

Prova 1 Femin., 800m Livres Master Resultados
04/07/2024 - 15:00

Rec Nac Masters 50m M	59:00.00	,								
Rec Nac Masters 50m L	59:00.00	,								
Rec Nac Masters 50m K	15:54.26	BASTO, Luisa Bessone	SAD	Póvoa de Varzim	23/02/2019					
Rec Nac Masters 50m J	13:30.31	FERREIRA, Ana Maria	SAD	Póvoa de Varzim	22/02/2020					
Rec Nac Masters 50m I	13:05.16	FERREIRA, Ana Maria	SAD	London (GBR)	25/05/2016					
Rec Nac Masters 50m H	12:46.28	FERREIRA, Ana Maria	SAD	Riccione (ITA)	10/06/2012					
Rec Nac Masters 50m G	11:34.11	FERREIRA, Isabel Baptista	ADRCIMM	Coimbra	25/02/2024					
Rec Nac Masters 50m F	11:12.29	ROTHES, Ines Maria	CFP	S. Joao da Madeira	07/07/2023					
Rec Nac Masters 50m E	11:01.22	COUTINHO, Gisela Barbosa	CFP	Coimbra	25/02/2024					
Rec Nac Masters 50m D	10:27.37	GRILO, Ana Paula	INDALEN	Oeiras	01/07/2011					
Rec Nac Masters 50m C	9:30.91	GRILO, Ana Paula	UDCA	Stanford (USA)	04/08/2006					
Rec Nac Masters 50m B	9:37.05	GRILO, Ana Paula	UDCA	Millau (FRA)	26/08/2003					
Rec Nac Masters 50m A	10:12.96	LEITE, Ana Filipa	AAC	Oeiras	01/07/2011					

Lugar Nome TReac Licença Clube Tempo Final DSV Pts

Master A

1. RODRIGUES, Ana Margarida	103868	Galitos / Bresimar	11:13.06	553	9,00
100m: 1:15.60 1:15.60	300m: 4:02.18 1:24.48	500m: 6:52.89 1:25.85	700m: 9:47.76 1:28.00	800m: 11:13.06 1:25.30	
200m: 2:37.70 1:22.10	400m: 5:27.04 1:24.86	600m: 8:19.76 1:26.87			
2. SANTOS, Raquel Fernandes	111454	Natacao Masters de Almada	11:26.65	521	7,00
100m: 1:17.87 1:17.87	300m: 4:07.36 1:24.70	500m: 7:03.09 1:28.45	700m: 9:59.55 1:28.24	800m: 11:26.65 1:27.10	
200m: 2:42.66 1:24.79	400m: 5:34.64 1:27.28	600m: 8:31.31 1:28.22			
3. LOUSA, Irina Filipa	102467	Porto	11:54.03	463	6,00
100m: 1:19.30 1:19.30	300m: 4:08.42 1:26.09	500m: 7:07.37 1:29.81	700m: 10:27.27 1:26.70	800m: 11:54.03 1:26.76	
200m: 2:42.33 1:23.03	400m: 5:37.56 1:29.14	600m: 9:00.57 1:53.20			
4. OLIVEIRA, Ana Alexandra	104491	Natacao de Valongo	12:23.88	409	5,00
100m: 1:22.30 1:22.30	300m: 4:24.11 1:32.88	500m: 7:36.96 1:37.19	700m: 10:53.38 1:38.03	800m: 12:23.88 1:30.50	
200m: 2:51.23 1:28.93	400m: 5:59.77 1:35.66	600m: 9:15.35 1:38.39			
5. RODRIGUES, Ines Florencio	107522	Viana Natacao	13:08.50	344	4,00
100m: 1:32.37 1:32.37	300m: 4:49.59 1:38.89	500m: 8:09.39 1:40.75	700m: 11:30.57 1:40.45	800m: 13:08.50 1:37.93	
200m: 3:10.70 1:38.33	400m: 6:28.64 1:39.05	600m: 9:50.12 1:40.73			
6. FERNANDES, Alexia Alves	201754	Natacao de Valongo	13:08.71	343	3,00
100m: 1:33.33 1:33.33	300m: 4:50.06 1:38.29	500m: 8:09.85 1:40.62	700m: 11:30.74 1:40.17	800m: 13:08.71 1:37.97	
200m: 3:11.77 1:38.44	400m: 6:29.23 1:39.17	600m: 9:50.57 1:40.72			

Master B

1. NEVES, Vania Soares	12380	Viana Natacao	10:07.54	804	9,00
100m: 1:11.61 1:11.61	300m: 3:43.55 1:16.34	500m: 6:16.52 1:16.29	700m: 8:51.73 1:18.36	800m: 10:07.54 1:15.81	
200m: 2:27.21 1:15.60	400m: 5:00.23 1:16.68	600m: 7:33.37 1:16.85			
2. BERNARDINO, C.	25420	Fluvial Portuense	11:46.48	511	7,00
100m: 1:22.86 1:22.86	300m: 4:19.61 1:28.86	500m: 7:18.87 1:29.88	700m: 10:19.65 1:30.20	800m: 11:46.48 1:26.83	
200m: 2:50.75 1:27.89	400m: 5:48.99 1:29.38	600m: 8:49.45 1:30.58			
3. LEITE, Teresa Sofia	13596	Sporting Clube Sao Joao Ver	12:01.77	479	6,00
100m: 1:23.56 1:23.56	300m: 4:27.70 1:32.09	500m: 7:33.01 1:33.24	700m: 10:36.14 1:29.79	800m: 12:01.77 1:25.63	
200m: 2:55.61 1:32.05	400m: 5:59.77 1:32.07	600m: 9:06.35 1:33.34			
4. JORDAO, Marta Isabel	15630	Famalicao	12:07.54	468	5,00
100m: 1:24.42 1:24.42	300m: 4:23.02 1:29.98	500m: 7:27.83 1:32.99	700m: 10:35.58 1:34.01	800m: 12:07.54 1:31.96	
200m: 2:53.04 1:28.62	400m: 5:54.84 1:31.82	600m: 9:01.57 1:33.74			
5. PEREIRA, Solange Ramalho	101900	Ba-Leiria	12:34.46	420	4,00
100m: 1:28.39 1:28.39	300m: 4:35.74 1:33.73	500m: 7:47.07 1:35.89	700m: 10:59.69 1:35.90	800m: 12:34.46 1:34.77	
200m: 3:02.01 1:33.62	400m: 6:11.18 1:35.44	600m: 9:23.79 1:36.72			

Prova 1, Femin., 800m Livres, Master B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	SALVADO, Catarina Pereira		217757	Ba-Leiria	14:22.78	280	3,00
	100m: 1:44.30 1:44.30	300m: 5:24.61		1:50.56 500m: 8:58.68 1:45.87	700m: 12:39.12	1:50.46	
	200m: 3:34.05 1:49.75	400m: 7:12.81		1:48.20 600m: 10:48.66 1:49.98	800m: 14:22.78	1:43.66	

Master C

1.	ALVES, Joana Isabel		130453	Universitario do Porto	11:48.86	538	9,00
	100m: 1:22.99 1:22.99	300m: 4:20.93		1:30.06 500m: 7:21.93 1:30.32	700m: 10:22.91	1:30.50	
	200m: 2:50.87 1:27.88	400m: 5:51.61		1:30.68 600m: 8:52.41 1:30.48	800m: 11:48.86	1:25.95	
2.	RODRIGUES, Sara Daniela		12281	Galitos / Bresimar	12:24.74	464	7,00
	100m: 1:27.00 1:27.00	300m: 4:31.09		1:33.05 500m: 7:41.18 1:35.55	700m: 10:52.65	1:35.24	
	200m: 2:58.04 1:31.04	400m: 6:05.63		1:34.54 600m: 9:17.41 1:36.23	800m: 12:24.74	1:32.09	
3.	PIRES, Rafaela Barreiros		13418	Braga	13:05.70	395	6,00
	100m: 1:30.18 1:30.18	300m: 4:44.69		1:37.88 500m: 8:04.52 1:39.87	700m: 11:26.05	1:41.18	
	200m: 3:06.81 1:36.63	400m: 6:24.65		1:39.96 600m: 9:44.87 1:40.35	800m: 13:05.70	1:39.65	
4.	PINTO, Rita Loureiro		131353	Ginasio Clube Portugues	13:31.94	358	5,00
	100m: 1:34.77 1:34.77	300m: 4:57.67		1:42.46 500m: 8:24.08 1:43.29	700m: 11:51.11	1:43.81	
	200m: 3:15.21 1:40.44	400m: 6:40.79		1:43.12 600m: 10:07.30 1:43.22	800m: 13:31.94	1:40.83	
5.	LEMONS, Caroline Macaira		221977	Sporting Clube de Aveiro	14:38.45	283	4,00
	100m: 1:40.56 1:40.56	300m: 5:23.44		1:52.99 500m: 9:10.84 1:53.12	700m: 12:52.79	1:49.71	
	200m: 3:30.45 1:49.89	400m: 7:17.72		1:54.28 600m: 11:03.08 1:52.24	800m: 14:38.45	1:45.66	
6.	REIS, Filipa Isabel		153141	Leixoes Sport Club	14:50.93	271	3,00
	100m: 1:44.52 1:44.52	300m: 5:29.88		1:53.59 500m: 9:18.04 1:53.47	700m: 13:02.91	1:50.89	
	200m: 3:36.29 1:51.77	400m: 7:24.57		1:54.69 600m: 11:12.02 1:53.98	800m: 14:50.93	1:48.02	
7.	PASCOAL, Rita Fernandes		213206	CNLeiria	14:57.13	265	2,00
	100m: 1:42.29 1:42.29	300m: 5:30.79		1:54.27 500m: 9:17.25 1:53.55	700m: 13:03.67	1:53.47	
	200m: 3:36.52 1:54.23	400m: 7:23.70		1:52.91 600m: 11:10.20 1:52.95	800m: 14:57.13	1:53.46	

Master D

1.	OLIVEIRA, Ana Mafalda		23193	Natacao da Maia	12:45.43	453	9,00
	100m: 1:28.02 1:28.02	300m: 4:40.76		1:37.36 500m: 7:56.75 1:37.81	700m: 11:09.71	1:36.45	
	200m: 3:03.40 1:35.38	400m: 6:18.94		1:38.18 600m: 9:33.26 1:36.51	800m: 12:45.43	1:35.72	
2.	REBOCHO, Mariana Sarmiento		103405	Fluvial Portuense	12:46.80	450	7,00
	100m: 1:30.67 1:30.67	300m: 4:45.78		1:38.02 500m: 7:59.89 1:36.02	700m: 11:14.50	1:36.37	
	200m: 3:07.76 1:37.09	400m: 6:23.87		1:38.09 600m: 9:38.13 1:38.24	800m: 12:46.80	1:32.30	
3.	ARENAS, Lina Orrego		211228	Porto	12:53.04	440	6,00
	100m: 1:32.53 1:32.53	300m: 4:50.98		1:39.62 500m: 8:08.18 1:38.17	700m: 11:20.91	1:36.19	
	200m: 3:11.36 1:38.83	400m: 6:30.01		1:39.03 600m: 9:44.72 1:36.54	800m: 12:53.04	1:32.13	
4.	ERVILHA, Joana Antunes		13980	CNLeiria	13:17.90	400	5,00
	100m: 1:33.60 1:33.60	300m: 4:54.06		1:41.39 500m: 8:16.47 1:40.95	700m: 11:40.16	1:42.64	
	200m: 3:12.67 1:39.07	400m: 6:35.52		1:41.46 600m: 9:57.52 1:41.05	800m: 13:17.90	1:37.74	
5.	NEVES, Isabel Carolina		202850	Fluvial Portuense	15:03.47	275	4,00
	100m: 1:45.70 1:45.70	300m: 5:34.44		1:55.73 500m: 9:26.55 1:55.83	700m: 13:15.18	1:52.98	
	200m: 3:38.71 1:53.01	400m: 7:30.72		1:56.28 600m: 11:22.20 1:55.65	800m: 15:03.47	1:48.29	
6.	LEITE, Joana Isabel		130666	Fluvial Portuense	19:28.88	127	3,00
	100m: 2:13.57 2:13.57	300m: 7:08.08		2:29.24 500m: 12:07.48 2:29.43	700m: 17:03.93	2:27.74	
	200m: 4:38.84 2:25.27	400m: 9:38.05		2:29.97 600m: 14:36.19 2:28.71	800m: 19:28.88	2:24.95	

Prova 1, Femin., 800m Livres

Master E

1. COUTINHO, Gisela Barbosa <i>Rec Nacional</i>	211764	Fluvial Portuense	10:52.66	704	9,00
100m: 1:16.25 1:16.25	300m: 3:59.92 1:22.76	500m: 6:46.87 1:23.53	700m: 9:33.49 1:23.50		
200m: 2:37.16 1:20.91	400m: 5:23.34 1:23.42	600m: 8:09.99 1:23.12	800m: 10:52.66 1:19.17		
2. PARAMIO, Maria Luz	206727	Naval de Ponta Delgada	12:48.48	431	7,00
100m: 1:30.08 1:30.08	300m: 4:41.11 1:36.64	500m: 7:57.57 1:38.49	700m: 11:14.17 1:37.84		
200m: 3:04.47 1:34.39	400m: 6:19.08 1:37.97	600m: 9:36.33 1:38.76	800m: 12:48.48 1:34.31		
3. BARBARA, Sandra Santa	104504	Ginasio Sto. Tirso	12:49.33	429	6,00
100m: 1:26.24 1:26.24	300m: 4:36.33 1:36.61	500m: 7:53.35 1:38.70	700m: 11:13.34 1:40.96		
200m: 2:59.72 1:33.48	400m: 6:14.65 1:38.32	600m: 9:32.38 1:39.03	800m: 12:49.33 1:35.99		
4. CAVALEIRO, Joana Margarida	209719	Ginasio Clube Figueirense	13:47.58	345	5,00
100m: 1:30.81 1:30.81	300m: 4:54.88 1:43.41	500m: 8:28.06 1:47.14	700m: 12:03.69 1:47.27		
200m: 3:11.47 1:40.66	400m: 6:40.92 1:46.04	600m: 10:16.42 1:48.36	800m: 13:47.58 1:43.89		
5. CAMPBELL, M.	221383	Naval de Ponta Delgada	15:35.49	239	4,00
100m: 1:41.04 1:41.04	300m: 5:40.55 2:02.10	500m: 9:41.87 1:59.35	700m: 13:41.48 1:58.57		
200m: 3:38.45 1:57.41	400m: 7:42.52 2:01.97	600m: 11:42.91 2:01.04	800m: 15:35.49 1:54.01		
6. MARTINS, Ana Maria	123246	Sporting Clube de Aveiro	15:47.98	229	3,00
100m: 1:55.03 1:55.03	300m: 5:56.47 2:00.49	500m: 9:57.78 2:00.76	700m: 13:56.67 1:58.75		
200m: 3:55.98 2:00.95	400m: 7:57.02 2:00.55	600m: 11:57.92 2:00.14	800m: 15:47.98 1:51.31		
7. MESQUITA, Isabel Maria	222704	Natacao de Valongo	19:33.06	121	2,00
100m: 2:08.18 2:08.18	300m: 7:05.79 2:30.47	500m: 12:05.31 2:30.24	700m: 17:08.87 2:32.15		
200m: 4:35.32 2:27.14	400m: 9:35.07 2:29.28	600m: 14:36.72 2:31.41	800m: 19:33.06 2:24.19		

Master F

1. ROTHES, Ines Maria	124731	Fluvial Portuense	11:29.02	635	9,00
100m: 1:17.82 1:17.82	300m: 4:08.70 1:26.03	500m: 7:04.78 1:28.73	700m: 10:01.32 1:28.04		
200m: 2:42.67 1:24.85	400m: 5:36.05 1:27.35	600m: 8:33.28 1:28.50	800m: 11:29.02 1:27.70		
2. PALHARES, Daniela Maria	209005	Fluvial Portuense	13:40.00	377	7,00
100m: 1:33.53 1:33.53	300m: 5:00.31 1:44.31	500m: 8:30.73 1:45.43	700m: 12:00.03 1:44.39		
200m: 3:16.00 1:42.47	400m: 6:45.30 1:44.99	600m: 10:15.64 1:44.91	800m: 13:40.00 1:39.97		
3. COSTA, Marta Sofia	206938	Universitario do Porto	13:40.41	376	6,00
100m: 1:34.81 1:34.81	300m: 4:57.62 1:42.18	500m: 8:25.48 1:44.33	700m: 11:57.14 1:45.81		
200m: 3:15.44 1:40.63	400m: 6:41.15 1:43.53	600m: 10:11.33 1:45.85	800m: 13:40.41 1:43.27		
4. BLANCO, Catarina Araujo	124701	Fluvial Portuense	14:01.19	349	5,00
100m: 1:43.99 1:43.99	300m: 5:17.93 1:46.16	500m: 8:48.14 1:45.22	700m: 12:19.98 1:45.24		
200m: 3:31.77 1:47.78	400m: 7:02.92 1:44.99	600m: 10:34.74 1:46.60	800m: 14:01.19 1:41.21		
5. FERREIRA, Maria Manuela	130114	Vitoria Sport Clube	14:04.45	345	4,00
100m: 1:36.30 1:36.30	300m: 5:06.55 1:45.74	500m: 8:40.98 1:47.93	700m: 12:19.21 1:49.47		
200m: 3:20.81 1:44.51	400m: 6:53.05 1:46.50	600m: 10:29.74 1:48.76	800m: 14:04.45 1:45.24		
6. SANTINHA, Fernanda Maria	100478	Natacao Masters de Almada	14:30.34	315	3,00
100m: 1:43.47 1:43.47	300m: 5:23.07 1:50.97	500m: 9:01.65 1:49.70	700m: 12:41.46 1:50.29		
200m: 3:32.10 1:48.63	400m: 7:11.95 1:48.88	600m: 10:51.17 1:49.52	800m: 14:30.34 1:48.88		
7. SANTOS, Maria Paula	215339	Natacao de Valongo	15:41.12	249	2,00
100m: 1:52.30 1:52.30	300m: 5:53.71 1:59.67	500m: 9:54.48 2:00.12	700m: 13:49.80 1:56.79		
200m: 3:54.04 2:01.74	400m: 7:54.36 2:00.65	600m: 11:53.01 1:58.53	800m: 15:41.12 1:51.32		
8. AUGUSTO, Isabel Reis	222298	Naval de Ponta Delgada	16:49.87	201	1,00
100m: 1:53.91 1:53.91	300m: 6:04.40 2:07.16	500m: 10:18.09 2:07.23	700m: 14:43.94 2:17.24		
200m: 3:57.24 2:03.33	400m: 8:10.86 2:06.46	600m: 12:26.70 2:08.61	800m: 16:49.87 2:05.93		

Prova 1, Femin., 800m Livres, Master F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
9.	PEREIRA, Manuela Ribeiro		211409	Ba-Leiria	17:25.11	182	-
	100m: 2:00.92 2:00.92	300m: 6:21.87	2:12.37	500m: 10:44.32	2:10.87	700m: 15:13.95	2:16.00
	200m: 4:09.50 2:08.58	400m: 8:33.45	2:11.58	600m: 12:57.95	2:13.63	800m: 17:25.11	2:11.16

Master G

1.	FERREIRA, Isabel Baptista <i>Rec Nacional</i>		119605	Adrcimm	11:23.82	692	9,00
	100m: 1:22.77 1:22.77	300m: 4:16.20	1:26.59	500m: 7:07.63	1:25.16	700m: 9:59.31	1:25.82
	200m: 2:49.61 1:26.84	400m: 5:42.47	1:26.27	600m: 8:33.49	1:25.86	800m: 11:23.82	1:24.51
2.	BRANDAO, Maria Teresa		108037	Fluvial Portuense	12:00.42	592	7,00
	100m: 1:24.76 1:24.76	300m: 4:23.82	1:29.97	500m: 7:26.35	1:31.70	700m: 10:29.98	1:31.75
	200m: 2:53.85 1:29.09	400m: 5:54.65	1:30.83	600m: 8:58.23	1:31.88	800m: 12:00.42	1:30.44
3.	SEQUEIRA, Ana Paula		124853	Gafanha da Encarnacao	14:17.93	350	6,00
	100m: 1:37.58 1:37.58	300m: 5:12.59	1:48.76	500m: 8:52.19	1:49.76	700m: 12:32.64	1:49.07
	200m: 3:23.83 1:46.25	400m: 7:02.43	1:49.84	600m: 10:43.57	1:51.38	800m: 14:17.93	1:45.29
4.	REIS, Margarida Bleck		210540	Fluvial Portuense	14:24.22	342	5,00
	100m: 1:41.04 1:41.04	300m: 5:19.66	1:49.79	500m: 8:59.88	1:50.47	700m: 12:38.39	1:49.20
	200m: 3:29.87 1:48.83	400m: 7:09.41	1:49.75	600m: 10:49.19	1:49.31	800m: 14:24.22	1:45.83
5.	MARTINS, Delfina Maria		117387	Ginasio Sto. Tirso	17:20.04	196	4,00
	100m: 2:02.44 2:02.44	300m: 6:23.83	2:11.09	500m: 10:44.41	2:09.81	700m: 15:09.99	2:13.78
	200m: 4:12.74 2:10.30	400m: 8:34.60	2:10.77	600m: 12:56.21	2:11.80	800m: 17:20.04	2:10.05

Master H

1.	OSORIO, Maria Claudia		219153	Fluvial Portuense	13:16.91	698	9,00
	100m: 1:31.14 1:31.14	300m: 4:50.79	1:39.68	500m: 8:12.63	1:41.50	700m: 11:37.88	1:43.08
	200m: 3:11.11 1:39.97	400m: 6:31.13	1:40.34	600m: 9:54.80	1:42.17	800m: 13:16.91	1:39.03
2.	BOGDANSKI, Fatima Auler		222488	Sport Alges e Dafundo	14:07.43	581	7,00
	100m: 1:30.04 1:30.04	300m: 4:52.51	1:42.30	500m: 8:22.71	1:46.91	700m: 12:08.81	1:54.03
	200m: 3:10.21 1:40.17	400m: 6:35.80	1:43.29	600m: 10:14.78	1:52.07	800m: 14:07.43	1:58.62
3.	CANINAS, Maria Madalena		108658	Natacao Masters de Almada	15:45.89	417	6,00
	100m: 1:50.53 1:50.53	300m: 5:53.59	2:02.75	500m: 9:57.18	2:01.46	700m: 13:54.09	1:58.85
	200m: 3:50.84 2:00.31	400m: 7:55.72	2:02.13	600m: 11:55.24	1:58.06	800m: 15:45.89	1:51.80
4.	NETO, Maria Manuela		102090	Natacao da Maia	15:48.02	415	5,00
	100m: 1:49.51 1:49.51	300m: 5:53.37	2:01.06	500m: 9:53.40	1:59.47	700m: 13:53.54	1:59.35
	200m: 3:52.31 2:02.80	400m: 7:53.93	2:00.56	600m: 11:54.19	2:00.79	800m: 15:48.02	1:54.48
5.	WERNICKE, Maria Giraldo		210543	Fluvial Portuense	16:15.59	380	4,00
	100m: 1:53.10 1:53.10	300m: 5:58.98	2:04.20	500m: 10:06.48	2:02.91	700m: 14:14.31	2:03.62
	200m: 3:54.78 2:01.68	400m: 8:03.57	2:04.59	600m: 12:10.69	2:04.21	800m: 16:15.59	2:01.28

Master I

1.	OLIVEIRA, Maria Teresa		10538	Academica de Coimbra	15:08.39	549	9,00
	100m: 1:52.96 1:52.96	300m: 5:42.62	1:54.65	500m: 9:31.16	1:55.34	700m: 13:19.63	1:53.20
	200m: 3:47.97 1:55.01	400m: 7:35.82	1:53.20	600m: 11:26.43	1:55.27	800m: 15:08.39	1:48.76
2.	SILVA, Maria Luisa		222132	Fluvial Portuense	23:14.03	151	7,00
	100m: 2:40.11 2:40.11	300m: 8:35.06	2:59.13	500m: 14:30.99	2:58.36	700m: 20:22.37	2:55.08
	200m: 5:35.93 2:55.82	400m: 11:32.63	2:57.57	600m: 17:27.29	2:56.30	800m: 23:14.03	2:51.66

Prova 1, Femin., 800m Livres

Master J

1. SILVA, Marilia Laura	131783	Fluvial Portuense	22:23.02	204	9,00
100m: 2:40.13 2:40.13	300m: 8:14.84 2:48.32	500m: 13:54.30 2:50.59	700m: 19:35.69 2:50.18		
200m: 5:26.52 2:46.39	400m: 11:03.71 2:48.87	600m: 16:45.51 2:51.21	800m: 22:23.02 2:47.33		