

CHAMPIONNATS NATIONAUX &
CRITERIUM DES JEUNES D'HIVER 2025
Oberkorn, 06.12. - 07.12.2025

Event 5
06.12.2025 - 10:17

Men, 400m Freestyle

Open
Results

Points: AQUA 2025

Rank	YB				Time	Pts
Prospect						
1.	WEBER Kazuki 12 Swimming Luxembourg				4:48.81	396
	50m: 32.33	32.33	150m: 1:46.11	37.38	250m: 3:01.29	37.65
	100m: 1:08.73	36.40	200m: 2:23.64	37.53	300m: 3:38.87	37.58
					350m: 4:15.28	36.41
					400m: 4:48.81	33.53
2.	BERVAS-SCHUMACHER Olivier 12 Swimming Club Le Dauphin Ettelbruck				4:49.34	394
	50m: 33.78	33.78	150m: 1:46.77	36.71	250m: 3:01.14	37.14
	100m: 1:10.06	36.28	200m: 2:24.00	37.23	300m: 3:38.31	37.17
					350m: 4:14.30	35.99
					400m: 4:49.34	35.04
3.	BOERSMA Anton 12 Swimming Luxembourg				4:52.99	380
	50m: 33.84	33.84	150m: 1:47.93	37.72	250m: 3:01.91	36.90
	100m: 1:10.21	36.37	200m: 2:25.01	37.08	300m: 3:39.20	37.29
					350m: 4:16.66	37.46
					400m: 4:52.99	36.33
4.	RIVELLINI Elio 12 Swimming Luxembourg				4:59.40	356
	50m: 33.93	33.93	150m: 1:49.66	38.24	250m: 3:06.50	38.45
	100m: 1:11.42	37.49	200m: 2:28.05	38.39	300m: 3:44.53	38.03
					350m: 4:22.74	38.21
					400m: 4:59.40	36.66
5.	FESQUET Louis 12 Swimming Club Redange				5:05.37	335
	50m: 34.76	34.76	150m: 1:52.25	38.96	250m: 3:11.12	39.68
	100m: 1:13.29	38.53	200m: 2:31.44	39.19	300m: 3:49.72	38.60
					350m: 4:28.37	38.65
					400m: 5:05.37	37.00
6.	BERNIMONT Robin 12 Swimming Luxembourg				5:06.38	332
	50m: 32.43	32.43	150m: 1:49.59	39.13	250m: 3:09.19	39.32
	100m: 1:10.46	38.03	200m: 2:29.87	40.28	300m: 3:49.27	40.08
					350m: 4:28.88	39.61
					400m: 5:06.38	37.50
7.	FABER SZOMBATHY Philippe 12 Swimming Luxembourg				5:07.31	329
	50m: 34.77	34.77	150m: 1:53.40	39.93	250m: 3:13.27	40.31
	100m: 1:13.47	38.70	200m: 2:32.96	39.56	300m: 3:52.64	39.37
					350m: 4:30.94	38.30
					400m: 5:07.31	36.37
8.	REMICHE Paul 12 Swimming Club Le Dauphin Ettelbruck				5:08.08	327
	50m: 34.76	34.76	150m: 1:51.94	39.24	250m: 3:12.31	40.63
	100m: 1:12.70	37.94	200m: 2:31.68	39.74	300m: 3:51.62	39.31
					350m: 4:31.51	39.89
					400m: 5:08.08	36.57
9.	MULLER Paul 13 Swimming Luxembourg				5:08.79	324
	50m: 34.83	34.83	150m: 1:53.77	40.23	250m: 3:12.68	39.38
	100m: 1:13.54	38.71	200m: 2:33.30	39.53	300m: 3:53.00	40.32
					350m: 4:31.98	38.98
					400m: 5:08.79	36.81
10.	O'GRADY Dylan 13 Cercle de Natation Dudelange				5:15.57	304
	50m: 35.22	35.22	150m: 1:54.25	39.97	250m: 3:15.27	40.65
	100m: 1:14.28	39.06	200m: 2:34.62	40.37	300m: 3:55.49	40.22
					350m: 4:36.77	41.28
					400m: 5:15.57	38.80
11.	BRANDT Florian 13 Cercle de Natation Wiltz				5:33.71	257
	50m: 36.83	36.83	150m: 2:00.89	42.75	250m: 3:28.48	44.68
	100m: 1:18.14	41.31	200m: 2:43.80	42.91	300m: 4:10.10	41.62
					350m: 4:52.60	42.50
					400m: 5:33.71	41.11
12.	FRAYLICH Hugo 12 Cercle de Natation Wiltz				5:37.06	249
	50m: 38.62	38.62	150m: 2:05.47	43.33	250m: 3:30.50	42.26
	100m: 1:22.14	43.52	200m: 2:48.24	42.77	300m: 4:12.60	42.10
					350m: 4:56.84	44.24
					400m: 5:37.06	40.22
13.	ARAUJO Simao 12 Schwammclub Monnerech				5:41.73	239
	50m: 38.07	38.07	150m: 2:03.91	43.84	250m: 3:32.65	44.00
	100m: 1:20.07	42.00	200m: 2:48.65	44.74	300m: 4:15.61	42.96
					350m: 4:58.83	43.22
					400m: 5:41.73	42.90
14.	DE MELO TINEL Edward Augusto 13 Schwammclub Deifferdang				5:51.69	219
	50m: 38.24	38.24	150m: 2:08.70	45.12	250m: 3:40.08	47.04
	100m: 1:23.58	45.34	200m: 2:53.04	44.34	300m: 4:23.34	43.26
					350m: 5:06.81	43.47
					400m: 5:51.69	44.88

CHAMPIONNATS NATIONAUX &
CRITERIUM DES JEUNES D'HIVER 2025
Oberkorn, 06.12. - 07.12.2025

Event 5, Men, 400m Freestyle

Jeunes

1.	BLECKMANN Antoine	10	Swimming Luxembourg	4:34.09	464
	50m: 31.33 31.33	150m: 1:39.43 34.47	250m: 2:49.14 35.13	350m: 4:00.04 35.41	
	100m: 1:04.96 33.63	200m: 2:14.01 34.58	300m: 3:24.63 35.49	400m: 4:34.09 34.05	
2.	WESTER Liam	11	Cercle de Natation Dudelange	4:36.86	450
	50m: 29.92 29.92	150m: 1:40.02 35.75	250m: 2:49.88 34.09	350m: 4:01.26 36.09	
	100m: 1:04.27 34.35	200m: 2:15.79 35.77	300m: 3:25.17 35.29	400m: 4:36.86 35.60	
3.	KIEFFER GABBANA Maximilien	11	Swimming Luxembourg	4:42.77	422
	50m: 30.35 30.35	150m: 1:40.95 36.14	250m: 2:53.61 36.05	350m: 4:07.48 37.00	
	100m: 1:04.81 34.46	200m: 2:17.56 36.61	300m: 3:30.48 36.87	400m: 4:42.77 35.29	
4.	MOOG Paul	10	Swimming Luxembourg	4:43.10	421
	50m: 31.31 31.31	150m: 1:42.93 36.42	250m: 2:55.63 36.09	350m: 4:08.74 36.49	
	100m: 1:06.51 35.20	200m: 2:19.54 36.61	300m: 3:32.25 36.62	400m: 4:43.10 34.36	
5.	HALLOT Maxime	11	Swimming Luxembourg	4:48.42	398
	50m: 31.08 31.08	150m: 1:42.59 36.40	250m: 2:57.09 37.44	350m: 4:12.40 37.67	
	100m: 1:06.19 35.11	200m: 2:19.65 37.06	300m: 3:34.73 37.64	400m: 4:48.42 36.02	
6.	RADWAY Isaac	10	Luxembourg Sharks Swimming Club	4:49.45	394
	50m: 31.06 31.06	150m: 1:43.89 37.43	250m: 2:58.98 37.21	350m: 4:14.04 37.86	
	100m: 1:06.46 35.40	200m: 2:21.77 37.88	300m: 3:36.18 37.20	400m: 4:49.45 35.41	
7.	SPENNACCHIO Matteo	10	Swimming Luxembourg	4:53.56	377
	50m: 32.49 32.49	150m: 1:45.37 36.99	250m: 3:00.55 37.60	350m: 4:16.75 38.04	
	100m: 1:08.38 35.89	200m: 2:22.95 37.58	300m: 3:38.71 38.16	400m: 4:53.56 36.81	
8.	CHAOUI Kyle	11	Luxembourg Sharks Swimming Club	5:00.27	353
	50m: 32.99 32.99	150m: 1:47.88 37.97	250m: 3:05.66 39.00	350m: 4:22.70 38.58	
	100m: 1:09.91 36.92	200m: 2:26.66 38.78	300m: 3:44.12 38.46	400m: 5:00.27 37.57	
9.	CONROTTE Jehan	10	Cercle de Natation Wiltz	5:06.41	332
	50m: 33.37 33.37	150m: 1:50.64 39.01	250m: 3:09.81 39.70	350m: 4:29.15 39.31	
	100m: 1:11.63 38.26	200m: 2:30.11 39.47	300m: 3:49.84 40.03	400m: 5:06.41 37.26	
10.	HAHNFELD Lukas	11	Swimming Luxembourg	5:10.31	320
	50m: 33.40 33.40	150m: 1:49.55 39.01	250m: 3:09.34 40.22	350m: 4:29.10 40.26	
	100m: 1:10.54 37.14	200m: 2:29.12 39.57	300m: 3:48.84 39.50	400m: 5:10.31 41.21	

Juniors

1.	VIGUIER Evan	08	Swimming Luxembourg	4:03.04	666
	50m: 27.22 27.22	150m: 1:28.40 30.92	250m: 2:30.68 30.83	350m: 3:33.98 31.48	
	100m: 57.48 30.26	200m: 1:59.85 31.45	300m: 3:02.50 31.82	400m: 4:03.04 29.06	
2.	REINESCH Inaki	09	Schwammclub Deifferdang	4:24.93	514
	50m: 28.75 28.75	150m: 1:34.18 32.90	250m: 2:42.10 33.73	350m: 3:51.49 34.99	
	100m: 1:01.28 32.53	200m: 2:08.37 34.19	300m: 3:16.50 34.40	400m: 4:24.93 33.44	
3.	KROMBACH Alex	08	Swimming Luxembourg	4:34.72	461
	50m: 29.74 29.74	150m: 1:37.20 34.52	250m: 2:48.19 35.60	350m: 3:59.85 35.90	
	100m: 1:02.68 32.94	200m: 2:12.59 35.39	300m: 3:23.95 35.76	400m: 4:34.72 34.87	
4.	KRIES Leo	08	Swimming Luxembourg	4:52.83	380
	50m: 31.88 31.88	150m: 1:44.12 36.68	250m: 2:59.38 37.90	350m: 4:15.49 38.43	
	100m: 1:07.44 35.56	200m: 2:21.48 37.36	300m: 3:37.06 37.68	400m: 4:52.83 37.34	
5.	MOOG Jules	08	Swimming Luxembourg	5:01.30	349
	50m: 31.76 31.76	150m: 1:46.83 37.95	250m: 3:04.94 39.11	350m: 4:23.74 39.17	
	100m: 1:08.88 37.12	200m: 2:25.83 39.00	300m: 3:44.57 39.63	400m: 5:01.30 37.56	

CHAMPIONNATS NATIONAUX &
CRITERIUM DES JEUNES D'HIVER 2025
Oberkorn, 06.12. - 07.12.2025

Event 5, Men, 400m Freestyle

Open

1.	VIGUIER Evan	08	Swimming Luxembourg	4:03.04	666			
	<i>Luxembourg Short Course Champion</i>							
	50m: 27.22	27.22	150m: 1:28.40	30.92	250m: 2:30.68	30.83	350m: 3:33.98	31.48
	100m: 57.48	30.26	200m: 1:59.85	31.45	300m: 3:02.50	31.82	400m: 4:03.04	29.06
2.	GONZALEZ PEREZ Rodrigo	07	Swimming Luxembourg	4:03.23	664			
	50m: 27.73	27.73	150m: 1:28.83	30.77	250m: 2:31.10	31.11	350m: 3:33.76	31.02
	100m: 58.06	30.33	200m: 1:59.99	31.16	300m: 3:02.74	31.64	400m: 4:03.23	29.47
3.	THILL Nicolas	05	Swimming Luxembourg	4:06.94	634			
	50m: 28.13	28.13	150m: 1:30.60	31.53	250m: 2:33.74	31.11	350m: 3:36.47	31.20
	100m: 59.07	30.94	200m: 2:02.63	32.03	300m: 3:05.27	31.53	400m: 4:06.94	30.47
4.	WEYRICH Mike	05	Swimming Luxembourg	4:08.16	625			
	50m: 27.61	27.61	150m: 1:29.04	31.09	250m: 2:32.53	31.71	350m: 3:37.27	32.28
	100m: 57.95	30.34	200m: 2:00.82	31.78	300m: 3:04.99	32.46	400m: 4:08.16	30.89
5.	THILL Louis	07	Swimming Luxembourg	4:14.78	578			
	50m: 30.12	30.12	150m: 1:35.50	32.80	250m: 2:40.13	31.29	350m: 3:42.92	31.58
	100m: 1:02.70	32.58	200m: 2:08.84	33.34	300m: 3:11.34	31.21	400m: 4:14.78	31.86
6.	MONROS COMA Miquel	87	Luxembourg Sharks Swimming Club	4:19.37	548			
	50m: 28.61	28.61	150m: 1:32.27	32.44	250m: 2:38.69	33.37	350m: 3:46.23	33.83
	100m: 59.83	31.22	200m: 2:05.32	33.05	300m: 3:12.40	33.71	400m: 4:19.37	33.14
7.	DUSEMON Paul	07	Swimming Luxembourg	4:22.38	529			
	50m: 28.93	28.93	150m: 1:34.68	33.23	250m: 2:42.06	33.82	350m: 3:49.94	34.30
	100m: 1:01.45	32.52	200m: 2:08.24	33.56	300m: 3:15.64	33.58	400m: 4:22.38	32.44
8.	REINESCH Inaki	09	Schwammclub Deifferdang	4:24.93	514			
	50m: 28.75	28.75	150m: 1:34.18	32.90	250m: 2:42.10	33.73	350m: 3:51.49	34.99
	100m: 1:01.28	32.53	200m: 2:08.37	34.19	300m: 3:16.50	34.40	400m: 4:24.93	33.44
9.	BLECKMANN Antoine	10	Swimming Luxembourg	4:34.09	464			
	50m: 31.33	31.33	150m: 1:39.43	34.47	250m: 2:49.14	35.13	350m: 4:00.04	35.41
	100m: 1:04.96	33.63	200m: 2:14.01	34.58	300m: 3:24.63	35.49	400m: 4:34.09	34.05
10.	WESTER Ben	06	Cercle de Natation Dudelange	4:34.26	463			
	50m: 29.21	29.21	150m: 1:33.06	32.36	250m: 2:40.93	34.41	350m: 3:55.94	38.38
	100m: 1:00.70	31.49	200m: 2:06.52	33.46	300m: 3:17.56	36.63	400m: 4:34.26	38.32
11.	KROMBACH Alex	08	Swimming Luxembourg	4:34.72	461			
	50m: 29.74	29.74	150m: 1:37.20	34.52	250m: 2:48.19	35.60	350m: 3:59.85	35.90
	100m: 1:02.68	32.94	200m: 2:12.59	35.39	300m: 3:23.95	35.76	400m: 4:34.72	34.87
12.	WESTER Liam	11	Cercle de Natation Dudelange	4:36.86	450			
	50m: 29.92	29.92	150m: 1:40.02	35.75	250m: 2:49.88	34.09	350m: 4:01.26	36.09
	100m: 1:04.27	34.35	200m: 2:15.79	35.77	300m: 3:25.17	35.29	400m: 4:36.86	35.60
13.	KIEFFER GABBANA Maximilien	11	Swimming Luxembourg	4:42.77	422			
	50m: 30.35	30.35	150m: 1:40.95	36.14	250m: 2:53.61	36.05	350m: 4:07.48	37.00
	100m: 1:04.81	34.46	200m: 2:17.56	36.61	300m: 3:30.48	36.87	400m: 4:42.77	35.29
14.	MOOG Paul	10	Swimming Luxembourg	4:43.10	421			
	50m: 31.31	31.31	150m: 1:42.93	36.42	250m: 2:55.63	36.09	350m: 4:08.74	36.49
	100m: 1:06.51	35.20	200m: 2:19.54	36.61	300m: 3:32.25	36.62	400m: 4:43.10	34.36
15.	HALLOT Maxime	11	Swimming Luxembourg	4:48.42	398			
	50m: 31.08	31.08	150m: 1:42.59	36.40	250m: 2:57.09	37.44	350m: 4:12.40	37.67
	100m: 1:06.19	35.11	200m: 2:19.65	37.06	300m: 3:34.73	37.64	400m: 4:48.42	36.02

CHAMPIONNATS NATIONAUX &
CRITERIUM DES JEUNES D'HIVER 2025
Oberkorn, 06.12. - 07.12.2025

Event 5, Men, 400m Freestyle, Open

Rank					YB					Time	Pts	
16.	WEBER Kazuki				12	Swimming Luxembourg				4:48.81	396	
	50m:	32.33	32.33	150m:	1:46.11	37.38	250m:	3:01.29	37.65	350m:	4:15.28	36.41
	100m:	1:08.73	36.40	200m:	2:23.64	37.53	300m:	3:38.87	37.58	400m:	4:48.81	33.53
17.	BERVAS-SCHUMACHER Olivier				12	Swimming Club Le Dauphin Ettelbruck				4:49.34	394	
	50m:	33.78	33.78	150m:	1:46.77	36.71	250m:	3:01.14	37.14	350m:	4:14.30	35.99
	100m:	1:10.06	36.28	200m:	2:24.00	37.23	300m:	3:38.31	37.17	400m:	4:49.34	35.04
18.	RADWAY Isaac				10	Luxembourg Sharks Swimming Club				4:49.45	394	
	50m:	31.06	31.06	150m:	1:43.89	37.43	250m:	2:58.98	37.21	350m:	4:14.04	37.86
	100m:	1:06.46	35.40	200m:	2:21.77	37.88	300m:	3:36.18	37.20	400m:	4:49.45	35.41
19.	KRIES Leo				08	Swimming Luxembourg				4:52.83	380	
	50m:	31.88	31.88	150m:	1:44.12	36.68	250m:	2:59.38	37.90	350m:	4:15.49	38.43
	100m:	1:07.44	35.56	200m:	2:21.48	37.36	300m:	3:37.06	37.68	400m:	4:52.83	37.34
20.	BOERSMA Anton				12	Swimming Luxembourg				4:52.99	380	
	50m:	33.84	33.84	150m:	1:47.93	37.72	250m:	3:01.91	36.90	350m:	4:16.66	37.46
	100m:	1:10.21	36.37	200m:	2:25.01	37.08	300m:	3:39.20	37.29	400m:	4:52.99	36.33
21.	SPENNACCHIO Matteo				10	Swimming Luxembourg				4:53.56	377	
	50m:	32.49	32.49	150m:	1:45.37	36.99	250m:	3:00.55	37.60	350m:	4:16.75	38.04
	100m:	1:08.38	35.89	200m:	2:22.95	37.58	300m:	3:38.71	38.16	400m:	4:53.56	36.81
22.	RIVELLINI Elio				12	Swimming Luxembourg				4:59.40	356	
	50m:	33.93	33.93	150m:	1:49.66	38.24	250m:	3:06.50	38.45	350m:	4:22.74	38.21
	100m:	1:11.42	37.49	200m:	2:28.05	38.39	300m:	3:44.53	38.03	400m:	4:59.40	36.66
23.	CHAOUI Kyle				11	Luxembourg Sharks Swimming Club				5:00.27	353	
	50m:	32.99	32.99	150m:	1:47.88	37.97	250m:	3:05.66	39.00	350m:	4:22.70	38.58
	100m:	1:09.91	36.92	200m:	2:26.66	38.78	300m:	3:44.12	38.46	400m:	5:00.27	37.57
24.	MOOG Jules				08	Swimming Luxembourg				5:01.30	349	
	50m:	31.76	31.76	150m:	1:46.83	37.95	250m:	3:04.94	39.11	350m:	4:23.74	39.17
	100m:	1:08.88	37.12	200m:	2:25.83	39.00	300m:	3:44.57	39.63	400m:	5:01.30	37.56
25.	FESQUET Louis				12	Swimming Club Redange				5:05.37	335	
	50m:	34.76	34.76	150m:	1:52.25	38.96	250m:	3:11.12	39.68	350m:	4:28.37	38.65
	100m:	1:13.29	38.53	200m:	2:31.44	39.19	300m:	3:49.72	38.60	400m:	5:05.37	37.00
26.	BERNIMONT Robin				12	Swimming Luxembourg				5:06.38	332	
	50m:	32.43	32.43	150m:	1:49.59	39.13	250m:	3:09.19	39.32	350m:	4:28.88	39.61
	100m:	1:10.46	38.03	200m:	2:29.87	40.28	300m:	3:49.27	40.08	400m:	5:06.38	37.50
27.	CONROTTE Jehan				10	Cercle de Natation Wiltz				5:06.41	332	
	50m:	33.37	33.37	150m:	1:50.64	39.01	250m:	3:09.81	39.70	350m:	4:29.15	39.31
	100m:	1:11.63	38.26	200m:	2:30.11	39.47	300m:	3:49.84	40.03	400m:	5:06.41	37.26
28.	FABER SZOMBATHY Philippe				12	Swimming Luxembourg				5:07.31	329	
	50m:	34.77	34.77	150m:	1:53.40	39.93	250m:	3:13.27	40.31	350m:	4:30.94	38.30
	100m:	1:13.47	38.70	200m:	2:32.96	39.56	300m:	3:52.64	39.37	400m:	5:07.31	36.37
29.	REMICHE Paul				12	Swimming Club Le Dauphin Ettelbruck				5:08.08	327	
	50m:	34.76	34.76	150m:	1:51.94	39.24	250m:	3:12.31	40.63	350m:	4:31.51	39.89
	100m:	1:12.70	37.94	200m:	2:31.68	39.74	300m:	3:51.62	39.31	400m:	5:08.08	36.57
30.	MULLER Paul				13	Swimming Luxembourg				5:08.79	324	
	50m:	34.83	34.83	150m:	1:53.77	40.23	250m:	3:12.68	39.38	350m:	4:31.98	38.98
	100m:	1:13.54	38.71	200m:	2:33.30	39.53	300m:	3:53.00	40.32	400m:	5:08.79	36.81

CHAMPIONNATS NATIONAUX &
CRITERIUM DES JEUNES D'HIVER 2025
Oberkorn, 06.12. - 07.12.2025

Event 5, Men, 400m Freestyle, Open

Rank			YB					Time	Pts			
31.	HAHNFELD Lukas		11	Swimming Luxembourg				5:10.31	320			
	50m:	33.40	33.40	150m:	1:49.55	39.01	250m:	3:09.34	40.22	350m:	4:29.10	40.26
	100m:	1:10.54	37.14	200m:	2:29.12	39.57	300m:	3:48.84	39.50	400m:	5:10.31	41.21
32.	O'GRADY Dylan		13	Cercle de Natation Dudelange				5:15.57	304			
	50m:	35.22	35.22	150m:	1:54.25	39.97	250m:	3:15.27	40.65	350m:	4:36.77	41.28
	100m:	1:14.28	39.06	200m:	2:34.62	40.37	300m:	3:55.49	40.22	400m:	5:15.57	38.80
33.	BRANDT Florian		13	Cercle de Natation Wiltz				5:33.71	257			
	50m:	36.83	36.83	150m:	2:00.89	42.75	250m:	3:28.48	44.68	350m:	4:52.60	42.50
	100m:	1:18.14	41.31	200m:	2:43.80	42.91	300m:	4:10.10	41.62	400m:	5:33.71	41.11
34.	FRAYLICH Hugo		12	Cercle de Natation Wiltz				5:37.06	249			
	50m:	38.62	38.62	150m:	2:05.47	43.33	250m:	3:30.50	42.26	350m:	4:56.84	44.24
	100m:	1:22.14	43.52	200m:	2:48.24	42.77	300m:	4:12.60	42.10	400m:	5:37.06	40.22
35.	ARAUJO Simao		12	Schwammclub Monnerech				5:41.73	239			
	50m:	38.07	38.07	150m:	2:03.91	43.84	250m:	3:32.65	44.00	350m:	4:58.83	43.22
	100m:	1:20.07	42.00	200m:	2:48.65	44.74	300m:	4:15.61	42.96	400m:	5:41.73	42.90
36.	DE MELO TINEL Edward Augusto		13	Schwammclub Deifferdang				5:51.69	219			
	50m:	38.24	38.24	150m:	2:08.70	45.12	250m:	3:40.08	47.04	350m:	5:06.81	43.47
	100m:	1:23.58	45.34	200m:	2:53.04	44.34	300m:	4:23.34	43.26	400m:	5:51.69	44.88