

# Hong Kong Swimming Point Score

## Short Course 2026-2027

### Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.52	45.92	1:41.23	3:37.65	7:37.19	14:28.06	22.83	49.45	1:48.62
99	1.01	20.73	46.38	1:42.24	3:39.83	7:41.76	14:36.74	23.06	49.94	1:49.71
98	1.02	20.93	46.84	1:43.25	3:42.00	7:46.33	14:45.42	23.29	50.44	1:50.79
97	1.03	21.14	47.30	1:44.27	3:44.18	7:50.91	14:54.10	23.51	50.93	1:51.88
96	1.04	21.34	47.76	1:45.28	3:46.36	7:55.48	15:02.78	23.74	51.43	1:52.96
95	1.05	21.55	48.22	1:46.29	3:48.53	8:00.05	15:11.46	23.97	51.92	1:54.05
94	1.06	21.75	48.68	1:47.30	3:50.71	8:04.62	15:20.14	24.20	52.42	1:55.14
93	1.07	21.96	49.13	1:48.32	3:52.89	8:09.19	15:28.82	24.43	52.91	1:56.22
92	1.08	22.16	49.59	1:49.33	3:55.06	8:13.77	15:37.50	24.66	53.41	1:57.31
91	1.09	22.37	50.05	1:50.34	3:57.24	8:18.34	15:46.19	24.88	53.90	1:58.40
90	1.10	22.57	50.51	1:51.35	3:59.42	8:22.91	15:54.87	25.11	54.40	1:59.48
89	1.11	22.78	50.97	1:52.37	4:01.59	8:27.48	16:03.55	25.34	54.89	2:00.57
88	1.12	22.98	51.43	1:53.38	4:03.77	8:32.05	16:12.23	25.57	55.38	2:01.65
87	1.13	23.19	51.89	1:54.39	4:05.94	8:36.62	16:20.91	25.80	55.88	2:02.74
86	1.14	23.39	52.35	1:55.40	4:08.12	8:41.20	16:29.59	26.03	56.37	2:03.83
85	1.15	23.60	52.81	1:56.41	4:10.30	8:45.77	16:38.27	26.25	56.87	2:04.91
84	1.16	23.80	53.27	1:57.43	4:12.47	8:50.34	16:46.95	26.48	57.36	2:06.00
83	1.17	24.01	53.73	1:58.44	4:14.65	8:54.91	16:55.63	26.71	57.86	2:07.09
82	1.18	24.21	54.19	1:59.45	4:16.83	8:59.48	17:04.31	26.94	58.35	2:08.17
81	1.19	24.42	54.64	2:00.46	4:19.00	9:04.06	17:12.99	27.17	58.85	2:09.26
80	1.20	24.62	55.10	2:01.48	4:21.18	9:08.63	17:21.67	27.40	59.34	2:10.34
79	1.21	24.83	55.56	2:02.49	4:23.36	9:13.20	17:30.35	27.62	59.83	2:11.43
78	1.22	25.03	56.02	2:03.50	4:25.53	9:17.77	17:39.03	27.85	1:00.33	2:12.52
77	1.23	25.24	56.48	2:04.51	4:27.71	9:22.34	17:47.71	28.08	1:00.82	2:13.60
76	1.24	25.44	56.94	2:05.53	4:29.89	9:26.92	17:56.39	28.31	1:01.32	2:14.69
75	1.25	25.65	57.40	2:06.54	4:32.06	9:31.49	18:05.08	28.54	1:01.81	2:15.78
74	1.26	25.86	57.86	2:07.55	4:34.24	9:36.06	18:13.76	28.77	1:02.31	2:16.86
73	1.27	26.06	58.32	2:08.56	4:36.42	9:40.63	18:22.44	28.99	1:02.80	2:17.95
72	1.28	26.27	58.78	2:09.57	4:38.59	9:45.20	18:31.12	29.22	1:03.30	2:19.03
71	1.29	26.47	59.24	2:10.59	4:40.77	9:49.78	18:39.80	29.45	1:03.79	2:20.12
70	1.30	26.68	59.70	2:11.60	4:42.95	9:54.35	18:48.48	29.68	1:04.29	2:21.21
69	1.31	26.88	1:00.16	2:12.61	4:45.12	9:58.92	18:57.16	29.91	1:04.78	2:22.29
68	1.32	27.09	1:00.61	2:13.62	4:47.30	10:03.49	19:05.84	30.14	1:05.27	2:23.38
67	1.33	27.29	1:01.07	2:14.64	4:49.47	10:08.06	19:14.52	30.36	1:05.77	2:24.46
66	1.34	27.50	1:01.53	2:15.65	4:51.65	10:12.63	19:23.20	30.59	1:06.26	2:25.55
65	1.35	27.70	1:01.99	2:16.66	4:53.83	10:17.21	19:31.88	30.82	1:06.76	2:26.64
64	1.36	27.91	1:02.45	2:17.67	4:56.00	10:21.78	19:40.56	31.05	1:07.25	2:27.72
63	1.37	28.11	1:02.91	2:18.69	4:58.18	10:26.35	19:49.24	31.28	1:07.75	2:28.81
62	1.38	28.32	1:03.37	2:19.70	5:00.36	10:30.92	19:57.92	31.51	1:08.24	2:29.90
61	1.39	28.52	1:03.83	2:20.71	5:02.53	10:35.49	20:06.60	31.73	1:08.74	2:30.98
60	1.40	28.73	1:04.29	2:21.72	5:04.71	10:40.07	20:15.28	31.96	1:09.23	2:32.07
59	1.41	28.93	1:04.75	2:22.73	5:06.89	10:44.64	20:23.96	32.19	1:09.72	2:33.15
58	1.42	29.14	1:05.21	2:23.75	5:09.06	10:49.21	20:32.65	32.42	1:10.22	2:34.24
57	1.43	29.34	1:05.67	2:24.76	5:11.24	10:53.78	20:41.33	32.65	1:10.71	2:35.33
56	1.44	29.55	1:06.12	2:25.77	5:13.42	10:58.35	20:50.01	32.88	1:11.21	2:36.41
55	1.45	29.75	1:06.58	2:26.78	5:15.59	11:02.93	20:58.69	33.10	1:11.70	2:37.50
54	1.46	29.96	1:07.04	2:27.80	5:17.77	11:07.50	21:07.37	33.33	1:12.20	2:38.59

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	30.16	1:07.50	2:28.81	5:19.95	11:12.07	21:16.05	33.56	1:12.69	2:39.67
52	1.48	30.37	1:07.96	2:29.82	5:22.12	11:16.64	21:24.73	33.79	1:13.19	2:40.76
51	1.49	30.57	1:08.42	2:30.83	5:24.30	11:21.21	21:33.41	34.02	1:13.68	2:41.84
50	1.50	30.78	1:08.88	2:31.85	5:26.48	11:25.79	21:42.09	34.25	1:14.18	2:42.93
49	1.51	30.99	1:09.34	2:32.86	5:28.65	11:30.36	21:50.77	34.47	1:14.67	2:44.02
48	1.52	31.19	1:09.80	2:33.87	5:30.83	11:34.93	21:59.45	34.70	1:15.16	2:45.10
47	1.53	31.40	1:10.26	2:34.88	5:33.00	11:39.50	22:08.13	34.93	1:15.66	2:46.19
46	1.54	31.60	1:10.72	2:35.89	5:35.18	11:44.07	22:16.81	35.16	1:16.15	2:47.27
45	1.55	31.81	1:11.18	2:36.91	5:37.36	11:48.64	22:25.49	35.39	1:16.65	2:48.36
44	1.56	32.01	1:11.64	2:37.92	5:39.53	11:53.22	22:34.17	35.61	1:17.14	2:49.45
43	1.57	32.22	1:12.09	2:38.93	5:41.71	11:57.79	22:42.85	35.84	1:17.64	2:50.53
42	1.58	32.42	1:12.55	2:39.94	5:43.89	12:02.36	22:51.53	36.07	1:18.13	2:51.62
41	1.59	32.63	1:13.01	2:40.96	5:46.06	12:06.93	23:00.22	36.30	1:18.63	2:52.71
40	1.60	32.83	1:13.47	2:41.97	5:48.24	12:11.50	23:08.90	36.53	1:19.12	2:53.79
39	1.61	33.04	1:13.93	2:42.98	5:50.42	12:16.08	23:17.58	36.76	1:19.61	2:54.88
38	1.62	33.24	1:14.39	2:43.99	5:52.59	12:20.65	23:26.26	36.98	1:20.11	2:55.96
37	1.63	33.45	1:14.85	2:45.00	5:54.77	12:25.22	23:34.94	37.21	1:20.60	2:57.05
36	1.64	33.65	1:15.31	2:46.02	5:56.95	12:29.79	23:43.62	37.44	1:21.10	2:58.14
35	1.65	33.86	1:15.77	2:47.03	5:59.12	12:34.36	23:52.30	37.67	1:21.59	2:59.22
34	1.66	34.06	1:16.23	2:48.04	6:01.30	12:38.94	24:00.98	37.90	1:22.09	3:00.31
33	1.67	34.27	1:16.69	2:49.05	6:03.48	12:43.51	24:09.66	38.13	1:22.58	3:01.40
32	1.68	34.47	1:17.15	2:50.07	6:05.65	12:48.08	24:18.34	38.35	1:23.08	3:02.48
31	1.69	34.68	1:17.60	2:51.08	6:07.83	12:52.65	24:27.02	38.58	1:23.57	3:03.57
30	1.70	34.88	1:18.06	2:52.09	6:10.01	12:57.22	24:35.70	38.81	1:24.07	3:04.65
29	1.71	35.09	1:18.52	2:53.10	6:12.18	13:01.79	24:44.38	39.04	1:24.56	3:05.74
28	1.72	35.29	1:18.98	2:54.12	6:14.36	13:06.37	24:53.06	39.27	1:25.05	3:06.83
27	1.73	35.50	1:19.44	2:55.13	6:16.53	13:10.94	25:01.74	39.50	1:25.55	3:07.91
26	1.74	35.70	1:19.90	2:56.14	6:18.71	13:15.51	25:10.42	39.72	1:26.04	3:09.00
25	1.75	35.91	1:20.36	2:57.15	6:20.89	13:20.08	25:19.11	39.95	1:26.54	3:10.09
24	1.76	36.12	1:20.82	2:58.16	6:23.06	13:24.65	25:27.79	40.18	1:27.03	3:11.17
23	1.77	36.32	1:21.28	2:59.18	6:25.24	13:29.23	25:36.47	40.41	1:27.53	3:12.26
22	1.78	36.53	1:21.74	3:00.19	6:27.42	13:33.80	25:45.15	40.64	1:28.02	3:13.34
21	1.79	36.73	1:22.20	3:01.20	6:29.59	13:38.37	25:53.83	40.87	1:28.52	3:14.43
20	1.80	36.94	1:22.66	3:02.21	6:31.77	13:42.94	26:02.51	41.09	1:29.01	3:15.52
19	1.81	37.14	1:23.12	3:03.23	6:33.95	13:47.51	26:11.19	41.32	1:29.50	3:16.60
18	1.82	37.35	1:23.57	3:04.24	6:36.12	13:52.09	26:19.87	41.55	1:30.00	3:17.69
17	1.83	37.55	1:24.03	3:05.25	6:38.30	13:56.66	26:28.55	41.78	1:30.49	3:18.77
16	1.84	37.76	1:24.49	3:06.26	6:40.48	14:01.23	26:37.23	42.01	1:30.99	3:19.86
15	1.85	37.96	1:24.95	3:07.28	6:42.65	14:05.80	26:45.91	42.24	1:31.48	3:20.95
14	1.86	38.17	1:25.41	3:08.29	6:44.83	14:10.37	26:54.59	42.46	1:31.98	3:22.03
13	1.87	38.37	1:25.87	3:09.30	6:47.01	14:14.95	27:03.27	42.69	1:32.47	3:23.12
12	1.88	38.58	1:26.33	3:10.31	6:49.18	14:19.52	27:11.95	42.92	1:32.97	3:24.21
11	1.89	38.78	1:26.79	3:11.32	6:51.36	14:24.09	27:20.63	43.15	1:33.46	3:25.29
10	1.90	38.99	1:27.25	3:12.34	6:53.54	14:28.66	27:29.31	43.38	1:33.96	3:26.38
9	1.91	39.19	1:27.71	3:13.35	6:55.71	14:33.23	27:37.99	43.61	1:34.45	3:27.46
8	1.92	39.40	1:28.17	3:14.36	6:57.89	14:37.80	27:46.68	43.83	1:34.94	3:28.55
7	1.93	39.60	1:28.63	3:15.37	7:00.06	14:42.38	27:55.36	44.06	1:35.44	3:29.64
6	1.94	39.81	1:29.08	3:16.39	7:02.24	14:46.95	28:04.04	44.29	1:35.93	3:30.72
5	1.95	40.01	1:29.54	3:17.40	7:04.42	14:51.52	28:12.72	44.52	1:36.43	3:31.81
4	1.96	40.22	1:30.00	3:18.41	7:06.59	14:56.09	28:21.40	44.75	1:36.92	3:32.90
3	1.97	40.42	1:30.46	3:19.42	7:08.77	15:00.66	28:30.08	44.98	1:37.42	3:33.98
2	1.98	40.63	1:30.92	3:20.44	7:10.95	15:05.24	28:38.76	45.20	1:37.91	3:35.07
1	1.99	40.83	1:31.38	3:21.45	7:13.12	15:09.81	28:47.44	45.43	1:38.41	3:36.15

# Hong Kong Swimming Point Score

## Short Course 2026-2027

### Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	25.74	56.19	2:01.57	22.05	49.46	1:50.29	50.80	1:51.39	4:00.96
99	1.01	26.00	56.75	2:02.79	22.27	49.95	1:51.39	51.31	1:52.50	4:03.37
98	1.02	26.25	57.31	2:04.00	22.49	50.45	1:52.50	51.82	1:53.62	4:05.78
97	1.03	26.51	57.88	2:05.22	22.71	50.94	1:53.60	52.32	1:54.73	4:08.19
96	1.04	26.77	58.44	2:06.43	22.93	51.44	1:54.70	52.83	1:55.85	4:10.60
95	1.05	27.03	59.00	2:07.65	23.15	51.93	1:55.80	53.34	1:56.96	4:13.01
94	1.06	27.28	59.56	2:08.86	23.37	52.43	1:56.91	53.85	1:58.07	4:15.42
93	1.07	27.54	1:00.12	2:10.08	23.59	52.92	1:58.01	54.36	1:59.19	4:17.83
92	1.08	27.80	1:00.69	2:11.30	23.81	53.42	1:59.11	54.86	2:00.30	4:20.24
91	1.09	28.06	1:01.25	2:12.51	24.03	53.91	2:00.22	55.37	2:01.42	4:22.65
90	1.10	28.31	1:01.81	2:13.73	24.26	54.41	2:01.32	55.88	2:02.53	4:25.06
89	1.11	28.57	1:02.37	2:14.94	24.48	54.90	2:02.42	56.39	2:03.64	4:27.47
88	1.12	28.83	1:02.93	2:16.16	24.70	55.40	2:03.52	56.90	2:04.76	4:29.88
87	1.13	29.09	1:03.49	2:17.37	24.92	55.89	2:04.63	57.40	2:05.87	4:32.28
86	1.14	29.34	1:04.06	2:18.59	25.14	56.38	2:05.73	57.91	2:06.98	4:34.69
85	1.15	29.60	1:04.62	2:19.81	25.36	56.88	2:06.83	58.42	2:08.10	4:37.10
84	1.16	29.86	1:05.18	2:21.02	25.58	57.37	2:07.94	58.93	2:09.21	4:39.51
83	1.17	30.12	1:05.74	2:22.24	25.80	57.87	2:09.04	59.44	2:10.33	4:41.92
82	1.18	30.37	1:06.30	2:23.45	26.02	58.36	2:10.14	59.94	2:11.44	4:44.33
81	1.19	30.63	1:06.87	2:24.67	26.24	58.86	2:11.25	1:00.45	2:12.55	4:46.74
80	1.20	30.89	1:07.43	2:25.88	26.46	59.35	2:12.35	1:00.96	2:13.67	4:49.15
79	1.21	31.15	1:07.99	2:27.10	26.68	59.85	2:13.45	1:01.47	2:14.78	4:51.56
78	1.22	31.40	1:08.55	2:28.32	26.90	1:00.34	2:14.55	1:01.98	2:15.90	4:53.97
77	1.23	31.66	1:09.11	2:29.53	27.12	1:00.84	2:15.66	1:02.48	2:17.01	4:56.38
76	1.24	31.92	1:09.68	2:30.75	27.34	1:01.33	2:16.76	1:02.99	2:18.12	4:58.79
75	1.25	32.18	1:10.24	2:31.96	27.56	1:01.83	2:17.86	1:03.50	2:19.24	5:01.20
74	1.26	32.43	1:10.80	2:33.18	27.78	1:02.32	2:18.97	1:04.01	2:20.35	5:03.61
73	1.27	32.69	1:11.36	2:34.39	28.00	1:02.81	2:20.07	1:04.52	2:21.47	5:06.02
72	1.28	32.95	1:11.92	2:35.61	28.22	1:03.31	2:21.17	1:05.02	2:22.58	5:08.43
71	1.29	33.20	1:12.49	2:36.83	28.44	1:03.80	2:22.27	1:05.53	2:23.69	5:10.84
70	1.30	33.46	1:13.05	2:38.04	28.67	1:04.30	2:23.38	1:06.04	2:24.81	5:13.25
69	1.31	33.72	1:13.61	2:39.26	28.89	1:04.79	2:24.48	1:06.55	2:25.92	5:15.66
68	1.32	33.98	1:14.17	2:40.47	29.11	1:05.29	2:25.58	1:07.06	2:27.03	5:18.07
67	1.33	34.23	1:14.73	2:41.69	29.33	1:05.78	2:26.69	1:07.56	2:28.15	5:20.48
66	1.34	34.49	1:15.29	2:42.90	29.55	1:06.28	2:27.79	1:08.07	2:29.26	5:22.89
65	1.35	34.75	1:15.86	2:44.12	29.77	1:06.77	2:28.89	1:08.58	2:30.38	5:25.30
64	1.36	35.01	1:16.42	2:45.34	29.99	1:07.27	2:29.99	1:09.09	2:31.49	5:27.71
63	1.37	35.26	1:16.98	2:46.55	30.21	1:07.76	2:31.10	1:09.60	2:32.60	5:30.12
62	1.38	35.52	1:17.54	2:47.77	30.43	1:08.25	2:32.20	1:10.10	2:33.72	5:32.52
61	1.39	35.78	1:18.10	2:48.98	30.65	1:08.75	2:33.30	1:10.61	2:34.83	5:34.93
60	1.40	36.04	1:18.67	2:50.20	30.87	1:09.24	2:34.41	1:11.12	2:35.95	5:37.34
59	1.41	36.29	1:19.23	2:51.41	31.09	1:09.74	2:35.51	1:11.63	2:37.06	5:39.75
58	1.42	36.55	1:19.79	2:52.63	31.31	1:10.23	2:36.61	1:12.14	2:38.17	5:42.16
57	1.43	36.81	1:20.35	2:53.85	31.53	1:10.73	2:37.71	1:12.64	2:39.29	5:44.57
56	1.44	37.07	1:20.91	2:55.06	31.75	1:11.22	2:38.82	1:13.15	2:40.40	5:46.98
55	1.45	37.32	1:21.48	2:56.28	31.97	1:11.72	2:39.92	1:13.66	2:41.52	5:49.39
54	1.46	37.58	1:22.04	2:57.49	32.19	1:12.21	2:41.02	1:14.17	2:42.63	5:51.80

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	37.84	1:22.60	2:58.71	32.41	1:12.71	2:42.13	1:14.68	2:43.74	5:54.21
52	1.48	38.10	1:23.16	2:59.92	32.63	1:13.20	2:43.23	1:15.18	2:44.86	5:56.62
51	1.49	38.35	1:23.72	3:01.14	32.85	1:13.70	2:44.33	1:15.69	2:45.97	5:59.03
50	1.50	38.61	1:24.29	3:02.36	33.08	1:14.19	2:45.44	1:16.20	2:47.09	6:01.44
49	1.51	38.87	1:24.85	3:03.57	33.30	1:14.68	2:46.54	1:16.71	2:48.20	6:03.85
48	1.52	39.12	1:25.41	3:04.79	33.52	1:15.18	2:47.64	1:17.22	2:49.31	6:06.26
47	1.53	39.38	1:25.97	3:06.00	33.74	1:15.67	2:48.74	1:17.72	2:50.43	6:08.67
46	1.54	39.64	1:26.53	3:07.22	33.96	1:16.17	2:49.85	1:18.23	2:51.54	6:11.08
45	1.55	39.90	1:27.09	3:08.43	34.18	1:16.66	2:50.95	1:18.74	2:52.65	6:13.49
44	1.56	40.15	1:27.66	3:09.65	34.40	1:17.16	2:52.05	1:19.25	2:53.77	6:15.90
43	1.57	40.41	1:28.22	3:10.86	34.62	1:17.65	2:53.16	1:19.76	2:54.88	6:18.31
42	1.58	40.67	1:28.78	3:12.08	34.84	1:18.15	2:54.26	1:20.26	2:56.00	6:20.72
41	1.59	40.93	1:29.34	3:13.30	35.06	1:18.64	2:55.36	1:20.77	2:57.11	6:23.13
40	1.60	41.18	1:29.90	3:14.51	35.28	1:19.14	2:56.46	1:21.28	2:58.22	6:25.54
39	1.61	41.44	1:30.47	3:15.73	35.50	1:19.63	2:57.57	1:21.79	2:59.34	6:27.95
38	1.62	41.70	1:31.03	3:16.94	35.72	1:20.13	2:58.67	1:22.30	3:00.45	6:30.36
37	1.63	41.96	1:31.59	3:18.16	35.94	1:20.62	2:59.77	1:22.80	3:01.57	6:32.76
36	1.64	42.21	1:32.15	3:19.37	36.16	1:21.11	3:00.88	1:23.31	3:02.68	6:35.17
35	1.65	42.47	1:32.71	3:20.59	36.38	1:21.61	3:01.98	1:23.82	3:03.79	6:37.58
34	1.66	42.73	1:33.28	3:21.81	36.60	1:22.10	3:03.08	1:24.33	3:04.91	6:39.99
33	1.67	42.99	1:33.84	3:23.02	36.82	1:22.60	3:04.18	1:24.84	3:06.02	6:42.40
32	1.68	43.24	1:34.40	3:24.24	37.04	1:23.09	3:05.29	1:25.34	3:07.14	6:44.81
31	1.69	43.50	1:34.96	3:25.45	37.26	1:23.59	3:06.39	1:25.85	3:08.25	6:47.22
30	1.70	43.76	1:35.52	3:26.67	37.49	1:24.08	3:07.49	1:26.36	3:09.36	6:49.63
29	1.71	44.02	1:36.08	3:27.88	37.71	1:24.58	3:08.60	1:26.87	3:10.48	6:52.04
28	1.72	44.27	1:36.65	3:29.10	37.93	1:25.07	3:09.70	1:27.38	3:11.59	6:54.45
27	1.73	44.53	1:37.21	3:30.32	38.15	1:25.57	3:10.80	1:27.88	3:12.70	6:56.86
26	1.74	44.79	1:37.77	3:31.53	38.37	1:26.06	3:11.90	1:28.39	3:13.82	6:59.27
25	1.75	45.05	1:38.33	3:32.75	38.59	1:26.56	3:13.01	1:28.90	3:14.93	7:01.68
24	1.76	45.30	1:38.89	3:33.96	38.81	1:27.05	3:14.11	1:29.41	3:16.05	7:04.09
23	1.77	45.56	1:39.46	3:35.18	39.03	1:27.54	3:15.21	1:29.92	3:17.16	7:06.50
22	1.78	45.82	1:40.02	3:36.39	39.25	1:28.04	3:16.32	1:30.42	3:18.27	7:08.91
21	1.79	46.07	1:40.58	3:37.61	39.47	1:28.53	3:17.42	1:30.93	3:19.39	7:11.32
20	1.80	46.33	1:41.14	3:38.83	39.69	1:29.03	3:18.52	1:31.44	3:20.50	7:13.73
19	1.81	46.59	1:41.70	3:40.04	39.91	1:29.52	3:19.62	1:31.95	3:21.62	7:16.14
18	1.82	46.85	1:42.27	3:41.26	40.13	1:30.02	3:20.73	1:32.46	3:22.73	7:18.55
17	1.83	47.10	1:42.83	3:42.47	40.35	1:30.51	3:21.83	1:32.96	3:23.84	7:20.96
16	1.84	47.36	1:43.39	3:43.69	40.57	1:31.01	3:22.93	1:33.47	3:24.96	7:23.37
15	1.85	47.62	1:43.95	3:44.90	40.79	1:31.50	3:24.04	1:33.98	3:26.07	7:25.78
14	1.86	47.88	1:44.51	3:46.12	41.01	1:32.00	3:25.14	1:34.49	3:27.19	7:28.19
13	1.87	48.13	1:45.08	3:47.34	41.23	1:32.49	3:26.24	1:35.00	3:28.30	7:30.60
12	1.88	48.39	1:45.64	3:48.55	41.45	1:32.98	3:27.35	1:35.50	3:29.41	7:33.00
11	1.89	48.65	1:46.20	3:49.77	41.67	1:33.48	3:28.45	1:36.01	3:30.53	7:35.41
10	1.90	48.91	1:46.76	3:50.98	41.90	1:33.97	3:29.55	1:36.52	3:31.64	7:37.82
9	1.91	49.16	1:47.32	3:52.20	42.12	1:34.47	3:30.65	1:37.03	3:32.75	7:40.23
8	1.92	49.42	1:47.88	3:53.41	42.34	1:34.96	3:31.76	1:37.54	3:33.87	7:42.64
7	1.93	49.68	1:48.45	3:54.63	42.56	1:35.46	3:32.86	1:38.04	3:34.98	7:45.05
6	1.94	49.94	1:49.01	3:55.85	42.78	1:35.95	3:33.96	1:38.55	3:36.10	7:47.46
5	1.95	50.19	1:49.57	3:57.06	43.00	1:36.45	3:35.07	1:39.06	3:37.21	7:49.87
4	1.96	50.45	1:50.13	3:58.28	43.22	1:36.94	3:36.17	1:39.57	3:38.32	7:52.28
3	1.97	50.71	1:50.69	3:59.49	43.44	1:37.44	3:37.27	1:40.08	3:39.44	7:54.69
2	1.98	50.97	1:51.26	4:00.71	43.66	1:37.93	3:38.37	1:40.58	3:40.55	7:57.10
1	1.99	51.22	1:51.82	4:01.92	43.88	1:38.43	3:39.48	1:41.09	3:41.67	7:59.51

# Hong Kong Swimming Point Score

## Short Course 2026-2027

### Women

Score	%	Freestyle					Backstroke			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.44	50.50	1:49.99	3:52.69	8:06.30	15:48.64	26.00	55.84	2:01.35
99	1.01	23.67	51.01	1:51.09	3:55.02	8:11.16	15:58.13	26.26	56.40	2:02.56
98	1.02	23.91	51.51	1:52.19	3:57.34	8:16.03	16:07.61	26.52	56.96	2:03.78
97	1.03	24.14	52.02	1:53.29	3:59.67	8:20.89	16:17.10	26.78	57.52	2:04.99
96	1.04	24.38	52.52	1:54.39	4:02.00	8:25.75	16:26.59	27.04	58.07	2:06.20
95	1.05	24.61	53.03	1:55.49	4:04.32	8:30.62	16:36.07	27.30	58.63	2:07.42
94	1.06	24.85	53.53	1:56.59	4:06.65	8:35.48	16:45.56	27.56	59.19	2:08.63
93	1.07	25.08	54.04	1:57.69	4:08.98	8:40.34	16:55.04	27.82	59.75	2:09.84
92	1.08	25.32	54.54	1:58.79	4:11.31	8:45.20	17:04.53	28.08	1:00.31	2:11.06
91	1.09	25.55	55.05	1:59.89	4:13.63	8:50.07	17:14.02	28.34	1:00.87	2:12.27
90	1.10	25.78	55.55	2:00.99	4:15.96	8:54.93	17:23.50	28.60	1:01.42	2:13.48
89	1.11	26.02	56.06	2:02.09	4:18.29	8:59.79	17:32.99	28.86	1:01.98	2:14.70
88	1.12	26.25	56.56	2:03.19	4:20.61	9:04.66	17:42.48	29.12	1:02.54	2:15.91
87	1.13	26.49	57.07	2:04.29	4:22.94	9:09.52	17:51.96	29.38	1:03.10	2:17.13
86	1.14	26.72	57.57	2:05.39	4:25.27	9:14.38	18:01.45	29.64	1:03.66	2:18.34
85	1.15	26.96	58.08	2:06.49	4:27.59	9:19.25	18:10.94	29.90	1:04.22	2:19.55
84	1.16	27.19	58.58	2:07.59	4:29.92	9:24.11	18:20.42	30.16	1:04.77	2:20.77
83	1.17	27.42	59.09	2:08.69	4:32.25	9:28.97	18:29.91	30.42	1:05.33	2:21.98
82	1.18	27.66	59.59	2:09.79	4:34.57	9:33.83	18:39.40	30.68	1:05.89	2:23.19
81	1.19	27.89	1:00.10	2:10.89	4:36.90	9:38.70	18:48.88	30.94	1:06.45	2:24.41
80	1.20	28.13	1:00.60	2:11.99	4:39.23	9:43.56	18:58.37	31.20	1:07.01	2:25.62
79	1.21	28.36	1:01.11	2:13.09	4:41.55	9:48.42	19:07.85	31.46	1:07.57	2:26.83
78	1.22	28.60	1:01.61	2:14.19	4:43.88	9:53.29	19:17.34	31.72	1:08.12	2:28.05
77	1.23	28.83	1:02.12	2:15.29	4:46.21	9:58.15	19:26.83	31.98	1:08.68	2:29.26
76	1.24	29.07	1:02.62	2:16.39	4:48.54	10:03.01	19:36.31	32.24	1:09.24	2:30.47
75	1.25	29.30	1:03.13	2:17.49	4:50.86	10:07.88	19:45.80	32.50	1:09.80	2:31.69
74	1.26	29.53	1:03.63	2:18.59	4:53.19	10:12.74	19:55.29	32.76	1:10.36	2:32.90
73	1.27	29.77	1:04.14	2:19.69	4:55.52	10:17.60	20:04.77	33.02	1:10.92	2:34.11
72	1.28	30.00	1:04.64	2:20.79	4:57.84	10:22.46	20:14.26	33.28	1:11.48	2:35.33
71	1.29	30.24	1:05.15	2:21.89	5:00.17	10:27.33	20:23.75	33.54	1:12.03	2:36.54
70	1.30	30.47	1:05.65	2:22.99	5:02.50	10:32.19	20:33.23	33.80	1:12.59	2:37.76
69	1.31	30.71	1:06.16	2:24.09	5:04.82	10:37.05	20:42.72	34.06	1:13.15	2:38.97
68	1.32	30.94	1:06.66	2:25.19	5:07.15	10:41.92	20:52.20	34.32	1:13.71	2:40.18
67	1.33	31.18	1:07.17	2:26.29	5:09.48	10:46.78	21:01.69	34.58	1:14.27	2:41.40
66	1.34	31.41	1:07.67	2:27.39	5:11.80	10:51.64	21:11.18	34.84	1:14.83	2:42.61
65	1.35	31.64	1:08.18	2:28.49	5:14.13	10:56.51	21:20.66	35.10	1:15.38	2:43.82
64	1.36	31.88	1:08.68	2:29.59	5:16.46	11:01.37	21:30.15	35.36	1:15.94	2:45.04
63	1.37	32.11	1:09.19	2:30.69	5:18.79	11:06.23	21:39.64	35.62	1:16.50	2:46.25
62	1.38	32.35	1:09.69	2:31.79	5:21.11	11:11.09	21:49.12	35.88	1:17.06	2:47.46
61	1.39	32.58	1:10.20	2:32.89	5:23.44	11:15.96	21:58.61	36.14	1:17.62	2:48.68
60	1.40	32.82	1:10.70	2:33.99	5:25.77	11:20.82	22:08.10	36.40	1:18.18	2:49.89
59	1.41	33.05	1:11.21	2:35.09	5:28.09	11:25.68	22:17.58	36.66	1:18.73	2:51.10
58	1.42	33.28	1:11.71	2:36.19	5:30.42	11:30.55	22:27.07	36.92	1:19.29	2:52.32
57	1.43	33.52	1:12.22	2:37.29	5:32.75	11:35.41	22:36.56	37.18	1:19.85	2:53.53
56	1.44	33.75	1:12.72	2:38.39	5:35.07	11:40.27	22:46.04	37.44	1:20.41	2:54.74
55	1.45	33.99	1:13.23	2:39.49	5:37.40	11:45.14	22:55.53	37.70	1:20.97	2:55.96
54	1.46	34.22	1:13.73	2:40.59	5:39.73	11:50.00	23:05.01	37.96	1:21.53	2:57.17

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	34.46	1:14.24	2:41.69	5:42.05	11:54.86	23:14.50	38.22	1:22.08	2:58.38
52	1.48	34.69	1:14.74	2:42.79	5:44.38	11:59.72	23:23.99	38.48	1:22.64	2:59.60
51	1.49	34.93	1:15.25	2:43.89	5:46.71	12:04.59	23:33.47	38.74	1:23.20	3:00.81
50	1.50	35.16	1:15.75	2:44.99	5:49.04	12:09.45	23:42.96	39.00	1:23.76	3:02.03
49	1.51	35.39	1:16.26	2:46.08	5:51.36	12:14.31	23:52.45	39.26	1:24.32	3:03.24
48	1.52	35.63	1:16.76	2:47.18	5:53.69	12:19.18	24:01.93	39.52	1:24.88	3:04.45
47	1.53	35.86	1:17.27	2:48.28	5:56.02	12:24.04	24:11.42	39.78	1:25.44	3:05.67
46	1.54	36.10	1:17.77	2:49.38	5:58.34	12:28.90	24:20.91	40.04	1:25.99	3:06.88
45	1.55	36.33	1:18.28	2:50.48	6:00.67	12:33.77	24:30.39	40.30	1:26.55	3:08.09
44	1.56	36.57	1:18.78	2:51.58	6:03.00	12:38.63	24:39.88	40.56	1:27.11	3:09.31
43	1.57	36.80	1:19.29	2:52.68	6:05.32	12:43.49	24:49.36	40.82	1:27.67	3:10.52
42	1.58	37.04	1:19.79	2:53.78	6:07.65	12:48.35	24:58.85	41.08	1:28.23	3:11.73
41	1.59	37.27	1:20.30	2:54.88	6:09.98	12:53.22	25:08.34	41.34	1:28.79	3:12.95
40	1.60	37.50	1:20.80	2:55.98	6:12.30	12:58.08	25:17.82	41.60	1:29.34	3:14.16
39	1.61	37.74	1:21.31	2:57.08	6:14.63	13:02.94	25:27.31	41.86	1:29.90	3:15.37
38	1.62	37.97	1:21.81	2:58.18	6:16.96	13:07.81	25:36.80	42.12	1:30.46	3:16.59
37	1.63	38.21	1:22.32	2:59.28	6:19.28	13:12.67	25:46.28	42.38	1:31.02	3:17.80
36	1.64	38.44	1:22.82	3:00.38	6:21.61	13:17.53	25:55.77	42.64	1:31.58	3:19.01
35	1.65	38.68	1:23.33	3:01.48	6:23.94	13:22.40	26:05.26	42.90	1:32.14	3:20.23
34	1.66	38.91	1:23.83	3:02.58	6:26.27	13:27.26	26:14.74	43.16	1:32.69	3:21.44
33	1.67	39.14	1:24.34	3:03.68	6:28.59	13:32.12	26:24.23	43.42	1:33.25	3:22.65
32	1.68	39.38	1:24.84	3:04.78	6:30.92	13:36.98	26:33.72	43.68	1:33.81	3:23.87
31	1.69	39.61	1:25.35	3:05.88	6:33.25	13:41.85	26:43.20	43.94	1:34.37	3:25.08
30	1.70	39.85	1:25.85	3:06.98	6:35.57	13:46.71	26:52.69	44.20	1:34.93	3:26.30
29	1.71	40.08	1:26.36	3:08.08	6:37.90	13:51.57	27:02.17	44.46	1:35.49	3:27.51
28	1.72	40.32	1:26.86	3:09.18	6:40.23	13:56.44	27:11.66	44.72	1:36.04	3:28.72
27	1.73	40.55	1:27.37	3:10.28	6:42.55	14:01.30	27:21.15	44.98	1:36.60	3:29.94
26	1.74	40.79	1:27.87	3:11.38	6:44.88	14:06.16	27:30.63	45.24	1:37.16	3:31.15
25	1.75	41.02	1:28.38	3:12.48	6:47.21	14:11.03	27:40.12	45.50	1:37.72	3:32.36
24	1.76	41.25	1:28.88	3:13.58	6:49.53	14:15.89	27:49.61	45.76	1:38.28	3:33.58
23	1.77	41.49	1:29.39	3:14.68	6:51.86	14:20.75	27:59.09	46.02	1:38.84	3:34.79
22	1.78	41.72	1:29.89	3:15.78	6:54.19	14:25.61	28:08.58	46.28	1:39.40	3:36.00
21	1.79	41.96	1:30.40	3:16.88	6:56.52	14:30.48	28:18.07	46.54	1:39.95	3:37.22
20	1.80	42.19	1:30.90	3:17.98	6:58.84	14:35.34	28:27.55	46.80	1:40.51	3:38.43
19	1.81	42.43	1:31.41	3:19.08	7:01.17	14:40.20	28:37.04	47.06	1:41.07	3:39.64
18	1.82	42.66	1:31.91	3:20.18	7:03.50	14:45.07	28:46.52	47.32	1:41.63	3:40.86
17	1.83	42.90	1:32.42	3:21.28	7:05.82	14:49.93	28:56.01	47.58	1:42.19	3:42.07
16	1.84	43.13	1:32.92	3:22.38	7:08.15	14:54.79	29:05.50	47.84	1:42.75	3:43.28
15	1.85	43.36	1:33.43	3:23.48	7:10.48	14:59.66	29:14.98	48.10	1:43.30	3:44.50
14	1.86	43.60	1:33.93	3:24.58	7:12.80	15:04.52	29:24.47	48.36	1:43.86	3:45.71
13	1.87	43.83	1:34.44	3:25.68	7:15.13	15:09.38	29:33.96	48.62	1:44.42	3:46.92
12	1.88	44.07	1:34.94	3:26.78	7:17.46	15:14.24	29:43.44	48.88	1:44.98	3:48.14
11	1.89	44.30	1:35.45	3:27.88	7:19.78	15:19.11	29:52.93	49.14	1:45.54	3:49.35
10	1.90	44.54	1:35.95	3:28.98	7:22.11	15:23.97	30:02.42	49.40	1:46.10	3:50.57
9	1.91	44.77	1:36.46	3:30.08	7:24.44	15:28.83	30:11.90	49.66	1:46.65	3:51.78
8	1.92	45.00	1:36.96	3:31.18	7:26.76	15:33.70	30:21.39	49.92	1:47.21	3:52.99
7	1.93	45.24	1:37.47	3:32.28	7:29.09	15:38.56	30:30.88	50.18	1:47.77	3:54.21
6	1.94	45.47	1:37.97	3:33.38	7:31.42	15:43.42	30:40.36	50.44	1:48.33	3:55.42
5	1.95	45.71	1:38.48	3:34.48	7:33.75	15:48.29	30:49.85	50.70	1:48.89	3:56.63
4	1.96	45.94	1:38.98	3:35.58	7:36.07	15:53.15	30:59.33	50.96	1:49.45	3:57.85
3	1.97	46.18	1:39.49	3:36.68	7:38.40	15:58.01	31:08.82	51.22	1:50.00	3:59.06
2	1.98	46.41	1:39.99	3:37.78	7:40.73	16:02.87	31:18.31	51.48	1:50.56	4:00.27
1	1.99	46.65	1:40.50	3:38.88	7:43.05	16:07.74	31:27.79	51.74	1:51.12	4:01.49

# Hong Kong Swimming Point Score

## Short Course 2026-2027

### Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	28.96	1:03.07	2:17.24	24.80	55.31	2:02.81	57.33	2:04.53	4:25.90
99	1.01	29.25	1:03.70	2:18.61	25.05	55.86	2:04.04	57.90	2:05.78	4:28.56
98	1.02	29.54	1:04.33	2:19.98	25.30	56.42	2:05.27	58.48	2:07.02	4:31.22
97	1.03	29.83	1:04.96	2:21.36	25.54	56.97	2:06.49	59.05	2:08.27	4:33.88
96	1.04	30.12	1:05.59	2:22.73	25.79	57.52	2:07.72	59.62	2:09.51	4:36.54
95	1.05	30.41	1:06.22	2:24.10	26.04	58.08	2:08.95	1:00.20	2:10.76	4:39.20
94	1.06	30.70	1:06.85	2:25.47	26.29	58.63	2:10.18	1:00.77	2:12.00	4:41.85
93	1.07	30.99	1:07.48	2:26.85	26.54	59.18	2:11.41	1:01.34	2:13.25	4:44.51
92	1.08	31.28	1:08.12	2:28.22	26.78	59.73	2:12.63	1:01.92	2:14.49	4:47.17
91	1.09	31.57	1:08.75	2:29.59	27.03	1:00.29	2:13.86	1:02.49	2:15.74	4:49.83
90	1.10	31.86	1:09.38	2:30.96	27.28	1:00.84	2:15.09	1:03.06	2:16.98	4:52.49
89	1.11	32.15	1:10.01	2:32.34	27.53	1:01.39	2:16.32	1:03.64	2:18.23	4:55.15
88	1.12	32.44	1:10.64	2:33.71	27.78	1:01.95	2:17.55	1:04.21	2:19.47	4:57.81
87	1.13	32.72	1:11.27	2:35.08	28.02	1:02.50	2:18.78	1:04.78	2:20.72	5:00.47
86	1.14	33.01	1:11.90	2:36.45	28.27	1:03.05	2:20.00	1:05.36	2:21.96	5:03.13
85	1.15	33.30	1:12.53	2:37.83	28.52	1:03.61	2:21.23	1:05.93	2:23.21	5:05.78
84	1.16	33.59	1:13.16	2:39.20	28.77	1:04.16	2:22.46	1:06.50	2:24.45	5:08.44
83	1.17	33.88	1:13.79	2:40.57	29.02	1:04.71	2:23.69	1:07.08	2:25.70	5:11.10
82	1.18	34.17	1:14.42	2:41.94	29.26	1:05.27	2:24.92	1:07.65	2:26.95	5:13.76
81	1.19	34.46	1:15.05	2:43.32	29.51	1:05.82	2:26.14	1:08.22	2:28.19	5:16.42
80	1.20	34.75	1:15.68	2:44.69	29.76	1:06.37	2:27.37	1:08.80	2:29.44	5:19.08
79	1.21	35.04	1:16.31	2:46.06	30.01	1:06.93	2:28.60	1:09.37	2:30.68	5:21.74
78	1.22	35.33	1:16.95	2:47.43	30.26	1:07.48	2:29.83	1:09.94	2:31.93	5:24.40
77	1.23	35.62	1:17.58	2:48.81	30.50	1:08.03	2:31.06	1:10.52	2:33.17	5:27.06
76	1.24	35.91	1:18.21	2:50.18	30.75	1:08.58	2:32.28	1:11.09	2:34.42	5:29.72
75	1.25	36.20	1:18.84	2:51.55	31.00	1:09.14	2:33.51	1:11.66	2:35.66	5:32.38
74	1.26	36.49	1:19.47	2:52.92	31.25	1:09.69	2:34.74	1:12.24	2:36.91	5:35.03
73	1.27	36.78	1:20.10	2:54.29	31.50	1:10.24	2:35.97	1:12.81	2:38.15	5:37.69
72	1.28	37.07	1:20.73	2:55.67	31.74	1:10.80	2:37.20	1:13.38	2:39.40	5:40.35
71	1.29	37.36	1:21.36	2:57.04	31.99	1:11.35	2:38.42	1:13.96	2:40.64	5:43.01
70	1.30	37.65	1:21.99	2:58.41	32.24	1:11.90	2:39.65	1:14.53	2:41.89	5:45.67
69	1.31	37.94	1:22.62	2:59.78	32.49	1:12.46	2:40.88	1:15.10	2:43.13	5:48.33
68	1.32	38.23	1:23.25	3:01.16	32.74	1:13.01	2:42.11	1:15.68	2:44.38	5:50.99
67	1.33	38.52	1:23.88	3:02.53	32.98	1:13.56	2:43.34	1:16.25	2:45.62	5:53.65
66	1.34	38.81	1:24.51	3:03.90	33.23	1:14.12	2:44.57	1:16.82	2:46.87	5:56.31
65	1.35	39.10	1:25.14	3:05.27	33.48	1:14.67	2:45.79	1:17.40	2:48.12	5:58.97
64	1.36	39.39	1:25.78	3:06.65	33.73	1:15.22	2:47.02	1:17.97	2:49.36	6:01.62
63	1.37	39.68	1:26.41	3:08.02	33.98	1:15.77	2:48.25	1:18.54	2:50.61	6:04.28
62	1.38	39.96	1:27.04	3:09.39	34.22	1:16.33	2:49.48	1:19.12	2:51.85	6:06.94
61	1.39	40.25	1:27.67	3:10.76	34.47	1:16.88	2:50.71	1:19.69	2:53.10	6:09.60
60	1.40	40.54	1:28.30	3:12.14	34.72	1:17.43	2:51.93	1:20.26	2:54.34	6:12.26
59	1.41	40.83	1:28.93	3:13.51	34.97	1:17.99	2:53.16	1:20.84	2:55.59	6:14.92
58	1.42	41.12	1:29.56	3:14.88	35.22	1:18.54	2:54.39	1:21.41	2:56.83	6:17.58
57	1.43	41.41	1:30.19	3:16.25	35.46	1:19.09	2:55.62	1:21.98	2:58.08	6:20.24
56	1.44	41.70	1:30.82	3:17.63	35.71	1:19.65	2:56.85	1:22.56	2:59.32	6:22.90
55	1.45	41.99	1:31.45	3:19.00	35.96	1:20.20	2:58.07	1:23.13	3:00.57	6:25.56
54	1.46	42.28	1:32.08	3:20.37	36.21	1:20.75	2:59.30	1:23.70	3:01.81	6:28.21

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	42.57	1:32.71	3:21.74	36.46	1:21.31	3:00.53	1:24.28	3:03.06	6:30.87
52	1.48	42.86	1:33.34	3:23.12	36.70	1:21.86	3:01.76	1:24.85	3:04.30	6:33.53
51	1.49	43.15	1:33.97	3:24.49	36.95	1:22.41	3:02.99	1:25.42	3:05.55	6:36.19
50	1.50	43.44	1:34.61	3:25.86	37.20	1:22.97	3:04.22	1:26.00	3:06.80	6:38.85
49	1.51	43.73	1:35.24	3:27.23	37.45	1:23.52	3:05.44	1:26.57	3:08.04	6:41.51
48	1.52	44.02	1:35.87	3:28.60	37.70	1:24.07	3:06.67	1:27.14	3:09.29	6:44.17
47	1.53	44.31	1:36.50	3:29.98	37.94	1:24.62	3:07.90	1:27.71	3:10.53	6:46.83
46	1.54	44.60	1:37.13	3:31.35	38.19	1:25.18	3:09.13	1:28.29	3:11.78	6:49.49
45	1.55	44.89	1:37.76	3:32.72	38.44	1:25.73	3:10.36	1:28.86	3:13.02	6:52.15
44	1.56	45.18	1:38.39	3:34.09	38.69	1:26.28	3:11.58	1:29.43	3:14.27	6:54.80
43	1.57	45.47	1:39.02	3:35.47	38.94	1:26.84	3:12.81	1:30.01	3:15.51	6:57.46
42	1.58	45.76	1:39.65	3:36.84	39.18	1:27.39	3:14.04	1:30.58	3:16.76	7:00.12
41	1.59	46.05	1:40.28	3:38.21	39.43	1:27.94	3:15.27	1:31.15	3:18.00	7:02.78
40	1.60	46.34	1:40.91	3:39.58	39.68	1:28.50	3:16.50	1:31.73	3:19.25	7:05.44
39	1.61	46.63	1:41.54	3:40.96	39.93	1:29.05	3:17.72	1:32.30	3:20.49	7:08.10
38	1.62	46.92	1:42.17	3:42.33	40.18	1:29.60	3:18.95	1:32.87	3:21.74	7:10.76
37	1.63	47.20	1:42.80	3:43.70	40.42	1:30.16	3:20.18	1:33.45	3:22.98	7:13.42
36	1.64	47.49	1:43.43	3:45.07	40.67	1:30.71	3:21.41	1:34.02	3:24.23	7:16.08
35	1.65	47.78	1:44.07	3:46.45	40.92	1:31.26	3:22.64	1:34.59	3:25.47	7:18.74
34	1.66	48.07	1:44.70	3:47.82	41.17	1:31.81	3:23.86	1:35.17	3:26.72	7:21.39
33	1.67	48.36	1:45.33	3:49.19	41.42	1:32.37	3:25.09	1:35.74	3:27.97	7:24.05
32	1.68	48.65	1:45.96	3:50.56	41.66	1:32.92	3:26.32	1:36.31	3:29.21	7:26.71
31	1.69	48.94	1:46.59	3:51.94	41.91	1:33.47	3:27.55	1:36.89	3:30.46	7:29.37
30	1.70	49.23	1:47.22	3:53.31	42.16	1:34.03	3:28.78	1:37.46	3:31.70	7:32.03
29	1.71	49.52	1:47.85	3:54.68	42.41	1:34.58	3:30.01	1:38.03	3:32.95	7:34.69
28	1.72	49.81	1:48.48	3:56.05	42.66	1:35.13	3:31.23	1:38.61	3:34.19	7:37.35
27	1.73	50.10	1:49.11	3:57.43	42.90	1:35.69	3:32.46	1:39.18	3:35.44	7:40.01
26	1.74	50.39	1:49.74	3:58.80	43.15	1:36.24	3:33.69	1:39.75	3:36.68	7:42.67
25	1.75	50.68	1:50.37	4:00.17	43.40	1:36.79	3:34.92	1:40.33	3:37.93	7:45.33
24	1.76	50.97	1:51.00	4:01.54	43.65	1:37.35	3:36.15	1:40.90	3:39.17	7:47.98
23	1.77	51.26	1:51.63	4:02.91	43.90	1:37.90	3:37.37	1:41.47	3:40.42	7:50.64
22	1.78	51.55	1:52.26	4:04.29	44.14	1:38.45	3:38.60	1:42.05	3:41.66	7:53.30
21	1.79	51.84	1:52.90	4:05.66	44.39	1:39.00	3:39.83	1:42.62	3:42.91	7:55.96
20	1.80	52.13	1:53.53	4:07.03	44.64	1:39.56	3:41.06	1:43.19	3:44.15	7:58.62
19	1.81	52.42	1:54.16	4:08.40	44.89	1:40.11	3:42.29	1:43.77	3:45.40	8:01.28
18	1.82	52.71	1:54.79	4:09.78	45.14	1:40.66	3:43.51	1:44.34	3:46.64	8:03.94
17	1.83	53.00	1:55.42	4:11.15	45.38	1:41.22	3:44.74	1:44.91	3:47.89	8:06.60
16	1.84	53.29	1:56.05	4:12.52	45.63	1:41.77	3:45.97	1:45.49	3:49.14	8:09.26
15	1.85	53.58	1:56.68	4:13.89	45.88	1:42.32	3:47.20	1:46.06	3:50.38	8:11.92
14	1.86	53.87	1:57.31	4:15.27	46.13	1:42.88	3:48.43	1:46.63	3:51.63	8:14.57
13	1.87	54.16	1:57.94	4:16.64	46.38	1:43.43	3:49.65	1:47.21	3:52.87	8:17.23
12	1.88	54.44	1:58.57	4:18.01	46.62	1:43.98	3:50.88	1:47.78	3:54.12	8:19.89
11	1.89	54.73	1:59.20	4:19.38	46.87	1:44.54	3:52.11	1:48.35	3:55.36	8:22.55
10	1.90	55.02	1:59.83	4:20.76	47.12	1:45.09	3:53.34	1:48.93	3:56.61	8:25.21
9	1.91	55.31	2:00.46	4:22.13	47.37	1:45.64	3:54.57	1:49.50	3:57.85	8:27.87
8	1.92	55.60	2:01.09	4:23.50	47.62	1:46.20	3:55.80	1:50.07	3:59.10	8:30.53
7	1.93	55.89	2:01.73	4:24.87	47.86	1:46.75	3:57.02	1:50.65	4:00.34	8:33.19
6	1.94	56.18	2:02.36	4:26.25	48.11	1:47.30	3:58.25	1:51.22	4:01.59	8:35.85
5	1.95	56.47	2:02.99	4:27.62	48.36	1:47.85	3:59.48	1:51.79	4:02.83	8:38.51
4	1.96	56.76	2:03.62	4:28.99	48.61	1:48.41	4:00.71	1:52.37	4:04.08	8:41.16
3	1.97	57.05	2:04.25	4:30.36	48.86	1:48.96	4:01.94	1:52.94	4:05.32	8:43.82
2	1.98	57.34	2:04.88	4:31.74	49.10	1:49.51	4:03.16	1:53.51	4:06.57	8:46.48
1	1.99	57.63	2:05.51	4:33.11	49.35	1:50.07	4:04.39	1:54.09	4:07.81	8:49.14