

Hong Kong Swimming Point Score 2025 (LC)

Men

Score	%	Freestyle						Backstroke		
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>
100	1.00	21.47	47.32	1:44.62	3:43.58	7:42.55	14:53.48	24.60	53.02	1:54.88
99	1.01	21.68	47.79	1:45.67	3:45.82	7:47.18	15:02.41	24.85	53.55	1:56.03
98	1.02	21.90	48.27	1:46.71	3:48.05	7:51.80	15:11.35	25.09	54.08	1:57.18
97	1.03	22.11	48.74	1:47.76	3:50.29	7:56.43	15:20.28	25.34	54.61	1:58.33
96	1.04	22.33	49.21	1:48.80	3:52.52	8:01.05	15:29.22	25.58	55.14	1:59.48
95	1.05	22.54	49.69	1:49.85	3:54.76	8:05.68	15:38.15	25.83	55.67	2:00.62
94	1.06	22.76	50.16	1:50.90	3:56.99	8:10.30	15:47.09	26.08	56.20	2:01.77
93	1.07	22.97	50.63	1:51.94	3:59.23	8:14.93	15:56.02	26.32	56.73	2:02.92
92	1.08	23.19	51.11	1:52.99	4:01.47	8:19.55	16:04.96	26.57	57.26	2:04.07
91	1.09	23.40	51.58	1:54.04	4:03.70	8:24.18	16:13.89	26.81	57.79	2:05.22
90	1.10	23.62	52.05	1:55.08	4:05.94	8:28.81	16:22.83	27.06	58.32	2:06.37
89	1.11	23.83	52.53	1:56.13	4:08.17	8:33.43	16:31.76	27.31	58.85	2:07.52
88	1.12	24.05	53.00	1:57.17	4:10.41	8:38.06	16:40.70	27.55	59.38	2:08.67
87	1.13	24.26	53.47	1:58.22	4:12.65	8:42.68	16:49.63	27.80	59.91	2:09.81
86	1.14	24.48	53.94	1:59.27	4:14.88	8:47.31	16:58.57	28.04	1:00.44	2:10.96
85	1.15	24.69	54.42	2:00.31	4:17.12	8:51.93	17:07.50	28.29	1:00.97	2:12.11
84	1.16	24.91	54.89	2:01.36	4:19.35	8:56.56	17:16.44	28.54	1:01.50	2:13.26
83	1.17	25.12	55.36	2:02.41	4:21.59	9:01.18	17:25.37	28.78	1:02.03	2:14.41
82	1.18	25.33	55.84	2:03.45	4:23.82	9:05.81	17:34.31	29.03	1:02.56	2:15.56
81	1.19	25.55	56.31	2:04.50	4:26.06	9:10.43	17:43.24	29.27	1:03.09	2:16.71
80	1.20	25.76	56.78	2:05.54	4:28.30	9:15.06	17:52.18	29.52	1:03.62	2:17.86
79	1.21	25.98	57.26	2:06.59	4:30.53	9:19.69	18:01.11	29.77	1:04.15	2:19.00
78	1.22	26.19	57.73	2:07.64	4:32.77	9:24.31	18:10.05	30.01	1:04.68	2:20.15
77	1.23	26.41	58.20	2:08.68	4:35.00	9:28.94	18:18.98	30.26	1:05.21	2:21.30
76	1.24	26.62	58.68	2:09.73	4:37.24	9:33.56	18:27.92	30.50	1:05.74	2:22.45
75	1.25	26.84	59.15	2:10.78	4:39.48	9:38.19	18:36.85	30.75	1:06.28	2:23.60
74	1.26	27.05	59.62	2:11.82	4:41.71	9:42.81	18:45.78	31.00	1:06.81	2:24.75
73	1.27	27.27	1:00.10	2:12.87	4:43.95	9:47.44	18:54.72	31.24	1:07.34	2:25.90
72	1.28	27.48	1:00.57	2:13.91	4:46.18	9:52.06	19:03.65	31.49	1:07.87	2:27.05
71	1.29	27.70	1:01.04	2:14.96	4:48.42	9:56.69	19:12.59	31.73	1:08.40	2:28.20
70	1.30	27.91	1:01.52	2:16.01	4:50.65	10:01.32	19:21.52	31.98	1:08.93	2:29.34
69	1.31	28.13	1:01.99	2:17.05	4:52.89	10:05.94	19:30.46	32.23	1:09.46	2:30.49
68	1.32	28.34	1:02.46	2:18.10	4:55.13	10:10.57	19:39.39	32.47	1:09.99	2:31.64
67	1.33	28.56	1:02.94	2:19.14	4:57.36	10:15.19	19:48.33	32.72	1:10.52	2:32.79
66	1.34	28.77	1:03.41	2:20.19	4:59.60	10:19.82	19:57.26	32.96	1:11.05	2:33.94
65	1.35	28.98	1:03.88	2:21.24	5:01.83	10:24.44	20:06.20	33.21	1:11.58	2:35.09
64	1.36	29.20	1:04.36	2:22.28	5:04.07	10:29.07	20:15.13	33.46	1:12.11	2:36.24
63	1.37	29.41	1:04.83	2:23.33	5:06.30	10:33.69	20:24.07	33.70	1:12.64	2:37.39
62	1.38	29.63	1:05.30	2:24.38	5:08.54	10:38.32	20:33.00	33.95	1:13.17	2:38.53
61	1.39	29.84	1:05.77	2:25.42	5:10.78	10:42.94	20:41.94	34.19	1:13.70	2:39.68
60	1.40	30.06	1:06.25	2:26.47	5:13.01	10:47.57	20:50.87	34.44	1:14.23	2:40.83
59	1.41	30.27	1:06.72	2:27.51	5:15.25	10:52.20	20:59.81	34.69	1:14.76	2:41.98
58	1.42	30.49	1:07.19	2:28.56	5:17.48	10:56.82	21:08.74	34.93	1:15.29	2:43.13
57	1.43	30.70	1:07.67	2:29.61	5:19.72	11:01.45	21:17.68	35.18	1:15.82	2:44.28
56	1.44	30.92	1:08.14	2:30.65	5:21.96	11:06.07	21:26.61	35.42	1:16.35	2:45.43
55	1.45	31.13	1:08.61	2:31.70	5:24.19	11:10.70	21:35.55	35.67	1:16.88	2:46.58
54	1.46	31.35	1:09.09	2:32.75	5:26.43	11:15.32	21:44.48	35.92	1:17.41	2:47.72
53	1.47	31.56	1:09.56	2:33.79	5:28.66	11:19.95	21:53.42	36.16	1:17.94	2:48.87

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	31.78	1:10.03	2:34.84	5:30.90	11:24.57	22:02.35	36.41	1:18.47	2:50.02
51	1.49	31.99	1:10.51	2:35.88	5:33.13	11:29.20	22:11.29	36.65	1:19.00	2:51.17
50	1.50	32.21	1:10.98	2:36.93	5:35.37	11:33.83	22:20.22	36.90	1:19.53	2:52.32
49	1.51	32.42	1:11.45	2:37.98	5:37.61	11:38.45	22:29.15	37.15	1:20.06	2:53.47
48	1.52	32.63	1:11.93	2:39.02	5:39.84	11:43.08	22:38.09	37.39	1:20.59	2:54.62
47	1.53	32.85	1:12.40	2:40.07	5:42.08	11:47.70	22:47.02	37.64	1:21.12	2:55.77
46	1.54	33.06	1:12.87	2:41.11	5:44.31	11:52.33	22:55.96	37.88	1:21.65	2:56.92
45	1.55	33.28	1:13.35	2:42.16	5:46.55	11:56.95	23:04.89	38.13	1:22.18	2:58.06
44	1.56	33.49	1:13.82	2:43.21	5:48.78	12:01.58	23:13.83	38.38	1:22.71	2:59.21
43	1.57	33.71	1:14.29	2:44.25	5:51.02	12:06.20	23:22.76	38.62	1:23.24	3:00.36
42	1.58	33.92	1:14.77	2:45.30	5:53.26	12:10.83	23:31.70	38.87	1:23.77	3:01.51
41	1.59	34.14	1:15.24	2:46.35	5:55.49	12:15.45	23:40.63	39.11	1:24.30	3:02.66
40	1.60	34.35	1:15.71	2:47.39	5:57.73	12:20.08	23:49.57	39.36	1:24.83	3:03.81
39	1.61	34.57	1:16.19	2:48.44	5:59.96	12:24.71	23:58.50	39.61	1:25.36	3:04.96
38	1.62	34.78	1:16.66	2:49.48	6:02.20	12:29.33	24:07.44	39.85	1:25.89	3:06.11
37	1.63	35.00	1:17.13	2:50.53	6:04.44	12:33.96	24:16.37	40.10	1:26.42	3:07.25
36	1.64	35.21	1:17.60	2:51.58	6:06.67	12:38.58	24:25.31	40.34	1:26.95	3:08.40
35	1.65	35.43	1:18.08	2:52.62	6:08.91	12:43.21	24:34.24	40.59	1:27.48	3:09.55
34	1.66	35.64	1:18.55	2:53.67	6:11.14	12:47.83	24:43.18	40.84	1:28.01	3:10.70
33	1.67	35.85	1:19.02	2:54.72	6:13.38	12:52.46	24:52.11	41.08	1:28.54	3:11.85
32	1.68	36.07	1:19.50	2:55.76	6:15.61	12:57.08	25:01.05	41.33	1:29.07	3:13.00
31	1.69	36.28	1:19.97	2:56.81	6:17.85	13:01.71	25:09.98	41.57	1:29.60	3:14.15
30	1.70	36.50	1:20.44	2:57.85	6:20.09	13:06.34	25:18.92	41.82	1:30.13	3:15.30
29	1.71	36.71	1:20.92	2:58.90	6:22.32	13:10.96	25:27.85	42.07	1:30.66	3:16.44
28	1.72	36.93	1:21.39	2:59.95	6:24.56	13:15.59	25:36.79	42.31	1:31.19	3:17.59
27	1.73	37.14	1:21.86	3:00.99	6:26.79	13:20.21	25:45.72	42.56	1:31.72	3:18.74
26	1.74	37.36	1:22.34	3:02.04	6:29.03	13:24.84	25:54.66	42.80	1:32.25	3:19.89
25	1.75	37.57	1:22.81	3:03.09	6:31.27	13:29.46	26:03.59	43.05	1:32.79	3:21.04
24	1.76	37.79	1:23.28	3:04.13	6:33.50	13:34.09	26:12.52	43.30	1:33.32	3:22.19
23	1.77	38.00	1:23.76	3:05.18	6:35.74	13:38.71	26:21.46	43.54	1:33.85	3:23.34
22	1.78	38.22	1:24.23	3:06.22	6:37.97	13:43.34	26:30.39	43.79	1:34.38	3:24.49
21	1.79	38.43	1:24.70	3:07.27	6:40.21	13:47.96	26:39.33	44.03	1:34.91	3:25.64
20	1.80	38.65	1:25.18	3:08.32	6:42.44	13:52.59	26:48.26	44.28	1:35.44	3:26.78
19	1.81	38.86	1:25.65	3:09.36	6:44.68	13:57.22	26:57.20	44.53	1:35.97	3:27.93
18	1.82	39.08	1:26.12	3:10.41	6:46.92	14:01.84	27:06.13	44.77	1:36.50	3:29.08
17	1.83	39.29	1:26.60	3:11.45	6:49.15	14:06.47	27:15.07	45.02	1:37.03	3:30.23
16	1.84	39.50	1:27.07	3:12.50	6:51.39	14:11.09	27:24.00	45.26	1:37.56	3:31.38
15	1.85	39.72	1:27.54	3:13.55	6:53.62	14:15.72	27:32.94	45.51	1:38.09	3:32.53
14	1.86	39.93	1:28.02	3:14.59	6:55.86	14:20.34	27:41.87	45.76	1:38.62	3:33.68
13	1.87	40.15	1:28.49	3:15.64	6:58.09	14:24.97	27:50.81	46.00	1:39.15	3:34.83
12	1.88	40.36	1:28.96	3:16.69	7:00.33	14:29.59	27:59.74	46.25	1:39.68	3:35.97
11	1.89	40.58	1:29.43	3:17.73	7:02.57	14:34.22	28:08.68	46.49	1:40.21	3:37.12
10	1.90	40.79	1:29.91	3:18.78	7:04.80	14:38.85	28:17.61	46.74	1:40.74	3:38.27
9	1.91	41.01	1:30.38	3:19.82	7:07.04	14:43.47	28:26.55	46.99	1:41.27	3:39.42
8	1.92	41.22	1:30.85	3:20.87	7:09.27	14:48.10	28:35.48	47.23	1:41.80	3:40.57
7	1.93	41.44	1:31.33	3:21.92	7:11.51	14:52.72	28:44.42	47.48	1:42.33	3:41.72
6	1.94	41.65	1:31.80	3:22.96	7:13.75	14:57.35	28:53.35	47.72	1:42.86	3:42.87
5	1.95	41.87	1:32.27	3:24.01	7:15.98	15:01.97	29:02.29	47.97	1:43.39	3:44.02
4	1.96	42.08	1:32.75	3:25.06	7:18.22	15:06.60	29:11.22	48.22	1:43.92	3:45.16
3	1.97	42.30	1:33.22	3:26.10	7:20.45	15:11.22	29:20.16	48.46	1:44.45	3:46.31
2	1.98	42.51	1:33.69	3:27.15	7:22.69	15:15.85	29:29.09	48.71	1:44.98	3:47.46
1	1.99	42.73	1:34.17	3:28.19	7:24.92	15:20.47	29:38.03	48.95	1:45.51	3:48.61

Hong Kong Swimming Point Score 2025 (LC)

Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	26.71	58.51	2:07.37	23.06	51.07	1:54.43	1:56.66	4:11.70
99	1.01	26.98	59.10	2:08.64	23.29	51.58	1:55.57	1:57.83	4:14.22
98	1.02	27.24	59.68	2:09.92	23.52	52.09	1:56.72	1:58.99	4:16.73
97	1.03	27.51	1:00.27	2:11.19	23.75	52.60	1:57.86	2:00.16	4:19.25
96	1.04	27.78	1:00.85	2:12.46	23.98	53.11	1:59.01	2:01.33	4:21.77
95	1.05	28.05	1:01.44	2:13.74	24.21	53.62	2:00.15	2:02.49	4:24.29
94	1.06	28.31	1:02.02	2:15.01	24.44	54.13	2:01.30	2:03.66	4:26.80
93	1.07	28.58	1:02.61	2:16.29	24.67	54.64	2:02.44	2:04.83	4:29.32
92	1.08	28.85	1:03.19	2:17.56	24.90	55.16	2:03.58	2:05.99	4:31.84
91	1.09	29.11	1:03.78	2:18.83	25.14	55.67	2:04.73	2:07.16	4:34.35
90	1.10	29.38	1:04.36	2:20.11	25.37	56.18	2:05.87	2:08.33	4:36.87
89	1.11	29.65	1:04.95	2:21.38	25.60	56.69	2:07.02	2:09.49	4:39.39
88	1.12	29.92	1:05.53	2:22.65	25.83	57.20	2:08.16	2:10.66	4:41.90
87	1.13	30.18	1:06.12	2:23.93	26.06	57.71	2:09.31	2:11.83	4:44.42
86	1.14	30.45	1:06.70	2:25.20	26.29	58.22	2:10.45	2:12.99	4:46.94
85	1.15	30.72	1:07.29	2:26.48	26.52	58.73	2:11.59	2:14.16	4:49.46
84	1.16	30.98	1:07.87	2:27.75	26.75	59.24	2:12.74	2:15.33	4:51.97
83	1.17	31.25	1:08.46	2:29.02	26.98	59.75	2:13.88	2:16.49	4:54.49
82	1.18	31.52	1:09.04	2:30.30	27.21	1:00.26	2:15.03	2:17.66	4:57.01
81	1.19	31.78	1:09.63	2:31.57	27.44	1:00.77	2:16.17	2:18.83	4:59.52
80	1.20	32.05	1:10.21	2:32.84	27.67	1:01.28	2:17.32	2:19.99	5:02.04
79	1.21	32.32	1:10.80	2:34.12	27.90	1:01.79	2:18.46	2:21.16	5:04.56
78	1.22	32.59	1:11.38	2:35.39	28.13	1:02.31	2:19.60	2:22.33	5:07.07
77	1.23	32.85	1:11.97	2:36.67	28.36	1:02.82	2:20.75	2:23.49	5:09.59
76	1.24	33.12	1:12.55	2:37.94	28.59	1:03.33	2:21.89	2:24.66	5:12.11
75	1.25	33.39	1:13.14	2:39.21	28.83	1:03.84	2:23.04	2:25.82	5:14.63
74	1.26	33.65	1:13.72	2:40.49	29.06	1:04.35	2:24.18	2:26.99	5:17.14
73	1.27	33.92	1:14.31	2:41.76	29.29	1:04.86	2:25.33	2:28.16	5:19.66
72	1.28	34.19	1:14.89	2:43.03	29.52	1:05.37	2:26.47	2:29.32	5:22.18
71	1.29	34.46	1:15.48	2:44.31	29.75	1:05.88	2:27.61	2:30.49	5:24.69
70	1.30	34.72	1:16.06	2:45.58	29.98	1:06.39	2:28.76	2:31.66	5:27.21
69	1.31	34.99	1:16.65	2:46.85	30.21	1:06.90	2:29.90	2:32.82	5:29.73
68	1.32	35.26	1:17.23	2:48.13	30.44	1:07.41	2:31.05	2:33.99	5:32.24
67	1.33	35.52	1:17.82	2:49.40	30.67	1:07.92	2:32.19	2:35.16	5:34.76
66	1.34	35.79	1:18.40	2:50.68	30.90	1:08.43	2:33.34	2:36.32	5:37.28
65	1.35	36.06	1:18.99	2:51.95	31.13	1:08.94	2:34.48	2:37.49	5:39.80
64	1.36	36.33	1:19.57	2:53.22	31.36	1:09.46	2:35.62	2:38.66	5:42.31
63	1.37	36.59	1:20.16	2:54.50	31.59	1:09.97	2:36.77	2:39.82	5:44.83
62	1.38	36.86	1:20.74	2:55.77	31.82	1:10.48	2:37.91	2:40.99	5:47.35
61	1.39	37.13	1:21.33	2:57.04	32.05	1:10.99	2:39.06	2:42.16	5:49.86
60	1.40	37.39	1:21.91	2:58.32	32.28	1:11.50	2:40.20	2:43.32	5:52.38
59	1.41	37.66	1:22.50	2:59.59	32.51	1:12.01	2:41.35	2:44.49	5:54.90
58	1.42	37.93	1:23.08	3:00.87	32.75	1:12.52	2:42.49	2:45.66	5:57.41
57	1.43	38.20	1:23.67	3:02.14	32.98	1:13.03	2:43.63	2:46.82	5:59.93
56	1.44	38.46	1:24.25	3:03.41	33.21	1:13.54	2:44.78	2:47.99	6:02.45
55	1.45	38.73	1:24.84	3:04.69	33.44	1:14.05	2:45.92	2:49.16	6:04.97
54	1.46	39.00	1:25.42	3:05.96	33.67	1:14.56	2:47.07	2:50.32	6:07.48
53	1.47	39.26	1:26.01	3:07.23	33.90	1:15.07	2:48.21	2:51.49	6:10.00

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	39.53	1:26.59	3:08.51	34.13	1:15.58	2:49.36	2:52.66	6:12.52
51	1.49	39.80	1:27.18	3:09.78	34.36	1:16.09	2:50.50	2:53.82	6:15.03
50	1.50	40.07	1:27.77	3:11.06	34.59	1:16.61	2:51.65	2:54.99	6:17.55
49	1.51	40.33	1:28.35	3:12.33	34.82	1:17.12	2:52.79	2:56.16	6:20.07
48	1.52	40.60	1:28.94	3:13.60	35.05	1:17.63	2:53.93	2:57.32	6:22.58
47	1.53	40.87	1:29.52	3:14.88	35.28	1:18.14	2:55.08	2:58.49	6:25.10
46	1.54	41.13	1:30.11	3:16.15	35.51	1:18.65	2:56.22	2:59.66	6:27.62
45	1.55	41.40	1:30.69	3:17.42	35.74	1:19.16	2:57.37	3:00.82	6:30.14
44	1.56	41.67	1:31.28	3:18.70	35.97	1:19.67	2:58.51	3:01.99	6:32.65
43	1.57	41.93	1:31.86	3:19.97	36.20	1:20.18	2:59.66	3:03.16	6:35.17
42	1.58	42.20	1:32.45	3:21.24	36.43	1:20.69	3:00.80	3:04.32	6:37.69
41	1.59	42.47	1:33.03	3:22.52	36.67	1:21.20	3:01.94	3:05.49	6:40.20
40	1.60	42.74	1:33.62	3:23.79	36.90	1:21.71	3:03.09	3:06.66	6:42.72
39	1.61	43.00	1:34.20	3:25.07	37.13	1:22.22	3:04.23	3:07.82	6:45.24
38	1.62	43.27	1:34.79	3:26.34	37.36	1:22.73	3:05.38	3:08.99	6:47.75
37	1.63	43.54	1:35.37	3:27.61	37.59	1:23.24	3:06.52	3:10.16	6:50.27
36	1.64	43.80	1:35.96	3:28.89	37.82	1:23.75	3:07.67	3:11.32	6:52.79
35	1.65	44.07	1:36.54	3:30.16	38.05	1:24.27	3:08.81	3:12.49	6:55.31
34	1.66	44.34	1:37.13	3:31.43	38.28	1:24.78	3:09.95	3:13.66	6:57.82
33	1.67	44.61	1:37.71	3:32.71	38.51	1:25.29	3:11.10	3:14.82	7:00.34
32	1.68	44.87	1:38.30	3:33.98	38.74	1:25.80	3:12.24	3:15.99	7:02.86
31	1.69	45.14	1:38.88	3:35.26	38.97	1:26.31	3:13.39	3:17.16	7:05.37
30	1.70	45.41	1:39.47	3:36.53	39.20	1:26.82	3:14.53	3:18.32	7:07.89
29	1.71	45.67	1:40.05	3:37.80	39.43	1:27.33	3:15.68	3:19.49	7:10.41
28	1.72	45.94	1:40.64	3:39.08	39.66	1:27.84	3:16.82	3:20.66	7:12.92
27	1.73	46.21	1:41.22	3:40.35	39.89	1:28.35	3:17.96	3:21.82	7:15.44
26	1.74	46.48	1:41.81	3:41.62	40.12	1:28.86	3:19.11	3:22.99	7:17.96
25	1.75	46.74	1:42.39	3:42.90	40.36	1:29.37	3:20.25	3:24.16	7:20.48
24	1.76	47.01	1:42.98	3:44.17	40.59	1:29.88	3:21.40	3:25.32	7:22.99
23	1.77	47.28	1:43.56	3:45.44	40.82	1:30.39	3:22.54	3:26.49	7:25.51
22	1.78	47.54	1:44.15	3:46.72	41.05	1:30.90	3:23.69	3:27.65	7:28.03
21	1.79	47.81	1:44.73	3:47.99	41.28	1:31.42	3:24.83	3:28.82	7:30.54
20	1.80	48.08	1:45.32	3:49.27	41.51	1:31.93	3:25.97	3:29.99	7:33.06
19	1.81	48.35	1:45.90	3:50.54	41.74	1:32.44	3:27.12	3:31.15	7:35.58
18	1.82	48.61	1:46.49	3:51.81	41.97	1:32.95	3:28.26	3:32.32	7:38.09
17	1.83	48.88	1:47.07	3:53.09	42.20	1:33.46	3:29.41	3:33.49	7:40.61
16	1.84	49.15	1:47.66	3:54.36	42.43	1:33.97	3:30.55	3:34.65	7:43.13
15	1.85	49.41	1:48.24	3:55.63	42.66	1:34.48	3:31.70	3:35.82	7:45.65
14	1.86	49.68	1:48.83	3:56.91	42.89	1:34.99	3:32.84	3:36.99	7:48.16
13	1.87	49.95	1:49.41	3:58.18	43.12	1:35.50	3:33.98	3:38.15	7:50.68
12	1.88	50.21	1:50.00	3:59.46	43.35	1:36.01	3:35.13	3:39.32	7:53.20
11	1.89	50.48	1:50.58	4:00.73	43.58	1:36.52	3:36.27	3:40.49	7:55.71
10	1.90	50.75	1:51.17	4:02.00	43.81	1:37.03	3:37.42	3:41.65	7:58.23
9	1.91	51.02	1:51.75	4:03.28	44.04	1:37.54	3:38.56	3:42.82	8:00.75
8	1.92	51.28	1:52.34	4:04.55	44.28	1:38.05	3:39.71	3:43.99	8:03.26
7	1.93	51.55	1:52.92	4:05.82	44.51	1:38.57	3:40.85	3:45.15	8:05.78
6	1.94	51.82	1:53.51	4:07.10	44.74	1:39.08	3:41.99	3:46.32	8:08.30
5	1.95	52.08	1:54.09	4:08.37	44.97	1:39.59	3:43.14	3:47.49	8:10.82
4	1.96	52.35	1:54.68	4:09.65	45.20	1:40.10	3:44.28	3:48.65	8:13.33
3	1.97	52.62	1:55.26	4:10.92	45.43	1:40.61	3:45.43	3:49.82	8:15.85
2	1.98	52.89	1:55.85	4:12.19	45.66	1:41.12	3:46.57	3:50.99	8:18.37
1	1.99	53.15	1:56.43	4:13.47	45.89	1:41.63	3:47.72	3:52.15	8:20.88

Hong Kong Swimming Point Score 2025 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.96	51.92	1:53.36	4:00.59	8:19.34	15:57.67	27.27	58.68	2:06.31
99	1.01	24.20	52.44	1:54.49	4:03.00	8:24.33	16:07.25	27.54	59.27	2:07.57
98	1.02	24.44	52.96	1:55.63	4:05.40	8:29.33	16:16.82	27.82	59.85	2:08.84
97	1.03	24.68	53.48	1:56.76	4:07.81	8:34.32	16:26.40	28.09	1:00.44	2:10.10
96	1.04	24.92	54.00	1:57.89	4:10.21	8:39.31	16:35.98	28.36	1:01.03	2:11.36
95	1.05	25.16	54.52	1:59.03	4:12.62	8:44.31	16:45.55	28.63	1:01.61	2:12.63
94	1.06	25.40	55.04	2:00.16	4:15.03	8:49.30	16:55.13	28.91	1:02.20	2:13.89
93	1.07	25.64	55.55	2:01.30	4:17.43	8:54.29	17:04.71	29.18	1:02.79	2:15.15
92	1.08	25.88	56.07	2:02.43	4:19.84	8:59.29	17:14.28	29.45	1:03.37	2:16.41
91	1.09	26.12	56.59	2:03.56	4:22.24	9:04.28	17:23.86	29.72	1:03.96	2:17.68
90	1.10	26.36	57.11	2:04.70	4:24.65	9:09.27	17:33.44	30.00	1:04.55	2:18.94
89	1.11	26.60	57.63	2:05.83	4:27.05	9:14.27	17:43.01	30.27	1:05.13	2:20.20
88	1.12	26.84	58.15	2:06.96	4:29.46	9:19.26	17:52.59	30.54	1:05.72	2:21.47
87	1.13	27.07	58.67	2:08.10	4:31.87	9:24.25	18:02.17	30.82	1:06.31	2:22.73
86	1.14	27.31	59.19	2:09.23	4:34.27	9:29.25	18:11.74	31.09	1:06.90	2:23.99
85	1.15	27.55	59.71	2:10.36	4:36.68	9:34.24	18:21.32	31.36	1:07.48	2:25.26
84	1.16	27.79	1:00.23	2:11.50	4:39.08	9:39.23	18:30.90	31.63	1:08.07	2:26.52
83	1.17	28.03	1:00.75	2:12.63	4:41.49	9:44.23	18:40.47	31.91	1:08.66	2:27.78
82	1.18	28.27	1:01.27	2:13.76	4:43.90	9:49.22	18:50.05	32.18	1:09.24	2:29.05
81	1.19	28.51	1:01.78	2:14.90	4:46.30	9:54.21	18:59.63	32.45	1:09.83	2:30.31
80	1.20	28.75	1:02.30	2:16.03	4:48.71	9:59.21	19:09.20	32.72	1:10.42	2:31.57
79	1.21	28.99	1:02.82	2:17.17	4:51.11	10:04.20	19:18.78	33.00	1:11.00	2:32.84
78	1.22	29.23	1:03.34	2:18.30	4:53.52	10:09.19	19:28.36	33.27	1:11.59	2:34.10
77	1.23	29.47	1:03.86	2:19.43	4:55.93	10:14.19	19:37.93	33.54	1:12.18	2:35.36
76	1.24	29.71	1:04.38	2:20.57	4:58.33	10:19.18	19:47.51	33.81	1:12.76	2:36.62
75	1.25	29.95	1:04.90	2:21.70	5:00.74	10:24.18	19:57.09	34.09	1:13.35	2:37.89
74	1.26	30.19	1:05.42	2:22.83	5:03.14	10:29.17	20:06.66	34.36	1:13.94	2:39.15
73	1.27	30.43	1:05.94	2:23.97	5:05.55	10:34.16	20:16.24	34.63	1:14.52	2:40.41
72	1.28	30.67	1:06.46	2:25.10	5:07.96	10:39.16	20:25.82	34.91	1:15.11	2:41.68
71	1.29	30.91	1:06.98	2:26.23	5:10.36	10:44.15	20:35.39	35.18	1:15.70	2:42.94
70	1.30	31.15	1:07.50	2:27.37	5:12.77	10:49.14	20:44.97	35.45	1:16.28	2:44.20
69	1.31	31.39	1:08.02	2:28.50	5:15.17	10:54.14	20:54.55	35.72	1:16.87	2:45.47
68	1.32	31.63	1:08.53	2:29.64	5:17.58	10:59.13	21:04.12	36.00	1:17.46	2:46.73
67	1.33	31.87	1:09.05	2:30.77	5:19.98	11:04.12	21:13.70	36.27	1:18.04	2:47.99
66	1.34	32.11	1:09.57	2:31.90	5:22.39	11:09.12	21:23.28	36.54	1:18.63	2:49.26
65	1.35	32.35	1:10.09	2:33.04	5:24.80	11:14.11	21:32.85	36.81	1:19.22	2:50.52
64	1.36	32.59	1:10.61	2:34.17	5:27.20	11:19.10	21:42.43	37.09	1:19.80	2:51.78
63	1.37	32.83	1:11.13	2:35.30	5:29.61	11:24.10	21:52.01	37.36	1:20.39	2:53.04
62	1.38	33.06	1:11.65	2:36.44	5:32.01	11:29.09	22:01.58	37.63	1:20.98	2:54.31
61	1.39	33.30	1:12.17	2:37.57	5:34.42	11:34.08	22:11.16	37.91	1:21.57	2:55.57
60	1.40	33.54	1:12.69	2:38.70	5:36.83	11:39.08	22:20.74	38.18	1:22.15	2:56.83
59	1.41	33.78	1:13.21	2:39.84	5:39.23	11:44.07	22:30.31	38.45	1:22.74	2:58.10
58	1.42	34.02	1:13.73	2:40.97	5:41.64	11:49.06	22:39.89	38.72	1:23.33	2:59.36
57	1.43	34.26	1:14.25	2:42.10	5:44.04	11:54.06	22:49.47	39.00	1:23.91	3:00.62
56	1.44	34.50	1:14.76	2:43.24	5:46.45	11:59.05	22:59.04	39.27	1:24.50	3:01.89
55	1.45	34.74	1:15.28	2:44.37	5:48.86	12:04.04	23:08.62	39.54	1:25.09	3:03.15
54	1.46	34.98	1:15.80	2:45.51	5:51.26	12:09.04	23:18.20	39.81	1:25.67	3:04.41
53	1.47	35.22	1:16.32	2:46.64	5:53.67	12:14.03	23:27.77	40.09	1:26.26	3:05.68

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	35.46	1:16.84	2:47.77	5:56.07	12:19.02	23:37.35	40.36	1:26.85	3:06.94
51	1.49	35.70	1:17.36	2:48.91	5:58.48	12:24.02	23:46.93	40.63	1:27.43	3:08.20
50	1.50	35.94	1:17.88	2:50.04	6:00.89	12:29.01	23:56.51	40.91	1:28.02	3:09.47
49	1.51	36.18	1:18.40	2:51.17	6:03.29	12:34.00	24:06.08	41.18	1:28.61	3:10.73
48	1.52	36.42	1:18.92	2:52.31	6:05.70	12:39.00	24:15.66	41.45	1:29.19	3:11.99
47	1.53	36.66	1:19.44	2:53.44	6:08.10	12:43.99	24:25.24	41.72	1:29.78	3:13.25
46	1.54	36.90	1:19.96	2:54.57	6:10.51	12:48.98	24:34.81	42.00	1:30.37	3:14.52
45	1.55	37.14	1:20.48	2:55.71	6:12.91	12:53.98	24:44.39	42.27	1:30.95	3:15.78
44	1.56	37.38	1:21.00	2:56.84	6:15.32	12:58.97	24:53.97	42.54	1:31.54	3:17.04
43	1.57	37.62	1:21.51	2:57.98	6:17.73	13:03.96	25:03.54	42.81	1:32.13	3:18.31
42	1.58	37.86	1:22.03	2:59.11	6:20.13	13:08.96	25:13.12	43.09	1:32.71	3:19.57
41	1.59	38.10	1:22.55	3:00.24	6:22.54	13:13.95	25:22.70	43.36	1:33.30	3:20.83
40	1.60	38.34	1:23.07	3:01.38	6:24.94	13:18.94	25:32.27	43.63	1:33.89	3:22.10
39	1.61	38.58	1:23.59	3:02.51	6:27.35	13:23.94	25:41.85	43.90	1:34.47	3:23.36
38	1.62	38.82	1:24.11	3:03.64	6:29.76	13:28.93	25:51.43	44.18	1:35.06	3:24.62
37	1.63	39.05	1:24.63	3:04.78	6:32.16	13:33.92	26:01.00	44.45	1:35.65	3:25.89
36	1.64	39.29	1:25.15	3:05.91	6:34.57	13:38.92	26:10.58	44.72	1:36.24	3:27.15
35	1.65	39.53	1:25.67	3:07.04	6:36.97	13:43.91	26:20.16	45.00	1:36.82	3:28.41
34	1.66	39.77	1:26.19	3:08.18	6:39.38	13:48.90	26:29.73	45.27	1:37.41	3:29.67
33	1.67	40.01	1:26.71	3:09.31	6:41.79	13:53.90	26:39.31	45.54	1:38.00	3:30.94
32	1.68	40.25	1:27.23	3:10.44	6:44.19	13:58.89	26:48.89	45.81	1:38.58	3:32.20
31	1.69	40.49	1:27.74	3:11.58	6:46.60	14:03.88	26:58.46	46.09	1:39.17	3:33.46
30	1.70	40.73	1:28.26	3:12.71	6:49.00	14:08.88	27:08.04	46.36	1:39.76	3:34.73
29	1.71	40.97	1:28.78	3:13.85	6:51.41	14:13.87	27:17.62	46.63	1:40.34	3:35.99
28	1.72	41.21	1:29.30	3:14.98	6:53.81	14:18.86	27:27.19	46.90	1:40.93	3:37.25
27	1.73	41.45	1:29.82	3:16.11	6:56.22	14:23.86	27:36.77	47.18	1:41.52	3:38.52
26	1.74	41.69	1:30.34	3:17.25	6:58.63	14:28.85	27:46.35	47.45	1:42.10	3:39.78
25	1.75	41.93	1:30.86	3:18.38	7:01.03	14:33.85	27:55.92	47.72	1:42.69	3:41.04
24	1.76	42.17	1:31.38	3:19.51	7:03.44	14:38.84	28:05.50	48.00	1:43.28	3:42.31
23	1.77	42.41	1:31.90	3:20.65	7:05.84	14:43.83	28:15.08	48.27	1:43.86	3:43.57
22	1.78	42.65	1:32.42	3:21.78	7:08.25	14:48.83	28:24.65	48.54	1:44.45	3:44.83
21	1.79	42.89	1:32.94	3:22.91	7:10.66	14:53.82	28:34.23	48.81	1:45.04	3:46.09
20	1.80	43.13	1:33.46	3:24.05	7:13.06	14:58.81	28:43.81	49.09	1:45.62	3:47.36
19	1.81	43.37	1:33.98	3:25.18	7:15.47	15:03.81	28:53.38	49.36	1:46.21	3:48.62
18	1.82	43.61	1:34.49	3:26.32	7:17.87	15:08.80	29:02.96	49.63	1:46.80	3:49.88
17	1.83	43.85	1:35.01	3:27.45	7:20.28	15:13.79	29:12.54	49.90	1:47.38	3:51.15
16	1.84	44.09	1:35.53	3:28.58	7:22.69	15:18.79	29:22.11	50.18	1:47.97	3:52.41
15	1.85	44.33	1:36.05	3:29.72	7:25.09	15:23.78	29:31.69	50.45	1:48.56	3:53.67
14	1.86	44.57	1:36.57	3:30.85	7:27.50	15:28.77	29:41.27	50.72	1:49.14	3:54.94
13	1.87	44.81	1:37.09	3:31.98	7:29.90	15:33.77	29:50.84	50.99	1:49.73	3:56.20
12	1.88	45.04	1:37.61	3:33.12	7:32.31	15:38.76	30:00.42	51.27	1:50.32	3:57.46
11	1.89	45.28	1:38.13	3:34.25	7:34.72	15:43.75	30:10.00	51.54	1:50.91	3:58.73
10	1.90	45.52	1:38.65	3:35.38	7:37.12	15:48.75	30:19.57	51.81	1:51.49	3:59.99
9	1.91	45.76	1:39.17	3:36.52	7:39.53	15:53.74	30:29.15	52.09	1:52.08	4:01.25
8	1.92	46.00	1:39.69	3:37.65	7:41.93	15:58.73	30:38.73	52.36	1:52.67	4:02.52
7	1.93	46.24	1:40.21	3:38.78	7:44.34	16:03.73	30:48.30	52.63	1:53.25	4:03.78
6	1.94	46.48	1:40.72	3:39.92	7:46.74	16:08.72	30:57.88	52.90	1:53.84	4:05.04
5	1.95	46.72	1:41.24	3:41.05	7:49.15	16:13.71	31:07.46	53.18	1:54.43	4:06.30
4	1.96	46.96	1:41.76	3:42.19	7:51.56	16:18.71	31:17.03	53.45	1:55.01	4:07.57
3	1.97	47.20	1:42.28	3:43.32	7:53.96	16:23.70	31:26.61	53.72	1:55.60	4:08.83
2	1.98	47.44	1:42.80	3:44.45	7:56.37	16:28.69	31:36.19	53.99	1:56.19	4:10.09
1	1.99	47.68	1:43.32	3:45.59	7:58.77	16:33.69	31:45.76	54.27	1:56.77	4:11.36

Hong Kong Swimming Point Score 2025 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>200m</u>	<u>400m</u>
100	1.00	29.68	1:04.81	2:21.72	25.34	56.31	2:04.75	2:08.60	4:33.80
99	1.01	29.98	1:05.46	2:23.14	25.59	56.87	2:06.00	2:09.89	4:36.54
98	1.02	30.27	1:06.11	2:24.55	25.85	57.44	2:07.25	2:11.17	4:39.28
97	1.03	30.57	1:06.75	2:25.97	26.10	58.00	2:08.49	2:12.46	4:42.01
96	1.04	30.87	1:07.40	2:27.39	26.35	58.56	2:09.74	2:13.74	4:44.75
95	1.05	31.16	1:08.05	2:28.81	26.61	59.13	2:10.99	2:15.03	4:47.49
94	1.06	31.46	1:08.70	2:30.22	26.86	59.69	2:12.24	2:16.32	4:50.23
93	1.07	31.76	1:09.35	2:31.64	27.11	1:00.25	2:13.48	2:17.60	4:52.97
92	1.08	32.05	1:09.99	2:33.06	27.37	1:00.81	2:14.73	2:18.89	4:55.70
91	1.09	32.35	1:10.64	2:34.47	27.62	1:01.38	2:15.98	2:20.17	4:58.44
90	1.10	32.65	1:11.29	2:35.89	27.87	1:01.94	2:17.22	2:21.46	5:01.18
89	1.11	32.94	1:11.94	2:37.31	28.13	1:02.50	2:18.47	2:22.75	5:03.92
88	1.12	33.24	1:12.59	2:38.73	28.38	1:03.07	2:19.72	2:24.03	5:06.66
87	1.13	33.54	1:13.24	2:40.14	28.63	1:03.63	2:20.97	2:25.32	5:09.39
86	1.14	33.84	1:13.88	2:41.56	28.89	1:04.19	2:22.22	2:26.60	5:12.13
85	1.15	34.13	1:14.53	2:42.98	29.14	1:04.76	2:23.46	2:27.89	5:14.87
84	1.16	34.43	1:15.18	2:44.40	29.39	1:05.32	2:24.71	2:29.18	5:17.61
83	1.17	34.73	1:15.83	2:45.81	29.65	1:05.88	2:25.96	2:30.46	5:20.35
82	1.18	35.02	1:16.48	2:47.23	29.90	1:06.45	2:27.21	2:31.75	5:23.08
81	1.19	35.32	1:17.12	2:48.65	30.15	1:07.01	2:28.45	2:33.03	5:25.82
80	1.20	35.62	1:17.77	2:50.06	30.41	1:07.57	2:29.70	2:34.32	5:28.56
79	1.21	35.91	1:18.42	2:51.48	30.66	1:08.14	2:30.95	2:35.61	5:31.30
78	1.22	36.21	1:19.07	2:52.90	30.91	1:08.70	2:32.20	2:36.89	5:34.04
77	1.23	36.51	1:19.72	2:54.32	31.17	1:09.26	2:33.44	2:38.18	5:36.77
76	1.24	36.80	1:20.36	2:55.73	31.42	1:09.82	2:34.69	2:39.46	5:39.51
75	1.25	37.10	1:21.01	2:57.15	31.68	1:10.39	2:35.94	2:40.75	5:42.25
74	1.26	37.40	1:21.66	2:58.57	31.93	1:10.95	2:37.19	2:42.04	5:44.99
73	1.27	37.69	1:22.31	2:59.98	32.18	1:11.51	2:38.43	2:43.32	5:47.73
72	1.28	37.99	1:22.96	3:01.40	32.44	1:12.08	2:39.68	2:44.61	5:50.46
71	1.29	38.29	1:23.60	3:02.82	32.69	1:12.64	2:40.93	2:45.89	5:53.20
70	1.30	38.58	1:24.25	3:04.24	32.94	1:13.20	2:42.18	2:47.18	5:55.94
69	1.31	38.88	1:24.90	3:05.65	33.20	1:13.77	2:43.42	2:48.47	5:58.68
68	1.32	39.18	1:25.55	3:07.07	33.45	1:14.33	2:44.67	2:49.75	6:01.42
67	1.33	39.47	1:26.20	3:08.49	33.70	1:14.89	2:45.92	2:51.04	6:04.15
66	1.34	39.77	1:26.85	3:09.90	33.96	1:15.46	2:47.17	2:52.32	6:06.89
65	1.35	40.07	1:27.49	3:11.32	34.21	1:16.02	2:48.41	2:53.61	6:09.63
64	1.36	40.36	1:28.14	3:12.74	34.46	1:16.58	2:49.66	2:54.90	6:12.37
63	1.37	40.66	1:28.79	3:14.16	34.72	1:17.14	2:50.91	2:56.18	6:15.11
62	1.38	40.96	1:29.44	3:15.57	34.97	1:17.71	2:52.16	2:57.47	6:17.84
61	1.39	41.26	1:30.09	3:16.99	35.22	1:18.27	2:53.40	2:58.75	6:20.58
60	1.40	41.55	1:30.73	3:18.41	35.48	1:18.83	2:54.65	3:00.04	6:23.32
59	1.41	41.85	1:31.38	3:19.83	35.73	1:19.40	2:55.90	3:01.33	6:26.06
58	1.42	42.15	1:32.03	3:21.24	35.98	1:19.96	2:57.15	3:02.61	6:28.80
57	1.43	42.44	1:32.68	3:22.66	36.24	1:20.52	2:58.39	3:03.90	6:31.53
56	1.44	42.74	1:33.33	3:24.08	36.49	1:21.09	2:59.64	3:05.18	6:34.27
55	1.45	43.04	1:33.97	3:25.49	36.74	1:21.65	3:00.89	3:06.47	6:37.01
54	1.46	43.33	1:34.62	3:26.91	37.00	1:22.21	3:02.14	3:07.76	6:39.75
53	1.47	43.63	1:35.27	3:28.33	37.25	1:22.78	3:03.38	3:09.04	6:42.49

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	43.93	1:35.92	3:29.75	37.50	1:23.34	3:04.63	3:10.33	6:45.22
51	1.49	44.22	1:36.57	3:31.16	37.76	1:23.90	3:05.88	3:11.61	6:47.96
50	1.50	44.52	1:37.22	3:32.58	38.01	1:24.47	3:07.13	3:12.90	6:50.70
49	1.51	44.82	1:37.86	3:34.00	38.26	1:25.03	3:08.37	3:14.19	6:53.44
48	1.52	45.11	1:38.51	3:35.41	38.52	1:25.59	3:09.62	3:15.47	6:56.18
47	1.53	45.41	1:39.16	3:36.83	38.77	1:26.15	3:10.87	3:16.76	6:58.91
46	1.54	45.71	1:39.81	3:38.25	39.02	1:26.72	3:12.12	3:18.04	7:01.65
45	1.55	46.00	1:40.46	3:39.67	39.28	1:27.28	3:13.36	3:19.33	7:04.39
44	1.56	46.30	1:41.10	3:41.08	39.53	1:27.84	3:14.61	3:20.62	7:07.13
43	1.57	46.60	1:41.75	3:42.50	39.78	1:28.41	3:15.86	3:21.90	7:09.87
42	1.58	46.89	1:42.40	3:43.92	40.04	1:28.97	3:17.11	3:23.19	7:12.60
41	1.59	47.19	1:43.05	3:45.33	40.29	1:29.53	3:18.35	3:24.47	7:15.34
40	1.60	47.49	1:43.70	3:46.75	40.54	1:30.10	3:19.60	3:25.76	7:18.08
39	1.61	47.78	1:44.34	3:48.17	40.80	1:30.66	3:20.85	3:27.05	7:20.82
38	1.62	48.08	1:44.99	3:49.59	41.05	1:31.22	3:22.10	3:28.33	7:23.56
37	1.63	48.38	1:45.64	3:51.00	41.30	1:31.79	3:23.34	3:29.62	7:26.29
36	1.64	48.68	1:46.29	3:52.42	41.56	1:32.35	3:24.59	3:30.90	7:29.03
35	1.65	48.97	1:46.94	3:53.84	41.81	1:32.91	3:25.84	3:32.19	7:31.77
34	1.66	49.27	1:47.58	3:55.26	42.06	1:33.47	3:27.09	3:33.48	7:34.51
33	1.67	49.57	1:48.23	3:56.67	42.32	1:34.04	3:28.33	3:34.76	7:37.25
32	1.68	49.86	1:48.88	3:58.09	42.57	1:34.60	3:29.58	3:36.05	7:39.98
31	1.69	50.16	1:49.53	3:59.51	42.82	1:35.16	3:30.83	3:37.33	7:42.72
30	1.70	50.46	1:50.18	4:00.92	43.08	1:35.73	3:32.08	3:38.62	7:45.46
29	1.71	50.75	1:50.83	4:02.34	43.33	1:36.29	3:33.32	3:39.91	7:48.20
28	1.72	51.05	1:51.47	4:03.76	43.58	1:36.85	3:34.57	3:41.19	7:50.94
27	1.73	51.35	1:52.12	4:05.18	43.84	1:37.42	3:35.82	3:42.48	7:53.67
26	1.74	51.64	1:52.77	4:06.59	44.09	1:37.98	3:37.07	3:43.76	7:56.41
25	1.75	51.94	1:53.42	4:08.01	44.35	1:38.54	3:38.31	3:45.05	7:59.15
24	1.76	52.24	1:54.07	4:09.43	44.60	1:39.11	3:39.56	3:46.34	8:01.89
23	1.77	52.53	1:54.71	4:10.84	44.85	1:39.67	3:40.81	3:47.62	8:04.63
22	1.78	52.83	1:55.36	4:12.26	45.11	1:40.23	3:42.06	3:48.91	8:07.36
21	1.79	53.13	1:56.01	4:13.68	45.36	1:40.79	3:43.30	3:50.19	8:10.10
20	1.80	53.42	1:56.66	4:15.10	45.61	1:41.36	3:44.55	3:51.48	8:12.84
19	1.81	53.72	1:57.31	4:16.51	45.87	1:41.92	3:45.80	3:52.77	8:15.58
18	1.82	54.02	1:57.95	4:17.93	46.12	1:42.48	3:47.05	3:54.05	8:18.32
17	1.83	54.31	1:58.60	4:19.35	46.37	1:43.05	3:48.29	3:55.34	8:21.05
16	1.84	54.61	1:59.25	4:20.76	46.63	1:43.61	3:49.54	3:56.62	8:23.79
15	1.85	54.91	1:59.90	4:22.18	46.88	1:44.17	3:50.79	3:57.91	8:26.53
14	1.86	55.20	2:00.55	4:23.60	47.13	1:44.74	3:52.04	3:59.20	8:29.27
13	1.87	55.50	2:01.19	4:25.02	47.39	1:45.30	3:53.28	4:00.48	8:32.01
12	1.88	55.80	2:01.84	4:26.43	47.64	1:45.86	3:54.53	4:01.77	8:34.74
11	1.89	56.10	2:02.49	4:27.85	47.89	1:46.43	3:55.78	4:03.05	8:37.48
10	1.90	56.39	2:03.14	4:29.27	48.15	1:46.99	3:57.03	4:04.34	8:40.22
9	1.91	56.69	2:03.79	4:30.69	48.40	1:47.55	3:58.27	4:05.63	8:42.96
8	1.92	56.99	2:04.44	4:32.10	48.65	1:48.12	3:59.52	4:06.91	8:45.70
7	1.93	57.28	2:05.08	4:33.52	48.91	1:48.68	4:00.77	4:08.20	8:48.43
6	1.94	57.58	2:05.73	4:34.94	49.16	1:49.24	4:02.02	4:09.48	8:51.17
5	1.95	57.88	2:06.38	4:36.35	49.41	1:49.80	4:03.26	4:10.77	8:53.91
4	1.96	58.17	2:07.03	4:37.77	49.67	1:50.37	4:04.51	4:12.06	8:56.65
3	1.97	58.47	2:07.68	4:39.19	49.92	1:50.93	4:05.76	4:13.34	8:59.39
2	1.98	58.77	2:08.32	4:40.61	50.17	1:51.49	4:07.01	4:14.63	9:02.12
1	1.99	59.06	2:08.97	4:42.02	50.43	1:52.06	4:08.25	4:15.91	9:04.86