

Event 2 Men, 400m Medley 2008 and older Results  
27.1.23 - 9:13

Meet Record	4:16.65	LITCHFIELD Max	GBR	Luxembourg	27.1.17
World Record	4:03.84	PHELPS Michael	USA	Beijing (CHN)	10.8.08
European Record	4:04.28	MARCHAND Leon	FRA	Budapest (HUN)	18.6.22

Points: FINA 2023

Rank	YB		Time		Pts	RT
<b>Open</b>						
1.	<b>VERRASZTO David</b>	<b>88</b>	<b>Hungarian Swimming Federation</b>		<b>4:19.34</b>	<b>831 +0.74</b>
	50m: 27.59 27.59	150m: 1:32.93 33.35	250m: 2:41.97 35.87	350m: 3:49.88 31.34		
	100m: 59.58 31.99	200m: 2:06.10 33.17	300m: 3:18.54 36.57	400m: 4:19.34 29.46		
2.	<b>MATTENET Emilien</b>	<b>00</b>	<b>Charleville-Mezieres Natation</b>		<b>4:23.10</b>	<b>796 +0.73</b>
	50m: 27.65 27.65	150m: 1:34.56 34.19	250m: 2:45.51 37.76	350m: 3:54.66 30.80		
	100m: 1:00.37 32.72	200m: 2:07.75 33.19	300m: 3:23.86 38.35	400m: 4:23.10 28.44		
3.	<b>GALLANT Jacob</b>	<b>02</b>	<b>Toronto</b>		<b>4:23.13</b>	<b>795 +0.80</b>
	50m: 28.29 28.29	150m: 1:35.34 34.80	250m: 2:45.39 36.34	350m: 3:53.11 30.73		
	100m: 1:00.54 32.25	200m: 2:09.05 33.71	300m: 3:22.38 36.99	400m: 4:23.13 30.02		
4.	<b>CASSIN Jack</b>	<b>04</b>	<b>Swim Ireland</b>		<b>4:30.34</b>	<b>733 +0.68</b>
	50m: 27.32 27.32	150m: 1:36.01 36.27	250m: 2:49.85 38.17	350m: 4:00.50 31.45		
	100m: 59.74 32.42	200m: 2:11.68 35.67	300m: 3:29.05 39.20	400m: 4:30.34 29.84		
5.	<b>MUEHLEITNER Henning</b>	<b>97</b>	<b>Sport-Union Neckarsulm</b>		<b>4:30.52</b>	<b>732 +0.74</b>
	50m: 28.74 28.74	150m: 1:36.84 35.82	250m: 2:50.53 38.70	350m: 4:01.22 30.83		
	100m: 1:01.02 32.28	200m: 2:11.83 34.99	300m: 3:30.39 39.86	400m: 4:30.52 29.30		
6.	<b>BUESSING Silas</b>	<b>05</b>	<b>Germany - DSV</b>		<b>4:35.79</b>	<b>691 +0.70</b>
	50m: 28.15 28.15	150m: 1:36.80 35.04	250m: 2:51.04 39.54	350m: 4:04.06 32.99		
	100m: 1:01.76 33.61	200m: 2:11.50 34.70	300m: 3:31.07 40.03	400m: 4:35.79 31.73		
7.	<b>POPE Oliver</b>	<b>05</b>	<b>Swim England South East</b>		<b>4:36.82</b>	<b>683 +0.68</b>
	50m: 28.12 28.12	150m: 1:36.73 35.70	250m: 2:51.88 40.65	350m: 4:05.59 32.45		
	100m: 1:01.03 32.91	200m: 2:11.23 34.50	300m: 3:33.14 41.26	400m: 4:36.82 31.23		
8.	<b>MENZEL Alexander</b>	<b>02</b>	<b>TPSK 1925 e.V.</b>		<b>4:37.24</b>	<b>680 +0.79</b>
	50m: 28.55 28.55	150m: 1:38.14 36.50	250m: 2:53.67 39.77	350m: 4:06.55 32.52		
	100m: 1:01.64 33.09	200m: 2:13.90 35.76	300m: 3:34.03 40.36	400m: 4:37.24 30.69		
9.	<b>MAGOLD Carl Morris</b>	<b>04</b>	<b>SSG Saar Max Ritter</b>		<b>4:37.95</b>	<b>675 +0.65</b>
	50m: 28.46 28.46	150m: 1:38.76 37.37	250m: 2:54.22 39.30	350m: 4:07.21 32.49		
	100m: 1:01.39 32.93	200m: 2:14.92 36.16	300m: 3:34.72 40.50	400m: 4:37.95 30.74		
10.	<b>EDWARDS Kaden</b>	<b>04</b>	<b>Swim Wales</b>		<b>4:38.02</b>	<b>674 +0.77</b>
	50m: 28.25 28.25	150m: 1:36.74 35.58	250m: 2:53.01 41.01	350m: 4:07.39 32.57		
	100m: 1:01.16 32.91	200m: 2:12.00 35.26	300m: 3:34.82 41.81	400m: 4:38.02 30.63		
11.	<b>WRAPSON Cameron</b>	<b>06</b>	<b>City of Birmingham Swimming Club</b>		<b>4:41.08</b>	<b>652 +0.74</b>
	50m: 28.26 28.26	150m: 1:39.37 39.03	250m: 2:57.27 39.60	350m: 4:09.94 32.16		
	100m: 1:00.34 32.08	200m: 2:17.67 38.30	300m: 3:37.78 40.51	400m: 4:41.08 31.14		
12.	<b>DE CELIS MONTALBAN Sergio</b>	<b>00</b>	<b>Espana</b>		<b>4:41.29</b>	<b>651 +0.69</b>
	50m: 28.42 28.42	150m: 1:40.32 39.32	250m: 2:58.64 41.19	350m: 4:11.38 31.02		
	100m: 1:01.00 32.58	200m: 2:17.45 37.13	300m: 3:40.36 41.72	400m: 4:41.29 29.91		
13.	<b>MONCHO Pau</b>	<b>03</b>	<b>Federacion Comunidad Valenciana</b>		<b>4:41.43</b>	<b>650 +0.65</b>
	50m: 29.92 29.92	150m: 1:42.71 37.17	250m: 3:00.01 41.20	350m: 4:11.67 31.23		
	100m: 1:05.54 35.62	200m: 2:18.81 36.10	300m: 3:40.44 40.43	400m: 4:41.43 29.76		
14.	<b>LAU PING CHI Benz</b>	<b>02</b>	<b>City of Birmingham Swimming Club</b>		<b>4:42.31</b>	<b>644 +0.73</b>
	50m: 28.50 28.50	150m: 1:40.05 37.88	250m: 2:56.57 39.50	350m: 4:10.31 33.27		
	100m: 1:02.17 33.67	200m: 2:17.07 37.02	300m: 3:37.04 40.47	400m: 4:42.31 32.00		
15.	<b>HEITKEMPER Julian</b>	<b>00</b>	<b>TPSK 1925 e.V.</b>		<b>4:42.39</b>	<b>643 +0.83</b>
	50m: 29.41 29.41	150m: 1:41.52 38.54	250m: 2:57.63 39.40	350m: 4:11.45 32.66		
	100m: 1:02.98 33.57	200m: 2:18.23 36.71	300m: 3:38.79 41.16	400m: 4:42.39 30.94		

## Event 2, Men, 400m Medley, Open

Rank	YB				Time	Pts	RT
16. BLAMART Raphael	06 Charleville-Mezieres Natation				<b>4:43.24</b>	638	+0.67
50m: 29.95 29.95	150m: 1:44.21	38.74	250m: 3:01.11	40.03	350m: 4:12.99	31.83	
100m: 1:05.47 35.52	200m: 2:21.08	36.87	300m: 3:41.16	40.05	400m: 4:43.24	30.25	
17. BECHTEL Hendrik	04 TPSK 1925 e.V.				<b>4:44.80</b>	627	+0.69
50m: 28.67 28.67	150m: 1:41.63	39.12	250m: 3:00.18	39.11	350m: 4:13.81	32.75	
100m: 1:02.51 33.84	200m: 2:21.07	39.44	300m: 3:41.06	40.88	400m: 4:44.80	30.99	
18. BAUMANN Leo Ilias	08 SSG Saar Max Ritter				<b>4:44.84</b>	627	+0.70
50m: 29.34 29.34	150m: 1:42.54	38.02	250m: 3:02.35	42.05	350m: 4:15.91	31.16	
100m: 1:04.52 35.18	200m: 2:20.30	37.76	300m: 3:44.75	42.40	400m: 4:44.84	28.93	
19. SCHOENUNG Mathis	04 Germany - DSV				<b>4:45.71</b>	621	+0.76
50m: 30.51 30.51	150m: 1:45.10	38.46	250m: 3:00.17	37.87	350m: 4:12.38	33.77	
100m: 1:06.64 36.13	200m: 2:22.30	37.20	300m: 3:38.61	38.44	400m: 4:45.71	33.33	
20. ARCH Rhydian	05 Swim Wales				<b>4:48.01</b>	606	+0.76
50m: 29.73 29.73	150m: 1:41.85	38.00	250m: 3:01.42	42.16	350m: 4:16.26	33.64	
100m: 1:03.85 34.12	200m: 2:19.26	37.41	300m: 3:42.62	41.20	400m: 4:48.01	31.75	
21. LEE Tristan	06 Swim Wales				<b>4:48.16</b>	605	+0.68
50m: 29.72 29.72	150m: 1:44.00	39.88	250m: 3:02.41	39.95	350m: 4:15.75	33.18	
100m: 1:04.12 34.40	200m: 2:22.46	38.46	300m: 3:42.57	40.16	400m: 4:48.16	32.41	
22. HEWITT Harry	05 Swim Wales				<b>4:48.28</b>	605	+0.68
50m: 28.89 28.89	150m: 1:40.82	38.37	250m: 2:58.83	41.32	350m: 4:15.21	34.07	
100m: 1:02.45 33.56	200m: 2:17.51	36.69	300m: 3:41.14	42.31	400m: 4:48.28	33.07	
23. O BRIEN Joshua	05 Swim Wales				<b>4:49.49</b>	597	+0.69
50m: 29.60 29.60	150m: 1:43.57	40.27	250m: 3:04.60	42.73	350m: 4:18.98	31.45	
100m: 1:03.30 33.70	200m: 2:21.87	38.30	300m: 3:47.53	42.93	400m: 4:49.49	30.51	
24. BUXTON Joseph	03 Swim England South East				<b>4:49.55</b>	597	+0.68
50m: 29.84 29.84	150m: 1:45.75	39.60	250m: 3:03.43	39.80	350m: 4:17.31	34.14	
100m: 1:06.15 36.31	200m: 2:23.63	37.88	300m: 3:43.17	39.74	400m: 4:49.55	32.24	
25. NAUMENKO Alexey	06 Federacion Comunidad Valenciana				<b>4:50.62</b>	590	+0.74
50m: 29.91 29.91	150m: 1:42.94	37.80	250m: 3:00.14	41.01	350m: 4:16.71	35.87	
100m: 1:05.14 35.23	200m: 2:19.13	36.19	300m: 3:40.84	40.70	400m: 4:50.62	33.91	
26. FASIOS Apostolos	06 Makedonikos				<b>4:54.04</b>	570	+0.78
50m: 31.11 31.11	150m: 1:43.88	37.70	250m: 3:04.69	42.81	350m: 4:21.45	34.17	
100m: 1:06.18 35.07	200m: 2:21.88	38.00	300m: 3:47.28	42.59	400m: 4:54.04	32.59	
27. GALLAGHER Reagan	06 Swim Wales				<b>4:54.19</b>	569	+0.71
50m: 29.58 29.58	150m: 1:44.05	40.18	250m: 3:04.71	41.03	350m: 4:21.17	34.63	
100m: 1:03.87 34.29	200m: 2:23.68	39.63	300m: 3:46.54	41.83	400m: 4:54.19	33.02	
28. DANTHINE Zacharie	04 Cercle de Natation Dudelange				<b>4:55.25</b>	563 *	+0.75
50m: 30.98 30.98	150m: 1:46.55	39.99	250m: 3:07.69	43.00	350m: 4:24.17	32.79	
100m: 1:06.56 35.58	200m: 2:24.69	38.14	300m: 3:51.38	43.69	400m: 4:55.25	31.08	
29. THILL Nicolas	05 Swimming Luxembourg				<b>4:55.42</b>	562	+0.74
50m: 30.13 30.13	150m: 1:43.87	37.98	250m: 3:04.52	43.19	350m: 4:22.42	34.63	
100m: 1:05.89 35.76	200m: 2:21.33	37.46	300m: 3:47.79	43.27	400m: 4:55.42	33.00	
30. ABULENCIA James	06 City of Birmingham Swimming Club				<b>4:56.22</b>	557	+0.68
50m: 28.98 28.98	150m: 1:46.00	42.74	250m: 3:06.95	39.39	350m: 4:23.76	36.04	
100m: 1:03.26 34.28	200m: 2:27.56	41.56	300m: 3:47.72	40.77	400m: 4:56.22	32.46	
31. VINEY William	07 City of Birmingham Swimming Club				<b>4:57.05</b>	553	+0.66
50m: 29.05 29.05	150m: 1:44.46	40.36	250m: 3:05.06	40.99	350m: 4:23.13	34.74	
100m: 1:04.10 35.05	200m: 2:24.07	39.61	300m: 3:48.39	43.33	400m: 4:57.05	33.92	
32. REED Harvey	07 City of Birmingham Swimming Club				<b>4:58.44</b>	545	+0.69
50m: 30.31 30.31	150m: 1:44.26	38.73	250m: 3:05.67	44.94	350m: 4:25.05	34.29	
100m: 1:05.53 35.22	200m: 2:20.73	36.47	300m: 3:50.76	45.09	400m: 4:58.44	33.39	
33. MASON-WILLIAMS Hugh	08 City of Birmingham Swimming Club				<b>5:00.88</b>	532	+0.67
50m: 29.88 29.88	150m: 1:45.54	40.30	250m: 3:08.68	41.61	350m: 4:26.82	34.56	
100m: 1:05.24 35.36	200m: 2:27.07	41.53	300m: 3:52.26	43.58	400m: 5:00.88	34.06	

## Event 2, Men, 400m Medley, Open

Rank	YB			Time			Pts	RT
34. FEDOSEEV Anton	07 Swimming Luxembourg			<b>5:01.50</b>			528	+0.68
50m: 30.78 30.78	150m: 1:47.36 39.68	250m: 3:08.62 42.07	350m: 4:26.48 35.45	100m: 1:07.68 36.90	200m: 2:26.55 39.19	300m: 3:51.03 42.41	400m: 5:01.50 35.02	
35. DARBEY Rhys	07 Swim Wales			<b>5:02.41</b>			524	+0.79
50m: 30.14 30.14	150m: 1:47.31 41.72	250m: 3:06.89 39.08	350m: 4:26.16 36.83	100m: 1:05.59 35.45	200m: 2:27.81 40.50	300m: 3:49.33 42.44	400m: 5:02.41 36.25	
36. BATCHELOR Damien	07 City of Birmingham Swimming Club			<b>5:04.67</b>			512	+0.72
50m: 31.24 31.24	150m: 1:48.44 40.08	250m: 3:12.11 44.46	350m: 4:30.86 33.32	100m: 1:08.36 37.12	200m: 2:27.65 39.21	300m: 3:57.54 45.43	400m: 5:04.67 33.81	
37. GRUNDHEBER Maxence	08 Swimming Luxembourg			<b>5:08.91</b>			491	+0.66
50m: 31.41 31.41	150m: 1:50.05 41.53	250m: 3:14.86 45.08	350m: 4:35.44 34.43	100m: 1:08.52 37.11	200m: 2:29.78 39.73	300m: 4:01.01 46.15	400m: 5:08.91 33.47	
38. MORTHORST Oscar David	07 Herlev Svomning			<b>5:14.77</b>			464	+0.73
50m: 31.88 31.88	150m: 1:53.25 44.31	250m: 3:18.01 41.41	350m: 4:37.56 37.10	100m: 1:08.94 37.06	200m: 2:36.60 43.35	300m: 4:00.46 42.45	400m: 5:14.77 37.21	
DSQ THORHAUGE Christian	05 Denmark			<i>D11 - The swimmer did not touch the wall while on the back at the finish or the end of the backstroke section of a medley race (SW 6.5) (Time: 9:38)</i>				
DNS WIEDEMANN Maximilian	05 SSF Bonn							
WDR HESSE Moritz	05 SV Mannheim							

## Junior

1. BUESSING Silas	05 Germany - DSV			<b>4:35.79</b>			691	+0.70
50m: 28.15 28.15	150m: 1:36.80 35.04	250m: 2:51.04 39.54	350m: 4:04.06 32.99	100m: 1:01.76 33.61	200m: 2:11.50 34.70	300m: 3:31.07 40.03	400m: 4:35.79 31.73	
2. POPE Oliver	05 Swim England South East			<b>4:36.82</b>			683	+0.68
50m: 28.12 28.12	150m: 1:36.73 35.70	250m: 2:51.88 40.65	350m: 4:05.59 32.45	100m: 1:01.03 32.91	200m: 2:11.23 34.50	300m: 3:33.14 41.26	400m: 4:36.82 31.23	
3. WRAPSON Cameron	06 City of Birmingham Swimming Club			<b>4:41.08</b>			652	+0.74
50m: 28.26 28.26	150m: 1:39.37 39.03	250m: 2:57.27 39.60	350m: 4:09.94 32.16	100m: 1:00.34 32.08	200m: 2:17.67 38.30	300m: 3:37.78 40.51	400m: 4:41.08 31.14	
4. BLAMART Raphael	06 Charleville-Mezieres Natation			<b>4:43.24</b>			638	+0.67
50m: 29.95 29.95	150m: 1:44.21 38.74	250m: 3:01.11 40.03	350m: 4:12.99 31.83	100m: 1:05.47 35.52	200m: 2:21.08 36.87	300m: 3:41.16 40.05	400m: 4:43.24 30.25	
5. ARCH Rhydian	05 Swim Wales			<b>4:48.01</b>			606	+0.76
50m: 29.73 29.73	150m: 1:41.85 38.00	250m: 3:01.42 42.16	350m: 4:16.26 33.64	100m: 1:03.85 34.12	200m: 2:19.26 37.41	300m: 3:42.62 41.20	400m: 4:48.01 31.75	
6. LEE Tristan	06 Swim Wales			<b>4:48.16</b>			605	+0.68
50m: 29.72 29.72	150m: 1:44.00 39.88	250m: 3:02.41 39.95	350m: 4:15.75 33.18	100m: 1:04.12 34.40	200m: 2:22.46 38.46	300m: 3:42.57 40.16	400m: 4:48.16 32.41	
7. HEWITT Harry	05 Swim Wales			<b>4:48.28</b>			605	+0.68
50m: 28.89 28.89	150m: 1:40.82 38.37	250m: 2:58.83 41.32	350m: 4:15.21 34.07	100m: 1:02.45 33.56	200m: 2:17.51 36.69	300m: 3:41.14 42.31	400m: 4:48.28 33.07	
8. O BRIEN Joshua	05 Swim Wales			<b>4:49.49</b>			597	+0.69
50m: 29.60 29.60	150m: 1:43.57 40.27	250m: 3:04.60 42.73	350m: 4:18.98 31.45	100m: 1:03.30 33.70	200m: 2:21.87 38.30	300m: 3:47.53 42.93	400m: 4:49.49 30.51	
9. NAUMENKO Alexey	06 Federacion Comunidad Valenciana			<b>4:50.62</b>			590	+0.74
50m: 29.91 29.91	150m: 1:42.94 37.80	250m: 3:00.14 41.01	350m: 4:16.71 35.87	100m: 1:05.14 35.23	200m: 2:19.13 36.19	300m: 3:40.84 40.70	400m: 4:50.62 33.91	
10. FASIOS Apostolos	06 Makedonikos			<b>4:54.04</b>			570	+0.78
50m: 31.11 31.11	150m: 1:43.88 37.70	250m: 3:04.69 42.81	350m: 4:21.45 34.17	100m: 1:06.18 35.07	200m: 2:21.88 38.00	300m: 3:47.28 42.59	400m: 4:54.04 32.59	

## Event 2, Boys, 400m Medley, Junior

Rank	YB				Time	Pts	RT
11. GALLAGHER Reagan	06 Swim Wales				<b>4:54.19</b>	569	+0.71
50m: 29.58 29.58	150m: 1:44.05	40.18	250m: 3:04.71	41.03	350m: 4:21.17	34.63	
100m: 1:03.87 34.29	200m: 2:23.68	39.63	300m: 3:46.54	41.83	400m: 4:54.19	33.02	
12. THILL Nicolas	05 Swimming Luxembourg				<b>4:55.42</b>	562	+0.74
50m: 30.13 30.13	150m: 1:43.87	37.98	250m: 3:04.52	43.19	350m: 4:22.42	34.63	
100m: 1:05.89 35.76	200m: 2:21.33	37.46	300m: 3:47.79	43.27	400m: 4:55.42	33.00	
13. ABULENCIA James	06 City of Birmingham Swimming Club				<b>4:56.22</b>	557	+0.68
50m: 28.98 28.98	150m: 1:46.00	42.74	250m: 3:06.95	39.39	350m: 4:23.76	36.04	
100m: 1:03.26 34.28	200m: 2:27.56	41.56	300m: 3:47.72	40.77	400m: 4:56.22	32.46	
DSQ THORHAUGE Christian	05 Denmark						
<i>D11 - The swimmer did not touch the wall while on the back at the finish or the end of the backstroke section of a medley race (SW 6.5) (Time: 9:38)</i>							
DNS WIEDEMANN Maximilian	05 SSF Bonn						
WDR HESSE Moritz	05 SV Mannheim						

## Youth

1. BAUMANN Leo Ilias	08 SSG Saar Max Ritter				<b>4:44.84</b>	627	+0.70
50m: 29.34 29.34	150m: 1:42.54	38.02	250m: 3:02.35	42.05	350m: 4:15.91	31.16	
100m: 1:04.52 35.18	200m: 2:20.30	37.76	300m: 3:44.75	42.40	400m: 4:44.84	28.93	
2. VINEY William	07 City of Birmingham Swimming Club				<b>4:57.05</b>	553	+0.66
50m: 29.05 29.05	150m: 1:44.46	40.36	250m: 3:05.06	40.99	350m: 4:23.13	34.74	
100m: 1:04.10 35.05	200m: 2:24.07	39.61	300m: 3:48.39	43.33	400m: 4:57.05	33.92	
3. REED Harvey	07 City of Birmingham Swimming Club				<b>4:58.44</b>	545	+0.69
50m: 30.31 30.31	150m: 1:44.26	38.73	250m: 3:05.67	44.94	350m: 4:25.05	34.29	
100m: 1:05.53 35.22	200m: 2:20.73	36.47	300m: 3:50.76	45.09	400m: 4:58.44	33.39	
4. MASON-WILLIAMS Hugh	08 City of Birmingham Swimming Club				<b>5:00.88</b>	532	+0.67
50m: 29.88 29.88	150m: 1:45.54	40.30	250m: 3:08.68	41.61	350m: 4:26.82	34.56	
100m: 1:05.24 35.36	200m: 2:27.07	41.53	300m: 3:52.26	43.58	400m: 5:00.88	34.06	
5. FEDOSEEV Anton	07 Swimming Luxembourg				<b>5:01.50</b>	528	+0.68
50m: 30.78 30.78	150m: 1:47.36	39.68	250m: 3:08.62	42.07	350m: 4:26.48	35.45	
100m: 1:07.68 36.90	200m: 2:26.55	39.19	300m: 3:51.03	42.41	400m: 5:01.50	35.02	
6. DARBEY Rhys	07 Swim Wales				<b>5:02.41</b>	524	+0.79
50m: 30.14 30.14	150m: 1:47.31	41.72	250m: 3:06.89	39.08	350m: 4:26.16	36.83	
100m: 1:05.59 35.45	200m: 2:27.81	40.50	300m: 3:49.33	42.44	400m: 5:02.41	36.25	
7. BATCHELOR Damien	07 City of Birmingham Swimming Club				<b>5:04.67</b>	512	+0.72
50m: 31.24 31.24	150m: 1:48.44	40.08	250m: 3:12.11	44.46	350m: 4:30.86	33.32	
100m: 1:08.36 37.12	200m: 2:27.65	39.21	300m: 3:57.54	45.43	400m: 5:04.67	33.81	
8. GRUNDHEBER Maxence	08 Swimming Luxembourg				<b>5:08.91</b>	491	+0.66
50m: 31.41 31.41	150m: 1:50.05	41.53	250m: 3:14.86	45.08	350m: 4:35.44	34.43	
100m: 1:08.52 37.11	200m: 2:29.78	39.73	300m: 4:01.01	46.15	400m: 5:08.91	33.47	
9. MORTHORST Oscar David	07 Herlev Svomning				<b>5:14.77</b>	464	+0.73
50m: 31.88 31.88	150m: 1:53.25	44.31	250m: 3:18.01	41.41	350m: 4:37.56	37.10	
100m: 1:08.94 37.06	200m: 2:36.60	43.35	300m: 4:00.46	42.45	400m: 5:14.77	37.21	