9:10.19	43.66	1050m: 14:56.99	43.14	1450m: 20:46.34	43.16
	300m: 4:08.39	42.39	700m: 9:53.12	42.93	1100m: 15:40.63	43.64	1500m: 21:29.29	42.95
	350m: 4:51.00	42.61	750m: 10:36.90	43.78	1150m: 16:24.46	43.83		
	400m: 5:34.27	43.27	800m: 11:20.85	43.95	1200m: 17:08.32	43.86		

Programmanr. 34 Dames, 1500m vrije slag Masters 35+  
25.01.2009 - 10:55 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Annette de Visser	Oceanus	20:15.86	7100602	20:06.16 * +0,91			
	50m: 34.97	34.97	450m: 5:58.22	40.80	850m: 11:22.58	40.28	1250m: 16:45.08	40.62
	100m: 1:13.56	38.59	500m: 6:39.17	40.95	900m: 12:02.66	40.08	1300m: 17:25.86	40.78
	150m: 1:53.52	39.96	550m: 7:20.13	40.96	950m: 12:42.52	39.86	1350m: 18:06.24	40.38
	200m: 2:33.76	40.24	600m: 8:00.72	40.59	1000m: 13:22.74	40.22	1400m: 18:46.89	40.65
	250m: 3:14.42	40.66	650m: 8:41.31	40.59	1050m: 14:03.08	40.34	1450m: 19:27.23	40.34
	300m: 3:55.22	40.80	700m: 9:21.98	40.67	1100m: 14:43.62	40.54	1500m: 20:06.16	38.93
	350m: 4:36.39	41.17	750m: 10:01.86	39.88	1150m: 15:24.03	40.41		
	400m: 5:17.42	41.03	800m: 10:42.30	40.44	1200m: 16:04.46	40.43		
2.	Natacha Van Hoof	ShaRK	23:03.38	ShaRK/260/73	23:07.05 +0,99			
	50m: 41.93	41.93	450m: 6:48.00	46.59	850m: 12:59.67	46.88	1250m: 19:14.64	46.86
	100m: 1:26.84	44.91	500m: 7:34.43	46.43	900m: 13:46.37	46.70	1300m: 20:01.65	47.01
	150m: 2:11.91	45.07	550m: 8:20.66	46.23	950m: 14:32.89	46.52	1350m: 20:49.10	47.45
	200m: 2:57.35	45.44	600m: 9:07.14	46.48	1000m: 15:19.46	46.57	1400m: 21:37.15	48.05
	250m: 3:42.73	45.38	650m: 9:53.71	46.57	1050m: 16:06.15	46.69	1450m: 22:23.47	46.32
	300m: 4:28.60	45.87	700m: 10:40.41	46.70	1100m: 16:52.97	46.82	1500m: 23:07.05	43.58
	350m: 5:14.81	46.21	750m: 11:26.43	46.02	1150m: 17:40.03	47.06		
	400m: 6:01.41	46.60	800m: 12:12.79	46.36	1200m: 18:27.78	47.75		
3.	Meke Oomens	Old Dutch	24:01.00	7000370	24:16.04 +1,09			
	50m: 44.12	44.12	450m: 7:13.63	48.87	850m: 13:42.92	48.78	1250m: 20:12.97	48.85
	100m: 1:31.59	47.47	500m: 8:02.35	48.72	900m: 14:31.73	48.81	1300m: 21:02.07	49.10
	150m: 2:19.86	48.27	550m: 8:51.29	48.94	950m: 15:20.17	48.44	1350m: 21:51.20	49.13
	200m: 3:08.82	48.96	600m: 9:39.57	48.28	1000m: 16:08.95	48.78	1400m: 22:40.33	49.13
	250m: 3:58.03	49.21	650m: 10:27.93	48.36	1050m: 16:57.98	49.03	1450m: 23:29.45	49.12
	300m: 4:47.01	48.98	700m: 11:16.46	48.53	1100m: 17:46.45	48.47	1500m: 24:16.04	46.59
	350m: 5:36.03	49.02	750m: 12:05.29	48.83	1150m: 18:34.95	48.50		
	400m: 6:24.76	48.73	800m: 12:54.14	48.85	1200m: 19:24.12	49.17		

Programmanr. 34 Dames, 1500m vrije slag Masters 40+  
25.01.2009 - 10:55 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Laura Staal	Oceanus	20:26.30	6700358	20:30.33 +0,96			
	50m: 35.92	35.92	450m: 6:05.23	41.84	850m: 11:40.65	42.23	1250m: 17:09.34	40.83
	100m: 1:15.37	39.45	500m: 6:46.79	41.56	900m: 12:22.11	41.46	1300m: 17:50.55	41.21
	150m: 1:55.89	40.52	550m: 7:28.66	41.87	950m: 13:03.88	41.77	1350m: 18:32.12	41.57
	200m: 2:37.10	41.21	600m: 8:10.36	41.70	1000m: 13:45.24	41.36	1400m: 19:12.83	40.71
	250m: 3:18.30	41.20	650m: 8:52.25	41.89	1050m: 14:26.13	40.89	1450m: 19:53.21	40.38
	300m: 3:59.81	41.51	700m: 9:34.23	41.98	1100m: 15:07.13	41.00	1500m: 20:30.33	37.12
	350m: 4:41.57	41.76	750m: 10:16.49	42.26	1150m: 15:47.94	40.81		
	400m: 5:23.39	41.82	800m: 10:58.42	41.93	1200m: 16:28.51	40.57		
2.	Karin van den Heuvel	AquAmigos	21:54.86	6600188	21:38.36 +1,01			
	50m: 38.78	38.78	450m: 6:23.19	43.64	850m: 12:14.53	44.22	1250m: 18:03.48	43.10
	100m: 1:20.64	41.86	500m: 7:06.55	43.36	900m: 12:58.83	44.30	1300m: 18:46.48	43.00
	150m: 2:03.07	42.43	550m: 7:50.16	43.61	950m: 13:43.02	44.19	1350m: 19:29.84	43.36
	200m: 2:45.77	42.70	600m: 8:33.91	43.75	1000m: 14:27.85	44.83	1400m: 20:13.87	44.03
	250m: 3:28.85	43.08	650m: 9:17.68	43.77	1050m: 15:09.91	42.06	1450m: 20:57.48	43.61
	300m: 4:12.49	43.64	700m: 10:01.33	43.65	1100m: 15:53.14	43.23	1500m: 21:38.36	40.88
	350m: 4:56.25	43.76	750m: 10:45.95	44.62	1150m: 16:36.41	43.27		
	400m: 5:39.55	43.30	800m: 11:30.31	44.36	1200m: 17:20.38	43.97		

Open Nederlandse Masters Kampioenschappen 2009 korte baan  
Vlissingen, 23. - 25.1.2009

Programmanr. 34, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd		tijd		RT	
3.	Margreet van der Pol	De Futen	22:28.15		6600276		23:19.31 +0,98	
	50m: 40.12	40.12	450m: 6:51.44	46.48	850m: 13:06.39	46.22	1250m: 19:25.71	48.10
	100m: 1:24.35	44.23	500m: 7:37.95	46.51	900m: 13:54.47	48.08	1300m: 20:13.38	47.67
	150m: 2:09.91	45.56	550m: 8:24.76	46.81	950m: 14:41.41	46.94	1350m: 21:01.19	47.81
	200m: 2:56.77	46.86	600m: 9:11.78	47.02	1000m: 15:28.56	47.15	1400m: 21:48.16	46.97
	250m: 3:44.23	47.46	650m: 9:59.44	47.66	1050m: 16:15.75	47.19	1450m: 22:35.02	46.86
	300m: 4:30.99	46.76	700m: 10:46.45	47.01	1100m: 17:03.09	47.34	1500m: 23:19.31	44.29
	350m: 5:17.81	46.82	750m: 11:33.26	46.81	1150m: 17:50.36	47.27		
	400m: 6:04.96	47.15	800m: 12:20.17	46.91	1200m: 18:37.61	47.25		
4.	Kristien van de Moortel	ShaRK	22:54.89		ShaRK/315/69		23:40.58 * +0,93	
	50m: 41.72	41.72	450m: 6:57.82	46.80	850m: 13:18.87	47.83	1250m: 19:42.45	47.88
	100m: 1:28.70	46.98	500m: 7:45.50	47.68	900m: 14:06.76	47.89	1300m: 20:31.09	48.64
	150m: 2:15.73	47.03	550m: 8:32.69	47.19	950m: 14:54.69	47.93	1350m: 21:19.53	48.44
	200m: 3:02.92	47.19	600m: 9:20.36	47.67	1000m: 15:42.88	48.19	1400m: 22:07.49	47.96
	250m: 3:50.01	47.09	650m: 10:08.15	47.79	1050m: 16:30.99	48.11	1450m: 22:55.02	48.10
	300m: 4:37.21	47.20	700m: 10:55.48	47.33	1100m: 17:18.89	47.90	1500m: 23:40.58	44.99
	350m: 5:23.84	46.63	750m: 11:43.21	47.73	1150m: 18:06.39	47.50		
	400m: 6:11.02	47.18	800m: 12:31.04	47.83	1200m: 18:54.57	48.18		
5.	Hetty Smalheer	SCOM	24:05.34		6700352		23:55.22 +1,17	
	50m: 42.97	42.97	450m: 7:01.80	48.21	850m: 13:28.21	47.93	1250m: 19:57.83	48.81
	100m: 1:29.34	46.37	500m: 7:49.67	47.87	900m: 14:16.49	48.28	1300m: 20:46.61	48.78
	150m: 2:16.35	47.01	550m: 8:37.73	48.06	950m: 15:04.97	48.48	1350m: 21:34.29	47.68
	200m: 3:03.39	47.04	600m: 9:26.38	48.65	1000m: 15:53.69	48.72	1400m: 22:22.29	48.00
	250m: 3:51.18	47.79	650m: 10:14.41	48.03	1050m: 16:43.33	49.64	1450m: 23:09.32	47.03
	300m: 4:38.48	47.30	700m: 11:03.68	49.27	1100m: 17:31.30	47.97	1500m: 23:55.22	45.90
	350m: 5:26.18	47.70	750m: 11:51.60	47.92	1150m: 18:20.10	48.80		
	400m: 6:13.59	47.41	800m: 12:40.28	48.68	1200m: 19:09.02	48.92		

Programmanr. 34  
25.01.2009 - 10:55

Dames, 1500m vrije slag

Masters 50+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Patty Verhagen	AquAmigos	20:28.89		5900146		20:39.05 +1,01	
	<i>Nederlands Masters Record</i>							
	50m: 37.36	37.36	450m: 6:05.75	41.50	850m: 11:38.29	41.88	1250m: 17:12.34	41.77
	100m: 1:17.44	40.08	500m: 6:46.84	41.09	900m: 12:20.16	41.87	1300m: 17:54.32	41.98
	150m: 1:58.54	41.10	550m: 7:28.55	41.71	950m: 13:01.67	41.51	1350m: 18:35.97	41.65
	200m: 2:39.65	41.11	600m: 8:10.45	41.90	1000m: 13:43.26	41.59	1400m: 19:17.72	41.75
	250m: 3:20.83	41.18	650m: 8:52.06	41.61	1050m: 14:25.06	41.80	1450m: 19:59.41	41.69
	300m: 4:02.07	41.24	700m: 9:33.73	41.67	1100m: 15:07.11	42.05	1500m: 20:39.05	39.64
	350m: 4:43.23	41.16	750m: 10:15.25	41.52	1150m: 15:48.69	41.58		
	400m: 5:24.25	41.02	800m: 10:56.41	41.16	1200m: 16:30.57	41.88		

Programmanr. 34  
25.01.2009 - 10:55

Dames, 1500m vrije slag

Masters 55+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Ineke Weekers	PSV	22:43.71		5300050		22:19.43	
	<i>Nederlands Masters Record</i>							
	50m: 40.88	40.88	450m: 6:38.81	44.75	850m: 12:37.34	45.00	1250m: 18:39.82	46.29
	100m: 1:25.96	45.08	500m: 7:23.33	44.52	900m: 13:22.18	44.84	1300m: 19:24.17	44.35
	150m: 2:09.73	43.77	550m: 8:08.43	45.10	950m: 14:07.22	45.04	1350m: 20:09.34	45.17
	200m: 2:55.39	45.66	600m: 8:52.74	44.31	1000m: 14:53.30	46.08	1400m: 20:54.43	45.09
	250m: 3:39.30	43.91	650m: 9:37.58	44.84	1050m: 15:37.58	44.28	1450m: 21:39.06	44.63
	300m: 4:24.25	44.95	700m: 10:23.45	45.87	1100m: 16:23.89	46.31	1500m: 22:19.43	40.37
	350m: 5:09.27	45.02	750m: 11:08.45	45.00	1150m: 17:09.53	45.64		
	400m: 5:54.06	44.79	800m: 11:52.34	43.89	1200m: 17:53.53	44.00		
2.	Gonnie Bak	PSV	28:33.64		5100002		28:33.03 +0,87	
	50m: 50.66	50.66	450m: 8:24.37	57.22	850m: 16:04.85	57.15	1250m: 23:48.43	57.47
	100m: 1:46.36	55.70	500m: 9:22.48	58.11	900m: 17:03.51	58.66	1300m: 24:45.37	56.94
	150m: 2:42.26	55.90	550m: 10:19.99	57.51	950m: 18:02.24	58.73	1350m: 25:43.56	58.19
	200m: 3:40.09	57.83	600m: 11:18.27	58.28	1000m: 18:59.28	57.04	1400m: 26:41.30	57.74
	250m: 4:36.60	56.51	650m: 12:15.43	57.16	1050m: 19:58.05	58.77	1450m: 27:38.96	57.66
	300m: 5:33.44	56.84	700m: 13:12.60	57.17	1100m: 20:55.70	57.65	1500m: 28:33.03	54.07
	350m: 6:30.08	56.64	750m: 14:09.72	57.12	1150m: 21:53.66	57.96		
	400m: 7:27.15	57.07	800m: 15:07.70	57.98	1200m: 22:50.96	57.30		

Open Nederlandse Masters Kampioenschappen 2009 korte baan  
Vlissingen, 23. - 25.1.2009

Programmanr. 34, Dames, 1500m vrije slag

Programmanr. 34  
25.01.2009 - 10:55

Dames, 1500m vrije slag

Masters 65+  
Resultaten

rang	naam		vereniging		inschrijftijd				tijd	RT	
1.	Greet Brehler		Hatto Heim		30:49.39		4400004		<b>29:44.77</b>	* +1,17	
	50m:	52.46	450m:	8:45.27	1:00.29	850m:	16:43.32	1:00.94	1250m:	24:46.69	1:00.45
	100m:	1:50.30	500m:	9:44.50	59.23	900m:	17:43.20	59.88	1300m:	25:46.23	59.54
	150m:	2:49.15	550m:	10:44.22	59.72	950m:	18:44.08	1:00.88	1350m:	26:46.35	1:00.12
	200m:	3:48.09	600m:	11:42.83	58.61	1000m:	19:44.30	1:00.22	1400m:	27:48.28	1:01.93
	250m:	4:46.72	650m:	12:43.36	1:00.53	1050m:	20:45.12	1:00.82	1450m:	28:48.36	1:00.08
	300m:	5:46.28	700m:	13:41.35	57.99	1100m:	21:45.67	1:00.55	1500m:	29:44.77	56.41
	350m:	6:45.17	750m:	14:41.68	1:00.33	1150m:	22:45.97	1:00.30			
	400m:	7:44.98	800m:	15:42.38	1:00.70	1200m:	23:46.24	1:00.27			