

Programmanr. 11
14-6-2024 - 9:00

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	para
PARA junioren						
1.	Thomas Braat	AZC	200802269 S14	5:04.62	+0,81	377 540
	50m: 32.76	32.76	150m: 1:49.37	39.18	250m: 3:08.76	39.78
	100m: 1:10.19	37.43	200m: 2:28.98	39.61	300m: 3:48.19	39.43
					350m: 4:26.61	38.42
					400m: 5:04.62	38.01
PARA Open						
1.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253 S6	5:29.84	+0,84	297 709
	50m: 34.36	34.36	150m: 1:56.88	42.06	250m: 3:22.02	42.86
	100m: 1:14.82	40.46	200m: 2:39.16	42.28	300m: 4:05.00	42.98
					350m: 4:48.49	43.49
					400m: 5:29.84	41.35
2.	Julian Hendriks	De Otters Het Gooi	200603717 S7	5:20.69		323 619
	50m: 36.77	36.77	150m: 1:54.87	40.00	250m: 3:17.26	41.52
	100m: 1:14.87	38.10	200m: 2:35.74	40.87	300m: 3:58.59	41.33
					350m: 4:40.19	41.60
					400m: 5:20.69	40.50
3.	Lars Jacobsen	DWK	199705453 S14	4:51.41	+0,82	430 617
	50m: 31.52	31.52	150m: 1:43.45	36.71	250m: 2:59.44	37.99
	100m: 1:06.74	35.22	200m: 2:21.45	38.00	300m: 3:37.95	38.51
					350m: 4:16.37	38.42
					400m: 4:51.41	35.04
4.	Thomas Braat	AZC	200802269 S14	5:04.62	+0,81	377 540
	50m: 32.76	32.76	150m: 1:49.37	39.18	250m: 3:08.76	39.78
	100m: 1:10.19	37.43	200m: 2:28.98	39.61	300m: 3:48.19	39.43
					350m: 4:26.61	38.42
					400m: 5:04.62	38.01
Jeugd 1 en 2						
1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:57.17	+0,65	A 798
	<i>Kampioenschaps Record Jeugd</i>					
	50m: 27.35	27.35	150m: 1:26.55	29.92	250m: 2:27.64	30.42
	100m: 56.63	29.28	200m: 1:57.22	30.67	300m: 2:57.63	29.99
					350m: 3:27.84	30.21
					400m: 3:57.17	29.33
2.	Bram Loots	Team Noord-Holland (SG)	200700197	4:02.69	+0,66	A 745
	50m: 27.62	27.62	150m: 1:27.81	30.50	250m: 2:29.56	30.91
	100m: 57.31	29.69	200m: 1:58.65	30.84	300m: 3:00.96	31.40
					350m: 3:32.22	31.26
					400m: 4:02.69	30.47
3.	Lucas van Rooij	PSV	200603943	4:13.52	+0,68	B 654
	50m: 28.34	28.34	150m: 1:31.87	32.16	250m: 2:37.42	32.64
	100m: 59.71	31.37	200m: 2:04.78	32.91	300m: 3:10.06	32.64
					350m: 3:42.65	32.59
					400m: 4:13.52	30.87
4.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:13.74	+0,74	B 652
	50m: 29.83	29.83	150m: 1:33.82	32.15	250m: 2:38.67	32.51
	100m: 1:01.67	31.84	200m: 2:06.16	32.34	300m: 3:10.96	32.29
					350m: 3:42.88	31.92
					400m: 4:13.74	30.86
5.	Boele Böhm	Blue Marlins	200700739	4:16.61	+0,69	R 630
	50m: 28.94	28.94	150m: 1:33.60	32.67	250m: 2:39.33	32.93
	100m: 1:00.93	31.99	200m: 2:06.40	32.80	300m: 3:12.55	33.22
					350m: 3:44.99	32.44
					400m: 4:16.61	31.62
6.	Denzel Barthen	WVZ	200700147	4:17.36	+0,72	625
	50m: 27.99	27.99	150m: 1:31.78	32.45	250m: 2:39.64	34.18
	100m: 59.33	31.34	200m: 2:05.46	33.68	300m: 3:13.74	34.10
					350m: 3:47.64	33.90
					400m: 4:17.36	29.72
7.	Tijn Hilders	De Dolfijn	200700027	4:17.81	+0,77	621
	50m: 28.22	28.22	150m: 1:32.85	32.73	250m: 2:39.70	33.51
	100m: 1:00.12	31.90	200m: 2:06.19	33.34	300m: 3:13.02	33.32
					350m: 3:46.28	33.26
					400m: 4:17.81	31.53
8.	Tim van Erven	DZ&PC	200700175	4:18.39	+0,77	617
	50m: 29.49	29.49	150m: 1:34.72	32.69	250m: 2:40.88	32.61
	100m: 1:02.03	32.54	200m: 2:08.27	33.55	300m: 3:13.99	33.11
					350m: 3:46.89	32.90
					400m: 4:18.39	31.50
9.	Bas Blanker	ACZ	200601497	4:21.43	+0,67	596
	50m: 29.12	29.12	150m: 1:34.68	33.29	250m: 2:42.20	33.82
	100m: 1:01.39	32.27	200m: 2:08.38	33.70	300m: 3:15.98	33.78
					350m: 3:49.69	33.71
					400m: 4:21.43	31.74
10.	Melle van Veen	Dedemsvaart-AC	200700661	4:23.64	+0,74	581
	50m: 28.78	28.78	150m: 1:33.25	32.86	250m: 2:41.43	34.30
	100m: 1:00.39	31.61	200m: 2:07.13	33.88	300m: 3:16.10	34.67
					350m: 3:50.92	34.82
					400m: 4:23.64	32.72
11.	Collard Jungeling	DZ&PC	200701831	4:23.73	+0,70	581
	50m: 30.00	30.00	150m: 1:37.01	33.82	250m: 2:44.32	33.60
	100m: 1:03.19	33.19	200m: 2:10.72	33.71	300m: 3:18.15	33.83
					350m: 3:51.84	33.69
					400m: 4:23.73	31.89
12.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:25.25	+0,71	571
	50m: 28.52	28.52	150m: 1:34.66	33.54	250m: 2:42.91	34.03
	100m: 1:01.12	32.60	200m: 2:08.88	34.22	300m: 3:17.18	34.27
					350m: 3:51.42	34.24
					400m: 4:25.25	33.83

Programmanr. 11, Jongens, 400m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para
13.	Julian Hendriks	De Otters Het Gooi	200603717	S7	5:20.69	323 619
	50m: 36.77	36.77 150m: 1:54.87	40.00 250m: 3:17.26	41.52 350m: 4:40.19	41.60	
	100m: 1:14.87	38.10 200m: 2:35.74	40.87 300m: 3:58.59	41.33 400m: 5:20.69	40.50	

Senioren 1 en 2

1.	Yanieck Weijland	Team NL - Blue Marlins	200500329		3:58.69	+0,72 A 783
	50m: 27.44	27.44 150m: 1:28.16	30.54 250m: 2:29.28	30.55 350m: 3:29.56	29.80	
	100m: 57.62	30.18 200m: 1:58.73	30.57 300m: 2:59.76	30.48 400m: 3:58.69	29.13	
2.	Efe öngören	Blue Marlins	200504459		4:03.01	+0,68 A 742
	50m: 27.18	27.18 150m: 1:28.64	31.18 250m: 2:30.63	31.03 350m: 3:33.64	31.53	
	100m: 57.46	30.28 200m: 1:59.60	30.96 300m: 3:02.11	31.48 400m: 4:03.01	29.37	
3.	Koen Marsman	ZPC AMERSFOORT	200502763		4:03.15	+0,67 A 741
	50m: 27.47	27.47 150m: 1:28.73	31.13 250m: 2:31.45	31.29 350m: 3:34.37	31.57	
	100m: 57.60	30.13 200m: 2:00.16	31.43 300m: 3:02.80	31.35 400m: 4:03.15	28.78	
4.	Émile Fouzaï	Blue Marlins	200500263		4:05.21	+0,70 A 722
	50m: 27.74	27.74 150m: 1:29.54	31.25 250m: 2:32.79	31.83 350m: 3:35.64	31.38	
	100m: 58.29	30.55 200m: 2:00.96	31.42 300m: 3:04.26	31.47 400m: 4:05.21	29.57	
5.	Merlin Belmon	Team NL - PSV	200403191		4:06.77	+0,76 A 709
	50m: 27.56	27.56 150m: 1:29.89	31.58 250m: 2:32.74	31.32 350m: 3:36.01	31.63	
	100m: 58.31	30.75 200m: 2:01.42	31.53 300m: 3:04.38	31.64 400m: 4:06.77	30.76	
6.	Wouter Zijlstra	HZ&PC Heerenvveen	200401545		4:10.74	+0,62 B 676
	50m: 27.41	27.41 150m: 1:30.59	31.96 250m: 2:34.20	31.72 350m: 3:39.32	32.58	
	100m: 58.63	31.22 200m: 2:02.48	31.89 300m: 3:06.74	32.54 400m: 4:10.74	31.42	
7.	Borys Rudman	Blue Marlins	200504479		4:11.07	+0,69 B 673
	50m: 28.14	28.14 150m: 1:30.47	31.63 250m: 2:34.65	31.75 350m: 3:39.62	32.43	
	100m: 58.84	30.70 200m: 2:02.90	32.43 300m: 3:07.19	32.54 400m: 4:11.07	31.45	
8.	Youri Voet	De Duinkickers	200502269		4:13.11	+0,68 B 657
	50m: 27.87	27.87 150m: 1:29.63	31.48 250m: 2:34.84	32.88 350m: 3:41.18	33.29	
	100m: 58.15	30.28 200m: 2:01.96	32.33 300m: 3:07.89	33.05 400m: 4:13.11	31.93	
9.	Abel te Riele	WVZ	200402317		4:20.91	+0,74 600
	50m: 28.67	28.67 150m: 1:33.81	33.02 250m: 2:40.61	33.40 350m: 3:47.92	33.34	
	100m: 1:00.79	32.12 200m: 2:07.21	33.40 300m: 3:14.58	33.97 400m: 4:20.91	32.99	
10.	Rens Stijf	ZPC AMERSFOORT	200501419		4:22.00	+0,67 592
	50m: 28.21	28.21 150m: 1:32.62	32.76 250m: 2:38.88	32.83 350m: 3:47.75	34.52	
	100m: 59.86	31.65 200m: 2:06.05	33.43 300m: 3:13.23	34.35 400m: 4:22.00	34.25	
11.	Koen Vissers	PSV	200401429		4:32.64	+0,83 525
	50m: 29.95	29.95 150m: 1:37.18	34.08 250m: 2:47.70	35.31 350m: 3:59.84	36.09	
	100m: 1:03.10	33.15 200m: 2:12.39	35.21 300m: 3:23.75	36.05 400m: 4:32.64	32.80	

Senioren Open

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587		3:57.17	+0,65 A 798
	<i>Kampioenschaps Record Jeugd</i>					
	50m: 27.35	27.35 150m: 1:26.55	29.92 250m: 2:27.64	30.42 350m: 3:27.84	30.21	
	100m: 56.63	29.28 200m: 1:57.22	30.67 300m: 2:57.63	29.99 400m: 3:57.17	29.33	
2.	Yanieck Weijland	Team NL - Blue Marlins	200500329		3:58.69	+0,72 A 783
	50m: 27.44	27.44 150m: 1:28.16	30.54 250m: 2:29.28	30.55 350m: 3:29.56	29.80	
	100m: 57.62	30.18 200m: 1:58.73	30.57 300m: 2:59.76	30.48 400m: 3:58.69	29.13	
3.	Lucas Peters	ZPC AMERSFOORT	200301325		3:59.26	+0,67 A 778
	50m: 27.46	27.46 150m: 1:27.45	30.09 250m: 2:28.72	30.51 350m: 3:29.77	30.23	
	100m: 57.36	29.90 200m: 1:58.21	30.76 300m: 2:59.54	30.82 400m: 3:59.26	29.49	
4.	Bram Loots	Team Noord-Holland (SG)	200700197		4:02.69	+0,66 A 745
	50m: 27.62	27.62 150m: 1:27.81	30.50 250m: 2:29.56	30.91 350m: 3:32.22	31.26	
	100m: 57.31	29.69 200m: 1:58.65	30.84 300m: 3:00.96	31.40 400m: 4:02.69	30.47	
5.	Efe öngören	Blue Marlins	200504459		4:03.01	+0,68 A 742
	50m: 27.18	27.18 150m: 1:28.64	31.18 250m: 2:30.63	31.03 350m: 3:33.64	31.53	
	100m: 57.46	30.28 200m: 1:59.60	30.96 300m: 3:02.11	31.48 400m: 4:03.01	29.37	
6.	Koen Marsman	ZPC AMERSFOORT	200502763		4:03.15	+0,67 A 741
	50m: 27.47	27.47 150m: 1:28.73	31.13 250m: 2:31.45	31.29 350m: 3:34.37	31.57	
	100m: 57.60	30.13 200m: 2:00.16	31.43 300m: 3:02.80	31.35 400m: 4:03.15	28.78	
7.	Émile Fouzaï	Blue Marlins	200500263		4:05.21	+0,70 A 722
	50m: 27.74	27.74 150m: 1:29.54	31.25 250m: 2:32.79	31.83 350m: 3:35.64	31.38	
	100m: 58.29	30.55 200m: 2:00.96	31.42 300m: 3:04.26	31.47 400m: 4:05.21	29.57	

Programmanr. 11, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para	
8.	Merlin Belmon	Team NL - PSV				200403191				4:06.77	+0,76	A	709
	50m: 27.56	27.56	150m: 1:29.89	31.58	250m: 2:32.74	31.32	350m: 3:36.01	31.63				31.63	
	100m: 58.31	30.75	200m: 2:01.42	31.53	300m: 3:04.38	31.64	400m: 4:06.77	30.76				30.76	
9.	Joris Janssen	Aqua-Novio'94				200301311				4:09.34	+0,74	B	687
	50m: 27.93	27.93	150m: 1:29.77	31.43	250m: 2:33.71	31.97	350m: 3:38.12	32.19				32.19	
	100m: 58.34	30.41	200m: 2:01.74	31.97	300m: 3:05.93	32.22	400m: 4:09.34	31.22				31.22	
10.	Martijn Nies	PSV				200902095				4:10.70	+0,81	B	676
	50m: 28.49	28.49	150m: 1:31.70	32.09	250m: 2:35.59	31.58	350m: 3:40.46	32.45				32.45	
	100m: 59.61	31.12	200m: 2:04.01	32.31	300m: 3:08.01	32.42	400m: 4:10.70	30.24				30.24	
11.	Wouter Zijlstra	HZ&PC Heerenveen				200401545				4:10.74	+0,62	B	676
	50m: 27.41	27.41	150m: 1:30.59	31.96	250m: 2:34.20	31.72	350m: 3:39.32	32.58				32.58	
	100m: 58.63	31.22	200m: 2:02.48	31.89	300m: 3:06.74	32.54	400m: 4:10.74	31.42				31.42	
12.	Borys Rudman	Blue Marlins				200504479				4:11.07	+0,69	B	673
	50m: 28.14	28.14	150m: 1:30.47	31.63	250m: 2:34.65	31.75	350m: 3:39.62	32.43				32.43	
	100m: 58.84	30.70	200m: 2:02.90	32.43	300m: 3:07.19	32.54	400m: 4:11.07	31.45				31.45	
13.	Youri Voet	De Duinkickers				200502269				4:13.11	+0,68	B	657
	50m: 27.87	27.87	150m: 1:29.63	31.48	250m: 2:34.84	32.88	350m: 3:41.11	33.29				33.29	
	100m: 58.15	30.28	200m: 2:01.96	32.33	300m: 3:07.89	33.05	400m: 4:13.11	31.93				31.93	
14.	Lucas van Rooij	PSV				200603943				4:13.52	+0,68	B	654
	50m: 28.34	28.34	150m: 1:31.87	32.16	250m: 2:37.42	32.64	350m: 3:42.65	32.59				32.59	
	100m: 59.71	31.37	200m: 2:04.78	32.91	300m: 3:10.06	32.64	400m: 4:13.52	30.87				30.87	
15.	Olivier Wilbers	ZPC Hoogeveen				200600181				4:13.74	+0,74	B	652
	50m: 29.83	29.83	150m: 1:33.82	32.15	250m: 2:38.67	32.51	350m: 3:42.88	31.92				31.92	
	100m: 1:01.67	31.84	200m: 2:06.16	32.34	300m: 3:10.96	32.29	400m: 4:13.74	30.86				30.86	
16.	Sven Koornstra	De Vikings				200900189				4:16.60	+0,83	B	630
	50m: 29.92	29.92	150m: 1:35.35	33.27	250m: 2:40.29	32.48	350m: 3:45.71	32.92				32.92	
	100m: 1:02.08	32.16	200m: 2:07.81	32.46	300m: 3:12.79	32.50	400m: 4:16.60	30.89				30.89	
17.	Boele Böhm	Blue Marlins				200700739				4:16.61	+0,69	R	630
	50m: 28.94	28.94	150m: 1:33.60	32.67	250m: 2:39.33	32.93	350m: 3:44.99	32.44				32.44	
	100m: 1:00.93	31.99	200m: 2:06.40	32.80	300m: 3:12.55	33.22	400m: 4:16.61	31.62				31.62	
18.	Thijn Damen	PSV				200300973				4:16.92	+0,76	R	628
	50m: 28.34	28.34	150m: 1:30.63	31.00	250m: 2:34.41	31.92	350m: 3:43.10	35.52				35.52	
	100m: 59.63	31.29	200m: 2:02.49	31.86	300m: 3:07.58	33.17	400m: 4:16.92	33.82				33.82	
19.	Denzel Barthen	WVZ				200700147				4:17.36	+0,72		625
	50m: 27.99	27.99	150m: 1:31.78	32.45	250m: 2:39.64	34.18	350m: 3:47.64	33.90				33.90	
	100m: 59.33	31.34	200m: 2:05.46	33.68	300m: 3:13.74	34.10	400m: 4:17.36	29.72				29.72	
20.	Tijn Hilders	De Dolfijn				200700027				4:17.81	+0,77		621
	50m: 28.22	28.22	150m: 1:32.85	32.73	250m: 2:39.70	33.51	350m: 3:46.28	33.26				33.26	
	100m: 1:00.12	31.90	200m: 2:06.19	33.34	300m: 3:13.02	33.32	400m: 4:17.81	31.53				31.53	
21.	Tim van Erven	DZ&PC				200700175				4:18.39	+0,77		617
	50m: 29.49	29.49	150m: 1:34.72	32.69	250m: 2:40.88	32.61	350m: 3:46.89	32.90				32.90	
	100m: 1:02.03	32.54	200m: 2:08.27	33.55	300m: 3:13.99	33.11	400m: 4:18.39	31.50				31.50	
22.	Abel te Riele	WVZ				200402317				4:20.91	+0,74		600
	50m: 28.67	28.67	150m: 1:33.81	33.02	250m: 2:40.61	33.40	350m: 3:47.92	33.34				33.34	
	100m: 1:00.79	32.12	200m: 2:07.21	33.40	300m: 3:14.58	33.97	400m: 4:20.91	32.99				32.99	
23.	Bas Blanker	ACZ				200601497				4:21.43	+0,67		596
	50m: 29.12	29.12	150m: 1:34.68	33.29	250m: 2:42.20	33.82	350m: 3:49.69	33.71				33.71	
	100m: 1:01.39	32.27	200m: 2:08.38	33.70	300m: 3:15.98	33.78	400m: 4:21.43	31.74				31.74	
24.	Rens Stijf	ZPC AMERSFOORT				200501419				4:22.00	+0,67		592
	50m: 28.21	28.21	150m: 1:32.62	32.76	250m: 2:38.88	32.83	350m: 3:47.75	34.52				34.52	
	100m: 59.86	31.65	200m: 2:06.05	33.43	300m: 3:13.23	34.35	400m: 4:22.00	34.25				34.25	
25.	Tobian Vos	ZPC AMERSFOORT				200900005				4:23.59	+0,74		581
	50m: 29.55	29.55	150m: 1:35.97	33.61	250m: 2:44.13	33.89	350m: 3:51.73	33.51				33.51	
	100m: 1:02.36	32.81	200m: 2:10.24	34.27	300m: 3:18.22	34.09	400m: 4:23.59	31.86				31.86	
26.	Melle van Veen	Dedemsvaart-AC				200700661				4:23.64	+0,74		581
	50m: 28.78	28.78	150m: 1:33.25	32.86	250m: 2:41.43	34.30	350m: 3:50.92	34.82				34.82	
	100m: 1:00.39	31.61	200m: 2:07.13	33.88	300m: 3:16.10	34.67	400m: 4:23.64	32.72				32.72	
27.	Collard Jungeling	DZ&PC				200701831				4:23.73	+0,70		581
	50m: 30.00	30.00	150m: 1:37.01	33.82	250m: 2:44.32	33.60	350m: 3:51.84	33.69				33.69	
	100m: 1:03.19	33.19	200m: 2:10.72	33.71	300m: 3:18.15	33.83	400m: 4:23.73	31.89				31.89	
28.	Thijs Wellink	ZPC AMERSFOORT				200600715				4:25.25	+0,71		571
	50m: 28.52	28.52	150m: 1:34.66	33.54	250m: 2:42.91	34.03	350m: 3:51.42	34.24				34.24	
	100m: 1:01.12	32.60	200m: 2:08.88	34.22	300m: 3:17.18	34.27	400m: 4:25.25	33.83				33.83	

Programmanr. 11, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para	
29.	Luc Mul	DAW				200201025				4:25.31	+0,72	570	
	50m:	29.31	29.31	150m:	1:35.22	33.64	250m:	2:43.12	34.26	350m:	3:51.53	34.21	
	100m:	1:01.58	32.27	200m:	2:08.86	33.64	300m:	3:17.32	34.20	400m:	4:25.31	33.78	
30.	Jelte de Jong	ZPCH				200900975				4:26.35	+0,73	564	
	50m:	29.17	29.17	150m:	1:34.83	33.44	250m:	2:43.15	34.24	350m:	3:51.99	34.28	
	100m:	1:01.39	32.22	200m:	2:08.91	34.08	300m:	3:17.71	34.56	400m:	4:26.35	34.36	
31.	Koen Vissers	PSV				200401429				4:32.64	+0,83	525	
	50m:	29.95	29.95	150m:	1:37.18	34.08	250m:	2:47.70	35.31	350m:	3:59.84	36.09	
	100m:	1:03.10	33.15	200m:	2:12.39	35.21	300m:	3:23.75	36.05	400m:	4:32.64	32.80	
32.	Lars Jacobsen	DWK				199705453				4:51.41	+0,82	430	617
	50m:	31.52	31.52	150m:	1:43.45	36.71	250m:	2:59.44	37.99	350m:	4:16.37	38.42	
	100m:	1:06.74	35.22	200m:	2:21.45	38.00	300m:	3:37.95	38.51	400m:	4:51.41	35.04	
33.	Thomas Braat	AZC				200802269				5:04.62	+0,81	377	540
	50m:	32.76	32.76	150m:	1:49.37	39.18	250m:	3:08.76	39.78	350m:	4:26.61	38.42	
	100m:	1:10.19	37.43	200m:	2:28.98	39.61	300m:	3:48.19	39.43	400m:	5:04.62	38.01	
34.	Julian Hendriks	De Otters Het Gooi				200603717				5:20.69		323	619
	50m:	36.77	36.77	150m:	1:54.87	40.00	250m:	3:17.26	41.52	350m:	4:40.19	41.60	
	100m:	1:14.87	38.10	200m:	2:35.74	40.87	300m:	3:58.59	41.33	400m:	5:20.69	40.50	
35.	Thijs van Hofweegen	ZPC AMERSFOORT				199605253				5:29.84	+0,84	297	709
	50m:	34.36	34.36	150m:	1:56.88	42.06	250m:	3:22.02	42.86	350m:	4:48.49	43.49	
	100m:	1:14.82	40.46	200m:	2:39.16	42.28	300m:	4:05.00	42.98	400m:	5:29.84	41.35	