

LAC periode 3 sessie vrije slag  
Dokkum, 13.3.2011

1 - LAC Periode 3 Vrije slag

13-3-2011 - 17:00

Programmanr. 1  
13-3-2011 - 17:00

Alle, 400m vrije slag

Mix Minioren 3 en 4  
Resultaten

Rang					In.tijd					Tijd		
1.	Marcel Delfstra				de Granaet	6:30.92	0100037				<b>6:15.46</b>	
	50m:	40.99	40.99	150m:	2:17.75	49.41	250m:	3:54.88	49.47	350m:	5:31.08	46.89
	100m:	1:28.34	47.35	200m:	3:05.41	47.66	300m:	4:44.19	49.31	400m:	6:15.46	44.38
2.	Janneke Weiland				Wetterwille	6:56.77	0100128				<b>6:49.30</b>	
	50m:	44.37	44.37	150m:	2:26.65	51.53	250m:	4:12.30	53.37	350m:	5:58.99	53.44
	100m:	1:35.12	50.75	200m:	3:18.93	52.28	300m:	5:05.55	53.25	400m:	6:49.30	50.31
3.	Eva Willebrands				de Granaet	7:26.37	0101510				<b>6:55.30</b>	
	50m:	43.12	43.12	150m:	2:28.68	53.96	250m:	4:17.76	56.04	350m:	6:06.96	55.56
	100m:	1:34.72	51.60	200m:	3:21.72	53.04	300m:	5:11.40	53.64	400m:	6:55.30	48.34
4.	Ingrid de Vries				de Granaet	7:54.49	0100500				<b>7:45.42</b>	
	50m:	46.16	46.16	150m:	2:44.36	59.91	250m:	4:47.29	1:01.34	350m:	6:50.32	1:00.68
	100m:	1:44.45	58.29	200m:	3:45.95	1:01.59	300m:	5:49.64	1:02.35	400m:	7:45.42	55.10

Programmanr. 2  
13-3-2011 - 17:08

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Junioren 1  
Resultaten

Rang					In.tijd					Tijd		
1.	Myrthe Offenga				de Granaet	11:40.04	9901874				<b>11:27.70</b>	
	50m:	38.03	38.03	250m:	3:31.84	44.37	450m:	6:27.44	44.03	650m:	9:24.25	43.67
	100m:	1:20.49	42.46	300m:	4:15.23	43.39	500m:	7:11.68	44.24	700m:	10:07.01	42.76
	150m:	2:04.10	43.61	350m:	4:59.15	43.92	550m:	7:55.72	44.04	800m:	11:27.70	1:20.69
	200m:	2:47.47	43.37	400m:	5:43.41	44.26	600m:	8:40.58	44.86			
2.	Danieke van der Kooi				de Granaet	12:07.09	0000552				<b>12:17.24</b>	
	50m:	39.52	39.52	250m:	3:43.24	43.59	450m:	6:50.49	47.62	650m:	10:01.59	47.36
	100m:	1:25.49	45.97	300m:	4:27.27	44.03	500m:	7:39.37	48.88	700m:	10:47.87	46.28
	150m:	2:12.02	46.53	350m:	5:14.49	47.22	550m:	8:27.30	47.93	750m:	11:35.59	47.72
	200m:	2:59.65	47.63	400m:	6:02.87	48.38	600m:	9:14.23	46.93	800m:	12:17.24	41.65
3.	Eva Koster				Wetterwille	13:31.82	0000728				<b>13:02.43</b>	
	50m:	37.06	37.06	250m:	3:41.84	48.22	450m:	7:08.43	52.09	650m:	10:35.34	51.80
	100m:	1:21.86	44.80	300m:	4:31.84	50.00	500m:	8:00.30	51.87	700m:	11:26.14	50.80
	150m:	2:07.34	45.48	350m:	5:23.22	51.38	550m:	8:51.06	50.76	750m:	12:17.43	51.29
	200m:	2:53.62	46.28	400m:	6:16.34	53.12	600m:	9:43.54	52.48	800m:	13:02.43	45.00
4.	Fardau van der Meulen				Wetterwille	15:00.00	0000408				<b>13:43.57</b>	
	50m:	42.54	42.54	250m:	4:05.00	51.71	450m:	7:34.76	52.66	650m:	11:08.76	53.69
	100m:	1:31.73	49.19	300m:	4:56.73	51.73	500m:	8:28.10	53.34	700m:	12:03.23	54.47
	150m:	2:21.32	49.59	350m:	5:48.89	52.16	550m:	9:22.00	53.90	750m:	12:56.36	53.13
	200m:	3:13.29	51.97	400m:	6:42.10	53.21	600m:	10:15.07	53.07	800m:	13:43.57	47.21
5.	Amarens Wilbers				de Granaet	16:06.91	0002000				<b>16:07.39</b>	
	50m:	50.09	50.09	300m:	5:49.29	59.59	500m:	10:04.51	1:04.40	700m:	14:11.20	1:01.50
	150m:	2:46.45	1:56.36	350m:	6:52.09	1:02.80	550m:	11:05.54	1:01.03	750m:	15:12.76	1:01.56
	200m:	3:48.01	1:01.56	400m:	7:55.73	1:03.64	600m:	12:07.92	1:02.38	800m:	16:07.39	54.63
	250m:	4:49.70	1:01.69	450m:	9:00.11	1:04.38	650m:	13:09.70	1:01.78			

LAC periode 3 sessie vrije slag  
Dokkum, 13.3.2011

Programmanr. 3  
13-3-2011 - 17:25

Jongens, 800m vrije slag

Jongens Minioren 5 en 6  
Resultaten

Rang					In.tijd			Tijd
1.	Hugo Jan Bosscher		de Granaet		13:12.35	0000185	<b>12:57.57</b>	
	50m:	41.85 41.85	250m:	3:57.68 49.02	450m:	7:15.71 48.91	650m:	10:34.40 48.92
	100m:	1:29.21 47.36	300m:	4:48.88 51.20	500m:	8:06.23 50.52	700m:	11:25.11 50.71
	150m:	2:18.58 49.37	350m:	5:38.01 49.13	550m:	8:55.52 49.29	800m:	12:57.57 1:32.46
	200m:	3:08.66 50.08	400m:	6:26.80 48.79	600m:	9:45.48 49.96		
2.	Bas Koster		Wetterwille		15:40.00	0000415	<b>14:51.77</b>	
	50m:	45.99 45.99	250m:	4:28.08 56.78	450m:	8:17.77 58.72	650m:	12:07.77 57.66
	100m:	1:39.93 53.94	300m:	5:23.99 55.91	500m:	9:14.80 57.03	700m:	13:02.71 54.94
	150m:	2:35.83 55.90	350m:	6:22.39 58.40	550m:	10:12.93 58.13	750m:	14:00.24 57.53
	200m:	3:31.30 55.47	400m:	7:19.05 56.66	600m:	11:10.11 57.18	800m:	14:51.77 51.53

Programmanr. 4  
13-3-2011 - 17:41

Meisjes, 1500m vrije slag

Meisjes Junioren 2 en 3  
Resultaten

Rang					In.tijd			Tijd
1.	Nynke Ytsma		Wetterwille		25:00.00	9700792	<b>23:01.59</b>	
	50m:	39.65 39.65	450m:	6:42.37 45.94	850m:	12:56.59 47.79	1250m:	19:15.37 46.66
	100m:	1:23.34 43.69	500m:	7:28.27 45.90	900m:	13:44.02 47.43	1300m:	20:03.27 47.90
	150m:	2:08.30 44.96	550m:	8:14.18 45.91	950m:	14:31.65 47.63	1350m:	20:49.40 46.13
	200m:	2:53.37 45.07	600m:	9:01.40 47.22	1000m:	15:18.65 47.00	1400m:	21:35.80 46.40
	250m:	3:39.43 46.06	650m:	9:47.74 46.34	1050m:	16:06.34 47.69	1450m:	22:22.65 46.85
	300m:	4:25.09 45.66	700m:	10:34.99 47.25	1100m:	16:53.71 47.37	1500m:	23:01.59 38.94
	350m:	5:10.84 45.75	750m:	11:21.93 46.94	1150m:	17:41.21 47.50		
	400m:	5:56.43 45.59	800m:	12:08.80 46.87	1200m:	18:28.71 47.50		
2.	Brigitte van der Veen		de Granaet		NT	9802600	<b>23:24.59</b>	
	50m:	39.38 39.38	450m:	6:43.55 46.91	850m:	13:02.22 47.50	1250m:	19:27.14 48.78
	100m:	1:22.99 43.61	500m:	7:30.87 47.32	900m:	13:49.59 47.37	1300m:	20:15.24 48.10
	150m:	2:08.34 45.35	550m:	8:18.12 47.25	950m:	14:37.64 48.05	1350m:	21:03.50 48.26
	200m:	2:53.82 45.48	600m:	9:05.40 47.28	1000m:	15:25.44 47.80	1400m:	21:51.82 48.32
	250m:	3:39.12 45.30	650m:	9:52.84 47.44	1050m:	16:13.81 48.37	1450m:	22:39.94 48.12
	300m:	4:24.72 45.60	700m:	10:39.41 46.57	1100m:	17:01.66 47.85	1500m:	23:24.59 44.65
	350m:	5:10.56 45.84	750m:	11:26.81 47.40	1150m:	17:49.82 48.16		
	400m:	5:56.64 46.08	800m:	12:14.72 47.91	1200m:	18:38.36 48.54		
3.	MARIKE de Boer		de Granaet		22:58.25	9705302	<b>23:48.76</b>	
	50m:	38.54 38.54	450m:	6:46.06 47.48	850m:	13:11.48 48.14	1250m:	19:41.76 48.88
	100m:	1:22.18 43.64	500m:	7:34.35 48.29	900m:	14:00.28 48.80	1300m:	20:31.54 49.78
	150m:	2:07.34 45.16	550m:	8:21.51 47.16	950m:	14:48.89 48.61	1350m:	21:21.22 49.68
	200m:	2:52.99 45.65	600m:	9:09.71 48.20	1000m:	15:36.84 47.95	1400m:	22:12.33 51.11
	250m:	3:39.12 46.13	650m:	9:57.32 47.61	1050m:	16:25.75 48.91	1500m:	23:48.76 1:36.43
	300m:	4:25.23 46.11	700m:	10:46.34 49.02	1100m:	17:14.68 48.93		
	350m:	5:11.37 46.14	750m:	11:34.54 48.20	1150m:	18:03.80 49.12		
	400m:	5:58.58 47.21	800m:	12:23.34 48.80	1200m:	18:52.88 49.08		
DIS	Silke Bil		de Granaet		NT	9703942		
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>							

LAC periode 3 sessie vrije slag  
Dokkum, 13.3.2011

Programmanr. 5  
13-3-2011 - 18:07

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2  
Resultaten

Rang					In.tijd		Tijd	
1.	Mirko van Ligtenberg		Wetterwille		20:54.11	9800735	<b>20:10.36</b>	
	50m:	32.92 32.92	450m:	5:55.58 40.75	850m:	11:22.83 41.63	1250m:	16:50.95 40.56
	100m:	1:11.39 38.47	500m:	6:36.80 41.22	900m:	12:04.11 41.28	1300m:	17:32.64 41.69
	150m:	1:51.61 40.22	550m:	7:17.55 40.75	950m:	12:45.27 41.16	1350m:	18:13.30 40.66
	200m:	2:31.58 39.97	600m:	7:57.92 40.37	1000m:	13:26.55 41.28	1400m:	18:54.64 41.34
	250m:	3:12.30 40.72	650m:	8:39.14 41.22	1050m:	14:07.86 41.31	1450m:	19:33.05 38.41
	300m:	3:53.14 40.84	700m:	9:18.99 39.85	1100m:	14:49.20 41.34	1500m:	20:10.36 37.31
	350m:	4:34.08 40.94	750m:	10:00.03 41.04	1150m:	15:29.24 40.04		
	400m:	5:14.83 40.75	800m:	10:41.20 41.17	1200m:	16:10.39 41.15		
2.	Bart Weiland		Wetterwille		20:54.09	9700777	<b>20:40.57</b>	
	50m:	33.97 33.97	450m:	6:00.70 42.48	850m:	11:34.59 40.85	1250m:	17:14.99 42.43
	100m:	1:13.01 39.04	500m:	6:42.46 41.76	900m:	12:16.64 42.05	1300m:	17:57.78 42.79
	150m:	1:53.45 40.44	550m:	7:24.31 41.85	950m:	12:58.66 42.02	1350m:	18:39.95 42.17
	200m:	2:33.96 40.51	600m:	8:06.02 41.71	1000m:	13:41.14 42.48	1400m:	19:21.06 41.11
	250m:	3:14.57 40.61	650m:	8:47.82 41.80	1050m:	14:23.56 42.42	1500m:	20:40.57 1:19.51
	300m:	3:55.82 41.25	700m:	9:30.01 42.19	1100m:	15:06.24 42.68		
	350m:	4:37.27 41.45	750m:	10:12.56 42.55	1150m:	15:49.55 43.31		
	400m:	5:18.22 40.95	800m:	10:53.74 41.18	1200m:	16:32.56 43.01		
3.	Kevin de Joode		de Granaet		23:39.85	9800371	<b>22:11.06</b>	
	50m:	38.99 38.99	450m:	6:40.96 45.90	850m:	12:41.14 44.22	1250m:	18:37.42 43.74
	100m:	1:22.99 44.00	500m:	7:26.52 45.56	900m:	13:25.25 44.11	1300m:	19:21.30 43.88
	150m:	2:08.34 45.35	550m:	8:11.37 44.85	950m:	14:10.24 44.99	1350m:	20:05.43 44.13
	200m:	2:54.06 45.72	600m:	8:57.36 45.99	1000m:	14:54.78 44.54	1400m:	20:48.84 43.41
	250m:	3:39.12 45.06	650m:	9:42.72 45.36	1050m:	15:39.86 45.08	1450m:	21:31.39 42.55
	300m:	4:24.20 45.08	700m:	10:27.92 45.20	1100m:	16:24.06 44.20	1500m:	22:11.06 39.67
	350m:	5:09.52 45.32	750m:	11:12.84 44.92	1150m:	17:08.66 44.60		
	400m:	5:55.06 45.54	800m:	11:56.92 44.08	1200m:	17:53.68 45.02		

Programmanr. 6  
13-3-2011 - 18:31

Meisjes, 2000m vrije slag

Meisjes Jeugd 1 en 2  
Resultaten

Rang					In.tijd		Tijd	
1.	Rixt Wilbers		de Granaet		27:20.13	9503480	<b>27:33.82</b>	
	50m:	36.33 36.33	550m:	7:32.80 41.88	1050m:	14:31.52 41.69	1550m:	21:27.58 41.10
	100m:	1:17.30 40.97	600m:	8:14.52 41.72	1100m:	15:13.20 41.68	1600m:	22:08.98 41.40
	150m:	1:58.86 41.56	650m:	8:56.14 41.62	1150m:	15:55.19 41.99	1650m:	22:50.08 41.10
	200m:	2:40.25 41.39	700m:	9:37.82 41.68	1200m:	16:37.25 42.06	1700m:	23:31.38 41.30
	250m:	3:22.28 42.03	750m:	10:19.85 42.03	1250m:	17:18.48 41.23	1750m:	24:12.14 40.76
	300m:	4:03.67 41.39	800m:	11:01.89 42.04	1300m:	18:00.28 41.80	1800m:	24:53.96 41.82
	350m:	4:45.38 41.71	850m:	11:43.95 42.06	1350m:	18:41.58 41.30	1850m:	25:34.39 40.43
	400m:	5:27.28 41.90	900m:	12:25.79 41.84	1400m:	19:23.67 42.09	1900m:	26:15.46 41.07
	450m:	6:09.07 41.79	950m:	13:08.23 42.44	1450m:	20:05.19 41.52	1950m:	26:55.20 39.74
	500m:	6:50.92 41.85	1000m:	13:49.83 41.60	1500m:	20:46.48 41.29	2000m:	27:33.82 38.62
2.	Annemiek Meulenbeld		de Granaet		NT	9506230	<b>31:51.80</b>	
	50m:	36.92 36.92	550m:	8:24.01 48.62	1050m:	16:31.36 47.56	1550m:	24:34.29 49.81
	100m:	1:18.45 41.53	600m:	9:13.73 49.72	1100m:	17:18.89 47.53	1600m:	25:24.58 50.29
	150m:	2:03.64 45.19	650m:	10:03.58 49.85	1150m:	18:06.70 47.81	1650m:	26:14.16 49.58
	200m:	2:49.29 45.65	700m:	10:52.41 48.83	1200m:	18:53.32 46.62	1700m:	27:03.45 49.29
	250m:	3:36.01 46.72	750m:	11:41.80 49.39	1250m:	19:41.58 48.26	1750m:	27:52.36 48.91
	300m:	4:23.86 47.85	800m:	12:29.95 48.15	1300m:	20:30.92 49.34	1800m:	28:41.51 49.15
	350m:	5:11.70 47.84	850m:	13:18.54 48.59	1350m:	21:18.76 47.84	1850m:	29:30.36 48.85
	400m:	5:59.86 48.16	900m:	14:06.58 48.04	1400m:	22:07.09 48.33	1900m:	30:18.76 48.40
	450m:	6:47.98 48.12	950m:	14:55.45 48.87	1450m:	22:55.11 48.02	1950m:	31:08.11 49.35
	500m:	7:35.39 47.41	1000m:	15:43.80 48.35	1500m:	23:44.48 49.37	2000m:	31:51.80 43.69

AFGEM Maayke de Boer

de Granaet

27:56.42

9505906

LAC periode 3 sessie vrije slag  
Dokkum, 13.3.2011

Programmanr. 7  
13-3-2011 - 18:59

Jongens, 2000m vrije slag

Jongens Junioren 3 en 4  
Resultaten

Rang					In.tijd		Tijd	
1.	Robin de Joode		de Granaet		NT		9601371	<b>25:09.20</b>
	50m:	33.95	550m:	6:53.73	37.64	1050m:	13:08.67	37.87
	100m:	1:12.11	600m:	7:31.06	37.33	1100m:	13:46.22	37.55
	150m:	1:50.11	650m:	8:08.13	37.07	1150m:	14:24.11	37.89
	200m:	2:29.07	700m:	8:45.82	37.69	1200m:	15:02.13	38.02
	250m:	3:07.82	750m:	9:23.51	37.69	1250m:	15:39.67	37.54
	300m:	3:45.48	800m:	10:00.61	37.10	1300m:	16:16.98	37.31
	350m:	4:22.51	850m:	10:38.20	37.59	1350m:	16:54.22	37.24
	400m:	5:00.08	900m:	11:15.36	37.16	1400m:	17:32.16	37.94
	450m:	5:37.92	950m:	11:53.26	37.90	1450m:	18:09.86	37.70
	500m:	6:16.09	1000m:	12:30.80	37.54	1500m:	18:47.61	37.75
								1550m: 19:26.20 38.59
								1600m: 20:04.61 38.41
								1650m: 20:43.29 38.68
								1700m: 21:21.98 38.69
								1750m: 22:00.82 38.84
								1800m: 22:39.30 38.48
								1850m: 23:17.64 38.34
								1900m: 23:56.73 39.09
								1950m: 24:34.98 38.25
								2000m: 25:09.20 34.22
2.	Lennart van Ligtenberg		Wetterwille		28:30.00		9501951	<b>29:01.39</b>
	50m:	33.16	550m:	7:34.36	43.04	1050m:	14:52.39	44.37
	100m:	11.76	600m:	8:17.29	42.93	1100m:	15:37.02	44.63
	150m:	1:52.76	650m:	9:01.07	43.78	1150m:	16:21.73	44.71
	200m:	2:34.04	700m:	9:44.89	43.82	1200m:	17:06.54	44.81
	250m:	3:16.13	750m:	10:28.60	43.71	1250m:	17:51.82	45.28
	300m:	3:58.82	800m:	11:12.13	43.53	1300m:	18:36.51	44.69
	350m:	4:42.00	850m:	11:55.82	43.69	1350m:	19:21.64	45.13
	400m:	5:25.48	900m:	12:39.73	43.91	1400m:	20:04.92	43.28
	450m:	6:08.10	950m:	13:23.92	44.19	1450m:	20:49.13	44.21
	500m:	6:51.32	1000m:	14:08.02	44.10	1500m:	21:34.07	44.94
								1550m: 22:18.32 44.25
								1600m: 23:03.32 45.00
								1650m: 23:49.42 46.10
								1700m: 24:35.29 45.87
								1750m: 25:21.07 45.78
								1800m: 26:06.70 45.63
								1850m: 26:52.89 46.19
								1900m: 27:38.45 45.56
								1950m: 28:23.70 45.25
								2000m: 29:01.39 37.69
3.	Eric Offenga		de Granaet		NT		9604473	<b>30:19.08</b>
	50m:	41.18	600m:	8:57.46	45.70	1100m:	16:31.87	42.67
	150m:	2:11.51	650m:	9:43.70	46.24	1150m:	17:18.62	46.75
	200m:	2:58.66	700m:	10:30.27	46.57	1200m:	18:06.04	47.42
	250m:	3:43.79	750m:	11:14.19	43.92	1250m:	18:51.12	45.08
	300m:	4:28.93	800m:	11:58.74	44.55	1300m:	19:38.00	46.88
	350m:	5:12.43	850m:	12:45.89	47.15	1350m:	20:23.26	45.26
	400m:	5:54.70	900m:	13:32.64	46.75	1400m:	21:09.36	46.10
	450m:	6:41.55	950m:	14:20.53	47.89	1450m:	21:51.61	42.25
	500m:	7:27.84	1000m:	15:04.27	43.74	1500m:	22:38.33	46.72
	550m:	8:11.76	1050m:	15:49.20	44.93	1550m:	23:26.23	47.90
								1600m: 24:12.96 46.73
								1650m: 25:00.14 47.18
								1700m: 25:47.91 47.77
								1750m: 26:33.01 45.10
								1800m: 27:21.13 48.12
								1850m: 28:08.19 47.06
								1900m: 28:54.96 46.77
								2000m: 30:19.08 1:24.12

Programmanr. 7  
13-3-2011 - 18:59

Jongens, 2000m vrije slag

Jongens Jeugd 1 en 2  
Resultaten

Rang					In.tijd		Tijd	
DIS	Henk-Jan Verkaik		de Granaet		25:36.23		9305447	
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>							
AFGEM	Bauke Ytsma		Wetterwille		28:00.00		9301311	

Programmanr. 7  
13-3-2011 - 18:59

Heren, 2000m vrije slag

Heren Senioren Open  
Resultaten

Rang					In.tijd		Tijd	
1.	Thomas Veltman		de Granaet		24:30.47		9201355	<b>26:10.27</b>
	50m:	32.64	550m:	7:02.72	39.81	1100m:	14:17.72	1:20.44
	100m:	1:10.12	600m:	7:42.74	40.02	1150m:	14:57.50	39.78
	150m:	1:48.41	650m:	8:21.23	38.49	1200m:	15:37.98	40.48
	200m:	2:27.58	700m:	9:00.10	38.87	1250m:	16:17.45	39.47
	250m:	3:07.04	750m:	9:39.89	39.79	1300m:	16:55.88	38.43
	300m:	3:46.11	800m:	10:19.26	39.37	1350m:	17:36.07	40.19
	350m:	4:24.75	850m:	10:59.42	40.16	1400m:	18:17.63	41.56
	400m:	5:03.86	900m:	11:38.41	38.99	1450m:	18:58.81	41.18
	450m:	5:43.69	950m:	12:18.11	39.70	1500m:	19:39.34	40.53
	500m:	6:22.91	1000m:	12:57.28	39.17	1550m:	20:20.35	41.01
								1600m: 21:00.09 39.74
								1650m: 21:39.95 39.86
								1700m: 22:20.42 40.47
								1750m: 23:00.19 39.77
								1800m: 23:39.26 39.07
								1850m: 24:18.83 39.57
								1900m: 24:58.26 39.43
								2000m: 26:10.27 1:12.01

LAC periode 3 sessie vrije slag  
Dokkum, 13.3.2011

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Programmanr. 7, Heren, 2000m vrije slag, Heren Senioren Open

Rang						In.tijd			Tijd
2.	Sybe van Hijum		de Granaet			31:36.08	9206437		<b>32:22.07</b>
	50m: 41.76	41.76	550m: 8:43.32	48.62	1050m: 16:58.82	50.31	1550m: 25:08.32	50.59	
	100m: 1:27.76	46.00	600m: 9:32.10	48.78	1100m: 17:48.67	49.85	1600m: 25:58.10	49.78	
	150m: 2:14.80	47.04	650m: 10:21.16	49.06	1150m: 18:37.76	49.09	1700m: 27:37.76	1:39.66	
	200m: 3:02.67	47.87	700m: 11:10.20	49.04	1200m: 19:27.16	49.40	1750m: 28:28.51	50.75	
	250m: 3:50.26	47.59	750m: 11:59.00	48.80	1250m: 20:16.42	49.26	1800m: 29:19.26	50.75	
	300m: 4:39.10	48.84	800m: 12:47.95	48.95	1300m: 21:05.92	49.50	1850m: 30:09.64	50.38	
	350m: 5:27.54	48.44	850m: 13:38.00	50.05	1350m: 21:52.39	46.47	1900m: 30:57.26	47.62	
	400m: 6:16.60	49.06	900m: 14:28.02	50.02	1400m: 22:39.76	47.37	1950m: 31:44.16	46.90	
	450m: 7:05.76	49.16	950m: 15:18.51	50.49	1450m: 23:28.70	48.94	2000m: 32:22.07	37.91	
	500m: 7:54.70	48.94	1000m: 16:08.51	50.00	1500m: 24:17.73	49.03			