

Prueba 18

09/07/2022 - 18:45

Masc., 400m Libre

INFANTIL Masculino

Resultados

Mejor Marca Autonómica 15 Años M	4:08.48	IZQUIERDO, YERAI	BARCELONA	04/07/2019
Mejor Marca Autonómica 16 Años M	4:03.99	MANTAS MOTA, ADRIAN	REUS	01/07/2008

Clasificación	AN										Tiempo	Puntos
INFANTIL Masculino												
1.	FURONES GIMENO, Victor				07	C.N. Ferca-San Jose					4:10.71	19,00
	50m:	28.76	28.76	150m:	1:33.09	32.92	250m:	2:37.47	31.96	350m:	3:40.81	31.71
	100m:	1:00.17	31.41	200m:	2:05.51	32.42	300m:	3:09.10	31.63	400m:	4:10.71	29.90
2.	CALAVIA ZELLINGER, Daniel				07	C.N. Tennis Elche					4:20.79	16,00
	50m:	30.86	30.86	150m:	1:38.85	34.54	250m:	2:45.43	31.75	350m:	3:49.77	32.20
	100m:	1:04.31	33.45	200m:	2:13.68	34.83	300m:	3:17.57	32.14	400m:	4:20.79	31.02
3.	MARQUEZ ALEMAÑ, Samuel				06	C.N. San Vicente					4:20.80	14,00
	50m:	32.19	32.19	150m:	1:38.36	32.12	250m:	2:42.60	31.97	350m:	3:48.78	32.94
	100m:	1:06.24	34.05	200m:	2:10.63	32.27	300m:	3:15.84	33.24	400m:	4:20.80	32.02
4.	ORTEGA CANDELA, Iker				06	C.N. Tennis Elche					4:21.09	13,00
	50m:	30.95	30.95	150m:	1:37.42	33.40	250m:	2:44.25	33.23	350m:	3:49.87	32.38
	100m:	1:04.02	33.07	200m:	2:11.02	33.60	300m:	3:17.49	33.24	400m:	4:21.09	31.22
5.	NAVARRO RODRIGUEZ, Jorge				06	C.N. Tennis Elche					4:22.84	-
	50m:	30.24	30.24	150m:	1:36.22	33.25	250m:	2:43.54	33.88	350m:	3:50.55	32.89
	100m:	1:02.97	32.73	200m:	2:09.66	33.44	300m:	3:17.66	34.12	400m:	4:22.84	32.29
6.	JUAN MONTAGUT, Alvaro				06	C.N. Ferca-San Jose					4:24.48	12,00
	50m:	31.02	31.02	150m:	1:38.14	34.35	250m:	2:45.95	33.79	350m:	3:53.24	32.79
	100m:	1:03.79	32.77	200m:	2:12.16	34.02	300m:	3:20.45	34.50	400m:	4:24.48	31.24
7.	LAOURARI BELLOUMI, Wacim Moham				07	C.N.E. Gandia					4:26.40	11,00
	50m:	30.44	30.44	150m:	1:37.50	34.19	250m:	2:45.57	34.07	350m:	3:53.56	33.52
	100m:	1:03.31	32.87	200m:	2:11.50	34.00	300m:	3:20.04	34.47	400m:	4:26.40	32.84
8.	FANDOS BARREDA, Alvaro				07	Club Deportivo Nados Castellon					4:27.82	10,00
	50m:	30.76	30.76	150m:	1:37.49	33.75	250m:	2:46.65	34.65	350m:	3:55.65	34.28
	100m:	1:03.74	32.98	200m:	2:12.00	34.51	300m:	3:21.37	34.72	400m:	4:27.82	32.17
9.	RUEDA MAS, Izan				06	C.N. San Vicente					4:29.07	9,00
	50m:	29.80	29.80	150m:	1:37.52	34.39	250m:	2:46.65	34.46	350m:	3:55.99	34.62
	100m:	1:03.13	33.33	200m:	2:12.19	34.67	300m:	3:21.37	34.72	400m:	4:29.07	33.08
10.	MARI CONCA, Javier				07	C.N. Villena Alto Vinalopo					4:30.49	8,00
	50m:	31.63	31.63	150m:	1:39.33	34.51	250m:	2:47.96	35.06	350m:		
	100m:	1:04.82	33.19	200m:	2:12.90	33.57	300m:	3:22.91	34.95	400m:	4:30.49	
11.	MARTIN SANCHEZ, Dylan				06	C.N. Vinaros					4:31.21	7,00
	50m:	30.17	30.17	150m:	1:39.08	35.01	250m:	2:48.71	34.68	350m:	3:58.93	35.33
	100m:	1:04.07	33.90	200m:	2:14.03	34.95	300m:	3:23.60	34.89	400m:	4:31.21	32.28
12.	FERNANDEZ PERNA, Alvaro				07	C.N. Vinaros					4:31.35	6,00
	50m:	30.96	30.96	150m:	1:39.70	35.05	250m:	2:49.41	35.23	350m:	3:59.15	35.09
	100m:	1:04.65	33.69	200m:	2:14.18	34.48	300m:	3:24.06	34.65	400m:	4:31.35	32.20
13.	FRANCO TOLEDO, Francisco				07	C.N. San Vicente					4:32.02	-
	50m:	30.37	30.37	150m:	1:38.29	33.94	250m:	2:47.45	34.42	350m:	3:57.68	35.04
	100m:	1:04.35	33.98	200m:	2:13.03	34.74	300m:	3:22.64	35.19	400m:	4:32.02	34.34
14.	PESUDO GARCIA, Roger				06	Club Deportivo Nados Castellon					4:33.61	5,00
	50m:	30.94	30.94	150m:	1:38.58	34.51	250m:	2:48.53	35.19	350m:	3:59.42	35.65
	100m:	1:04.07	33.13	200m:	2:13.34	34.76	300m:	3:23.77	35.24	400m:	4:33.61	34.19
15.	SERRA VENTURA, Pablo				06	Cst-Cst Costa Azahar					4:33.93	4,00
	50m:	31.67	31.67	150m:	1:39.71	33.98	250m:	2:49.01	34.61	350m:	3:59.72	35.42
	100m:	1:05.73	34.06	200m:	2:14.40	34.69	300m:	3:24.30	35.29	400m:	4:33.93	34.21
16.	QUEROL ARMENGOT, Aleix				06	Cst-Cst Costa Azahar					4:34.80	3,00
	50m:	31.57	31.57	150m:	1:39.18	33.87	250m:	2:49.32	34.93	350m:	4:00.31	35.58
	100m:	1:05.31	33.74	200m:	2:14.39	35.21	300m:	3:24.73	35.41	400m:	4:34.80	34.49

Prueba 18, Masc., 400m Libre, INFANTIL Masculino

Clasificación	AN				Tiempo				Puntos
17. REMEIKA, Kristupas Joris	07	Club Natacion Cmd Horadada			4:36.09				2,00
50m: 31.46 31.46	150m: 1:41.18	35.00	250m: 2:51.66	34.86	350m: 4:01.70	35.14			
100m: 1:06.18 34.72	200m: 2:16.80	35.62	300m: 3:26.56	34.90	400m: 4:36.09	34.39			
18. TUREGANO CONTRERAS, Jorge	06	C. Valenciano			4:39.54				1,00
50m: 32.06 32.06	150m: 1:40.41	33.88	250m: 2:50.22	35.47	350m: 4:03.82	37.12			
100m: 1:06.53 34.47	200m: 2:14.75	34.34	300m: 3:26.70	36.48	400m: 4:39.54	35.72			
19. CALVO PEREIRA, Carlos	07	Club Deportivo Nados Castellon			4:42.72				-
50m: 31.37 31.37	150m: 1:41.61	35.15	250m: 2:53.85	36.41	350m: 4:07.46	36.98			
100m: 1:06.46 35.09	200m: 2:17.44	35.83	300m: 3:30.48	36.63	400m: 4:42.72	35.26			
20. BLANES GIMENEZ, David	07	C.N. Villena Alto Vinalopo			4:45.76				-
50m: 29.66 29.66	150m: 1:36.74	34.20	250m: 2:53.52	42.26	350m: 4:08.68	37.63			
100m: 1:02.54 32.88	200m: 2:11.26	34.52	300m: 3:31.05	37.53	400m: 4:45.76	37.08			
21. CONDE VIVO, Ferran	06	Vila-Swim Fondistas Club Natac			4:45.91				-
50m: 31.88 31.88	150m: 1:43.04	36.02	250m: 2:56.60	36.79	350m: 4:10.68	36.98			
100m: 1:07.02 35.14	200m: 2:19.81	36.77	300m: 3:33.70	37.10	400m: 4:45.91	35.23			
22. BLAZQUEZ AVENDAÑO, Iker	07	C.N. Vila-Real			4:47.95				-
50m: 33.36 33.36	150m: 1:46.65	37.02	250m: 3:01.61	38.10	350m: 4:13.33	35.24			
100m: 1:09.63 36.27	200m: 2:23.51	36.86	300m: 3:38.09	36.48	400m: 4:47.95	34.62			
23. CONSTANTIN ICHIM, David	06	C.N. Vinaros			4:48.87				-
50m: 32.07 32.07	150m: 1:42.88	35.87	250m: 2:56.20	37.06	350m: 4:15.03	39.65			
100m: 1:07.01 34.94	200m: 2:19.14	36.26	300m: 3:35.38	39.18	400m: 4:48.87	33.84			
24. ORTIZ CRUZ, Adam	07	C.N. Vinaros			4:49.18				-
50m: 33.33 33.33	150m: 1:46.13	36.69	250m: 2:59.94	37.18	350m: 4:13.88	36.65			
100m: 1:09.44 36.11	200m: 2:22.76	36.63	300m: 3:37.23	37.29	400m: 4:49.18	35.30			
25. MEZQUITA ALCON, Arnau	07	Cst-Cst Costa Azahar			4:52.30				-
50m: 32.73 32.73	150m: 1:45.45	36.33	250m: 3:00.12	37.17	350m: 4:15.14	37.69			
100m: 1:09.12 36.39	200m: 2:22.95	37.50	300m: 3:37.45	37.33	400m: 4:52.30	37.16			
26. TECLES LÓPEZ, Iván	07	C. Valenciano			4:52.38				-
50m: 33.53 33.53	150m: 1:46.64	37.64	250m: 3:01.41	38.14	350m: 4:16.70	37.72			
100m: 1:09.00 35.47	200m: 2:23.27	36.63	300m: 3:38.98	37.57	400m: 4:52.38	35.68			
27. VERDERA SANCHEZ, Hector	07	C.N. Vinaros			4:52.42				-
50m: 33.86 33.86	150m: 1:47.54	37.07	250m: 3:03.02	37.89	350m: 4:17.71	37.06			
100m: 1:10.47 36.61	200m: 2:25.13	37.59	300m: 3:40.65	37.63	400m: 4:52.42	34.71			
28. BLANES GIMENEZ, Pablo	07	C.N. Villena Alto Vinalopo			4:53.69				-
50m: 32.69 32.69	150m: 1:46.24	37.33	250m: 3:01.52	37.63	350m: 4:17.52	37.46			
100m: 1:08.91 36.22	200m: 2:23.89	37.65	300m: 3:40.06	38.54	400m: 4:53.69	36.17			
29. CLIMENTE MARS, Ferran	06	Club Deportivo Nados Castellon			4:55.83				-
50m: 33.71 33.71	150m: 1:46.09	36.94	250m: 3:01.45	38.18	350m: 4:18.69	38.50			
100m: 1:09.15 35.44	200m: 2:23.27	37.18	300m: 3:40.19	38.74	400m: 4:55.83	37.14			
30. CUTANDA FITA, Bernat	06	C.N. Neptuno-L'alcudia			4:56.98				-
50m: 32.02 32.02	150m: 1:43.56	36.99	250m: 3:01.94	40.16	350m: 4:19.91	38.87			
100m: 1:06.57 34.55	200m: 2:21.78	38.22	300m: 3:41.04	39.10	400m: 4:56.98	37.07			
31. ROJAS CANTÓ, Pau	07	C.N. Ontinyent			5:03.15				-
50m: 33.44 33.44	150m: 1:48.66	37.72	250m: 3:06.26	39.14	350m: 4:25.20	39.47			
100m: 1:10.94 37.50	200m: 2:27.12	38.46	300m: 3:45.73	39.47	400m: 5:03.15	37.95			
32. NAVALON PATON, Isaac	06	Kzm Swimming Team			5:03.94				-
50m: 34.83 34.83	150m: 1:49.92	38.42	250m: 3:07.51	39.74	350m: 4:26.14	39.79			
100m: 1:11.50 36.67	200m: 2:27.77	37.85	300m: 3:46.35	38.84	400m: 5:03.94	37.80			

Prueba 18, Masc., 400m Libre

INFANTIL Masculino

1.	FURONES GIMENO, Victor	07	C.N. Ferca-San Jose	4:10.71	19,00
	50m: 28.76 28.76 150m: 1:33.09 32.92 250m: 2:37.47 31.96 350m: 3:40.81 31.71				
	100m: 1:00.17 31.41 200m: 2:05.51 32.42 300m: 3:09.10 31.63 400m: 4:10.71 29.90				
2.	CALAVIA ZELLINGER, Daniel	07	C.N. Tennis Elche	4:20.79	16,00
	50m: 30.86 30.86 150m: 1:38.85 34.54 250m: 2:45.43 31.75 350m: 3:49.77 32.20				
	100m: 1:04.31 33.45 200m: 2:13.68 34.83 300m: 3:17.57 32.14 400m: 4:20.79 31.02				
3.	LAOURARI BELLOUMI, Wacim Moham	07	C.N.E. Gandia	4:26.40	11,00
	50m: 30.44 30.44 150m: 1:37.50 34.19 250m: 2:45.57 34.07 350m: 3:53.56 33.52				
	100m: 1:03.31 32.87 200m: 2:11.50 34.00 300m: 3:20.04 34.47 400m: 4:26.40 32.84				
4.	FANDOS BARREDA, Alvaro	07	Club Deportivo Nados Castellon	4:27.82	10,00
	50m: 30.76 30.76 150m: 1:37.49 33.75 250m: 2:46.65 34.65 350m: 3:55.65 34.28				
	100m: 1:03.74 32.98 200m: 2:12.00 34.51 300m: 3:21.37 34.72 400m: 4:27.82 32.17				
5.	MARI CONCA, Javier	07	C.N. Villena Alto Vinalopo	4:30.49	8,00
	50m: 31.63 31.63 150m: 1:39.33 34.51 250m: 2:47.96 35.06 350m: 3:55.65 34.28				
	100m: 1:04.82 33.19 200m: 2:12.90 33.57 300m: 3:22.91 34.95 400m: 4:30.49				
6.	FERNANDEZ PERNA, Alvaro	07	C.N. Vinaros	4:31.35	6,00
	50m: 30.96 30.96 150m: 1:39.70 35.05 250m: 2:49.41 35.23 350m: 3:59.15 35.09				
	100m: 1:04.65 33.69 200m: 2:14.18 34.48 300m: 3:24.06 34.65 400m: 4:31.35 32.20				
7.	FRANCO TOLEDO, Francisco	07	C.N. San Vicente	4:32.02	-
	50m: 30.37 30.37 150m: 1:38.29 33.94 250m: 2:47.45 34.42 350m: 3:57.68 35.04				
	100m: 1:04.35 33.98 200m: 2:13.03 34.74 300m: 3:22.64 35.19 400m: 4:32.02 34.34				
8.	REMEIKA, Kristupas Joris	07	Club Natacion Cmd Horadada	4:36.09	2,00
	50m: 31.46 31.46 150m: 1:41.18 35.00 250m: 2:51.66 34.86 350m: 4:01.70 35.14				
	100m: 1:06.18 34.72 200m: 2:16.80 35.62 300m: 3:26.56 34.90 400m: 4:36.09 34.39				
9.	CALVO PEREIRA, Carlos	07	Club Deportivo Nados Castellon	4:42.72	-
	50m: 31.37 31.37 150m: 1:41.61 35.15 250m: 2:53.85 36.41 350m: 4:07.46 36.98				
	100m: 1:06.46 35.09 200m: 2:17.44 35.83 300m: 3:30.48 36.63 400m: 4:42.72 35.26				
10.	BLANES GIMENEZ, David	07	C.N. Villena Alto Vinalopo	4:45.76	-
	50m: 29.66 29.66 150m: 1:36.74 34.20 250m: 2:53.52 42.26 350m: 4:08.68 37.63				
	100m: 1:02.54 32.88 200m: 2:11.26 34.52 300m: 3:31.05 37.53 400m: 4:45.76 37.08				
11.	BLAZQUEZ AVENDAÑO, Iker	07	C.N. Vila-Real	4:47.95	-
	50m: 33.36 33.36 150m: 1:46.65 37.02 250m: 3:01.61 38.10 350m: 4:13.33 35.24				
	100m: 1:09.63 36.27 200m: 2:23.51 36.86 300m: 3:38.09 36.48 400m: 4:47.95 34.62				
12.	ORTIZ CRUZ, Adam	07	C.N. Vinaros	4:49.18	-
	50m: 33.33 33.33 150m: 1:46.13 36.69 250m: 2:59.94 37.18 350m: 4:13.88 36.65				
	100m: 1:09.44 36.11 200m: 2:22.76 36.63 300m: 3:37.23 37.29 400m: 4:49.18 35.30				
13.	MEZQUITA ALCON, Arnau	07	Cst-Cst Costa Azahar	4:52.30	-
	50m: 32.73 32.73 150m: 1:45.45 36.33 250m: 3:00.12 37.17 350m: 4:15.14 37.69				
	100m: 1:09.12 36.39 200m: 2:22.95 37.50 300m: 3:37.45 37.33 400m: 4:52.30 37.16				
14.	TECLES LÓPEZ, Iván	07	C. Valenciano	4:52.38	-
	50m: 33.53 33.53 150m: 1:46.64 37.64 250m: 3:01.41 38.14 350m: 4:16.70 37.72				
	100m: 1:09.00 35.47 200m: 2:23.27 36.63 300m: 3:38.98 37.57 400m: 4:52.38 35.68				
15.	VERDERA SANCHEZ, Hector	07	C.N. Vinaros	4:52.42	-
	50m: 33.86 33.86 150m: 1:47.54 37.07 250m: 3:03.02 37.89 350m: 4:17.71 37.06				
	100m: 1:10.47 36.61 200m: 2:25.13 37.59 300m: 3:40.65 37.63 400m: 4:52.42 34.71				
16.	BLANES GIMENEZ, Pablo	07	C.N. Villena Alto Vinalopo	4:53.69	-
	50m: 32.69 32.69 150m: 1:46.24 37.33 250m: 3:01.52 37.63 350m: 4:17.52 37.46				
	100m: 1:08.91 36.22 200m: 2:23.89 37.65 300m: 3:40.06 38.54 400m: 4:53.69 36.17				
17.	ROJAS CANTÓ, Pau	07	C.N. Ontinyent	5:03.15	-
	50m: 33.44 33.44 150m: 1:48.66 37.72 250m: 3:06.26 39.14 350m: 4:25.20 39.47				
	100m: 1:10.94 37.50 200m: 2:27.12 38.46 300m: 3:45.73 39.47 400m: 5:03.15 37.95				

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INFANTIL Masculino

1.	MARQUEZ ALEMAÑ, Samuel	06	C.N. San Vicente	4:20.80	14,00
	50m: 32.19 32.19 150m: 1:38.36 32.12 250m: 2:42.60 31.97 350m: 3:48.78 32.94				
	100m: 1:06.24 34.05 200m: 2:10.63 32.27 300m: 3:15.84 33.24 400m: 4:20.80 32.02				
2.	ORTEGA CANDELA, Iker	06	C.N. Tennis Elche	4:21.09	13,00
	50m: 30.95 30.95 150m: 1:37.42 33.40 250m: 2:44.25 33.23 350m: 3:49.87 32.38				
	100m: 1:04.02 33.07 200m: 2:11.02 33.60 300m: 3:17.49 33.24 400m: 4:21.09 31.22				
3.	NAVARRO RODRIGUEZ, Jorge	06	C.N. Tennis Elche	4:22.84	-
	50m: 30.24 30.24 150m: 1:36.22 33.25 250m: 2:43.54 33.88 350m: 3:50.55 32.89				
	100m: 1:02.97 32.73 200m: 2:09.66 33.44 300m: 3:17.66 34.12 400m: 4:22.84 32.29				
4.	JUAN MONTAGUT, Alvaro	06	C.N. Ferca-San Jose	4:24.48	12,00
	50m: 31.02 31.02 150m: 1:38.14 34.35 250m: 2:45.95 33.79 350m: 3:53.24 32.79				
	100m: 1:03.79 32.77 200m: 2:12.16 34.02 300m: 3:20.45 34.50 400m: 4:24.48 31.24				
5.	RUEDA MAS, Izan	06	C.N. San Vicente	4:29.07	9,00
	50m: 29.80 29.80 150m: 1:37.52 34.39 250m: 2:46.65 34.46 350m: 3:55.99 34.62				
	100m: 1:03.13 33.33 200m: 2:12.19 34.67 300m: 3:21.37 34.72 400m: 4:29.07 33.08				
6.	MARTIN SANCHEZ, Dylan	06	C.N. Vinaros	4:31.21	7,00
	50m: 30.17 30.17 150m: 1:39.08 35.01 250m: 2:48.71 34.68 350m: 3:58.93 35.33				
	100m: 1:04.07 33.90 200m: 2:14.03 34.95 300m: 3:23.60 34.89 400m: 4:31.21 32.28				
7.	PESUDO GARCIA, Roger	06	Club Deportivo Nados Castellon	4:33.61	5,00
	50m: 30.94 30.94 150m: 1:38.58 34.51 250m: 2:48.53 35.19 350m: 3:59.42 35.65				
	100m: 1:04.07 33.13 200m: 2:13.34 34.76 300m: 3:23.77 35.24 400m: 4:33.61 34.19				
8.	SERRA VENTURA, Pablo	06	Cst-Cst Costa Azahar	4:33.93	4,00
	50m: 31.67 31.67 150m: 1:39.71 33.98 250m: 2:49.01 34.61 350m: 3:59.72 35.42				
	100m: 1:05.73 34.06 200m: 2:14.40 34.69 300m: 3:24.30 35.29 400m: 4:33.93 34.21				
9.	QUEROL ARMENGOT, Aleix	06	Cst-Cst Costa Azahar	4:34.80	3,00
	50m: 31.57 31.57 150m: 1:39.18 33.87 250m: 2:49.32 34.93 350m: 4:00.31 35.58				
	100m: 1:05.31 33.74 200m: 2:14.39 35.21 300m: 3:24.73 35.41 400m: 4:34.80 34.49				
10.	TUREGANO CONTRERAS, Jorge	06	C. Valenciano	4:39.54	1,00
	50m: 32.06 32.06 150m: 1:40.41 33.88 250m: 2:50.22 35.47 350m: 4:03.82 37.12				
	100m: 1:06.53 34.47 200m: 2:14.75 34.34 300m: 3:26.70 36.48 400m: 4:39.54 35.72				
11.	CONDE VIVO, Ferran	06	Vila-Swim Fondistas Club Natac	4:45.91	-
	50m: 31.88 31.88 150m: 1:43.04 36.02 250m: 2:56.60 36.79 350m: 4:10.68 36.98				
	100m: 1:07.02 35.14 200m: 2:19.81 36.77 300m: 3:33.70 37.10 400m: 4:45.91 35.23				
12.	CONSTANTIN ICHIM, David	06	C.N. Vinaros	4:48.87	-
	50m: 32.07 32.07 150m: 1:42.88 35.87 250m: 2:56.20 37.06 350m: 4:15.03 39.65				
	100m: 1:07.01 34.94 200m: 2:19.14 36.26 300m: 3:35.38 39.18 400m: 4:48.87 33.84				
13.	CLIMENTE MARS, Ferran	06	Club Deportivo Nados Castellon	4:55.83	-
	50m: 33.71 33.71 150m: 1:46.09 36.94 250m: 3:01.45 38.18 350m: 4:18.69 38.50				
	100m: 1:09.15 35.44 200m: 2:23.27 37.18 300m: 3:40.19 38.74 400m: 4:55.83 37.14				
14.	CUTANDA FITA, Bernat	06	C.N. Neptuno-L'alcudia	4:56.98	-
	50m: 32.02 32.02 150m: 1:43.56 36.99 250m: 3:01.94 40.16 350m: 4:19.91 38.87				
	100m: 1:06.57 34.55 200m: 2:21.78 38.22 300m: 3:41.04 39.10 400m: 4:56.98 37.07				
15.	NAVALON PATON, Isaac	06	Kzm Swimming Team	5:03.94	-
	50m: 34.83 34.83 150m: 1:49.92 38.42 250m: 3:07.51 39.74 350m: 4:26.14 39.79				
	100m: 1:11.50 36.67 200m: 2:27.77 37.85 300m: 3:46.35 38.84 400m: 5:03.94 37.80				