

Wettkampf 13
31.05.2013 - 12:45

Frauen, 400m Lagen

open class
Protokoll Vorkämpfe

Rang			Jg.							Zeit		
open class												
1.	SCHABERL Hanna		94	SVS Simmering						5:16.39	A	
	50m:	31.83	31.83	150m:	1:50.46	42.09	250m:	3:16.81	44.57	350m:	4:40.36	37.71
	100m:	1:08.37	36.54	200m:	2:32.24	41.78	300m:	4:02.65	45.84	400m:	5:16.39	36.03
2.	GYURKO Virag		98	ASV Wien						5:27.30	A	
	50m:	33.65	33.65	150m:	1:55.84	43.03	250m:	3:24.85	47.34	350m:	4:50.07	38.77
	100m:	1:12.81	39.16	200m:	2:37.51	41.67	300m:	4:11.30	46.45	400m:	5:27.30	37.23
3.	KUNISHIO Momo		97	The Mermaids - SchwimmerInnenverein						5:29.07	A	
	50m:	33.65	33.65	150m:	1:54.56	42.71	250m:	3:25.42	50.07	350m:	4:53.12	38.70
	100m:	1:11.85	38.20	200m:	2:35.35	40.79	300m:	4:14.42	49.00	400m:	5:29.07	35.95
4.	HACKL Victoria		95	SVS-Schwimmen						5:29.86	A	
	50m:	33.37	33.37	150m:	1:55.26	42.47	250m:	3:26.52	49.16	350m:	4:53.31	37.72
	100m:	1:12.79	39.42	200m:	2:37.36	42.10	300m:	4:15.59	49.07	400m:	5:29.86	36.55
5.	HORVÁTH Dorottya		99	Soproni UBKSE						5:31.42	A	
	50m:	35.51	35.51	150m:	1:59.79	41.81	250m:	3:27.90	49.00	350m:	4:56.59	39.23
	100m:	1:17.98	42.47	200m:	2:38.90	39.11	300m:	4:17.36	49.46	400m:	5:31.42	34.83
6.	PURNER Tina		98	Eisenstädter Schwimmunion						5:36.53	A	
	50m:	35.45	35.45	150m:	2:00.75	43.49	250m:	3:30.83	47.74	350m:	4:58.52	38.98
	100m:	1:17.26	41.81	200m:	2:43.09	42.34	300m:	4:19.54	48.71	400m:	5:36.53	38.01
7.	SZAKA Dorka		00	Fiedler Se						5:39.64	A	
	50m:	36.25	36.25	150m:	2:00.09	43.46	250m:	3:30.67	48.38	350m:	5:01.66	39.74
	100m:	1:16.63	40.38	200m:	2:42.29	42.20	300m:	4:21.92	51.25	400m:	5:39.64	37.98
8.	KASSAI Klaudia		99	Széchy Tamás Sportiskola Sopron						5:42.02	A	
	50m:	34.14	34.14	150m:	2:01.30	45.84	250m:	3:33.43	49.30	350m:	5:04.62	40.66
	100m:	1:15.46	41.32	200m:	2:44.13	42.83	300m:	4:23.96	50.53	400m:	5:42.02	37.40
9.	SCHWARZ Karoline		98	USC Eisenstadt						5:46.17	R	
	50m:	37.33	37.33	150m:	2:06.86	43.22	250m:	3:39.41	50.17	350m:	5:09.22	38.56
	100m:	1:23.64	46.31	200m:	2:49.24	42.38	300m:	4:30.66	51.25	400m:	5:46.17	36.95
10.	CSOBOD Amina		01	Fiedler Se						5:48.68	R	
	50m:	36.64	36.64	150m:	2:02.98	44.44	250m:	3:38.15	51.20	350m:	5:11.05	41.03
	100m:	1:18.54	41.90	200m:	2:46.95	43.97	300m:	4:30.02	51.87	400m:	5:48.68	37.63
11.	SCHWAIGER Annabelle		99	Vienna Aquatic SC						5:49.60		
	50m:	36.53	36.53	150m:	2:06.81	47.08	250m:	3:38.10	46.25	350m:	5:08.52	41.82
	100m:	1:19.73	43.20	200m:	2:51.85	45.04	300m:	4:26.70	48.60	400m:	5:49.60	41.08
12.	DRAGOVIC Mila		02	Vienna Aquatic SC						5:50.57		
	50m:	37.73	37.73	150m:	2:08.03	46.16	250m:	3:41.66	49.50	350m:	5:11.99	40.25
	100m:	1:21.87	44.14	200m:	2:52.16	44.13	300m:	4:31.74	50.08	400m:	5:50.57	38.58
13.	ZIEBART Victoria		01	ASV Wien						6:03.19		
	50m:	38.04	38.04	150m:	2:11.68	47.02	250m:	3:46.90	49.00	350m:	5:21.60	45.24
	100m:	1:24.66	46.62	200m:	2:57.90	46.22	300m:	4:36.36	49.46	400m:	6:03.19	41.59
14.	WURM Melissa		98	The Mermaids - SchwimmerInnenverein						6:03.65		
	50m:	41.35	41.35	150m:	2:18.57	46.92	250m:	3:51.25	47.09	350m:	5:23.12	44.12
	100m:	1:31.65	50.30	200m:	3:04.16	45.59	300m:	4:39.00	47.75	400m:	6:03.65	40.53
15.	BULKOVA Marcela		91	SPK Bratislava						6:04.83		
	50m:	36.88	36.88	150m:	2:11.06	47.01	250m:	3:47.83	51.05	350m:	5:23.33	42.96
	100m:	1:24.05	47.17	200m:	2:56.78	45.72	300m:	4:40.37	52.54	400m:	6:04.83	41.50
16.	LAIR Antonia		01	USC Eisenstadt						6:10.73		
	50m:	39.42	39.42	150m:	2:12.90	49.90	250m:	3:52.44	52.05	350m:	5:29.83	41.25
	100m:	1:23.00	43.58	200m:	3:00.39	47.49	300m:	4:48.58	56.14	400m:	6:10.73	40.90
17.	GEORGIEVA Kristina		00	Vienna Aquatic SC						6:16.74		
	50m:	40.53	40.53	150m:	2:22.10	51.73	250m:	4:01.77	49.88	350m:	5:35.12	43.40
	100m:	1:30.37	49.84	200m:	3:11.89	49.79	300m:	4:51.72	49.95	400m:	6:16.74	41.62

Wettkampf 13, Frauen, 400m Lagen, Vorkämpfe, open class

Rang	Name		Jg.	Club				Zeit				
18.	LAZOVI	Helena	01	Swimming Club "Neptun"				6:19.42				
	50m:	41.56	41.56	150m:	2:21.88	48.20	250m:	4:02.56	52.31	350m:	5:36.53	43.93
	100m:	1:33.68	52.12	200m:	3:10.25	48.37	300m:	4:52.60	50.04	400m:	6:19.42	42.89
19.	TRAJKOVSKI	Tamara	00	Vienna Aquatic SC				6:23.07				
	50m:	38.10	38.10	150m:	2:13.63	49.82	250m:	3:58.90	58.91	350m:	5:40.99	44.34
	100m:	1:23.81	45.71	200m:	2:59.99	46.36	300m:	4:56.65	57.75	400m:	6:23.07	42.08
20.	BECKER	Katharina	01	Vienna Aquatic SC				6:28.74				
	50m:	40.03	40.03	150m:	2:17.74	49.19	250m:	4:00.76	54.55	350m:		
	100m:	1:28.55	48.52	200m:	3:06.21	48.47	300m:	4:57.13	56.37	400m:	6:28.74	
21.	ULM	Victoria	02	Vienna Aquatic SC				6:31.13				
	50m:	42.95	42.95	150m:	2:23.02	50.04	250m:	4:05.41	52.84	350m:	5:44.81	46.02
	100m:	1:32.98	50.03	200m:	3:12.57	49.55	300m:	4:58.79	53.38	400m:	6:31.13	46.32
22.	PÓZVAI	Kiara	02	Soproni UBKSE				6:33.06				
	50m:	42.07	42.07	150m:	2:22.39	47.04	250m:	4:07.12	57.35	350m:	5:48.43	47.57
	100m:	1:35.35	53.28	200m:	3:09.77	47.38	300m:	5:00.86	53.74	400m:	6:33.06	44.63
23.	KRAMMER	Alina	02	SVS-Schwimmen				6:33.37				
	50m:	41.81	41.81	150m:	2:22.16	51.54	250m:	4:09.02	57.05	350m:	5:50.77	44.41
	100m:	1:30.62	48.81	200m:	3:11.97	49.81	300m:	5:06.36	57.34	400m:	6:33.37	42.60
24.	FORMANEK	Annika	82	SC Hakoah Wien				6:41.58				
	50m:	40.23	40.23	150m:	2:20.63	51.91	250m:	4:08.70	57.59	350m:	5:55.57	48.16
	100m:	1:28.72	48.49	200m:	3:11.11	50.48	300m:	5:07.41	58.71	400m:	6:41.58	46.01
25.	KÓPHÁZI	Anett	02	Széchy Tamás Sportiskola Sopron				6:52.95				
	50m:	48.39	48.39	150m:	2:38.74	55.45	250m:	4:23.79	52.92	350m:	6:05.51	49.54
	100m:	1:43.29	54.90	200m:	3:30.87	52.13	300m:	5:15.97	52.18	400m:	6:52.95	47.44
disq.	FARKAS	Kinga	99	Soproni UBKSE				6:28.31				
	<i>R02 - Swimmer didn't swim upon his back throughout the race except when executing the turn.</i>											
	50m:	38.07	38.07	150m:	2:11.84	46.98	250m:	4:00.05	58.13	350m:	5:43.54	45.76
	100m:	1:24.86	46.79	200m:	3:01.92	50.08	300m:	4:57.78	57.73	400m:	6:28.31	44.77

junior 1

1.	HACKL	Victoria	95	SVS-Schwimmen				5:29.86				A
	50m:	33.37	33.37	150m:	1:55.26	42.47	250m:	3:26.52	49.16	350m:	4:53.31	37.72
	100m:	1:12.79	39.42	200m:	2:37.36	42.10	300m:	4:15.59	49.07	400m:	5:29.86	36.55

junior 2

1.	GYURKO	Virag	98	ASV Wien				5:27.30				A
	50m:	33.65	33.65	150m:	1:55.84	43.03	250m:	3:24.85	47.34	350m:	4:50.07	38.77
	100m:	1:12.81	39.16	200m:	2:37.51	41.67	300m:	4:11.30	46.45	400m:	5:27.30	37.23
2.	KUNISHIO	Momo	97	The Mermaids - SchwimmerInnenverein				5:29.07				A
	50m:	33.65	33.65	150m:	1:54.56	42.71	250m:	3:25.42	50.07	350m:	4:53.12	38.70
	100m:	1:11.85	38.20	200m:	2:35.35	40.79	300m:	4:14.42	49.00	400m:	5:29.07	35.95
3.	PURNER	Tina	98	Eisenstädter Schwimmunion				5:36.53				A
	50m:	35.45	35.45	150m:	2:00.75	43.49	250m:	3:30.83	47.74	350m:	4:58.52	38.98
	100m:	1:17.26	41.81	200m:	2:43.09	42.34	300m:	4:19.54	48.71	400m:	5:36.53	38.01
4.	SCHWARZ	Karoline	98	USC Eisenstadt				5:46.17				R
	50m:	37.33	37.33	150m:	2:06.86	43.22	250m:	3:39.41	50.17	350m:	5:09.22	38.56
	100m:	1:23.64	46.31	200m:	2:49.24	42.38	300m:	4:30.66	51.25	400m:	5:46.17	36.95
5.	WURM	Melissa	98	The Mermaids - SchwimmerInnenverein				6:03.65				
	50m:	41.35	41.35	150m:	2:18.57	46.92	250m:	3:51.25	47.09	350m:	5:23.12	44.12
	100m:	1:31.65	50.30	200m:	3:04.16	45.59	300m:	4:39.00	47.75	400m:	6:03.65	40.53

Wettkampf 13, Frauen, 400m Lagen, Vorkämpfe

youth

1.	HORVÁTH Dorottya	99	Soproni UBKSE	5:31.42	A
	50m: 35.51 35.51	150m: 1:59.79	41.81 250m: 3:27.90	49.00 350m: 4:56.59	39.23
	100m: 1:17.98 42.47	200m: 2:38.90	39.11 300m: 4:17.36	49.46 400m: 5:31.42	34.83
2.	SZAKA Dorka	00	Fiedler Se	5:39.64	A
	50m: 36.25 36.25	150m: 2:00.09	43.46 250m: 3:30.67	48.38 350m: 5:01.66	39.74
	100m: 1:16.63 40.38	200m: 2:42.29	42.20 300m: 4:21.92	51.25 400m: 5:39.64	37.98
3.	KASSAI Klaudia	99	Széchy Tamás Sportiskola Sopron	5:42.02	A
	50m: 34.14 34.14	150m: 2:01.30	45.84 250m: 3:33.43	49.30 350m: 5:04.62	40.66
	100m: 1:15.46 41.32	200m: 2:44.13	42.83 300m: 4:23.96	50.53 400m: 5:42.02	37.40
4.	SCHWAIGER Annabelle	99	Vienna Aquatic SC	5:49.60	
	50m: 36.53 36.53	150m: 2:06.81	47.08 250m: 3:38.10	46.25 350m: 5:08.52	41.82
	100m: 1:19.73 43.20	200m: 2:51.85	45.04 300m: 4:26.70	48.60 400m: 5:49.60	41.08
5.	GEORGIEVA Kristina	00	Vienna Aquatic SC	6:16.74	
	50m: 40.53 40.53	150m: 2:22.10	51.73 250m: 4:01.77	49.88 350m: 5:35.12	43.40
	100m: 1:30.37 49.84	200m: 3:11.89	49.79 300m: 4:51.72	49.95 400m: 6:16.74	41.62
6.	TRAJKOVSKI Tamara	00	Vienna Aquatic SC	6:23.07	
	50m: 38.10 38.10	150m: 2:13.63	49.82 250m: 3:58.90	58.91 350m: 5:40.99	44.34
	100m: 1:23.81 45.71	200m: 2:59.99	46.36 300m: 4:56.65	57.75 400m: 6:23.07	42.08
disq.	FARKAS Kinga	99	Soproni UBKSE	6:28.31	
	<i>R02 - Swimmer didn't swim upon his back throughout the race except when executing the turn.</i>				
	50m: 38.07 38.07	150m: 2:11.84	46.98 250m: 4:00.05	58.13 350m: 5:43.54	45.76
	100m: 1:24.86 46.79	200m: 3:01.92	50.08 300m: 4:57.78	57.73 400m: 6:28.31	44.77

children class 1

1.	CSOBOD Amina	01	Fiedler Se	5:48.68	R
	50m: 36.64 36.64	150m: 2:02.98	44.44 250m: 3:38.15	51.20 350m: 5:11.05	41.03
	100m: 1:18.54 41.90	200m: 2:46.95	43.97 300m: 4:30.02	51.87 400m: 5:48.68	37.63
2.	DRAGOVIC Mila	02	Vienna Aquatic SC	5:50.57	
	50m: 37.73 37.73	150m: 2:08.03	46.16 250m: 3:41.66	49.50 350m: 5:11.99	40.25
	100m: 1:21.87 44.14	200m: 2:52.16	44.13 300m: 4:31.74	50.08 400m: 5:50.57	38.58
3.	ZIEBART Victoria	01	ASV Wien	6:03.19	
	50m: 38.04 38.04	150m: 2:11.68	47.02 250m: 3:46.90	49.00 350m: 5:21.60	45.24
	100m: 1:24.66 46.62	200m: 2:57.90	46.22 300m: 4:36.36	49.46 400m: 6:03.19	41.59
4.	LAIR Antonia	01	USC Eisenstadt	6:10.73	
	50m: 39.42 39.42	150m: 2:12.90	49.90 250m: 3:52.44	52.05 350m: 5:29.83	41.25
	100m: 1:23.00 43.58	200m: 3:00.39	47.49 300m: 4:48.58	56.14 400m: 6:10.73	40.90
5.	LAZOVI Helena	01	Swimming Club "Neptun"	6:19.42	
	50m: 41.56 41.56	150m: 2:21.88	48.20 250m: 4:02.56	52.31 350m: 5:36.53	43.93
	100m: 1:33.68 52.12	200m: 3:10.25	48.37 300m: 4:52.60	50.04 400m: 6:19.42	42.89
6.	BECKER Katharina	01	Vienna Aquatic SC	6:28.74	
	50m: 40.03 40.03	150m: 2:17.74	49.19 250m: 4:00.76	54.55 350m:	
	100m: 1:28.55 48.52	200m: 3:06.21	48.47 300m: 4:57.13	56.37 400m: 6:28.74	
7.	ULM Victoria	02	Vienna Aquatic SC	6:31.13	
	50m: 42.95 42.95	150m: 2:23.02	50.04 250m: 4:05.41	52.84 350m: 5:44.81	46.02
	100m: 1:32.98 50.03	200m: 3:12.57	49.55 300m: 4:58.79	53.38 400m: 6:31.13	46.32
8.	PÓZVAI Kiara	02	Soproni UBKSE	6:33.06	
	50m: 42.07 42.07	150m: 2:22.39	47.04 250m: 4:07.12	57.35 350m: 5:48.43	47.57
	100m: 1:35.35 53.28	200m: 3:09.77	47.38 300m: 5:00.86	53.74 400m: 6:33.06	44.63
9.	KRAMMER Alina	02	SVS-Schwimmen	6:33.37	
	50m: 41.81 41.81	150m: 2:22.16	51.54 250m: 4:09.02	57.05 350m: 5:50.77	44.41
	100m: 1:30.62 48.81	200m: 3:11.97	49.81 300m: 5:06.36	57.34 400m: 6:33.37	42.60
10.	KÓPHÁZI Anett	02	Széchy Tamás Sportiskola Sopron	6:52.95	
	50m: 48.39 48.39	150m: 2:38.74	55.45 250m: 4:23.79	52.92 350m: 6:05.51	49.54
	100m: 1:43.29 54.90	200m: 3:30.87	52.13 300m: 5:15.97	52.18 400m: 6:52.95	47.44

Wettkampf 13, Frauen, 400m Lagen, Vorkämpfe

Wr. Wertung Open

1.	SCHABERL Hanna	94	SVS Simmering	5:16.39	A
	50m: 31.83 31.83	150m: 1:50.46	42.09 250m: 3:16.81	44.57 350m: 4:40.36	37.71
	100m: 1:08.37 36.54	200m: 2:32.24	41.78 300m: 4:02.65	45.84 400m: 5:16.39	36.03
2.	GYURKO Virag	98	ASV Wien	5:27.30	A
	50m: 33.65 33.65	150m: 1:55.84	43.03 250m: 3:24.85	47.34 350m: 4:50.07	38.77
	100m: 1:12.81 39.16	200m: 2:37.51	41.67 300m: 4:11.30	46.45 400m: 5:27.30	37.23
3.	KUNISHIO Momo	97	The Mermaids - SchwimmerInnenverein	5:29.07	A
	50m: 33.65 33.65	150m: 1:54.56	42.71 250m: 3:25.42	50.07 350m: 4:53.12	38.70
	100m: 1:11.85 38.20	200m: 2:35.35	40.79 300m: 4:14.42	49.00 400m: 5:29.07	35.95
4.	SCHWAIGER Annabelle	99	Vienna Aquatic SC	5:49.60	
	50m: 36.53 36.53	150m: 2:06.81	47.08 250m: 3:38.10	46.25 350m: 5:08.52	41.82
	100m: 1:19.73 43.20	200m: 2:51.85	45.04 300m: 4:26.70	48.60 400m: 5:49.60	41.08
5.	WURM Melissa	98	The Mermaids - SchwimmerInnenverein	6:03.65	
	50m: 41.35 41.35	150m: 2:18.57	46.92 250m: 3:51.25	47.09 350m: 5:23.12	44.12
	100m: 1:31.65 50.30	200m: 3:04.16	45.59 300m: 4:39.00	47.75 400m: 6:03.65	40.53
6.	GEORGIEVA Kristina	00	Vienna Aquatic SC	6:16.74	
	50m: 40.53 40.53	150m: 2:22.10	51.73 250m: 4:01.77	49.88 350m: 5:35.12	43.40
	100m: 1:30.37 49.84	200m: 3:11.89	49.79 300m: 4:51.72	49.95 400m: 6:16.74	41.62
7.	TRAJKOVSKI Tamara	00	Vienna Aquatic SC	6:23.07	
	50m: 38.10 38.10	150m: 2:13.63	49.82 250m: 3:58.90	58.91 350m: 5:40.99	44.34
	100m: 1:23.81 45.71	200m: 2:59.99	46.36 300m: 4:56.65	57.75 400m: 6:23.07	42.08
8.	FORMANEK Annika	82	SC Hakoah Wien	6:41.58	
	50m: 40.23 40.23	150m: 2:20.63	51.91 250m: 4:08.70	57.59 350m: 5:55.57	48.16
	100m: 1:28.72 48.49	200m: 3:11.11	50.48 300m: 5:07.41	58.71 400m: 6:41.58	46.01

Wr. Wertung Junioren 2

1.	GYURKO Virag	98	ASV Wien	5:27.30	A
	50m: 33.65 33.65	150m: 1:55.84	43.03 250m: 3:24.85	47.34 350m: 4:50.07	38.77
	100m: 1:12.81 39.16	200m: 2:37.51	41.67 300m: 4:11.30	46.45 400m: 5:27.30	37.23
2.	KUNISHIO Momo	97	The Mermaids - SchwimmerInnenverein	5:29.07	A
	50m: 33.65 33.65	150m: 1:54.56	42.71 250m: 3:25.42	50.07 350m: 4:53.12	38.70
	100m: 1:11.85 38.20	200m: 2:35.35	40.79 300m: 4:14.42	49.00 400m: 5:29.07	35.95
3.	WURM Melissa	98	The Mermaids - SchwimmerInnenverein	6:03.65	
	50m: 41.35 41.35	150m: 2:18.57	46.92 250m: 3:51.25	47.09 350m: 5:23.12	44.12
	100m: 1:31.65 50.30	200m: 3:04.16	45.59 300m: 4:39.00	47.75 400m: 6:03.65	40.53

Wr. Wertung Jugend

1.	SCHWAIGER Annabelle	99	Vienna Aquatic SC	5:49.60	
	50m: 36.53 36.53	150m: 2:06.81	47.08 250m: 3:38.10	46.25 350m: 5:08.52	41.82
	100m: 1:19.73 43.20	200m: 2:51.85	45.04 300m: 4:26.70	48.60 400m: 5:49.60	41.08
2.	GEORGIEVA Kristina	00	Vienna Aquatic SC	6:16.74	
	50m: 40.53 40.53	150m: 2:22.10	51.73 250m: 4:01.77	49.88 350m: 5:35.12	43.40
	100m: 1:30.37 49.84	200m: 3:11.89	49.79 300m: 4:51.72	49.95 400m: 6:16.74	41.62
3.	TRAJKOVSKI Tamara	00	Vienna Aquatic SC	6:23.07	
	50m: 38.10 38.10	150m: 2:13.63	49.82 250m: 3:58.90	58.91 350m: 5:40.99	44.34
	100m: 1:23.81 45.71	200m: 2:59.99	46.36 300m: 4:56.65	57.75 400m: 6:23.07	42.08

Wr. Wertung Schüler 1

1.	DRAGOVIC Mila	02	Vienna Aquatic SC	5:50.57	
	50m: 37.73 37.73	150m: 2:08.03	46.16 250m: 3:41.66	49.50 350m: 5:11.99	40.25
	100m: 1:21.87 44.14	200m: 2:52.16	44.13 300m: 4:31.74	50.08 400m: 5:50.57	38.58

Wettkampf 13, Mädchen, 400m Lagen, Vorkämpfe, Wr. Wertung Schüler 1

Rang			Jg.					Zeit	
2.	ZIEBART Victoria		01	ASV Wien				6:03.19	
	50m:	38.04 38.04	150m:	2:11.68 47.02	250m:	3:46.90 49.00	350m:	5:21.60 45.24	
	100m:	1:24.66 46.62	200m:	2:57.90 46.22	300m:	4:36.36 49.46	400m:	6:03.19 41.59	
3.	BECKER Katharina		01	Vienna Aquatic SC				6:28.74	
	50m:	40.03 40.03	150m:	2:17.74 49.19	250m:	4:00.76 54.55	350m:		
	100m:	1:28.55 48.52	200m:	3:06.21 48.47	300m:	4:57.13 56.37	400m:	6:28.74	
4.	ULM Victoria		02	Vienna Aquatic SC				6:31.13	
	50m:	42.95 42.95	150m:	2:23.02 50.04	250m:	4:05.41 52.84	350m:	5:44.81 46.02	
	100m:	1:32.98 50.03	200m:	3:12.57 49.55	300m:	4:58.79 53.38	400m:	6:31.13 46.32	