Session 8 – Saturday 3rd October

EVENT 25 Mixed 13 Yrs/Over 200m Backstroke

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Apollo POP	13	Chelmsford	2:29.78	350	35.60	1:14.70	1:54.22
2.	Jasper DEARDEN	13	Chelmsford	2:38.05	298	35.98	1:15.99	1:57.60
3.	Daniel LERPINIERE	13	Chelmsford	2:50.45	237	38.28	1:21.45	2:05.97

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Jakub CINCIO	15	Chelmsford	2:11.80	514	30.34	1:03.41	1:37.61
2.	William HUGHES	15	Chelmsford	2:13.26	498	31.64	1:05.81	1:39.83
3.	Alexander GAYDON	15	Chelmsford	2:17.65	451	31.84	1:06.16	1:41.87
4.	Richie HOWARTH OWEN	15	Chelmsford	2:38.21	297	36.57	1:16.59	1:57.54

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Ryan KELLY	27	Chelmsford	2:16.75	460	31.74	1:05.87	1:41.52
2.	Filip POP	16	Chelmsford	2:29.73	351	34.60	1:11.81	1:51.14
3.	Reece BURNS	17	Chelmsford	2:30.86	343	33.45	1:12.02	1:52.06
4.	Younus SALAM	16	Chelmsford	2:43.14	271	37.65	1:17.91	2:00.38

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Morrigan COOPER	13	Chelmsford	2:42.59	382	37.94	1:18.46	2:00.60
2.	Savannah MOORE	13	Chelmsford	2:55.52	304	42.07	1:27.20	2:11.61
	Alexandra SOTAYO	13	Chelmsford	DNC				

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	E BARTH-WEHRENALP	15	Chelmsford	2:19.86	601	33.16	1:08.67	1:43.72
2.	Ava SIMS	15	Chelmsford	2:28.91	498	34.71	1:11.44	1:49.57
3.	Rebecca OLARU	15	Chelmsford	2:34.28	447	33.64	1:12.10	1:53.32
4.	Lily-Marie HOOD	15	Chelmsford	2:46.85	354	37.65	1:18.88	2:02.50
5.	Elicia WHITTLE	15	Chelmsford	2:53.53	314	39.17	1:23.59	2:08.73

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Meghan HOWARTH OWEN	17	Chelmsford	2:26.86	519	34.23	1:10.70	1:48.84
	Elizabeth FELD	16	Chelmsford	DNC				

EVENT 26 Mixed 12 /Under 100m Breaststroke

OPEN/MALE 09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sonny LERPINIERE	9	Chelmsford	1:47.84	134
2.	Kacper CINCIO	9	Chelmsford	1:57.57	103
3.	Rayan HATAB	9	Chelmsford	2:19.50	62

OPEN/MALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Henry OVERY	10	Chelmsford	1:59.03	100
2.	Aidan LAWRENCE	10	Chelmsford	1:59.90	98

OPEN/MALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Henry MOORE	11	Chelmsford	1:41.95	159
2.	Fraser BARNES	11	Chelmsford	1:48.49	132

OPEN/MALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William LIAN	12	Chelmsford	1:29.92	232
2.	Max LAI	12	Chelmsford	1:37.99	179
3.	Andrei PETROV	12	Chelmsford	1:39.16	173
4.	Oscar SOLESBURY	12	Chelmsford	1:44.56	147

FEMALE 09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Alannah CARNEY	9	Chelmsford	2:00.01	140
2.	Isla CHARLES-CARBERRY	9	Chelmsford	2:02.16	133
3.	Isla LEWIS	9	Chelmsford	2:02.31	132

FEMALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ava SERVANTES	10	Chelmsford	1:59.80	141
2.	Aliyah HATAB	10	Chelmsford	2:19.15	90

FEMALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Eden AMPOFO	11	Chelmsford	1:44.94	209
2.	Purdey BRISCOE	11	Chelmsford	1:45.03	209
3.	Lucy HOPTROFF	11	Chelmsford	1:48.83	188
4.	Chi Yin (Hailey) KWAN	11	Chelmsford	1:52.06	172

FEMALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Charlotte BORELLA	12	Chelmsford	1:33.79	293
2.	Saraya WIJAY	12	Chelmsford	1:41.86	229
3.	Keleremchi EKEKE	12	Chelmsford	1:41.97	228
4.	Poppy PEARCE	12	Chelmsford	1:52.97	168
5.	Jessica ASHTON	12	Chelmsford	1:56.58	153
6.	Taya DE SILVA	12	Chelmsford	1:57.15	150

EVENT 27 Mixed 13 Yrs/Over 100m Freestyle

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Apollo POP	13	Chelmsford	1:02.83	363
2.	Jaedyn OVBIAGELE	13	Chelmsford	1:03.59	350
3.	Jasper DEARDEN	13	Chelmsford	1:10.46	257
4.	Daniel LERPINIERE	13	Chelmsford	1:16.07	204

OPEN/MALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
	Nathan DILLEY	14	Chelmsford	DNC	

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William HUGHES	15	Chelmsford	55.21	535
2.	Alexander GAYDON	15	Chelmsford	59.72	423
3.	Jakub CINCIO	15	Chelmsford	1:00.77	401
4.	Evan BROWN	15	Chelmsford	1:01.54	386
5.	Richie HOWARTH OWEN	15	Chelmsford	1:07.12	298

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Reece BURNS	17	Chelmsford	54.48	557
2.	Filip POP	16	Chelmsford	1:00.10	415
3.	Ryan KELLY	27	Chelmsford	1:04.02	343
	Oliver HARMOND	16	Chelmsford	DNC	

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Talullah SPEAK	13	Chelmsford	1:06.31	435
2.	Morrigan COOPER	13	Chelmsford	1:08.97	386
3.	Savannah MOORE	13	Chelmsford	1:09.43	379
4.	Ellie LAWRENCE	13	Chelmsford	1:14.45	307
	Alexandra SOTAYO	13	Chelmsford	DNC	

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Emmy DEARDEN	14	Chelmsford	1:06.18	437
2.	Ava-Valentina ASPINELL	14	Chelmsford	1:18.08	266
	Mia DAWSON	14	Chelmsford	DNC	

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	E BARTH-WEHRENALP	15	Chelmsford	59.85	591
2.	Olivia REEVES	15	Chelmsford	1:07.69	409
3.	Lily-Marie HOOD	15	Chelmsford	1:08.72	390
4.	Lauren REEVES	15	Chelmsford	1:11.06	353
5.	Elicia WHITTLE	15	Chelmsford	1:12.02	339
6.	Rebecca OLARU	15	Chelmsford	1:13.65	317

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Meghan HOWARTH OWEN	17	Chelmsford	1:02.90	509
2.	Elizabeth FELD	16	Chelmsford	1:06.97	422
3.	Elizabeth GREY	16	Chelmsford	1:17.86	268

Session 9 – Saturday 3rd October

EVENT 29 Mixed 13 Yrs/Over 200m Butterfly

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Apollo POP	13	Chelmsford	2:37.90	309	33.80	1:14.20	1:58.64

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	William HUGHES	15	Chelmsford	2:20.80	437	29.81	1:05.03	1:42.33
2.	Jakub CINCIO	15	Chelmsford	2:33.45	337	32.59	1:10.42	1:51.39

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Ryan KELLY	27	Chelmsford	2:43.85	277	33.41	1:12.31	1:55.60
2.	Younus SALAM	16	Chelmsford	2:44.01	276	34.14	1:15.47	1:59.69
	Reece BURNS	17	Chelmsford	DNC				

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Emmy DEARDEN	14	Chelmsford	2:52.76	329	36.77	1:20.62	2:07.05

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	E BARTH-WEHRENALP	15	Chelmsford	2:27.02	534	32.72	1:10.11	1:48.14
2.	Lily-Marie HOOD	15	Chelmsford	2:46.51	367	35.72	1:17.82	2:02.72
3.	Elicia WHITTLE	15	Chelmsford	3:03.88	273	37.64	1:22.96	2:13.15

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
	Katie BIDGOOD	17	Chelmsford	DQ SA 5L				

EVENT 30 Mixed 12 Yrs/Under 200m Backstroke

OPEN/MALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Henry MOORE	11	Chelmsford	2:56.47	214
2.	Charlie BECKERLEG	11	Chelmsford	3:00.01	202

OPEN/MALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jonathan NG	12	Chelmsford	2:54.92	220
2.	Andrei PETROV	12	Chelmsford	3:02.68	193
3.	Joseph FLAVELL	12	Chelmsford	3:05.45	184
	William LIAN	12	Chelmsford	DNC	

FEMALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ava KAN	10	Chelmsford	3:06.05	255

FEMALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ruby KAN	11	Chelmsford	2:50.76	330
2.	Zara IBBOTSON	11	Chelmsford	3:03.32	266
3.	Daphne BRISCOE	11	Chelmsford	3:10.49	237
4.	Isla WEST	11	Chelmsford	3:23.90	194
	Purdey BRISCOE	11	Chelmsford	DNC	
	Eadie TOOMEY-COBB	11	Chelmsford	DNC	

FEMALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Gracie DUGGAN	12	Chelmsford	3:00.50	279

EVENT 31 Mixed 13 Yrs/Over 100m Breaststroke

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Apollo POP	13	Chelmsford	1:24.90	276

OPEN/MALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
	Nathan DILLEY	14	Chelmsford	DNC	

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William HUGHES	15	Chelmsford	1:19.00	342
2.	Alexander GAYDON	15	Chelmsford	1:19.62	334
3.	Richie HOWARTH OWEN	15	Chelmsford	1:21.77	308
4.	Jakub CINCIO	15	Chelmsford	1:27.93	248

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Reece BURNS	17	Chelmsford	1:06.05	586
2.	Ryan KELLY	27	Chelmsford	1:17.33	365
3.	Filip POP	16	Chelmsford	1:25.31	272

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Talullah SPEAK	13	Chelmsford	1:20.56	463
2.	Morrigan COOPER	13	Chelmsford	1:27.70	359
3.	Jasmine GILBEY	13	Chelmsford	1:32.53	306
4.	Ellie LAWRENCE	13	Chelmsford	1:35.72	276
5.	Savannah MOORE	13	Chelmsford	1:35.82	275
6.	Tabitha RANSOME	13	Chelmsford	1:41.75	230
	Sofia KINDRED	13	Chelmsford	DNC	
	Alexandra SOTAYO	13	Chelmsford	DNC	

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ava-Valentina ASPINELL	14	Chelmsford	1:45.40	207
	Mia DAWSON	14	Chelmsford	DNC	

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rebecca OLARU	15	Chelmsford	1:20.83	459
2.	Ava SIMS	15	Chelmsford	1:23.87	411
3.	E BARTH-WEHRENALP	15	Chelmsford	1:26.21	378

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Elizabeth FELD	16	Chelmsford	1:22.21	436
2.	Meghan HOWARTH OWEN	17	Chelmsford	1:28.91	345
3.	Elizabeth GREY	16	Chelmsford	1:37.83	259
4.	Katie BIDGOOD	17	Chelmsford	1:37.97	257

EVENT 32 Mixed 12 Yrs/Under 100m Freestyle

OPEN/MALE 09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sonny LERPINIERE	9	Chelmsford	1:27.18	136
2.	Rayan HATAB	9	Chelmsford	1:50.99	65
3.	Kacper CINCIO	9	Chelmsford	2:03.00	48

OPEN/MALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Aidan LAWRENCE	10	Chelmsford	1:33.45	110
2.	Henry OVERY	10	Chelmsford	1:37.85	96

OPEN/MALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Henry MOORE	11	Chelmsford	1:13.27	229
2.	Charlie BECKERLEG	11	Chelmsford	1:14.16	221
3.	Fraser BARNES	11	Chelmsford	1:15.05	213

OPEN/MALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Oscar SOLESBURY	12	Chelmsford	1:14.57	217
2.	Max LAI	12	Chelmsford	1:17.08	196
3.	William LIAN	12	Chelmsford	1:17.28	195
4.	Andrei PETROV	12	Chelmsford	1:19.15	181
5.	Joseph FLAVELL	12	Chelmsford	1:22.92	158

FEMALE 09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Annabelle SOTAYO	9	Chelmsford	1:48.57	99
2.	Lily KAN	9	Chelmsford	1:53.80	86
3.	Alannah CARNEY	9	Chelmsford	1:54.22	85
4.	Isla LEWIS	9	Chelmsford	1:55.56	82
	Heidi BAXTER-KEANE	9	Chelmsford	DNC	

FEMALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ava KAN	10	Chelmsford	1:18.53	262
2.	Emily CALDER	10	Chelmsford	1:35.27	146
3.	Ava SERVANTES	10	Chelmsford	1:40.89	123
4.	Aliyah HATAB	10	Chelmsford	1:43.67	113
5.	Emily BOYLE	10	Chelmsford	1:45.51	108

FEMALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ruby KAN	11	Chelmsford	1:11.31	349
2.	Zara IBBOTSON	11	Chelmsford	1:14.54	306
3.	Eden AMPOFO	11	Chelmsford	1:24.13	213
4.	Purdey BRISCOE	11	Chelmsford	1:25.11	205
5.	Lucy HOPTROFF	11	Chelmsford	1:25.31	204
6.	Amelia LOVE	11	Chelmsford	1:25.70	201
7.	Isla WEST	11	Chelmsford	1:29.01	179
	Eadie TOOMEY-COBB	11	Chelmsford	DNC	

FEMALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Gracie DUGGAN	12	Chelmsford	1:18.37	263
2.	Annabel TAYLOR	12	Chelmsford	1:20.09	246
3.	Poppy PEARCE	12	Chelmsford	1:25.06	206
4.	Jessica ASHTON	12	Chelmsford	1:34.77	149
	Keleremchi EKEKE	12	Chelmsford	DNC	
	Sophia WHITE	12	Chelmsford	DNC	

Session 10 – Saturday 3rd October

EVENT 33 Mixed 11 Yrs/Over 400m Freestyle

OPEN/MALE - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William HUGHES	15	Chelmsford	4:20.71	539
	50m 28.44	100m 1:01.18	150m 1:34.28	200m 2:08.02	250m 2:41.58	300m 3:15.17	350m 3:48.71	400m 4:20.71
2.	Reece BURNS	17	Chelmsford	4:27.86	497
	50m 29.56	100m 1:02.93	150m 1:37.44	200m 2:13.01	250m 2:48.78	300m 3:23.91	350m 3:57.92	400m 4:27.86
3.	Alexander GAYDON	15	Chelmsford	4:27.91	497
	50m 30.52	100m 1:03.49	150m 1:37.23	200m 2:11.66	250m 2:45.89	300m 3:20.40	350m 3:55.09	400m 4:27.91
4.	Apollo POP	13	Chelmsford	4:46.90	404
	50m 32.15	100m 1:08.34	150m 1:46.45	200m 2:24.00	250m 3:00.77	300m 3:37.20	350m 4:13.63	400m 4:46.90
5.	Evan BROWN	15	Chelmsford	4:49.71	393
	50m 32.47	100m 1:09.04	150m 1:45.70	200m 2:22.68	250m 2:59.60	300m 3:36.72	350m 4:13.59	400m 4:49.71
6.	Jakub CINCIO	15	Chelmsford	4:52.88	380
	50m 31.06	100m 1:06.77	150m 1:44.58	200m 2:23.12	250m 3:01.23	300m 3:38.98	350m 4:16.61	400m 4:52.88
7.	Jaedyn OVBIAGELE	13	Chelmsford	4:54.08	375
	50m 32.68	100m 1:10.71	150m 1:49.32	200m 2:27.35	250m 3:05.09	300m 3:43.61	350m 4:19.80	400m 4:54.08
8.	Jasper DEARDEN	13	Chelmsford	5:09.89	321
	50m 34.65	100m 1:13.56	150m 1:53.03	200m 2:32.50	250m 3:12.19	300m 3:52.05	350m 4:31.83	400m 5:09.89
9.	Richie HOWARTH OWEN	15	Chelmsford	5:11.76	315
	50m 34.27	100m 1:12.81	150m 1:52.40	200m 2:32.83	250m 3:12.99	300m 3:53.83	350m 4:34.34	400m 5:11.76
10.	Henry MOORE	11	Chelmsford	5:42.90	237
	50m 38.62	100m 1:22.59	150m 2:07.54	200m 2:51.82	250m 3:36.57	300m 4:20.32	350m 5:03.61	400m 5:42.90
11.	Oscar SOLESBURY	12	Chelmsford	6:05.20	196
	50m 39.00	100m 1:24.19	150m 2:11.55	200m 2:59.76	250m 3:48.41	300m 4:36.09	350m 5:22.13	400m 6:05.20
	Filip POP	16	Chelmsford	DNC	

FEMALE - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	E BARTH-WEHRENALP	15	Chelmsford	4:28.40	631
	50m 30.75	100m 1:04.88	150m 1:39.08	200m 2:13.30	250m 2:47.33	300m 3:21.62	350m 3:55.49	400m 4:28.40
2.	Meghan HOWARTH OWEN	17	Chelmsford	4:53.19	484
	50m 32.84	100m 1:08.45	150m 1:45.65	200m 2:23.89	250m 3:01.88	300m 3:39.38	350m 4:17.21	400m 4:53.19
3.	Ava SIMS	15	Chelmsford	4:54.77	476
	50m 33.45	100m 1:10.89	150m 1:48.65	200m 2:26.16	250m 3:03.85	300m 3:41.03	350m 4:18.33	400m 4:54.77
4.	Emmy DEARDEN	14	Chelmsford	5:00.79	448
	50m 33.30	100m 1:10.53	150m 1:49.22	200m 2:27.82	250m 3:06.41	300m 3:45.22	350m 4:23.91	400m 5:00.79
5.	Katherine LOVE	13	Chelmsford	5:03.55	436
	50m 33.93	100m 1:11.29	150m 1:49.77	200m 2:28.98	250m 3:07.78	300m 3:46.72	350m 4:25.49	400m 5:03.55
6.	Elizabeth FELD	16	Chelmsford	5:06.89	422
	50m 33.80	100m 1:12.64	150m 1:52.10	200m 2:31.65	250m 3:11.18	300m 3:51.14	350m 4:30.59	400m 5:06.89

7.	Ophelia WARMAN		14	Chelmsford		5:09.56			411						
	50m	33.65	100m	1:11.47	150m	1:50.44	200m	2:30.37	250m	3:10.34	300m	3:50.85	350m	4:31.02	400m	5:09.56
8.	Savannah MOORE		13	Chelmsford		5:22.60			363						
	50m	36.17	100m	1:17.24	150m	1:59.51	200m	2:42.22	250m	3:24.35	300m	4:05.69	350m	4:46.74	400m	5:22.60
9.	Ruby KAN		11	Chelmsford		5:29.32			341						
	50m	37.36	100m	1:19.91	150m	2:02.55	200m	2:44.95	250m	3:27.18	300m	4:08.84	350m	4:50.74	400m	5:29.32
10.	Annabel TAYLOR		12	Chelmsford		6:17.39			227						
	50m	40.24	100m	1:27.77	150m	2:16.37	200m	3:05.78	250m	3:54.42	300m	4:42.28	350m	5:29.54	400m	6:17.39
11.	Purdey BRISCOE		11	Chelmsford		6:39.07			192						
	50m	42.24	100m	1:32.04	150m	2:24.91	200m	3:17.21	250m	4:09.56	300m	5:02.72	350m	5:53.21	400m	6:39.07