

Hong Kong Swimming Point Score

Short Course 2022-2023

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.78	46.04	1:41.92	3:38.12	7:40.17	14:28.06	23.03	49.76	1:50.27
99	1.01	20.99	46.50	1:42.94	3:40.30	7:44.77	14:36.74	23.26	50.26	1:51.37
98	1.02	21.20	46.96	1:43.96	3:42.48	7:49.37	14:45.42	23.49	50.76	1:52.48
97	1.03	21.40	47.42	1:44.98	3:44.66	7:53.98	14:54.10	23.72	51.25	1:53.58
96	1.04	21.61	47.88	1:46.00	3:46.84	7:58.58	15:02.78	23.95	51.75	1:54.68
95	1.05	21.82	48.34	1:47.02	3:49.03	8:03.18	15:11.46	24.18	52.25	1:55.78
94	1.06	22.03	48.80	1:48.04	3:51.21	8:07.78	15:20.14	24.41	52.75	1:56.89
93	1.07	22.23	49.26	1:49.05	3:53.39	8:12.38	15:28.82	24.64	53.24	1:57.99
92	1.08	22.44	49.72	1:50.07	3:55.57	8:16.98	15:37.50	24.87	53.74	1:59.09
91	1.09	22.65	50.18	1:51.09	3:57.75	8:21.59	15:46.19	25.10	54.24	2:00.19
90	1.10	22.86	50.64	1:52.11	3:59.93	8:26.19	15:54.87	25.33	54.74	2:01.30
89	1.11	23.07	51.10	1:53.13	4:02.11	8:30.79	16:03.55	25.56	55.23	2:02.40
88	1.12	23.27	51.56	1:54.15	4:04.29	8:35.39	16:12.23	25.79	55.73	2:03.50
87	1.13	23.48	52.03	1:55.17	4:06.48	8:39.99	16:20.91	26.02	56.23	2:04.61
86	1.14	23.69	52.49	1:56.19	4:08.66	8:44.59	16:29.59	26.25	56.73	2:05.71
85	1.15	23.90	52.95	1:57.21	4:10.84	8:49.20	16:38.27	26.48	57.22	2:06.81
84	1.16	24.10	53.41	1:58.23	4:13.02	8:53.80	16:46.95	26.71	57.72	2:07.91
83	1.17	24.31	53.87	1:59.25	4:15.20	8:58.40	16:55.63	26.95	58.22	2:09.02
82	1.18	24.52	54.33	2:00.27	4:17.38	9:03.00	17:04.31	27.18	58.72	2:10.12
81	1.19	24.73	54.79	2:01.28	4:19.56	9:07.60	17:12.99	27.41	59.21	2:11.22
80	1.20	24.94	55.25	2:02.30	4:21.74	9:12.20	17:21.67	27.64	59.71	2:12.32
79	1.21	25.14	55.71	2:03.32	4:23.93	9:16.81	17:30.35	27.87	1:00.21	2:13.43
78	1.22	25.35	56.17	2:04.34	4:26.11	9:21.41	17:39.03	28.10	1:00.71	2:14.53
77	1.23	25.56	56.63	2:05.36	4:28.29	9:26.01	17:47.71	28.33	1:01.20	2:15.63
76	1.24	25.77	57.09	2:06.38	4:30.47	9:30.61	17:56.39	28.56	1:01.70	2:16.73
75	1.25	25.98	57.55	2:07.40	4:32.65	9:35.21	18:05.08	28.79	1:02.20	2:17.84
74	1.26	26.18	58.01	2:08.42	4:34.83	9:39.81	18:13.76	29.02	1:02.70	2:18.94
73	1.27	26.39	58.47	2:09.44	4:37.01	9:44.42	18:22.44	29.25	1:03.20	2:20.04
72	1.28	26.60	58.93	2:10.46	4:39.19	9:49.02	18:31.12	29.48	1:03.69	2:21.15
71	1.29	26.81	59.39	2:11.48	4:41.37	9:53.62	18:39.80	29.71	1:04.19	2:22.25
70	1.30	27.01	59.85	2:12.50	4:43.56	9:58.22	18:48.48	29.94	1:04.69	2:23.35
69	1.31	27.22	1:00.31	2:13.52	4:45.74	10:02.82	18:57.16	30.17	1:05.19	2:24.45
68	1.32	27.43	1:00.77	2:14.53	4:47.92	10:07.42	19:05.84	30.40	1:05.68	2:25.56
67	1.33	27.64	1:01.23	2:15.55	4:50.10	10:12.03	19:14.52	30.63	1:06.18	2:26.66
66	1.34	27.85	1:01.69	2:16.57	4:52.28	10:16.63	19:23.20	30.86	1:06.68	2:27.76
65	1.35	28.05	1:02.15	2:17.59	4:54.46	10:21.23	19:31.88	31.09	1:07.18	2:28.86
64	1.36	28.26	1:02.61	2:18.61	4:56.64	10:25.83	19:40.56	31.32	1:07.67	2:29.97
63	1.37	28.47	1:03.07	2:19.63	4:58.82	10:30.43	19:49.24	31.55	1:08.17	2:31.07
62	1.38	28.68	1:03.54	2:20.65	5:01.01	10:35.03	19:57.92	31.78	1:08.67	2:32.17
61	1.39	28.88	1:04.00	2:21.67	5:03.19	10:39.64	20:06.60	32.01	1:09.17	2:33.28
60	1.40	29.09	1:04.46	2:22.69	5:05.37	10:44.24	20:15.28	32.24	1:09.66	2:34.38
59	1.41	29.30	1:04.92	2:23.71	5:07.55	10:48.84	20:23.96	32.47	1:10.16	2:35.48
58	1.42	29.51	1:05.38	2:24.73	5:09.73	10:53.44	20:32.65	32.70	1:10.66	2:36.58
57	1.43	29.72	1:05.84	2:25.75	5:11.91	10:58.04	20:41.33	32.93	1:11.16	2:37.69
56	1.44	29.92	1:06.30	2:26.76	5:14.09	11:02.64	20:50.01	33.16	1:11.65	2:38.79
55	1.45	30.13	1:06.76	2:27.78	5:16.27	11:07.25	20:58.69	33.39	1:12.15	2:39.89
54	1.46	30.34	1:07.22	2:28.80	5:18.46	11:11.85	21:07.37	33.62	1:12.65	2:40.99

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>
53	1.47	30.55	1:07.68	2:29.82	5:20.64	11:16.45	21:16.05	33.85	1:13.15	2:42.10
52	1.48	30.75	1:08.14	2:30.84	5:22.82	11:21.05	21:24.73	34.08	1:13.64	2:43.20
51	1.49	30.96	1:08.60	2:31.86	5:25.00	11:25.65	21:33.41	34.31	1:14.14	2:44.30
50	1.50	31.17	1:09.06	2:32.88	5:27.18	11:30.26	21:42.09	34.55	1:14.64	2:45.41
49	1.51	31.38	1:09.52	2:33.90	5:29.36	11:34.86	21:50.77	34.78	1:15.14	2:46.51
48	1.52	31.59	1:09.98	2:34.92	5:31.54	11:39.46	21:59.45	35.01	1:15.64	2:47.61
47	1.53	31.79	1:10.44	2:35.94	5:33.72	11:44.06	22:08.13	35.24	1:16.13	2:48.71
46	1.54	32.00	1:10.90	2:36.96	5:35.90	11:48.66	22:16.81	35.47	1:16.63	2:49.82
45	1.55	32.21	1:11.36	2:37.98	5:38.09	11:53.26	22:25.49	35.70	1:17.13	2:50.92
44	1.56	32.42	1:11.82	2:39.00	5:40.27	11:57.87	22:34.17	35.93	1:17.63	2:52.02
43	1.57	32.62	1:12.28	2:40.01	5:42.45	12:02.47	22:42.85	36.16	1:18.12	2:53.12
42	1.58	32.83	1:12.74	2:41.03	5:44.63	12:07.07	22:51.53	36.39	1:18.62	2:54.23
41	1.59	33.04	1:13.20	2:42.05	5:46.81	12:11.67	23:00.22	36.62	1:19.12	2:55.33
40	1.60	33.25	1:13.66	2:43.07	5:48.99	12:16.27	23:08.90	36.85	1:19.62	2:56.43
39	1.61	33.46	1:14.12	2:44.09	5:51.17	12:20.87	23:17.58	37.08	1:20.11	2:57.53
38	1.62	33.66	1:14.58	2:45.11	5:53.35	12:25.48	23:26.26	37.31	1:20.61	2:58.64
37	1.63	33.87	1:15.05	2:46.13	5:55.54	12:30.08	23:34.94	37.54	1:21.11	2:59.74
36	1.64	34.08	1:15.51	2:47.15	5:57.72	12:34.68	23:43.62	37.77	1:21.61	3:00.84
35	1.65	34.29	1:15.97	2:48.17	5:59.90	12:39.28	23:52.30	38.00	1:22.10	3:01.95
34	1.66	34.49	1:16.43	2:49.19	6:02.08	12:43.88	24:00.98	38.23	1:22.60	3:03.05
33	1.67	34.70	1:16.89	2:50.21	6:04.26	12:48.48	24:09.66	38.46	1:23.10	3:04.15
32	1.68	34.91	1:17.35	2:51.23	6:06.44	12:53.09	24:18.34	38.69	1:23.60	3:05.25
31	1.69	35.12	1:17.81	2:52.24	6:08.62	12:57.69	24:27.02	38.92	1:24.09	3:06.36
30	1.70	35.33	1:18.27	2:53.26	6:10.80	13:02.29	24:35.70	39.15	1:24.59	3:07.46
29	1.71	35.53	1:18.73	2:54.28	6:12.99	13:06.89	24:44.38	39.38	1:25.09	3:08.56
28	1.72	35.74	1:19.19	2:55.30	6:15.17	13:11.49	24:53.06	39.61	1:25.59	3:09.66
27	1.73	35.95	1:19.65	2:56.32	6:17.35	13:16.09	25:01.74	39.84	1:26.08	3:10.77
26	1.74	36.16	1:20.11	2:57.34	6:19.53	13:20.70	25:10.42	40.07	1:26.58	3:11.87
25	1.75	36.37	1:20.57	2:58.36	6:21.71	13:25.30	25:19.11	40.30	1:27.08	3:12.97
24	1.76	36.57	1:21.03	2:59.38	6:23.89	13:29.90	25:27.79	40.53	1:27.58	3:14.08
23	1.77	36.78	1:21.49	3:00.40	6:26.07	13:34.50	25:36.47	40.76	1:28.08	3:15.18
22	1.78	36.99	1:21.95	3:01.42	6:28.25	13:39.10	25:45.15	40.99	1:28.57	3:16.28
21	1.79	37.20	1:22.41	3:02.44	6:30.43	13:43.70	25:53.83	41.22	1:29.07	3:17.38
20	1.80	37.40	1:22.87	3:03.46	6:32.62	13:48.31	26:02.51	41.45	1:29.57	3:18.49
19	1.81	37.61	1:23.33	3:04.48	6:34.80	13:52.91	26:11.19	41.68	1:30.07	3:19.59
18	1.82	37.82	1:23.79	3:05.49	6:36.98	13:57.51	26:19.87	41.91	1:30.56	3:20.69
17	1.83	38.03	1:24.25	3:06.51	6:39.16	14:02.11	26:28.55	42.14	1:31.06	3:21.79
16	1.84	38.24	1:24.71	3:07.53	6:41.34	14:06.71	26:37.23	42.38	1:31.56	3:22.90
15	1.85	38.44	1:25.17	3:08.55	6:43.52	14:11.31	26:45.91	42.61	1:32.06	3:24.00
14	1.86	38.65	1:25.63	3:09.57	6:45.70	14:15.92	26:54.59	42.84	1:32.55	3:25.10
13	1.87	38.86	1:26.09	3:10.59	6:47.88	14:20.52	27:03.27	43.07	1:33.05	3:26.20
12	1.88	39.07	1:26.56	3:11.61	6:50.07	14:25.12	27:11.95	43.30	1:33.55	3:27.31
11	1.89	39.27	1:27.02	3:12.63	6:52.25	14:29.72	27:20.63	43.53	1:34.05	3:28.41
10	1.90	39.48	1:27.48	3:13.65	6:54.43	14:34.32	27:29.31	43.76	1:34.54	3:29.51
9	1.91	39.69	1:27.94	3:14.67	6:56.61	14:38.92	27:37.99	43.99	1:35.04	3:30.62
8	1.92	39.90	1:28.40	3:15.69	6:58.79	14:43.53	27:46.68	44.22	1:35.54	3:31.72
7	1.93	40.11	1:28.86	3:16.71	7:00.97	14:48.13	27:55.36	44.45	1:36.04	3:32.82
6	1.94	40.31	1:29.32	3:17.72	7:03.15	14:52.73	28:04.04	44.68	1:36.53	3:33.92
5	1.95	40.52	1:29.78	3:18.74	7:05.33	14:57.33	28:12.72	44.91	1:37.03	3:35.03
4	1.96	40.73	1:30.24	3:19.76	7:07.52	15:01.93	28:21.40	45.14	1:37.53	3:36.13
3	1.97	40.94	1:30.70	3:20.78	7:09.70	15:06.53	28:30.08	45.37	1:38.03	3:37.23
2	1.98	41.14	1:31.16	3:21.80	7:11.88	15:11.14	28:38.76	45.60	1:38.52	3:38.33
1	1.99	41.35	1:31.62	3:22.82	7:14.06	15:15.74	28:47.44	45.83	1:39.02	3:39.44

Hong Kong Swimming Point Score

Short Course 2022-2023

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	25.92	56.29	2:03.48	22.28	49.59	1:51.22	50.82	1:51.64	4:02.85
99	1.01	26.18	56.85	2:04.71	22.50	50.09	1:52.33	51.33	1:52.76	4:05.28
98	1.02	26.44	57.42	2:05.95	22.73	50.58	1:53.44	51.84	1:53.87	4:07.71
97	1.03	26.70	57.98	2:07.18	22.95	51.08	1:54.56	52.34	1:54.99	4:10.14
96	1.04	26.96	58.54	2:08.42	23.17	51.57	1:55.67	52.85	1:56.11	4:12.56
95	1.05	27.22	59.10	2:09.65	23.39	52.07	1:56.78	53.36	1:57.22	4:14.99
94	1.06	27.48	59.67	2:10.89	23.62	52.57	1:57.89	53.87	1:58.34	4:17.42
93	1.07	27.73	1:00.23	2:12.12	23.84	53.06	1:59.01	54.38	1:59.45	4:19.85
92	1.08	27.99	1:00.79	2:13.36	24.06	53.56	2:00.12	54.89	2:00.57	4:22.28
91	1.09	28.25	1:01.36	2:14.59	24.29	54.05	2:01.23	55.39	2:01.69	4:24.71
90	1.10	28.51	1:01.92	2:15.83	24.51	54.55	2:02.34	55.90	2:02.80	4:27.14
89	1.11	28.77	1:02.48	2:17.06	24.73	55.04	2:03.45	56.41	2:03.92	4:29.56
88	1.12	29.03	1:03.04	2:18.30	24.95	55.54	2:04.57	56.92	2:05.04	4:31.99
87	1.13	29.29	1:03.61	2:19.53	25.18	56.04	2:05.68	57.43	2:06.15	4:34.42
86	1.14	29.55	1:04.17	2:20.77	25.40	56.53	2:06.79	57.93	2:07.27	4:36.85
85	1.15	29.81	1:04.73	2:22.00	25.62	57.03	2:07.90	58.44	2:08.39	4:39.28
84	1.16	30.07	1:05.30	2:23.24	25.84	57.52	2:09.02	58.95	2:09.50	4:41.71
83	1.17	30.33	1:05.86	2:24.47	26.07	58.02	2:10.13	59.46	2:10.62	4:44.13
82	1.18	30.59	1:06.42	2:25.71	26.29	58.52	2:11.24	59.97	2:11.74	4:46.56
81	1.19	30.84	1:06.99	2:26.94	26.51	59.01	2:12.35	1:00.48	2:12.85	4:48.99
80	1.20	31.10	1:07.55	2:28.18	26.74	59.51	2:13.46	1:00.98	2:13.97	4:51.42
79	1.21	31.36	1:08.11	2:29.41	26.96	1:00.00	2:14.58	1:01.49	2:15.08	4:53.85
78	1.22	31.62	1:08.67	2:30.65	27.18	1:00.50	2:15.69	1:02.00	2:16.20	4:56.28
77	1.23	31.88	1:09.24	2:31.88	27.40	1:01.00	2:16.80	1:02.51	2:17.32	4:58.71
76	1.24	32.14	1:09.80	2:33.12	27.63	1:01.49	2:17.91	1:03.02	2:18.43	5:01.13
75	1.25	32.40	1:10.36	2:34.35	27.85	1:01.99	2:19.03	1:03.53	2:19.55	5:03.56
74	1.26	32.66	1:10.93	2:35.58	28.07	1:02.48	2:20.14	1:04.03	2:20.67	5:05.99
73	1.27	32.92	1:11.49	2:36.82	28.30	1:02.98	2:21.25	1:04.54	2:21.78	5:08.42
72	1.28	33.18	1:12.05	2:38.05	28.52	1:03.48	2:22.36	1:05.05	2:22.90	5:10.85
71	1.29	33.44	1:12.61	2:39.29	28.74	1:03.97	2:23.47	1:05.56	2:24.02	5:13.28
70	1.30	33.70	1:13.18	2:40.52	28.96	1:04.47	2:24.59	1:06.07	2:25.13	5:15.71
69	1.31	33.96	1:13.74	2:41.76	29.19	1:04.96	2:25.70	1:06.57	2:26.25	5:18.13
68	1.32	34.21	1:14.30	2:42.99	29.41	1:05.46	2:26.81	1:07.08	2:27.36	5:20.56
67	1.33	34.47	1:14.87	2:44.23	29.63	1:05.95	2:27.92	1:07.59	2:28.48	5:22.99
66	1.34	34.73	1:15.43	2:45.46	29.86	1:06.45	2:29.03	1:08.10	2:29.60	5:25.42
65	1.35	34.99	1:15.99	2:46.70	30.08	1:06.95	2:30.15	1:08.61	2:30.71	5:27.85
64	1.36	35.25	1:16.55	2:47.93	30.30	1:07.44	2:31.26	1:09.12	2:31.83	5:30.28
63	1.37	35.51	1:17.12	2:49.17	30.52	1:07.94	2:32.37	1:09.62	2:32.95	5:32.70
62	1.38	35.77	1:17.68	2:50.40	30.75	1:08.43	2:33.48	1:10.13	2:34.06	5:35.13
61	1.39	36.03	1:18.24	2:51.64	30.97	1:08.93	2:34.60	1:10.64	2:35.18	5:37.56
60	1.40	36.29	1:18.81	2:52.87	31.19	1:09.43	2:35.71	1:11.15	2:36.30	5:39.99
59	1.41	36.55	1:19.37	2:54.11	31.41	1:09.92	2:36.82	1:11.66	2:37.41	5:42.42
58	1.42	36.81	1:19.93	2:55.34	31.64	1:10.42	2:37.93	1:12.16	2:38.53	5:44.85
57	1.43	37.07	1:20.49	2:56.58	31.86	1:10.91	2:39.04	1:12.67	2:39.65	5:47.28
56	1.44	37.32	1:21.06	2:57.81	32.08	1:11.41	2:40.16	1:13.18	2:40.76	5:49.70
55	1.45	37.58	1:21.62	2:59.05	32.31	1:11.91	2:41.27	1:13.69	2:41.88	5:52.13
54	1.46	37.84	1:22.18	3:00.28	32.53	1:12.40	2:42.38	1:14.20	2:42.99	5:54.56

Score	%	Breaststroke			Butterfly			Ind Medley		
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>
53	1.47	38.10	1:22.75	3:01.52	32.75	1:12.90	2:43.49	1:14.71	2:44.11	5:56.99
52	1.48	38.36	1:23.31	3:02.75	32.97	1:13.39	2:44.61	1:15.21	2:45.23	5:59.42
51	1.49	38.62	1:23.87	3:03.99	33.20	1:13.89	2:45.72	1:15.72	2:46.34	6:01.85
50	1.50	38.88	1:24.44	3:05.22	33.42	1:14.39	2:46.83	1:16.23	2:47.46	6:04.28
49	1.51	39.14	1:25.00	3:06.45	33.64	1:14.88	2:47.94	1:16.74	2:48.58	6:06.70
48	1.52	39.40	1:25.56	3:07.69	33.87	1:15.38	2:49.05	1:17.25	2:49.69	6:09.13
47	1.53	39.66	1:26.12	3:08.92	34.09	1:15.87	2:50.17	1:17.75	2:50.81	6:11.56
46	1.54	39.92	1:26.69	3:10.16	34.31	1:16.37	2:51.28	1:18.26	2:51.93	6:13.99
45	1.55	40.18	1:27.25	3:11.39	34.53	1:16.86	2:52.39	1:18.77	2:53.04	6:16.42
44	1.56	40.44	1:27.81	3:12.63	34.76	1:17.36	2:53.50	1:19.28	2:54.16	6:18.85
43	1.57	40.69	1:28.38	3:13.86	34.98	1:17.86	2:54.62	1:19.79	2:55.27	6:21.27
42	1.58	40.95	1:28.94	3:15.10	35.20	1:18.35	2:55.73	1:20.30	2:56.39	6:23.70
41	1.59	41.21	1:29.50	3:16.33	35.43	1:18.85	2:56.84	1:20.80	2:57.51	6:26.13
40	1.60	41.47	1:30.06	3:17.57	35.65	1:19.34	2:57.95	1:21.31	2:58.62	6:28.56
39	1.61	41.73	1:30.63	3:18.80	35.87	1:19.84	2:59.06	1:21.82	2:59.74	6:30.99
38	1.62	41.99	1:31.19	3:20.04	36.09	1:20.34	3:00.18	1:22.33	3:00.86	6:33.42
37	1.63	42.25	1:31.75	3:21.27	36.32	1:20.83	3:01.29	1:22.84	3:01.97	6:35.85
36	1.64	42.51	1:32.32	3:22.51	36.54	1:21.33	3:02.40	1:23.34	3:03.09	6:38.27
35	1.65	42.77	1:32.88	3:23.74	36.76	1:21.82	3:03.51	1:23.85	3:04.21	6:40.70
34	1.66	43.03	1:33.44	3:24.98	36.98	1:22.32	3:04.63	1:24.36	3:05.32	6:43.13
33	1.67	43.29	1:34.00	3:26.21	37.21	1:22.82	3:05.74	1:24.87	3:06.44	6:45.56
32	1.68	43.55	1:34.57	3:27.45	37.43	1:23.31	3:06.85	1:25.38	3:07.56	6:47.99
31	1.69	43.80	1:35.13	3:28.68	37.65	1:23.81	3:07.96	1:25.89	3:08.67	6:50.42
30	1.70	44.06	1:35.69	3:29.92	37.88	1:24.30	3:09.07	1:26.39	3:09.79	6:52.85
29	1.71	44.32	1:36.26	3:31.15	38.10	1:24.80	3:10.19	1:26.90	3:10.90	6:55.27
28	1.72	44.58	1:36.82	3:32.39	38.32	1:25.29	3:11.30	1:27.41	3:12.02	6:57.70
27	1.73	44.84	1:37.38	3:33.62	38.54	1:25.79	3:12.41	1:27.92	3:13.14	7:00.13
26	1.74	45.10	1:37.94	3:34.86	38.77	1:26.29	3:13.52	1:28.43	3:14.25	7:02.56
25	1.75	45.36	1:38.51	3:36.09	38.99	1:26.78	3:14.64	1:28.94	3:15.37	7:04.99
24	1.76	45.62	1:39.07	3:37.32	39.21	1:27.28	3:15.75	1:29.44	3:16.49	7:07.42
23	1.77	45.88	1:39.63	3:38.56	39.44	1:27.77	3:16.86	1:29.95	3:17.60	7:09.84
22	1.78	46.14	1:40.20	3:39.79	39.66	1:28.27	3:17.97	1:30.46	3:18.72	7:12.27
21	1.79	46.40	1:40.76	3:41.03	39.88	1:28.77	3:19.08	1:30.97	3:19.84	7:14.70
20	1.80	46.66	1:41.32	3:42.26	40.10	1:29.26	3:20.20	1:31.48	3:20.95	7:17.13
19	1.81	46.92	1:41.88	3:43.50	40.33	1:29.76	3:21.31	1:31.98	3:22.07	7:19.56
18	1.82	47.17	1:42.45	3:44.73	40.55	1:30.25	3:22.42	1:32.49	3:23.18	7:21.99
17	1.83	47.43	1:43.01	3:45.97	40.77	1:30.75	3:23.53	1:33.00	3:24.30	7:24.42
16	1.84	47.69	1:43.57	3:47.20	41.00	1:31.25	3:24.64	1:33.51	3:25.42	7:26.84
15	1.85	47.95	1:44.14	3:48.44	41.22	1:31.74	3:25.76	1:34.02	3:26.53	7:29.27
14	1.86	48.21	1:44.70	3:49.67	41.44	1:32.24	3:26.87	1:34.53	3:27.65	7:31.70
13	1.87	48.47	1:45.26	3:50.91	41.66	1:32.73	3:27.98	1:35.03	3:28.77	7:34.13
12	1.88	48.73	1:45.83	3:52.14	41.89	1:33.23	3:29.09	1:35.54	3:29.88	7:36.56
11	1.89	48.99	1:46.39	3:53.38	42.11	1:33.73	3:30.21	1:36.05	3:31.00	7:38.99
10	1.90	49.25	1:46.95	3:54.61	42.33	1:34.22	3:31.32	1:36.56	3:32.12	7:41.42
9	1.91	49.51	1:47.51	3:55.85	42.55	1:34.72	3:32.43	1:37.07	3:33.23	7:43.84
8	1.92	49.77	1:48.08	3:57.08	42.78	1:35.21	3:33.54	1:37.57	3:34.35	7:46.27
7	1.93	50.03	1:48.64	3:58.32	43.00	1:35.71	3:34.65	1:38.08	3:35.47	7:48.70
6	1.94	50.28	1:49.20	3:59.55	43.22	1:36.20	3:35.77	1:38.59	3:36.58	7:51.13
5	1.95	50.54	1:49.77	4:00.79	43.45	1:36.70	3:36.88	1:39.10	3:37.70	7:53.56
4	1.96	50.80	1:50.33	4:02.02	43.67	1:37.20	3:37.99	1:39.61	3:38.81	7:55.99
3	1.97	51.06	1:50.89	4:03.26	43.89	1:37.69	3:39.10	1:40.12	3:39.93	7:58.41
2	1.98	51.32	1:51.45	4:04.49	44.11	1:38.19	3:40.22	1:40.62	3:41.05	8:00.84
1	1.99	51.58	1:52.02	4:05.73	44.34	1:38.68	3:41.33	1:41.13	3:42.16	8:03.27

Hong Kong Swimming Point Score

Short Course 2022-2023

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.48	50.61	1:50.31	3:54.98	8:08.08	15:52.91	26.01	56.13	2:02.02
99	1.01	23.71	51.12	1:51.41	3:57.33	8:12.96	16:02.44	26.27	56.69	2:03.24
98	1.02	23.95	51.62	1:52.52	3:59.68	8:17.84	16:11.97	26.53	57.25	2:04.46
97	1.03	24.18	52.13	1:53.62	4:02.03	8:22.72	16:21.50	26.79	57.81	2:05.68
96	1.04	24.42	52.63	1:54.72	4:04.38	8:27.60	16:31.03	27.05	58.38	2:06.90
95	1.05	24.65	53.14	1:55.83	4:06.73	8:32.48	16:40.56	27.31	58.94	2:08.12
94	1.06	24.89	53.65	1:56.93	4:09.08	8:37.36	16:50.08	27.57	59.50	2:09.34
93	1.07	25.12	54.15	1:58.03	4:11.43	8:42.25	16:59.61	27.83	1:00.06	2:10.56
92	1.08	25.36	54.66	1:59.13	4:13.78	8:47.13	17:09.14	28.09	1:00.62	2:11.78
91	1.09	25.59	55.16	2:00.24	4:16.13	8:52.01	17:18.67	28.35	1:01.18	2:13.00
90	1.10	25.83	55.67	2:01.34	4:18.48	8:56.89	17:28.20	28.61	1:01.74	2:14.22
89	1.11	26.06	56.18	2:02.44	4:20.83	9:01.77	17:37.73	28.87	1:02.30	2:15.44
88	1.12	26.30	56.68	2:03.55	4:23.18	9:06.65	17:47.26	29.13	1:02.87	2:16.66
87	1.13	26.53	57.19	2:04.65	4:25.53	9:11.53	17:56.79	29.39	1:03.43	2:17.88
86	1.14	26.77	57.70	2:05.75	4:27.88	9:16.41	18:06.32	29.65	1:03.99	2:19.10
85	1.15	27.00	58.20	2:06.86	4:30.23	9:21.29	18:15.85	29.91	1:04.55	2:20.32
84	1.16	27.24	58.71	2:07.96	4:32.58	9:26.17	18:25.38	30.17	1:05.11	2:21.54
83	1.17	27.47	59.21	2:09.06	4:34.93	9:31.05	18:34.90	30.43	1:05.67	2:22.76
82	1.18	27.71	59.72	2:10.17	4:37.28	9:35.93	18:44.43	30.69	1:06.23	2:23.98
81	1.19	27.94	1:00.23	2:11.27	4:39.63	9:40.82	18:53.96	30.95	1:06.79	2:25.20
80	1.20	28.18	1:00.73	2:12.37	4:41.98	9:45.70	19:03.49	31.21	1:07.36	2:26.42
79	1.21	28.41	1:01.24	2:13.48	4:44.33	9:50.58	19:13.02	31.47	1:07.92	2:27.64
78	1.22	28.65	1:01.74	2:14.58	4:46.68	9:55.46	19:22.55	31.73	1:08.48	2:28.86
77	1.23	28.88	1:02.25	2:15.68	4:49.03	10:00.34	19:32.08	31.99	1:09.04	2:30.08
76	1.24	29.12	1:02.76	2:16.78	4:51.38	10:05.22	19:41.61	32.25	1:09.60	2:31.30
75	1.25	29.35	1:03.26	2:17.89	4:53.73	10:10.10	19:51.14	32.51	1:10.16	2:32.53
74	1.26	29.58	1:03.77	2:18.99	4:56.07	10:14.98	20:00.67	32.77	1:10.72	2:33.75
73	1.27	29.82	1:04.27	2:20.09	4:58.42	10:19.86	20:10.20	33.03	1:11.29	2:34.97
72	1.28	30.05	1:04.78	2:21.20	5:00.77	10:24.74	20:19.72	33.29	1:11.85	2:36.19
71	1.29	30.29	1:05.29	2:22.30	5:03.12	10:29.62	20:29.25	33.55	1:12.41	2:37.41
70	1.30	30.52	1:05.79	2:23.40	5:05.47	10:34.50	20:38.78	33.81	1:12.97	2:38.63
69	1.31	30.76	1:06.30	2:24.51	5:07.82	10:39.38	20:48.31	34.07	1:13.53	2:39.85
68	1.32	30.99	1:06.81	2:25.61	5:10.17	10:44.27	20:57.84	34.33	1:14.09	2:41.07
67	1.33	31.23	1:07.31	2:26.71	5:12.52	10:49.15	21:07.37	34.59	1:14.65	2:42.29
66	1.34	31.46	1:07.82	2:27.82	5:14.87	10:54.03	21:16.90	34.85	1:15.21	2:43.51
65	1.35	31.70	1:08.32	2:28.92	5:17.22	10:58.91	21:26.43	35.11	1:15.78	2:44.73
64	1.36	31.93	1:08.83	2:30.02	5:19.57	11:03.79	21:35.96	35.37	1:16.34	2:45.95
63	1.37	32.17	1:09.34	2:31.12	5:21.92	11:08.67	21:45.49	35.63	1:16.90	2:47.17
62	1.38	32.40	1:09.84	2:32.23	5:24.27	11:13.55	21:55.02	35.89	1:17.46	2:48.39
61	1.39	32.64	1:10.35	2:33.33	5:26.62	11:18.43	22:04.54	36.15	1:18.02	2:49.61
60	1.40	32.87	1:10.85	2:34.43	5:28.97	11:23.31	22:14.07	36.41	1:18.58	2:50.83
59	1.41	33.11	1:11.36	2:35.54	5:31.32	11:28.19	22:23.60	36.67	1:19.14	2:52.05
58	1.42	33.34	1:11.87	2:36.64	5:33.67	11:33.07	22:33.13	36.93	1:19.70	2:53.27
57	1.43	33.58	1:12.37	2:37.74	5:36.02	11:37.95	22:42.66	37.19	1:20.27	2:54.49
56	1.44	33.81	1:12.88	2:38.85	5:38.37	11:42.84	22:52.19	37.45	1:20.83	2:55.71
55	1.45	34.05	1:13.38	2:39.95	5:40.72	11:47.72	23:01.72	37.71	1:21.39	2:56.93
54	1.46	34.28	1:13.89	2:41.05	5:43.07	11:52.60	23:11.25	37.97	1:21.95	2:58.15

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>
53	1.47	34.52	1:14.40	2:42.16	5:45.42	11:57.48	23:20.78	38.23	1:22.51	2:59.37
52	1.48	34.75	1:14.90	2:43.26	5:47.77	12:02.36	23:30.31	38.49	1:23.07	3:00.59
51	1.49	34.99	1:15.41	2:44.36	5:50.12	12:07.24	23:39.84	38.75	1:23.63	3:01.81
50	1.50	35.22	1:15.92	2:45.47	5:52.47	12:12.12	23:49.37	39.02	1:24.20	3:03.03
49	1.51	35.45	1:16.42	2:46.57	5:54.82	12:17.00	23:58.89	39.28	1:24.76	3:04.25
48	1.52	35.69	1:16.93	2:47.67	5:57.17	12:21.88	24:08.42	39.54	1:25.32	3:05.47
47	1.53	35.92	1:17.43	2:48.77	5:59.52	12:26.76	24:17.95	39.80	1:25.88	3:06.69
46	1.54	36.16	1:17.94	2:49.88	6:01.87	12:31.64	24:27.48	40.06	1:26.44	3:07.91
45	1.55	36.39	1:18.45	2:50.98	6:04.22	12:36.52	24:37.01	40.32	1:27.00	3:09.13
44	1.56	36.63	1:18.95	2:52.08	6:06.57	12:41.40	24:46.54	40.58	1:27.56	3:10.35
43	1.57	36.86	1:19.46	2:53.19	6:08.92	12:46.29	24:56.07	40.84	1:28.12	3:11.57
42	1.58	37.10	1:19.96	2:54.29	6:11.27	12:51.17	25:05.60	41.10	1:28.69	3:12.79
41	1.59	37.33	1:20.47	2:55.39	6:13.62	12:56.05	25:15.13	41.36	1:29.25	3:14.01
40	1.60	37.57	1:20.98	2:56.50	6:15.97	13:00.93	25:24.66	41.62	1:29.81	3:15.23
39	1.61	37.80	1:21.48	2:57.60	6:18.32	13:05.81	25:34.19	41.88	1:30.37	3:16.45
38	1.62	38.04	1:21.99	2:58.70	6:20.67	13:10.69	25:43.71	42.14	1:30.93	3:17.67
37	1.63	38.27	1:22.49	2:59.81	6:23.02	13:15.57	25:53.24	42.40	1:31.49	3:18.89
36	1.64	38.51	1:23.00	3:00.91	6:25.37	13:20.45	26:02.77	42.66	1:32.05	3:20.11
35	1.65	38.74	1:23.51	3:02.01	6:27.72	13:25.33	26:12.30	42.92	1:32.61	3:21.33
34	1.66	38.98	1:24.01	3:03.11	6:30.07	13:30.21	26:21.83	43.18	1:33.18	3:22.55
33	1.67	39.21	1:24.52	3:04.22	6:32.42	13:35.09	26:31.36	43.44	1:33.74	3:23.77
32	1.68	39.45	1:25.02	3:05.32	6:34.77	13:39.97	26:40.89	43.70	1:34.30	3:24.99
31	1.69	39.68	1:25.53	3:06.42	6:37.12	13:44.86	26:50.42	43.96	1:34.86	3:26.21
30	1.70	39.92	1:26.04	3:07.53	6:39.47	13:49.74	26:59.95	44.22	1:35.42	3:27.43
29	1.71	40.15	1:26.54	3:08.63	6:41.82	13:54.62	27:09.48	44.48	1:35.98	3:28.65
28	1.72	40.39	1:27.05	3:09.73	6:44.17	13:59.50	27:19.01	44.74	1:36.54	3:29.87
27	1.73	40.62	1:27.56	3:10.84	6:46.52	14:04.38	27:28.53	45.00	1:37.10	3:31.09
26	1.74	40.86	1:28.06	3:11.94	6:48.87	14:09.26	27:38.06	45.26	1:37.67	3:32.31
25	1.75	41.09	1:28.57	3:13.04	6:51.22	14:14.14	27:47.59	45.52	1:38.23	3:33.54
24	1.76	41.32	1:29.07	3:14.15	6:53.56	14:19.02	27:57.12	45.78	1:38.79	3:34.76
23	1.77	41.56	1:29.58	3:15.25	6:55.91	14:23.90	28:06.65	46.04	1:39.35	3:35.98
22	1.78	41.79	1:30.09	3:16.35	6:58.26	14:28.78	28:16.18	46.30	1:39.91	3:37.20
21	1.79	42.03	1:30.59	3:17.45	7:00.61	14:33.66	28:25.71	46.56	1:40.47	3:38.42
20	1.80	42.26	1:31.10	3:18.56	7:02.96	14:38.54	28:35.24	46.82	1:41.03	3:39.64
19	1.81	42.50	1:31.60	3:19.66	7:05.31	14:43.42	28:44.77	47.08	1:41.60	3:40.86
18	1.82	42.73	1:32.11	3:20.76	7:07.66	14:48.31	28:54.30	47.34	1:42.16	3:42.08
17	1.83	42.97	1:32.62	3:21.87	7:10.01	14:53.19	29:03.83	47.60	1:42.72	3:43.30
16	1.84	43.20	1:33.12	3:22.97	7:12.36	14:58.07	29:13.35	47.86	1:43.28	3:44.52
15	1.85	43.44	1:33.63	3:24.07	7:14.71	15:02.95	29:22.88	48.12	1:43.84	3:45.74
14	1.86	43.67	1:34.13	3:25.18	7:17.06	15:07.83	29:32.41	48.38	1:44.40	3:46.96
13	1.87	43.91	1:34.64	3:26.28	7:19.41	15:12.71	29:41.94	48.64	1:44.96	3:48.18
12	1.88	44.14	1:35.15	3:27.38	7:21.76	15:17.59	29:51.47	48.90	1:45.52	3:49.40
11	1.89	44.38	1:35.65	3:28.49	7:24.11	15:22.47	30:01.00	49.16	1:46.09	3:50.62
10	1.90	44.61	1:36.16	3:29.59	7:26.46	15:27.35	30:10.53	49.42	1:46.65	3:51.84
9	1.91	44.85	1:36.67	3:30.69	7:28.81	15:32.23	30:20.06	49.68	1:47.21	3:53.06
8	1.92	45.08	1:37.17	3:31.80	7:31.16	15:37.11	30:29.59	49.94	1:47.77	3:54.28
7	1.93	45.32	1:37.68	3:32.90	7:33.51	15:41.99	30:39.12	50.20	1:48.33	3:55.50
6	1.94	45.55	1:38.18	3:34.00	7:35.86	15:46.88	30:48.65	50.46	1:48.89	3:56.72
5	1.95	45.79	1:38.69	3:35.10	7:38.21	15:51.76	30:58.17	50.72	1:49.45	3:57.94
4	1.96	46.02	1:39.20	3:36.21	7:40.56	15:56.64	31:07.70	50.98	1:50.01	3:59.16
3	1.97	46.26	1:39.70	3:37.31	7:42.91	16:01.52	31:17.23	51.24	1:50.58	4:00.38
2	1.98	46.49	1:40.21	3:38.41	7:45.26	16:06.40	31:26.76	51.50	1:51.14	4:01.60
1	1.99	46.73	1:40.71	3:39.52	7:47.61	16:11.28	31:36.29	51.76	1:51.70	4:02.82

Hong Kong Swimming Point Score

Short Course 2022-2023

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.34	1:03.92	2:17.93	25.06	55.94	2:03.04	58.30	2:05.56	4:27.22
99	1.01	29.63	1:04.56	2:19.31	25.31	56.50	2:04.27	58.88	2:06.82	4:29.89
98	1.02	29.93	1:05.20	2:20.69	25.56	57.06	2:05.50	59.47	2:08.07	4:32.56
97	1.03	30.22	1:05.84	2:22.07	25.81	57.62	2:06.73	1:00.05	2:09.33	4:35.24
96	1.04	30.51	1:06.48	2:23.45	26.06	58.18	2:07.96	1:00.63	2:10.58	4:37.91
95	1.05	30.81	1:07.12	2:24.83	26.31	58.74	2:09.19	1:01.22	2:11.84	4:40.58
94	1.06	31.10	1:07.76	2:26.21	26.56	59.30	2:10.42	1:01.80	2:13.09	4:43.25
93	1.07	31.39	1:08.39	2:27.59	26.81	59.86	2:11.65	1:02.38	2:14.35	4:45.93
92	1.08	31.69	1:09.03	2:28.96	27.06	1:00.42	2:12.88	1:02.96	2:15.60	4:48.60
91	1.09	31.98	1:09.67	2:30.34	27.32	1:00.97	2:14.11	1:03.55	2:16.86	4:51.27
90	1.10	32.27	1:10.31	2:31.72	27.57	1:01.53	2:15.34	1:04.13	2:18.12	4:53.94
89	1.11	32.57	1:10.95	2:33.10	27.82	1:02.09	2:16.57	1:04.71	2:19.37	4:56.61
88	1.12	32.86	1:11.59	2:34.48	28.07	1:02.65	2:17.80	1:05.30	2:20.63	4:59.29
87	1.13	33.15	1:12.23	2:35.86	28.32	1:03.21	2:19.04	1:05.88	2:21.88	5:01.96
86	1.14	33.45	1:12.87	2:37.24	28.57	1:03.77	2:20.27	1:06.46	2:23.14	5:04.63
85	1.15	33.74	1:13.51	2:38.62	28.82	1:04.33	2:21.50	1:07.05	2:24.39	5:07.30
84	1.16	34.03	1:14.15	2:40.00	29.07	1:04.89	2:22.73	1:07.63	2:25.65	5:09.98
83	1.17	34.33	1:14.79	2:41.38	29.32	1:05.45	2:23.96	1:08.21	2:26.91	5:12.65
82	1.18	34.62	1:15.43	2:42.76	29.57	1:06.01	2:25.19	1:08.79	2:28.16	5:15.32
81	1.19	34.91	1:16.06	2:44.14	29.82	1:06.57	2:26.42	1:09.38	2:29.42	5:17.99
80	1.20	35.21	1:16.70	2:45.52	30.07	1:07.13	2:27.65	1:09.96	2:30.67	5:20.66
79	1.21	35.50	1:17.34	2:46.90	30.32	1:07.69	2:28.88	1:10.54	2:31.93	5:23.34
78	1.22	35.79	1:17.98	2:48.27	30.57	1:08.25	2:30.11	1:11.13	2:33.18	5:26.01
77	1.23	36.09	1:18.62	2:49.65	30.82	1:08.81	2:31.34	1:11.71	2:34.44	5:28.68
76	1.24	36.38	1:19.26	2:51.03	31.07	1:09.37	2:32.57	1:12.29	2:35.69	5:31.35
75	1.25	36.68	1:19.90	2:52.41	31.33	1:09.93	2:33.80	1:12.88	2:36.95	5:34.03
74	1.26	36.97	1:20.54	2:53.79	31.58	1:10.48	2:35.03	1:13.46	2:38.21	5:36.70
73	1.27	37.26	1:21.18	2:55.17	31.83	1:11.04	2:36.26	1:14.04	2:39.46	5:39.37
72	1.28	37.56	1:21.82	2:56.55	32.08	1:11.60	2:37.49	1:14.62	2:40.72	5:42.04
71	1.29	37.85	1:22.46	2:57.93	32.33	1:12.16	2:38.72	1:15.21	2:41.97	5:44.71
70	1.30	38.14	1:23.10	2:59.31	32.58	1:12.72	2:39.95	1:15.79	2:43.23	5:47.39
69	1.31	38.44	1:23.74	3:00.69	32.83	1:13.28	2:41.18	1:16.37	2:44.48	5:50.06
68	1.32	38.73	1:24.37	3:02.07	33.08	1:13.84	2:42.41	1:16.96	2:45.74	5:52.73
67	1.33	39.02	1:25.01	3:03.45	33.33	1:14.40	2:43.64	1:17.54	2:46.99	5:55.40
66	1.34	39.32	1:25.65	3:04.83	33.58	1:14.96	2:44.87	1:18.12	2:48.25	5:58.07
65	1.35	39.61	1:26.29	3:06.21	33.83	1:15.52	2:46.10	1:18.71	2:49.51	6:00.75
64	1.36	39.90	1:26.93	3:07.58	34.08	1:16.08	2:47.33	1:19.29	2:50.76	6:03.42
63	1.37	40.20	1:27.57	3:08.96	34.33	1:16.64	2:48.56	1:19.87	2:52.02	6:06.09
62	1.38	40.49	1:28.21	3:10.34	34.58	1:17.20	2:49.80	1:20.45	2:53.27	6:08.76
61	1.39	40.78	1:28.85	3:11.72	34.83	1:17.76	2:51.03	1:21.04	2:54.53	6:11.44
60	1.40	41.08	1:29.49	3:13.10	35.08	1:18.32	2:52.26	1:21.62	2:55.78	6:14.11
59	1.41	41.37	1:30.13	3:14.48	35.33	1:18.88	2:53.49	1:22.20	2:57.04	6:16.78
58	1.42	41.66	1:30.77	3:15.86	35.59	1:19.43	2:54.72	1:22.79	2:58.30	6:19.45
57	1.43	41.96	1:31.41	3:17.24	35.84	1:19.99	2:55.95	1:23.37	2:59.55	6:22.12
56	1.44	42.25	1:32.04	3:18.62	36.09	1:20.55	2:57.18	1:23.95	3:00.81	6:24.80
55	1.45	42.54	1:32.68	3:20.00	36.34	1:21.11	2:58.41	1:24.54	3:02.06	6:27.47
54	1.46	42.84	1:33.32	3:21.38	36.59	1:21.67	2:59.64	1:25.12	3:03.32	6:30.14

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	43.13	1:33.96	3:22.76	36.84	1:22.23	3:00.87	1:25.70	3:04.57	6:32.81
52	1.48	43.42	1:34.60	3:24.14	37.09	1:22.79	3:02.10	1:26.28	3:05.83	6:35.49
51	1.49	43.72	1:35.24	3:25.52	37.34	1:23.35	3:03.33	1:26.87	3:07.08	6:38.16
50	1.50	44.01	1:35.88	3:26.90	37.59	1:23.91	3:04.56	1:27.45	3:08.34	6:40.83
49	1.51	44.30	1:36.52	3:28.27	37.84	1:24.47	3:05.79	1:28.03	3:09.60	6:43.50
48	1.52	44.60	1:37.16	3:29.65	38.09	1:25.03	3:07.02	1:28.62	3:10.85	6:46.17
47	1.53	44.89	1:37.80	3:31.03	38.34	1:25.59	3:08.25	1:29.20	3:12.11	6:48.85
46	1.54	45.18	1:38.44	3:32.41	38.59	1:26.15	3:09.48	1:29.78	3:13.36	6:51.52
45	1.55	45.48	1:39.08	3:33.79	38.84	1:26.71	3:10.71	1:30.37	3:14.62	6:54.19
44	1.56	45.77	1:39.72	3:35.17	39.09	1:27.27	3:11.94	1:30.95	3:15.87	6:56.86
43	1.57	46.06	1:40.35	3:36.55	39.34	1:27.83	3:13.17	1:31.53	3:17.13	6:59.54
42	1.58	46.36	1:40.99	3:37.93	39.59	1:28.39	3:14.40	1:32.11	3:18.38	7:02.21
41	1.59	46.65	1:41.63	3:39.31	39.85	1:28.94	3:15.63	1:32.70	3:19.64	7:04.88
40	1.60	46.94	1:42.27	3:40.69	40.10	1:29.50	3:16.86	1:33.28	3:20.90	7:07.55
39	1.61	47.24	1:42.91	3:42.07	40.35	1:30.06	3:18.09	1:33.86	3:22.15	7:10.22
38	1.62	47.53	1:43.55	3:43.45	40.60	1:30.62	3:19.32	1:34.45	3:23.41	7:12.90
37	1.63	47.82	1:44.19	3:44.83	40.85	1:31.18	3:20.56	1:35.03	3:24.66	7:15.57
36	1.64	48.12	1:44.83	3:46.21	41.10	1:31.74	3:21.79	1:35.61	3:25.92	7:18.24
35	1.65	48.41	1:45.47	3:47.58	41.35	1:32.30	3:23.02	1:36.20	3:27.17	7:20.91
34	1.66	48.70	1:46.11	3:48.96	41.60	1:32.86	3:24.25	1:36.78	3:28.43	7:23.59
33	1.67	49.00	1:46.75	3:50.34	41.85	1:33.42	3:25.48	1:37.36	3:29.69	7:26.26
32	1.68	49.29	1:47.39	3:51.72	42.10	1:33.98	3:26.71	1:37.94	3:30.94	7:28.93
31	1.69	49.58	1:48.02	3:53.10	42.35	1:34.54	3:27.94	1:38.53	3:32.20	7:31.60
30	1.70	49.88	1:48.66	3:54.48	42.60	1:35.10	3:29.17	1:39.11	3:33.45	7:34.27
29	1.71	50.17	1:49.30	3:55.86	42.85	1:35.66	3:30.40	1:39.69	3:34.71	7:36.95
28	1.72	50.46	1:49.94	3:57.24	43.10	1:36.22	3:31.63	1:40.28	3:35.96	7:39.62
27	1.73	50.76	1:50.58	3:58.62	43.35	1:36.78	3:32.86	1:40.86	3:37.22	7:42.29
26	1.74	51.05	1:51.22	4:00.00	43.60	1:37.34	3:34.09	1:41.44	3:38.47	7:44.96
25	1.75	51.35	1:51.86	4:01.38	43.86	1:37.90	3:35.32	1:42.03	3:39.73	7:47.64
24	1.76	51.64	1:52.50	4:02.76	44.11	1:38.45	3:36.55	1:42.61	3:40.99	7:50.31
23	1.77	51.93	1:53.14	4:04.14	44.36	1:39.01	3:37.78	1:43.19	3:42.24	7:52.98
22	1.78	52.23	1:53.78	4:05.52	44.61	1:39.57	3:39.01	1:43.77	3:43.50	7:55.65
21	1.79	52.52	1:54.42	4:06.89	44.86	1:40.13	3:40.24	1:44.36	3:44.75	7:58.32
20	1.80	52.81	1:55.06	4:08.27	45.11	1:40.69	3:41.47	1:44.94	3:46.01	8:01.00
19	1.81	53.11	1:55.70	4:09.65	45.36	1:41.25	3:42.70	1:45.52	3:47.26	8:03.67
18	1.82	53.40	1:56.33	4:11.03	45.61	1:41.81	3:43.93	1:46.11	3:48.52	8:06.34
17	1.83	53.69	1:56.97	4:12.41	45.86	1:42.37	3:45.16	1:46.69	3:49.77	8:09.01
16	1.84	53.99	1:57.61	4:13.79	46.11	1:42.93	3:46.39	1:47.27	3:51.03	8:11.68
15	1.85	54.28	1:58.25	4:15.17	46.36	1:43.49	3:47.62	1:47.86	3:52.29	8:14.36
14	1.86	54.57	1:58.89	4:16.55	46.61	1:44.05	3:48.85	1:48.44	3:53.54	8:17.03
13	1.87	54.87	1:59.53	4:17.93	46.86	1:44.61	3:50.08	1:49.02	3:54.80	8:19.70
12	1.88	55.16	2:00.17	4:19.31	47.11	1:45.17	3:51.32	1:49.60	3:56.05	8:22.37
11	1.89	55.45	2:00.81	4:20.69	47.36	1:45.73	3:52.55	1:50.19	3:57.31	8:25.05
10	1.90	55.75	2:01.45	4:22.07	47.61	1:46.29	3:53.78	1:50.77	3:58.56	8:27.72
9	1.91	56.04	2:02.09	4:23.45	47.86	1:46.85	3:55.01	1:51.35	3:59.82	8:30.39
8	1.92	56.33	2:02.73	4:24.83	48.12	1:47.40	3:56.24	1:51.94	4:01.08	8:33.06
7	1.93	56.63	2:03.37	4:26.20	48.37	1:47.96	3:57.47	1:52.52	4:02.33	8:35.73
6	1.94	56.92	2:04.00	4:27.58	48.62	1:48.52	3:58.70	1:53.10	4:03.59	8:38.41
5	1.95	57.21	2:04.64	4:28.96	48.87	1:49.08	3:59.93	1:53.69	4:04.84	8:41.08
4	1.96	57.51	2:05.28	4:30.34	49.12	1:49.64	4:01.16	1:54.27	4:06.10	8:43.75
3	1.97	57.80	2:05.92	4:31.72	49.37	1:50.20	4:02.39	1:54.85	4:07.35	8:46.42
2	1.98	58.09	2:06.56	4:33.10	49.62	1:50.76	4:03.62	1:55.43	4:08.61	8:49.10
1	1.99	58.39	2:07.20	4:34.48	49.87	1:51.32	4:04.85	1:56.02	4:09.86	8:51.77