

Hong Kong Swimming Point Score 2020 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.65	47.93	1:45.32	3:44.42	7:44.00	14:53.60	24.76	53.45	1:56.63
99	1.01	21.87	48.41	1:46.37	3:46.66	7:48.64	15:02.54	25.01	53.98	1:57.80
98	1.02	22.08	48.89	1:47.43	3:48.91	7:53.28	15:11.47	25.26	54.52	1:58.96
97	1.03	22.30	49.37	1:48.48	3:51.15	7:57.92	15:20.41	25.50	55.05	2:00.13
96	1.04	22.52	49.85	1:49.53	3:53.40	8:02.56	15:29.34	25.75	55.59	2:01.30
95	1.05	22.73	50.33	1:50.59	3:55.64	8:07.20	15:38.28	26.00	56.12	2:02.46
94	1.06	22.95	50.81	1:51.64	3:57.89	8:11.84	15:47.22	26.25	56.66	2:03.63
93	1.07	23.17	51.29	1:52.69	4:00.13	8:16.48	15:56.15	26.49	57.19	2:04.79
92	1.08	23.38	51.76	1:53.75	4:02.37	8:21.12	16:05.09	26.74	57.73	2:05.96
91	1.09	23.60	52.24	1:54.80	4:04.62	8:25.76	16:14.02	26.99	58.26	2:07.13
90	1.10	23.82	52.72	1:55.85	4:06.86	8:30.40	16:22.96	27.24	58.80	2:08.29
89	1.11	24.03	53.20	1:56.91	4:09.11	8:35.04	16:31.90	27.48	59.33	2:09.46
88	1.12	24.25	53.68	1:57.96	4:11.35	8:39.68	16:40.83	27.73	59.86	2:10.63
87	1.13	24.46	54.16	1:59.01	4:13.59	8:44.32	16:49.77	27.98	1:00.40	2:11.79
86	1.14	24.68	54.64	2:00.06	4:15.84	8:48.96	16:58.70	28.23	1:00.93	2:12.96
85	1.15	24.90	55.12	2:01.12	4:18.08	8:53.60	17:07.64	28.47	1:01.47	2:14.12
84	1.16	25.11	55.60	2:02.17	4:20.33	8:58.24	17:16.58	28.72	1:02.00	2:15.29
83	1.17	25.33	56.08	2:03.22	4:22.57	9:02.88	17:25.51	28.97	1:02.54	2:16.46
82	1.18	25.55	56.56	2:04.28	4:24.82	9:07.52	17:34.45	29.22	1:03.07	2:17.62
81	1.19	25.76	57.04	2:05.33	4:27.06	9:12.16	17:43.38	29.46	1:03.61	2:18.79
80	1.20	25.98	57.52	2:06.38	4:29.30	9:16.80	17:52.32	29.71	1:04.14	2:19.96
79	1.21	26.20	58.00	2:07.44	4:31.55	9:21.44	18:01.26	29.96	1:04.67	2:21.12
78	1.22	26.41	58.47	2:08.49	4:33.79	9:26.08	18:10.19	30.21	1:05.21	2:22.29
77	1.23	26.63	58.95	2:09.54	4:36.04	9:30.72	18:19.13	30.45	1:05.74	2:23.45
76	1.24	26.85	59.43	2:10.60	4:38.28	9:35.36	18:28.06	30.70	1:06.28	2:24.62
75	1.25	27.06	59.91	2:11.65	4:40.53	9:40.00	18:37.00	30.95	1:06.81	2:25.79
74	1.26	27.28	1:00.39	2:12.70	4:42.77	9:44.64	18:45.94	31.20	1:07.35	2:26.95
73	1.27	27.50	1:00.87	2:13.76	4:45.01	9:49.28	18:54.87	31.45	1:07.88	2:28.12
72	1.28	27.71	1:01.35	2:14.81	4:47.26	9:53.92	19:03.81	31.69	1:08.42	2:29.29
71	1.29	27.93	1:01.83	2:15.86	4:49.50	9:58.56	19:12.74	31.94	1:08.95	2:30.45
70	1.30	28.15	1:02.31	2:16.92	4:51.75	10:03.20	19:21.68	32.19	1:09.49	2:31.62
69	1.31	28.36	1:02.79	2:17.97	4:53.99	10:07.84	19:30.62	32.44	1:10.02	2:32.79
68	1.32	28.58	1:03.27	2:19.02	4:56.23	10:12.48	19:39.55	32.68	1:10.55	2:33.95
67	1.33	28.79	1:03.75	2:20.08	4:58.48	10:17.12	19:48.49	32.93	1:11.09	2:35.12
66	1.34	29.01	1:04.23	2:21.13	5:00.72	10:21.76	19:57.42	33.18	1:11.62	2:36.28
65	1.35	29.23	1:04.71	2:22.18	5:02.97	10:26.40	20:06.36	33.43	1:12.16	2:37.45
64	1.36	29.44	1:05.18	2:23.24	5:05.21	10:31.04	20:15.30	33.67	1:12.69	2:38.62
63	1.37	29.66	1:05.66	2:24.29	5:07.46	10:35.68	20:24.23	33.92	1:13.23	2:39.78
62	1.38	29.88	1:06.14	2:25.34	5:09.70	10:40.32	20:33.17	34.17	1:13.76	2:40.95
61	1.39	30.09	1:06.62	2:26.39	5:11.94	10:44.96	20:42.10	34.42	1:14.30	2:42.12
60	1.40	30.31	1:07.10	2:27.45	5:14.19	10:49.60	20:51.04	34.66	1:14.83	2:43.28
59	1.41	30.53	1:07.58	2:28.50	5:16.43	10:54.24	20:59.98	34.91	1:15.36	2:44.45
58	1.42	30.74	1:08.06	2:29.55	5:18.68	10:58.88	21:08.91	35.16	1:15.90	2:45.61
57	1.43	30.96	1:08.54	2:30.61	5:20.92	11:03.52	21:17.85	35.41	1:16.43	2:46.78
56	1.44	31.18	1:09.02	2:31.66	5:23.16	11:08.16	21:26.78	35.65	1:16.97	2:47.95
55	1.45	31.39	1:09.50	2:32.71	5:25.41	11:12.80	21:35.72	35.90	1:17.50	2:49.11
54	1.46	31.61	1:09.98	2:33.77	5:27.65	11:17.44	21:44.66	36.15	1:18.04	2:50.28
53	1.47	31.83	1:10.46	2:34.82	5:29.90	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	32.04	1:10.94	2:35.87	5:32.14	11:26.72	22:02.53	36.64	1:19.11	2:52.61
51	1.49	32.26	1:11.42	2:36.93	5:34.39	11:31.36	22:11.46	36.89	1:19.64	2:53.78
50	1.50	32.48	1:11.90	2:37.98	5:36.63	11:36.00	22:20.40	37.14	1:20.18	2:54.95
49	1.51	32.69	1:12.37	2:39.03	5:38.87	11:40.64	22:29.34	37.39	1:20.71	2:56.11
48	1.52	32.91	1:12.85	2:40.09	5:41.12	11:45.28	22:38.27	37.64	1:21.24	2:57.28
47	1.53	33.12	1:13.33	2:41.14	5:43.36	11:49.92	22:47.21	37.88	1:21.78	2:58.44
46	1.54	33.34	1:13.81	2:42.19	5:45.61	11:54.56	22:56.14	38.13	1:22.31	2:59.61
45	1.55	33.56	1:14.29	2:43.25	5:47.85	11:59.20	23:05.08	38.38	1:22.85	3:00.78
44	1.56	33.77	1:14.77	2:44.30	5:50.10	12:03.84	23:14.02	38.63	1:23.38	3:01.94
43	1.57	33.99	1:15.25	2:45.35	5:52.34	12:08.48	23:22.95	38.87	1:23.92	3:03.11
42	1.58	34.21	1:15.73	2:46.41	5:54.58	12:13.12	23:31.89	39.12	1:24.45	3:04.28
41	1.59	34.42	1:16.21	2:47.46	5:56.83	12:17.76	23:40.82	39.37	1:24.99	3:05.44
40	1.60	34.64	1:16.69	2:48.51	5:59.07	12:22.40	23:49.76	39.62	1:25.52	3:06.61
39	1.61	34.86	1:17.17	2:49.57	6:01.32	12:27.04	23:58.70	39.86	1:26.05	3:07.77
38	1.62	35.07	1:17.65	2:50.62	6:03.56	12:31.68	24:07.63	40.11	1:26.59	3:08.94
37	1.63	35.29	1:18.13	2:51.67	6:05.80	12:36.32	24:16.57	40.36	1:27.12	3:10.11
36	1.64	35.51	1:18.61	2:52.72	6:08.05	12:40.96	24:25.50	40.61	1:27.66	3:11.27
35	1.65	35.72	1:19.08	2:53.78	6:10.29	12:45.60	24:34.44	40.85	1:28.19	3:12.44
34	1.66	35.94	1:19.56	2:54.83	6:12.54	12:50.24	24:43.38	41.10	1:28.73	3:13.61
33	1.67	36.16	1:20.04	2:55.88	6:14.78	12:54.88	24:52.31	41.35	1:29.26	3:14.77
32	1.68	36.37	1:20.52	2:56.94	6:17.03	12:59.52	25:01.25	41.60	1:29.80	3:15.94
31	1.69	36.59	1:21.00	2:57.99	6:19.27	13:04.16	25:10.18	41.84	1:30.33	3:17.10
30	1.70	36.81	1:21.48	2:59.04	6:21.51	13:08.80	25:19.12	42.09	1:30.87	3:18.27
29	1.71	37.02	1:21.96	3:00.10	6:23.76	13:13.44	25:28.06	42.34	1:31.40	3:19.44
28	1.72	37.24	1:22.44	3:01.15	6:26.00	13:18.08	25:36.99	42.59	1:31.93	3:20.60
27	1.73	37.45	1:22.92	3:02.20	6:28.25	13:22.72	25:45.93	42.83	1:32.47	3:21.77
26	1.74	37.67	1:23.40	3:03.26	6:30.49	13:27.36	25:54.86	43.08	1:33.00	3:22.94
25	1.75	37.89	1:23.88	3:04.31	6:32.74	13:32.00	26:03.80	43.33	1:33.54	3:24.10
24	1.76	38.10	1:24.36	3:05.36	6:34.98	13:36.64	26:12.74	43.58	1:34.07	3:25.27
23	1.77	38.32	1:24.84	3:06.42	6:37.22	13:41.28	26:21.67	43.83	1:34.61	3:26.44
22	1.78	38.54	1:25.32	3:07.47	6:39.47	13:45.92	26:30.61	44.07	1:35.14	3:27.60
21	1.79	38.75	1:25.79	3:08.52	6:41.71	13:50.56	26:39.54	44.32	1:35.68	3:28.77
20	1.80	38.97	1:26.27	3:09.58	6:43.96	13:55.20	26:48.48	44.57	1:36.21	3:29.93
19	1.81	39.19	1:26.75	3:10.63	6:46.20	13:59.84	26:57.42	44.82	1:36.74	3:31.10
18	1.82	39.40	1:27.23	3:11.68	6:48.44	14:04.48	27:06.35	45.06	1:37.28	3:32.27
17	1.83	39.62	1:27.71	3:12.74	6:50.69	14:09.12	27:15.29	45.31	1:37.81	3:33.43
16	1.84	39.84	1:28.19	3:13.79	6:52.93	14:13.76	27:24.22	45.56	1:38.35	3:34.60
15	1.85	40.05	1:28.67	3:14.84	6:55.18	14:18.40	27:33.16	45.81	1:38.88	3:35.77
14	1.86	40.27	1:29.15	3:15.90	6:57.42	14:23.04	27:42.10	46.05	1:39.42	3:36.93
13	1.87	40.49	1:29.63	3:16.95	6:59.67	14:27.68	27:51.03	46.30	1:39.95	3:38.10
12	1.88	40.70	1:30.11	3:18.00	7:01.91	14:32.32	27:59.97	46.55	1:40.49	3:39.26
11	1.89	40.92	1:30.59	3:19.05	7:04.15	14:36.96	28:08.90	46.80	1:41.02	3:40.43
10	1.90	41.14	1:31.07	3:20.11	7:06.40	14:41.60	28:17.84	47.04	1:41.56	3:41.60
9	1.91	41.35	1:31.55	3:21.16	7:08.64	14:46.24	28:26.78	47.29	1:42.09	3:42.76
8	1.92	41.57	1:32.03	3:22.21	7:10.89	14:50.88	28:35.71	47.54	1:42.62	3:43.93
7	1.93	41.78	1:32.50	3:23.27	7:13.13	14:55.52	28:44.65	47.79	1:43.16	3:45.10
6	1.94	42.00	1:32.98	3:24.32	7:15.37	15:00.16	28:53.58	48.03	1:43.69	3:46.26
5	1.95	42.22	1:33.46	3:25.37	7:17.62	15:04.80	29:02.52	48.28	1:44.23	3:47.43
4	1.96	42.43	1:33.94	3:26.43	7:19.86	15:09.44	29:11.46	48.53	1:44.76	3:48.59
3	1.97	42.65	1:34.42	3:27.48	7:22.11	15:14.08	29:20.39	48.78	1:45.30	3:49.76
2	1.98	42.87	1:34.90	3:28.53	7:24.35	15:18.72	29:29.33	49.02	1:45.83	3:50.93
1	1.99	43.08	1:35.38	3:29.59	7:26.60	15:23.36	29:38.26	49.27	1:46.37	3:52.09

Hong Kong Swimming Point Score 2020 (LC)

Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	27.01	59.14	2:09.38	23.06	51.20	1:54.71	1:56.81	4:12.97
99	1.01	27.28	59.73	2:10.67	23.29	51.71	1:55.86	1:57.98	4:15.50
98	1.02	27.55	1:00.32	2:11.97	23.52	52.22	1:57.00	1:59.15	4:18.03
97	1.03	27.82	1:00.91	2:13.26	23.75	52.74	1:58.15	2:00.31	4:20.56
96	1.04	28.09	1:01.51	2:14.56	23.98	53.25	1:59.30	2:01.48	4:23.09
95	1.05	28.36	1:02.10	2:15.85	24.21	53.76	2:00.45	2:02.65	4:25.62
94	1.06	28.63	1:02.69	2:17.14	24.44	54.27	2:01.59	2:03.82	4:28.15
93	1.07	28.90	1:03.28	2:18.44	24.67	54.78	2:02.74	2:04.99	4:30.68
92	1.08	29.17	1:03.87	2:19.73	24.90	55.30	2:03.89	2:06.15	4:33.21
91	1.09	29.44	1:04.46	2:21.02	25.14	55.81	2:05.03	2:07.32	4:35.74
90	1.10	29.71	1:05.05	2:22.32	25.37	56.32	2:06.18	2:08.49	4:38.27
89	1.11	29.98	1:05.65	2:23.61	25.60	56.83	2:07.33	2:09.66	4:40.80
88	1.12	30.25	1:06.24	2:24.91	25.83	57.34	2:08.48	2:10.83	4:43.33
87	1.13	30.52	1:06.83	2:26.20	26.06	57.86	2:09.62	2:12.00	4:45.86
86	1.14	30.79	1:07.42	2:27.49	26.29	58.37	2:10.77	2:13.16	4:48.39
85	1.15	31.06	1:08.01	2:28.79	26.52	58.88	2:11.92	2:14.33	4:50.92
84	1.16	31.33	1:08.60	2:30.08	26.75	59.39	2:13.06	2:15.50	4:53.45
83	1.17	31.60	1:09.19	2:31.37	26.98	59.90	2:14.21	2:16.67	4:55.97
82	1.18	31.87	1:09.79	2:32.67	27.21	1:00.42	2:15.36	2:17.84	4:58.50
81	1.19	32.14	1:10.38	2:33.96	27.44	1:00.93	2:16.50	2:19.00	5:01.03
80	1.20	32.41	1:10.97	2:35.26	27.67	1:01.44	2:17.65	2:20.17	5:03.56
79	1.21	32.68	1:11.56	2:36.55	27.90	1:01.95	2:18.80	2:21.34	5:06.09
78	1.22	32.95	1:12.15	2:37.84	28.13	1:02.46	2:19.95	2:22.51	5:08.62
77	1.23	33.22	1:12.74	2:39.14	28.36	1:02.98	2:21.09	2:23.68	5:11.15
76	1.24	33.49	1:13.33	2:40.43	28.59	1:03.49	2:22.24	2:24.84	5:13.68
75	1.25	33.76	1:13.93	2:41.73	28.83	1:04.00	2:23.39	2:26.01	5:16.21
74	1.26	34.03	1:14.52	2:43.02	29.06	1:04.51	2:24.53	2:27.18	5:18.74
73	1.27	34.30	1:15.11	2:44.31	29.29	1:05.02	2:25.68	2:28.35	5:21.27
72	1.28	34.57	1:15.70	2:45.61	29.52	1:05.54	2:26.83	2:29.52	5:23.80
71	1.29	34.84	1:16.29	2:46.90	29.75	1:06.05	2:27.98	2:30.68	5:26.33
70	1.30	35.11	1:16.88	2:48.19	29.98	1:06.56	2:29.12	2:31.85	5:28.86
69	1.31	35.38	1:17.47	2:49.49	30.21	1:07.07	2:30.27	2:33.02	5:31.39
68	1.32	35.65	1:18.06	2:50.78	30.44	1:07.58	2:31.42	2:34.19	5:33.92
67	1.33	35.92	1:18.66	2:52.08	30.67	1:08.10	2:32.56	2:35.36	5:36.45
66	1.34	36.19	1:19.25	2:53.37	30.90	1:08.61	2:33.71	2:36.53	5:38.98
65	1.35	36.46	1:19.84	2:54.66	31.13	1:09.12	2:34.86	2:37.69	5:41.51
64	1.36	36.73	1:20.43	2:55.96	31.36	1:09.63	2:36.01	2:38.86	5:44.04
63	1.37	37.00	1:21.02	2:57.25	31.59	1:10.14	2:37.15	2:40.03	5:46.57
62	1.38	37.27	1:21.61	2:58.54	31.82	1:10.66	2:38.30	2:41.20	5:49.10
61	1.39	37.54	1:22.20	2:59.84	32.05	1:11.17	2:39.45	2:42.37	5:51.63
60	1.40	37.81	1:22.80	3:01.13	32.28	1:11.68	2:40.59	2:43.53	5:54.16
59	1.41	38.08	1:23.39	3:02.43	32.51	1:12.19	2:41.74	2:44.70	5:56.69
58	1.42	38.35	1:23.98	3:03.72	32.75	1:12.70	2:42.89	2:45.87	5:59.22
57	1.43	38.62	1:24.57	3:05.01	32.98	1:13.22	2:44.04	2:47.04	6:01.75
56	1.44	38.89	1:25.16	3:06.31	33.21	1:13.73	2:45.18	2:48.21	6:04.28
55	1.45	39.16	1:25.75	3:07.60	33.44	1:14.24	2:46.33	2:49.37	6:06.81
54	1.46	39.43	1:26.34	3:08.89	33.67	1:14.75	2:47.48	2:50.54	6:09.34
53	1.47	39.70	1:26.94	3:10.19	33.90	1:15.26	2:48.62	2:51.71	6:11.87

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	39.97	1:27.53	3:11.48	34.13	1:15.78	2:49.77	2:52.88	6:14.40
51	1.49	40.24	1:28.12	3:12.78	34.36	1:16.29	2:50.92	2:54.05	6:16.93
50	1.50	40.52	1:28.71	3:14.07	34.59	1:16.80	2:52.07	2:55.22	6:19.46
49	1.51	40.79	1:29.30	3:15.36	34.82	1:17.31	2:53.21	2:56.38	6:21.98
48	1.52	41.06	1:29.89	3:16.66	35.05	1:17.82	2:54.36	2:57.55	6:24.51
47	1.53	41.33	1:30.48	3:17.95	35.28	1:18.34	2:55.51	2:58.72	6:27.04
46	1.54	41.60	1:31.08	3:19.25	35.51	1:18.85	2:56.65	2:59.89	6:29.57
45	1.55	41.87	1:31.67	3:20.54	35.74	1:19.36	2:57.80	3:01.06	6:32.10
44	1.56	42.14	1:32.26	3:21.83	35.97	1:19.87	2:58.95	3:02.22	6:34.63
43	1.57	42.41	1:32.85	3:23.13	36.20	1:20.38	3:00.09	3:03.39	6:37.16
42	1.58	42.68	1:33.44	3:24.42	36.43	1:20.90	3:01.24	3:04.56	6:39.69
41	1.59	42.95	1:34.03	3:25.71	36.67	1:21.41	3:02.39	3:05.73	6:42.22
40	1.60	43.22	1:34.62	3:27.01	36.90	1:21.92	3:03.54	3:06.90	6:44.75
39	1.61	43.49	1:35.22	3:28.30	37.13	1:22.43	3:04.68	3:08.06	6:47.28
38	1.62	43.76	1:35.81	3:29.60	37.36	1:22.94	3:05.83	3:09.23	6:49.81
37	1.63	44.03	1:36.40	3:30.89	37.59	1:23.46	3:06.98	3:10.40	6:52.34
36	1.64	44.30	1:36.99	3:32.18	37.82	1:23.97	3:08.12	3:11.57	6:54.87
35	1.65	44.57	1:37.58	3:33.48	38.05	1:24.48	3:09.27	3:12.74	6:57.40
34	1.66	44.84	1:38.17	3:34.77	38.28	1:24.99	3:10.42	3:13.90	6:59.93
33	1.67	45.11	1:38.76	3:36.06	38.51	1:25.50	3:11.57	3:15.07	7:02.46
32	1.68	45.38	1:39.36	3:37.36	38.74	1:26.02	3:12.71	3:16.24	7:04.99
31	1.69	45.65	1:39.95	3:38.65	38.97	1:26.53	3:13.86	3:17.41	7:07.52
30	1.70	45.92	1:40.54	3:39.95	39.20	1:27.04	3:15.01	3:18.58	7:10.05
29	1.71	46.19	1:41.13	3:41.24	39.43	1:27.55	3:16.15	3:19.75	7:12.58
28	1.72	46.46	1:41.72	3:42.53	39.66	1:28.06	3:17.30	3:20.91	7:15.11
27	1.73	46.73	1:42.31	3:43.83	39.89	1:28.58	3:18.45	3:22.08	7:17.64
26	1.74	47.00	1:42.90	3:45.12	40.12	1:29.09	3:19.60	3:23.25	7:20.17
25	1.75	47.27	1:43.50	3:46.42	40.36	1:29.60	3:20.74	3:24.42	7:22.70
24	1.76	47.54	1:44.09	3:47.71	40.59	1:30.11	3:21.89	3:25.59	7:25.23
23	1.77	47.81	1:44.68	3:49.00	40.82	1:30.62	3:23.04	3:26.75	7:27.76
22	1.78	48.08	1:45.27	3:50.30	41.05	1:31.14	3:24.18	3:27.92	7:30.29
21	1.79	48.35	1:45.86	3:51.59	41.28	1:31.65	3:25.33	3:29.09	7:32.82
20	1.80	48.62	1:46.45	3:52.88	41.51	1:32.16	3:26.48	3:30.26	7:35.35
19	1.81	48.89	1:47.04	3:54.18	41.74	1:32.67	3:27.63	3:31.43	7:37.88
18	1.82	49.16	1:47.63	3:55.47	41.97	1:33.18	3:28.77	3:32.59	7:40.41
17	1.83	49.43	1:48.23	3:56.77	42.20	1:33.70	3:29.92	3:33.76	7:42.94
16	1.84	49.70	1:48.82	3:58.06	42.43	1:34.21	3:31.07	3:34.93	7:45.46
15	1.85	49.97	1:49.41	3:59.35	42.66	1:34.72	3:32.21	3:36.10	7:47.99
14	1.86	50.24	1:50.00	4:00.65	42.89	1:35.23	3:33.36	3:37.27	7:50.52
13	1.87	50.51	1:50.59	4:01.94	43.12	1:35.74	3:34.51	3:38.43	7:53.05
12	1.88	50.78	1:51.18	4:03.23	43.35	1:36.26	3:35.65	3:39.60	7:55.58
11	1.89	51.05	1:51.77	4:04.53	43.58	1:36.77	3:36.80	3:40.77	7:58.11
10	1.90	51.32	1:52.37	4:05.82	43.81	1:37.28	3:37.95	3:41.94	8:00.64
9	1.91	51.59	1:52.96	4:07.12	44.04	1:37.79	3:39.10	3:43.11	8:03.17
8	1.92	51.86	1:53.55	4:08.41	44.28	1:38.30	3:40.24	3:44.28	8:05.70
7	1.93	52.13	1:54.14	4:09.70	44.51	1:38.82	3:41.39	3:45.44	8:08.23
6	1.94	52.40	1:54.73	4:11.00	44.74	1:39.33	3:42.54	3:46.61	8:10.76
5	1.95	52.67	1:55.32	4:12.29	44.97	1:39.84	3:43.68	3:47.78	8:13.29
4	1.96	52.94	1:55.91	4:13.58	45.20	1:40.35	3:44.83	3:48.95	8:15.82
3	1.97	53.21	1:56.51	4:14.88	45.43	1:40.86	3:45.98	3:50.12	8:18.35
2	1.98	53.48	1:57.10	4:16.17	45.66	1:41.38	3:47.13	3:51.28	8:20.88
1	1.99	53.75	1:57.69	4:17.47	45.89	1:41.89	3:48.27	3:52.45	8:23.41

Hong Kong Swimming Point Score 2020 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.19	52.61	1:54.27	4:03.37	8:20.36	15:59.41	27.31	58.83	2:06.38
99	1.01	24.43	53.14	1:55.41	4:05.80	8:25.36	16:09.00	27.58	59.42	2:07.64
98	1.02	24.67	53.66	1:56.56	4:08.24	8:30.37	16:18.60	27.86	1:00.01	2:08.91
97	1.03	24.92	54.19	1:57.70	4:10.67	8:35.37	16:28.19	28.13	1:00.59	2:10.17
96	1.04	25.16	54.71	1:58.84	4:13.10	8:40.37	16:37.79	28.40	1:01.18	2:11.44
95	1.05	25.40	55.24	1:59.98	4:15.54	8:45.38	16:47.38	28.68	1:01.77	2:12.70
94	1.06	25.64	55.77	2:01.13	4:17.97	8:50.38	16:56.97	28.95	1:02.36	2:13.96
93	1.07	25.88	56.29	2:02.27	4:20.41	8:55.39	17:06.57	29.22	1:02.95	2:15.23
92	1.08	26.13	56.82	2:03.41	4:22.84	9:00.39	17:16.16	29.49	1:03.54	2:16.49
91	1.09	26.37	57.34	2:04.55	4:25.27	9:05.39	17:25.76	29.77	1:04.12	2:17.75
90	1.10	26.61	57.87	2:05.70	4:27.71	9:10.40	17:35.35	30.04	1:04.71	2:19.02
89	1.11	26.85	58.40	2:06.84	4:30.14	9:15.40	17:44.95	30.31	1:05.30	2:20.28
88	1.12	27.09	58.92	2:07.98	4:32.57	9:20.40	17:54.54	30.59	1:05.89	2:21.55
87	1.13	27.33	59.45	2:09.13	4:35.01	9:25.41	18:04.13	30.86	1:06.48	2:22.81
86	1.14	27.58	59.98	2:10.27	4:37.44	9:30.41	18:13.73	31.13	1:07.07	2:24.07
85	1.15	27.82	1:00.50	2:11.41	4:39.88	9:35.41	18:23.32	31.41	1:07.65	2:25.34
84	1.16	28.06	1:01.03	2:12.55	4:42.31	9:40.42	18:32.92	31.68	1:08.24	2:26.60
83	1.17	28.30	1:01.55	2:13.70	4:44.74	9:45.42	18:42.51	31.95	1:08.83	2:27.86
82	1.18	28.54	1:02.08	2:14.84	4:47.18	9:50.42	18:52.10	32.23	1:09.42	2:29.13
81	1.19	28.79	1:02.61	2:15.98	4:49.61	9:55.43	19:01.70	32.50	1:10.01	2:30.39
80	1.20	29.03	1:03.13	2:17.12	4:52.04	10:00.43	19:11.29	32.77	1:10.60	2:31.66
79	1.21	29.27	1:03.66	2:18.27	4:54.48	10:05.44	19:20.89	33.05	1:11.18	2:32.92
78	1.22	29.51	1:04.18	2:19.41	4:56.91	10:10.44	19:30.48	33.32	1:11.77	2:34.18
77	1.23	29.75	1:04.71	2:20.55	4:59.35	10:15.44	19:40.07	33.59	1:12.36	2:35.45
76	1.24	30.00	1:05.24	2:21.69	5:01.78	10:20.45	19:49.67	33.86	1:12.95	2:36.71
75	1.25	30.24	1:05.76	2:22.84	5:04.21	10:25.45	19:59.26	34.14	1:13.54	2:37.98
74	1.26	30.48	1:06.29	2:23.98	5:06.65	10:30.45	20:08.86	34.41	1:14.13	2:39.24
73	1.27	30.72	1:06.81	2:25.12	5:09.08	10:35.46	20:18.45	34.68	1:14.71	2:40.50
72	1.28	30.96	1:07.34	2:26.27	5:11.51	10:40.46	20:28.04	34.96	1:15.30	2:41.77
71	1.29	31.21	1:07.87	2:27.41	5:13.95	10:45.46	20:37.64	35.23	1:15.89	2:43.03
70	1.30	31.45	1:08.39	2:28.55	5:16.38	10:50.47	20:47.23	35.50	1:16.48	2:44.29
69	1.31	31.69	1:08.92	2:29.69	5:18.81	10:55.47	20:56.83	35.78	1:17.07	2:45.56
68	1.32	31.93	1:09.45	2:30.84	5:21.25	11:00.48	21:06.42	36.05	1:17.66	2:46.82
67	1.33	32.17	1:09.97	2:31.98	5:23.68	11:05.48	21:16.02	36.32	1:18.24	2:48.09
66	1.34	32.41	1:10.50	2:33.12	5:26.12	11:10.48	21:25.61	36.60	1:18.83	2:49.35
65	1.35	32.66	1:11.02	2:34.26	5:28.55	11:15.49	21:35.20	36.87	1:19.42	2:50.61
64	1.36	32.90	1:11.55	2:35.41	5:30.98	11:20.49	21:44.80	37.14	1:20.01	2:51.88
63	1.37	33.14	1:12.08	2:36.55	5:33.42	11:25.49	21:54.39	37.41	1:20.60	2:53.14
62	1.38	33.38	1:12.60	2:37.69	5:35.85	11:30.50	22:03.99	37.69	1:21.19	2:54.40
61	1.39	33.62	1:13.13	2:38.84	5:38.28	11:35.50	22:13.58	37.96	1:21.77	2:55.67
60	1.40	33.87	1:13.65	2:39.98	5:40.72	11:40.50	22:23.17	38.23	1:22.36	2:56.93
59	1.41	34.11	1:14.18	2:41.12	5:43.15	11:45.51	22:32.77	38.51	1:22.95	2:58.20
58	1.42	34.35	1:14.71	2:42.26	5:45.59	11:50.51	22:42.36	38.78	1:23.54	2:59.46
57	1.43	34.59	1:15.23	2:43.41	5:48.02	11:55.51	22:51.96	39.05	1:24.13	3:00.72
56	1.44	34.83	1:15.76	2:44.55	5:50.45	12:00.52	23:01.55	39.33	1:24.72	3:01.99
55	1.45	35.08	1:16.28	2:45.69	5:52.89	12:05.52	23:11.14	39.60	1:25.30	3:03.25
54	1.46	35.32	1:16.81	2:46.83	5:55.32	12:10.53	23:20.74	39.87	1:25.89	3:04.51
53	1.47	35.56	1:17.34	2:47.98	5:57.75	12:15.53	23:30.33	40.15	1:26.48	3:05.78

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	35.80	1:17.86	2:49.12	6:00.19	12:20.53	23:39.93	40.42	1:27.07	3:07.04
51	1.49	36.04	1:18.39	2:50.26	6:02.62	12:25.54	23:49.52	40.69	1:27.66	3:08.31
50	1.50	36.29	1:18.92	2:51.41	6:05.06	12:30.54	23:59.12	40.97	1:28.25	3:09.57
49	1.51	36.53	1:19.44	2:52.55	6:07.49	12:35.54	24:08.71	41.24	1:28.83	3:10.83
48	1.52	36.77	1:19.97	2:53.69	6:09.92	12:40.55	24:18.30	41.51	1:29.42	3:12.10
47	1.53	37.01	1:20.49	2:54.83	6:12.36	12:45.55	24:27.90	41.78	1:30.01	3:13.36
46	1.54	37.25	1:21.02	2:55.98	6:14.79	12:50.55	24:37.49	42.06	1:30.60	3:14.63
45	1.55	37.49	1:21.55	2:57.12	6:17.22	12:55.56	24:47.09	42.33	1:31.19	3:15.89
44	1.56	37.74	1:22.07	2:58.26	6:19.66	13:00.56	24:56.68	42.60	1:31.77	3:17.15
43	1.57	37.98	1:22.60	2:59.40	6:22.09	13:05.57	25:06.27	42.88	1:32.36	3:18.42
42	1.58	38.22	1:23.12	3:00.55	6:24.52	13:10.57	25:15.87	43.15	1:32.95	3:19.68
41	1.59	38.46	1:23.65	3:01.69	6:26.96	13:15.57	25:25.46	43.42	1:33.54	3:20.94
40	1.60	38.70	1:24.18	3:02.83	6:29.39	13:20.58	25:35.06	43.70	1:34.13	3:22.21
39	1.61	38.95	1:24.70	3:03.97	6:31.83	13:25.58	25:44.65	43.97	1:34.72	3:23.47
38	1.62	39.19	1:25.23	3:05.12	6:34.26	13:30.58	25:54.24	44.24	1:35.30	3:24.74
37	1.63	39.43	1:25.75	3:06.26	6:36.69	13:35.59	26:03.84	44.52	1:35.89	3:26.00
36	1.64	39.67	1:26.28	3:07.40	6:39.13	13:40.59	26:13.43	44.79	1:36.48	3:27.26
35	1.65	39.91	1:26.81	3:08.55	6:41.56	13:45.59	26:23.03	45.06	1:37.07	3:28.53
34	1.66	40.16	1:27.33	3:09.69	6:43.99	13:50.60	26:32.62	45.33	1:37.66	3:29.79
33	1.67	40.40	1:27.86	3:10.83	6:46.43	13:55.60	26:42.21	45.61	1:38.25	3:31.05
32	1.68	40.64	1:28.38	3:11.97	6:48.86	14:00.60	26:51.81	45.88	1:38.83	3:32.32
31	1.69	40.88	1:28.91	3:13.12	6:51.30	14:05.61	27:01.40	46.15	1:39.42	3:33.58
30	1.70	41.12	1:29.44	3:14.26	6:53.73	14:10.61	27:11.00	46.43	1:40.01	3:34.85
29	1.71	41.36	1:29.96	3:15.40	6:56.16	14:15.62	27:20.59	46.70	1:40.60	3:36.11
28	1.72	41.61	1:30.49	3:16.54	6:58.60	14:20.62	27:30.19	46.97	1:41.19	3:37.37
27	1.73	41.85	1:31.02	3:17.69	7:01.03	14:25.62	27:39.78	47.25	1:41.78	3:38.64
26	1.74	42.09	1:31.54	3:18.83	7:03.46	14:30.63	27:49.37	47.52	1:42.36	3:39.90
25	1.75	42.33	1:32.07	3:19.97	7:05.90	14:35.63	27:58.97	47.79	1:42.95	3:41.17
24	1.76	42.57	1:32.59	3:21.12	7:08.33	14:40.63	28:08.56	48.07	1:43.54	3:42.43
23	1.77	42.82	1:33.12	3:22.26	7:10.76	14:45.64	28:18.16	48.34	1:44.13	3:43.69
22	1.78	43.06	1:33.65	3:23.40	7:13.20	14:50.64	28:27.75	48.61	1:44.72	3:44.96
21	1.79	43.30	1:34.17	3:24.54	7:15.63	14:55.64	28:37.34	48.88	1:45.31	3:46.22
20	1.80	43.54	1:34.70	3:25.69	7:18.07	15:00.65	28:46.94	49.16	1:45.89	3:47.48
19	1.81	43.78	1:35.22	3:26.83	7:20.50	15:05.65	28:56.53	49.43	1:46.48	3:48.75
18	1.82	44.03	1:35.75	3:27.97	7:22.93	15:10.66	29:06.13	49.70	1:47.07	3:50.01
17	1.83	44.27	1:36.28	3:29.11	7:25.37	15:15.66	29:15.72	49.98	1:47.66	3:51.28
16	1.84	44.51	1:36.80	3:30.26	7:27.80	15:20.66	29:25.31	50.25	1:48.25	3:52.54
15	1.85	44.75	1:37.33	3:31.40	7:30.23	15:25.67	29:34.91	50.52	1:48.84	3:53.80
14	1.86	44.99	1:37.85	3:32.54	7:32.67	15:30.67	29:44.50	50.80	1:49.42	3:55.07
13	1.87	45.24	1:38.38	3:33.68	7:35.10	15:35.67	29:54.10	51.07	1:50.01	3:56.33
12	1.88	45.48	1:38.91	3:34.83	7:37.54	15:40.68	30:03.69	51.34	1:50.60	3:57.59
11	1.89	45.72	1:39.43	3:35.97	7:39.97	15:45.68	30:13.28	51.62	1:51.19	3:58.86
10	1.90	45.96	1:39.96	3:37.11	7:42.40	15:50.68	30:22.88	51.89	1:51.78	4:00.12
9	1.91	46.20	1:40.49	3:38.26	7:44.84	15:55.69	30:32.47	52.16	1:52.37	4:01.39
8	1.92	46.44	1:41.01	3:39.40	7:47.27	16:00.69	30:42.07	52.44	1:52.95	4:02.65
7	1.93	46.69	1:41.54	3:40.54	7:49.70	16:05.69	30:51.66	52.71	1:53.54	4:03.91
6	1.94	46.93	1:42.06	3:41.68	7:52.14	16:10.70	31:01.26	52.98	1:54.13	4:05.18
5	1.95	47.17	1:42.59	3:42.83	7:54.57	16:15.70	31:10.85	53.25	1:54.72	4:06.44
4	1.96	47.41	1:43.12	3:43.97	7:57.01	16:20.71	31:20.44	53.53	1:55.31	4:07.70
3	1.97	47.65	1:43.64	3:45.11	7:59.44	16:25.71	31:30.04	53.80	1:55.90	4:08.97
2	1.98	47.90	1:44.17	3:46.25	8:01.87	16:30.71	31:39.63	54.07	1:56.48	4:10.23
1	1.99	48.14	1:44.69	3:47.40	8:04.31	16:35.72	31:49.23	54.35	1:57.07	4:11.50

Hong Kong Swimming Point Score 2020 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	30.49	1:05.71	2:22.24	25.40	56.60	2:05.84	2:08.60	4:35.36
99	1.01	30.79	1:06.37	2:23.66	25.65	57.17	2:07.10	2:09.89	4:38.11
98	1.02	31.10	1:07.02	2:25.08	25.91	57.73	2:08.36	2:11.17	4:40.87
97	1.03	31.40	1:07.68	2:26.51	26.16	58.30	2:09.62	2:12.46	4:43.62
96	1.04	31.71	1:08.34	2:27.93	26.42	58.86	2:10.87	2:13.74	4:46.37
95	1.05	32.01	1:09.00	2:29.35	26.67	59.43	2:12.13	2:15.03	4:49.13
94	1.06	32.32	1:09.65	2:30.77	26.92	1:00.00	2:13.39	2:16.32	4:51.88
93	1.07	32.62	1:10.31	2:32.20	27.18	1:00.56	2:14.65	2:17.60	4:54.64
92	1.08	32.93	1:10.97	2:33.62	27.43	1:01.13	2:15.91	2:18.89	4:57.39
91	1.09	33.23	1:11.62	2:35.04	27.69	1:01.69	2:17.17	2:20.17	5:00.14
90	1.10	33.54	1:12.28	2:36.46	27.94	1:02.26	2:18.42	2:21.46	5:02.90
89	1.11	33.84	1:12.94	2:37.89	28.19	1:02.83	2:19.68	2:22.75	5:05.65
88	1.12	34.15	1:13.60	2:39.31	28.45	1:03.39	2:20.94	2:24.03	5:08.40
87	1.13	34.45	1:14.25	2:40.73	28.70	1:03.96	2:22.20	2:25.32	5:11.16
86	1.14	34.76	1:14.91	2:42.15	28.96	1:04.52	2:23.46	2:26.60	5:13.91
85	1.15	35.06	1:15.57	2:43.58	29.21	1:05.09	2:24.72	2:27.89	5:16.66
84	1.16	35.37	1:16.22	2:45.00	29.46	1:05.66	2:25.97	2:29.18	5:19.42
83	1.17	35.67	1:16.88	2:46.42	29.72	1:06.22	2:27.23	2:30.46	5:22.17
82	1.18	35.98	1:17.54	2:47.84	29.97	1:06.79	2:28.49	2:31.75	5:24.92
81	1.19	36.28	1:18.19	2:49.27	30.23	1:07.35	2:29.75	2:33.03	5:27.68
80	1.20	36.59	1:18.85	2:50.69	30.48	1:07.92	2:31.01	2:34.32	5:30.43
79	1.21	36.89	1:19.51	2:52.11	30.73	1:08.49	2:32.27	2:35.61	5:33.19
78	1.22	37.20	1:20.17	2:53.53	30.99	1:09.05	2:33.52	2:36.89	5:35.94
77	1.23	37.50	1:20.82	2:54.96	31.24	1:09.62	2:34.78	2:38.18	5:38.69
76	1.24	37.81	1:21.48	2:56.38	31.50	1:10.18	2:36.04	2:39.46	5:41.45
75	1.25	38.11	1:22.14	2:57.80	31.75	1:10.75	2:37.30	2:40.75	5:44.20
74	1.26	38.42	1:22.79	2:59.22	32.00	1:11.32	2:38.56	2:42.04	5:46.95
73	1.27	38.72	1:23.45	3:00.64	32.26	1:11.88	2:39.82	2:43.32	5:49.71
72	1.28	39.03	1:24.11	3:02.07	32.51	1:12.45	2:41.08	2:44.61	5:52.46
71	1.29	39.33	1:24.77	3:03.49	32.77	1:13.01	2:42.33	2:45.89	5:55.21
70	1.30	39.64	1:25.42	3:04.91	33.02	1:13.58	2:43.59	2:47.18	5:57.97
69	1.31	39.94	1:26.08	3:06.33	33.27	1:14.15	2:44.85	2:48.47	6:00.72
68	1.32	40.25	1:26.74	3:07.76	33.53	1:14.71	2:46.11	2:49.75	6:03.48
67	1.33	40.55	1:27.39	3:09.18	33.78	1:15.28	2:47.37	2:51.04	6:06.23
66	1.34	40.86	1:28.05	3:10.60	34.04	1:15.84	2:48.63	2:52.32	6:08.98
65	1.35	41.16	1:28.71	3:12.02	34.29	1:16.41	2:49.88	2:53.61	6:11.74
64	1.36	41.47	1:29.37	3:13.45	34.54	1:16.98	2:51.14	2:54.90	6:14.49
63	1.37	41.77	1:30.02	3:14.87	34.80	1:17.54	2:52.40	2:56.18	6:17.24
62	1.38	42.08	1:30.68	3:16.29	35.05	1:18.11	2:53.66	2:57.47	6:20.00
61	1.39	42.38	1:31.34	3:17.71	35.31	1:18.67	2:54.92	2:58.75	6:22.75
60	1.40	42.69	1:31.99	3:19.14	35.56	1:19.24	2:56.18	3:00.04	6:25.50
59	1.41	42.99	1:32.65	3:20.56	35.81	1:19.81	2:57.43	3:01.33	6:28.26
58	1.42	43.30	1:33.31	3:21.98	36.07	1:20.37	2:58.69	3:02.61	6:31.01
57	1.43	43.60	1:33.97	3:23.40	36.32	1:20.94	2:59.95	3:03.90	6:33.76
56	1.44	43.91	1:34.62	3:24.83	36.58	1:21.50	3:01.21	3:05.18	6:36.52
55	1.45	44.21	1:35.28	3:26.25	36.83	1:22.07	3:02.47	3:06.47	6:39.27
54	1.46	44.52	1:35.94	3:27.67	37.08	1:22.64	3:03.73	3:07.76	6:42.03
53	1.47	44.82	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	45.13	1:37.25	3:30.52	37.59	1:23.77	3:06.24	3:10.33	6:47.53
51	1.49	45.43	1:37.91	3:31.94	37.85	1:24.33	3:07.50	3:11.61	6:50.29
50	1.50	45.74	1:38.57	3:33.36	38.10	1:24.90	3:08.76	3:12.90	6:53.04
49	1.51	46.04	1:39.22	3:34.78	38.35	1:25.47	3:10.02	3:14.19	6:55.79
48	1.52	46.34	1:39.88	3:36.20	38.61	1:26.03	3:11.28	3:15.47	6:58.55
47	1.53	46.65	1:40.54	3:37.63	38.86	1:26.60	3:12.54	3:16.76	7:01.30
46	1.54	46.95	1:41.19	3:39.05	39.12	1:27.16	3:13.79	3:18.04	7:04.05
45	1.55	47.26	1:41.85	3:40.47	39.37	1:27.73	3:15.05	3:19.33	7:06.81
44	1.56	47.56	1:42.51	3:41.89	39.62	1:28.30	3:16.31	3:20.62	7:09.56
43	1.57	47.87	1:43.16	3:43.32	39.88	1:28.86	3:17.57	3:21.90	7:12.32
42	1.58	48.17	1:43.82	3:44.74	40.13	1:29.43	3:18.83	3:23.19	7:15.07
41	1.59	48.48	1:44.48	3:46.16	40.39	1:29.99	3:20.09	3:24.47	7:17.82
40	1.60	48.78	1:45.14	3:47.58	40.64	1:30.56	3:21.34	3:25.76	7:20.58
39	1.61	49.09	1:45.79	3:49.01	40.89	1:31.13	3:22.60	3:27.05	7:23.33
38	1.62	49.39	1:46.45	3:50.43	41.15	1:31.69	3:23.86	3:28.33	7:26.08
37	1.63	49.70	1:47.11	3:51.85	41.40	1:32.26	3:25.12	3:29.62	7:28.84
36	1.64	50.00	1:47.76	3:53.27	41.66	1:32.82	3:26.38	3:30.90	7:31.59
35	1.65	50.31	1:48.42	3:54.70	41.91	1:33.39	3:27.64	3:32.19	7:34.34
34	1.66	50.61	1:49.08	3:56.12	42.16	1:33.96	3:28.89	3:33.48	7:37.10
33	1.67	50.92	1:49.74	3:57.54	42.42	1:34.52	3:30.15	3:34.76	7:39.85
32	1.68	51.22	1:50.39	3:58.96	42.67	1:35.09	3:31.41	3:36.05	7:42.60
31	1.69	51.53	1:51.05	4:00.39	42.93	1:35.65	3:32.67	3:37.33	7:45.36
30	1.70	51.83	1:51.71	4:01.81	43.18	1:36.22	3:33.93	3:38.62	7:48.11
29	1.71	52.14	1:52.36	4:03.23	43.43	1:36.79	3:35.19	3:39.91	7:50.87
28	1.72	52.44	1:53.02	4:04.65	43.69	1:37.35	3:36.44	3:41.19	7:53.62
27	1.73	52.75	1:53.68	4:06.08	43.94	1:37.92	3:37.70	3:42.48	7:56.37
26	1.74	53.05	1:54.34	4:07.50	44.20	1:38.48	3:38.96	3:43.76	7:59.13
25	1.75	53.36	1:54.99	4:08.92	44.45	1:39.05	3:40.22	3:45.05	8:01.88
24	1.76	53.66	1:55.65	4:10.34	44.70	1:39.62	3:41.48	3:46.34	8:04.63
23	1.77	53.97	1:56.31	4:11.76	44.96	1:40.18	3:42.74	3:47.62	8:07.39
22	1.78	54.27	1:56.96	4:13.19	45.21	1:40.75	3:44.00	3:48.91	8:10.14
21	1.79	54.58	1:57.62	4:14.61	45.47	1:41.31	3:45.25	3:50.19	8:12.89
20	1.80	54.88	1:58.28	4:16.03	45.72	1:41.88	3:46.51	3:51.48	8:15.65
19	1.81	55.19	1:58.94	4:17.45	45.97	1:42.45	3:47.77	3:52.77	8:18.40
18	1.82	55.49	1:59.59	4:18.88	46.23	1:43.01	3:49.03	3:54.05	8:21.16
17	1.83	55.80	2:00.25	4:20.30	46.48	1:43.58	3:50.29	3:55.34	8:23.91
16	1.84	56.10	2:00.91	4:21.72	46.74	1:44.14	3:51.55	3:56.62	8:26.66
15	1.85	56.41	2:01.56	4:23.14	46.99	1:44.71	3:52.80	3:57.91	8:29.42
14	1.86	56.71	2:02.22	4:24.57	47.24	1:45.28	3:54.06	3:59.20	8:32.17
13	1.87	57.02	2:02.88	4:25.99	47.50	1:45.84	3:55.32	4:00.48	8:34.92
12	1.88	57.32	2:03.53	4:27.41	47.75	1:46.41	3:56.58	4:01.77	8:37.68
11	1.89	57.63	2:04.19	4:28.83	48.01	1:46.97	3:57.84	4:03.05	8:40.43
10	1.90	57.93	2:04.85	4:30.26	48.26	1:47.54	3:59.10	4:04.34	8:43.18
9	1.91	58.24	2:05.51	4:31.68	48.51	1:48.11	4:00.35	4:05.63	8:45.94
8	1.92	58.54	2:06.16	4:33.10	48.77	1:48.67	4:01.61	4:06.91	8:48.69
7	1.93	58.85	2:06.82	4:34.52	49.02	1:49.24	4:02.87	4:08.20	8:51.44
6	1.94	59.15	2:07.48	4:35.95	49.28	1:49.80	4:04.13	4:09.48	8:54.20
5	1.95	59.46	2:08.13	4:37.37	49.53	1:50.37	4:05.39	4:10.77	8:56.95
4	1.96	59.76	2:08.79	4:38.79	49.78	1:50.94	4:06.65	4:12.06	8:59.71
3	1.97	1:00.07	2:09.45	4:40.21	50.04	1:51.50	4:07.90	4:13.34	9:02.46
2	1.98	1:00.37	2:10.11	4:41.64	50.29	1:52.07	4:09.16	4:14.63	9:05.21
1	1.99	1:00.68	2:10.76	4:43.06	50.55	1:52.63	4:10.42	4:15.91	9:07.97