

RSR: Championnats Romands Hiver  
Neuchâtel, 31.10. - 2.11.2025

Epreuve 26  
01.11.2025 - 11:49

Dames, 400m Libre

Cat. générale  
Liste résultats Eliminatoires

Swiss National Records	4:03.73	RIGAMONTI Flavia		Debrecen (HUN)	15.12.2007
Records régionaux de la Romandie	4:07.58	ZAHND Nicole	GEN	Antwerpen (BEL)	15.12.2001
Time standard Futura - 13 50m: 5:27.60 - 25m: 5:27.60 / Time standard Youth 14 - 15 50m: 5:18.00 - 25m: 5:18.00 /					
Time standard Open 16 + 50m: 4:59.00 - 25m: 4:59.00					

Points: AQUA 2024

Rang			AN			Temps	Pts	
Youth (-)								
1.	VIONNET Emma		11	Genève Natation 1885		<b>4:44.91</b>	535	B
	50m:	31.96 31.96	150m:	1:44.55 36.62	250m:	2:57.93 36.92	350m:	4:10.23 35.84
	100m:	1:07.93 35.97	200m:	2:21.01 36.46	300m:	3:34.39 36.46	400m:	4:44.91 34.68
2.	VIDAKOVIC Téa		11	Natation Sportive Genève		<b>4:51.50</b>	499	B
	50m:	33.20 33.20	150m:	1:47.27 37.31	250m:	3:01.66 36.96	350m:	4:16.82 37.52
	100m:	1:09.96 36.76	200m:	2:24.70 37.43	300m:	3:39.30 37.64	400m:	4:51.50 34.68
3.	CHANSON Yaël		12	Renens-Natation		<b>4:52.91</b>	492	B
	50m:	32.05 32.05	150m:	1:44.50 36.72	250m:	2:59.76 37.83	350m:	4:16.13 38.14
	100m:	1:07.78 35.73	200m:	2:21.93 37.43	300m:	3:37.99 38.23	400m:	4:52.91 36.78
4.	ERARD Nina		12	CN La Chaux-de-Fonds		<b>4:54.88</b>	482	Q
	50m:	34.34 34.34	150m:	1:49.79 38.02	250m:	3:04.14 36.92	350m:	4:19.06 37.92
	100m:	1:11.77 37.43	200m:	2:27.22 37.43	300m:	3:41.14 37.00	400m:	4:54.88 35.82
5.	LAMBERCIER Chloé		11	CN La Chaux-de-Fonds		<b>4:55.17</b>	481	Q
	50m:	33.15 33.15	150m:	1:46.85 37.29	250m:	3:02.41 37.83	350m:	4:17.74 37.18
	100m:	1:09.56 36.41	200m:	2:24.58 37.73	300m:	3:40.56 38.15	400m:	4:55.17 37.43
6.	PARPEIX Moya		11	CN Yverdon		<b>4:55.80</b>	478	Q
	50m:	32.49 32.49	150m:	1:47.39 37.82	250m:	3:03.13 37.65	350m:	4:17.07 37.25
	100m:	1:09.57 37.08	200m:	2:25.48 38.09	300m:	3:39.82 36.69	400m:	4:55.80 38.73
7.	MAGGINI Ayleen		11	Fribourg Natation 1925		<b>4:56.81</b>	473	Q
	50m:	31.52 31.52	150m:	1:44.35 37.09	250m:	3:00.98 38.57	350m:	4:18.74 38.80
	100m:	1:07.26 35.74	200m:	2:22.41 38.06	300m:	3:39.94 38.96	400m:	4:56.81 38.07
8.	LAJMI Emna		12	Morges-Natation		<b>4:58.69</b>	464	Q
	50m:	33.32 33.32	150m:	1:48.08 37.75	250m:	3:04.00 37.97	350m:	4:20.93 38.63
	100m:	1:10.33 37.01	200m:	2:26.03 37.95	300m:	3:42.30 38.30	400m:	4:58.69 37.76
9.	KAMPHUIS Lisa		12	Lancy Natation		<b>4:59.54</b>	460	R
	50m:	33.65 33.65	150m:	1:51.44 39.68	250m:	3:08.58 38.34	350m:	4:24.10 37.81
	100m:	1:11.76 38.11	200m:	2:30.24 38.80	300m:	3:46.29 37.71	400m:	4:59.54 35.44
10.	BLATTER Nives		11	Schwimmklub Region Murten		<b>5:00.01</b>	458	
	50m:	32.90 32.90	150m:	1:48.05 37.81	250m:	3:04.21 38.13	350m:	4:22.60 39.36
	100m:	1:10.24 37.34	200m:	2:26.08 38.03	300m:	3:43.24 39.03	400m:	5:00.01 37.41
11.	LARDI Viktorya-Eva		12	Rolle Natation		<b>5:00.58</b>	455	
	50m:	32.98 32.98	150m:	1:48.83 38.42	250m:	3:06.28 38.80	350m:	4:23.37 37.59
	100m:	1:10.41 37.43	200m:	2:27.48 38.65	300m:	3:45.78 39.50	400m:	5:00.58 37.21
12.	MOR Alessia		12	Rolle Natation		<b>5:00.80</b>	454	
	50m:	33.28 33.28	150m:	1:48.68 38.30	250m:	3:06.48 38.85	350m:	4:23.46 37.85
	100m:	1:10.38 37.10	200m:	2:27.63 38.95	300m:	3:45.61 39.13	400m:	5:00.80 37.34
13.	NOËL Héloïse		13	CN La Chaux-de-Fonds		<b>5:05.67</b>	433	
	50m:	35.92 35.92	150m:	1:53.62 39.16	250m:	3:11.13 38.81	350m:	4:27.15 38.45
	100m:	1:14.46 38.54	200m:	2:32.32 38.70	300m:	3:48.70 37.57	400m:	5:05.67 38.52
14.	HASANOVIC Alma		12	Lancy Natation		<b>5:07.88</b>	424	
	50m:	34.22 34.22	150m:	1:51.53 38.93	250m:	3:10.70 39.79	350m:	4:29.13 39.55
	100m:	1:12.60 38.38	200m:	2:30.91 39.38	300m:	3:49.58 38.88	400m:	5:07.88 38.75
15.	ADOUANI Elin		13	CN Nyon		<b>5:09.03</b>	419	
	50m:	35.24 35.24	150m:	1:54.64 39.97	250m:	3:12.71 38.43	350m:	4:30.50 38.45
	100m:	1:14.67 39.43	200m:	2:34.28 39.64	300m:	3:52.05 39.34	400m:	5:09.03 38.53

RSR: Championnats Romands Hiver  
Neuchâtel, 31.10. - 2.11.2025

Epreuve 26, Filles, 400m Libre, Elimatoire, Youth (-)

Rang			AN						Temps	Pts
16.	OTT Léa		12	Morges-Natation				<b>5:09.94</b>	415	
	50m: 36.07	36.07	150m: 1:55.14	39.76	250m: 3:13.70	39.02	350m: 4:31.86	39.15		
	100m: 1:15.38	39.31	200m: 2:34.68	39.54	300m: 3:52.71	39.01	400m: 5:09.94	38.08		
17.	CARROZZO Audrey		13	Genève Natation 1885				<b>5:11.63</b>	408	
	50m: 34.02	34.02	150m: 1:52.47	39.76	250m: 3:12.40	40.21	350m: 4:32.36	39.79		
	100m: 1:12.71	38.69	200m: 2:32.19	39.72	300m: 3:52.57	40.17	400m: 5:11.63	39.27		
18.	PEZZULO Louise		13	Genève Natation 1885				<b>5:12.72</b>	404	
	50m: 35.92	35.92	150m: 1:54.73	39.55	250m: 3:13.83	39.44	350m: 4:29.51	36.63		
	100m: 1:15.18	39.26	200m: 2:34.39	39.66	300m: 3:52.88	39.05	400m: 5:12.72	43.21		
19.	BAILLY Célestine		13	Lausanne Aquatique				<b>5:16.49</b>	390	
	50m: 34.64	34.64	150m: 1:54.71	40.73	250m: 3:16.67	41.08	350m: 4:35.98	39.44		
	100m: 1:13.98	39.34	200m: 2:35.59	40.88	300m: 3:56.54	39.87	400m: 5:16.49	40.51		
20.	GERARD Eline		13	Morges-Natation				<b>5:18.83</b>	381	
	50m: 35.12	35.12	150m: 1:56.72	41.79	250m: 3:20.19	41.83	350m: 4:42.56	41.33		
	100m: 1:14.93	39.81	200m: 2:38.36	41.64	300m: 4:01.23	41.04	400m: 5:18.83	36.27		
21.	HENZEN Livia		12	Aquaclub Steg				<b>5:20.98</b>	374 *	
	50m: 35.75	35.75	150m: 1:56.51	41.29	250m: 3:20.09	41.48	350m: 4:42.01	40.93		
	100m: 1:15.22	39.47	200m: 2:38.61	42.10	300m: 4:01.08	40.99	400m: 5:20.98	38.97		
Open										
1.	PICCIRILLI Lisa		06	Red-Fish Neuchâtel				<b>4:33.22</b>	606 A	
	50m: 31.05	31.05	150m: 1:39.54	34.53	250m: 2:49.35	34.73	350m: 3:59.51	34.88		
	100m: 1:05.01	33.96	200m: 2:14.62	35.08	300m: 3:24.63	35.28	400m: 4:33.22	33.71		
2.	ROCHAT Leane		10	Lausanne Aquatique				<b>4:34.79</b>	596 A	
	50m: 31.89	31.89	150m: 1:41.84	35.46	250m: 2:51.62	34.20	350m: 4:01.16	34.88		
	100m: 1:06.38	34.49	200m: 2:17.42	35.58	300m: 3:26.28	34.66	400m: 4:34.79	33.63		
3.	CHTAINI Ave		07	Lausanne Aquatique				<b>4:35.71</b>	590 A	
	50m: 31.59	31.59	150m: 1:40.60	34.61	250m: 2:51.05	34.84	350m: 4:01.46	34.77		
	100m: 1:05.99	34.40	200m: 2:16.21	35.61	300m: 3:26.69	35.64	400m: 4:35.71	34.25		
4.	GONZALEZ Luana		09	Genève Natation 1885				<b>4:36.57</b>	584 A	
	50m: 30.73	30.73	150m: 1:40.52	35.34	250m: 2:51.29	35.47	350m: 4:02.75	35.61		
	100m: 1:05.18	34.45	200m: 2:15.82	35.30	300m: 3:27.14	35.85	400m: 4:36.57	33.82		
5.	BELJEAN Thaline		07	Red-Fish Neuchâtel				<b>4:36.60</b>	584 A	
	50m: 32.19	32.19	150m: 1:42.82	34.68	250m: 2:52.72	34.78	350m: 4:02.64	35.27		
	100m: 1:08.14	35.95	200m: 2:17.94	35.12	300m: 3:27.37	34.65	400m: 4:36.60	33.96		
6.	NOVY Mathilde		10	Vevey-Natation				<b>4:39.73</b>	565 A	
	50m: 31.78	31.78	150m: 1:41.52	35.36	250m: 2:52.95	35.76	350m: 4:04.69	36.06		
	100m: 1:06.16	34.38	200m: 2:17.19	35.67	300m: 3:28.63	35.68	400m: 4:39.73	35.04		
7.	RADU-LOGHIN Miruna		09	Genève Natation 1885				<b>4:41.08</b>	557 A	
	50m: 31.32	31.32	150m: 1:41.76	35.76	250m: 2:54.04	35.86	350m: 4:06.50	36.10		
	100m: 1:06.00	34.68	200m: 2:18.18	36.42	300m: 3:30.40	36.36	400m: 4:41.08	34.58		
8.	PENNEL Alice Mei		10	Lausanne Aquatique				<b>4:41.95</b>	552 A	
	50m: 32.49	32.49	150m: 1:44.23	36.17	250m: 2:55.98	35.82	350m: 4:07.34	35.64		
	100m: 1:08.06	35.57	200m: 2:20.16	35.93	300m: 3:31.70	35.72	400m: 4:41.95	34.61		
9.	VIONNET Emma		11	Genève Natation 1885				<b>4:44.91</b>	535 B	
	50m: 31.96	31.96	150m: 1:44.55	36.62	250m: 2:57.93	36.92	350m: 4:10.23	35.84		
	100m: 1:07.93	35.97	200m: 2:21.01	36.46	300m: 3:34.39	36.46	400m: 4:44.91	34.68		
10.	NUSSBERGER Fanny		02	Natation Sportive Genève				<b>4:45.18</b>	533 B	
	50m: 31.85	31.85	150m: 1:41.67	35.45	250m: 2:53.72	36.36	350m: 4:08.27	37.47		
	100m: 1:06.22	34.37	200m: 2:17.36	35.69	300m: 3:30.80	37.08	400m: 4:45.18	36.91		
11.	DEWARRAT Maya		10	Morges-Natation				<b>4:46.44</b>	526 B	
	50m: 32.20	32.20	150m: 1:43.46	36.05	250m: 2:56.29	36.55	350m: 4:09.43	36.75		
	100m: 1:07.41	35.21	200m: 2:19.74	36.28	300m: 3:32.68	36.39	400m: 4:46.44	37.01		

RSR: Championnats Romands Hiver  
Neuchâtel, 31.10. - 2.11.2025

Epreuve 26, Dames, 400m Libre, Elimatoire, Open

Rang					AN					Temps	Pts	
12.	VIDAKOVIC Téa				11	Natation Sportive Genève				<b>4:51.50</b>	499	B
	50m:	33.20	33.20	150m:	1:47.27	37.31	250m:	3:01.66	36.96	350m:	4:16.82	37.52
	100m:	1:09.96	36.76	200m:	2:24.70	37.43	300m:	3:39.30	37.64	400m:	4:51.50	34.68
13.	FORCLAZ Maya				09	CN Yverdon				<b>4:52.15</b>	496	B
	50m:	32.11	32.11	150m:	1:44.94	36.56	250m:	2:59.46	37.40	350m:	4:15.10	38.11
	100m:	1:08.38	36.27	200m:	2:22.06	37.12	300m:	3:36.99	37.53	400m:	4:52.15	37.05
14.	CHANSON Yaël				12	Renens-Natation				<b>4:52.91</b>	492	B
	50m:	32.05	32.05	150m:	1:44.50	36.72	250m:	2:59.76	37.83	350m:	4:16.13	38.14
	100m:	1:07.78	35.73	200m:	2:21.93	37.43	300m:	3:37.99	38.23	400m:	4:52.91	36.78
15.	YERLY Nora				04	Renens-Natation				<b>4:53.38</b>	490	B
	50m:	32.82	32.82	150m:	1:45.87	36.94	250m:	3:01.00	37.59	350m:	4:16.68	37.88
	100m:	1:08.93	36.11	200m:	2:23.41	37.54	300m:	3:38.80	37.80	400m:	4:53.38	36.70
16.	VUICHARD Amandine				10	Sporting Bulle Natation				<b>4:54.23</b>	485	B
	50m:	32.01	32.01	150m:	1:44.99	37.47	250m:	3:01.48	38.37	350m:	4:18.16	38.50
	100m:	1:07.52	35.51	200m:	2:23.11	38.12	300m:	3:39.66	38.18	400m:	4:54.23	36.07
17.	HEINTZ Elodie				08	CN Yverdon				<b>4:54.24</b>	485	R
	50m:	33.22	33.22	150m:	1:46.48	37.04	250m:	3:01.61	37.54	350m:	4:17.44	37.78
	100m:	1:09.44	36.22	200m:	2:24.07	37.59	300m:	3:39.66	38.05	400m:	4:54.24	36.80
18.	ERARD Nina				12	CN La Chaux-de-Fonds				<b>4:54.88</b>	482	Q
	50m:	34.34	34.34	150m:	1:49.79	38.02	250m:	3:04.14	36.92	350m:	4:19.06	37.92
	100m:	1:11.77	37.43	200m:	2:27.22	37.43	300m:	3:41.14	37.00	400m:	4:54.88	35.82
19.	LAMBERCIER Chloé				11	CN La Chaux-de-Fonds				<b>4:55.17</b>	481	Q
	50m:	33.15	33.15	150m:	1:46.85	37.29	250m:	3:02.41	37.83	350m:	4:17.74	37.18
	100m:	1:09.56	36.41	200m:	2:24.58	37.73	300m:	3:40.56	38.15	400m:	4:55.17	37.43
20.	MUNGOVEN Esther				10	Natation Sportive Genève				<b>4:55.53</b>	479	
	50m:	32.79	32.79	150m:	1:46.56	36.99	250m:	3:01.27	37.61	350m:	4:17.98	38.35
	100m:	1:09.57	36.78	200m:	2:23.66	37.10	300m:	3:39.63	38.36	400m:	4:55.53	37.55
21.	MERALDI Nikita				10	Montreux-Natation				<b>4:55.61</b>	479	
	50m:	32.93	32.93	150m:	1:47.65	37.78	250m:	3:02.55	37.47	350m:	4:18.79	38.20
	100m:	1:09.87	36.94	200m:	2:25.08	37.43	300m:	3:40.59	38.04	400m:	4:55.61	36.82
22.	PARPEIX Moya				11	CN Yverdon				<b>4:55.80</b>	478	Q
	50m:	32.49	32.49	150m:	1:47.39	37.82	250m:	3:03.13	37.65	350m:	4:17.07	37.25
	100m:	1:09.57	37.08	200m:	2:25.48	38.09	300m:	3:39.82	36.69	400m:	4:55.80	38.73
23.	MAGGINI Ayleen				11	Fribourg Natation 1925				<b>4:56.81</b>	473	Q
	50m:	31.52	31.52	150m:	1:44.35	37.09	250m:	3:00.98	38.57	350m:	4:18.74	38.80
	100m:	1:07.26	35.74	200m:	2:22.41	38.06	300m:	3:39.94	38.96	400m:	4:56.81	38.07
24.	OBERSON Lia				04	Fribourg Natation 1925				<b>4:58.21</b>	466	
	50m:	32.93	32.93	150m:	1:46.60	37.18	250m:	3:03.19	38.32	350m:	4:20.31	38.36
	100m:	1:09.42	36.49	200m:	2:24.87	38.27	300m:	3:41.95	38.76	400m:	4:58.21	37.90
25.	LAJMI Emna				12	Morges-Natation				<b>4:58.69</b>	464	Q
	50m:	33.32	33.32	150m:	1:48.08	37.75	250m:	3:04.00	37.97	350m:	4:20.93	38.63
	100m:	1:10.33	37.01	200m:	2:26.03	37.95	300m:	3:42.30	38.30	400m:	4:58.69	37.76
26.	KAMPHUIS Lisa				12	Lancy Natation				<b>4:59.54</b>	460	R
	50m:	33.65	33.65	150m:	1:51.44	39.68	250m:	3:08.58	38.34	350m:	4:24.10	37.81
	100m:	1:11.76	38.11	200m:	2:30.24	38.80	300m:	3:46.29	37.71	400m:	4:59.54	35.44
27.	BLATTER Nives				11	Schwimmklub Region Murten				<b>5:00.01</b>	458	
	50m:	32.90	32.90	150m:	1:48.05	37.81	250m:	3:04.21	38.13	350m:	4:22.60	39.36
	100m:	1:10.24	37.34	200m:	2:26.08	38.03	300m:	3:43.24	39.03	400m:	5:00.01	37.41
28.	LARDI Viktorya-Eva				12	Rolle Natation				<b>5:00.58</b>	455	
	50m:	32.98	32.98	150m:	1:48.83	38.42	250m:	3:06.28	38.80	350m:	4:23.37	37.59
	100m:	1:10.41	37.43	200m:	2:27.48	38.65	300m:	3:45.78	39.50	400m:	5:00.58	37.21

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Epreuve 26, Dames, 400m Libre, Elimatoire, Open

Rang			AN						Temps	Pts		
29.	MOR Alessia		12	Rolle Natation					<b>5:00.80</b>	454		
	50m:	33.28	33.28	150m:	1:48.68	38.30	250m:	3:06.48	38.85	350m:	4:23.46	37.85
	100m:	1:10.38	37.10	200m:	2:27.63	38.95	300m:	3:45.61	39.13	400m:	5:00.80	37.34
30.	HUMAIR Louna		09	Red-Fish Neuchâtel					<b>5:01.15</b>	453 *		
	50m:	33.04	33.04	150m:	1:47.33	37.71	250m:	3:04.85	39.17	350m:	4:23.29	39.10
	100m:	1:09.62	36.58	200m:	2:25.68	38.35	300m:	3:44.19	39.34	400m:	5:01.15	37.86
31.	PETERSEN Leoni		04	Schwimmklub Region Murten					<b>5:02.95</b>	445 *		
	50m:	32.73	32.73	150m:	1:46.77	37.69	250m:	3:04.79	39.09	350m:	4:23.96	39.77
	100m:	1:09.08	36.35	200m:	2:25.70	38.93	300m:	3:44.19	39.40	400m:	5:02.95	38.99
32.	NOËL Héloïse		13	CN La Chaux-de-Fonds					<b>5:05.67</b>	433		
	50m:	35.92	35.92	150m:	1:53.62	39.16	250m:	3:11.13	38.81	350m:	4:27.15	38.45
	100m:	1:14.46	38.54	200m:	2:32.32	38.70	300m:	3:48.70	37.57	400m:	5:05.67	38.52
33.	HASANOVIC Alma		12	Lancy Natation					<b>5:07.88</b>	424		
	50m:	34.22	34.22	150m:	1:51.53	38.93	250m:	3:10.70	39.79	350m:	4:29.13	39.55
	100m:	1:12.60	38.38	200m:	2:30.91	39.38	300m:	3:49.58	38.88	400m:	5:07.88	38.75
34.	SORG Kyrja		07	Lancy Natation					<b>5:07.97</b>	423 *		
	50m:	32.65	32.65	150m:	1:48.84	38.71	250m:	3:07.98	40.13	350m:	4:28.30	39.69
	100m:	1:10.13	37.48	200m:	2:27.85	39.01	300m:	3:48.61	40.63	400m:	5:07.97	39.67
35.	ADOUANI Elin		13	CN Nyon					<b>5:09.03</b>	419		
	50m:	35.24	35.24	150m:	1:54.64	39.97	250m:	3:12.71	38.43	350m:	4:30.50	38.45
	100m:	1:14.67	39.43	200m:	2:34.28	39.64	300m:	3:52.05	39.34	400m:	5:09.03	38.53
36.	OTT Léa		12	Morges-Natation					<b>5:09.94</b>	415		
	50m:	36.07	36.07	150m:	1:55.14	39.76	250m:	3:13.70	39.02	350m:	4:31.86	39.15
	100m:	1:15.38	39.31	200m:	2:34.68	39.54	300m:	3:52.71	39.01	400m:	5:09.94	38.08
37.	CARROZZO Audrey		13	Genève Natation 1885					<b>5:11.63</b>	408		
	50m:	34.02	34.02	150m:	1:52.47	39.76	250m:	3:12.40	40.21	350m:	4:32.36	39.79
	100m:	1:12.71	38.69	200m:	2:32.19	39.72	300m:	3:52.57	40.17	400m:	5:11.63	39.27
38.	PEZZULO Louise		13	Genève Natation 1885					<b>5:12.72</b>	404		
	50m:	35.92	35.92	150m:	1:54.73	39.55	250m:	3:13.83	39.44	350m:	4:29.51	36.63
	100m:	1:15.18	39.26	200m:	2:34.39	39.66	300m:	3:52.88	39.05	400m:	5:12.72	43.21
39.	BAILLY Célestine		13	Lausanne Aquatique					<b>5:16.49</b>	390		
	50m:	34.64	34.64	150m:	1:54.71	40.73	250m:	3:16.67	41.08	350m:	4:35.98	39.44
	100m:	1:13.98	39.34	200m:	2:35.59	40.88	300m:	3:56.54	39.87	400m:	5:16.49	40.51
40.	CAMBRÉSY Camille		10	Rolle Natation					<b>5:16.75</b>	389 *		
	50m:	33.85	33.85	150m:	1:55.15	41.58	250m:	3:18.47	41.71	350m:	4:37.60	39.68
	100m:	1:13.57	39.72	200m:	2:36.76	41.61	300m:	3:57.92	39.45	400m:	5:16.75	39.15
41.	GERARD Eline		13	Morges-Natation					<b>5:18.83</b>	381		
	50m:	35.12	35.12	150m:	1:56.72	41.79	250m:	3:20.19	41.83	350m:	4:42.56	41.33
	100m:	1:14.93	39.81	200m:	2:38.36	41.64	300m:	4:01.23	41.04	400m:	5:18.83	36.27
42.	HENZEN Livia		12	Aquaclub Steg					<b>5:20.98</b>	374 *		
	50m:	35.75	35.75	150m:	1:56.51	41.29	250m:	3:20.09	41.48	350m:	4:42.01	40.93
	100m:	1:15.22	39.47	200m:	2:38.61	42.10	300m:	4:01.08	40.99	400m:	5:20.98	38.97