

(Under Swim England Regulations and Technical Rules)

Long Distance Time Trial 2024 - Results Sheet

30th March 2024 - Loughborough University Pool - 50m Pool - Session One

EVENT 1 Mixed 1500m Freestyle

OPEN/MALE 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Francesco Monaco	12	South Lincs	20:03.60	378
	50m 35.90	100m 1:15.68	150m 1:56.08	200m 2:37.23	250m 3:17.32
	450m 6:00.49	500m 6:40.96	550m 7:21.36	600m 8:01.99	650m 8:43.15
	850m 11:24.94	900m 12:05.10	950m 12:45.95	1000m 13:26.19	1050m 14:05.40
	1250m 16:47.52	1300m 17:28.62	1350m 18:08.71	1400m 18:48.75	1450m 19:27.57
					1500m 20:03.60
					300m 3:57.80
					350m 4:38.75
					400m 5:19.55
					450m 6:00.49
					500m 6:40.96
					550m 7:21.36
					600m 8:01.99
					650m 8:43.15
					700m 9:23.81
					750m 10:03.86
					800m 10:44.59
					850m 11:24.94
					900m 12:05.10
					950m 12:45.95
					1000m 13:26.19
					1050m 14:05.40
					1100m 14:45.62
					1150m 15:26.30
					1200m 16:06.88

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Toby Drayson	13	BelperMarlin	19:33.69	408
	50m 33.33	100m 1:10.77	150m 1:48.31	200m 2:26.73	250m 3:04.83
	450m 5:40.32	500m 6:19.84	550m 6:59.08	600m 7:38.70	650m 8:17.57
	850m 10:57.62	900m 11:37.72	950m 12:17.13	1000m 12:57.02	1050m 13:36.98
	1250m 16:17.41	1300m 16:57.76	1350m 17:37.45	1400m 18:17.41	1450m 18:55.68
					1500m 19:33.69
					300m 3:43.96
					350m 4:21.66
					400m 5:01.07
					450m 5:40.32
					500m 6:19.84
					550m 6:59.08
					600m 7:38.70
					650m 8:17.57
					700m 8:57.39
					750m 9:37.47
					800m 10:17.30
					850m 10:57.62
					900m 11:37.72
					950m 12:17.13
					1000m 12:57.02
					1050m 13:36.98
					1100m 14:17.12
					1150m 14:57.12
					1200m 15:37.17
2.	Charlie Bisby	13	South Lincs	19:46.49	395
	50m 34.48	100m 1:13.06	150m 1:52.40	200m 2:32.06	250m 3:11.72
	450m 5:52.87	500m 6:33.26	550m 7:12.90	600m 7:53.17	650m 8:32.99
	850m 11:13.07	900m 11:53.04	950m 12:32.67	1000m 13:12.67	1050m 13:52.43
	1250m 16:32.34	1300m 17:12.18	1350m 17:51.77	1400m 18:31.51	1450m 19:09.39
					1500m 19:46.49
					300m 3:51.74
					350m 4:32.00
					400m 5:12.72
					450m 5:52.87
					500m 6:33.26
					550m 7:12.90
					600m 7:53.17
					650m 8:32.99
					700m 9:13.20
					750m 9:53.09
					800m 10:32.99
					850m 11:13.07
					900m 11:53.04
					950m 12:32.67
					1000m 13:12.67
					1050m 13:52.43
					1100m 14:32.35
					1150m 15:12.41
					1200m 15:52.07
3.	Tyler Shaw	13	Derby Excel	19:57.19	385
	50m 35.79	100m 1:10.17	150m 1:54.08	200m 2:34.22	250m 3:13.12
	450m 5:54.37	500m 6:35.40	550m 7:15.10	600m 7:36.86	650m 8:36.21
	850m 11:16.76	900m -	950m 12:37.50	1000m -	1050m -
	1250m 15:18.22	1300m 15:58.97	1350m 16:38.96	1400m 18:41.49	1450m 19:20.06
					1500m 19:57.19
					300m -
					350m -
					400m 5:14.09
					450m 5:54.37
					500m 6:35.40
					550m 7:15.10
					600m 7:36.86
					650m 8:36.21
					700m 9:16.44
					750m 9:56.60
					800m 10:21.26
					850m 11:16.76
					900m -
					950m 12:37.50
					1000m -
					1050m -
					1100m -
					1150m 13:57.89
					1200m 14:23.21
4.	James Huckle	13	Lincoln Vulc	20:09.55	373
	50m 33.59	100m 1:11.82	150m 1:50.77	200m 2:30.41	250m 3:10.17
	450m 5:54.28	500m 6:35.44	550m 7:16.63	600m 7:58.48	650m 8:40.47
	850m 11:24.00	900m 12:04.44	950m 12:45.26	1000m 13:25.32	1050m 14:06.05
	1250m 16:49.47	1300m 17:30.44	1350m 18:11.71	1400m 18:51.83	1450m 19:32.17
					1500m 20:09.55
					300m 3:50.79
					350m 4:31.90
					400m 5:12.93
					450m 5:54.28
					500m 6:35.44
					550m 7:16.63
					600m 7:58.48
					650m 8:40.47
					700m 9:21.64
					750m 10:02.40
					800m 10:43.17
					850m 11:24.00
					900m 12:04.44
					950m 12:45.26
					1000m 13:25.32
					1050m 14:06.05
					1100m 14:47.50
					1150m 15:27.61
					1200m 16:08.32

OPEN/MALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William Oxley	14	Co Leicester	18:24.50	490
	50m 33.59	100m 1:10.18	150m 1:47.76	200m 2:24.93	250m 3:02.31
	450m 5:31.86	500m 6:08.75	550m 6:46.23	600m 7:22.39	650m 7:59.75
	850m 10:27.89	900m 11:04.92	950m 11:41.71	1000m 12:18.64	1050m 12:55.25
	1250m 15:22.54	1300m 15:59.13	1350m 16:35.84	1400m 17:12.52	1450m 17:49.09
					1500m 18:24.50
					300m 3:38.85
					350m 4:16.23
					400m 4:54.06
					450m 5:31.86
					500m 6:08.75
					550m 6:46.23
					600m 7:22.39
					650m 7:59.75
					700m 8:36.71
					750m 9:14.14
					800m 9:50.90
					850m 10:27.89
					900m 11:04.92
					950m 11:41.71
					1000m 12:18.64
					1050m 12:55.25
					1100m 13:32.09
					1150m 14:09.21
					1200m 14:46.30
2.	James Cash	14	Deepings	19:22.23	420
	50m 32.94	100m 1:09.88	150m 1:47.63	200m 2:25.58	250m 3:03.32
	450m 5:39.28	500m 6:19.03	550m 6:57.20	600m 7:36.18	650m 8:15.50
	850m 10:52.69	900m 11:31.53	950m 12:11.57	1000m 12:51.77	1050m 13:30.78
	1250m 16:10.02	1300m 16:50.99	1350m 17:32.68	1400m 18:11.40	1450m 18:49.01
					1500m 19:22.23
					300m 3:42.42
					350m 4:21.24
					400m 5:00.29
					450m 5:39.28
					500m 6:19.03
					550m 6:57.20
					600m 7:36.18
					650m 8:15.50
					700m 8:55.39
					750m 9:34.48
					800m 10:13.27
					850m 10:52.69
					900m 11:31.53
					950m 12:11.57
					1000m 12:51.77
					1050m 13:30.78
					1100m 13:58.67
					1150m 14:51.10
					1200m 15:32.07
3.	Alexander Gaydon	14	Colchester	20:09.60	373
	50m 34.66	100m 1:09.62	150m 1:51.51	200m 2:31.05	250m 3:10.48
	450m 5:50.97	500m 6:31.80	550m 7:12.66	600m 7:53.47	650m 8:34.27
	850m 11:18.04	900m 11:58.83	950m 12:39.91	1000m 13:21.31	1050m 14:02.39
	1250m 16:46.85	1300m 17:28.17	1350m 18:09.00	1400m 18:50.06	1450m 19:29.95
					1500m 20:09.60
					300m 3:50.41
					350m 4:30.28
					400m 5:10.35
					450m 5:50.97
					500m 6:31.80
					550m 7:12.66
					600m 7:53.47
					650m 8:34.27
					700m 9:15.43
					750m 9:56.17
					800m 10:37.36

(Under Swim England Regulations and Technical Rules)

Long Distance Time Trial 2024 - Results Sheet

30th March 2024 - Loughborough University Pool - 50m Pool - Session One

OPEN/MALE 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Lawrence Chapman	16	Worksop	18:45.64	463
	50m 32.04	100m 1:07.75	150m 1:45.69	200m 2:23.31	250m 3:01.28
	450m 5:31.37	500m 6:08.76	550m 6:46.85	600m 7:24.96	650m 8:03.18
	850m 10:36.70	900m 11:14.82	950m 11:53.16	1000m 12:31.18	1050m 13:09.20
	1250m 15:41.57	1300m 16:19.56	1350m 16:56.89	1400m 17:34.28	1450m 18:11.22
2.	Harry Vickers	16	Lincoln Vulc	20:54.04	335
	50m 33.08	100m 1:11.16	150m 1:50.17	200m 2:30.55	250m 3:11.71
	450m 5:57.17	500m 6:39.72	550m 7:21.05	600m 8:03.42	650m 8:46.42
	850m 11:37.92	900m 12:19.56	950m 13:03.11	1000m 13:47.39	1050m 14:30.57
	1250m 17:21.43	1300m 18:05.89	1350m 18:48.00	1400m 19:31.49	1450m 20:13.30

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Holly Gent	13	Coalville	19:24.53	493
	50m 33.78	100m 1:10.94	150m 1:48.68	200m 2:27.24	250m 3:05.52
	450m 5:40.39	500m 6:20.06	550m 6:59.38	600m 7:38.73	650m 8:17.81
	850m 10:55.13	900m 11:35.15	950m 12:15.06	1000m 12:54.57	1050m 13:34.36
	1250m 16:11.16	1300m 16:50.57	1350m 17:29.76	1400m 18:08.34	1450m 18:47.09
2.	Olivia Male	13	Derby Excel	19:58.43	453
	50m 33.70	100m 1:12.45	150m 1:51.95	200m 2:31.52	250m 3:11.20
	450m 5:51.36	500m 6:32.01	550m 7:12.33	600m 7:53.14	650m 8:33.16
	850m 11:14.84	900m 11:55.94	950m 12:36.53	1000m 13:17.43	1050m 13:57.63
	1250m 16:40.58	1300m 17:21.80	1350m 18:02.16	1400m 18:42.92	1450m 19:21.51
3.	Lucy Willatts	13	Grantham	20:34.13	414
	50m 34.91	100m 1:14.95	150m 1:55.44	200m 2:36.72	250m 3:17.96
	450m 6:03.59	500m 6:45.05	550m 7:26.82	600m 8:08.92	650m 8:51.15
	850m 11:41.03	900m 12:23.40	950m 13:05.71	1000m 13:48.09	1050m 14:29.80
	1250m 17:16.67	1300m 17:57.61	1350m 18:38.09	1400m 19:18.50	1450m 19:57.11
4.	Ellena Howitt	13	Grantham	21:31.01	362
	50m 36.09	100m 1:17.09	150m 1:59.48	200m 2:43.29	250m 3:27.25
	450m 6:22.98	500m -	550m 7:49.88	600m 8:34.77	650m 9:18.08
	850m 12:11.81	900m -	950m 13:39.37	1000m 14:24.02	1050m 15:08.48
	1250m 18:03.72	1300m 18:48.77	1350m 19:31.11	1400m -	1450m 20:53.08
5.	Amy Taylor	13	Grantham	22:10.98	330
	50m 37.64	100m 1:20.26	150m 2:04.11	200m 2:47.88	250m 3:31.21
	450m 6:31.08	500m 7:15.72	550m 8:02.04	600m 8:47.30	650m 9:33.54
	850m 12:35.06	900m 13:19.11	950m 14:04.02	1000m 14:49.09	1050m 15:33.59
	1250m 18:33.72	1300m 19:18.81	1350m 20:03.03	1400m 20:47.52	1450m 21:30.49
6.	Alice McMaster	13	Lincoln Vulc	26:10.78	201
	50m 42.33	100m 1:31.47	150m 2:21.17	200m 3:12.59	250m 4:03.37
	450m 7:28.71	500m 8:21.00	550m 9:13.08	600m 10:06.16	650m 10:59.33
	850m 14:34.80	900m 15:30.23	950m 16:24.24	1000m 17:20.02	1050m 18:15.83
	1250m 21:51.82	1300m 22:48.01	1350m 23:41.76	1400m 24:33.74	1450m 25:22.31
	Connie Bunhejee	13	Derby Excel	DNC	

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Holly Katasi	14	Co Milton K	19:49.38	463
	50m 35.95	100m -	150m 1:54.78	200m 2:35.50	250m 3:15.53
	450m 5:56.64	500m 6:36.69	550m 7:16.59	600m 7:56.85	650m 8:36.52
	850m 11:15.28	900m 11:55.40	950m 12:35.08	1000m 13:15.00	1050m 13:54.87
	1250m 16:35.40	1300m 17:15.73	1350m 17:55.36	1400m 18:34.89	1450m 19:13.35
2.	Maya Almohammed	14	NottmLeander	19:59.32	452
	50m 34.17	100m 1:12.15	150m 1:50.56	200m 2:29.69	250m 3:08.97
	450m 5:49.65	500m 6:29.99	550m 7:10.30	600m 7:51.44	650m 8:32.13
	850m 11:15.58	900m 11:56.94	950m 12:37.55	1000m 13:18.64	1050m 13:58.52
	1250m 16:40.87	1300m 17:22.28	1350m 18:01.56	1400m 18:42.50	1450m 19:21.41
3.	Laurana Green	14	Worksop	20:33.78	415
	50m 35.17	100m 1:14.59	150m 1:55.34	200m 2:37.24	250m 3:18.21
	450m 6:02.86	500m 6:44.12	550m 7:25.30	600m 8:07.42	650m 8:48.54
	850m 11:35.50	900m 12:16.96	950m 12:58.44	1000m 13:40.77	1050m 14:21.80
	1250m 17:09.75	1300m 17:51.75	1350m 18:33.43	1400m 19:14.89	1450m 19:56.08
4.	Scarlett Howe	14	DerbyPhoenix	21:22.28	369
	50m 37.32	100m 1:18.42	150m 2:00.19	200m 2:42.80	250m 3:25.50
	450m -	500m 7:03.91	550m 7:47.08	600m 8:31.15	650m -
	850m 12:08.99	900m 12:52.86	950m 13:36.53	1000m 14:20.42	1050m 15:02.11
	1250m 17:51.26	1300m 18:34.41	1350m 19:16.94	1400m 19:58.92	1450m 20:40.55
5.	Charlotte Jenkinson	14	Deepings	21:35.61	358
	50m 35.61	100m 1:15.83	150m 1:57.98	200m 2:39.74	250m 3:23.30
	450m 6:15.45	500m 6:59.09	550m 7:43.40	600m 8:26.64	650m 9:11.69
	850m 12:05.86	900m 12:50.43	950m 13:35.15	1000m 14:20.54	1050m 15:04.60
	1250m 18:02.42	1300m 18:46.19	1350m 19:28.42	1400m 20:11.43	1450m 20:53.50
6.	Amber Cowgill	14	Trafford Met	22:43.45	307
	50m 40.43	100m 1:25.48	150m 2:11.21	200m 2:56.65	250m 3:42.28
	450m 6:46.08	500m 7:31.87	550m 8:17.74	600m 9:03.33	650m 9:49.12
	850m 12:53.22	900m 13:38.51	950m 14:24.96	1000m 15:11.26	1050m 15:57.62
	1250m 19:02.37	1300m 19:47.92	1350m 20:33.22	1400m 21:18.48	1450m 22:01.86
7.	Elisabeth Kinnear	14	Grantham	22:56.91	298
	50m 38.95	100m 1:22.32	150m 2:06.78	200m 2:52.11	250m 3:37.66
	450m 6:44.13	500m 7:30.16	550m 8:15.87	600m 9:03.26	650m 9:49.50
	850m 12:56.52	900m 13:43.42	950m 14:29.44	1000m 15:16.88	1050m 16:03.48
	1250m 19:09.77	1300m 19:56.72	1350m 20:41.98	1400m 21:27.51	1450m 22:12.96
8.	Isla Scott	14	Lincoln Vulc	23:00.24	296
	50m 39.17	100m 1:23.33	150m 2:08.50	200m 2:54.52	250m 3:40.60
	450m 6:47.74	500m 7:34.76	550m 8:21.13	600m 9:08.48	650m 9:54.08
	850m 12:59.67	900m 13:47.88	950m 14:34.27	1000m 15:21.35	1050m 16:08.91
	1250m 19:16.40	1300m 20:02.76	1350m 20:47.05	1400m 21:33.27	1450m 22:17.28

(Under Swim England Regulations and Technical Rules)

Long Distance Time Trial 2024 - Results Sheet

30th March 2024 - Loughborough University Pool - 50m Pool - Session One

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chiara Reedha	15	Co Leicester	18:45.70	546
	50m 33.59	100m 1:10.15	150m 1:47.20	200m 2:24.30	250m 3:01.53
	450m 5:32.04	500m 6:09.62	550m 6:47.49	600m 7:25.04	300m 3:38.99
	850m 10:34.63	900m 11:11.70	950m 11:49.67	1000m 12:27.44	650m 8:02.70
	1250m 15:37.16	1300m 16:15.24	1350m 16:53.18	1400m 17:31.24	700m 8:40.61
				1450m 18:09.32	350m 4:16.54
				1500m 18:45.70	400m 4:54.18
2.	Amy Walker	15	Worksop	18:57.33	530
	50m 33.15	100m 1:10.25	150m 1:47.48	200m 2:25.64	250m 3:03.39
	450m 5:36.35	500m 6:15.11	550m 6:53.44	600m 7:32.32	300m 3:41.67
	850m 10:44.42	900m 11:23.34	950m 12:01.60	1000m 12:40.14	650m 8:10.74
	1250m 15:51.50	1300m 16:29.73	1350m 17:07.34	1400m 17:45.07	700m 8:49.58
				1450m 18:21.71	350m 4:19.68
				1500m 18:57.33	400m 4:58.35
3.	Lauren Keeton	15	Worksop	21:25.22	367
	50m 36.43	100m 1:17.30	150m 1:59.28	200m 2:41.81	250m 3:23.72
	450m 6:16.35	500m 7:00.37	550m 7:44.55	600m 8:27.55	300m 4:06.78
	850m 12:04.89	900m 12:48.22	950m 13:30.71	1000m -	650m 9:10.70
	1250m 17:52.92	1300m 18:37.32	1350m 19:19.73	1400m 20:02.16	700m 9:54.29
				1450m 20:44.38	350m 4:49.53
				1500m 21:25.22	400m 5:33.09
4.	Harriet McCormack	15	Grantham	23:23.82	281
	50m 41.08	100m 1:26.30	150m 2:13.80	200m 3:00.56	250m 3:47.58
	450m 6:58.20	500m 7:45.73	550m 8:32.75	600m 9:19.87	300m 4:35.40
	850m 13:16.24	900m 14:03.01	950m 14:50.28	1000m 15:37.83	650m 10:07.19
	1250m 19:32.60	1300m 20:20.21	1350m 21:06.82	1400m 21:52.98	700m 10:54.34
				1450m 22:38.58	350m 5:23.22
				1500m 23:23.82	400m 6:10.90
	Eveline Gaydon	15	Colchester	DQ 1 02L	

FEMALE 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Lillie Hamilton	16	South Lincs	19:02.84	522
	50m 34.02	100m 1:11.05	150m 1:49.26	200m 2:27.93	250m 3:06.73
	450m 5:40.63	500m 6:19.12	550m 6:57.55	600m 7:35.68	300m 3:45.10
	850m 10:47.35	900m 11:25.43	950m 12:03.58	1000m 12:41.90	650m 8:14.27
	1250m 15:53.15	1300m 16:31.45	1350m 17:09.62	1400m 17:47.69	700m 8:52.48
				1450m 18:25.73	350m 4:23.66
				1500m 19:02.84	400m 5:02.03
2.	Elena Aldenhoff-Kelly	16	Grantham	19:48.98	464
	50m 34.17	100m 1:10.82	150m 1:48.26	200m 2:26.24	250m 3:04.51
	450m 5:41.16	500m 6:20.63	550m 7:00.38	600m 7:40.32	300m 3:43.52
	850m 11:00.43	900m 11:40.85	950m 12:20.84	1000m 13:01.47	650m 8:19.97
	1250m 16:25.36	1300m 17:06.29	1350m 17:46.94	1400m 18:28.04	700m 8:59.64
				1450m 19:09.24	350m 4:22.79
				1500m 19:48.98	400m 5:01.84
3.	Caitlin Leach	16	Radford	20:15.32	434
	50m 34.56	100m 1:14.19	150m 1:54.37	200m 2:34.48	250m 3:14.61
	450m 5:55.75	500m 6:36.38	550m 7:16.77	600m 7:57.19	300m 3:54.72
	850m 11:21.09	900m 12:02.29	950m 12:43.42	1000m 13:24.37	650m 8:37.93
	1250m 16:51.48	1300m 17:33.08	1350m 18:14.74	1400m 18:55.78	700m 9:18.69
				1450m 19:36.08	350m 4:34.68
				1500m 20:15.32	400m 5:15.26
4.	Esme Kerley	16	Swindon Dolp	20:18.52	431
	50m 35.83	100m 1:15.69	150m 1:57.45	200m 2:39.66	250m 3:21.31
	450m 6:05.49	500m 6:46.07	550m 7:27.27	600m 8:08.38	300m 4:02.64
	850m 11:33.44	900m 12:13.85	950m 12:54.68	1000m 13:35.58	650m 8:48.76
	1250m 16:59.53	1300m 17:40.25	1350m 18:20.66	1400m 19:01.02	700m 9:29.67
				1450m 19:41.12	350m 4:43.60
				1500m 20:18.52	400m 5:24.36
5.	Lauren McManus	16	Eckington	24:34.33	243
	50m 38.50	100m 1:24.24	150m 2:12.14	200m 2:59.89	250m 3:48.19
	450m 7:05.37	500m 7:55.44	550m 8:45.10	600m 9:34.25	300m 4:36.65
	850m 13:47.97	900m 14:40.10	950m 15:30.51	1000m 16:21.46	650m 10:25.36
	1250m 20:31.07	1300m 21:21.84	1350m 22:11.06	1400m 23:00.93	700m -
				1450m 23:47.63	350m 5:25.72
				1500m 24:34.33	400m 6:15.64
	Millie King	16	Derby Excel	DQ 1 02L	

FEMALE 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Lucy Cadden	20	Derby Excel	17:52.72	631
	50m 32.97	100m 1:08.63	150m 1:44.39	200m 2:20.31	250m 2:56.17
	450m 5:19.12	500m 5:54.90	550m 6:30.63	600m 7:06.36	300m 3:32.20
	850m 10:05.41	900m 10:41.17	950m 11:17.11	1000m 11:53.17	650m 7:42.09
	1250m 14:53.73	1300m 15:30.03	1350m 16:06.27	1400m 16:42.39	700m 8:17.83
				1450m 17:17.81	350m 4:07.68
				1500m 17:52.72	400m 4:43.44
2.	Abby Mitchell	18	Co Leicester	18:06.04	608
	50m 31.81	100m 1:06.62	150m 1:42.22	200m 2:18.25	250m 2:54.46
	450m 5:18.02	500m 5:54.31	550m 6:30.81	600m 7:07.62	300m 3:30.42
	850m 10:10.36	900m 10:47.01	950m 11:23.86	1000m 12:00.43	650m 7:43.74
	1250m 15:04.10	1300m 15:41.04	1350m 16:17.91	1400m 16:54.46	700m 8:20.52
				1450m 17:30.53	350m 4:06.04
				1500m 18:06.04	400m 4:41.85
3.	Matilda Hase	17	Derby Excel	19:10.45	512
	50m 34.65	100m 1:12.64	150m 1:51.05	200m 2:29.38	250m 3:08.10
	450m 5:42.08	500m 6:20.48	550m 6:59.03	600m 7:37.66	300m 3:46.63
	850m 10:49.32	900m 11:27.82	950m 12:06.30	1000m 12:45.01	650m 8:15.64
	1250m 15:58.76	1300m 16:37.06	1350m 17:15.91	1400m 17:54.81	700m 8:53.96
				1450m 18:33.53	350m 4:25.05
				1500m 19:10.45	400m 5:03.40