

Prova 1
22/02/2025

3000m Livres

14 - 15 anos
Resultados

Pontos: AQUA 2024

Lugar			Idade			Tempo final	Pts	
AA 14/15 , Femin.								
1.	Camila Duarte, Marcelo		15	Condeixa Aqua Clube		36:35.02	589	
	100m: 1:10.13	1:10.13	900m: 10:47.60	1:12.69	1700m: 20:37.87	1:14.01	2500m: 30:29.81	1:13.87
	200m: 2:20.81	1:10.68	1000m: 12:01.33	1:13.73	1800m: 21:52.77	1:14.90	2600m: 31:42.83	1:13.02
	300m: 3:32.28	1:11.47	1100m: 13:14.94	1:13.61	1900m: 23:07.88	1:15.11	2700m: 32:56.32	1:13.49
	400m: 4:44.46	1:12.18	1200m: 14:28.93	1:13.99	2000m: 24:22.76	1:14.88	2800m: 34:09.90	1:13.58
	500m: 5:56.96	1:12.50	1300m: 15:42.92	1:13.99	2100m: 25:35.97	1:13.21	2900m: 35:23.57	1:13.67
	600m: 7:09.43	1:12.47	1400m: 16:56.88	1:13.96	2200m: 26:48.65	1:12.68	3000m: 36:35.02	1:11.45
	700m: 8:21.67	1:12.24	1500m: 18:09.79	1:12.91	2300m: 28:01.74	1:13.09		
	800m: 9:34.91	1:13.24	1600m: 19:23.86	1:14.07	2400m: 29:15.94	1:14.20		
2.	Leonor Nunes, Cardeal		15	Condeixa Aqua Clube		37:54.77	530	
	100m: 1:12.76	1:12.76	900m: 11:17.17	1:16.23	1700m: 21:24.27	1:16.37	2500m: 31:37.89	1:17.38
	200m: 2:27.45	1:14.69	1000m: 12:32.76	1:15.59	1800m: 22:40.79	1:16.52	2600m: 32:55.20	1:17.31
	300m: 3:42.21	1:14.76	1100m: 13:48.28	1:15.52	1900m: 23:57.54	1:16.75	2700m: 34:10.15	1:14.95
	400m: 4:57.32	1:15.11	1200m: 15:04.08	1:15.80	2000m: 25:14.19	1:16.65	2800m: 35:26.02	1:15.87
	500m: 6:12.93	1:15.61	1300m: 16:20.01	1:15.93	2100m: 26:29.57	1:15.38	2900m: 36:41.36	1:15.34
	600m: 7:28.70	1:15.77	1400m: 17:36.34	1:16.33	2200m: 27:44.28	1:14.71	3000m: 37:54.77	1:13.41
	700m: 8:44.74	1:16.04	1500m: 18:52.08	1:15.74	2300m: 29:03.42	1:19.14		
	800m: 10:00.94	1:16.20	1600m: 20:07.90	1:15.82	2400m: 30:20.51	1:17.09		
3.	Matilde Paiva, Cardoso		14	Fluvial Portuense		38:50.33	493	
	100m: 1:14.12	1:14.12	900m: 11:34.70	1:18.53	1700m: 22:03.46	1:18.52	2500m: 32:22.57	1:18.08
	200m: 2:31.12	1:17.00	1000m: 12:53.38	1:18.68	1800m: 23:21.32	1:17.86	2600m: 33:40.48	1:17.91
	300m: 3:47.71	1:16.59	1100m: 14:11.89	1:18.51	1900m: 24:38.74	1:17.42	2700m: 34:58.58	1:18.10
	400m: 5:05.01	1:17.30	1200m: 15:30.48	1:18.59	2000m: 25:56.56	1:17.82	2800m: 36:16.74	1:18.16
	500m: 6:22.75	1:17.74	1300m: 16:49.10	1:18.62	2100m: 27:13.38	1:16.82	2900m: 37:34.09	1:17.35
	600m: 7:40.11	1:17.36	1400m: 18:07.84	1:18.74	2200m: 28:30.21	1:16.83	3000m: 38:50.33	1:16.24
	700m: 8:57.79	1:17.68	1500m: 19:26.32	1:18.48	2300m: 29:47.16	1:16.95		
	800m: 10:16.17	1:18.38	1600m: 20:44.94	1:18.62	2400m: 31:04.49	1:17.33		
4.	Francisca Sousa, Branco		15	Porto		39:00.75	486	
	100m: 1:18.64	1:18.64	900m: 11:43.99	1:18.20	1700m: 22:09.93	1:16.61	2500m: 32:35.63	1:18.41
	200m: 2:36.40	1:17.76	1000m: 13:02.23	1:18.24	1800m: 23:28.41	1:18.48	2600m: 33:53.05	1:17.42
	300m: 3:55.16	1:18.76	1100m: 14:20.26	1:18.03	1900m: 24:47.10	1:18.69	2700m: 35:10.69	1:17.64
	400m: 5:13.70	1:18.54	1200m: 15:39.15	1:18.89	2000m: 26:05.73	1:18.63	2800m: 36:29.50	1:18.81
	500m: 6:32.12	1:18.42	1300m: 16:58.30	1:19.15	2100m: 27:23.59	1:17.86	2900m: 37:46.76	1:17.26
	600m: 7:49.46	1:17.34	1400m: 18:16.05	1:17.75	2200m: 28:40.93	1:17.34	3000m: 39:00.75	1:13.99
	700m: 9:07.88	1:18.42	1500m: 19:34.62	1:18.57	2300m: 29:58.44	1:17.51		
	800m: 10:25.79	1:17.91	1600m: 20:53.32	1:18.70	2400m: 31:17.22	1:18.78		
5.	Maria Rita, Cunha		15	Colegio Efanor		39:03.77	484	
	100m: 1:12.27	1:12.27	900m: 11:26.25	1:17.84	1700m: 21:54.95	1:17.03	2500m: 32:28.73	1:19.65
	200m: 2:26.77	1:14.50	1000m: 12:44.85	1:18.60	1800m: 23:13.29	1:18.34	2600m: 33:48.26	1:19.53
	300m: 3:42.40	1:15.63	1100m: 14:03.57	1:18.72	1900m: 24:32.35	1:19.06	2700m: 35:08.03	1:19.77
	400m: 4:58.75	1:16.35	1200m: 15:22.28	1:18.71	2000m: 25:51.45	1:19.10	2800m: 36:27.55	1:19.52
	500m: 6:15.89	1:17.14	1300m: 16:41.40	1:19.12	2100m: 27:10.96	1:19.51	2900m: 37:46.05	1:18.50
	600m: 7:32.75	1:16.86	1400m: 18:00.25	1:18.85	2200m: 28:30.07	1:19.11	3000m: 39:03.77	1:17.72
	700m: 8:50.47	1:17.72	1500m: 19:19.07	1:18.82	2300m: 29:49.22	1:19.15		
	800m: 10:08.41	1:17.94	1600m: 20:37.92	1:18.85	2400m: 31:09.08	1:19.86		
6.	Margarida Almeida, Ferreira		14	Sporting		39:30.75	468	
	100m: 1:17.48	1:17.48	900m: 11:53.77	1:20.09	1700m: 22:31.95	1:19.19	2500m: 32:59.01	1:19.30
	200m: 2:36.17	1:18.69	1000m: 13:13.62	1:19.85	1800m: 23:50.36	1:18.41	2600m: 34:18.18	1:19.17
	300m: 3:55.33	1:19.16	1100m: 14:33.29	1:19.67	1900m: 25:09.47	1:19.11	2700m: 35:37.83	1:19.65
	400m: 5:13.88	1:18.55	1200m: 15:53.29	1:20.00	2000m: 26:27.61	1:18.14	2800m: 36:56.53	1:18.70
	500m: 6:33.13	1:19.25	1300m: 17:14.01	1:20.72	2100m: 27:45.26	1:17.65	2900m: 38:14.69	1:18.16
	600m: 7:53.09	1:19.96	1400m: 18:33.94	1:19.93	2200m: 29:03.00	1:17.74	3000m: 39:30.75	1:16.06
	700m: 9:13.79	1:20.70	1500m: 19:53.60	1:19.66	2300m: 30:21.36	1:18.36		
	800m: 10:33.68	1:19.89	1600m: 21:12.76	1:19.16	2400m: 31:39.71	1:18.35		

Prova 1, Femin., 3000m Livres, AA 14/15

Lugar			Idade			Tempo final			Pts
7.	Beatriz Oliveira, Portulez		14	Cumbobifila Cantanhedense		39:34.35			466
	100m:	1:21.56	1:21.56	900m:	11:53.19	1:18.50	1700m:	22:26.53	1:19.27
	200m:	2:41.16	1:19.60	1000m:	13:12.11	1:18.92	1800m:	23:46.01	1:19.48
	300m:	4:00.17	1:19.01	1100m:	14:30.92	1:18.81	1900m:	25:06.09	1:20.08
	400m:	5:19.31	1:19.14	1200m:	15:49.25	1:18.33	2000m:	26:25.72	1:19.63
	500m:	6:38.24	1:18.93	1300m:	17:08.50	1:19.25	2100m:	27:44.77	1:19.05
	600m:	7:56.65	1:18.41	1400m:	18:27.75	1:19.25	2200m:	29:03.82	1:19.05
	700m:	9:15.77	1:19.12	1500m:	19:47.36	1:19.61	2300m:	30:23.42	1:19.60
	800m:	10:34.69	1:18.92	1600m:	21:07.26	1:19.90	2400m:	31:42.60	1:19.18
8.	Marta Silva, Fernandes		15	Porto		39:59.14			451
	100m:	1:17.63	1:17.63	900m:	11:43.09	1:18.63	1700m:	22:25.70	1:21.69
	200m:	2:36.26	1:18.63	1000m:	13:01.93	1:18.84	1800m:	23:46.06	1:20.36
	300m:	3:54.47	1:18.21	1100m:	14:20.87	1:18.94	1900m:	25:07.19	1:21.13
	400m:	5:12.31	1:17.84	1200m:	15:40.64	1:19.77	2000m:	26:27.19	1:20.00
	500m:	6:30.06	1:17.75	1300m:	17:01.63	1:20.99	2100m:	27:47.56	1:20.37
	600m:	7:47.86	1:17.80	1400m:	18:22.39	1:20.76	2200m:	29:08.04	1:20.48
	700m:	9:06.46	1:18.60	1500m:	19:43.55	1:21.16	2300m:	30:29.32	1:21.28
	800m:	10:24.46	1:18.00	1600m:	21:04.01	1:20.46	2400m:	31:51.40	1:22.08
9.	Eva Miranda, Almeida		14	Cumbobifila Cantanhedense		40:39.54			429
	100m:	1:21.76	1:21.76	900m:	12:07.72	1:20.96	1700m:	22:58.51	1:20.80
	200m:	2:43.01	1:21.25	1000m:	13:29.26	1:21.54	1800m:	24:19.64	1:21.13
	300m:	4:03.16	1:20.15	1100m:	14:51.31	1:22.05	1900m:	25:40.42	1:20.78
	400m:	5:23.22	1:20.06	1200m:	16:12.26	1:20.95	2000m:	27:01.61	1:21.19
	500m:	6:44.09	1:20.87	1300m:	17:34.09	1:21.83	2100m:	28:23.33	1:21.72
	600m:	8:04.89	1:20.80	1400m:	18:55.34	1:21.25	2200m:	29:44.63	1:21.30
	700m:	9:25.91	1:21.02	1500m:	20:16.37	1:21.03	2300m:	31:06.47	1:21.84
	800m:	10:46.76	1:20.85	1600m:	21:37.71	1:21.34	2400m:	32:28.44	1:21.97
10.	Leonor Mosca, Silva		15	Cumbobifila Cantanhedense		41:11.12			413
	100m:	1:21.27	1:21.27	900m:	12:08.95	1:22.11	1700m:	23:05.53	1:22.07
	200m:	2:42.63	1:21.36	1000m:	13:30.87	1:21.92	1800m:	24:28.37	1:22.84
	300m:	4:02.48	1:19.85	1100m:	14:53.24	1:22.37	1900m:	25:51.55	1:23.18
	400m:	5:23.13	1:20.65	1200m:	16:14.89	1:21.65	2000m:	27:15.82	1:24.27
	500m:	6:43.87	1:20.74	1300m:	17:36.41	1:21.52	2100m:	28:39.63	1:23.81
	600m:	8:04.48	1:20.61	1400m:	18:58.65	1:22.24	2200m:	30:03.67	1:24.04
	700m:	9:25.42	1:20.94	1500m:	20:21.21	1:22.56	2300m:	31:28.35	1:24.68
	800m:	10:46.84	1:21.42	1600m:	21:43.46	1:22.25	2400m:	32:52.55	1:24.20
11.	Carlota Gaspar, Pires		14	Porto		41:37.96			400
	100m:	1:21.70	1:21.70	900m:	12:21.12	1:22.89	1700m:	23:25.51	1:23.38
	200m:	2:43.35	1:21.65	1000m:	13:43.83	1:22.71	1800m:	24:49.12	1:23.61
	300m:	4:06.24	1:22.89	1100m:	15:06.80	1:22.97	1900m:	26:13.36	1:24.24
	400m:	5:28.76	1:22.52	1200m:	16:29.99	1:23.19	2000m:	27:38.13	1:24.77
	500m:	6:51.14	1:22.38	1300m:	17:52.99	1:23.00	2100m:	29:02.54	1:24.41
	600m:	8:12.98	1:21.84	1400m:	19:15.51	1:22.52	2200m:	30:26.43	1:23.89
	700m:	9:35.36	1:22.38	1500m:	20:38.76	1:23.25	2300m:	31:51.45	1:25.02
	800m:	10:58.23	1:22.87	1600m:	22:02.13	1:23.37	2400m:	33:16.29	1:24.84
12.	Rita Sousa, Oliveira		15	Colegio Efanor		41:50.65			394
	100m:	1:17.95	1:17.95	900m:	12:09.47	1:21.91	1700m:	23:26.22	1:25.40
	200m:	2:37.13	1:19.18	1000m:	13:33.28	1:23.81	1800m:	24:52.32	1:26.10
	300m:	3:56.74	1:19.61	1100m:	14:57.28	1:24.00	1900m:	26:19.30	1:26.98
	400m:	5:18.17	1:21.43	1200m:	16:21.26	1:23.98	2000m:	27:44.62	1:25.32
	500m:	6:40.41	1:22.24	1300m:	17:45.82	1:24.56	2100m:	29:09.91	1:25.29
	600m:	8:02.67	1:22.26	1400m:	19:10.53	1:24.71	2200m:	30:35.61	1:25.70
	700m:	9:25.15	1:22.48	1500m:	20:35.20	1:24.67	2300m:	32:02.02	1:26.41
	800m:	10:47.56	1:22.41	1600m:	22:00.82	1:25.62	2400m:	33:27.39	1:25.37

Prova 1, 3000m Livres

AA 15, Masc.

1. Dinis Aresta, Ribeiro	15	Sporting	36:29.83	503
100m: 1:11.26 1:11.26	900m: 10:47.82 1:12.74	1700m: 20:37.93 1:14.07	2500m: 30:29.54 1:13.43	
200m: 2:22.85 1:11.59	1000m: 12:01.31 1:13.49	1800m: 21:52.77 1:14.84	2600m: 31:42.69 1:13.15	
300m: 3:34.61 1:11.76	1100m: 13:15.42 1:14.11	1900m: 23:07.82 1:15.05	2700m: 32:55.92 1:13.23	
400m: 4:46.81 1:12.20	1200m: 14:29.05 1:13.63	2000m: 24:22.76 1:14.94	2800m: 34:10.01 1:14.09	
500m: 5:59.12 1:12.31	1300m: 15:43.05 1:14.00	2100m: 25:35.72 1:12.96	2900m: 35:23.64 1:13.63	
600m: 7:11.01 1:11.89	1400m: 16:56.82 1:13.77	2200m: 26:48.75 1:13.03	3000m: 36:29.83 1:06.19	
700m: 8:22.86 1:11.85	1500m: 18:09.59 1:12.77	2300m: 28:01.75 1:13.00		
800m: 9:35.08 1:12.22	1600m: 19:23.86 1:14.27	2400m: 29:16.11 1:14.36		
2. Goncalo Tapadas, Marques	15	Adrcimm	36:37.99	497
100m: 1:12.52 1:12.52	900m: 10:59.53 1:13.62	1700m: 20:48.03 1:14.31	2500m: 30:32.24 1:13.63	
200m: 2:26.02 1:13.50	1000m: 12:12.34 1:12.81	1800m: 22:01.99 1:13.96	2600m: 31:46.11 1:13.87	
300m: 3:39.20 1:13.18	1100m: 13:25.61 1:13.27	1900m: 23:14.03 1:12.04	2700m: 33:00.52 1:14.41	
400m: 4:52.72 1:13.52	1200m: 14:39.04 1:13.43	2000m: 24:27.31 1:13.28	2800m: 34:15.33 1:14.81	
500m: 6:05.41 1:12.69	1300m: 15:53.14 1:14.10	2100m: 25:39.71 1:12.40	2900m: 35:29.32 1:13.99	
600m: 7:19.17 1:13.76	1400m: 17:06.78 1:13.64	2200m: 26:51.50 1:11.79	3000m: 36:37.99 1:08.67	
700m: 8:32.25 1:13.08	1500m: 18:19.87 1:13.09	2300m: 28:04.97 1:13.47		
800m: 9:45.91 1:13.66	1600m: 19:33.72 1:13.85	2400m: 29:18.61 1:13.64		
3. Manuel Von, Ferreira	15	Porto	36:47.22	491
100m: 1:11.76 1:11.76	900m: 11:02.92 1:14.47	1700m: 20:54.60 1:13.77	2500m: 30:42.35 1:14.08	
200m: 2:24.96 1:13.20	1000m: 12:17.19 1:14.27	1800m: 22:07.60 1:13.00	2600m: 31:56.80 1:14.45	
300m: 3:38.34 1:13.38	1100m: 13:30.87 1:13.68	1900m: 23:21.22 1:13.62	2700m: 33:10.58 1:13.78	
400m: 4:52.14 1:13.80	1200m: 14:45.72 1:14.85	2000m: 24:34.96 1:13.74	2800m: 34:24.16 1:13.58	
500m: 6:06.19 1:14.05	1300m: 15:59.95 1:14.23	2100m: 25:47.58 1:12.62	2900m: 35:36.86 1:12.70	
600m: 7:20.48 1:14.29	1400m: 17:13.94 1:13.99	2200m: 27:00.24 1:12.66	3000m: 36:47.22 1:10.36	
700m: 8:34.58 1:14.10	1500m: 18:27.72 1:13.78	2300m: 28:14.07 1:13.83		
800m: 9:48.45 1:13.87	1600m: 19:40.83 1:13.11	2400m: 29:28.27 1:14.20		
4. Guilherme Valente, Pereira	15	Adrcimm	37:01.73	482
100m: 1:10.66 1:10.66	900m: 10:47.69 1:12.73	1700m: 20:38.07 1:13.88	2500m: 30:41.50 1:16.72	
200m: 2:22.52 1:11.86	1000m: 12:01.25 1:13.56	1800m: 21:52.89 1:14.82	2600m: 31:56.48 1:14.98	
300m: 3:33.91 1:11.39	1100m: 13:14.67 1:13.42	1900m: 23:08.04 1:15.15	2700m: 33:10.59 1:14.11	
400m: 4:46.07 1:12.16	1200m: 14:28.86 1:14.19	2000m: 24:23.56 1:15.52	2800m: 34:27.47 1:16.88	
500m: 5:58.76 1:12.69	1300m: 15:42.93 1:14.07	2100m: 25:38.50 1:14.94	2900m: 35:45.77 1:18.30	
600m: 7:10.45 1:11.69	1400m: 16:57.07 1:14.14	2200m: 26:52.05 1:13.55	3000m: 37:01.73 1:15.96	
700m: 8:23.02 1:12.57	1500m: 18:09.96 1:12.89	2300m: 28:09.51 1:17.46		
800m: 9:34.96 1:11.94	1600m: 19:24.19 1:14.23	2400m: 29:24.78 1:15.27		
5. Rodrigo Ferrao, Dias	15	Sporting	37:39.03	458
100m: 1:12.37 1:12.37	900m: 11:07.53 1:14.45	1700m: 21:07.08 1:14.78	2500m: 31:14.33 1:16.31	
200m: 2:26.13 1:13.76	1000m: 12:22.31 1:14.78	1800m: 22:23.14 1:16.06	2600m: 32:31.27 1:16.94	
300m: 3:40.07 1:13.94	1100m: 13:37.18 1:14.87	1900m: 23:38.76 1:15.62	2700m: 33:47.65 1:16.38	
400m: 4:54.83 1:14.76	1200m: 14:51.76 1:14.58	2000m: 24:54.40 1:15.64	2800m: 35:05.05 1:17.40	
500m: 6:08.79 1:13.96	1300m: 16:07.03 1:15.27	2100m: 26:09.97 1:15.57	2900m: 36:22.36 1:17.31	
600m: 7:24.09 1:15.30	1400m: 17:21.88 1:14.85	2200m: 27:26.34 1:16.37	3000m: 37:39.03 1:16.67	
700m: 8:38.27 1:14.18	1500m: 18:36.84 1:14.96	2300m: 28:42.34 1:16.00		
800m: 9:53.08 1:14.81	1600m: 19:52.30 1:15.46	2400m: 29:58.02 1:15.68		
6. Filipe Antonio, Couto	15	Porto	38:52.51	416
100m: 1:14.56 1:14.56	900m: 11:22.07 1:15.35	1700m: 21:42.46 1:17.98	2500m: 32:16.45 1:20.68	
200m: 2:30.77 1:16.21	1000m: 12:38.20 1:16.13	1800m: 23:03.41 1:20.95	2600m: 33:36.12 1:19.67	
300m: 3:47.29 1:16.52	1100m: 13:54.31 1:16.11	1900m: 24:19.06 1:15.65	2700m: 34:55.70 1:19.58	
400m: 5:03.74 1:16.45	1200m: 15:11.47 1:17.16	2000m: 25:38.01 1:18.95	2800m: 36:16.03 1:20.33	
500m: 6:20.47 1:16.73	1300m: 16:29.15 1:17.68	2100m: 26:56.97 1:18.96	2900m: 37:34.73 1:18.70	
600m: 7:36.18 1:15.71	1400m: 17:47.10 1:17.95	2200m: 28:16.60 1:19.63	3000m: 38:52.51 1:17.78	
700m: 8:51.48 1:15.30	1500m: 19:06.17 1:19.07	2300m: 29:36.16 1:19.56		
800m: 10:06.72 1:15.24	1600m: 20:24.48 1:18.31	2400m: 30:55.77 1:19.61		

Prova 1, Masc., 3000m Livres, AA 15

Lugar	Idade		Tempo final		Pts						
7. Alexandre Joel, Rato	15		Tubaroes de Gaia		39:25.10	399					
100m:	1:17.05	1:17.05	900m:	11:42.77	1:18.37	1700m:	22:11.57	1:19.20	2500m:	32:47.14	1:20.04
200m:	2:35.92	1:18.87	1000m:	13:01.43	1:18.66	1800m:	23:30.34	1:18.77	2600m:	34:08.00	1:20.86
300m:	3:53.25	1:17.33	1100m:	14:20.99	1:19.56	1900m:	24:50.38	1:20.04	2700m:	35:29.02	1:21.02
400m:	5:11.64	1:18.39	1200m:	15:39.39	1:18.40	2000m:	26:09.84	1:19.46	2800m:	36:47.20	1:18.18
500m:	6:29.93	1:18.29	1300m:	16:57.22	1:17.83	2100m:	27:28.71	1:18.87	2900m:	38:07.60	1:20.40
600m:	7:47.84	1:17.91	1400m:	18:15.27	1:18.05	2200m:	28:47.81	1:19.10	3000m:	39:25.10	1:17.50
700m:	9:06.20	1:18.36	1500m:	19:33.62	1:18.35	2300m:	30:07.79	1:19.98			
800m:	10:24.40	1:18.20	1600m:	20:52.37	1:18.75	2400m:	31:27.10	1:19.31			
8. Tiago Filipe, Salgueiro	15		Viana Natacao		41:06.51	352					
100m:	1:21.50	1:21.50	900m:	12:10.39	1:20.82	1700m:	23:05.06	1:21.70	2500m:	34:14.42	1:25.17
200m:	2:42.89	1:21.39	1000m:	13:31.64	1:21.25	1800m:	24:27.61	1:22.55	2600m:	35:39.36	1:24.94
300m:	4:03.85	1:20.96	1100m:	14:53.96	1:22.32	1900m:	25:50.06	1:22.45	2700m:	37:02.98	1:23.62
400m:	5:25.26	1:21.41	1200m:	16:16.28	1:22.32	2000m:	27:12.93	1:22.87	2800m:	38:26.06	1:23.08
500m:	6:46.24	1:20.98	1300m:	17:38.21	1:21.93	2100m:	28:37.03	1:24.10	2900m:	39:47.59	1:21.53
600m:	8:07.48	1:21.24	1400m:	19:00.28	1:22.07	2200m:	29:59.78	1:22.75	3000m:	41:06.51	1:18.92
700m:	9:28.59	1:21.11	1500m:	20:20.39	1:20.11	2300m:	31:24.47	1:24.69			
800m:	10:49.57	1:20.98	1600m:	21:43.36	1:22.97	2400m:	32:49.25	1:24.78			