

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 10 Femin., 400m Estilos Absolutos
12/07/2024 - 19:20 Resultados

| | | | | | |
|----------------|---------|-------------------------|-------|------------------|------------|
| Rec Nac Open | 4:40.11 | KAMINSKAYA, Victoria | POR | Pontevedra (ESP) | 09/04/2017 |
| Rec Nac Sen | 4:40.11 | KAMINSKAYA, Victoria | POR | Pontevedra (ESP) | 09/04/2017 |
| Rec Nac Jun 17 | 4:52.12 | KAMINSKAYA, Victoria | PIMP | Oeiras | 27/07/2012 |
| Rec Nac Jun 16 | 4:54.00 | ROCHA, Ines Neto | SANNP | Gijón (ESP) | 20/05/2017 |
| Rec Nac Juv A | 4:58.08 | DURAES, Diana Margarida | FOCA | Povoa de Varzim | 05/08/2011 |
| Rec Nac Juv B | 5:01.00 | ROCHA, Ines Neto | CAP | Coimbra | 24/07/2015 |

JUV_B_Fem Juv B 50m: 5:47.19 - 25m: 5:37.05 / JUV_A_Fem Juv A 50m: 5:39.15 - 25m: 5:29.24 / JUN_16_Fem Jun 16 50m: 5:31.11 - 25m: 5:21.44 / JUN_17_Fem Jun 17 50m: 5:29.51 - 25m: 5:19.88 / SEN_1º ANO_Fem Sen 1 50m: 5:23.08 - 25m: 5:13.64 / SEN_Fem Sen + 50m: 5:21.47 - 25m: 5:12.08

Pontos: FINA 2024

| Lugar | Nome | Ano | Nac | Clube | TFinal | TReac | AQUA |
|----------------|-----------------------------|---------------------|---------------------|-----------------------------|----------------|-------|------|
| Juvenis | | | | | | | |
| 1. | RODRIGUES, Teresa Isabel | 09 | POR | Foca Quinta Da Lixa - Cnf | 5:19.56 | | 575 |
| | 50m: 34.20 34.20 | 150m: 1:55.90 42.33 | 250m: 3:21.66 44.96 | 350m: 4:44.04 36.92 | | | |
| | 100m: 1:13.57 39.37 | 200m: 2:36.70 40.80 | 300m: 4:07.12 45.46 | 400m: 5:19.56 35.52 | | | |
| 2. | AMBRUS, Beatriz Alves | 09 | POR | Porto | 5:20.96 | +0,72 | 568 |
| | 50m: 33.87 33.87 | 150m: 1:52.84 40.67 | 250m: 3:19.24 45.96 | 350m: 4:44.10 38.02 | | | |
| | 100m: 1:12.17 38.30 | 200m: 2:33.28 40.44 | 300m: 4:06.08 46.84 | 400m: 5:20.96 36.86 | | | |
| 3. | SIMOES, Maria Neto | 10 | POR | Condeixa Aqua Clube | 5:25.51 | +0,42 | 544 |
| | 50m: 32.03 32.03 | 150m: 1:54.03 43.69 | 250m: 3:23.52 46.78 | 350m: 4:49.86 38.27 | | | |
| | 100m: 1:10.34 38.31 | 200m: 2:36.74 42.71 | 300m: 4:11.59 48.07 | 400m: 5:25.51 35.65 | | | |
| 4. | CUNHA, Maria Rita | 10 | POR | Colegio Efanor | 5:26.28 | +0,69 | 541 |
| | 50m: 34.54 34.54 | 150m: 1:55.60 41.20 | 250m: 3:22.92 47.28 | 350m: 4:49.45 38.06 | | | |
| | 100m: 1:14.40 39.86 | 200m: 2:35.64 40.04 | 300m: 4:11.39 48.47 | 400m: 5:26.28 36.83 | | | |
| 5. | AZEVEDO, Constanca Lourenco | 10 | POR | Lagoa Academico Clube | 5:29.39 | +0,87 | 525 |
| | 50m: 34.86 34.86 | 150m: 1:56.57 41.88 | 250m: 3:25.67 48.82 | 350m: 4:52.40 37.93 | | | |
| | 100m: 1:14.69 39.83 | 200m: 2:36.85 40.28 | 300m: 4:14.47 48.80 | 400m: 5:29.39 36.99 | | | |
| 6. | BRAS, Raquel Sofia | 09 | POR | Clube Futebol Os Belenenses | 5:29.51 | +0,75 | 525 |
| | 50m: 33.86 33.86 | 150m: 1:57.72 44.41 | 250m: 3:27.64 47.16 | 350m: 4:52.69 37.72 | | | |
| | 100m: 1:13.31 39.45 | 200m: 2:40.48 42.76 | 300m: 4:14.97 47.33 | 400m: 5:29.51 36.82 | | | |
| 7. | BRANCO, Francisca Sousa | 10 | POR | Porto | 5:31.77 | +0,77 | 514 |
| | 50m: 34.13 34.13 | 150m: 1:59.29 46.32 | 250m: 3:29.15 46.63 | 350m: 4:55.68 37.46 | | | |
| | 100m: 1:12.97 38.84 | 200m: 2:42.52 43.23 | 300m: 4:18.22 49.07 | 400m: 5:31.77 36.09 | | | |
| 8. | MARTINS, Carolina Correia | 09 | POR | Porto | 5:32.81 | +0,83 | 509 |
| | 50m: 35.03 35.03 | 150m: 2:00.05 44.88 | 250m: 3:30.01 47.50 | 350m: 4:56.29 37.09 | | | |
| | 100m: 1:15.17 40.14 | 200m: 2:42.51 42.46 | 300m: 4:19.20 49.19 | 400m: 5:32.81 36.52 | | | |
| 9. | MATEUS, Eleine Vieira | 09 | POR | Clube Desportivo Nacional | 5:33.14 | +0,77 | 508 |
| | 50m: 33.01 33.01 | 150m: 1:54.32 42.72 | 250m: 3:26.09 50.04 | 350m: 4:55.59 38.70 | | | |
| | 100m: 1:11.60 38.59 | 200m: 2:36.05 41.73 | 300m: 4:16.89 50.80 | 400m: 5:33.14 37.55 | | | |
| 10. | MARGARIDO, Paula Aguiar | 09 | POR | Juventude Atlantico Clube | 5:34.52 | +0,81 | 502 |
| | 50m: 36.00 36.00 | 150m: 2:00.17 41.61 | 250m: 3:30.09 48.44 | 350m: 4:56.99 37.82 | | | |
| | 100m: 1:18.56 42.56 | 200m: 2:41.65 41.48 | 300m: 4:19.17 49.08 | 400m: 5:34.52 37.53 | | | |
| 11. | GANTE, Maria Ines | 10 | POR | Cnac | 5:39.79 | +0,69 | 479 |
| | 50m: 35.36 35.36 | 150m: 2:00.00 44.45 | 250m: 3:32.72 49.04 | 350m: 5:01.39 38.95 | | | |
| | 100m: 1:15.55 40.19 | 200m: 2:43.68 43.68 | 300m: 4:22.44 49.72 | 400m: 5:39.79 38.40 | | | |

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Oeiras, 12 - 14/7/2024

Prova 10, Femin., 400m Estilos, Juvenis

| Lugar | Nome | Ano | Nac | Clube | TFinal | TReac | AQUA |
|-------|---|---------------|-------|----------------------------|----------------|---------------|-------|
| 12. | NOGUEIRA, Ana Laura | 10 | POR | Braga | 5:40.58 | | 475 |
| | 50m: 34.78 34.78 | 150m: 2:00.63 | 45.64 | 250m: 3:34.18 | 49.87 | 350m: 5:02.97 | 38.78 |
| | 100m: 1:14.99 40.21 | 200m: 2:44.31 | 43.68 | 300m: 4:24.19 | 50.01 | 400m: 5:40.58 | 37.61 |
| 13. | VIEIRA, Matilde Santos | 10 | POR | Nautico Marinha Grande | 5:41.03 | +0,67 | 473 |
| | 50m: 34.25 34.25 | 150m: 2:02.44 | 47.13 | 250m: 3:35.69 | 48.30 | 350m: 5:03.91 | 38.52 |
| | 100m: 1:15.31 41.06 | 200m: 2:47.39 | 44.95 | 300m: 4:25.39 | 49.70 | 400m: 5:41.03 | 37.12 |
| 14. | BATISTA, Beatriz Ferreira | 09 | POR | CPCD | 5:42.12 | +0,75 | 469 |
| | <i>FTL</i> | | | | | | |
| | 50m: 35.01 35.01 | 150m: 2:00.46 | 44.30 | 250m: 3:31.88 | 47.76 | 350m: 5:02.48 | 41.28 |
| | 100m: 1:16.16 41.15 | 200m: 2:44.12 | 43.66 | 300m: 4:21.20 | 49.32 | 400m: 5:42.12 | 39.64 |
| 15. | NETO, Maria Ines | 09 | POR | Bombeiros de Ponta Delgada | 5:46.79 | +0,97 | 450 |
| | <i>FTL</i> | | | | | | |
| | 50m: 34.95 34.95 | 150m: 2:02.06 | 46.64 | 250m: 3:36.76 | 49.35 | 350m: 5:07.20 | 40.72 |
| | 100m: 1:15.42 40.47 | 200m: 2:47.41 | 45.35 | 300m: 4:26.48 | 49.72 | 400m: 5:46.79 | 39.59 |
| 16. | PIMENTEL, Eduarda Dias | 10 | POR | Porto | 5:47.56 | | 447 |
| | <i>FTL</i> | | | | | | |
| | 50m: 37.26 37.26 | 150m: 2:05.61 | 45.81 | 250m: 3:39.13 | 48.21 | 350m: 5:09.34 | 40.83 |
| | 100m: 1:19.80 42.54 | 200m: 2:50.92 | 45.31 | 300m: 4:28.51 | 49.38 | 400m: 5:47.56 | 38.22 |
| 17. | ROSA, Clara Sofia | 10 | POR | Clube Desportivo Nacional | 5:48.08 | | 445 |
| | <i>FTL</i> | | | | | | |
| | 50m: 35.99 35.99 | 150m: 2:04.49 | 47.40 | 250m: 3:39.03 | 49.72 | 350m: 5:09.12 | 39.29 |
| | 100m: 1:17.09 41.10 | 200m: 2:49.31 | 44.82 | 300m: 4:29.83 | 50.80 | 400m: 5:48.08 | 38.96 |
| 18. | CARDEAL, Leonor Nunes | 10 | POR | Individual ANCNP | 5:52.78 | +0,88 | 428 |
| | <i>FTL</i> | | | | | | |
| | 50m: 34.44 34.44 | 150m: 2:05.61 | 46.26 | 250m: 3:39.00 | 48.03 | 350m: 5:12.71 | 40.82 |
| | 100m: 1:19.35 44.91 | 200m: 2:50.97 | 45.36 | 300m: 4:31.89 | 52.89 | 400m: 5:52.78 | 40.07 |
| 19. | SILVA, Marta Oliveira | 09 | POR | Sanjoanense/FEPSA | 5:58.27 | +0,86 | 408 |
| | <i>FTL</i> | | | | | | |
| | 50m: 34.36 34.36 | 150m: 2:06.07 | 49.30 | 250m: 3:44.97 | 52.59 | 350m: 5:16.92 | 41.09 |
| | 100m: 1:16.77 42.41 | 200m: 2:52.38 | 46.31 | 300m: 4:35.83 | 50.86 | 400m: 5:58.27 | 41.35 |
| DSQ | TOMAS, Constanca Baptista | 09 | POR | Alcobaca | | | |
| | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 metros - SW 7.6</i> | | | | | | |
| DSQ | GOMES, Rita Braga | 10 | POR | Sporting | | | |
| | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 metros - SW 7.6</i> | | | | | | |

Campeonato Nacional de Juvenis, Juniores e Seniores
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Prova 10, Femin., 400m Estilos

Juniores

| | | | | | | |
|--------------------------------|---------------|-------|-----------------------------|----------------|---------------|-------|
| 1. ALMEIDA, Maria Emilia | 07 | POR | Colegio Efanor | 5:17.30 | | 588 |
| 50m: 32.44 32.44 | 150m: 1:49.44 | 40.16 | 250m: 3:17.95 | 48.17 | 350m: 4:42.40 | 36.40 |
| 100m: 1:09.28 36.84 | 200m: 2:29.78 | 40.34 | 300m: 4:06.00 | 48.05 | 400m: 5:17.30 | 34.90 |
| 2. FERREIRA, Constanca Santos | 08 | POR | Sport Alges e Dafundo | 5:17.87 | +0,75 | 585 |
| 50m: 32.26 32.26 | 150m: 1:50.59 | 40.95 | 250m: 3:15.84 | 44.93 | 350m: 4:40.78 | 38.65 |
| 100m: 1:09.64 37.38 | 200m: 2:30.91 | 40.32 | 300m: 4:02.13 | 46.29 | 400m: 5:17.87 | 37.09 |
| 3. PINTO, Margarida Vieira | 07 | POR | Braga | 5:18.04 | +0,79 | 584 |
| 50m: 33.08 33.08 | 150m: 1:54.81 | 42.26 | 250m: 3:20.19 | 44.59 | 350m: 4:43.05 | 36.75 |
| 100m: 1:12.55 39.47 | 200m: 2:35.60 | 40.79 | 300m: 4:06.30 | 46.11 | 400m: 5:18.04 | 34.99 |
| 4. SILVA, Nuria Soares | 07 | POR | Sporting Clube Sao Joao Ver | 5:18.98 | +0,85 | 579 |
| 50m: 31.90 31.90 | 150m: 1:53.67 | 43.56 | 250m: 3:21.09 | 45.48 | 350m: 4:43.01 | 36.53 |
| 100m: 1:10.11 38.21 | 200m: 2:35.61 | 41.94 | 300m: 4:06.48 | 45.39 | 400m: 5:18.98 | 35.97 |
| 5. RODRIGUES, Laura Sofia | 07 | POR | Juventude Atlantico Clube | 5:20.03 | +0,81 | 573 |
| 50m: 33.80 33.80 | 150m: 1:54.42 | 41.20 | 250m: 3:20.64 | 44.94 | 350m: 4:43.16 | 37.68 |
| 100m: 1:13.22 39.42 | 200m: 2:35.70 | 41.28 | 300m: 4:05.48 | 44.84 | 400m: 5:20.03 | 36.87 |
| 6. ALVES, Catarina Alexandra | 07 | POR | Gesloures | 5:23.64 | +0,73 | 554 |
| 50m: 32.31 32.31 | 150m: 1:51.52 | 42.52 | 250m: 3:21.26 | 48.12 | 350m: 4:46.98 | 38.03 |
| 100m: 1:09.00 36.69 | 200m: 2:33.14 | 41.62 | 300m: 4:08.95 | 47.69 | 400m: 5:23.64 | 36.66 |
| 7. VIEIRA, Ana Beatriz | 07 | POR | Foca Quinta Da Lixa - Cnf | 5:23.85 | +0,73 | 553 |
| 50m: 32.78 32.78 | 150m: 1:55.28 | 44.06 | 250m: 3:25.34 | 45.85 | 350m: 4:48.35 | 35.47 |
| 100m: 1:11.22 38.44 | 200m: 2:39.49 | 44.21 | 300m: 4:12.88 | 47.54 | 400m: 5:23.85 | 35.50 |
| 8. CRUZ, Laura Maria | 07 | POR | Adrcimm | 5:24.06 | +0,66 | 552 |
| 50m: 35.77 35.77 | 150m: 1:57.25 | 41.17 | 250m: 3:24.47 | 47.66 | 350m: 4:48.59 | 37.91 |
| 100m: 1:16.08 40.31 | 200m: 2:36.81 | 39.56 | 300m: 4:10.68 | 46.21 | 400m: 5:24.06 | 35.47 |
| 9. GOMES, Francisca Martins | 07 | POR | Porto | 5:29.01 | +0,87 | 527 |
| 50m: 33.57 33.57 | 150m: 1:58.22 | 45.05 | 250m: 3:26.76 | 46.02 | 350m: 4:50.89 | 38.45 |
| 100m: 1:13.17 39.60 | 200m: 2:40.74 | 42.52 | 300m: 4:12.44 | 45.68 | 400m: 5:29.01 | 38.12 |
| 10. RODRIGUES, Leonor Carreiro | 07 | POR | Benfica | 5:29.84 | +0,71 | 523 |
| <i>FTL</i> | | | | | | |
| 50m: 34.24 34.24 | 150m: 1:56.27 | 42.66 | 250m: 3:26.46 | 47.88 | 350m: 4:51.72 | 38.28 |
| 100m: 1:13.61 39.37 | 200m: 2:38.58 | 42.31 | 300m: 4:13.44 | 46.98 | 400m: 5:29.84 | 38.12 |
| 11. BARROS, Adriana Ribeiro | 08 | POR | Braga | 5:31.78 | +0,96 | 514 |
| <i>FTL</i> | | | | | | |
| 50m: 35.14 35.14 | 150m: 2:00.21 | 44.08 | 250m: 3:30.53 | 47.13 | 350m: 4:55.53 | 38.13 |
| 100m: 1:16.13 40.99 | 200m: 2:43.40 | 43.19 | 300m: 4:17.40 | 46.87 | 400m: 5:31.78 | 36.25 |
| 12. COSTA, Maria Joao | 08 | POR | Vilacondense | 5:32.93 | +0,76 | 509 |
| <i>FTL</i> | | | | | | |
| 50m: 33.36 33.36 | 150m: 1:57.24 | 44.95 | 250m: 3:29.19 | 47.94 | 350m: 4:55.94 | 37.97 |
| 100m: 1:12.29 38.93 | 200m: 2:41.25 | 44.01 | 300m: 4:17.97 | 48.78 | 400m: 5:32.93 | 36.99 |
| 13. NUNES, Carolina Mendes | 08 | POR | Estarreja/PROZINCO | 5:33.28 | +0,85 | 507 |
| <i>FTL</i> | | | | | | |
| 50m: 33.11 33.11 | 150m: 1:55.53 | 43.70 | 250m: 3:26.67 | 48.47 | 350m: 4:54.21 | 38.55 |
| 100m: 1:11.83 38.72 | 200m: 2:38.20 | 42.67 | 300m: 4:15.66 | 48.99 | 400m: 5:33.28 | 39.07 |

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Prova 10, Femin., 400m Estilos, Juniores

| Lugar | Nome | Ano | Nac | Clube | TFinal | TReac | AQUA |
|-------|---------------------------|---------------|-------|---------------------|----------------|---------------|-------|
| 14. | GOMES, Rita Cunha FTL | 07 | POR | Viana Natacao | 5:33.47 | +0,92 | 506 |
| | 50m: 34.75 34.75 | 150m: 1:58.95 | 44.24 | 250m: 3:30.66 | 48.63 | 350m: 4:56.89 | 37.90 |
| | 100m: 1:14.71 39.96 | 200m: 2:42.03 | 43.08 | 300m: 4:18.99 | 48.33 | 400m: 5:33.47 | 36.58 |
| 15. | NEVES, Rita Isabel FTL | 08 | POR | Condeixa Aqua Clube | 5:38.27 | +0,71 | 485 |
| | 50m: 34.02 34.02 | 150m: 1:59.31 | 46.48 | 250m: 3:29.12 | 47.43 | 350m: 4:59.75 | 41.77 |
| | 100m: 1:12.83 38.81 | 200m: 2:41.69 | 42.38 | 300m: 4:17.98 | 48.86 | 400m: 5:38.27 | 38.52 |

Seniores

| | | | | | | | |
|----|-------------------------------|---------------|-------|-----------------------------|----------------|---------------|-------|
| 1. | HENRIQUES, Ines Jacinto | 00 | POR | Louzan Natacao/EFAPPEL | 4:56.22 | +0,70 | 723 |
| | 50m: 30.20 30.20 | 150m: 1:42.36 | 38.15 | 250m: 3:04.14 | 43.51 | 350m: 4:22.55 | 34.84 |
| | 100m: 1:04.21 34.01 | 200m: 2:20.63 | 38.27 | 300m: 3:47.71 | 43.57 | 400m: 4:56.22 | 33.67 |
| 2. | MENDES, Mariana Amaral | 02 | POR | Sporting | 4:59.93 | +0,79 | 696 |
| | 50m: 31.88 31.88 | 150m: 1:48.75 | 41.34 | 250m: 3:11.85 | 43.14 | 350m: 4:27.82 | 33.94 |
| | 100m: 1:07.41 35.53 | 200m: 2:28.71 | 39.96 | 300m: 3:53.88 | 42.03 | 400m: 4:59.93 | 32.11 |
| 3. | PINTO, Leonor Filipa | 06 | POR | Porto | 5:05.39 | | 659 |
| | 50m: 32.98 32.98 | 150m: 1:49.04 | 39.02 | 250m: 3:11.90 | 44.08 | 350m: 4:31.15 | 35.79 |
| | 100m: 1:10.02 37.04 | 200m: 2:27.82 | 38.78 | 300m: 3:55.36 | 43.46 | 400m: 5:05.39 | 34.24 |
| 4. | LOPES, Daniela Magalhaes | 05 | POR | Famalicao | 5:05.69 | +0,81 | 657 |
| | 50m: 32.09 32.09 | 150m: 1:50.04 | 40.88 | 250m: 3:13.56 | 42.82 | 350m: 4:31.80 | 34.79 |
| | 100m: 1:09.16 37.07 | 200m: 2:30.74 | 40.70 | 300m: 3:57.01 | 43.45 | 400m: 5:05.69 | 33.89 |
| 5. | VEIGA, Ana Filipa | 01 | POR | Gafanha da Encarnacao | 5:10.44 | +0,77 | 628 |
| | 50m: 32.39 32.39 | 150m: 1:51.78 | 42.14 | 250m: 3:15.90 | 42.55 | 350m: 4:35.03 | 36.56 |
| | 100m: 1:09.64 37.25 | 200m: 2:33.35 | 41.57 | 300m: 3:58.47 | 42.57 | 400m: 5:10.44 | 35.41 |
| 6. | LOPES, Matilde Nunes | 06 | POR | Benfica | 5:13.31 | +0,74 | 611 |
| | 50m: 32.32 32.32 | 150m: 1:50.06 | 41.46 | 250m: 3:15.79 | 45.01 | 350m: 4:36.82 | 35.99 |
| | 100m: 1:08.60 36.28 | 200m: 2:30.78 | 40.72 | 300m: 4:00.83 | 45.04 | 400m: 5:13.31 | 36.49 |
| 7. | MATOS, Ana Rita FTL | 02 | POR | Clube Futebol Os Belenenses | 5:22.33 | +0,75 | 561 |
| | 50m: 32.77 32.77 | 150m: 1:51.93 | 41.93 | 250m: 3:19.38 | 47.13 | 350m: 4:45.15 | 37.29 |
| | 100m: 1:10.00 37.23 | 200m: 2:32.25 | 40.32 | 300m: 4:07.86 | 48.48 | 400m: 5:22.33 | 37.18 |
| 8. | CARDEAL, Beatriz Nunes FTL | 04 | POR | Individual ANCNP | 5:23.27 | +0,70 | 556 |
| | 50m: 31.30 31.30 | 150m: 1:50.90 | 43.73 | 250m: 3:21.39 | 47.74 | 350m: 4:47.17 | 38.85 |
| | 100m: 1:07.17 35.87 | 200m: 2:33.65 | 42.75 | 300m: 4:08.32 | 46.93 | 400m: 5:23.27 | 36.10 |
| 9. | SA, Madalena Correa FTL | 06 | POR | Benfica | 5:28.91 | +0,85 | 528 |
| | 50m: 33.88 33.88 | 150m: 1:59.06 | 46.46 | 250m: 3:26.67 | 44.27 | 350m: 4:51.56 | 39.43 |
| | 100m: 1:12.60 38.72 | 200m: 2:42.40 | 43.34 | 300m: 4:12.13 | 45.46 | 400m: 5:28.91 | 37.35 |

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Oeiras, 12 - 14/7/2024

Prova 10, Femin., 400m Estilos, Seniores

| Lugar | Nome | Ano | Nac | Clube | TFinal | TReac | AQUA |
|-------|-----------------------------------|---------------|-------|---------------|----------------|---------------|-------|
| 10. | BARREIRA, Andreia Monteiro FTL | 06 | POR | Peso da Regua | 5:29.60 | +0,72 | 524 |
| | 50m: 34.93 34.93 | 150m: 1:59.53 | 43.94 | 250m: 3:28.31 | 45.49 | 350m: 4:52.00 | 38.33 |
| | 100m: 1:15.59 40.66 | 200m: 2:42.82 | 43.29 | 300m: 4:13.67 | 45.36 | 400m: 5:29.60 | 37.60 |