



Belgische Kampioenschappen 15-16/17-18/19+

2024

Championnats de Belgique 15-16/17-18/19+

CB-BK-CAT-WE2-50M-2024

Antwerpen, 26 - 28/7/2024

Programmanr./Epreuve 1  
26/07/2024 - 8:30

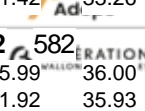
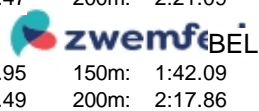
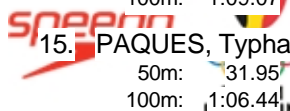
Dames/Dames, 400m vrije slag/Libre

15 jaar en ouder/ans et plus  
Resultaten Voorrunde/Eliminatoires

TL-CB CAT\_LT-BK CAT-2024 15 50m: 4:58.53 - 25m: 4:51.73; 16 50m: 4:53.53 - 25m: 4:46.73; 17 50m: 4:50.65 - 25m: 4:43.85;  
18 50m: 4:50.60 - 25m: 4:43.80; 19 + 50m: 4:48.83 - 25m: 4:42.03

Punten: FINA 2024

Rang	Geb.	Inschr.	Tijd/Temp	Pnt
<b>15 - 16 jaar/ans</b>				
1.	VANDERLINDEN, Siri 50m: 30.11 30.11 100m: 1:03.05 32.94	BEL 09 LAQUA 150m: 1:36.70 33.65 200m: 2:09.99 33.29	4:21.02 250m: 2:43.55 33.56 300m: 3:17.58 34.03	<b>4:24.86</b> 701 350m: 3:51.40 33.82 400m: 4:24.86 33.46
2.	METZEMAKERS, Léa 50m: 30.72 30.72 100m: 1:05.04 34.32	BEL 09 BRABO 150m: 1:39.43 34.39 200m: 2:14.01 34.58	4:29.76 250m: 2:47.85 33.84 300m: 3:22.41 34.56	<b>4:30.80</b> 656 350m: 3:56.83 34.42 400m: 4:30.80 33.97
3.	DAVID, Ryana 50m: 31.33 31.33 100m: 1:05.58 34.25	BEL 08 PERRON 150m: 1:40.00 34.42 200m: 2:14.89 34.89	4:26.69 250m: 2:49.45 34.56 300m: 3:23.97 34.52	<b>4:31.75</b> 649 350m: 3:58.01 34.04 400m: 4:31.75 33.74
4.	VINCK, Tine 50m: 32.13 32.13 100m: 1:06.84 34.71	BEL 08 MEGA 150m: 1:41.76 34.92 200m: 2:16.55 34.79	4:31.89 250m: 2:51.53 34.98 300m: 3:26.38 34.85	<b>4:34.99</b> 627 350m: 4:01.07 34.69 400m: 4:34.99 33.92
5.	VANSTEENKISTE, Lona 50m: 30.67 30.67 100m: 1:04.42 33.75	BEL 08 MZK 150m: 1:38.88 34.46 200m: 2:13.64 34.76	4:25.07 250m: 2:48.50 34.86 300m: 3:23.90 35.40	<b>4:35.57</b> 623 350m: 4:00.25 36.35 400m: 4:35.57 35.32
6.	PUGENGER, Marine 50m: 31.06 31.06 100m: 1:05.99 34.93	BEL 08 ENLN 150m: 1:40.96 34.97 200m: 2:16.24 35.28	4:40.81 250m: 2:51.29 35.05 300m: 3:26.88 35.59	<b>4:36.69</b> 615 350m: 4:02.52 35.64 400m: 4:36.69 34.17
7.	SEDGMAN, Charlie 50m: 31.68 31.68 100m: 1:05.92 34.24	AUS 08 WN 150m: 1:41.41 35.49 200m: 2:16.71 35.30	4:31.91 250m: 2:51.73 35.02 300m: 3:27.19 35.46	<b>4:36.95</b> 613 350m: 4:02.82 35.63 400m: 4:36.95 34.13
8.	MICHIELS, Nore 50m: 30.65 30.65 100m: 1:04.21 33.56	BEL 08 TSZ 150m: 1:39.00 34.79 200m: 2:14.24 35.24	4:28.76 250m: 2:50.10 35.86 300m: 3:26.42 36.32	<b>4:38.09</b> 606 350m: 4:02.64 36.22 400m: 4:38.09 35.45
9.	DEBECKER, Charlotte 50m: 33.26 33.26 100m: 1:08.82 35.56	BEL 08 DMI 150m: 1:45.03 36.21 200m: 2:20.44 35.41	4:36.16 250m: 2:56.40 35.96 300m: 3:31.08 34.68	<b>4:38.56</b> 603 350m: 4:05.90 34.82 400m: 4:38.56 32.66
10.	VAN HEUGTEN, Hanne 50m: 30.88 30.88 100m: 1:05.12 34.24	BEL 09 ZN 150m: 1:40.19 35.07 200m: 2:15.63 35.44	4:27.21 250m: 2:50.08 34.45 300m: 3:26.11 36.03	<b>4:38.60</b> 603 350m: 4:02.77 36.66 400m: 4:38.60 35.83
11.	VAN GYSEL, Maite 50m: 31.34 31.34 100m: 1:06.00 34.66	BEL 08 MEGA 150m: 1:41.05 35.05 200m: 2:16.34 35.29	4:38.68 250m: 2:51.67 35.33 300m: 3:27.99 36.32	<b>4:38.87</b> 601 350m: 4:04.34 36.35 400m: 4:38.87 34.53
12.	PAQUES, Célya 50m: 32.42 32.42 100m: 1:07.04 34.62	BEL 09 LGN 150m: 1:42.20 35.16 200m: 2:17.99 35.79	4:34.32 250m: 2:53.42 35.43 300m: 3:29.07 35.65	<b>4:38.98</b> 600 350m: 4:04.61 35.54 400m: 4:38.98 34.37
13.	HAMPER, Line 50m: 31.44 31.44 100m: 1:06.39 34.95	BEL 09 LSC 150m: 1:41.60 35.21 200m: 2:17.47 35.87	4:44.32 250m: 2:53.04 35.57 300m: 3:29.52 36.48	<b>4:40.28</b> 592 350m: 4:05.60 36.08 400m: 4:40.28 34.68
14.	MACHALE, Julia 50m: 32.60 32.60 100m: 1:09.07 36.47	IRL 09 CNSW 150m: 1:44.66 35.59 200m: 2:21.09 36.43	4:45.03 250m: 2:56.99 35.90 300m: 3:32.83 35.84	<b>4:41.42</b> 585 350m: 4:08.16 35.33 400m: 4:41.42 33.26
15.	PAQUES, Typhanie 50m: 31.95 31.95 100m: 1:06.44 34.49	BEL 09 LGN 150m: 1:42.09 35.65 200m: 2:17.86 35.77	4:33.77 250m: 2:53.81 35.95 300m: 3:29.99 36.18	<b>4:41.92</b> 582 350m: 4:05.99 36.00 400m: 4:41.92 35.93



OFFICIAL PARTNER



CB-BK-CAT-WE2-50M-2024

Antwerpen, 26 - 28/7/2024

Programmanr./Epreuve 1, Meisjes/Filles, 400m vrije slag/Libre, Voorronde/Eliminatoire, 15 - 16 jaar/ans

Rang		Geb.		Inschr.	Tijd/Temps	Pnt
16.	VAN AVONDT, Lina	BEL 09	STA	4:37.38	<b>4:41.93</b>	581
	50m: 32.34 32.34	150m: 1:43.53 36.16	250m: 2:55.99 36.47	350m: 4:08.07 36.23		
	100m: 1:07.37 35.03	200m: 2:19.52 35.99	300m: 3:31.84 35.85	400m: 4:41.93 33.86		
17.	MERTENS, Helena	BEL 09	SHARK	4:39.29	<b>4:42.88</b>	576
	50m: 31.90 31.90	150m: 1:43.20 36.25	250m: 2:56.36 36.86	350m: 4:08.59 36.00		
	100m: 1:06.95 35.05	200m: 2:19.50 36.30	300m: 3:32.59 36.23	400m: 4:42.88 34.29		
18.	LAMMENS, Louise	BEL 08	TZT	4:37.23	<b>4:43.29</b>	573
	50m: 32.05 32.05	150m: 1:42.73 35.67	250m: 2:54.67 36.13	350m: 4:07.46 36.42		
	100m: 1:07.06 35.01	200m: 2:18.54 35.81	300m: 3:31.04 36.37	400m: 4:43.29 35.83		
19.	HUENS, Noor	BEL 09	MEGA	4:44.63	<b>4:44.83</b>	564
	50m: 32.37 32.37	150m: 1:44.39 36.03	250m: 2:57.26 36.13	350m: 4:10.06 35.97		
	100m: 1:08.36 35.99	200m: 2:21.13 36.74	300m: 3:34.09 36.83	400m: 4:44.83 34.77		
20.	JACRI, Maeva	BEL 09	MOSAN	4:39.81	<b>4:44.91</b>	563
	50m: 32.12 32.12	150m: 1:42.35 35.47	250m: 2:55.31 36.39	350m: 4:09.20 37.00		
	100m: 1:06.88 34.76	200m: 2:18.92 36.57	300m: 3:32.20 36.89	400m: 4:44.91 35.71		
21.	VEDERNIKOVA, Marina	BEL 08	SCWR	4:36.30	<b>4:47.59</b>	548
	50m: 32.23 32.23	150m: 1:44.01 36.34	250m: 2:58.24 37.55	350m: 4:12.01 37.24		
	100m: 1:07.67 35.44	200m: 2:20.69 36.68	300m: 3:34.77 36.53	400m: 4:47.59 35.58		
22.	JACOBS, Filippa	BEL 09	GZVN	4:54.84	<b>4:47.76</b>	547
	50m: 32.67 32.67	150m: 1:45.67 36.27	250m: 2:58.12 36.02	350m: 4:11.93 36.97		
	100m: 1:09.40 36.73	200m: 2:22.10 36.43	300m: 3:34.96 36.84	400m: 4:47.76 35.83		
23.	LAMBRECHTS, Noa	BEL 09	DBT	4:46.51	<b>4:47.99</b>	545
	50m: 32.66 32.66	150m: 1:44.51 36.17	250m: 2:57.79 36.54	350m: 4:12.12 37.16		
	100m: 1:08.34 35.68	200m: 2:21.25 36.74	300m: 3:34.96 37.17	400m: 4:47.99 35.87		
	ZANGARI, Aurora	BEL 09	GZVN	4:39.97	<b>4:47.99</b>	545
	50m: 32.34 32.34	150m: 1:44.09 36.46	250m: 2:57.97 36.82	350m: 4:12.46 37.10		
	100m: 1:07.63 35.29	200m: 2:21.15 37.06	300m: 3:35.36 37.39	400m: 4:47.99 35.53		
25.	TALBOOM, Lies	BEL 09	BRABO	4:44.48	<b>4:48.04</b>	545
	50m: 30.96 30.96	150m: 1:41.52 36.16	250m: 2:56.04 37.59	350m: 4:11.24 37.46		
	100m: 1:05.36 34.40	200m: 2:18.45 36.93	300m: 3:33.78 37.74	400m: 4:48.04 36.80		
26.	RADU LOGHIN, Miruna	BEL 09	SCWR	4:44.11	<b>4:49.34</b>	538
	50m: 32.23 32.23	150m: 1:45.16 37.00	250m: 2:58.85 36.97	350m: 4:13.74 37.28		
	100m: 1:08.16 35.93	200m: 2:21.88 36.72	300m: 3:36.46 37.61	400m: 4:49.34 35.60		
27.	VAN ELSEN, Marie	BEL 08	BRABO	4:46.23	<b>4:49.41</b>	537
	50m: 31.96 31.96	150m: 1:44.30 36.34	250m: 2:58.10 36.75	350m: 4:13.52 37.58		
	100m: 1:07.96 36.00	200m: 2:21.35 37.05	300m: 3:35.94 37.84	400m: 4:49.41 35.89		
28.	GULLENTOPS, Manon	BEL 09	LSC	4:52.13	<b>4:50.99</b>	529
	50m: 32.36 32.36	150m: 1:44.59 36.90	250m: 2:59.37 37.56	350m: 4:14.39 37.70		
	100m: 1:07.69 35.33	200m: 2:21.81 37.22	300m: 3:36.69 37.32	400m: 4:50.99 36.60		
29.	DESMET, Fien	BEL 08	TZT	4:49.67	<b>4:52.50</b>	521
	50m: 33.02 33.02	150m: 1:45.66 36.85	250m: 3:01.00 37.70	350m: 4:15.99 37.24		
	100m: 1:08.81 35.79	200m: 2:23.30 37.64	300m: 3:38.75 37.75	400m: 4:52.50 36.51		
30.	CHICHKOVA, Lili	BEL 08	FAST	4:53.52	<b>4:52.55</b>	520
	50m: 33.05 33.05	150m: 1:46.79 37.35	250m: 3:01.34 37.23	350m: 4:17.29 38.09		
	100m: 1:09.44 36.39	200m: 2:24.11 37.32	300m: 3:39.20 37.86	400m: 4:52.55 35.26		
31.	DELPORTE, Lotte	BEL 09	STW	4:50.66	<b>4:52.63</b>	520
	50m: 33.56 33.56	150m: 1:47.19 37.39	250m: 3:02.07 37.63	350m: 4:17.07 37.76		
	100m: 1:09.80 36.24	200m: 2:24.44 37.25	300m: 3:39.31 37.24	400m: 4:52.63 35.56		
32.	DE BACKER, Birgit	BEL 09	ZIOS	4:52.75	<b>4:52.64</b>	520
	50m: 33.33 33.33	150m: 1:46.24 36.63	250m: 3:00.47 37.22	350m: 4:15.97 37.61		
	100m: 1:09.61 36.28	200m: 2:23.25 37.01	300m: 3:38.36 37.89	400m: 4:52.64 36.67		



Belgische Kampioenschappen 15-16/17-18/19+

2024

Championnats de Belgique 15-16/17-18/19+

CB-BK-CAT-WE2-50M-2024

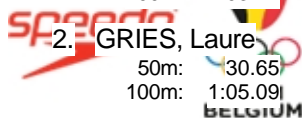
Antwerpen, 26 - 28/7/2024

Programmanr./Epreuve 1, Meisjes/Filles, 400m vrije slag/Libre, Voorronde/Eliminatoire, 15 - 16 jaar/ans

Rang		Geb.	Inscr.	Tijd/Temps	Pnt
33.	LAMBIN, Elisa	BEL 09 SCD	4:57.48	<b>4:55.30</b>	506
	50m: 32.51 32.51	150m: 1:47.23 37.91	250m: 3:01.72 37.61	350m: 4:17.83 37.68	
	100m: 1:09.32 36.81	200m: 2:24.11 36.88	300m: 3:40.15 38.43	400m: 4:55.30 37.47	
34.	DANHIEUX, Liena	BEL 08 ZORO	4:44.09	<b>4:55.82</b>	503
**	50m: 32.27 32.27	150m: 1:45.98 37.22	250m: 3:02.44 38.17	350m: 4:18.68 37.78	
	100m: 1:08.76 36.49	200m: 2:24.27 38.29	300m: 3:40.90 38.46	400m: 4:55.82 37.14	
35.	JENKINS, Emma	BEL 09 CNSW	4:57.57	<b>4:57.94</b>	493
	50m: 34.10 34.10	150m: 1:49.39 37.93	250m: 3:05.43 37.72	350m: 4:21.52 37.46	
	100m: 1:11.46 37.36	200m: 2:27.71 38.32	300m: 3:44.06 38.63	400m: 4:57.94 36.42	
36.	CAUS, Floor	BEL 09 KZK	4:56.62	<b>4:58.21</b>	491
	50m: 31.27 31.27	150m: 1:46.07 38.99	250m: 3:05.70 39.70	350m: 4:22.20 38.73	
	100m: 1:07.08 35.81	200m: 2:26.00 39.93	300m: 3:43.47 37.77	400m: 4:58.21 36.01	
37.	VERSPECHT, Lianne	BEL 09 ZCK	4:48.51	<b>4:58.24</b>	491
	50m: 33.45 33.45	150m: 1:46.29 36.55	250m: 3:01.05 37.52	350m: 4:20.40 39.71	
	100m: 1:09.74 36.29	200m: 2:23.53 37.24	300m: 3:40.69 39.64	400m: 4:58.24 37.84	
38.	PAIROUX, Eloise	BEL 08 PERRON	4:45.44	<b>4:58.82</b>	488
**	50m: 34.32 34.32	150m: 1:49.71 38.50	250m: 3:06.61 38.48	350m: 4:22.29 37.71	
	100m: 1:11.21 36.89	200m: 2:28.13 38.42	300m: 3:44.58 37.97	400m: 4:58.82 36.53	
39.	DECONYNCK, Sterre	BEL 09 TRUST	4:51.63	<b>4:59.19</b>	486
**	50m: 33.02 33.02	150m: 1:45.85 37.20	250m: 3:02.35 38.34	350m: 4:20.74 39.38	
	100m: 1:08.65 35.63	200m: 2:24.01 38.16	300m: 3:41.36 39.01	400m: 4:59.19 38.45	
40.	QUARTIER, Philine	BEL 09 ISWIM	4:56.04	<b>4:59.31</b>	486
**	50m: 33.48 33.48	150m: 1:48.51 37.81	250m: 3:05.54 38.33	350m: 4:22.79 38.22	
	100m: 1:10.70 37.22	200m: 2:27.21 38.70	300m: 3:44.57 39.03	400m: 4:59.31 36.52	
41.	CEULEMANS, Hanne	BEL 08 AZK	4:50.63	<b>5:02.64</b>	470
**	50m: 34.36 34.36	150m: 1:49.84 38.09	250m: 3:06.64 38.78	350m: 4:24.00 38.73	
	100m: 1:11.75 37.39	200m: 2:27.86 38.02	300m: 3:45.27 38.63	400m: 5:02.64 38.64	
42.	PEREZ ZUBRZYCKA, Laia	BEL 08 CNSW	4:51.30	<b>5:09.39</b>	440
**	50m: 34.63 34.63	150m: 1:51.84 38.46	250m: 3:11.00 39.41	350m: 4:30.91 39.91	
	100m: 1:13.38 38.75	200m: 2:31.59 39.75	300m: 3:51.00 40.00	400m: 5:09.39 38.48	
dis	WEYTJENS, Amber	BEL 08 DMB	4:41.98	<b>4:58.84</b>	
	** , SW 4.4 - valse start / Départ anticipé				
	50m: 32.87 32.87	150m: 1:48.13 38.99	250m: 3:05.66 39.35	350m: 4:22.42 38.19	
	100m: 1:09.14 36.27	200m: 2:26.31 38.18	300m: 3:44.23 38.57	400m: 4:58.84 36.42	

17 jaar en ouder/ans et plus

1.	RAVELINGIEN, Lana	BEL 03 BRABO	4:23.21	<b>4:27.29</b>	682
	50m: 30.39 30.39	150m: 1:37.31 33.54	250m: 2:45.48 34.07	350m: 3:53.84 34.30	
	100m: 1:03.77 33.38	200m: 2:11.41 34.10	300m: 3:19.54 34.06	400m: 4:27.29 33.45	
2.	GRIJS, Laure	BEL 04 CNSW	4:33.45	<b>4:32.46</b>	644
	50m: 30.65 30.65	150m: 1:39.43 34.34	250m: 2:48.35 34.26	350m: 3:58.16 34.76	
	100m: 1:05.09 34.44	200m: 2:14.09 34.66	300m: 3:23.40 35.05	400m: 4:32.46 34.30	





Belgische Kampioenschappen 15-16/17-18/19+

2024

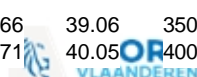
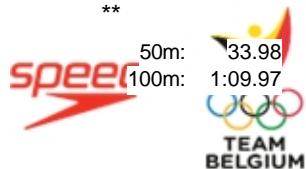
Championnats de Belgique 15-16/17-18/19+

CB-BK-CAT-WE2-50M-2024

Antwerpen, 26 - 28/7/2024

Programmanr./Epreuve 1, Dames/Dames, 400m vrije slag/Libre, Voorronde/Eliminatoire, 17 jaar en ouder/ans et plus

Rang		Geb.	Inschr.	Tijd/Temps	Pnt
3.	DECRAENE, Sioban	BEL 07 DM	4:28.56	<b>4:33.68</b>	636
	50m: 31.80 31.80	150m: 1:40.42 34.22	250m: 2:49.33 34.31	350m: 3:59.00 34.66	
	100m: 1:06.20 34.40	200m: 2:15.02 34.60	300m: 3:24.34 35.01	400m: 4:33.68 34.68	
4.	GRAHAM, Jil	BEL 06 HOZT	4:32.20	<b>4:36.85</b>	614
	50m: 32.48 32.48	150m: 1:41.96 34.66	250m: 2:51.69 35.00	350m: 4:02.52 34.81	
	100m: 1:07.30 34.82	200m: 2:16.69 34.73	300m: 3:27.71 36.02	400m: 4:36.85 34.33	
5.	CORNELISSEN, Anais	BEL 07 BRABO	4:28.64	<b>4:39.54</b>	597
	50m: 30.40 30.40	150m: 1:39.74 35.53	250m: 2:52.26 36.67	350m: 4:04.53 36.08	
	100m: 1:04.21 33.81	200m: 2:15.59 35.85	300m: 3:28.45 36.19	400m: 4:39.54 35.01	
6.	CAVADINI, Caroline	BEL 90 CNBA	4:37.52	<b>4:39.97</b>	594
	50m: 31.99 31.99	150m: 1:42.46 35.23	250m: 2:53.98 35.49	350m: 4:05.36 35.75	
	100m: 1:07.23 35.24	200m: 2:18.49 36.03	300m: 3:29.61 35.63	400m: 4:39.97 34.61	
7.	OVAERE, Luna	BEL 06 MZK	4:48.46	<b>4:40.96</b>	587
	50m: 32.07 32.07	150m: 1:42.41 35.46	250m: 2:53.79 35.61	350m: 4:05.99 36.15	
	100m: 1:06.95 34.88	200m: 2:18.18 35.77	300m: 3:29.84 36.05	400m: 4:40.96 34.97	
8.	DE BECKER, Aurore	BEL 07 DM	4:38.85	<b>4:42.78</b>	576
	50m: 32.36 32.36	150m: 1:43.03 35.28	250m: 2:55.08 35.95	350m: 4:07.11 35.72	
	100m: 1:07.75 35.39	200m: 2:19.13 36.10	300m: 3:31.39 36.31	400m: 4:42.78 35.67	
9.	PUISSANT, Lise	BEL 05 MHN	4:35.13	<b>4:43.56</b>	571
	50m: 31.72 31.72	150m: 1:40.75 34.97	250m: 2:53.16 36.92	350m: 4:07.50 37.12	
	100m: 1:05.78 34.06	200m: 2:16.24 35.49	300m: 3:30.38 37.22	400m: 4:43.56 36.06	
10.	BROUX, Elise	BEL 05 GZVN	4:44.67	<b>4:46.35</b>	555
	50m: 31.66 31.66	150m: 1:42.55 36.17	250m: 2:55.87 36.89	350m: 4:10.20 37.36	
	100m: 1:06.38 34.72	200m: 2:18.98 36.43	300m: 3:32.84 36.97	400m: 4:46.35 36.15	
11.	VASILESCU, Ioana	ROU 07 CNSW	4:46.75	<b>4:48.48</b>	543
	50m: 32.23 32.23	150m: 1:44.14 36.24	250m: 2:57.93 36.45	350m: 4:12.42 37.03	
	100m: 1:07.90 35.67	200m: 2:21.48 37.34	300m: 3:35.39 37.46	400m: 4:48.48 36.06	
12.	THEUWIS, Rune	BEL 02 DMB	4:42.78	<b>4:50.54</b>	531
**	50m: 32.10 32.10	150m: 1:44.84 37.01	250m: 2:59.61 37.12	350m: 4:14.48 37.11	
	100m: 1:07.83 35.73	200m: 2:22.49 37.65	300m: 3:37.37 37.76	400m: 4:50.54 36.06	
13.	DRIES, Sien	BEL 07 ZGEEL	4:50.21	<b>4:50.73</b>	530
**	50m: 32.55 32.55	150m: 1:45.43 36.69	250m: 2:59.92 37.28	350m: 4:14.23 37.17	
	100m: 1:08.74 36.19	200m: 2:22.64 37.21	300m: 3:37.06 37.14	400m: 4:50.73 36.50	
14.	OP DE BEECK, Elly	BEL 07 BRABO	4:46.50	<b>4:51.03</b>	529
**	50m: 32.78 32.78	150m: 1:45.52 36.74	250m: 2:59.59 37.12	350m: 4:14.27 37.62	
	100m: 1:08.78 36.00	200m: 2:22.47 36.95	300m: 3:36.65 37.06	400m: 4:51.03 36.76	
15.	PAVEL, Anna	USA 07 LAQUA	4:47.18	<b>4:52.41</b>	521
**	50m: 33.72 33.72	150m: 1:47.39 37.25	250m: 3:02.60 37.19	350m: 4:16.19 36.39	
	100m: 1:10.14 36.42	200m: 2:25.41 38.02	300m: 3:39.80 37.20	400m: 4:52.41 36.22	
16.	DE BECKER, Loren	BEL 07 ZS	4:42.90	<b>5:06.32</b>	453
**	50m: 33.98 33.98	150m: 1:47.61 37.64	250m: 3:05.66 39.06	350m: 4:26.74 Ad 41.03	
	100m: 1:09.97 35.99	200m: 2:26.60 38.99	300m: 3:45.71 40.05	400m: 5:06.32 39.58	



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