, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

: 3:59	00 /		: 4:15.50) / 1	· 1.35	: 4:35.50 / 2 : 5:11.50 /			₹	: 6:01.00		
: AQUA 2024		. 4.13.30 / 1			: 4.35.50 / 2 . 5.11.50 / 3)	. 0.01.00			
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50m: 100m:	28.02 59.06	28.02 31.04	150m: 200m:	11 1:30.31 2:00.54	31.25 30.23	250m: 300m:	2:35.44 3:08.46	34.90 33.02	350m: 400m:	4:12.08 3:41.29 4:12.08	596 32.83 30.79	
50m: 100m:	29.62 1:01.65	29.62 32.03	150m: 200m:	11 1:34.14 2:07.06	32.49 32.92	250m: 300m:	2:40.31 3:13.91	33.25 33.60	350m: 400m:	4:19.34 3:46.89 4:19.34	548 32.98 32.45	1
50m: 100m:	29.44 1:01.88	29.44 32.44		11 1:34.79 2:08.18	32.91 33.39	250m: 300m:	2:41.66 3:15.04	33.48 33.38	350m: 400m:	4:19.80 3:48.37 4:19.80	545 33.33 31.43	1
50m: 100m:	27.84 58.59	27.84 30.75	150m:	11 1:31.26 2:04.51	32.67 33.25	250m: 300m:	2:38.86 3:13.62	34.35 34.76	350m: 400m:	4:21.63 3:48.49 4:21.63	533 34.87 33.14	1
50m: 100m:	28.43 1:00.62	28.43 32.19	150m:	11 1:34.54 2:08.59	33.92 34.05	250m: 300m:	2:42.71 3:16.42	34.12 33.71	350m: 400m:	4:22.23 3:50.03 4:22.23	530 33.61 32.20	1
50m: 100m:	29.17 1:01.57	29.17 32.40	150m:	11 1:35.31 2:09.92	33.74 34.61	250m: 300m:	2:45.08 3:20.56	35.16 35.48	350m: 400m:	4:27.90 3:55.66 4:27.90	497 35.10 32.24	1
50m:	28.97 1:01.50	28.97 32.53	150m:	11 1:35.40 2:10.07	33.90 34.67	250m: 300m:	2:44.84	34.77 35.45	350m: 400m:	4:28.94 3:55.49 4:28.94	491 35.20 33.45	1
50m:	29.44	29.44	150m:	11 1:37.38	34.35	250m:	2:46.61	34.83	350m:	4:30.05 3:56.28	485 34.45	1
100m: 50m: 100m:	1:03.03 30.46 1:04.24	33.59 30.46 33.78	150m:	2:11.78 11 1:38.95 2:13.64	34.40 34.71 34.69	300m: 250m: 300m:	3:21.83 2:48.41 3:23.63	35.22 34.77 35.22	400m: 350m: 400m:	4:30.05 4:31.87 3:58.43 4:31.87	33.77 475 34.80 33.44	1
50m:	29.21 1:02.27	29.21 33.06	150m:	11 1:36.75 2:11.76	34.48 35.01	250m: 300m:	2:46.43 3:20.78	34.67 34.35	350m: 400m:	4:31.94 3:56.70 4:31.94	475 35.92 35.24	1
50m: 100m:	30.73 1:05.17	30.73 34.44	150m:	11 1:39.97 2:14.77	34.80 34.80	250m: 300m:	2:49.62 3:24.14	34.85 34.52	350m: 400m:	4:32.04 3:58.43 4:32.04	474 34.29 33.61	1
50m: 100m:	28.16 1:00.99	28.16 32.83	150m:	11 1:36.18 2:11.88	35.19 35.70	250m: 300m:	2:46.91 3:22.69	35.03 35.78	350m: 400m:	4:32.80 3:58.38 4:32.80	470 35.69 34.42	1
50m: 100m:	29.80 1:02.72	29.80 32.92	150m:	11 1:37.37 2:12.86	34.65 35.49	250m: 300m:	2:48.30	35.44 36.05	350m: 400m:	4:33.74 4:00.17 4:33.74	466 35.82 33.57	1
50m: 100m:	28.11 1:02.06	28.11 33.95	150m:	11 1:37.11 2:12.51	35.05 35.40	250m: 300m:	2:48.14 3:23.82	35.63 35.68	350m: 400m:	4:34.19 3:59.72 4:34.19	463 35.90 34.47	1
50m: 100m:	29.72 1:04.13	29.72 34.41	150m:	11 1:40.46 2:16.62	36.33 36.16	250m: 300m:		36.31 35.84	350m: 400m:	4:34.53 4:03.83 4:34.53	462 35.06 30.70	1
50m: 100m:	29.00 1:01.96	29.00 32.96	150m:	11 1:36.41 2:11.73	34.45 35.32	250m: 300m:	2:47.11	35.38 36.58	350m: 400m:	4:34.69 3:59.81 4:34.69	461 36.12 34.88	1
50m:	30.16	30.16	150m:	11 1:40.36	35.94	250m:	2:52.30 3:28.10	35.76	350m:	4:34.84 4:02.34	460 34.24 32.50	1

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,				/						4.25.24	450	4
50m: 100m:	29.93 1:05.09	29.93 35.16	150m: 200m:	11 1:40.92 2:16.63	35.83 35.71	250m: 300m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:35.34 4:02.78 4:35.34	458 35.41 32.56	1
50m: 100m:	29.78 1:04.20	29.78 34.42	150m: 200m:	11 1:40.04 2:16.06	35.84 36.02	250m: 300m:	2:52.52 3:28.51	36.46 35.99	350m: 400m:	4:35.55 4:04.45 4:35.55	457 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43	150m: 200m:	11 1:38.96 2:14.15	34.60 35.19	250m: 300m:	2:49.62 3:25.24	35.47 35.62	350m: 400m:	4:36.08 4:01.30 4:36.08	454 36.06 34.78	2
50m: 100m:	28.42 1:01.26	28.42 32.84	150m: 200m:	11 1:36.36 2:12.15	35.10 35.79	250m: 300m:	2:48.37 3:24.89	36.22 36.52	350m: 400m:	4:36.46 4:01.15 4:36.46	452 36.26 35.31	2
50m: 100m:	30.00 1:03.84	30.00 33.84	150m: 200m:	11 1:39.29 2:15.33	35.45 36.04	250m: 300m:	2:51.64 3:27.39	36.31 35.75	350m: 400m:	4:36.78 4:03.59 4:36.78	450 36.20 33.19	2
50m: 100m:	30.76 1:04.77	30.76 34.01	150m: 200m:	12 1:39.79 2:15.17	35.02 35.38	250m: 300m:	2:50.77 3:26.44	35.60 35.67	350m: 400m:	4:36.84 4:02.25 4:36.84	450 35.81 34.59	2
50m: 100m:	29.20 1:04.26	29.20 35.06	150m: 200m:	11 1:39.51 2:15.44	35.25 35.93	250m: 300m:	2:51.86 3:28.17	36.42 36.31	350m: 400m:	4:38.44 4:04.02 4:38.44	442 35.85 34.42	2
50m: 100m:	32.15 1:08.02	32.15 35.87	150m: 200m:	11 1:44.00 2:19.73	35.98 35.73	250m: 300m:	2:55.56 3:31.44	35.83 35.88	350m: 400m:	4:38.48 4:06.10 4:38.48	442 34.66 32.38	2
50m: 100m:	29.48 1:03.33	29.48 33.85	150m: 200m:	11 1:38.95 2:14.49	35.62 35.54	250m: 300m:	2:50.48 3:26.65	35.99 36.17	350m: 400m:	4:38.51 4:03.13 4:38.51	442 36.48 35.38	2
50m: 100m:	30.94 1:06.23	30.94 35.29	150m: 200m:	11 1:42.67 2:18.75	36.44 36.08	250m: 300m:	2:55.15 3:31.18	36.40 36.03	350m: 400m:	4:38.62 4:06.71 4:38.62	442 35.53 31.91	2
50m: 100m:	30.96 1:06.52	30.96 35.56		12 1:42.76 2:18.70	36.24 35.94	250m: 300m:	2:55.25 3:31.64	36.55 36.39	350m: 400m:	4:38.80 4:06.18 4:38.80	441 34.54 32.62	2
50m: 100m:	30.64 1:05.43	30.64 34.79		12 1:41.14 2:17.35	35.71 36.21		2:53.87 3:29.81	36.52 35.94	350m: 400m:	4:38.89 4:05.49 4:38.89	440 35.68 33.40	2
50m: 100m:	30.51 1:05.31	30.51 34.80	150m: 200m:	11 1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:39.15 4:04.60 4:39.15	439 35.89 34.55	2
50m: 100m:	30.58 1:05.43	30.58 34.85		12 1:40.58 2:16.74	35.15 36.16	250m: 300m:	2:51.89 3:28.50	35.15 36.61	350m: 400m:	4:39.16 4:04.63 4:39.16	439 36.13 34.53	2
50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	12 1:40.91 2:16.66	34.94 35.75		2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:40.03 4:05.10 4:40.03	435 36.71 34.93	2
50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:	11 1:43.52 2:19.97	36.66 36.45	250m: 300m:	2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:40.98 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m: 200m:	12 1:40.86 2:16.84	36.09 35.98	250m: 300m:	2:53.30 3:29.90	36.46 36.60	350m: 400m:	4:41.02 4:06.28 4:41.02	430 36.38 34.74	2
50m: 100m:	31.58 1:05.55	31.58 33.97	150m: 200m:	12 1:40.97 2:17.05	35.42 36.08	250m: 300m:	2:53.47 3:29.73	36.42 36.26	350m: 400m:	4:41.27 4:06.76 4:41.27	429 37.03 34.51	2

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50m: 100m:	30.90 1:05.82	30.90 34.92		11 1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:41.52 4:07.40 4:41.52	428 35.41 34.12	2
50m: 100m:	30.77 1:05.57	30.77 34.80	150m: 200m:	12 1:41.40 2:17.30	35.83 35.90		2:54.06 3:31.70	36.76 37.64	350m: 400m:	4:42.52 4:08.61 4:42.52	424 36.91 33.91	2
50m: 100m:	31.98 1:06.99	31.98 35.01		11 1:42.66 2:19.27	35.67 36.61	250m: 300m:	2:55.53 3:32.58	36.26 37.05	350m: 400m:	4:42.66 4:08.49 4:42.66	423 35.91 34.17	2
50m:	31.92 1:07.61	31.92 35.69	150m:	11 1:43.93 2:20.25	36.32 36.32	250m:	2:55.96 3:32.27	35.71 36.31	350m: 400m:	4:42.72	423 36.17 34.28	2
50m:	30.61 1:05.70	30.61 35.09	150m:	11 1:42.30 2:18.80	36.60 36.50	250m:	2:55.66 3:32.06	36.86 36.40	350m: 400m:	4:43.27 4:08.49	420 36.43 34.78	2
50m:	30.72	30.72	150m:	11 1:42.48	36.22	250m:	2:55.16	36.15	350m:	4:43.66 4:08.50	418 36.07	2
50m:	1:06.26 30.06	35.54 30.06	150m:	2:19.01 11 1:40.87	36.53 36.45	250m:	3:32.43 2:54.48	37.27 36.92		4:43.66 4:43.98 4:08.70	35.16 417 36.79	2
100m: 50m:	1:04.42 30.79	34.36 30.79		2:17.56 11 1:41.78	36.69 36.09		3:31.91 2:54.63	37.43 36.89	400m: 350m:	4:43.98 4:44.68 4:09.05	35.28 414 37.46	2
	1:05.69	34.90 32.41		2:17.74 12 1:44.76	35.96 35.98		3:31.59 2:57.18	36.96 35.87		4:44.68 4:44.79 4:10.20	35.63 413 36.23	2
100m:	1:08.78	36.37	200m:	2:21.31	36.55	300m:	3:33.97	36.79	400m:	4:44.79 4:45.04	34.59 412	2
50m: 100m:	30.84 1:06.44	30.84 35.60	150m: 200m:	1:42.35 2:18.90	35.91 36.55		2:55.81 3:33.11	36.91 37.30	350m: 400m:	4:09.63 4:45.04 4:45.43	36.52 35.41 411	2
50m: 100m:	30.96 1:06.40	30.96 35.44		1:42.33 2:18.99	35.93 36.66		2:55.85 3:32.15	36.86 36.30	350m: 400m:	4:26.98 4:45.43 4:45.56	54.83 18.45 410	2
50m: 100m:	31.94 1:08.43	31.94 36.49		1:44.86 2:21.26	36.43 36.40		2:57.71 3:34.41	36.45 36.70	350m: 400m:	4:10.68 4:45.56	36.27 34.88	
50m: 100m:	29.66 1:04.08	29.66 34.42	150m: 200m:	11 1:40.76 2:18.44	36.68 37.68	250m: 300m:	2:56.03 3:33.32	37.59 37.29	350m: 400m:	4:45.80 4:10.62 4:45.80	409 37.30 35.18	2
50m: 100m:	31.70 1:07.44	31.70 35.74	150m: 200m:	12 1:43.84 2:19.79	36.40 35.95		2:55.69 3:33.87	35.90 38.18	350m: 400m:	4:45.84 4:10.69 4:45.84	409 36.82 35.15	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	11 1:45.36 2:22.92	37.19 37.56	250m: 300m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:46.28 4:10.64 4:46.28	407 35.53 35.64	2
50m: 100m:	30.71 1:05.79	30.71 35.08	150m: 200m:	11 1:42.71 2:19.68	36.92 36.97	250m: 300m:	2:56.69 3:33.99	37.01 37.30	350m: 400m:	4:46.36 4:10.68 4:46.36	407 36.69 35.68	2
50m: 100m:	30.99 1:06.01	30.99 35.02	150m: 200m:	11 1:41.14 2:17.33	35.13 36.19	250m: 300m:	2:54.49 3:32.59	37.16 38.10	350m: 400m:	4:46.86 4:09.90 4:46.86	405 37.31 36.96	2
50m: 100m:	31.71 1:06.89	31.71 35.18	150m: 200m:	11 1:43.58 2:20.84	36.69 37.26	250m: 300m:	2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:46.96 4:12.27 4:46.96	404 37.19 34.69	2

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50m: 100m:	31.14 1:05.57	31.14 34.43	11 1:42.35 2:19.68	36.78 37.33		2:57.07 3:34.50	37.39 37.43	350m: 400m:	4:47.11 4:11.78 4:47.11	404 37.28 35.33	2
50m: 100m:	29.74 1:04.74	29.74 35.00	11 1:41.43 2:19.03	36.69 37.60		2:56.23 3:33.72	37.20 37.49	350m: 400m:	4:47.17 4:11.39 4:47.17	403 37.67 35.78	2
50m: 100m:	31.97 1:07.53	31.97 35.56	11 1:43.38 2:20.15	35.85 36.77		2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:47.41 4:13.02 4:47.41	402 37.27 34.39	2
50m: 100m:	31.44 1:07.24	31.44 35.80	12 1:43.85 2:20.87	36.61 37.02		2:58.47 3:36.16	37.60 37.69	350m: 400m:	4:47.68 4:13.49 4:47.68	401 37.33 34.19	2
50m:	30.72	30.72	12 1:42.14	36.52		2:58.13	38.23	350m:	4:47.73 4:13.36	401 37.67	2
	1:05.62	34.90	2:19.90	37.76		3:35.69	37.56		4:47.73 4:47.74	34.37 401	2
50m: 100m:	31.19 1:06.30	31.19 35.11	1:43.15 2:20.34	36.85 37.19		2:57.95 3:35.65	37.61 37.70	350m: 400m:		37.14 34.95	2
50m: 100m:	32.01 1:07.77	32.01 35.76	11 1:44.49 2:21.52	36.72 37.03		2:58.89 3:36.27	37.37 37.38	350m: 400m:	4:48.05 4:13.61 4:48.05	400 37.34 34.44	2
50m: 100m:	30.74 1:06.13	30.74 35.39	12 1:42.77 2:20.01	36.64 37.24		2:56.79 3:33.47	36.78 36.68	350m: 400m:	4:48.28 4:08.18 4:48.28	399 34.71 40.10	2
50m: 100m:	31.37 1:06.97	31.37 35.60	12 1:43.53 2:20.94	36.56 37.41		2:57.67 3:33.95	36.73 36.28	350m: 400m:		398 36.99 37.59	2
50m: 100m:	30.99 1:06.48	30.99 35.49	11 1:43.13 2:20.60	36.65 37.47		2:58.74 3:36.93	38.14 38.19	350m: 400m:	4:48.72 4:13.61 4:48.72	397 36.68 35.11	2
50m: 100m:	32.89 1:08.57	32.89 35.68	11 1:45.08 2:21.59	36.51 36.51		2:58.88 3:36.29	37.29 37.41		4:48.78 4:12.75 4:48.78	397 36.46 36.03	2
50m: 100m:	32.25 1:07.53	32.25 35.28	12 1:44.08 2:19.69	36.55 35.61		2:55.82 3:31.01	36.13 35.19	350m: 400m:	4:48.81 4:06.86 4:48.81	396 35.85 41.95	2
50m: 100m:	30.56 1:06.62	30.56 36.06	11 1:43.45 2:20.73	36.83 37.28		2:58.54 3:36.41	37.81 37.87	350m: 400m:	4:48.90 4:13.79 4:48.90	396 37.38 35.11	2
50m: 100m:	30.67 1:05.85	30.67 35.18	11 1:42.84 2:20.77	36.99 37.93		2:58.91 3:37.23	38.14 38.32	350m: 400m:	4:48.95 4:14.72 4:48.95	396 37.49 34.23	2
50m: 100m:	31.62 1:07.86	31.62 36.24	11 1:44.48 2:21.21	36.62 36.73		2:58.58 3:35.79	37.37 37.21	350m: 400m:	4:49.03 4:12.83 4:49.03	396 37.04 36.20	2
50m: 100m:	31.20 1:06.17	31.20 34.97	11 1:42.58 2:19.58	36.41 37.00		2:57.63 3:35.74	38.05 38.11	350m: 400m:	4:49.17 4:13.13 4:49.17	395 37.39 36.04	2
50m: 100m:	32.42 1:08.37	32.42 35.95	11 1:45.47 2:22.83	37.10 37.36	250m: 300m:	3:00.14 3:37.31	37.31 37.17	350m: 400m:	4:49.42 4:14.02 4:49.42	394 36.71 35.40	2
50m: 100m:	32.69 1:08.61	32.69 35.92	11 1:45.68 2:22.31	37.07 36.63		2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:49.48 4:12.63 4:49.48	394 37.09 36.85	2

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50m: 100m:	30.69 1:06.86	30.69 36.17	150m: 200m:	11 1:44.71 2:22.20	37.85 37.49	250m: 300m:	2:59.09 3:35.85	36.89 36.76	350m: 400m:	4:49.64 4:13.74 4:49.64	393 2 37.89 35.90
50m: 100m:	31.06 1:06.65	31.06 35.59	150m: 200m:	11 1:43.77 2:39.65	37.12 55.88	250m: 300m:	3:16.08 3:52.34	36.43 36.26	350m: 400m:	4:50.42 4:31.70 4:50.42	390 2 39.36 18.72
50m: 100m:	30.58 1:05.89	30.58 35.31	150m: 200m:	11 1:42.86 2:20.89	36.97 38.03	250m: 300m:	2:58.91 3:36.73	38.02 37.82	350m: 400m:	4:50.50 4:14.10 4:50.50	390 2 37.37 36.40
50m: 100m:	32.45 1:08.88	32.45 36.43	150m: 200m:	11 1:45.90 2:23.77	37.02 37.87	250m: 300m:	3:01.26 3:39.30	37.49 38.04	350m: 400m:	4:50.93 4:15.82 4:50.93	388 2 36.52 35.11
50m: 100m:	32.82 1:08.70	32.82 35.88	150m: 200m:	12 1:45.59 2:22.55	36.89 36.96	250m: 300m:	3:00.22 3:37.95	37.67 37.73	350m: 400m:	4:51.58 4:15.47 4:51.58	385 2 37.52 36.11
50m: 100m:	31.58 1:07.52	31.58 35.94		11 1:44.84 2:22.47	37.32 37.63	250m: 300m:	3:00.02 3:37.66	37.55 37.64	350m: 400m:	4:52.45 4:15.49 4:52.45	382 2 37.83 36.96
50m: 100m:	30.81 1:06.17	30.81 35.36	150m: 200m:	12 1:43.02 2:20.71	36.85 37.69	250m: 300m:	2:59.48 3:38.54	38.77 39.06	350m: 400m:	4:52.89 4:16.41 4:52.89	380 2 37.87 36.48
50m: 100m:	30.84 1:07.39	30.84 36.55		11 1:44.95 2:23.08	37.56 38.13	250m: 300m:	3:02.07 3:41.39	38.99 39.32	350m: 400m:	4:53.20 4:18.75 4:53.20	379 2 37.36 34.45
50m: 100m:	31.66 1:07.92	31.66 36.26	150m: 200m:	12 1:45.44 2:23.30	37.52 37.86	250m: 300m:	3:01.18 3:38.94	37.88 37.76	350m: 400m:	4:53.51 4:16.93 4:53.51	378 2 37.99 36.58
50m: 100m:	32.53 1:08.30	32.53 35.77	150m: 200m:	11 1:45.24 2:22.76	36.94 37.52	250m: 300m:	3:00.92 3:38.45	38.16 37.53	350m: 400m:	4:53.65 4:16.22 4:53.65	377 2 37.77 37.43
50m: 100m:	30.83 1:06.44	30.83 35.61		11 1:43.86 2:22.08	37.42 38.22	250m: 300m:	2:59.96 3:38.65	37.88 38.69	350m: 400m:	4:53.72 4:16.72 4:53.72	377 2 38.07 37.00
50m: 100m:	33.41 1:10.21	33.41 36.80	150m: 200m:	11 1:47.93 2:25.86	37.72 37.93	250m: 300m:	3:03.87 3:42.02	38.01 38.15	350m: 400m:	4:54.59 4:18.65 4:54.59	374 2 36.63 35.94
50m: 100m:	32.00 1:08.22	32.00 36.22	150m: 200m:	13 1:45.88 2:24.37	37.66 38.49	250m: 300m:	3:02.70 3:41.06	38.33 38.36	350m: 400m:	4:55.68 4:18.52 4:55.68	369 2 37.46 37.16
50m: 100m:	32.96 1:09.73	32.96 36.77	150m: 200m:	11 1:47.51 2:25.26	37.78 37.75	250m: 300m:	3:04.22 3:42.95	38.96 38.73	350m: 400m:	4:56.60 4:20.39 4:56.60	366 2 37.44 36.21
50m: 100m:	34.11 1:12.77	34.11 38.66	150m: 200m:	11 1:50.85 2:29.12	38.08 38.27	250m: 300m:	3:07.16 3:45.90	38.04 38.74	350m: 400m:	4:56.65 4:23.34 4:56.65	366 2 37.44 33.31
50m: 100m:	32.33 1:08.46	32.33 36.13	150m: 200m:	11 1:46.13 2:24.11	37.67 37.98	250m: 300m:	3:02.15 3:40.66	38.04 38.51	350m: 400m:	4:57.44 4:19.81 4:57.44	363 2 39.15 37.63
50m: 100m:	31.94 1:09.58	31.94 37.64	150m: 200m:	12 1:48.63 2:27.64	39.05 39.01	250m: 300m:	3:06.45 3:45.53	38.81 39.08	350m: 400m:	5:01.07 4:24.41 5:01.07	350 2 38.88 36.66