

Hong Kong Swimming Point Score 2019 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.72	47.93	1:45.32	3:45.11	7:44.00	14:53.60	24.76	53.45	1:56.63
99	1.01	21.94	48.41	1:46.37	3:47.36	7:48.64	15:02.54	25.01	53.98	1:57.80
98	1.02	22.15	48.89	1:47.43	3:49.61	7:53.28	15:11.47	25.26	54.52	1:58.96
97	1.03	22.37	49.37	1:48.48	3:51.86	7:57.92	15:20.41	25.50	55.05	2:00.13
96	1.04	22.59	49.85	1:49.53	3:54.11	8:02.56	15:29.34	25.75	55.59	2:01.30
95	1.05	22.81	50.33	1:50.59	3:56.37	8:07.20	15:38.28	26.00	56.12	2:02.46
94	1.06	23.02	50.81	1:51.64	3:58.62	8:11.84	15:47.22	26.25	56.66	2:03.63
93	1.07	23.24	51.29	1:52.69	4:00.87	8:16.48	15:56.15	26.49	57.19	2:04.79
92	1.08	23.46	51.76	1:53.75	4:03.12	8:21.12	16:05.09	26.74	57.73	2:05.96
91	1.09	23.67	52.24	1:54.80	4:05.37	8:25.76	16:14.02	26.99	58.26	2:07.13
90	1.10	23.89	52.72	1:55.85	4:07.62	8:30.40	16:22.96	27.24	58.80	2:08.29
89	1.11	24.11	53.20	1:56.91	4:09.87	8:35.04	16:31.90	27.48	59.33	2:09.46
88	1.12	24.33	53.68	1:57.96	4:12.12	8:39.68	16:40.83	27.73	59.86	2:10.63
87	1.13	24.54	54.16	1:59.01	4:14.37	8:44.32	16:49.77	27.98	1:00.40	2:11.79
86	1.14	24.76	54.64	2:00.06	4:16.63	8:48.96	16:58.70	28.23	1:00.93	2:12.96
85	1.15	24.98	55.12	2:01.12	4:18.88	8:53.60	17:07.64	28.47	1:01.47	2:14.12
84	1.16	25.20	55.60	2:02.17	4:21.13	8:58.24	17:16.58	28.72	1:02.00	2:15.29
83	1.17	25.41	56.08	2:03.22	4:23.38	9:02.88	17:25.51	28.97	1:02.54	2:16.46
82	1.18	25.63	56.56	2:04.28	4:25.63	9:07.52	17:34.45	29.22	1:03.07	2:17.62
81	1.19	25.85	57.04	2:05.33	4:27.88	9:12.16	17:43.38	29.46	1:03.61	2:18.79
80	1.20	26.06	57.52	2:06.38	4:30.13	9:16.80	17:52.32	29.71	1:04.14	2:19.96
79	1.21	26.28	58.00	2:07.44	4:32.38	9:21.44	18:01.26	29.96	1:04.67	2:21.12
78	1.22	26.50	58.47	2:08.49	4:34.63	9:26.08	18:10.19	30.21	1:05.21	2:22.29
77	1.23	26.72	58.95	2:09.54	4:36.89	9:30.72	18:19.13	30.45	1:05.74	2:23.45
76	1.24	26.93	59.43	2:10.60	4:39.14	9:35.36	18:28.06	30.70	1:06.28	2:24.62
75	1.25	27.15	59.91	2:11.65	4:41.39	9:40.00	18:37.00	30.95	1:06.81	2:25.79
74	1.26	27.37	1:00.39	2:12.70	4:43.64	9:44.64	18:45.94	31.20	1:07.35	2:26.95
73	1.27	27.58	1:00.87	2:13.76	4:45.89	9:49.28	18:54.87	31.45	1:07.88	2:28.12
72	1.28	27.80	1:01.35	2:14.81	4:48.14	9:53.92	19:03.81	31.69	1:08.42	2:29.29
71	1.29	28.02	1:01.83	2:15.86	4:50.39	9:58.56	19:12.74	31.94	1:08.95	2:30.45
70	1.30	28.24	1:02.31	2:16.92	4:52.64	10:03.20	19:21.68	32.19	1:09.49	2:31.62
69	1.31	28.45	1:02.79	2:17.97	4:54.89	10:07.84	19:30.62	32.44	1:10.02	2:32.79
68	1.32	28.67	1:03.27	2:19.02	4:57.15	10:12.48	19:39.55	32.68	1:10.55	2:33.95
67	1.33	28.89	1:03.75	2:20.08	4:59.40	10:17.12	19:48.49	32.93	1:11.09	2:35.12
66	1.34	29.10	1:04.23	2:21.13	5:01.65	10:21.76	19:57.42	33.18	1:11.62	2:36.28
65	1.35	29.32	1:04.71	2:22.18	5:03.90	10:26.40	20:06.36	33.43	1:12.16	2:37.45
64	1.36	29.54	1:05.18	2:23.24	5:06.15	10:31.04	20:15.30	33.67	1:12.69	2:38.62
63	1.37	29.76	1:05.66	2:24.29	5:08.40	10:35.68	20:24.23	33.92	1:13.23	2:39.78
62	1.38	29.97	1:06.14	2:25.34	5:10.65	10:40.32	20:33.17	34.17	1:13.76	2:40.95
61	1.39	30.19	1:06.62	2:26.39	5:12.90	10:44.96	20:42.10	34.42	1:14.30	2:42.12
60	1.40	30.41	1:07.10	2:27.45	5:15.15	10:49.60	20:51.04	34.66	1:14.83	2:43.28
59	1.41	30.63	1:07.58	2:28.50	5:17.41	10:54.24	20:59.98	34.91	1:15.36	2:44.45
58	1.42	30.84	1:08.06	2:29.55	5:19.66	10:58.88	21:08.91	35.16	1:15.90	2:45.61
57	1.43	31.06	1:08.54	2:30.61	5:21.91	11:03.52	21:17.85	35.41	1:16.43	2:46.78
56	1.44	31.28	1:09.02	2:31.66	5:24.16	11:08.16	21:26.78	35.65	1:16.97	2:47.95
55	1.45	31.49	1:09.50	2:32.71	5:26.41	11:12.80	21:35.72	35.90	1:17.50	2:49.11
54	1.46	31.71	1:09.98	2:33.77	5:28.66	11:17.44	21:44.66	36.15	1:18.04	2:50.28
53	1.47	31.93	1:10.46	2:34.82	5:30.91	11:22.08	21:53.59	36.40	1:18.57	2:51.45

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	32.15	1:10.94	2:35.87	5:33.16	11:26.72	22:02.53	36.64	1:19.11	2:52.61
51	1.49	32.36	1:11.42	2:36.93	5:35.41	11:31.36	22:11.46	36.89	1:19.64	2:53.78
50	1.50	32.58	1:11.90	2:37.98	5:37.67	11:36.00	22:20.40	37.14	1:20.18	2:54.95
49	1.51	32.80	1:12.37	2:39.03	5:39.92	11:40.64	22:29.34	37.39	1:20.71	2:56.11
48	1.52	33.01	1:12.85	2:40.09	5:42.17	11:45.28	22:38.27	37.64	1:21.24	2:57.28
47	1.53	33.23	1:13.33	2:41.14	5:44.42	11:49.92	22:47.21	37.88	1:21.78	2:58.44
46	1.54	33.45	1:13.81	2:42.19	5:46.67	11:54.56	22:56.14	38.13	1:22.31	2:59.61
45	1.55	33.67	1:14.29	2:43.25	5:48.92	11:59.20	23:05.08	38.38	1:22.85	3:00.78
44	1.56	33.88	1:14.77	2:44.30	5:51.17	12:03.84	23:14.02	38.63	1:23.38	3:01.94
43	1.57	34.10	1:15.25	2:45.35	5:53.42	12:08.48	23:22.95	38.87	1:23.92	3:03.11
42	1.58	34.32	1:15.73	2:46.41	5:55.67	12:13.12	23:31.89	39.12	1:24.45	3:04.28
41	1.59	34.53	1:16.21	2:47.46	5:57.92	12:17.76	23:40.82	39.37	1:24.99	3:05.44
40	1.60	34.75	1:16.69	2:48.51	6:00.18	12:22.40	23:49.76	39.62	1:25.52	3:06.61
39	1.61	34.97	1:17.17	2:49.57	6:02.43	12:27.04	23:58.70	39.86	1:26.05	3:07.77
38	1.62	35.19	1:17.65	2:50.62	6:04.68	12:31.68	24:07.63	40.11	1:26.59	3:08.94
37	1.63	35.40	1:18.13	2:51.67	6:06.93	12:36.32	24:16.57	40.36	1:27.12	3:10.11
36	1.64	35.62	1:18.61	2:52.72	6:09.18	12:40.96	24:25.50	40.61	1:27.66	3:11.27
35	1.65	35.84	1:19.08	2:53.78	6:11.43	12:45.60	24:34.44	40.85	1:28.19	3:12.44
34	1.66	36.06	1:19.56	2:54.83	6:13.68	12:50.24	24:43.38	41.10	1:28.73	3:13.61
33	1.67	36.27	1:20.04	2:55.88	6:15.93	12:54.88	24:52.31	41.35	1:29.26	3:14.77
32	1.68	36.49	1:20.52	2:56.94	6:18.18	12:59.52	25:01.25	41.60	1:29.80	3:15.94
31	1.69	36.71	1:21.00	2:57.99	6:20.44	13:04.16	25:10.18	41.84	1:30.33	3:17.10
30	1.70	36.92	1:21.48	2:59.04	6:22.69	13:08.80	25:19.12	42.09	1:30.87	3:18.27
29	1.71	37.14	1:21.96	3:00.10	6:24.94	13:13.44	25:28.06	42.34	1:31.40	3:19.44
28	1.72	37.36	1:22.44	3:01.15	6:27.19	13:18.08	25:36.99	42.59	1:31.93	3:20.60
27	1.73	37.58	1:22.92	3:02.20	6:29.44	13:22.72	25:45.93	42.83	1:32.47	3:21.77
26	1.74	37.79	1:23.40	3:03.26	6:31.69	13:27.36	25:54.86	43.08	1:33.00	3:22.94
25	1.75	38.01	1:23.88	3:04.31	6:33.94	13:32.00	26:03.80	43.33	1:33.54	3:24.10
24	1.76	38.23	1:24.36	3:05.36	6:36.19	13:36.64	26:12.74	43.58	1:34.07	3:25.27
23	1.77	38.44	1:24.84	3:06.42	6:38.44	13:41.28	26:21.67	43.83	1:34.61	3:26.44
22	1.78	38.66	1:25.32	3:07.47	6:40.70	13:45.92	26:30.61	44.07	1:35.14	3:27.60
21	1.79	38.88	1:25.79	3:08.52	6:42.95	13:50.56	26:39.54	44.32	1:35.68	3:28.77
20	1.80	39.10	1:26.27	3:09.58	6:45.20	13:55.20	26:48.48	44.57	1:36.21	3:29.93
19	1.81	39.31	1:26.75	3:10.63	6:47.45	13:59.84	26:57.42	44.82	1:36.74	3:31.10
18	1.82	39.53	1:27.23	3:11.68	6:49.70	14:04.48	27:06.35	45.06	1:37.28	3:32.27
17	1.83	39.75	1:27.71	3:12.74	6:51.95	14:09.12	27:15.29	45.31	1:37.81	3:33.43
16	1.84	39.96	1:28.19	3:13.79	6:54.20	14:13.76	27:24.22	45.56	1:38.35	3:34.60
15	1.85	40.18	1:28.67	3:14.84	6:56.45	14:18.40	27:33.16	45.81	1:38.88	3:35.77
14	1.86	40.40	1:29.15	3:15.90	6:58.70	14:23.04	27:42.10	46.05	1:39.42	3:36.93
13	1.87	40.62	1:29.63	3:16.95	7:00.96	14:27.68	27:51.03	46.30	1:39.95	3:38.10
12	1.88	40.83	1:30.11	3:18.00	7:03.21	14:32.32	27:59.97	46.55	1:40.49	3:39.26
11	1.89	41.05	1:30.59	3:19.05	7:05.46	14:36.96	28:08.90	46.80	1:41.02	3:40.43
10	1.90	41.27	1:31.07	3:20.11	7:07.71	14:41.60	28:17.84	47.04	1:41.56	3:41.60
9	1.91	41.49	1:31.55	3:21.16	7:09.96	14:46.24	28:26.78	47.29	1:42.09	3:42.76
8	1.92	41.70	1:32.03	3:22.21	7:12.21	14:50.88	28:35.71	47.54	1:42.62	3:43.93
7	1.93	41.92	1:32.50	3:23.27	7:14.46	14:55.52	28:44.65	47.79	1:43.16	3:45.10
6	1.94	42.14	1:32.98	3:24.32	7:16.71	15:00.16	28:53.58	48.03	1:43.69	3:46.26
5	1.95	42.35	1:33.46	3:25.37	7:18.96	15:04.80	29:02.52	48.28	1:44.23	3:47.43
4	1.96	42.57	1:33.94	3:26.43	7:21.22	15:09.44	29:11.46	48.53	1:44.76	3:48.59
3	1.97	42.79	1:34.42	3:27.48	7:23.47	15:14.08	29:20.39	48.78	1:45.30	3:49.76
2	1.98	43.01	1:34.90	3:28.53	7:25.72	15:18.72	29:29.33	49.02	1:45.83	3:50.93
1	1.99	43.22	1:35.38	3:29.59	7:27.97	15:23.36	29:38.26	49.27	1:46.37	3:52.09

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Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	27.04	59.26	2:09.70	23.11	51.30	1:55.34	1:56.81	4:12.97
99	1.01	27.31	59.85	2:11.00	23.34	51.81	1:56.49	1:57.98	4:15.50
98	1.02	27.58	1:00.45	2:12.29	23.57	52.33	1:57.65	1:59.15	4:18.03
97	1.03	27.85	1:01.04	2:13.59	23.80	52.84	1:58.80	2:00.31	4:20.56
96	1.04	28.12	1:01.63	2:14.89	24.03	53.35	1:59.95	2:01.48	4:23.09
95	1.05	28.39	1:02.22	2:16.19	24.27	53.87	2:01.11	2:02.65	4:25.62
94	1.06	28.66	1:02.82	2:17.48	24.50	54.38	2:02.26	2:03.82	4:28.15
93	1.07	28.93	1:03.41	2:18.78	24.73	54.89	2:03.41	2:04.99	4:30.68
92	1.08	29.20	1:04.00	2:20.08	24.96	55.40	2:04.57	2:06.15	4:33.21
91	1.09	29.47	1:04.59	2:21.37	25.19	55.92	2:05.72	2:07.32	4:35.74
90	1.10	29.74	1:05.19	2:22.67	25.42	56.43	2:06.87	2:08.49	4:38.27
89	1.11	30.01	1:05.78	2:23.97	25.65	56.94	2:08.03	2:09.66	4:40.80
88	1.12	30.28	1:06.37	2:25.26	25.88	57.46	2:09.18	2:10.83	4:43.33
87	1.13	30.56	1:06.96	2:26.56	26.11	57.97	2:10.33	2:12.00	4:45.86
86	1.14	30.83	1:07.56	2:27.86	26.35	58.48	2:11.49	2:13.16	4:48.39
85	1.15	31.10	1:08.15	2:29.16	26.58	59.00	2:12.64	2:14.33	4:50.92
84	1.16	31.37	1:08.74	2:30.45	26.81	59.51	2:13.79	2:15.50	4:53.45
83	1.17	31.64	1:09.33	2:31.75	27.04	1:00.02	2:14.95	2:16.67	4:55.97
82	1.18	31.91	1:09.93	2:33.05	27.27	1:00.53	2:16.10	2:17.84	4:58.50
81	1.19	32.18	1:10.52	2:34.34	27.50	1:01.05	2:17.25	2:19.00	5:01.03
80	1.20	32.45	1:11.11	2:35.64	27.73	1:01.56	2:18.41	2:20.17	5:03.56
79	1.21	32.72	1:11.70	2:36.94	27.96	1:02.07	2:19.56	2:21.34	5:06.09
78	1.22	32.99	1:12.30	2:38.23	28.19	1:02.59	2:20.71	2:22.51	5:08.62
77	1.23	33.26	1:12.89	2:39.53	28.43	1:03.10	2:21.87	2:23.68	5:11.15
76	1.24	33.53	1:13.48	2:40.83	28.66	1:03.61	2:23.02	2:24.84	5:13.68
75	1.25	33.80	1:14.08	2:42.13	28.89	1:04.13	2:24.18	2:26.01	5:16.21
74	1.26	34.07	1:14.67	2:43.42	29.12	1:04.64	2:25.33	2:27.18	5:18.74
73	1.27	34.34	1:15.26	2:44.72	29.35	1:05.15	2:26.48	2:28.35	5:21.27
72	1.28	34.61	1:15.85	2:46.02	29.58	1:05.66	2:27.64	2:29.52	5:23.80
71	1.29	34.88	1:16.45	2:47.31	29.81	1:06.18	2:28.79	2:30.68	5:26.33
70	1.30	35.15	1:17.04	2:48.61	30.04	1:06.69	2:29.94	2:31.85	5:28.86
69	1.31	35.42	1:17.63	2:49.91	30.27	1:07.20	2:31.10	2:33.02	5:31.39
68	1.32	35.69	1:18.22	2:51.20	30.51	1:07.72	2:32.25	2:34.19	5:33.92
67	1.33	35.96	1:18.82	2:52.50	30.74	1:08.23	2:33.40	2:35.36	5:36.45
66	1.34	36.23	1:19.41	2:53.80	30.97	1:08.74	2:34.56	2:36.53	5:38.98
65	1.35	36.50	1:20.00	2:55.10	31.20	1:09.26	2:35.71	2:37.69	5:41.51
64	1.36	36.77	1:20.59	2:56.39	31.43	1:09.77	2:36.86	2:38.86	5:44.04
63	1.37	37.04	1:21.19	2:57.69	31.66	1:10.28	2:38.02	2:40.03	5:46.57
62	1.38	37.32	1:21.78	2:58.99	31.89	1:10.79	2:39.17	2:41.20	5:49.10
61	1.39	37.59	1:22.37	3:00.28	32.12	1:11.31	2:40.32	2:42.37	5:51.63
60	1.40	37.86	1:22.96	3:01.58	32.35	1:11.82	2:41.48	2:43.53	5:54.16
59	1.41	38.13	1:23.56	3:02.88	32.59	1:12.33	2:42.63	2:44.70	5:56.69
58	1.42	38.40	1:24.15	3:04.17	32.82	1:12.85	2:43.78	2:45.87	5:59.22
57	1.43	38.67	1:24.74	3:05.47	33.05	1:13.36	2:44.94	2:47.04	6:01.75
56	1.44	38.94	1:25.33	3:06.77	33.28	1:13.87	2:46.09	2:48.21	6:04.28
55	1.45	39.21	1:25.93	3:08.07	33.51	1:14.39	2:47.24	2:49.37	6:06.81
54	1.46	39.48	1:26.52	3:09.36	33.74	1:14.90	2:48.40	2:50.54	6:09.34
53	1.47	39.75	1:27.11	3:10.66	33.97	1:15.41	2:49.55	2:51.71	6:11.87

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	40.02	1:27.70	3:11.96	34.20	1:15.92	2:50.70	2:52.88	6:14.40
51	1.49	40.29	1:28.30	3:13.25	34.43	1:16.44	2:51.86	2:54.05	6:16.93
50	1.50	40.56	1:28.89	3:14.55	34.67	1:16.95	2:53.01	2:55.22	6:19.46
49	1.51	40.83	1:29.48	3:15.85	34.90	1:17.46	2:54.16	2:56.38	6:21.98
48	1.52	41.10	1:30.08	3:17.14	35.13	1:17.98	2:55.32	2:57.55	6:24.51
47	1.53	41.37	1:30.67	3:18.44	35.36	1:18.49	2:56.47	2:58.72	6:27.04
46	1.54	41.64	1:31.26	3:19.74	35.59	1:19.00	2:57.62	2:59.89	6:29.57
45	1.55	41.91	1:31.85	3:21.04	35.82	1:19.52	2:58.78	3:01.06	6:32.10
44	1.56	42.18	1:32.45	3:22.33	36.05	1:20.03	2:59.93	3:02.22	6:34.63
43	1.57	42.45	1:33.04	3:23.63	36.28	1:20.54	3:01.08	3:03.39	6:37.16
42	1.58	42.72	1:33.63	3:24.93	36.51	1:21.05	3:02.24	3:04.56	6:39.69
41	1.59	42.99	1:34.22	3:26.22	36.74	1:21.57	3:03.39	3:05.73	6:42.22
40	1.60	43.26	1:34.82	3:27.52	36.98	1:22.08	3:04.54	3:06.90	6:44.75
39	1.61	43.53	1:35.41	3:28.82	37.21	1:22.59	3:05.70	3:08.06	6:47.28
38	1.62	43.80	1:36.00	3:30.11	37.44	1:23.11	3:06.85	3:09.23	6:49.81
37	1.63	44.08	1:36.59	3:31.41	37.67	1:23.62	3:08.00	3:10.40	6:52.34
36	1.64	44.35	1:37.19	3:32.71	37.90	1:24.13	3:09.16	3:11.57	6:54.87
35	1.65	44.62	1:37.78	3:34.01	38.13	1:24.65	3:10.31	3:12.74	6:57.40
34	1.66	44.89	1:38.37	3:35.30	38.36	1:25.16	3:11.46	3:13.90	6:59.93
33	1.67	45.16	1:38.96	3:36.60	38.59	1:25.67	3:12.62	3:15.07	7:02.46
32	1.68	45.43	1:39.56	3:37.90	38.82	1:26.18	3:13.77	3:16.24	7:04.99
31	1.69	45.70	1:40.15	3:39.19	39.06	1:26.70	3:14.92	3:17.41	7:07.52
30	1.70	45.97	1:40.74	3:40.49	39.29	1:27.21	3:16.08	3:18.58	7:10.05
29	1.71	46.24	1:41.33	3:41.79	39.52	1:27.72	3:17.23	3:19.75	7:12.58
28	1.72	46.51	1:41.93	3:43.08	39.75	1:28.24	3:18.38	3:20.91	7:15.11
27	1.73	46.78	1:42.52	3:44.38	39.98	1:28.75	3:19.54	3:22.08	7:17.64
26	1.74	47.05	1:43.11	3:45.68	40.21	1:29.26	3:20.69	3:23.25	7:20.17
25	1.75	47.32	1:43.71	3:46.98	40.44	1:29.78	3:21.85	3:24.42	7:22.70
24	1.76	47.59	1:44.30	3:48.27	40.67	1:30.29	3:23.00	3:25.59	7:25.23
23	1.77	47.86	1:44.89	3:49.57	40.90	1:30.80	3:24.15	3:26.75	7:27.76
22	1.78	48.13	1:45.48	3:50.87	41.14	1:31.31	3:25.31	3:27.92	7:30.29
21	1.79	48.40	1:46.08	3:52.16	41.37	1:31.83	3:26.46	3:29.09	7:32.82
20	1.80	48.67	1:46.67	3:53.46	41.60	1:32.34	3:27.61	3:30.26	7:35.35
19	1.81	48.94	1:47.26	3:54.76	41.83	1:32.85	3:28.77	3:31.43	7:37.88
18	1.82	49.21	1:47.85	3:56.05	42.06	1:33.37	3:29.92	3:32.59	7:40.41
17	1.83	49.48	1:48.45	3:57.35	42.29	1:33.88	3:31.07	3:33.76	7:42.94
16	1.84	49.75	1:49.04	3:58.65	42.52	1:34.39	3:32.23	3:34.93	7:45.46
15	1.85	50.02	1:49.63	3:59.95	42.75	1:34.91	3:33.38	3:36.10	7:47.99
14	1.86	50.29	1:50.22	4:01.24	42.98	1:35.42	3:34.53	3:37.27	7:50.52
13	1.87	50.56	1:50.82	4:02.54	43.22	1:35.93	3:35.69	3:38.43	7:53.05
12	1.88	50.84	1:51.41	4:03.84	43.45	1:36.44	3:36.84	3:39.60	7:55.58
11	1.89	51.11	1:52.00	4:05.13	43.68	1:36.96	3:37.99	3:40.77	7:58.11
10	1.90	51.38	1:52.59	4:06.43	43.91	1:37.47	3:39.15	3:41.94	8:00.64
9	1.91	51.65	1:53.19	4:07.73	44.14	1:37.98	3:40.30	3:43.11	8:03.17
8	1.92	51.92	1:53.78	4:09.02	44.37	1:38.50	3:41.45	3:44.28	8:05.70
7	1.93	52.19	1:54.37	4:10.32	44.60	1:39.01	3:42.61	3:45.44	8:08.23
6	1.94	52.46	1:54.96	4:11.62	44.83	1:39.52	3:43.76	3:46.61	8:10.76
5	1.95	52.73	1:55.56	4:12.92	45.06	1:40.04	3:44.91	3:47.78	8:13.29
4	1.96	53.00	1:56.15	4:14.21	45.30	1:40.55	3:46.07	3:48.95	8:15.82
3	1.97	53.27	1:56.74	4:15.51	45.53	1:41.06	3:47.22	3:50.12	8:18.35
2	1.98	53.54	1:57.33	4:16.81	45.76	1:41.57	3:48.37	3:51.28	8:20.88
1	1.99	53.81	1:57.93	4:18.10	45.99	1:42.09	3:49.53	3:52.45	8:23.41

Hong Kong Swimming Point Score 2019 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.36	52.86	1:54.60	4:04.01	8:20.64	16:02.24	27.46	59.03	2:06.62
99	1.01	24.60	53.39	1:55.75	4:06.45	8:25.65	16:11.86	27.73	59.62	2:07.89
98	1.02	24.85	53.92	1:56.89	4:08.89	8:30.65	16:21.48	28.01	1:00.21	2:09.15
97	1.03	25.09	54.45	1:58.04	4:11.33	8:35.66	16:31.11	28.28	1:00.80	2:10.42
96	1.04	25.33	54.97	1:59.18	4:13.77	8:40.67	16:40.73	28.56	1:01.39	2:11.68
95	1.05	25.58	55.50	2:00.33	4:16.21	8:45.67	16:50.35	28.83	1:01.98	2:12.95
94	1.06	25.82	56.03	2:01.48	4:18.65	8:50.68	16:59.97	29.11	1:02.57	2:14.22
93	1.07	26.07	56.56	2:02.62	4:21.09	8:55.68	17:09.60	29.38	1:03.16	2:15.48
92	1.08	26.31	57.09	2:03.77	4:23.53	9:00.69	17:19.22	29.66	1:03.75	2:16.75
91	1.09	26.55	57.62	2:04.91	4:25.97	9:05.70	17:28.84	29.93	1:04.34	2:18.02
90	1.10	26.80	58.15	2:06.06	4:28.41	9:10.70	17:38.46	30.21	1:04.93	2:19.28
89	1.11	27.04	58.67	2:07.21	4:30.85	9:15.71	17:48.09	30.48	1:05.52	2:20.55
88	1.12	27.28	59.20	2:08.35	4:33.29	9:20.72	17:57.71	30.76	1:06.11	2:21.81
87	1.13	27.53	59.73	2:09.50	4:35.73	9:25.72	18:07.33	31.03	1:06.70	2:23.08
86	1.14	27.77	1:00.26	2:10.64	4:38.17	9:30.73	18:16.95	31.30	1:07.29	2:24.35
85	1.15	28.01	1:00.79	2:11.79	4:40.61	9:35.74	18:26.58	31.58	1:07.88	2:25.61
84	1.16	28.26	1:01.32	2:12.94	4:43.05	9:40.74	18:36.20	31.85	1:08.47	2:26.88
83	1.17	28.50	1:01.85	2:14.08	4:45.49	9:45.75	18:45.82	32.13	1:09.07	2:28.15
82	1.18	28.74	1:02.37	2:15.23	4:47.93	9:50.76	18:55.44	32.40	1:09.66	2:29.41
81	1.19	28.99	1:02.90	2:16.37	4:50.37	9:55.76	19:05.07	32.68	1:10.25	2:30.68
80	1.20	29.23	1:03.43	2:17.52	4:52.81	10:00.77	19:14.69	32.95	1:10.84	2:31.94
79	1.21	29.48	1:03.96	2:18.67	4:55.25	10:05.77	19:24.31	33.23	1:11.43	2:33.21
78	1.22	29.72	1:04.49	2:19.81	4:57.69	10:10.78	19:33.93	33.50	1:12.02	2:34.48
77	1.23	29.96	1:05.02	2:20.96	5:00.13	10:15.79	19:43.56	33.78	1:12.61	2:35.74
76	1.24	30.21	1:05.55	2:22.10	5:02.57	10:20.79	19:53.18	34.05	1:13.20	2:37.01
75	1.25	30.45	1:06.08	2:23.25	5:05.01	10:25.80	20:02.80	34.33	1:13.79	2:38.28
74	1.26	30.69	1:06.60	2:24.40	5:07.45	10:30.81	20:12.42	34.60	1:14.38	2:39.54
73	1.27	30.94	1:07.13	2:25.54	5:09.89	10:35.81	20:22.04	34.87	1:14.97	2:40.81
72	1.28	31.18	1:07.66	2:26.69	5:12.33	10:40.82	20:31.67	35.15	1:15.56	2:42.07
71	1.29	31.42	1:08.19	2:27.83	5:14.77	10:45.83	20:41.29	35.42	1:16.15	2:43.34
70	1.30	31.67	1:08.72	2:28.98	5:17.21	10:50.83	20:50.91	35.70	1:16.74	2:44.61
69	1.31	31.91	1:09.25	2:30.13	5:19.65	10:55.84	21:00.53	35.97	1:17.33	2:45.87
68	1.32	32.16	1:09.78	2:31.27	5:22.09	11:00.84	21:10.16	36.25	1:17.92	2:47.14
67	1.33	32.40	1:10.30	2:32.42	5:24.53	11:05.85	21:19.78	36.52	1:18.51	2:48.40
66	1.34	32.64	1:10.83	2:33.56	5:26.97	11:10.86	21:29.40	36.80	1:19.10	2:49.67
65	1.35	32.89	1:11.36	2:34.71	5:29.41	11:15.86	21:39.02	37.07	1:19.69	2:50.94
64	1.36	33.13	1:11.89	2:35.86	5:31.85	11:20.87	21:48.65	37.35	1:20.28	2:52.20
63	1.37	33.37	1:12.42	2:37.00	5:34.29	11:25.88	21:58.27	37.62	1:20.87	2:53.47
62	1.38	33.62	1:12.95	2:38.15	5:36.73	11:30.88	22:07.89	37.89	1:21.46	2:54.74
61	1.39	33.86	1:13.48	2:39.29	5:39.17	11:35.89	22:17.51	38.17	1:22.05	2:56.00
60	1.40	34.10	1:14.00	2:40.44	5:41.61	11:40.90	22:27.14	38.44	1:22.64	2:57.27
59	1.41	34.35	1:14.53	2:41.59	5:44.05	11:45.90	22:36.76	38.72	1:23.23	2:58.53
58	1.42	34.59	1:15.06	2:42.73	5:46.49	11:50.91	22:46.38	38.99	1:23.82	2:59.80
57	1.43	34.83	1:15.59	2:43.88	5:48.93	11:55.92	22:56.00	39.27	1:24.41	3:01.07
56	1.44	35.08	1:16.12	2:45.02	5:51.37	12:00.92	23:05.63	39.54	1:25.00	3:02.33
55	1.45	35.32	1:16.65	2:46.17	5:53.81	12:05.93	23:15.25	39.82	1:25.59	3:03.60
54	1.46	35.57	1:17.18	2:47.32	5:56.25	12:10.93	23:24.87	40.09	1:26.18	3:04.87
53	1.47	35.81	1:17.70	2:48.46	5:58.69	12:15.94	23:34.49	40.37	1:26.77	3:06.13

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	36.05	1:18.23	2:49.61	6:01.13	12:20.95	23:44.12	40.64	1:27.36	3:07.40
51	1.49	36.30	1:18.76	2:50.75	6:03.57	12:25.95	23:53.74	40.92	1:27.95	3:08.66
50	1.50	36.54	1:19.29	2:51.90	6:06.02	12:30.96	24:03.36	41.19	1:28.55	3:09.93
49	1.51	36.78	1:19.82	2:53.05	6:08.46	12:35.97	24:12.98	41.46	1:29.14	3:11.20
48	1.52	37.03	1:20.35	2:54.19	6:10.90	12:40.97	24:22.60	41.74	1:29.73	3:12.46
47	1.53	37.27	1:20.88	2:55.34	6:13.34	12:45.98	24:32.23	42.01	1:30.32	3:13.73
46	1.54	37.51	1:21.40	2:56.48	6:15.78	12:50.99	24:41.85	42.29	1:30.91	3:14.99
45	1.55	37.76	1:21.93	2:57.63	6:18.22	12:55.99	24:51.47	42.56	1:31.50	3:16.26
44	1.56	38.00	1:22.46	2:58.78	6:20.66	13:01.00	25:01.09	42.84	1:32.09	3:17.53
43	1.57	38.25	1:22.99	2:59.92	6:23.10	13:06.00	25:10.72	43.11	1:32.68	3:18.79
42	1.58	38.49	1:23.52	3:01.07	6:25.54	13:11.01	25:20.34	43.39	1:33.27	3:20.06
41	1.59	38.73	1:24.05	3:02.21	6:27.98	13:16.02	25:29.96	43.66	1:33.86	3:21.33
40	1.60	38.98	1:24.58	3:03.36	6:30.42	13:21.02	25:39.58	43.94	1:34.45	3:22.59
39	1.61	39.22	1:25.10	3:04.51	6:32.86	13:26.03	25:49.21	44.21	1:35.04	3:23.86
38	1.62	39.46	1:25.63	3:05.65	6:35.30	13:31.04	25:58.83	44.49	1:35.63	3:25.12
37	1.63	39.71	1:26.16	3:06.80	6:37.74	13:36.04	26:08.45	44.76	1:36.22	3:26.39
36	1.64	39.95	1:26.69	3:07.94	6:40.18	13:41.05	26:18.07	45.03	1:36.81	3:27.66
35	1.65	40.19	1:27.22	3:09.09	6:42.62	13:46.06	26:27.70	45.31	1:37.40	3:28.92
34	1.66	40.44	1:27.75	3:10.24	6:45.06	13:51.06	26:37.32	45.58	1:37.99	3:30.19
33	1.67	40.68	1:28.28	3:11.38	6:47.50	13:56.07	26:46.94	45.86	1:38.58	3:31.46
32	1.68	40.92	1:28.80	3:12.53	6:49.94	14:01.08	26:56.56	46.13	1:39.17	3:32.72
31	1.69	41.17	1:29.33	3:13.67	6:52.38	14:06.08	27:06.19	46.41	1:39.76	3:33.99
30	1.70	41.41	1:29.86	3:14.82	6:54.82	14:11.09	27:15.81	46.68	1:40.35	3:35.25
29	1.71	41.66	1:30.39	3:15.97	6:57.26	14:16.09	27:25.43	46.96	1:40.94	3:36.52
28	1.72	41.90	1:30.92	3:17.11	6:59.70	14:21.10	27:35.05	47.23	1:41.53	3:37.79
27	1.73	42.14	1:31.45	3:18.26	7:02.14	14:26.11	27:44.68	47.51	1:42.12	3:39.05
26	1.74	42.39	1:31.98	3:19.40	7:04.58	14:31.11	27:54.30	47.78	1:42.71	3:40.32
25	1.75	42.63	1:32.51	3:20.55	7:07.02	14:36.12	28:03.92	48.06	1:43.30	3:41.59
24	1.76	42.87	1:33.03	3:21.70	7:09.46	14:41.13	28:13.54	48.33	1:43.89	3:42.85
23	1.77	43.12	1:33.56	3:22.84	7:11.90	14:46.13	28:23.16	48.60	1:44.48	3:44.12
22	1.78	43.36	1:34.09	3:23.99	7:14.34	14:51.14	28:32.79	48.88	1:45.07	3:45.38
21	1.79	43.60	1:34.62	3:25.13	7:16.78	14:56.15	28:42.41	49.15	1:45.66	3:46.65
20	1.80	43.85	1:35.15	3:26.28	7:19.22	15:01.15	28:52.03	49.43	1:46.25	3:47.92
19	1.81	44.09	1:35.68	3:27.43	7:21.66	15:06.16	29:01.65	49.70	1:46.84	3:49.18
18	1.82	44.34	1:36.21	3:28.57	7:24.10	15:11.16	29:11.28	49.98	1:47.43	3:50.45
17	1.83	44.58	1:36.73	3:29.72	7:26.54	15:16.17	29:20.90	50.25	1:48.02	3:51.71
16	1.84	44.82	1:37.26	3:30.86	7:28.98	15:21.18	29:30.52	50.53	1:48.62	3:52.98
15	1.85	45.07	1:37.79	3:32.01	7:31.42	15:26.18	29:40.14	50.80	1:49.21	3:54.25
14	1.86	45.31	1:38.32	3:33.16	7:33.86	15:31.19	29:49.77	51.08	1:49.80	3:55.51
13	1.87	45.55	1:38.85	3:34.30	7:36.30	15:36.20	29:59.39	51.35	1:50.39	3:56.78
12	1.88	45.80	1:39.38	3:35.45	7:38.74	15:41.20	30:09.01	51.62	1:50.98	3:58.05
11	1.89	46.04	1:39.91	3:36.59	7:41.18	15:46.21	30:18.63	51.90	1:51.57	3:59.31
10	1.90	46.28	1:40.43	3:37.74	7:43.62	15:51.22	30:28.26	52.17	1:52.16	4:00.58
9	1.91	46.53	1:40.96	3:38.89	7:46.06	15:56.22	30:37.88	52.45	1:52.75	4:01.84
8	1.92	46.77	1:41.49	3:40.03	7:48.50	16:01.23	30:47.50	52.72	1:53.34	4:03.11
7	1.93	47.01	1:42.02	3:41.18	7:50.94	16:06.24	30:57.12	53.00	1:53.93	4:04.38
6	1.94	47.26	1:42.55	3:42.32	7:53.38	16:11.24	31:06.75	53.27	1:54.52	4:05.64
5	1.95	47.50	1:43.08	3:43.47	7:55.82	16:16.25	31:16.37	53.55	1:55.11	4:06.91
4	1.96	47.75	1:43.61	3:44.62	7:58.26	16:21.25	31:25.99	53.82	1:55.70	4:08.18
3	1.97	47.99	1:44.13	3:45.76	8:00.70	16:26.26	31:35.61	54.10	1:56.29	4:09.44
2	1.98	48.23	1:44.66	3:46.91	8:03.14	16:31.27	31:45.24	54.37	1:56.88	4:10.71
1	1.99	48.48	1:45.19	3:48.05	8:05.58	16:36.27	31:54.86	54.65	1:57.47	4:11.97

Hong Kong Swimming Point Score 2019 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	30.53	1:05.71	2:22.24	25.40	56.60	2:05.84	2:08.60	4:35.36
99	1.01	30.84	1:06.37	2:23.66	25.65	57.17	2:07.10	2:09.89	4:38.11
98	1.02	31.14	1:07.02	2:25.08	25.91	57.73	2:08.36	2:11.17	4:40.87
97	1.03	31.45	1:07.68	2:26.51	26.16	58.30	2:09.62	2:12.46	4:43.62
96	1.04	31.75	1:08.34	2:27.93	26.42	58.86	2:10.87	2:13.74	4:46.37
95	1.05	32.06	1:09.00	2:29.35	26.67	59.43	2:12.13	2:15.03	4:49.13
94	1.06	32.36	1:09.65	2:30.77	26.92	1:00.00	2:13.39	2:16.32	4:51.88
93	1.07	32.67	1:10.31	2:32.20	27.18	1:00.56	2:14.65	2:17.60	4:54.64
92	1.08	32.97	1:10.97	2:33.62	27.43	1:01.13	2:15.91	2:18.89	4:57.39
91	1.09	33.28	1:11.62	2:35.04	27.69	1:01.69	2:17.17	2:20.17	5:00.14
90	1.10	33.58	1:12.28	2:36.46	27.94	1:02.26	2:18.42	2:21.46	5:02.90
89	1.11	33.89	1:12.94	2:37.89	28.19	1:02.83	2:19.68	2:22.75	5:05.65
88	1.12	34.19	1:13.60	2:39.31	28.45	1:03.39	2:20.94	2:24.03	5:08.40
87	1.13	34.50	1:14.25	2:40.73	28.70	1:03.96	2:22.20	2:25.32	5:11.16
86	1.14	34.80	1:14.91	2:42.15	28.96	1:04.52	2:23.46	2:26.60	5:13.91
85	1.15	35.11	1:15.57	2:43.58	29.21	1:05.09	2:24.72	2:27.89	5:16.66
84	1.16	35.41	1:16.22	2:45.00	29.46	1:05.66	2:25.97	2:29.18	5:19.42
83	1.17	35.72	1:16.88	2:46.42	29.72	1:06.22	2:27.23	2:30.46	5:22.17
82	1.18	36.03	1:17.54	2:47.84	29.97	1:06.79	2:28.49	2:31.75	5:24.92
81	1.19	36.33	1:18.19	2:49.27	30.23	1:07.35	2:29.75	2:33.03	5:27.68
80	1.20	36.64	1:18.85	2:50.69	30.48	1:07.92	2:31.01	2:34.32	5:30.43
79	1.21	36.94	1:19.51	2:52.11	30.73	1:08.49	2:32.27	2:35.61	5:33.19
78	1.22	37.25	1:20.17	2:53.53	30.99	1:09.05	2:33.52	2:36.89	5:35.94
77	1.23	37.55	1:20.82	2:54.96	31.24	1:09.62	2:34.78	2:38.18	5:38.69
76	1.24	37.86	1:21.48	2:56.38	31.50	1:10.18	2:36.04	2:39.46	5:41.45
75	1.25	38.16	1:22.14	2:57.80	31.75	1:10.75	2:37.30	2:40.75	5:44.20
74	1.26	38.47	1:22.79	2:59.22	32.00	1:11.32	2:38.56	2:42.04	5:46.95
73	1.27	38.77	1:23.45	3:00.64	32.26	1:11.88	2:39.82	2:43.32	5:49.71
72	1.28	39.08	1:24.11	3:02.07	32.51	1:12.45	2:41.08	2:44.61	5:52.46
71	1.29	39.38	1:24.77	3:03.49	32.77	1:13.01	2:42.33	2:45.89	5:55.21
70	1.30	39.69	1:25.42	3:04.91	33.02	1:13.58	2:43.59	2:47.18	5:57.97
69	1.31	39.99	1:26.08	3:06.33	33.27	1:14.15	2:44.85	2:48.47	6:00.72
68	1.32	40.30	1:26.74	3:07.76	33.53	1:14.71	2:46.11	2:49.75	6:03.48
67	1.33	40.60	1:27.39	3:09.18	33.78	1:15.28	2:47.37	2:51.04	6:06.23
66	1.34	40.91	1:28.05	3:10.60	34.04	1:15.84	2:48.63	2:52.32	6:08.98
65	1.35	41.22	1:28.71	3:12.02	34.29	1:16.41	2:49.88	2:53.61	6:11.74
64	1.36	41.52	1:29.37	3:13.45	34.54	1:16.98	2:51.14	2:54.90	6:14.49
63	1.37	41.83	1:30.02	3:14.87	34.80	1:17.54	2:52.40	2:56.18	6:17.24
62	1.38	42.13	1:30.68	3:16.29	35.05	1:18.11	2:53.66	2:57.47	6:20.00
61	1.39	42.44	1:31.34	3:17.71	35.31	1:18.67	2:54.92	2:58.75	6:22.75
60	1.40	42.74	1:31.99	3:19.14	35.56	1:19.24	2:56.18	3:00.04	6:25.50
59	1.41	43.05	1:32.65	3:20.56	35.81	1:19.81	2:57.43	3:01.33	6:28.26
58	1.42	43.35	1:33.31	3:21.98	36.07	1:20.37	2:58.69	3:02.61	6:31.01
57	1.43	43.66	1:33.97	3:23.40	36.32	1:20.94	2:59.95	3:03.90	6:33.76
56	1.44	43.96	1:34.62	3:24.83	36.58	1:21.50	3:01.21	3:05.18	6:36.52
55	1.45	44.27	1:35.28	3:26.25	36.83	1:22.07	3:02.47	3:06.47	6:39.27
54	1.46	44.57	1:35.94	3:27.67	37.08	1:22.64	3:03.73	3:07.76	6:42.03
53	1.47	44.88	1:36.59	3:29.09	37.34	1:23.20	3:04.98	3:09.04	6:44.78

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	45.18	1:37.25	3:30.52	37.59	1:23.77	3:06.24	3:10.33	6:47.53
51	1.49	45.49	1:37.91	3:31.94	37.85	1:24.33	3:07.50	3:11.61	6:50.29
50	1.50	45.80	1:38.57	3:33.36	38.10	1:24.90	3:08.76	3:12.90	6:53.04
49	1.51	46.10	1:39.22	3:34.78	38.35	1:25.47	3:10.02	3:14.19	6:55.79
48	1.52	46.41	1:39.88	3:36.20	38.61	1:26.03	3:11.28	3:15.47	6:58.55
47	1.53	46.71	1:40.54	3:37.63	38.86	1:26.60	3:12.54	3:16.76	7:01.30
46	1.54	47.02	1:41.19	3:39.05	39.12	1:27.16	3:13.79	3:18.04	7:04.05
45	1.55	47.32	1:41.85	3:40.47	39.37	1:27.73	3:15.05	3:19.33	7:06.81
44	1.56	47.63	1:42.51	3:41.89	39.62	1:28.30	3:16.31	3:20.62	7:09.56
43	1.57	47.93	1:43.16	3:43.32	39.88	1:28.86	3:17.57	3:21.90	7:12.32
42	1.58	48.24	1:43.82	3:44.74	40.13	1:29.43	3:18.83	3:23.19	7:15.07
41	1.59	48.54	1:44.48	3:46.16	40.39	1:29.99	3:20.09	3:24.47	7:17.82
40	1.60	48.85	1:45.14	3:47.58	40.64	1:30.56	3:21.34	3:25.76	7:20.58
39	1.61	49.15	1:45.79	3:49.01	40.89	1:31.13	3:22.60	3:27.05	7:23.33
38	1.62	49.46	1:46.45	3:50.43	41.15	1:31.69	3:23.86	3:28.33	7:26.08
37	1.63	49.76	1:47.11	3:51.85	41.40	1:32.26	3:25.12	3:29.62	7:28.84
36	1.64	50.07	1:47.76	3:53.27	41.66	1:32.82	3:26.38	3:30.90	7:31.59
35	1.65	50.37	1:48.42	3:54.70	41.91	1:33.39	3:27.64	3:32.19	7:34.34
34	1.66	50.68	1:49.08	3:56.12	42.16	1:33.96	3:28.89	3:33.48	7:37.10
33	1.67	50.99	1:49.74	3:57.54	42.42	1:34.52	3:30.15	3:34.76	7:39.85
32	1.68	51.29	1:50.39	3:58.96	42.67	1:35.09	3:31.41	3:36.05	7:42.60
31	1.69	51.60	1:51.05	4:00.39	42.93	1:35.65	3:32.67	3:37.33	7:45.36
30	1.70	51.90	1:51.71	4:01.81	43.18	1:36.22	3:33.93	3:38.62	7:48.11
29	1.71	52.21	1:52.36	4:03.23	43.43	1:36.79	3:35.19	3:39.91	7:50.87
28	1.72	52.51	1:53.02	4:04.65	43.69	1:37.35	3:36.44	3:41.19	7:53.62
27	1.73	52.82	1:53.68	4:06.08	43.94	1:37.92	3:37.70	3:42.48	7:56.37
26	1.74	53.12	1:54.34	4:07.50	44.20	1:38.48	3:38.96	3:43.76	7:59.13
25	1.75	53.43	1:54.99	4:08.92	44.45	1:39.05	3:40.22	3:45.05	8:01.88
24	1.76	53.73	1:55.65	4:10.34	44.70	1:39.62	3:41.48	3:46.34	8:04.63
23	1.77	54.04	1:56.31	4:11.76	44.96	1:40.18	3:42.74	3:47.62	8:07.39
22	1.78	54.34	1:56.96	4:13.19	45.21	1:40.75	3:44.00	3:48.91	8:10.14
21	1.79	54.65	1:57.62	4:14.61	45.47	1:41.31	3:45.25	3:50.19	8:12.89
20	1.80	54.95	1:58.28	4:16.03	45.72	1:41.88	3:46.51	3:51.48	8:15.65
19	1.81	55.26	1:58.94	4:17.45	45.97	1:42.45	3:47.77	3:52.77	8:18.40
18	1.82	55.56	1:59.59	4:18.88	46.23	1:43.01	3:49.03	3:54.05	8:21.16
17	1.83	55.87	2:00.25	4:20.30	46.48	1:43.58	3:50.29	3:55.34	8:23.91
16	1.84	56.18	2:00.91	4:21.72	46.74	1:44.14	3:51.55	3:56.62	8:26.66
15	1.85	56.48	2:01.56	4:23.14	46.99	1:44.71	3:52.80	3:57.91	8:29.42
14	1.86	56.79	2:02.22	4:24.57	47.24	1:45.28	3:54.06	3:59.20	8:32.17
13	1.87	57.09	2:02.88	4:25.99	47.50	1:45.84	3:55.32	4:00.48	8:34.92
12	1.88	57.40	2:03.53	4:27.41	47.75	1:46.41	3:56.58	4:01.77	8:37.68
11	1.89	57.70	2:04.19	4:28.83	48.01	1:46.97	3:57.84	4:03.05	8:40.43
10	1.90	58.01	2:04.85	4:30.26	48.26	1:47.54	3:59.10	4:04.34	8:43.18
9	1.91	58.31	2:05.51	4:31.68	48.51	1:48.11	4:00.35	4:05.63	8:45.94
8	1.92	58.62	2:06.16	4:33.10	48.77	1:48.67	4:01.61	4:06.91	8:48.69
7	1.93	58.92	2:06.82	4:34.52	49.02	1:49.24	4:02.87	4:08.20	8:51.44
6	1.94	59.23	2:07.48	4:35.95	49.28	1:49.80	4:04.13	4:09.48	8:54.20
5	1.95	59.53	2:08.13	4:37.37	49.53	1:50.37	4:05.39	4:10.77	8:56.95
4	1.96	59.84	2:08.79	4:38.79	49.78	1:50.94	4:06.65	4:12.06	8:59.71
3	1.97	1:00.14	2:09.45	4:40.21	50.04	1:51.50	4:07.90	4:13.34	9:02.46
2	1.98	1:00.45	2:10.11	4:41.64	50.29	1:52.07	4:09.16	4:14.63	9:05.21
1	1.99	1:00.75	2:10.76	4:43.06	50.55	1:52.63	4:10.42	4:15.91	9:07.97