

Hong Kong Swimming Point Score

Short Course 2023-2024

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.70	45.92	1:41.48	3:38.12	7:39.09	14:28.06	22.87	49.50	1:49.28
99	1.01	20.91	46.38	1:42.49	3:40.30	7:43.68	14:36.74	23.10	50.00	1:50.37
98	1.02	21.11	46.84	1:43.51	3:42.48	7:48.27	14:45.42	23.33	50.49	1:51.47
97	1.03	21.32	47.30	1:44.52	3:44.66	7:52.86	14:54.10	23.56	50.99	1:52.56
96	1.04	21.53	47.76	1:45.54	3:46.84	7:57.45	15:02.78	23.78	51.48	1:53.65
95	1.05	21.74	48.22	1:46.55	3:49.03	8:02.04	15:11.46	24.01	51.98	1:54.74
94	1.06	21.94	48.68	1:47.57	3:51.21	8:06.64	15:20.14	24.24	52.47	1:55.84
93	1.07	22.15	49.13	1:48.58	3:53.39	8:11.23	15:28.82	24.47	52.97	1:56.93
92	1.08	22.36	49.59	1:49.60	3:55.57	8:15.82	15:37.50	24.70	53.46	1:58.02
91	1.09	22.56	50.05	1:50.61	3:57.75	8:20.41	15:46.19	24.93	53.96	1:59.12
90	1.10	22.77	50.51	1:51.63	3:59.93	8:25.00	15:54.87	25.16	54.45	2:00.21
89	1.11	22.98	50.97	1:52.64	4:02.11	8:29.59	16:03.55	25.39	54.95	2:01.30
88	1.12	23.18	51.43	1:53.66	4:04.29	8:34.18	16:12.23	25.61	55.44	2:02.39
87	1.13	23.39	51.89	1:54.67	4:06.48	8:38.77	16:20.91	25.84	55.94	2:03.49
86	1.14	23.60	52.35	1:55.69	4:08.66	8:43.36	16:29.59	26.07	56.43	2:04.58
85	1.15	23.81	52.81	1:56.70	4:10.84	8:47.95	16:38.27	26.30	56.93	2:05.67
84	1.16	24.01	53.27	1:57.72	4:13.02	8:52.54	16:46.95	26.53	57.42	2:06.76
83	1.17	24.22	53.73	1:58.73	4:15.20	8:57.14	16:55.63	26.76	57.92	2:07.86
82	1.18	24.43	54.19	1:59.75	4:17.38	9:01.73	17:04.31	26.99	58.41	2:08.95
81	1.19	24.63	54.64	2:00.76	4:19.56	9:06.32	17:12.99	27.22	58.91	2:10.04
80	1.20	24.84	55.10	2:01.78	4:21.74	9:10.91	17:21.67	27.44	59.40	2:11.14
79	1.21	25.05	55.56	2:02.79	4:23.93	9:15.50	17:30.35	27.67	59.90	2:12.23
78	1.22	25.25	56.02	2:03.81	4:26.11	9:20.09	17:39.03	27.90	1:00.39	2:13.32
77	1.23	25.46	56.48	2:04.82	4:28.29	9:24.68	17:47.71	28.13	1:00.89	2:14.41
76	1.24	25.67	56.94	2:05.84	4:30.47	9:29.27	17:56.39	28.36	1:01.38	2:15.51
75	1.25	25.88	57.40	2:06.85	4:32.65	9:33.86	18:05.08	28.59	1:01.88	2:16.60
74	1.26	26.08	57.86	2:07.86	4:34.83	9:38.45	18:13.76	28.82	1:02.37	2:17.69
73	1.27	26.29	58.32	2:08.88	4:37.01	9:43.04	18:22.44	29.04	1:02.87	2:18.79
72	1.28	26.50	58.78	2:09.89	4:39.19	9:47.64	18:31.12	29.27	1:03.36	2:19.88
71	1.29	26.70	59.24	2:10.91	4:41.37	9:52.23	18:39.80	29.50	1:03.86	2:20.97
70	1.30	26.91	59.70	2:11.92	4:43.56	9:56.82	18:48.48	29.73	1:04.35	2:22.06
69	1.31	27.12	1:00.16	2:12.94	4:45.74	10:01.41	18:57.16	29.96	1:04.85	2:23.16
68	1.32	27.32	1:00.61	2:13.95	4:47.92	10:06.00	19:05.84	30.19	1:05.34	2:24.25
67	1.33	27.53	1:01.07	2:14.97	4:50.10	10:10.59	19:14.52	30.42	1:05.84	2:25.34
66	1.34	27.74	1:01.53	2:15.98	4:52.28	10:15.18	19:23.20	30.65	1:06.33	2:26.44
65	1.35	27.95	1:01.99	2:17.00	4:54.46	10:19.77	19:31.88	30.87	1:06.83	2:27.53
64	1.36	28.15	1:02.45	2:18.01	4:56.64	10:24.36	19:40.56	31.10	1:07.32	2:28.62
63	1.37	28.36	1:02.91	2:19.03	4:58.82	10:28.95	19:49.24	31.33	1:07.82	2:29.71
62	1.38	28.57	1:03.37	2:20.04	5:01.01	10:33.54	19:57.92	31.56	1:08.31	2:30.81
61	1.39	28.77	1:03.83	2:21.06	5:03.19	10:38.14	20:06.60	31.79	1:08.81	2:31.90
60	1.40	28.98	1:04.29	2:22.07	5:05.37	10:42.73	20:15.28	32.02	1:09.30	2:32.99
59	1.41	29.19	1:04.75	2:23.09	5:07.55	10:47.32	20:23.96	32.25	1:09.80	2:34.08
58	1.42	29.39	1:05.21	2:24.10	5:09.73	10:51.91	20:32.65	32.48	1:10.29	2:35.18
57	1.43	29.60	1:05.67	2:25.12	5:11.91	10:56.50	20:41.33	32.70	1:10.79	2:36.27
56	1.44	29.81	1:06.12	2:26.13	5:14.09	11:01.09	20:50.01	32.93	1:11.28	2:37.36
55	1.45	30.02	1:06.58	2:27.15	5:16.27	11:05.68	20:58.69	33.16	1:11.78	2:38.46
54	1.46	30.22	1:07.04	2:28.16	5:18.46	11:10.27	21:07.37	33.39	1:12.27	2:39.55

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	30.43	1:07.50	2:29.18	5:20.64	11:14.86	21:16.05	33.62	1:12.77	2:40.64
52	1.48	30.64	1:07.96	2:30.19	5:22.82	11:19.45	21:24.73	33.85	1:13.26	2:41.73
51	1.49	30.84	1:08.42	2:31.21	5:25.00	11:24.04	21:33.41	34.08	1:13.76	2:42.83
50	1.50	31.05	1:08.88	2:32.22	5:27.18	11:28.64	21:42.09	34.31	1:14.25	2:43.92
49	1.51	31.26	1:09.34	2:33.23	5:29.36	11:33.23	21:50.77	34.53	1:14.75	2:45.01
48	1.52	31.46	1:09.80	2:34.25	5:31.54	11:37.82	21:59.45	34.76	1:15.24	2:46.11
47	1.53	31.67	1:10.26	2:35.26	5:33.72	11:42.41	22:08.13	34.99	1:15.74	2:47.20
46	1.54	31.88	1:10.72	2:36.28	5:35.90	11:47.00	22:16.81	35.22	1:16.23	2:48.29
45	1.55	32.09	1:11.18	2:37.29	5:38.09	11:51.59	22:25.49	35.45	1:16.73	2:49.38
44	1.56	32.29	1:11.64	2:38.31	5:40.27	11:56.18	22:34.17	35.68	1:17.22	2:50.48
43	1.57	32.50	1:12.09	2:39.32	5:42.45	12:00.77	22:42.85	35.91	1:17.72	2:51.57
42	1.58	32.71	1:12.55	2:40.34	5:44.63	12:05.36	22:51.53	36.13	1:18.21	2:52.66
41	1.59	32.91	1:13.01	2:41.35	5:46.81	12:09.95	23:00.22	36.36	1:18.71	2:53.76
40	1.60	33.12	1:13.47	2:42.37	5:48.99	12:14.54	23:08.90	36.59	1:19.20	2:54.85
39	1.61	33.33	1:13.93	2:43.38	5:51.17	12:19.13	23:17.58	36.82	1:19.70	2:55.94
38	1.62	33.53	1:14.39	2:44.40	5:53.35	12:23.73	23:26.26	37.05	1:20.19	2:57.03
37	1.63	33.74	1:14.85	2:45.41	5:55.54	12:28.32	23:34.94	37.28	1:20.69	2:58.13
36	1.64	33.95	1:15.31	2:46.43	5:57.72	12:32.91	23:43.62	37.51	1:21.18	2:59.22
35	1.65	34.16	1:15.77	2:47.44	5:59.90	12:37.50	23:52.30	37.74	1:21.68	3:00.31
34	1.66	34.36	1:16.23	2:48.46	6:02.08	12:42.09	24:00.98	37.96	1:22.17	3:01.40
33	1.67	34.57	1:16.69	2:49.47	6:04.26	12:46.68	24:09.66	38.19	1:22.67	3:02.50
32	1.68	34.78	1:17.15	2:50.49	6:06.44	12:51.27	24:18.34	38.42	1:23.16	3:03.59
31	1.69	34.98	1:17.60	2:51.50	6:08.62	12:55.86	24:27.02	38.65	1:23.66	3:04.68
30	1.70	35.19	1:18.06	2:52.52	6:10.80	13:00.45	24:35.70	38.88	1:24.15	3:05.78
29	1.71	35.40	1:18.52	2:53.53	6:12.99	13:05.04	24:44.38	39.11	1:24.65	3:06.87
28	1.72	35.60	1:18.98	2:54.55	6:15.17	13:09.63	24:53.06	39.34	1:25.14	3:07.96
27	1.73	35.81	1:19.44	2:55.56	6:17.35	13:14.23	25:01.74	39.57	1:25.64	3:09.05
26	1.74	36.02	1:19.90	2:56.58	6:19.53	13:18.82	25:10.42	39.79	1:26.13	3:10.15
25	1.75	36.23	1:20.36	2:57.59	6:21.71	13:23.41	25:19.11	40.02	1:26.63	3:11.24
24	1.76	36.43	1:20.82	2:58.60	6:23.89	13:28.00	25:27.79	40.25	1:27.12	3:12.33
23	1.77	36.64	1:21.28	2:59.62	6:26.07	13:32.59	25:36.47	40.48	1:27.62	3:13.43
22	1.78	36.85	1:21.74	3:00.63	6:28.25	13:37.18	25:45.15	40.71	1:28.11	3:14.52
21	1.79	37.05	1:22.20	3:01.65	6:30.43	13:41.77	25:53.83	40.94	1:28.61	3:15.61
20	1.80	37.26	1:22.66	3:02.66	6:32.62	13:46.36	26:02.51	41.17	1:29.10	3:16.70
19	1.81	37.47	1:23.12	3:03.68	6:34.80	13:50.95	26:11.19	41.39	1:29.60	3:17.80
18	1.82	37.67	1:23.57	3:04.69	6:36.98	13:55.54	26:19.87	41.62	1:30.09	3:18.89
17	1.83	37.88	1:24.03	3:05.71	6:39.16	14:00.13	26:28.55	41.85	1:30.59	3:19.98
16	1.84	38.09	1:24.49	3:06.72	6:41.34	14:04.73	26:37.23	42.08	1:31.08	3:21.08
15	1.85	38.30	1:24.95	3:07.74	6:43.52	14:09.32	26:45.91	42.31	1:31.58	3:22.17
14	1.86	38.50	1:25.41	3:08.75	6:45.70	14:13.91	26:54.59	42.54	1:32.07	3:23.26
13	1.87	38.71	1:25.87	3:09.77	6:47.88	14:18.50	27:03.27	42.77	1:32.57	3:24.35
12	1.88	38.92	1:26.33	3:10.78	6:50.07	14:23.09	27:11.95	43.00	1:33.06	3:25.45
11	1.89	39.12	1:26.79	3:11.80	6:52.25	14:27.68	27:20.63	43.22	1:33.56	3:26.54
10	1.90	39.33	1:27.25	3:12.81	6:54.43	14:32.27	27:29.31	43.45	1:34.05	3:27.63
9	1.91	39.54	1:27.71	3:13.83	6:56.61	14:36.86	27:37.99	43.68	1:34.55	3:28.72
8	1.92	39.74	1:28.17	3:14.84	6:58.79	14:41.45	27:46.68	43.91	1:35.04	3:29.82
7	1.93	39.95	1:28.63	3:15.86	7:00.97	14:46.04	27:55.36	44.14	1:35.54	3:30.91
6	1.94	40.16	1:29.08	3:16.87	7:03.15	14:50.63	28:04.04	44.37	1:36.03	3:32.00
5	1.95	40.37	1:29.54	3:17.89	7:05.33	14:55.23	28:12.72	44.60	1:36.53	3:33.10
4	1.96	40.57	1:30.00	3:18.90	7:07.52	14:59.82	28:21.40	44.83	1:37.02	3:34.19
3	1.97	40.78	1:30.46	3:19.92	7:09.70	15:04.41	28:30.08	45.05	1:37.52	3:35.28
2	1.98	40.99	1:30.92	3:20.93	7:11.88	15:09.00	28:38.76	45.28	1:38.01	3:36.37
1	1.99	41.19	1:31.38	3:21.95	7:14.06	15:13.59	28:47.44	45.51	1:38.51	3:37.47

Hong Kong Swimming Point Score

Short Course 2023-2024

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	25.88	56.29	2:02.32	22.22	49.49	1:50.29	50.82	1:51.64	4:02.85
99	1.01	26.14	56.85	2:03.54	22.44	49.98	1:51.39	51.33	1:52.76	4:05.28
98	1.02	26.40	57.42	2:04.77	22.66	50.48	1:52.50	51.84	1:53.87	4:07.71
97	1.03	26.66	57.98	2:05.99	22.89	50.97	1:53.60	52.34	1:54.99	4:10.14
96	1.04	26.92	58.54	2:07.21	23.11	51.47	1:54.70	52.85	1:56.11	4:12.56
95	1.05	27.17	59.10	2:08.44	23.33	51.96	1:55.80	53.36	1:57.22	4:14.99
94	1.06	27.43	59.67	2:09.66	23.55	52.46	1:56.91	53.87	1:58.34	4:17.42
93	1.07	27.69	1:00.23	2:10.88	23.78	52.95	1:58.01	54.38	1:59.45	4:19.85
92	1.08	27.95	1:00.79	2:12.11	24.00	53.45	1:59.11	54.89	2:00.57	4:22.28
91	1.09	28.21	1:01.36	2:13.33	24.22	53.94	2:00.22	55.39	2:01.69	4:24.71
90	1.10	28.47	1:01.92	2:14.55	24.44	54.44	2:01.32	55.90	2:02.80	4:27.14
89	1.11	28.73	1:02.48	2:15.78	24.66	54.93	2:02.42	56.41	2:03.92	4:29.56
88	1.12	28.99	1:03.04	2:17.00	24.89	55.43	2:03.52	56.92	2:05.04	4:31.99
87	1.13	29.24	1:03.61	2:18.22	25.11	55.92	2:04.63	57.43	2:06.15	4:34.42
86	1.14	29.50	1:04.17	2:19.44	25.33	56.42	2:05.73	57.93	2:07.27	4:36.85
85	1.15	29.76	1:04.73	2:20.67	25.55	56.91	2:06.83	58.44	2:08.39	4:39.28
84	1.16	30.02	1:05.30	2:21.89	25.78	57.41	2:07.94	58.95	2:09.50	4:41.71
83	1.17	30.28	1:05.86	2:23.11	26.00	57.90	2:09.04	59.46	2:10.62	4:44.13
82	1.18	30.54	1:06.42	2:24.34	26.22	58.40	2:10.14	59.97	2:11.74	4:46.56
81	1.19	30.80	1:06.99	2:25.56	26.44	58.89	2:11.25	1:00.48	2:12.85	4:48.99
80	1.20	31.06	1:07.55	2:26.78	26.66	59.39	2:12.35	1:00.98	2:13.97	4:51.42
79	1.21	31.31	1:08.11	2:28.01	26.89	59.88	2:13.45	1:01.49	2:15.08	4:53.85
78	1.22	31.57	1:08.67	2:29.23	27.11	1:00.38	2:14.55	1:02.00	2:16.20	4:56.28
77	1.23	31.83	1:09.24	2:30.45	27.33	1:00.87	2:15.66	1:02.51	2:17.32	4:58.71
76	1.24	32.09	1:09.80	2:31.68	27.55	1:01.37	2:16.76	1:03.02	2:18.43	5:01.13
75	1.25	32.35	1:10.36	2:32.90	27.78	1:01.86	2:17.86	1:03.53	2:19.55	5:03.56
74	1.26	32.61	1:10.93	2:34.12	28.00	1:02.36	2:18.97	1:04.03	2:20.67	5:05.99
73	1.27	32.87	1:11.49	2:35.35	28.22	1:02.85	2:20.07	1:04.54	2:21.78	5:08.42
72	1.28	33.13	1:12.05	2:36.57	28.44	1:03.35	2:21.17	1:05.05	2:22.90	5:10.85
71	1.29	33.39	1:12.61	2:37.79	28.66	1:03.84	2:22.27	1:05.56	2:24.02	5:13.28
70	1.30	33.64	1:13.18	2:39.02	28.89	1:04.34	2:23.38	1:06.07	2:25.13	5:15.71
69	1.31	33.90	1:13.74	2:40.24	29.11	1:04.83	2:24.48	1:06.57	2:26.25	5:18.13
68	1.32	34.16	1:14.30	2:41.46	29.33	1:05.33	2:25.58	1:07.08	2:27.36	5:20.56
67	1.33	34.42	1:14.87	2:42.69	29.55	1:05.82	2:26.69	1:07.59	2:28.48	5:22.99
66	1.34	34.68	1:15.43	2:43.91	29.77	1:06.32	2:27.79	1:08.10	2:29.60	5:25.42
65	1.35	34.94	1:15.99	2:45.13	30.00	1:06.81	2:28.89	1:08.61	2:30.71	5:27.85
64	1.36	35.20	1:16.55	2:46.36	30.22	1:07.31	2:29.99	1:09.12	2:31.83	5:30.28
63	1.37	35.46	1:17.12	2:47.58	30.44	1:07.80	2:31.10	1:09.62	2:32.95	5:32.70
62	1.38	35.71	1:17.68	2:48.80	30.66	1:08.30	2:32.20	1:10.13	2:34.06	5:35.13
61	1.39	35.97	1:18.24	2:50.02	30.89	1:08.79	2:33.30	1:10.64	2:35.18	5:37.56
60	1.40	36.23	1:18.81	2:51.25	31.11	1:09.29	2:34.41	1:11.15	2:36.30	5:39.99
59	1.41	36.49	1:19.37	2:52.47	31.33	1:09.78	2:35.51	1:11.66	2:37.41	5:42.42
58	1.42	36.75	1:19.93	2:53.69	31.55	1:10.28	2:36.61	1:12.16	2:38.53	5:44.85
57	1.43	37.01	1:20.49	2:54.92	31.77	1:10.77	2:37.71	1:12.67	2:39.65	5:47.28
56	1.44	37.27	1:21.06	2:56.14	32.00	1:11.27	2:38.82	1:13.18	2:40.76	5:49.70
55	1.45	37.53	1:21.62	2:57.36	32.22	1:11.76	2:39.92	1:13.69	2:41.88	5:52.13
54	1.46	37.78	1:22.18	2:58.59	32.44	1:12.26	2:41.02	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	38.04	1:22.75	2:59.81	32.66	1:12.75	2:42.13	1:14.71	2:44.11	5:56.99
52	1.48	38.30	1:23.31	3:01.03	32.89	1:13.25	2:43.23	1:15.21	2:45.23	5:59.42
51	1.49	38.56	1:23.87	3:02.26	33.11	1:13.74	2:44.33	1:15.72	2:46.34	6:01.85
50	1.50	38.82	1:24.44	3:03.48	33.33	1:14.24	2:45.44	1:16.23	2:47.46	6:04.28
49	1.51	39.08	1:25.00	3:04.70	33.55	1:14.73	2:46.54	1:16.74	2:48.58	6:06.70
48	1.52	39.34	1:25.56	3:05.93	33.77	1:15.22	2:47.64	1:17.25	2:49.69	6:09.13
47	1.53	39.60	1:26.12	3:07.15	34.00	1:15.72	2:48.74	1:17.75	2:50.81	6:11.56
46	1.54	39.86	1:26.69	3:08.37	34.22	1:16.21	2:49.85	1:18.26	2:51.93	6:13.99
45	1.55	40.11	1:27.25	3:09.60	34.44	1:16.71	2:50.95	1:18.77	2:53.04	6:16.42
44	1.56	40.37	1:27.81	3:10.82	34.66	1:17.20	2:52.05	1:19.28	2:54.16	6:18.85
43	1.57	40.63	1:28.38	3:12.04	34.89	1:17.70	2:53.16	1:19.79	2:55.27	6:21.27
42	1.58	40.89	1:28.94	3:13.27	35.11	1:18.19	2:54.26	1:20.30	2:56.39	6:23.70
41	1.59	41.15	1:29.50	3:14.49	35.33	1:18.69	2:55.36	1:20.80	2:57.51	6:26.13
40	1.60	41.41	1:30.06	3:15.71	35.55	1:19.18	2:56.46	1:21.31	2:58.62	6:28.56
39	1.61	41.67	1:30.63	3:16.94	35.77	1:19.68	2:57.57	1:21.82	2:59.74	6:30.99
38	1.62	41.93	1:31.19	3:18.16	36.00	1:20.17	2:58.67	1:22.33	3:00.86	6:33.42
37	1.63	42.18	1:31.75	3:19.38	36.22	1:20.67	2:59.77	1:22.84	3:01.97	6:35.85
36	1.64	42.44	1:32.32	3:20.60	36.44	1:21.16	3:00.88	1:23.34	3:03.09	6:38.27
35	1.65	42.70	1:32.88	3:21.83	36.66	1:21.66	3:01.98	1:23.85	3:04.21	6:40.70
34	1.66	42.96	1:33.44	3:23.05	36.89	1:22.15	3:03.08	1:24.36	3:05.32	6:43.13
33	1.67	43.22	1:34.00	3:24.27	37.11	1:22.65	3:04.18	1:24.87	3:06.44	6:45.56
32	1.68	43.48	1:34.57	3:25.50	37.33	1:23.14	3:05.29	1:25.38	3:07.56	6:47.99
31	1.69	43.74	1:35.13	3:26.72	37.55	1:23.64	3:06.39	1:25.89	3:08.67	6:50.42
30	1.70	44.00	1:35.69	3:27.94	37.77	1:24.13	3:07.49	1:26.39	3:09.79	6:52.85
29	1.71	44.25	1:36.26	3:29.17	38.00	1:24.63	3:08.60	1:26.90	3:10.90	6:55.27
28	1.72	44.51	1:36.82	3:30.39	38.22	1:25.12	3:09.70	1:27.41	3:12.02	6:57.70
27	1.73	44.77	1:37.38	3:31.61	38.44	1:25.62	3:10.80	1:27.92	3:13.14	7:00.13
26	1.74	45.03	1:37.94	3:32.84	38.66	1:26.11	3:11.90	1:28.43	3:14.25	7:02.56
25	1.75	45.29	1:38.51	3:34.06	38.89	1:26.61	3:13.01	1:28.94	3:15.37	7:04.99
24	1.76	45.55	1:39.07	3:35.28	39.11	1:27.10	3:14.11	1:29.44	3:16.49	7:07.42
23	1.77	45.81	1:39.63	3:36.51	39.33	1:27.60	3:15.21	1:29.95	3:17.60	7:09.84
22	1.78	46.07	1:40.20	3:37.73	39.55	1:28.09	3:16.32	1:30.46	3:18.72	7:12.27
21	1.79	46.33	1:40.76	3:38.95	39.77	1:28.59	3:17.42	1:30.97	3:19.84	7:14.70
20	1.80	46.58	1:41.32	3:40.18	40.00	1:29.08	3:18.52	1:31.48	3:20.95	7:17.13
19	1.81	46.84	1:41.88	3:41.40	40.22	1:29.58	3:19.62	1:31.98	3:22.07	7:19.56
18	1.82	47.10	1:42.45	3:42.62	40.44	1:30.07	3:20.73	1:32.49	3:23.18	7:21.99
17	1.83	47.36	1:43.01	3:43.85	40.66	1:30.57	3:21.83	1:33.00	3:24.30	7:24.42
16	1.84	47.62	1:43.57	3:45.07	40.88	1:31.06	3:22.93	1:33.51	3:25.42	7:26.84
15	1.85	47.88	1:44.14	3:46.29	41.11	1:31.56	3:24.04	1:34.02	3:26.53	7:29.27
14	1.86	48.14	1:44.70	3:47.52	41.33	1:32.05	3:25.14	1:34.53	3:27.65	7:31.70
13	1.87	48.40	1:45.26	3:48.74	41.55	1:32.55	3:26.24	1:35.03	3:28.77	7:34.13
12	1.88	48.65	1:45.83	3:49.96	41.77	1:33.04	3:27.35	1:35.54	3:29.88	7:36.56
11	1.89	48.91	1:46.39	3:51.18	42.00	1:33.54	3:28.45	1:36.05	3:31.00	7:38.99
10	1.90	49.17	1:46.95	3:52.41	42.22	1:34.03	3:29.55	1:36.56	3:32.12	7:41.42
9	1.91	49.43	1:47.51	3:53.63	42.44	1:34.53	3:30.65	1:37.07	3:33.23	7:43.84
8	1.92	49.69	1:48.08	3:54.85	42.66	1:35.02	3:31.76	1:37.57	3:34.35	7:46.27
7	1.93	49.95	1:48.64	3:56.08	42.88	1:35.52	3:32.86	1:38.08	3:35.47	7:48.70
6	1.94	50.21	1:49.20	3:57.30	43.11	1:36.01	3:33.96	1:38.59	3:36.58	7:51.13
5	1.95	50.47	1:49.77	3:58.52	43.33	1:36.51	3:35.07	1:39.10	3:37.70	7:53.56
4	1.96	50.72	1:50.33	3:59.75	43.55	1:37.00	3:36.17	1:39.61	3:38.81	7:55.99
3	1.97	50.98	1:50.89	4:00.97	43.77	1:37.50	3:37.27	1:40.12	3:39.93	7:58.41
2	1.98	51.24	1:51.45	4:02.19	44.00	1:37.99	3:38.37	1:40.62	3:41.05	8:00.84
1	1.99	51.50	1:52.02	4:03.42	44.22	1:38.49	3:39.48	1:41.13	3:42.16	8:03.27

Hong Kong Swimming Point Score

Short Course 2023-2024

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.48	50.61	1:50.31	3:53.04	8:07.44	15:49.65	26.01	56.13	2:02.02
99	1.01	23.71	51.12	1:51.41	3:55.37	8:12.31	15:59.15	26.27	56.69	2:03.24
98	1.02	23.95	51.62	1:52.52	3:57.70	8:17.19	16:08.64	26.53	57.25	2:04.46
97	1.03	24.18	52.13	1:53.62	4:00.03	8:22.06	16:18.14	26.79	57.81	2:05.68
96	1.04	24.42	52.63	1:54.72	4:02.36	8:26.94	16:27.64	27.05	58.38	2:06.90
95	1.05	24.65	53.14	1:55.83	4:04.69	8:31.81	16:37.13	27.31	58.94	2:08.12
94	1.06	24.89	53.65	1:56.93	4:07.02	8:36.69	16:46.63	27.57	59.50	2:09.34
93	1.07	25.12	54.15	1:58.03	4:09.35	8:41.56	16:56.13	27.83	1:00.06	2:10.56
92	1.08	25.36	54.66	1:59.13	4:11.68	8:46.44	17:05.62	28.09	1:00.62	2:11.78
91	1.09	25.59	55.16	2:00.24	4:14.01	8:51.31	17:15.12	28.35	1:01.18	2:13.00
90	1.10	25.83	55.67	2:01.34	4:16.34	8:56.18	17:24.62	28.61	1:01.74	2:14.22
89	1.11	26.06	56.18	2:02.44	4:18.67	9:01.06	17:34.11	28.87	1:02.30	2:15.44
88	1.12	26.30	56.68	2:03.55	4:21.00	9:05.93	17:43.61	29.13	1:02.87	2:16.66
87	1.13	26.53	57.19	2:04.65	4:23.34	9:10.81	17:53.10	29.39	1:03.43	2:17.88
86	1.14	26.77	57.70	2:05.75	4:25.67	9:15.68	18:02.60	29.65	1:03.99	2:19.10
85	1.15	27.00	58.20	2:06.86	4:28.00	9:20.56	18:12.10	29.91	1:04.55	2:20.32
84	1.16	27.24	58.71	2:07.96	4:30.33	9:25.43	18:21.59	30.17	1:05.11	2:21.54
83	1.17	27.47	59.21	2:09.06	4:32.66	9:30.30	18:31.09	30.43	1:05.67	2:22.76
82	1.18	27.71	59.72	2:10.17	4:34.99	9:35.18	18:40.59	30.69	1:06.23	2:23.98
81	1.19	27.94	1:00.23	2:11.27	4:37.32	9:40.05	18:50.08	30.95	1:06.79	2:25.20
80	1.20	28.18	1:00.73	2:12.37	4:39.65	9:44.93	18:59.58	31.21	1:07.36	2:26.42
79	1.21	28.41	1:01.24	2:13.48	4:41.98	9:49.80	19:09.08	31.47	1:07.92	2:27.64
78	1.22	28.65	1:01.74	2:14.58	4:44.31	9:54.68	19:18.57	31.73	1:08.48	2:28.86
77	1.23	28.88	1:02.25	2:15.68	4:46.64	9:59.55	19:28.07	31.99	1:09.04	2:30.08
76	1.24	29.12	1:02.76	2:16.78	4:48.97	10:04.43	19:37.57	32.25	1:09.60	2:31.30
75	1.25	29.35	1:03.26	2:17.89	4:51.30	10:09.30	19:47.06	32.51	1:10.16	2:32.53
74	1.26	29.58	1:03.77	2:18.99	4:53.63	10:14.17	19:56.56	32.77	1:10.72	2:33.75
73	1.27	29.82	1:04.27	2:20.09	4:55.96	10:19.05	20:06.06	33.03	1:11.29	2:34.97
72	1.28	30.05	1:04.78	2:21.20	4:58.29	10:23.92	20:15.55	33.29	1:11.85	2:36.19
71	1.29	30.29	1:05.29	2:22.30	5:00.62	10:28.80	20:25.05	33.55	1:12.41	2:37.41
70	1.30	30.52	1:05.79	2:23.40	5:02.95	10:33.67	20:34.55	33.81	1:12.97	2:38.63
69	1.31	30.76	1:06.30	2:24.51	5:05.28	10:38.55	20:44.04	34.07	1:13.53	2:39.85
68	1.32	30.99	1:06.81	2:25.61	5:07.61	10:43.42	20:53.54	34.33	1:14.09	2:41.07
67	1.33	31.23	1:07.31	2:26.71	5:09.94	10:48.30	21:03.03	34.59	1:14.65	2:42.29
66	1.34	31.46	1:07.82	2:27.82	5:12.27	10:53.17	21:12.53	34.85	1:15.21	2:43.51
65	1.35	31.70	1:08.32	2:28.92	5:14.60	10:58.04	21:22.03	35.11	1:15.78	2:44.73
64	1.36	31.93	1:08.83	2:30.02	5:16.93	11:02.92	21:31.52	35.37	1:16.34	2:45.95
63	1.37	32.17	1:09.34	2:31.12	5:19.26	11:07.79	21:41.02	35.63	1:16.90	2:47.17
62	1.38	32.40	1:09.84	2:32.23	5:21.60	11:12.67	21:50.52	35.89	1:17.46	2:48.39
61	1.39	32.64	1:10.35	2:33.33	5:23.93	11:17.54	22:00.01	36.15	1:18.02	2:49.61
60	1.40	32.87	1:10.85	2:34.43	5:26.26	11:22.42	22:09.51	36.41	1:18.58	2:50.83
59	1.41	33.11	1:11.36	2:35.54	5:28.59	11:27.29	22:19.01	36.67	1:19.14	2:52.05
58	1.42	33.34	1:11.87	2:36.64	5:30.92	11:32.16	22:28.50	36.93	1:19.70	2:53.27
57	1.43	33.58	1:12.37	2:37.74	5:33.25	11:37.04	22:38.00	37.19	1:20.27	2:54.49
56	1.44	33.81	1:12.88	2:38.85	5:35.58	11:41.91	22:47.50	37.45	1:20.83	2:55.71
55	1.45	34.05	1:13.38	2:39.95	5:37.91	11:46.79	22:56.99	37.71	1:21.39	2:56.93
54	1.46	34.28	1:13.89	2:41.05	5:40.24	11:51.66	23:06.49	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	5:42.57	11:56.54	23:15.99	38.23	1:22.51	2:59.37
52	1.48	34.75	1:14.90	2:43.26	5:44.90	12:01.41	23:25.48	38.49	1:23.07	3:00.59
51	1.49	34.99	1:15.41	2:44.36	5:47.23	12:06.29	23:34.98	38.75	1:23.63	3:01.81
50	1.50	35.22	1:15.92	2:45.47	5:49.56	12:11.16	23:44.48	39.02	1:24.20	3:03.03
49	1.51	35.45	1:16.42	2:46.57	5:51.89	12:16.03	23:53.97	39.28	1:24.76	3:04.25
48	1.52	35.69	1:16.93	2:47.67	5:54.22	12:20.91	24:03.47	39.54	1:25.32	3:05.47
47	1.53	35.92	1:17.43	2:48.77	5:56.55	12:25.78	24:12.96	39.80	1:25.88	3:06.69
46	1.54	36.16	1:17.94	2:49.88	5:58.88	12:30.66	24:22.46	40.06	1:26.44	3:07.91
45	1.55	36.39	1:18.45	2:50.98	6:01.21	12:35.53	24:31.96	40.32	1:27.00	3:09.13
44	1.56	36.63	1:18.95	2:52.08	6:03.54	12:40.41	24:41.45	40.58	1:27.56	3:10.35
43	1.57	36.86	1:19.46	2:53.19	6:05.87	12:45.28	24:50.95	40.84	1:28.12	3:11.57
42	1.58	37.10	1:19.96	2:54.29	6:08.20	12:50.16	25:00.45	41.10	1:28.69	3:12.79
41	1.59	37.33	1:20.47	2:55.39	6:10.53	12:55.03	25:09.94	41.36	1:29.25	3:14.01
40	1.60	37.57	1:20.98	2:56.50	6:12.86	12:59.90	25:19.44	41.62	1:29.81	3:15.23
39	1.61	37.80	1:21.48	2:57.60	6:15.19	13:04.78	25:28.94	41.88	1:30.37	3:16.45
38	1.62	38.04	1:21.99	2:58.70	6:17.52	13:09.65	25:38.43	42.14	1:30.93	3:17.67
37	1.63	38.27	1:22.49	2:59.81	6:19.86	13:14.53	25:47.93	42.40	1:31.49	3:18.89
36	1.64	38.51	1:23.00	3:00.91	6:22.19	13:19.40	25:57.43	42.66	1:32.05	3:20.11
35	1.65	38.74	1:23.51	3:02.01	6:24.52	13:24.28	26:06.92	42.92	1:32.61	3:21.33
34	1.66	38.98	1:24.01	3:03.11	6:26.85	13:29.15	26:16.42	43.18	1:33.18	3:22.55
33	1.67	39.21	1:24.52	3:04.22	6:29.18	13:34.02	26:25.92	43.44	1:33.74	3:23.77
32	1.68	39.45	1:25.02	3:05.32	6:31.51	13:38.90	26:35.41	43.70	1:34.30	3:24.99
31	1.69	39.68	1:25.53	3:06.42	6:33.84	13:43.77	26:44.91	43.96	1:34.86	3:26.21
30	1.70	39.92	1:26.04	3:07.53	6:36.17	13:48.65	26:54.41	44.22	1:35.42	3:27.43
29	1.71	40.15	1:26.54	3:08.63	6:38.50	13:53.52	27:03.90	44.48	1:35.98	3:28.65
28	1.72	40.39	1:27.05	3:09.73	6:40.83	13:58.40	27:13.40	44.74	1:36.54	3:29.87
27	1.73	40.62	1:27.56	3:10.84	6:43.16	14:03.27	27:22.89	45.00	1:37.10	3:31.09
26	1.74	40.86	1:28.06	3:11.94	6:45.49	14:08.15	27:32.39	45.26	1:37.67	3:32.31
25	1.75	41.09	1:28.57	3:13.04	6:47.82	14:13.02	27:41.89	45.52	1:38.23	3:33.54
24	1.76	41.32	1:29.07	3:14.15	6:50.15	14:17.89	27:51.38	45.78	1:38.79	3:34.76
23	1.77	41.56	1:29.58	3:15.25	6:52.48	14:22.77	28:00.88	46.04	1:39.35	3:35.98
22	1.78	41.79	1:30.09	3:16.35	6:54.81	14:27.64	28:10.38	46.30	1:39.91	3:37.20
21	1.79	42.03	1:30.59	3:17.45	6:57.14	14:32.52	28:19.87	46.56	1:40.47	3:38.42
20	1.80	42.26	1:31.10	3:18.56	6:59.47	14:37.39	28:29.37	46.82	1:41.03	3:39.64
19	1.81	42.50	1:31.60	3:19.66	7:01.80	14:42.27	28:38.87	47.08	1:41.60	3:40.86
18	1.82	42.73	1:32.11	3:20.76	7:04.13	14:47.14	28:48.36	47.34	1:42.16	3:42.08
17	1.83	42.97	1:32.62	3:21.87	7:06.46	14:52.02	28:57.86	47.60	1:42.72	3:43.30
16	1.84	43.20	1:33.12	3:22.97	7:08.79	14:56.89	29:07.36	47.86	1:43.28	3:44.52
15	1.85	43.44	1:33.63	3:24.07	7:11.12	15:01.76	29:16.85	48.12	1:43.84	3:45.74
14	1.86	43.67	1:34.13	3:25.18	7:13.45	15:06.64	29:26.35	48.38	1:44.40	3:46.96
13	1.87	43.91	1:34.64	3:26.28	7:15.78	15:11.51	29:35.85	48.64	1:44.96	3:48.18
12	1.88	44.14	1:35.15	3:27.38	7:18.12	15:16.39	29:45.34	48.90	1:45.52	3:49.40
11	1.89	44.38	1:35.65	3:28.49	7:20.45	15:21.26	29:54.84	49.16	1:46.09	3:50.62
10	1.90	44.61	1:36.16	3:29.59	7:22.78	15:26.14	30:04.34	49.42	1:46.65	3:51.84
9	1.91	44.85	1:36.67	3:30.69	7:25.11	15:31.01	30:13.83	49.68	1:47.21	3:53.06
8	1.92	45.08	1:37.17	3:31.80	7:27.44	15:35.88	30:23.33	49.94	1:47.77	3:54.28
7	1.93	45.32	1:37.68	3:32.90	7:29.77	15:40.76	30:32.82	50.20	1:48.33	3:55.50
6	1.94	45.55	1:38.18	3:34.00	7:32.10	15:45.63	30:42.32	50.46	1:48.89	3:56.72
5	1.95	45.79	1:38.69	3:35.10	7:34.43	15:50.51	30:51.82	50.72	1:49.45	3:57.94
4	1.96	46.02	1:39.20	3:36.21	7:36.76	15:55.38	31:01.31	50.98	1:50.01	3:59.16
3	1.97	46.26	1:39.70	3:37.31	7:39.09	16:00.26	31:10.81	51.24	1:50.58	4:00.38
2	1.98	46.49	1:40.21	3:38.41	7:41.42	16:05.13	31:20.31	51.50	1:51.14	4:01.60
1	1.99	46.73	1:40.71	3:39.52	7:43.75	16:10.01	31:29.80	51.76	1:51.70	4:02.82

Hong Kong Swimming Point Score

Short Course 2023-2024

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.15	1:03.81	2:17.93	25.06	55.76	2:03.04	57.90	2:04.61	4:27.22
99	1.01	29.44	1:04.45	2:19.31	25.31	56.32	2:04.27	58.48	2:05.86	4:29.89
98	1.02	29.73	1:05.09	2:20.69	25.56	56.88	2:05.50	59.06	2:07.10	4:32.56
97	1.03	30.02	1:05.72	2:22.07	25.81	57.43	2:06.73	59.64	2:08.35	4:35.24
96	1.04	30.32	1:06.36	2:23.45	26.06	57.99	2:07.96	1:00.22	2:09.59	4:37.91
95	1.05	30.61	1:07.00	2:24.83	26.31	58.55	2:09.19	1:00.80	2:10.84	4:40.58
94	1.06	30.90	1:07.64	2:26.21	26.56	59.11	2:10.42	1:01.37	2:12.09	4:43.25
93	1.07	31.19	1:08.28	2:27.59	26.81	59.66	2:11.65	1:01.95	2:13.33	4:45.93
92	1.08	31.48	1:08.91	2:28.96	27.06	1:00.22	2:12.88	1:02.53	2:14.58	4:48.60
91	1.09	31.77	1:09.55	2:30.34	27.32	1:00.78	2:14.11	1:03.11	2:15.82	4:51.27
90	1.10	32.07	1:10.19	2:31.72	27.57	1:01.34	2:15.34	1:03.69	2:17.07	4:53.94
89	1.11	32.36	1:10.83	2:33.10	27.82	1:01.89	2:16.57	1:04.27	2:18.32	4:56.61
88	1.12	32.65	1:11.47	2:34.48	28.07	1:02.45	2:17.80	1:04.85	2:19.56	4:59.29
87	1.13	32.94	1:12.11	2:35.86	28.32	1:03.01	2:19.04	1:05.43	2:20.81	5:01.96
86	1.14	33.23	1:12.74	2:37.24	28.57	1:03.57	2:20.27	1:06.01	2:22.06	5:04.63
85	1.15	33.52	1:13.38	2:38.62	28.82	1:04.12	2:21.50	1:06.59	2:23.30	5:07.30
84	1.16	33.81	1:14.02	2:40.00	29.07	1:04.68	2:22.73	1:07.16	2:24.55	5:09.98
83	1.17	34.11	1:14.66	2:41.38	29.32	1:05.24	2:23.96	1:07.74	2:25.79	5:12.65
82	1.18	34.40	1:15.30	2:42.76	29.57	1:05.80	2:25.19	1:08.32	2:27.04	5:15.32
81	1.19	34.69	1:15.93	2:44.14	29.82	1:06.35	2:26.42	1:08.90	2:28.29	5:17.99
80	1.20	34.98	1:16.57	2:45.52	30.07	1:06.91	2:27.65	1:09.48	2:29.53	5:20.66
79	1.21	35.27	1:17.21	2:46.90	30.32	1:07.47	2:28.88	1:10.06	2:30.78	5:23.34
78	1.22	35.56	1:17.85	2:48.27	30.57	1:08.03	2:30.11	1:10.64	2:32.02	5:26.01
77	1.23	35.85	1:18.49	2:49.65	30.82	1:08.58	2:31.34	1:11.22	2:33.27	5:28.68
76	1.24	36.15	1:19.12	2:51.03	31.07	1:09.14	2:32.57	1:11.80	2:34.52	5:31.35
75	1.25	36.44	1:19.76	2:52.41	31.33	1:09.70	2:33.80	1:12.38	2:35.76	5:34.03
74	1.26	36.73	1:20.40	2:53.79	31.58	1:10.26	2:35.03	1:12.95	2:37.01	5:36.70
73	1.27	37.02	1:21.04	2:55.17	31.83	1:10.82	2:36.26	1:13.53	2:38.25	5:39.37
72	1.28	37.31	1:21.68	2:56.55	32.08	1:11.37	2:37.49	1:14.11	2:39.50	5:42.04
71	1.29	37.60	1:22.31	2:57.93	32.33	1:11.93	2:38.72	1:14.69	2:40.75	5:44.71
70	1.30	37.90	1:22.95	2:59.31	32.58	1:12.49	2:39.95	1:15.27	2:41.99	5:47.39
69	1.31	38.19	1:23.59	3:00.69	32.83	1:13.05	2:41.18	1:15.85	2:43.24	5:50.06
68	1.32	38.48	1:24.23	3:02.07	33.08	1:13.60	2:42.41	1:16.43	2:44.49	5:52.73
67	1.33	38.77	1:24.87	3:03.45	33.33	1:14.16	2:43.64	1:17.01	2:45.73	5:55.40
66	1.34	39.06	1:25.51	3:04.83	33.58	1:14.72	2:44.87	1:17.59	2:46.98	5:58.07
65	1.35	39.35	1:26.14	3:06.21	33.83	1:15.28	2:46.10	1:18.17	2:48.22	6:00.75
64	1.36	39.64	1:26.78	3:07.58	34.08	1:15.83	2:47.33	1:18.74	2:49.47	6:03.42
63	1.37	39.94	1:27.42	3:08.96	34.33	1:16.39	2:48.56	1:19.32	2:50.72	6:06.09
62	1.38	40.23	1:28.06	3:10.34	34.58	1:16.95	2:49.80	1:19.90	2:51.96	6:08.76
61	1.39	40.52	1:28.70	3:11.72	34.83	1:17.51	2:51.03	1:20.48	2:53.21	6:11.44
60	1.40	40.81	1:29.33	3:13.10	35.08	1:18.06	2:52.26	1:21.06	2:54.45	6:14.11
59	1.41	41.10	1:29.97	3:14.48	35.33	1:18.62	2:53.49	1:21.64	2:55.70	6:16.78
58	1.42	41.39	1:30.61	3:15.86	35.59	1:19.18	2:54.72	1:22.22	2:56.95	6:19.45
57	1.43	41.68	1:31.25	3:17.24	35.84	1:19.74	2:55.95	1:22.80	2:58.19	6:22.12
56	1.44	41.98	1:31.89	3:18.62	36.09	1:20.29	2:57.18	1:23.38	2:59.44	6:24.80
55	1.45	42.27	1:32.52	3:20.00	36.34	1:20.85	2:58.41	1:23.96	3:00.68	6:27.47
54	1.46	42.56	1:33.16	3:21.38	36.59	1:21.41	2:59.64	1:24.53	3:01.93	6:30.14

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	42.85	1:33.80	3:22.76	36.84	1:21.97	3:00.87	1:25.11	3:03.18	6:32.81
52	1.48	43.14	1:34.44	3:24.14	37.09	1:22.52	3:02.10	1:25.69	3:04.42	6:35.49
51	1.49	43.43	1:35.08	3:25.52	37.34	1:23.08	3:03.33	1:26.27	3:05.67	6:38.16
50	1.50	43.73	1:35.72	3:26.90	37.59	1:23.64	3:04.56	1:26.85	3:06.92	6:40.83
49	1.51	44.02	1:36.35	3:28.27	37.84	1:24.20	3:05.79	1:27.43	3:08.16	6:43.50
48	1.52	44.31	1:36.99	3:29.65	38.09	1:24.76	3:07.02	1:28.01	3:09.41	6:46.17
47	1.53	44.60	1:37.63	3:31.03	38.34	1:25.31	3:08.25	1:28.59	3:10.65	6:48.85
46	1.54	44.89	1:38.27	3:32.41	38.59	1:25.87	3:09.48	1:29.17	3:11.90	6:51.52
45	1.55	45.18	1:38.91	3:33.79	38.84	1:26.43	3:10.71	1:29.75	3:13.15	6:54.19
44	1.56	45.47	1:39.54	3:35.17	39.09	1:26.99	3:11.94	1:30.32	3:14.39	6:56.86
43	1.57	45.77	1:40.18	3:36.55	39.34	1:27.54	3:13.17	1:30.90	3:15.64	6:59.54
42	1.58	46.06	1:40.82	3:37.93	39.59	1:28.10	3:14.40	1:31.48	3:16.88	7:02.21
41	1.59	46.35	1:41.46	3:39.31	39.85	1:28.66	3:15.63	1:32.06	3:18.13	7:04.88
40	1.60	46.64	1:42.10	3:40.69	40.10	1:29.22	3:16.86	1:32.64	3:19.38	7:07.55
39	1.61	46.93	1:42.73	3:42.07	40.35	1:29.77	3:18.09	1:33.22	3:20.62	7:10.22
38	1.62	47.22	1:43.37	3:43.45	40.60	1:30.33	3:19.32	1:33.80	3:21.87	7:12.90
37	1.63	47.51	1:44.01	3:44.83	40.85	1:30.89	3:20.56	1:34.38	3:23.11	7:15.57
36	1.64	47.81	1:44.65	3:46.21	41.10	1:31.45	3:21.79	1:34.96	3:24.36	7:18.24
35	1.65	48.10	1:45.29	3:47.58	41.35	1:32.00	3:23.02	1:35.54	3:25.61	7:20.91
34	1.66	48.39	1:45.92	3:48.96	41.60	1:32.56	3:24.25	1:36.11	3:26.85	7:23.59
33	1.67	48.68	1:46.56	3:50.34	41.85	1:33.12	3:25.48	1:36.69	3:28.10	7:26.26
32	1.68	48.97	1:47.20	3:51.72	42.10	1:33.68	3:26.71	1:37.27	3:29.34	7:28.93
31	1.69	49.26	1:47.84	3:53.10	42.35	1:34.23	3:27.94	1:37.85	3:30.59	7:31.60
30	1.70	49.56	1:48.48	3:54.48	42.60	1:34.79	3:29.17	1:38.43	3:31.84	7:34.27
29	1.71	49.85	1:49.12	3:55.86	42.85	1:35.35	3:30.40	1:39.01	3:33.08	7:36.95
28	1.72	50.14	1:49.75	3:57.24	43.10	1:35.91	3:31.63	1:39.59	3:34.33	7:39.62
27	1.73	50.43	1:50.39	3:58.62	43.35	1:36.46	3:32.86	1:40.17	3:35.58	7:42.29
26	1.74	50.72	1:51.03	4:00.00	43.60	1:37.02	3:34.09	1:40.75	3:36.82	7:44.96
25	1.75	51.01	1:51.67	4:01.38	43.86	1:37.58	3:35.32	1:41.33	3:38.07	7:47.64
24	1.76	51.30	1:52.31	4:02.76	44.11	1:38.14	3:36.55	1:41.90	3:39.31	7:50.31
23	1.77	51.60	1:52.94	4:04.14	44.36	1:38.70	3:37.78	1:42.48	3:40.56	7:52.98
22	1.78	51.89	1:53.58	4:05.52	44.61	1:39.25	3:39.01	1:43.06	3:41.81	7:55.65
21	1.79	52.18	1:54.22	4:06.89	44.86	1:39.81	3:40.24	1:43.64	3:43.05	7:58.32
20	1.80	52.47	1:54.86	4:08.27	45.11	1:40.37	3:41.47	1:44.22	3:44.30	8:01.00
19	1.81	52.76	1:55.50	4:09.65	45.36	1:40.93	3:42.70	1:44.80	3:45.54	8:03.67
18	1.82	53.05	1:56.13	4:11.03	45.61	1:41.48	3:43.93	1:45.38	3:46.79	8:06.34
17	1.83	53.34	1:56.77	4:12.41	45.86	1:42.04	3:45.16	1:45.96	3:48.04	8:09.01
16	1.84	53.64	1:57.41	4:13.79	46.11	1:42.60	3:46.39	1:46.54	3:49.28	8:11.68
15	1.85	53.93	1:58.05	4:15.17	46.36	1:43.16	3:47.62	1:47.12	3:50.53	8:14.36
14	1.86	54.22	1:58.69	4:16.55	46.61	1:43.71	3:48.85	1:47.69	3:51.77	8:17.03
13	1.87	54.51	1:59.32	4:17.93	46.86	1:44.27	3:50.08	1:48.27	3:53.02	8:19.70
12	1.88	54.80	1:59.96	4:19.31	47.11	1:44.83	3:51.32	1:48.85	3:54.27	8:22.37
11	1.89	55.09	2:00.60	4:20.69	47.36	1:45.39	3:52.55	1:49.43	3:55.51	8:25.05
10	1.90	55.39	2:01.24	4:22.07	47.61	1:45.94	3:53.78	1:50.01	3:56.76	8:27.72
9	1.91	55.68	2:01.88	4:23.45	47.86	1:46.50	3:55.01	1:50.59	3:58.01	8:30.39
8	1.92	55.97	2:02.52	4:24.83	48.12	1:47.06	3:56.24	1:51.17	3:59.25	8:33.06
7	1.93	56.26	2:03.15	4:26.20	48.37	1:47.62	3:57.47	1:51.75	4:00.50	8:35.73
6	1.94	56.55	2:03.79	4:27.58	48.62	1:48.17	3:58.70	1:52.33	4:01.74	8:38.41
5	1.95	56.84	2:04.43	4:28.96	48.87	1:48.73	3:59.93	1:52.91	4:02.99	8:41.08
4	1.96	57.13	2:05.07	4:30.34	49.12	1:49.29	4:01.16	1:53.48	4:04.24	8:43.75
3	1.97	57.43	2:05.71	4:31.72	49.37	1:49.85	4:02.39	1:54.06	4:05.48	8:46.42
2	1.98	57.72	2:06.34	4:33.10	49.62	1:50.40	4:03.62	1:54.64	4:06.73	8:49.10
1	1.99	58.01	2:06.98	4:34.48	49.87	1:50.96	4:04.85	1:55.22	4:07.97	8:51.77