

2018 m. Atviros Lietuvos jaunimo-jauni plaukimo pirmenybės
Alytus, 6- - 7-4-2018

Event 25 Men, 400m Freestyle 14 years and older
2018-04-07 - 12:25 Results Prelim

Lithuanian Age Group Records - 14 4:08.52 Povilas, STRAZDAS LTU Alytus 2011-03-04
Lithuanian Age Group Records - 16 3:57.12 Povilas, STRAZDAS LTU Berlin (GER) 2013-03-01

Points: FINA 2017

Rank	YB		Time	Pts	100m	200m	300m	400m
14 - 18 years								
1.	Gedvydas, MASIULIS 00	Kauno SM "Startas"	4:16.76	629 A	59.25	1:03.76	1:05.61	1:08.14
	50m: 28.36 28.36	150m: 1:30.96 31.71	250m: 2:35.72		32.71	350m: 3:42.41	33.79	
	100m: 59.25 30.89	200m: 2:03.01 32.05	300m: 3:08.62		32.90	400m: 4:16.76	34.35	
2.	Roman, POKALO 01	Šiauli PM "Delfinas"	4:19.02	613 A	1:01.36	1:06.49	1:06.92	1:04.25
	50m: 29.39 29.39	150m: 1:34.10 32.74	250m: 2:41.09		33.24	350m: 3:47.49	32.72	
	100m: 1:01.36 31.97	200m: 2:07.85 33.75	300m: 3:14.77		33.68	400m: 4:19.02	31.53	
3.	Aleksandras, KASAKOVSKO1	Utenos DSC	4:19.65	608 A	1:01.15	1:06.60	1:07.19	1:04.71
	50m: 29.09 29.09	150m: 1:34.20 33.05	250m: 2:41.19		33.44	350m: 3:47.78	32.84	
	100m: 1:01.15 32.06	200m: 2:07.75 33.55	300m: 3:14.94		33.75	400m: 4:19.65	31.87	
4.	Tomas, NAVIKONIS 03	Panev žio Žemyna	4:23.39	583 A	1:02.69	1:07.73	1:07.33	1:05.64
	50m: 29.57 29.57	150m: 1:36.22 33.53	250m: 2:43.73		33.31	350m: 3:51.21	33.46	
	100m: 1:02.69 33.12	200m: 2:10.42 34.20	300m: 3:17.75		34.02	400m: 4:23.39	32.18	
5.	Marius, KARLAVI IUS 02	Vilniaus MSC	4:26.39	563 A	1:01.83	1:07.86	1:09.73	1:06.97
	50m: 29.39 29.39	150m: 1:35.29 33.46	250m: 2:44.21		34.52	350m: 3:53.76	34.34	
	100m: 1:01.83 32.44	200m: 2:09.69 34.40	300m: 3:19.42		35.21	400m: 4:26.39	32.63	
6.	Rokas, DREVINSKAS 00	Kauno PM	4:32.52	526 A	1:04.29	1:10.11	1:10.88	1:07.24
	50m: 29.83 29.83	150m: 1:39.10 34.81	250m: 2:49.74		35.34	350m: 3:59.64	34.36	
	100m: 1:04.29 34.46	200m: 2:14.40 35.30	300m: 3:25.28		35.54	400m: 4:32.52	32.88	
7.	Gantas, GRIGALIONIS 01	Panev žio SG	4:34.99	512 A	1:06.48	1:10.41	1:10.31	1:07.79
	50m: 31.67 31.67	150m: 1:41.54 35.06	250m: 2:51.72		34.83	350m: 4:01.87	34.67	
	100m: 1:06.48 34.81	200m: 2:16.89 35.35	300m: 3:27.20		35.48	400m: 4:34.99	33.12	
8.	R jus, TETERIUKOVAS 02	Kauno PM	4:35.75	508 A	1:05.91	1:10.23	1:10.26	1:09.35
	50m: 31.19 31.19	150m: 1:40.87 34.96	250m: 2:51.07		34.93	350m: 4:01.14	34.74	
	100m: 1:05.91 34.72	200m: 2:16.14 35.27	300m: 3:26.40		35.33	400m: 4:35.75	34.61	
9.	Džiugas, KARKLELIS 03	Ignalinos KSC	4:37.26	500 B	1:05.82	1:10.75	1:11.25	1:09.44
	50m: 31.03 31.03	150m: 1:41.44 35.62	250m: 2:52.52		35.95	350m: 4:03.64	35.82	
	100m: 1:05.82 34.79	200m: 2:16.57 35.13	300m: 3:27.82		35.30	400m: 4:37.26	33.62	
10.	Jok bas, TIJ NONIS 03	Vilniaus MSC	4:40.13	484 B	1:04.76	1:11.51	1:12.76	1:11.10
	50m: 30.53 30.53	150m: 1:40.49 35.73	250m: 2:52.95		36.68	350m: 4:05.29	36.26	
	100m: 1:04.76 34.23	200m: 2:16.27 35.78	300m: 3:29.03		36.08	400m: 4:40.13	34.84	
11.	Jegor, JANO KIN 01	Vilniaus MSC	4:40.38	483 B	1:05.90	1:11.82	1:12.57	1:10.09
	50m: 31.04 31.04	150m: 1:41.82 35.92	250m: 2:54.50		36.78	350m: 4:06.90	36.61	
	100m: 1:05.90 34.86	200m: 2:17.72 35.90	300m: 3:30.29		35.79	400m: 4:40.38	33.48	
12.	Vilius, MATJOŠAITIS 03	Kauno PM	4:40.48	483 B	1:07.13	1:11.83	1:12.48	1:09.04
	50m: 32.14 32.14	150m: 1:42.95 35.82	250m: 2:55.56		36.60	350m: 4:06.70	35.26	
	100m: 1:07.13 34.99	200m: 2:18.96 36.01	300m: 3:31.44		35.88	400m: 4:40.48	33.78	
13.	Mykolas, RINDOKAS 03	Kauno PM	4:43.98	465 B	1:10.15	1:11.89	1:11.40	1:10.54
	50m: 33.28 33.28	150m: 1:45.55 35.40	250m: 2:57.35		35.31	350m: 4:09.20	35.76	
	100m: 1:10.15 36.87	200m: 2:22.04 36.49	300m: 3:33.44		36.09	400m: 4:43.98	34.78	
14.	Lukas, KLEVINSKAS 02	Utenos DSC	4:48.08	445 B	1:06.40	1:13.41	1:14.53	1:13.74
	50m: 31.74 31.74	150m: 1:42.56 36.16	250m: 2:56.46		36.65	350m: 4:11.88	37.54	
	100m: 1:06.40 34.66	200m: 2:19.81 37.25	300m: 3:34.34		37.88	400m: 4:48.08	36.20	
15.	Jok bas, JANKAUSKAS 03	Šiauli PM "Delfinas"	4:51.05	432 B	1:08.63	1:13.32	1:15.40	1:13.70
	50m: 32.53 32.53	150m: 1:44.70 36.07	250m: 2:58.91		36.96	350m: 4:14.40	37.05	
	100m: 1:08.63 36.10	200m: 2:21.95 37.25	300m: 3:37.35		38.44	400m: 4:51.05	36.65	
16.	Justas, BANIONIS 02	Kauno PM	4:52.15	427 B	1:07.13	1:15.91	1:15.84	1:13.27
	50m: 31.03 31.03	150m: 1:44.95 37.82	250m: 3:00.29		37.25	350m: 4:16.75	37.87	
	100m: 1:07.13 36.10	200m: 2:23.04 38.09	300m: 3:38.88		38.59	400m: 4:52.15	35.40	
17.	Šar nas, BUTNEVI IUS 03	Kauno PM	4:52.40	426 R	1:08.33	1:14.14	1:16.18	1:13.75
	50m: 31.63 31.63	150m: 1:45.00 36.67	250m: 3:00.73		38.26	350m: 4:16.78	38.13	
	100m: 1:08.33 36.70	200m: 2:22.47 37.47	300m: 3:38.65		37.92	400m: 4:52.40	35.62	
18.	Deividas, PETKUS 00	Klaip dos Gintaro SC	4:56.45	409 R	1:08.59	1:16.48	1:16.88	1:14.50
	50m: 31.98 31.98	150m: 1:46.69 38.10	250m: 3:03.12		38.05	350m: 4:19.87	37.92	
	100m: 1:08.59 36.61	200m: 2:25.07 38.38	300m: 3:41.95		38.83	400m: 4:56.45	36.58	

2018 m. Atviros Lietuvos jaunimo-jauni plaukimo pirmenybės
Alytus, 6- - 7-4-2018

Event 25, Boys, 400m Freestyle, Prelim, 14 - 18 years

Rank	YB		Time		Pts	100m	200m	300m	400m			
19.	Arminas, PETRONIS	04	Panevžio Žemyna	4:56.53	408	1:10.28	1:16.77	1:17.24	1:12.24			
	50m:	32.79	32.79	150m:	1:48.25	37.97	250m:	3:05.64	38.59	350m:	4:21.65	37.36
	100m:	1:10.28	37.49	200m:	2:27.05	38.80	300m:	3:44.29	38.65	400m:	4:56.53	34.88
20.	Augustas, KLOKMANAS	04	Panevžio Žemyna	4:57.18	406	1:10.00	1:16.79	1:17.35	1:13.04			
	50m:	32.79	32.79	150m:	1:47.76	37.76	250m:	3:05.68	38.89	350m:	4:22.56	38.42
	100m:	1:10.00	37.21	200m:	2:26.79	39.03	300m:	3:44.14	38.46	400m:	4:57.18	34.62
21.	Jonas, JOKŠAS	04	Klaipėdos Gintaro SC	4:57.21	405	1:10.37	1:17.27	1:19.03	1:10.54			
	50m:	33.52	33.52	150m:	1:48.85	38.48	250m:	3:06.79	39.15	350m:	4:23.81	37.14
	100m:	1:10.37	36.85	200m:	2:27.64	38.79	300m:	3:46.67	39.88	400m:	4:57.21	33.40
22.	Eligijus, BIRŠKUS	03	Kauno PM	4:59.73	395	1:11.99	1:17.58	1:17.45	1:12.71			
	50m:	34.73	34.73	150m:	1:51.06	39.07	250m:	3:09.08	39.51	350m:	4:25.04	38.02
	100m:	1:11.99	37.26	200m:	2:29.57	38.51	300m:	3:47.02	37.94	400m:	4:59.73	34.69
23.	Nedas, GIEDRAITIS	04	Utenos DSC	5:03.83	380	1:14.63	1:18.56	1:18.43	1:12.21			
	50m:	35.10	35.10	150m:	1:53.75	39.12	250m:	3:12.46	39.27	350m:	4:28.97	37.35
	100m:	1:14.63	39.53	200m:	2:33.19	39.44	300m:	3:51.62	39.16	400m:	5:03.83	34.86
24.	Edvinas, JALINSKAS	04	Kauno PM	5:15.33	339	1:16.19	1:22.94	1:20.78	1:15.42			
	50m:	35.15	35.15	150m:	1:57.40	41.21	250m:	3:19.24	40.11	350m:	4:38.47	38.56
	100m:	1:16.19	41.04	200m:	2:39.13	41.73	300m:	3:59.91	40.67	400m:	5:15.33	36.86
25.	Julius, STASIUKYNAS	03	Vilniaus MSC	5:17.99	331	1:13.92	1:21.78	1:22.80	1:19.49			
	50m:	34.02	34.02	150m:	1:54.64	40.72	250m:	3:17.12	41.42	350m:	4:38.85	40.35
	100m:	1:13.92	39.90	200m:	2:35.70	41.06	300m:	3:58.50	41.38	400m:	5:17.99	39.14
26.	Kristupas, KIRTIKLIS	04	Anykščių KKSC	5:29.70	297	1:19.00	1:27.57	1:26.15	1:16.98			
	50m:	36.68	36.68	150m:	2:03.41	44.41	250m:	3:30.68	44.11	350m:	4:54.86	42.14
	100m:	1:19.00	42.32	200m:	2:46.57	43.16	300m:	4:12.72	42.04	400m:	5:29.70	34.84
27.	Ugnius, RAJČIKAS	04	Kauno PM	5:36.56	279	1:19.37	1:27.94	1:28.76	1:20.49			
	50m:	35.98	35.98	150m:	2:03.18	43.81	250m:	3:31.59	44.28	350m:	4:58.41	42.34
	100m:	1:19.37	43.39	200m:	2:47.31	44.13	300m:	4:16.07	44.48	400m:	5:36.56	38.15
28.	Julijus, GREBLIS	04	Kauno PM	5:38.52	274	1:19.87	1:27.90	1:29.86	1:20.89			
	50m:	36.74	36.74	150m:	2:03.37	43.50	250m:	3:32.94	45.17	350m:	5:02.60	44.97
	100m:	1:19.87	43.13	200m:	2:47.77	44.40	300m:	4:17.63	44.69	400m:	5:38.52	35.92
29.	Rokas, KARALIUS	03	Anykščių KKSC	5:40.43	270	1:20.13	1:28.92	1:28.04	1:23.34			
	50m:	36.35	36.35	150m:	2:04.44	44.31	250m:	3:33.11	44.06	350m:	5:00.55	43.46
	100m:	1:20.13	43.78	200m:	2:49.05	44.61	300m:	4:17.09	43.98	400m:	5:40.43	39.88
30.	Rytis, KARALIUS	03	Anykščių KKSC	5:50.54	247	1:21.26	1:30.24	1:31.20	1:27.84			
	50m:	38.30	38.30	150m:	2:07.04	45.78	250m:	3:37.04	45.54	350m:	5:08.57	45.87
	100m:	1:21.26	42.96	200m:	2:51.50	44.46	300m:	4:22.70	45.66	400m:	5:50.54	41.97
31.	Lukas, BERNOTAS	03	Anykščių KKSC	5:53.33	241	1:21.53	1:30.83	1:32.66	1:28.31			
	50m:	37.56	37.56	150m:	2:06.89	45.36	250m:	3:38.19	45.83	350m:	5:10.83	45.81
	100m:	1:21.53	43.97	200m:	2:52.36	45.47	300m:	4:25.02	46.83	400m:	5:53.33	42.50

14 - 16 years

1.	Tomas, NAVIKONIS	03	Panevžio Žemyna	4:23.39	583 A	1:02.69	1:07.73	1:07.33	1:05.64			
	50m:	29.57	29.57	150m:	1:36.22	33.53	250m:	2:43.73	33.31	350m:	3:51.21	33.46
	100m:	1:02.69	33.12	200m:	2:10.42	34.20	300m:	3:17.75	34.02	400m:	4:23.39	32.18
2.	Marius, KARLAVIČIUS	02	Vilniaus MSC	4:26.39	563 A	1:01.83	1:07.86	1:09.73	1:06.97			
	50m:	29.39	29.39	150m:	1:35.29	33.46	250m:	2:44.21	34.52	350m:	3:53.76	34.34
	100m:	1:01.83	32.44	200m:	2:09.69	34.40	300m:	3:19.42	35.21	400m:	4:26.39	32.63
3.	Rokas, TETERIUKOVAS	02	Kauno PM	4:35.75	508 A	1:05.91	1:10.23	1:10.26	1:09.35			
	50m:	31.19	31.19	150m:	1:40.87	34.96	250m:	2:51.07	34.93	350m:	4:01.14	34.74
	100m:	1:05.91	34.72	200m:	2:16.14	35.27	300m:	3:26.40	35.33	400m:	4:35.75	34.61
4.	Džiugas, KARKLELIS	03	Ignalinos KSC	4:37.26	500 B	1:05.82	1:10.75	1:11.25	1:09.44			
	50m:	31.03	31.03	150m:	1:41.44	35.62	250m:	2:52.52	35.95	350m:	4:03.64	35.82
	100m:	1:05.82	34.79	200m:	2:16.57	35.13	300m:	3:27.82	35.30	400m:	4:37.26	33.62
5.	Jokūbas, TIJČIKAS	03	Vilniaus MSC	4:40.13	484 B	1:04.76	1:11.51	1:12.76	1:11.10			
	50m:	30.53	30.53	150m:	1:40.49	35.73	250m:	2:52.95	36.68	350m:	4:05.29	36.26
	100m:	1:04.76	34.23	200m:	2:16.27	35.78	300m:	3:29.03	36.08	400m:	4:40.13	34.84
6.	Vilius, MATJOŠAITIS	03	Kauno PM	4:40.48	483 B	1:07.13	1:11.83	1:12.48	1:09.04			
	50m:	32.14	32.14	150m:	1:42.95	35.82	250m:	2:55.56	36.60	350m:	4:06.70	35.26
	100m:	1:07.13	34.99	200m:	2:18.96	36.01	300m:	3:31.44	35.88	400m:	4:40.48	33.78

2018 m. Atviros Lietuvos jaunimo-jauni plaukimo pirmenybės
Alytus, 6- - 7-4-2018

Event 25, Boys, 400m Freestyle, Prelim, 14 - 16 years

Rank	YB		Time		Pts	100m	200m	300m	400m
7.	Mykolas, RINDOKAS	03	Kauno PM	4:43.98	465 B	1:10.15	1:11.89	1:11.40	1:10.54
	50m: 33.28	33.28	150m: 1:45.55	35.40	250m: 2:57.35	35.31	350m: 4:09.20	35.76	
	100m: 1:10.15	36.87	200m: 2:22.04	36.49	300m: 3:33.44	36.09	400m: 4:43.98	34.78	
8.	Lukas, KLEVINSKAS	02	Utenos DSC	4:48.08	445 B	1:06.40	1:13.41	1:14.53	1:13.74
	50m: 31.74	31.74	150m: 1:42.56	36.16	250m: 2:56.46	36.65	350m: 4:11.88	37.54	
	100m: 1:06.40	34.66	200m: 2:19.81	37.25	300m: 3:34.34	37.88	400m: 4:48.08	36.20	
9.	Jok bas, JANKAUSKAS	03	Šiauli PM "Delfinas"	4:51.05	432 B	1:08.63	1:13.32	1:15.40	1:13.70
	50m: 32.53	32.53	150m: 1:44.70	36.07	250m: 2:58.91	36.96	350m: 4:14.40	37.05	
	100m: 1:08.63	36.10	200m: 2:21.95	37.25	300m: 3:37.35	38.44	400m: 4:51.05	36.65	
10.	Justas, BANIONIS	02	Kauno PM	4:52.15	427 B	1:07.13	1:15.91	1:15.84	1:13.27
	50m: 31.03	31.03	150m: 1:44.95	37.82	250m: 3:00.29	37.25	350m: 4:16.75	37.87	
	100m: 1:07.13	36.10	200m: 2:23.04	38.09	300m: 3:38.88	38.59	400m: 4:52.15	35.40	
11.	Šar nas, BUTNEVI IUS	03	Kauno PM	4:52.40	426 R	1:08.33	1:14.14	1:16.18	1:13.75
	50m: 31.63	31.63	150m: 1:45.00	36.67	250m: 3:00.73	38.26	350m: 4:16.78	38.13	
	100m: 1:08.33	36.70	200m: 2:22.47	37.47	300m: 3:38.65	37.92	400m: 4:52.40	35.62	
12.	Arminas, PETRONIS	04	Panev žio Žemyna	4:56.53	408	1:10.28	1:16.77	1:17.24	1:12.24
	50m: 32.79	32.79	150m: 1:48.25	37.97	250m: 3:05.64	38.59	350m: 4:21.65	37.36	
	100m: 1:10.28	37.49	200m: 2:27.05	38.80	300m: 3:44.29	38.65	400m: 4:56.53	34.88	
13.	Augustas, KLOKMANAS	04	Panev žio Žemyna	4:57.18	406	1:10.00	1:16.79	1:17.35	1:13.04
	50m: 32.79	32.79	150m: 1:47.76	37.76	250m: 3:05.68	38.89	350m: 4:22.56	38.42	
	100m: 1:10.00	37.21	200m: 2:26.79	39.03	300m: 3:44.14	38.46	400m: 4:57.18	34.62	
14.	Jonas, JOKŠAS	04	Klaip dos Gintaro SC	4:57.21	405	1:10.37	1:17.27	1:19.03	1:10.54
	50m: 33.52	33.52	150m: 1:48.85	38.48	250m: 3:06.79	39.15	350m: 4:23.81	37.14	
	100m: 1:10.37	36.85	200m: 2:27.64	38.79	300m: 3:46.67	39.88	400m: 4:57.21	33.40	
15.	Eligijus, BIRŠKUS	03	Kauno PM	4:59.73	395	1:11.99	1:17.58	1:17.45	1:12.71
	50m: 34.73	34.73	150m: 1:51.06	39.07	250m: 3:09.08	39.51	350m: 4:25.04	38.02	
	100m: 1:11.99	37.26	200m: 2:29.57	38.51	300m: 3:47.02	37.94	400m: 4:59.73	34.69	
16.	Nedas, GIEDRAITIS	04	Utenos DSC	5:03.83	380	1:14.63	1:18.56	1:18.43	1:12.21
	50m: 35.10	35.10	150m: 1:53.75	39.12	250m: 3:12.46	39.27	350m: 4:28.97	37.35	
	100m: 1:14.63	39.53	200m: 2:33.19	39.44	300m: 3:51.62	39.16	400m: 5:03.83	34.86	
17.	Edvinas, JALINSKAS	04	Kauno PM	5:15.33	339	1:16.19	1:22.94	1:20.78	1:15.42
	50m: 35.15	35.15	150m: 1:57.40	41.21	250m: 3:19.24	40.11	350m: 4:38.47	38.56	
	100m: 1:16.19	41.04	200m: 2:39.13	41.73	300m: 3:59.91	40.67	400m: 5:15.33	36.86	
18.	Julius, STASIUKYNAS	03	Vilniaus MSC	5:17.99	331	1:13.92	1:21.78	1:22.80	1:19.49
	50m: 34.02	34.02	150m: 1:54.64	40.72	250m: 3:17.12	41.42	350m: 4:38.85	40.35	
	100m: 1:13.92	39.90	200m: 2:35.70	41.06	300m: 3:58.50	41.38	400m: 5:17.99	39.14	
19.	Kristupas, KIRTIKLIS	04	Anykš i KKSC	5:29.70	297	1:19.00	1:27.57	1:26.15	1:16.98
	50m: 36.68	36.68	150m: 2:03.41	44.41	250m: 3:30.68	44.11	350m: 4:54.86	42.14	
	100m: 1:19.00	42.32	200m: 2:46.57	43.16	300m: 4:12.72	42.04	400m: 5:29.70	34.84	
20.	Ugnius, RA I NAS	04	Kauno PM	5:36.56	279	1:19.37	1:27.94	1:28.76	1:20.49
	50m: 35.98	35.98	150m: 2:03.18	43.81	250m: 3:31.59	44.28	350m: 4:58.41	42.34	
	100m: 1:19.37	43.39	200m: 2:47.31	44.13	300m: 4:16.07	44.48	400m: 5:36.56	38.15	
21.	Julijus, GREBLI NAS	04	Kauno PM	5:38.52	274	1:19.87	1:27.90	1:29.86	1:20.89
	50m: 36.74	36.74	150m: 2:03.37	43.50	250m: 3:32.94	45.17	350m: 5:02.60	44.97	
	100m: 1:19.87	43.13	200m: 2:47.77	44.40	300m: 4:17.63	44.69	400m: 5:38.52	35.92	
22.	Rokas, KARALIUS	03	Anykš i KKSC	5:40.43	270	1:20.13	1:28.92	1:28.04	1:23.34
	50m: 36.35	36.35	150m: 2:04.44	44.31	250m: 3:33.11	44.06	350m: 5:00.55	43.46	
	100m: 1:20.13	43.78	200m: 2:49.05	44.61	300m: 4:17.09	43.98	400m: 5:40.43	39.88	
23.	Rytis, KARALIUS	03	Anykš i KKSC	5:50.54	247	1:21.26	1:30.24	1:31.20	1:27.84
	50m: 38.30	38.30	150m: 2:07.04	45.78	250m: 3:37.04	45.54	350m: 5:08.57	45.87	
	100m: 1:21.26	42.96	200m: 2:51.50	44.46	300m: 4:22.70	45.66	400m: 5:50.54	41.97	
24.	Lukas, BERNOTAS	03	Anykš i KKSC	5:53.33	241	1:21.53	1:30.83	1:32.66	1:28.31
	50m: 37.56	37.56	150m: 2:06.89	45.36	250m: 3:38.19	45.83	350m: 5:10.83	45.81	
	100m: 1:21.53	43.97	200m: 2:52.36	45.47	300m: 4:25.02	46.83	400m: 5:53.33	42.50	
EXH	Paulius, DAINAUSKAS	99	Alytaus SRC	4:35.39	510	1:06.40	1:11.58	1:09.66	1:07.75
	50m: 31.56	31.56	150m: 1:41.93	35.53	250m: 2:53.06	35.08	350m: 4:02.18	34.54	
	100m: 1:06.40	34.84	200m: 2:17.98	36.05	300m: 3:27.64	34.58	400m: 4:35.39	33.21	