

Hong Kong Swimming Point Score

Short Course 2021-2022

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.84	46.08	1:41.92	3:38.18	7:40.17	14:28.46	23.03	49.85	1:50.85
99	1.01	21.05	46.54	1:42.94	3:40.36	7:44.77	14:37.14	23.26	50.35	1:51.96
98	1.02	21.26	47.00	1:43.96	3:42.54	7:49.37	14:45.83	23.49	50.85	1:53.07
97	1.03	21.47	47.46	1:44.98	3:44.73	7:53.98	14:54.51	23.72	51.35	1:54.18
96	1.04	21.67	47.92	1:46.00	3:46.91	7:58.58	15:03.20	23.95	51.84	1:55.28
95	1.05	21.88	48.38	1:47.02	3:49.09	8:03.18	15:11.88	24.18	52.34	1:56.39
94	1.06	22.09	48.84	1:48.04	3:51.27	8:07.78	15:20.57	24.41	52.84	1:57.50
93	1.07	22.30	49.31	1:49.05	3:53.45	8:12.38	15:29.25	24.64	53.34	1:58.61
92	1.08	22.51	49.77	1:50.07	3:55.63	8:16.98	15:37.94	24.87	53.84	1:59.72
91	1.09	22.72	50.23	1:51.09	3:57.82	8:21.59	15:46.62	25.10	54.34	2:00.83
90	1.10	22.92	50.69	1:52.11	4:00.00	8:26.19	15:55.31	25.33	54.84	2:01.94
89	1.11	23.13	51.15	1:53.13	4:02.18	8:30.79	16:03.99	25.56	55.33	2:03.04
88	1.12	23.34	51.61	1:54.15	4:04.36	8:35.39	16:12.68	25.79	55.83	2:04.15
87	1.13	23.55	52.07	1:55.17	4:06.54	8:39.99	16:21.36	26.02	56.33	2:05.26
86	1.14	23.76	52.53	1:56.19	4:08.73	8:44.59	16:30.04	26.25	56.83	2:06.37
85	1.15	23.97	52.99	1:57.21	4:10.91	8:49.20	16:38.73	26.48	57.33	2:07.48
84	1.16	24.17	53.45	1:58.23	4:13.09	8:53.80	16:47.41	26.71	57.83	2:08.59
83	1.17	24.38	53.91	1:59.25	4:15.27	8:58.40	16:56.10	26.95	58.32	2:09.69
82	1.18	24.59	54.37	2:00.27	4:17.45	9:03.00	17:04.78	27.18	58.82	2:10.80
81	1.19	24.80	54.84	2:01.28	4:19.63	9:07.60	17:13.47	27.41	59.32	2:11.91
80	1.20	25.01	55.30	2:02.30	4:21.82	9:12.20	17:22.15	27.64	59.82	2:13.02
79	1.21	25.22	55.76	2:03.32	4:24.00	9:16.81	17:30.84	27.87	1:00.32	2:14.13
78	1.22	25.42	56.22	2:04.34	4:26.18	9:21.41	17:39.52	28.10	1:00.82	2:15.24
77	1.23	25.63	56.68	2:05.36	4:28.36	9:26.01	17:48.21	28.33	1:01.32	2:16.35
76	1.24	25.84	57.14	2:06.38	4:30.54	9:30.61	17:56.89	28.56	1:01.81	2:17.45
75	1.25	26.05	57.60	2:07.40	4:32.73	9:35.21	18:05.58	28.79	1:02.31	2:18.56
74	1.26	26.26	58.06	2:08.42	4:34.91	9:39.81	18:14.26	29.02	1:02.81	2:19.67
73	1.27	26.47	58.52	2:09.44	4:37.09	9:44.42	18:22.94	29.25	1:03.31	2:20.78
72	1.28	26.68	58.98	2:10.46	4:39.27	9:49.02	18:31.63	29.48	1:03.81	2:21.89
71	1.29	26.88	59.44	2:11.48	4:41.45	9:53.62	18:40.31	29.71	1:04.31	2:23.00
70	1.30	27.09	59.90	2:12.50	4:43.63	9:58.22	18:49.00	29.94	1:04.81	2:24.11
69	1.31	27.30	1:00.36	2:13.52	4:45.82	10:02.82	18:57.68	30.17	1:05.30	2:25.21
68	1.32	27.51	1:00.83	2:14.53	4:48.00	10:07.42	19:06.37	30.40	1:05.80	2:26.32
67	1.33	27.72	1:01.29	2:15.55	4:50.18	10:12.03	19:15.05	30.63	1:06.30	2:27.43
66	1.34	27.93	1:01.75	2:16.57	4:52.36	10:16.63	19:23.74	30.86	1:06.80	2:28.54
65	1.35	28.13	1:02.21	2:17.59	4:54.54	10:21.23	19:32.42	31.09	1:07.30	2:29.65
64	1.36	28.34	1:02.67	2:18.61	4:56.72	10:25.83	19:41.11	31.32	1:07.80	2:30.76
63	1.37	28.55	1:03.13	2:19.63	4:58.91	10:30.43	19:49.79	31.55	1:08.29	2:31.86
62	1.38	28.76	1:03.59	2:20.65	5:01.09	10:35.03	19:58.47	31.78	1:08.79	2:32.97
61	1.39	28.97	1:04.05	2:21.67	5:03.27	10:39.64	20:07.16	32.01	1:09.29	2:34.08
60	1.40	29.18	1:04.51	2:22.69	5:05.45	10:44.24	20:15.84	32.24	1:09.79	2:35.19
59	1.41	29.38	1:04.97	2:23.71	5:07.63	10:48.84	20:24.53	32.47	1:10.29	2:36.30
58	1.42	29.59	1:05.43	2:24.73	5:09.82	10:53.44	20:33.21	32.70	1:10.79	2:37.41
57	1.43	29.80	1:05.89	2:25.75	5:12.00	10:58.04	20:41.90	32.93	1:11.29	2:38.52
56	1.44	30.01	1:06.36	2:26.76	5:14.18	11:02.64	20:50.58	33.16	1:11.78	2:39.62
55	1.45	30.22	1:06.82	2:27.78	5:16.36	11:07.25	20:59.27	33.39	1:12.28	2:40.73
54	1.46	30.43	1:07.28	2:28.80	5:18.54	11:11.85	21:07.95	33.62	1:12.78	2:41.84

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	30.63	1:07.74	2:29.82	5:20.72	11:16.45	21:16.64	33.85	1:13.28	2:42.95
52	1.48	30.84	1:08.20	2:30.84	5:22.91	11:21.05	21:25.32	34.08	1:13.78	2:44.06
51	1.49	31.05	1:08.66	2:31.86	5:25.09	11:25.65	21:34.01	34.31	1:14.28	2:45.17
50	1.50	31.26	1:09.12	2:32.88	5:27.27	11:30.26	21:42.69	34.55	1:14.78	2:46.28
49	1.51	31.47	1:09.58	2:33.90	5:29.45	11:34.86	21:51.37	34.78	1:15.27	2:47.38
48	1.52	31.68	1:10.04	2:34.92	5:31.63	11:39.46	22:00.06	35.01	1:15.77	2:48.49
47	1.53	31.89	1:10.50	2:35.94	5:33.82	11:44.06	22:08.74	35.24	1:16.27	2:49.60
46	1.54	32.09	1:10.96	2:36.96	5:36.00	11:48.66	22:17.43	35.47	1:16.77	2:50.71
45	1.55	32.30	1:11.42	2:37.98	5:38.18	11:53.26	22:26.11	35.70	1:17.27	2:51.82
44	1.56	32.51	1:11.88	2:39.00	5:40.36	11:57.87	22:34.80	35.93	1:17.77	2:52.93
43	1.57	32.72	1:12.35	2:40.01	5:42.54	12:02.47	22:43.48	36.16	1:18.26	2:54.03
42	1.58	32.93	1:12.81	2:41.03	5:44.72	12:07.07	22:52.17	36.39	1:18.76	2:55.14
41	1.59	33.14	1:13.27	2:42.05	5:46.91	12:11.67	23:00.85	36.62	1:19.26	2:56.25
40	1.60	33.34	1:13.73	2:43.07	5:49.09	12:16.27	23:09.54	36.85	1:19.76	2:57.36
39	1.61	33.55	1:14.19	2:44.09	5:51.27	12:20.87	23:18.22	37.08	1:20.26	2:58.47
38	1.62	33.76	1:14.65	2:45.11	5:53.45	12:25.48	23:26.91	37.31	1:20.76	2:59.58
37	1.63	33.97	1:15.11	2:46.13	5:55.63	12:30.08	23:35.59	37.54	1:21.26	3:00.69
36	1.64	34.18	1:15.57	2:47.15	5:57.82	12:34.68	23:44.27	37.77	1:21.75	3:01.79
35	1.65	34.39	1:16.03	2:48.17	6:00.00	12:39.28	23:52.96	38.00	1:22.25	3:02.90
34	1.66	34.59	1:16.49	2:49.19	6:02.18	12:43.88	24:01.64	38.23	1:22.75	3:04.01
33	1.67	34.80	1:16.95	2:50.21	6:04.36	12:48.48	24:10.33	38.46	1:23.25	3:05.12
32	1.68	35.01	1:17.41	2:51.23	6:06.54	12:53.09	24:19.01	38.69	1:23.75	3:06.23
31	1.69	35.22	1:17.88	2:52.24	6:08.72	12:57.69	24:27.70	38.92	1:24.25	3:07.34
30	1.70	35.43	1:18.34	2:53.26	6:10.91	13:02.29	24:36.38	39.15	1:24.75	3:08.45
29	1.71	35.64	1:18.80	2:54.28	6:13.09	13:06.89	24:45.07	39.38	1:25.24	3:09.55
28	1.72	35.84	1:19.26	2:55.30	6:15.27	13:11.49	24:53.75	39.61	1:25.74	3:10.66
27	1.73	36.05	1:19.72	2:56.32	6:17.45	13:16.09	25:02.44	39.84	1:26.24	3:11.77
26	1.74	36.26	1:20.18	2:57.34	6:19.63	13:20.70	25:11.12	40.07	1:26.74	3:12.88
25	1.75	36.47	1:20.64	2:58.36	6:21.82	13:25.30	25:19.81	40.30	1:27.24	3:13.99
24	1.76	36.68	1:21.10	2:59.38	6:24.00	13:29.90	25:28.49	40.53	1:27.74	3:15.10
23	1.77	36.89	1:21.56	3:00.40	6:26.18	13:34.50	25:37.17	40.76	1:28.23	3:16.20
22	1.78	37.10	1:22.02	3:01.42	6:28.36	13:39.10	25:45.86	40.99	1:28.73	3:17.31
21	1.79	37.30	1:22.48	3:02.44	6:30.54	13:43.70	25:54.54	41.22	1:29.23	3:18.42
20	1.80	37.51	1:22.94	3:03.46	6:32.72	13:48.31	26:03.23	41.45	1:29.73	3:19.53
19	1.81	37.72	1:23.40	3:04.48	6:34.91	13:52.91	26:11.91	41.68	1:30.23	3:20.64
18	1.82	37.93	1:23.87	3:05.49	6:37.09	13:57.51	26:20.60	41.91	1:30.73	3:21.75
17	1.83	38.14	1:24.33	3:06.51	6:39.27	14:02.11	26:29.28	42.14	1:31.23	3:22.86
16	1.84	38.35	1:24.79	3:07.53	6:41.45	14:06.71	26:37.97	42.38	1:31.72	3:23.96
15	1.85	38.55	1:25.25	3:08.55	6:43.63	14:11.31	26:46.65	42.61	1:32.22	3:25.07
14	1.86	38.76	1:25.71	3:09.57	6:45.81	14:15.92	26:55.34	42.84	1:32.72	3:26.18
13	1.87	38.97	1:26.17	3:10.59	6:48.00	14:20.52	27:04.02	43.07	1:33.22	3:27.29
12	1.88	39.18	1:26.63	3:11.61	6:50.18	14:25.12	27:12.70	43.30	1:33.72	3:28.40
11	1.89	39.39	1:27.09	3:12.63	6:52.36	14:29.72	27:21.39	43.53	1:34.22	3:29.51
10	1.90	39.60	1:27.55	3:13.65	6:54.54	14:34.32	27:30.07	43.76	1:34.72	3:30.62
9	1.91	39.80	1:28.01	3:14.67	6:56.72	14:38.92	27:38.76	43.99	1:35.21	3:31.72
8	1.92	40.01	1:28.47	3:15.69	6:58.91	14:43.53	27:47.44	44.22	1:35.71	3:32.83
7	1.93	40.22	1:28.93	3:16.71	7:01.09	14:48.13	27:56.13	44.45	1:36.21	3:33.94
6	1.94	40.43	1:29.40	3:17.72	7:03.27	14:52.73	28:04.81	44.68	1:36.71	3:35.05
5	1.95	40.64	1:29.86	3:18.74	7:05.45	14:57.33	28:13.50	44.91	1:37.21	3:36.16
4	1.96	40.85	1:30.32	3:19.76	7:07.63	15:01.93	28:22.18	45.14	1:37.71	3:37.27
3	1.97	41.05	1:30.78	3:20.78	7:09.81	15:06.53	28:30.87	45.37	1:38.20	3:38.37
2	1.98	41.26	1:31.24	3:21.80	7:12.00	15:11.14	28:39.55	45.60	1:38.70	3:39.48
1	1.99	41.47	1:31.70	3:22.82	7:14.18	15:15.74	28:48.24	45.83	1:39.20	3:40.59

Hong Kong Swimming Point Score

Short Course 2021-2022

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	26.05	56.42	2:03.75	22.28	49.59	1:51.22	50.82	1:51.64	4:02.85
99	1.01	26.31	56.98	2:04.99	22.50	50.09	1:52.33	51.33	1:52.76	4:05.28
98	1.02	26.57	57.55	2:06.23	22.73	50.58	1:53.44	51.84	1:53.87	4:07.71
97	1.03	26.83	58.11	2:07.46	22.95	51.08	1:54.56	52.34	1:54.99	4:10.14
96	1.04	27.09	58.68	2:08.70	23.17	51.57	1:55.67	52.85	1:56.11	4:12.56
95	1.05	27.35	59.24	2:09.94	23.39	52.07	1:56.78	53.36	1:57.22	4:14.99
94	1.06	27.61	59.81	2:11.18	23.62	52.57	1:57.89	53.87	1:58.34	4:17.42
93	1.07	27.87	1:00.37	2:12.41	23.84	53.06	1:59.01	54.38	1:59.45	4:19.85
92	1.08	28.13	1:00.93	2:13.65	24.06	53.56	2:00.12	54.89	2:00.57	4:22.28
91	1.09	28.39	1:01.50	2:14.89	24.29	54.05	2:01.23	55.39	2:01.69	4:24.71
90	1.10	28.66	1:02.06	2:16.12	24.51	54.55	2:02.34	55.90	2:02.80	4:27.14
89	1.11	28.92	1:02.63	2:17.36	24.73	55.04	2:03.45	56.41	2:03.92	4:29.56
88	1.12	29.18	1:03.19	2:18.60	24.95	55.54	2:04.57	56.92	2:05.04	4:31.99
87	1.13	29.44	1:03.75	2:19.84	25.18	56.04	2:05.68	57.43	2:06.15	4:34.42
86	1.14	29.70	1:04.32	2:21.08	25.40	56.53	2:06.79	57.93	2:07.27	4:36.85
85	1.15	29.96	1:04.88	2:22.31	25.62	57.03	2:07.90	58.44	2:08.39	4:39.28
84	1.16	30.22	1:05.45	2:23.55	25.84	57.52	2:09.02	58.95	2:09.50	4:41.71
83	1.17	30.48	1:06.01	2:24.79	26.07	58.02	2:10.13	59.46	2:10.62	4:44.13
82	1.18	30.74	1:06.58	2:26.03	26.29	58.52	2:11.24	59.97	2:11.74	4:46.56
81	1.19	31.00	1:07.14	2:27.26	26.51	59.01	2:12.35	1:00.48	2:12.85	4:48.99
80	1.20	31.26	1:07.70	2:28.50	26.74	59.51	2:13.46	1:00.98	2:13.97	4:51.42
79	1.21	31.52	1:08.27	2:29.74	26.96	1:00.00	2:14.58	1:01.49	2:15.08	4:53.85
78	1.22	31.78	1:08.83	2:30.98	27.18	1:00.50	2:15.69	1:02.00	2:16.20	4:56.28
77	1.23	32.04	1:09.40	2:32.21	27.40	1:01.00	2:16.80	1:02.51	2:17.32	4:58.71
76	1.24	32.30	1:09.96	2:33.45	27.63	1:01.49	2:17.91	1:03.02	2:18.43	5:01.13
75	1.25	32.56	1:10.53	2:34.69	27.85	1:01.99	2:19.03	1:03.53	2:19.55	5:03.56
74	1.26	32.82	1:11.09	2:35.93	28.07	1:02.48	2:20.14	1:04.03	2:20.67	5:05.99
73	1.27	33.08	1:11.65	2:37.16	28.30	1:02.98	2:21.25	1:04.54	2:21.78	5:08.42
72	1.28	33.34	1:12.22	2:38.40	28.52	1:03.48	2:22.36	1:05.05	2:22.90	5:10.85
71	1.29	33.60	1:12.78	2:39.64	28.74	1:03.97	2:23.47	1:05.56	2:24.02	5:13.28
70	1.30	33.87	1:13.35	2:40.88	28.96	1:04.47	2:24.59	1:06.07	2:25.13	5:15.71
69	1.31	34.13	1:13.91	2:42.11	29.19	1:04.96	2:25.70	1:06.57	2:26.25	5:18.13
68	1.32	34.39	1:14.47	2:43.35	29.41	1:05.46	2:26.81	1:07.08	2:27.36	5:20.56
67	1.33	34.65	1:15.04	2:44.59	29.63	1:05.95	2:27.92	1:07.59	2:28.48	5:22.99
66	1.34	34.91	1:15.60	2:45.83	29.86	1:06.45	2:29.03	1:08.10	2:29.60	5:25.42
65	1.35	35.17	1:16.17	2:47.06	30.08	1:06.95	2:30.15	1:08.61	2:30.71	5:27.85
64	1.36	35.43	1:16.73	2:48.30	30.30	1:07.44	2:31.26	1:09.12	2:31.83	5:30.28
63	1.37	35.69	1:17.30	2:49.54	30.52	1:07.94	2:32.37	1:09.62	2:32.95	5:32.70
62	1.38	35.95	1:17.86	2:50.78	30.75	1:08.43	2:33.48	1:10.13	2:34.06	5:35.13
61	1.39	36.21	1:18.42	2:52.01	30.97	1:08.93	2:34.60	1:10.64	2:35.18	5:37.56
60	1.40	36.47	1:18.99	2:53.25	31.19	1:09.43	2:35.71	1:11.15	2:36.30	5:39.99
59	1.41	36.73	1:19.55	2:54.49	31.41	1:09.92	2:36.82	1:11.66	2:37.41	5:42.42
58	1.42	36.99	1:20.12	2:55.73	31.64	1:10.42	2:37.93	1:12.16	2:38.53	5:44.85
57	1.43	37.25	1:20.68	2:56.96	31.86	1:10.91	2:39.04	1:12.67	2:39.65	5:47.28
56	1.44	37.51	1:21.24	2:58.20	32.08	1:11.41	2:40.16	1:13.18	2:40.76	5:49.70
55	1.45	37.77	1:21.81	2:59.44	32.31	1:11.91	2:41.27	1:13.69	2:41.88	5:52.13
54	1.46	38.03	1:22.37	3:00.68	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	38.29	1:22.94	3:01.91	32.75	1:12.90	2:43.49	1:14.71	2:44.11	5:56.99
52	1.48	38.55	1:23.50	3:03.15	32.97	1:13.39	2:44.61	1:15.21	2:45.23	5:59.42
51	1.49	38.81	1:24.07	3:04.39	33.20	1:13.89	2:45.72	1:15.72	2:46.34	6:01.85
50	1.50	39.08	1:24.63	3:05.63	33.42	1:14.39	2:46.83	1:16.23	2:47.46	6:04.28
49	1.51	39.34	1:25.19	3:06.86	33.64	1:14.88	2:47.94	1:16.74	2:48.58	6:06.70
48	1.52	39.60	1:25.76	3:08.10	33.87	1:15.38	2:49.05	1:17.25	2:49.69	6:09.13
47	1.53	39.86	1:26.32	3:09.34	34.09	1:15.87	2:50.17	1:17.75	2:50.81	6:11.56
46	1.54	40.12	1:26.89	3:10.58	34.31	1:16.37	2:51.28	1:18.26	2:51.93	6:13.99
45	1.55	40.38	1:27.45	3:11.81	34.53	1:16.86	2:52.39	1:18.77	2:53.04	6:16.42
44	1.56	40.64	1:28.02	3:13.05	34.76	1:17.36	2:53.50	1:19.28	2:54.16	6:18.85
43	1.57	40.90	1:28.58	3:14.29	34.98	1:17.86	2:54.62	1:19.79	2:55.27	6:21.27
42	1.58	41.16	1:29.14	3:15.53	35.20	1:18.35	2:55.73	1:20.30	2:56.39	6:23.70
41	1.59	41.42	1:29.71	3:16.76	35.43	1:18.85	2:56.84	1:20.80	2:57.51	6:26.13
40	1.60	41.68	1:30.27	3:18.00	35.65	1:19.34	2:57.95	1:21.31	2:58.62	6:28.56
39	1.61	41.94	1:30.84	3:19.24	35.87	1:19.84	2:59.06	1:21.82	2:59.74	6:30.99
38	1.62	42.20	1:31.40	3:20.48	36.09	1:20.34	3:00.18	1:22.33	3:00.86	6:33.42
37	1.63	42.46	1:31.96	3:21.71	36.32	1:20.83	3:01.29	1:22.84	3:01.97	6:35.85
36	1.64	42.72	1:32.53	3:22.95	36.54	1:21.33	3:02.40	1:23.34	3:03.09	6:38.27
35	1.65	42.98	1:33.09	3:24.19	36.76	1:21.82	3:03.51	1:23.85	3:04.21	6:40.70
34	1.66	43.24	1:33.66	3:25.43	36.98	1:22.32	3:04.63	1:24.36	3:05.32	6:43.13
33	1.67	43.50	1:34.22	3:26.66	37.21	1:22.82	3:05.74	1:24.87	3:06.44	6:45.56
32	1.68	43.76	1:34.79	3:27.90	37.43	1:23.31	3:06.85	1:25.38	3:07.56	6:47.99
31	1.69	44.02	1:35.35	3:29.14	37.65	1:23.81	3:07.96	1:25.89	3:08.67	6:50.42
30	1.70	44.29	1:35.91	3:30.38	37.88	1:24.30	3:09.07	1:26.39	3:09.79	6:52.85
29	1.71	44.55	1:36.48	3:31.61	38.10	1:24.80	3:10.19	1:26.90	3:10.90	6:55.27
28	1.72	44.81	1:37.04	3:32.85	38.32	1:25.29	3:11.30	1:27.41	3:12.02	6:57.70
27	1.73	45.07	1:37.61	3:34.09	38.54	1:25.79	3:12.41	1:27.92	3:13.14	7:00.13
26	1.74	45.33	1:38.17	3:35.33	38.77	1:26.29	3:13.52	1:28.43	3:14.25	7:02.56
25	1.75	45.59	1:38.74	3:36.56	38.99	1:26.78	3:14.64	1:28.94	3:15.37	7:04.99
24	1.76	45.85	1:39.30	3:37.80	39.21	1:27.28	3:15.75	1:29.44	3:16.49	7:07.42
23	1.77	46.11	1:39.86	3:39.04	39.44	1:27.77	3:16.86	1:29.95	3:17.60	7:09.84
22	1.78	46.37	1:40.43	3:40.28	39.66	1:28.27	3:17.97	1:30.46	3:18.72	7:12.27
21	1.79	46.63	1:40.99	3:41.51	39.88	1:28.77	3:19.08	1:30.97	3:19.84	7:14.70
20	1.80	46.89	1:41.56	3:42.75	40.10	1:29.26	3:20.20	1:31.48	3:20.95	7:17.13
19	1.81	47.15	1:42.12	3:43.99	40.33	1:29.76	3:21.31	1:31.98	3:22.07	7:19.56
18	1.82	47.41	1:42.68	3:45.23	40.55	1:30.25	3:22.42	1:32.49	3:23.18	7:21.99
17	1.83	47.67	1:43.25	3:46.46	40.77	1:30.75	3:23.53	1:33.00	3:24.30	7:24.42
16	1.84	47.93	1:43.81	3:47.70	41.00	1:31.25	3:24.64	1:33.51	3:25.42	7:26.84
15	1.85	48.19	1:44.38	3:48.94	41.22	1:31.74	3:25.76	1:34.02	3:26.53	7:29.27
14	1.86	48.45	1:44.94	3:50.18	41.44	1:32.24	3:26.87	1:34.53	3:27.65	7:31.70
13	1.87	48.71	1:45.51	3:51.41	41.66	1:32.73	3:27.98	1:35.03	3:28.77	7:34.13
12	1.88	48.97	1:46.07	3:52.65	41.89	1:33.23	3:29.09	1:35.54	3:29.88	7:36.56
11	1.89	49.23	1:46.63	3:53.89	42.11	1:33.73	3:30.21	1:36.05	3:31.00	7:38.99
10	1.90	49.50	1:47.20	3:55.13	42.33	1:34.22	3:31.32	1:36.56	3:32.12	7:41.42
9	1.91	49.76	1:47.76	3:56.36	42.55	1:34.72	3:32.43	1:37.07	3:33.23	7:43.84
8	1.92	50.02	1:48.33	3:57.60	42.78	1:35.21	3:33.54	1:37.57	3:34.35	7:46.27
7	1.93	50.28	1:48.89	3:58.84	43.00	1:35.71	3:34.65	1:38.08	3:35.47	7:48.70
6	1.94	50.54	1:49.45	4:00.08	43.22	1:36.20	3:35.77	1:38.59	3:36.58	7:51.13
5	1.95	50.80	1:50.02	4:01.31	43.45	1:36.70	3:36.88	1:39.10	3:37.70	7:53.56
4	1.96	51.06	1:50.58	4:02.55	43.67	1:37.20	3:37.99	1:39.61	3:38.81	7:55.99
3	1.97	51.32	1:51.15	4:03.79	43.89	1:37.69	3:39.10	1:40.12	3:39.93	7:58.41
2	1.98	51.58	1:51.71	4:05.03	44.11	1:38.19	3:40.22	1:40.62	3:41.05	8:00.84
1	1.99	51.84	1:52.28	4:06.26	44.34	1:38.68	3:41.33	1:41.13	3:42.16	8:03.27

Hong Kong Swimming Point Score

Short Course 2021-2022

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.66	50.71	1:50.88	3:55.55	8:08.08	15:52.91	26.12	56.13	2:02.02
99	1.01	23.90	51.22	1:51.99	3:57.91	8:12.96	16:02.44	26.38	56.69	2:03.24
98	1.02	24.13	51.72	1:53.10	4:00.26	8:17.84	16:11.97	26.64	57.25	2:04.46
97	1.03	24.37	52.23	1:54.21	4:02.62	8:22.72	16:21.50	26.90	57.81	2:05.68
96	1.04	24.61	52.74	1:55.32	4:04.97	8:27.60	16:31.03	27.16	58.38	2:06.90
95	1.05	24.84	53.25	1:56.42	4:07.33	8:32.48	16:40.56	27.43	58.94	2:08.12
94	1.06	25.08	53.75	1:57.53	4:09.68	8:37.36	16:50.08	27.69	59.50	2:09.34
93	1.07	25.32	54.26	1:58.64	4:12.04	8:42.25	16:59.61	27.95	1:00.06	2:10.56
92	1.08	25.55	54.77	1:59.75	4:14.39	8:47.13	17:09.14	28.21	1:00.62	2:11.78
91	1.09	25.79	55.27	2:00.86	4:16.75	8:52.01	17:18.67	28.47	1:01.18	2:13.00
90	1.10	26.03	55.78	2:01.97	4:19.11	8:56.89	17:28.20	28.73	1:01.74	2:14.22
89	1.11	26.26	56.29	2:03.08	4:21.46	9:01.77	17:37.73	28.99	1:02.30	2:15.44
88	1.12	26.50	56.80	2:04.19	4:23.82	9:06.65	17:47.26	29.25	1:02.87	2:16.66
87	1.13	26.74	57.30	2:05.29	4:26.17	9:11.53	17:56.79	29.52	1:03.43	2:17.88
86	1.14	26.97	57.81	2:06.40	4:28.53	9:16.41	18:06.32	29.78	1:03.99	2:19.10
85	1.15	27.21	58.32	2:07.51	4:30.88	9:21.29	18:15.85	30.04	1:04.55	2:20.32
84	1.16	27.45	58.82	2:08.62	4:33.24	9:26.17	18:25.38	30.30	1:05.11	2:21.54
83	1.17	27.68	59.33	2:09.73	4:35.59	9:31.05	18:34.90	30.56	1:05.67	2:22.76
82	1.18	27.92	59.84	2:10.84	4:37.95	9:35.93	18:44.43	30.82	1:06.23	2:23.98
81	1.19	28.16	1:00.34	2:11.95	4:40.30	9:40.82	18:53.96	31.08	1:06.79	2:25.20
80	1.20	28.39	1:00.85	2:13.06	4:42.66	9:45.70	19:03.49	31.34	1:07.36	2:26.42
79	1.21	28.63	1:01.36	2:14.16	4:45.02	9:50.58	19:13.02	31.61	1:07.92	2:27.64
78	1.22	28.87	1:01.87	2:15.27	4:47.37	9:55.46	19:22.55	31.87	1:08.48	2:28.86
77	1.23	29.10	1:02.37	2:16.38	4:49.73	10:00.34	19:32.08	32.13	1:09.04	2:30.08
76	1.24	29.34	1:02.88	2:17.49	4:52.08	10:05.22	19:41.61	32.39	1:09.60	2:31.30
75	1.25	29.58	1:03.39	2:18.60	4:54.44	10:10.10	19:51.14	32.65	1:10.16	2:32.53
74	1.26	29.81	1:03.89	2:19.71	4:56.79	10:14.98	20:00.67	32.91	1:10.72	2:33.75
73	1.27	30.05	1:04.40	2:20.82	4:59.15	10:19.86	20:10.20	33.17	1:11.29	2:34.97
72	1.28	30.28	1:04.91	2:21.93	5:01.50	10:24.74	20:19.72	33.43	1:11.85	2:36.19
71	1.29	30.52	1:05.42	2:23.04	5:03.86	10:29.62	20:29.25	33.69	1:12.41	2:37.41
70	1.30	30.76	1:05.92	2:24.14	5:06.22	10:34.50	20:38.78	33.96	1:12.97	2:38.63
69	1.31	30.99	1:06.43	2:25.25	5:08.57	10:39.38	20:48.31	34.22	1:13.53	2:39.85
68	1.32	31.23	1:06.94	2:26.36	5:10.93	10:44.27	20:57.84	34.48	1:14.09	2:41.07
67	1.33	31.47	1:07.44	2:27.47	5:13.28	10:49.15	21:07.37	34.74	1:14.65	2:42.29
66	1.34	31.70	1:07.95	2:28.58	5:15.64	10:54.03	21:16.90	35.00	1:15.21	2:43.51
65	1.35	31.94	1:08.46	2:29.69	5:17.99	10:58.91	21:26.43	35.26	1:15.78	2:44.73
64	1.36	32.18	1:08.97	2:30.80	5:20.35	11:03.79	21:35.96	35.52	1:16.34	2:45.95
63	1.37	32.41	1:09.47	2:31.91	5:22.70	11:08.67	21:45.49	35.78	1:16.90	2:47.17
62	1.38	32.65	1:09.98	2:33.01	5:25.06	11:13.55	21:55.02	36.05	1:17.46	2:48.39
61	1.39	32.89	1:10.49	2:34.12	5:27.41	11:18.43	22:04.54	36.31	1:18.02	2:49.61
60	1.40	33.12	1:10.99	2:35.23	5:29.77	11:23.31	22:14.07	36.57	1:18.58	2:50.83
59	1.41	33.36	1:11.50	2:36.34	5:32.13	11:28.19	22:23.60	36.83	1:19.14	2:52.05
58	1.42	33.60	1:12.01	2:37.45	5:34.48	11:33.07	22:33.13	37.09	1:19.70	2:53.27
57	1.43	33.83	1:12.52	2:38.56	5:36.84	11:37.95	22:42.66	37.35	1:20.27	2:54.49
56	1.44	34.07	1:13.02	2:39.67	5:39.19	11:42.84	22:52.19	37.61	1:20.83	2:55.71
55	1.45	34.31	1:13.53	2:40.78	5:41.55	11:47.72	23:01.72	37.87	1:21.39	2:56.93
54	1.46	34.54	1:14.04	2:41.88	5:43.90	11:52.60	23:11.25	38.14	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	34.78	1:14.54	2:42.99	5:46.26	11:57.48	23:20.78	38.40	1:22.51	2:59.37
52	1.48	35.02	1:15.05	2:44.10	5:48.61	12:02.36	23:30.31	38.66	1:23.07	3:00.59
51	1.49	35.25	1:15.56	2:45.21	5:50.97	12:07.24	23:39.84	38.92	1:23.63	3:01.81
50	1.50	35.49	1:16.07	2:46.32	5:53.33	12:12.12	23:49.37	39.18	1:24.20	3:03.03
49	1.51	35.73	1:16.57	2:47.43	5:55.68	12:17.00	23:58.89	39.44	1:24.76	3:04.25
48	1.52	35.96	1:17.08	2:48.54	5:58.04	12:21.88	24:08.42	39.70	1:25.32	3:05.47
47	1.53	36.20	1:17.59	2:49.65	6:00.39	12:26.76	24:17.95	39.96	1:25.88	3:06.69
46	1.54	36.44	1:18.09	2:50.76	6:02.75	12:31.64	24:27.48	40.22	1:26.44	3:07.91
45	1.55	36.67	1:18.60	2:51.86	6:05.10	12:36.52	24:37.01	40.49	1:27.00	3:09.13
44	1.56	36.91	1:19.11	2:52.97	6:07.46	12:41.40	24:46.54	40.75	1:27.56	3:10.35
43	1.57	37.15	1:19.61	2:54.08	6:09.81	12:46.29	24:56.07	41.01	1:28.12	3:11.57
42	1.58	37.38	1:20.12	2:55.19	6:12.17	12:51.17	25:05.60	41.27	1:28.69	3:12.79
41	1.59	37.62	1:20.63	2:56.30	6:14.52	12:56.05	25:15.13	41.53	1:29.25	3:14.01
40	1.60	37.86	1:21.14	2:57.41	6:16.88	13:00.93	25:24.66	41.79	1:29.81	3:15.23
39	1.61	38.09	1:21.64	2:58.52	6:19.24	13:05.81	25:34.19	42.05	1:30.37	3:16.45
38	1.62	38.33	1:22.15	2:59.63	6:21.59	13:10.69	25:43.71	42.31	1:30.93	3:17.67
37	1.63	38.57	1:22.66	3:00.73	6:23.95	13:15.57	25:53.24	42.58	1:31.49	3:18.89
36	1.64	38.80	1:23.16	3:01.84	6:26.30	13:20.45	26:02.77	42.84	1:32.05	3:20.11
35	1.65	39.04	1:23.67	3:02.95	6:28.66	13:25.33	26:12.30	43.10	1:32.61	3:21.33
34	1.66	39.28	1:24.18	3:04.06	6:31.01	13:30.21	26:21.83	43.36	1:33.18	3:22.55
33	1.67	39.51	1:24.69	3:05.17	6:33.37	13:35.09	26:31.36	43.62	1:33.74	3:23.77
32	1.68	39.75	1:25.19	3:06.28	6:35.72	13:39.97	26:40.89	43.88	1:34.30	3:24.99
31	1.69	39.99	1:25.70	3:07.39	6:38.08	13:44.86	26:50.42	44.14	1:34.86	3:26.21
30	1.70	40.22	1:26.21	3:08.50	6:40.44	13:49.74	26:59.95	44.40	1:35.42	3:27.43
29	1.71	40.46	1:26.71	3:09.60	6:42.79	13:54.62	27:09.48	44.67	1:35.98	3:28.65
28	1.72	40.70	1:27.22	3:10.71	6:45.15	13:59.50	27:19.01	44.93	1:36.54	3:29.87
27	1.73	40.93	1:27.73	3:11.82	6:47.50	14:04.38	27:28.53	45.19	1:37.10	3:31.09
26	1.74	41.17	1:28.24	3:12.93	6:49.86	14:09.26	27:38.06	45.45	1:37.67	3:32.31
25	1.75	41.41	1:28.74	3:14.04	6:52.21	14:14.14	27:47.59	45.71	1:38.23	3:33.54
24	1.76	41.64	1:29.25	3:15.15	6:54.57	14:19.02	27:57.12	45.97	1:38.79	3:34.76
23	1.77	41.88	1:29.76	3:16.26	6:56.92	14:23.90	28:06.65	46.23	1:39.35	3:35.98
22	1.78	42.11	1:30.26	3:17.37	6:59.28	14:28.78	28:16.18	46.49	1:39.91	3:37.20
21	1.79	42.35	1:30.77	3:18.48	7:01.63	14:33.66	28:25.71	46.75	1:40.47	3:38.42
20	1.80	42.59	1:31.28	3:19.58	7:03.99	14:38.54	28:35.24	47.02	1:41.03	3:39.64
19	1.81	42.82	1:31.79	3:20.69	7:06.35	14:43.42	28:44.77	47.28	1:41.60	3:40.86
18	1.82	43.06	1:32.29	3:21.80	7:08.70	14:48.31	28:54.30	47.54	1:42.16	3:42.08
17	1.83	43.30	1:32.80	3:22.91	7:11.06	14:53.19	29:03.83	47.80	1:42.72	3:43.30
16	1.84	43.53	1:33.31	3:24.02	7:13.41	14:58.07	29:13.35	48.06	1:43.28	3:44.52
15	1.85	43.77	1:33.81	3:25.13	7:15.77	15:02.95	29:22.88	48.32	1:43.84	3:45.74
14	1.86	44.01	1:34.32	3:26.24	7:18.12	15:07.83	29:32.41	48.58	1:44.40	3:46.96
13	1.87	44.24	1:34.83	3:27.35	7:20.48	15:12.71	29:41.94	48.84	1:44.96	3:48.18
12	1.88	44.48	1:35.33	3:28.45	7:22.83	15:17.59	29:51.47	49.11	1:45.52	3:49.40
11	1.89	44.72	1:35.84	3:29.56	7:25.19	15:22.47	30:01.00	49.37	1:46.09	3:50.62
10	1.90	44.95	1:36.35	3:30.67	7:27.55	15:27.35	30:10.53	49.63	1:46.65	3:51.84
9	1.91	45.19	1:36.86	3:31.78	7:29.90	15:32.23	30:20.06	49.89	1:47.21	3:53.06
8	1.92	45.43	1:37.36	3:32.89	7:32.26	15:37.11	30:29.59	50.15	1:47.77	3:54.28
7	1.93	45.66	1:37.87	3:34.00	7:34.61	15:41.99	30:39.12	50.41	1:48.33	3:55.50
6	1.94	45.90	1:38.38	3:35.11	7:36.97	15:46.88	30:48.65	50.67	1:48.89	3:56.72
5	1.95	46.14	1:38.88	3:36.22	7:39.32	15:51.76	30:58.17	50.93	1:49.45	3:57.94
4	1.96	46.37	1:39.39	3:37.32	7:41.68	15:56.64	31:07.70	51.20	1:50.01	3:59.16
3	1.97	46.61	1:39.90	3:38.43	7:44.03	16:01.52	31:17.23	51.46	1:50.58	4:00.38
2	1.98	46.85	1:40.41	3:39.54	7:46.39	16:06.40	31:26.76	51.72	1:51.14	4:01.60
1	1.99	47.08	1:40.91	3:40.65	7:48.74	16:11.28	31:36.29	51.98	1:51.70	4:02.82

Hong Kong Swimming Point Score

Short Course 2021-2022

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.34	1:04.11	2:17.93	25.06	55.95	2:03.04	58.45	2:05.61	4:27.22
99	1.01	29.63	1:04.75	2:19.31	25.31	56.51	2:04.27	59.03	2:06.87	4:29.89
98	1.02	29.93	1:05.39	2:20.69	25.56	57.07	2:05.50	59.62	2:08.12	4:32.56
97	1.03	30.22	1:06.03	2:22.07	25.81	57.63	2:06.73	1:00.20	2:09.38	4:35.24
96	1.04	30.51	1:06.67	2:23.45	26.06	58.19	2:07.96	1:00.79	2:10.63	4:37.91
95	1.05	30.81	1:07.32	2:24.83	26.31	58.75	2:09.19	1:01.37	2:11.89	4:40.58
94	1.06	31.10	1:07.96	2:26.21	26.56	59.31	2:10.42	1:01.96	2:13.15	4:43.25
93	1.07	31.39	1:08.60	2:27.59	26.81	59.87	2:11.65	1:02.54	2:14.40	4:45.93
92	1.08	31.69	1:09.24	2:28.96	27.06	1:00.43	2:12.88	1:03.13	2:15.66	4:48.60
91	1.09	31.98	1:09.88	2:30.34	27.32	1:00.99	2:14.11	1:03.71	2:16.91	4:51.27
90	1.10	32.27	1:10.52	2:31.72	27.57	1:01.55	2:15.34	1:04.30	2:18.17	4:53.94
89	1.11	32.57	1:11.16	2:33.10	27.82	1:02.10	2:16.57	1:04.88	2:19.43	4:56.61
88	1.12	32.86	1:11.80	2:34.48	28.07	1:02.66	2:17.80	1:05.46	2:20.68	4:59.29
87	1.13	33.15	1:12.44	2:35.86	28.32	1:03.22	2:19.04	1:06.05	2:21.94	5:01.96
86	1.14	33.45	1:13.09	2:37.24	28.57	1:03.78	2:20.27	1:06.63	2:23.20	5:04.63
85	1.15	33.74	1:13.73	2:38.62	28.82	1:04.34	2:21.50	1:07.22	2:24.45	5:07.30
84	1.16	34.03	1:14.37	2:40.00	29.07	1:04.90	2:22.73	1:07.80	2:25.71	5:09.98
83	1.17	34.33	1:15.01	2:41.38	29.32	1:05.46	2:23.96	1:08.39	2:26.96	5:12.65
82	1.18	34.62	1:15.65	2:42.76	29.57	1:06.02	2:25.19	1:08.97	2:28.22	5:15.32
81	1.19	34.91	1:16.29	2:44.14	29.82	1:06.58	2:26.42	1:09.56	2:29.48	5:17.99
80	1.20	35.21	1:16.93	2:45.52	30.07	1:07.14	2:27.65	1:10.14	2:30.73	5:20.66
79	1.21	35.50	1:17.57	2:46.90	30.32	1:07.70	2:28.88	1:10.72	2:31.99	5:23.34
78	1.22	35.79	1:18.21	2:48.27	30.57	1:08.26	2:30.11	1:11.31	2:33.24	5:26.01
77	1.23	36.09	1:18.86	2:49.65	30.82	1:08.82	2:31.34	1:11.89	2:34.50	5:28.68
76	1.24	36.38	1:19.50	2:51.03	31.07	1:09.38	2:32.57	1:12.48	2:35.76	5:31.35
75	1.25	36.68	1:20.14	2:52.41	31.33	1:09.94	2:33.80	1:13.06	2:37.01	5:34.03
74	1.26	36.97	1:20.78	2:53.79	31.58	1:10.50	2:35.03	1:13.65	2:38.27	5:36.70
73	1.27	37.26	1:21.42	2:55.17	31.83	1:11.06	2:36.26	1:14.23	2:39.52	5:39.37
72	1.28	37.56	1:22.06	2:56.55	32.08	1:11.62	2:37.49	1:14.82	2:40.78	5:42.04
71	1.29	37.85	1:22.70	2:57.93	32.33	1:12.18	2:38.72	1:15.40	2:42.04	5:44.71
70	1.30	38.14	1:23.34	2:59.31	32.58	1:12.74	2:39.95	1:15.99	2:43.29	5:47.39
69	1.31	38.44	1:23.98	3:00.69	32.83	1:13.29	2:41.18	1:16.57	2:44.55	5:50.06
68	1.32	38.73	1:24.63	3:02.07	33.08	1:13.85	2:42.41	1:17.15	2:45.81	5:52.73
67	1.33	39.02	1:25.27	3:03.45	33.33	1:14.41	2:43.64	1:17.74	2:47.06	5:55.40
66	1.34	39.32	1:25.91	3:04.83	33.58	1:14.97	2:44.87	1:18.32	2:48.32	5:58.07
65	1.35	39.61	1:26.55	3:06.21	33.83	1:15.53	2:46.10	1:18.91	2:49.57	6:00.75
64	1.36	39.90	1:27.19	3:07.58	34.08	1:16.09	2:47.33	1:19.49	2:50.83	6:03.42
63	1.37	40.20	1:27.83	3:08.96	34.33	1:16.65	2:48.56	1:20.08	2:52.09	6:06.09
62	1.38	40.49	1:28.47	3:10.34	34.58	1:17.21	2:49.80	1:20.66	2:53.34	6:08.76
61	1.39	40.78	1:29.11	3:11.72	34.83	1:17.77	2:51.03	1:21.25	2:54.60	6:11.44
60	1.40	41.08	1:29.75	3:13.10	35.08	1:18.33	2:52.26	1:21.83	2:55.85	6:14.11
59	1.41	41.37	1:30.40	3:14.48	35.33	1:18.89	2:53.49	1:22.41	2:57.11	6:16.78
58	1.42	41.66	1:31.04	3:15.86	35.59	1:19.45	2:54.72	1:23.00	2:58.37	6:19.45
57	1.43	41.96	1:31.68	3:17.24	35.84	1:20.01	2:55.95	1:23.58	2:59.62	6:22.12
56	1.44	42.25	1:32.32	3:18.62	36.09	1:20.57	2:57.18	1:24.17	3:00.88	6:24.80
55	1.45	42.54	1:32.96	3:20.00	36.34	1:21.13	2:58.41	1:24.75	3:02.13	6:27.47
54	1.46	42.84	1:33.60	3:21.38	36.59	1:21.69	2:59.64	1:25.34	3:03.39	6:30.14

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	43.13	1:34.24	3:22.76	36.84	1:22.25	3:00.87	1:25.92	3:04.65	6:32.81
52	1.48	43.42	1:34.88	3:24.14	37.09	1:22.81	3:02.10	1:26.51	3:05.90	6:35.49
51	1.49	43.72	1:35.52	3:25.52	37.34	1:23.37	3:03.33	1:27.09	3:07.16	6:38.16
50	1.50	44.01	1:36.17	3:26.90	37.59	1:23.93	3:04.56	1:27.68	3:08.42	6:40.83
49	1.51	44.30	1:36.81	3:28.27	37.84	1:24.48	3:05.79	1:28.26	3:09.67	6:43.50
48	1.52	44.60	1:37.45	3:29.65	38.09	1:25.04	3:07.02	1:28.84	3:10.93	6:46.17
47	1.53	44.89	1:38.09	3:31.03	38.34	1:25.60	3:08.25	1:29.43	3:12.18	6:48.85
46	1.54	45.18	1:38.73	3:32.41	38.59	1:26.16	3:09.48	1:30.01	3:13.44	6:51.52
45	1.55	45.48	1:39.37	3:33.79	38.84	1:26.72	3:10.71	1:30.60	3:14.70	6:54.19
44	1.56	45.77	1:40.01	3:35.17	39.09	1:27.28	3:11.94	1:31.18	3:15.95	6:56.86
43	1.57	46.06	1:40.65	3:36.55	39.34	1:27.84	3:13.17	1:31.77	3:17.21	6:59.54
42	1.58	46.36	1:41.29	3:37.93	39.59	1:28.40	3:14.40	1:32.35	3:18.46	7:02.21
41	1.59	46.65	1:41.93	3:39.31	39.85	1:28.96	3:15.63	1:32.94	3:19.72	7:04.88
40	1.60	46.94	1:42.58	3:40.69	40.10	1:29.52	3:16.86	1:33.52	3:20.98	7:07.55
39	1.61	47.24	1:43.22	3:42.07	40.35	1:30.08	3:18.09	1:34.10	3:22.23	7:10.22
38	1.62	47.53	1:43.86	3:43.45	40.60	1:30.64	3:19.32	1:34.69	3:23.49	7:12.90
37	1.63	47.82	1:44.50	3:44.83	40.85	1:31.20	3:20.56	1:35.27	3:24.74	7:15.57
36	1.64	48.12	1:45.14	3:46.21	41.10	1:31.76	3:21.79	1:35.86	3:26.00	7:18.24
35	1.65	48.41	1:45.78	3:47.58	41.35	1:32.32	3:23.02	1:36.44	3:27.26	7:20.91
34	1.66	48.70	1:46.42	3:48.96	41.60	1:32.88	3:24.25	1:37.03	3:28.51	7:23.59
33	1.67	49.00	1:47.06	3:50.34	41.85	1:33.44	3:25.48	1:37.61	3:29.77	7:26.26
32	1.68	49.29	1:47.70	3:51.72	42.10	1:34.00	3:26.71	1:38.20	3:31.02	7:28.93
31	1.69	49.58	1:48.35	3:53.10	42.35	1:34.56	3:27.94	1:38.78	3:32.28	7:31.60
30	1.70	49.88	1:48.99	3:54.48	42.60	1:35.12	3:29.17	1:39.37	3:33.54	7:34.27
29	1.71	50.17	1:49.63	3:55.86	42.85	1:35.67	3:30.40	1:39.95	3:34.79	7:36.95
28	1.72	50.46	1:50.27	3:57.24	43.10	1:36.23	3:31.63	1:40.53	3:36.05	7:39.62
27	1.73	50.76	1:50.91	3:58.62	43.35	1:36.79	3:32.86	1:41.12	3:37.31	7:42.29
26	1.74	51.05	1:51.55	4:00.00	43.60	1:37.35	3:34.09	1:41.70	3:38.56	7:44.96
25	1.75	51.35	1:52.19	4:01.38	43.86	1:37.91	3:35.32	1:42.29	3:39.82	7:47.64
24	1.76	51.64	1:52.83	4:02.76	44.11	1:38.47	3:36.55	1:42.87	3:41.07	7:50.31
23	1.77	51.93	1:53.47	4:04.14	44.36	1:39.03	3:37.78	1:43.46	3:42.33	7:52.98
22	1.78	52.23	1:54.12	4:05.52	44.61	1:39.59	3:39.01	1:44.04	3:43.59	7:55.65
21	1.79	52.52	1:54.76	4:06.89	44.86	1:40.15	3:40.24	1:44.63	3:44.84	7:58.32
20	1.80	52.81	1:55.40	4:08.27	45.11	1:40.71	3:41.47	1:45.21	3:46.10	8:01.00
19	1.81	53.11	1:56.04	4:09.65	45.36	1:41.27	3:42.70	1:45.79	3:47.35	8:03.67
18	1.82	53.40	1:56.68	4:11.03	45.61	1:41.83	3:43.93	1:46.38	3:48.61	8:06.34
17	1.83	53.69	1:57.32	4:12.41	45.86	1:42.39	3:45.16	1:46.96	3:49.87	8:09.01
16	1.84	53.99	1:57.96	4:13.79	46.11	1:42.95	3:46.39	1:47.55	3:51.12	8:11.68
15	1.85	54.28	1:58.60	4:15.17	46.36	1:43.51	3:47.62	1:48.13	3:52.38	8:14.36
14	1.86	54.57	1:59.24	4:16.55	46.61	1:44.07	3:48.85	1:48.72	3:53.63	8:17.03
13	1.87	54.87	1:59.89	4:17.93	46.86	1:44.63	3:50.08	1:49.30	3:54.89	8:19.70
12	1.88	55.16	2:00.53	4:19.31	47.11	1:45.19	3:51.32	1:49.89	3:56.15	8:22.37
11	1.89	55.45	2:01.17	4:20.69	47.36	1:45.75	3:52.55	1:50.47	3:57.40	8:25.05
10	1.90	55.75	2:01.81	4:22.07	47.61	1:46.31	3:53.78	1:51.06	3:58.66	8:27.72
9	1.91	56.04	2:02.45	4:23.45	47.86	1:46.86	3:55.01	1:51.64	3:59.92	8:30.39
8	1.92	56.33	2:03.09	4:24.83	48.12	1:47.42	3:56.24	1:52.22	4:01.17	8:33.06
7	1.93	56.63	2:03.73	4:26.20	48.37	1:47.98	3:57.47	1:52.81	4:02.43	8:35.73
6	1.94	56.92	2:04.37	4:27.58	48.62	1:48.54	3:58.70	1:53.39	4:03.68	8:38.41
5	1.95	57.21	2:05.01	4:28.96	48.87	1:49.10	3:59.93	1:53.98	4:04.94	8:41.08
4	1.96	57.51	2:05.66	4:30.34	49.12	1:49.66	4:01.16	1:54.56	4:06.20	8:43.75
3	1.97	57.80	2:06.30	4:31.72	49.37	1:50.22	4:02.39	1:55.15	4:07.45	8:46.42
2	1.98	58.09	2:06.94	4:33.10	49.62	1:50.78	4:03.62	1:55.73	4:08.71	8:49.10
1	1.99	58.39	2:07.58	4:34.48	49.87	1:51.34	4:04.85	1:56.32	4:09.96	8:51.77