

Hong Kong Swimming Point Score

Short Course 2015-2016

Men

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>
100	1.00	21.10	46.72	1:42.76	3:38.20	7:44.97	14:43.67	23.09	50.36	1:51.55
99	1.01	21.31	47.19	1:43.79	3:40.38	7:49.62	14:52.51	23.32	50.86	1:52.67
98	1.02	21.52	47.65	1:44.82	3:42.56	7:54.27	15:01.34	23.55	51.37	1:53.78
97	1.03	21.73	48.12	1:45.84	3:44.75	7:58.92	15:10.18	23.78	51.87	1:54.90
96	1.04	21.94	48.59	1:46.87	3:46.93	8:03.57	15:19.02	24.01	52.37	1:56.01
95	1.05	22.16	49.06	1:47.90	3:49.11	8:08.22	15:27.85	24.24	52.88	1:57.13
94	1.06	22.37	49.52	1:48.93	3:51.29	8:12.87	15:36.69	24.48	53.38	1:58.24
93	1.07	22.58	49.99	1:49.95	3:53.47	8:17.52	15:45.53	24.71	53.89	1:59.36
92	1.08	22.79	50.46	1:50.98	3:55.66	8:22.17	15:54.36	24.94	54.39	2:00.47
91	1.09	23.00	50.92	1:52.01	3:57.84	8:26.82	16:03.20	25.17	54.89	2:01.59
90	1.10	23.21	51.39	1:53.04	4:00.02	8:31.47	16:12.04	25.40	55.40	2:02.70
89	1.11	23.42	51.86	1:54.06	4:02.20	8:36.12	16:20.87	25.63	55.90	2:03.82
88	1.12	23.63	52.33	1:55.09	4:04.38	8:40.77	16:29.71	25.86	56.40	2:04.94
87	1.13	23.84	52.79	1:56.12	4:06.57	8:45.42	16:38.55	26.09	56.91	2:06.05
86	1.14	24.05	53.26	1:57.15	4:08.75	8:50.07	16:47.38	26.32	57.41	2:07.17
85	1.15	24.27	53.73	1:58.17	4:10.93	8:54.72	16:56.22	26.55	57.91	2:08.28
84	1.16	24.48	54.20	1:59.20	4:13.11	8:59.37	17:05.06	26.78	58.42	2:09.40
83	1.17	24.69	54.66	2:00.23	4:15.29	9:04.01	17:13.89	27.02	58.92	2:10.51
82	1.18	24.90	55.13	2:01.26	4:17.48	9:08.66	17:22.73	27.25	59.42	2:11.63
81	1.19	25.11	55.60	2:02.28	4:19.66	9:13.31	17:31.57	27.48	59.93	2:12.74
80	1.20	25.32	56.06	2:03.31	4:21.84	9:17.96	17:40.40	27.71	1:00.43	2:13.86
79	1.21	25.53	56.53	2:04.34	4:24.02	9:22.61	17:49.24	27.94	1:00.94	2:14.98
78	1.22	25.74	57.00	2:05.37	4:26.20	9:27.26	17:58.08	28.17	1:01.44	2:16.09
77	1.23	25.95	57.47	2:06.39	4:28.39	9:31.91	18:06.91	28.40	1:01.94	2:17.21
76	1.24	26.16	57.93	2:07.42	4:30.57	9:36.56	18:15.75	28.63	1:02.45	2:18.32
75	1.25	26.38	58.40	2:08.45	4:32.75	9:41.21	18:24.59	28.86	1:02.95	2:19.44
74	1.26	26.59	58.87	2:09.48	4:34.93	9:45.86	18:33.42	29.09	1:03.45	2:20.55
73	1.27	26.80	59.33	2:10.51	4:37.11	9:50.51	18:42.26	29.32	1:03.96	2:21.67
72	1.28	27.01	59.80	2:11.53	4:39.30	9:55.16	18:51.10	29.56	1:04.46	2:22.78
71	1.29	27.22	1:00.27	2:12.56	4:41.48	9:59.81	18:59.93	29.79	1:04.96	2:23.90
70	1.30	27.43	1:00.74	2:13.59	4:43.66	10:04.46	19:08.77	30.02	1:05.47	2:25.02
69	1.31	27.64	1:01.20	2:14.62	4:45.84	10:09.11	19:17.61	30.25	1:05.97	2:26.13
68	1.32	27.85	1:01.67	2:15.64	4:48.02	10:13.76	19:26.44	30.48	1:06.48	2:27.25
67	1.33	28.06	1:02.14	2:16.67	4:50.21	10:18.41	19:35.28	30.71	1:06.98	2:28.36
66	1.34	28.27	1:02.60	2:17.70	4:52.39	10:23.06	19:44.12	30.94	1:07.48	2:29.48
65	1.35	28.49	1:03.07	2:18.73	4:54.57	10:27.71	19:52.95	31.17	1:07.99	2:30.59
64	1.36	28.70	1:03.54	2:19.75	4:56.75	10:32.36	20:01.79	31.40	1:08.49	2:31.71
63	1.37	28.91	1:04.01	2:20.78	4:58.93	10:37.01	20:10.63	31.63	1:08.99	2:32.82
62	1.38	29.12	1:04.47	2:21.81	5:01.12	10:41.66	20:19.46	31.86	1:09.50	2:33.94
61	1.39	29.33	1:04.94	2:22.84	5:03.30	10:46.31	20:28.30	32.10	1:10.00	2:35.05
60	1.40	29.54	1:05.41	2:23.86	5:05.48	10:50.96	20:37.14	32.33	1:10.50	2:36.17
59	1.41	29.75	1:05.88	2:24.89	5:07.66	10:55.61	20:45.97	32.56	1:11.01	2:37.29
58	1.42	29.96	1:06.34	2:25.92	5:09.84	11:00.26	20:54.81	32.79	1:11.51	2:38.40
57	1.43	30.17	1:06.81	2:26.95	5:12.03	11:04.91	21:03.65	33.02	1:12.01	2:39.52
56	1.44	30.38	1:07.28	2:27.97	5:14.21	11:09.56	21:12.48	33.25	1:12.52	2:40.63
55	1.45	30.60	1:07.74	2:29.00	5:16.39	11:14.21	21:21.32	33.48	1:13.02	2:41.75
54	1.46	30.81	1:08.21	2:30.03	5:18.57	11:18.86	21:30.16	33.71	1:13.53	2:42.86

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	31.02	1:08.68	2:31.06	5:20.75	11:23.51	21:38.99	33.94	1:14.03	2:43.98
52	1.48	31.23	1:09.15	2:32.08	5:22.94	11:28.16	21:47.83	34.17	1:14.53	2:45.09
51	1.49	31.44	1:09.61	2:33.11	5:25.12	11:32.81	21:56.67	34.40	1:15.04	2:46.21
50	1.50	31.65	1:10.08	2:34.14	5:27.30	11:37.46	22:05.51	34.64	1:15.54	2:47.33
49	1.51	31.86	1:10.55	2:35.17	5:29.48	11:42.10	22:14.34	34.87	1:16.04	2:48.44
48	1.52	32.07	1:11.01	2:36.20	5:31.66	11:46.75	22:23.18	35.10	1:16.55	2:49.56
47	1.53	32.28	1:11.48	2:37.22	5:33.85	11:51.40	22:32.02	35.33	1:17.05	2:50.67
46	1.54	32.49	1:11.95	2:38.25	5:36.03	11:56.05	22:40.85	35.56	1:17.55	2:51.79
45	1.55	32.71	1:12.42	2:39.28	5:38.21	12:00.70	22:49.69	35.79	1:18.06	2:52.90
44	1.56	32.92	1:12.88	2:40.31	5:40.39	12:05.35	22:58.53	36.02	1:18.56	2:54.02
43	1.57	33.13	1:13.35	2:41.33	5:42.57	12:10.00	23:07.36	36.25	1:19.07	2:55.13
42	1.58	33.34	1:13.82	2:42.36	5:44.76	12:14.65	23:16.20	36.48	1:19.57	2:56.25
41	1.59	33.55	1:14.28	2:43.39	5:46.94	12:19.30	23:25.04	36.71	1:20.07	2:57.36
40	1.60	33.76	1:14.75	2:44.42	5:49.12	12:23.95	23:33.87	36.94	1:20.58	2:58.48
39	1.61	33.97	1:15.22	2:45.44	5:51.30	12:28.60	23:42.71	37.17	1:21.08	2:59.60
38	1.62	34.18	1:15.69	2:46.47	5:53.48	12:33.25	23:51.55	37.41	1:21.58	3:00.71
37	1.63	34.39	1:16.15	2:47.50	5:55.67	12:37.90	24:00.38	37.64	1:22.09	3:01.83
36	1.64	34.60	1:16.62	2:48.53	5:57.85	12:42.55	24:09.22	37.87	1:22.59	3:02.94
35	1.65	34.82	1:17.09	2:49.55	6:00.03	12:47.20	24:18.06	38.10	1:23.09	3:04.06
34	1.66	35.03	1:17.56	2:50.58	6:02.21	12:51.85	24:26.89	38.33	1:23.60	3:05.17
33	1.67	35.24	1:18.02	2:51.61	6:04.39	12:56.50	24:35.73	38.56	1:24.10	3:06.29
32	1.68	35.45	1:18.49	2:52.64	6:06.58	13:01.15	24:44.57	38.79	1:24.60	3:07.40
31	1.69	35.66	1:18.96	2:53.66	6:08.76	13:05.80	24:53.40	39.02	1:25.11	3:08.52
30	1.70	35.87	1:19.42	2:54.69	6:10.94	13:10.45	25:02.24	39.25	1:25.61	3:09.64
29	1.71	36.08	1:19.89	2:55.72	6:13.12	13:15.10	25:11.08	39.48	1:26.12	3:10.75
28	1.72	36.29	1:20.36	2:56.75	6:15.30	13:19.75	25:19.91	39.71	1:26.62	3:11.87
27	1.73	36.50	1:20.83	2:57.77	6:17.49	13:24.40	25:28.75	39.95	1:27.12	3:12.98
26	1.74	36.71	1:21.29	2:58.80	6:19.67	13:29.05	25:37.59	40.18	1:27.63	3:14.10
25	1.75	36.93	1:21.76	2:59.83	6:21.85	13:33.70	25:46.42	40.41	1:28.13	3:15.21
24	1.76	37.14	1:22.23	3:00.86	6:24.03	13:38.35	25:55.26	40.64	1:28.63	3:16.33
23	1.77	37.35	1:22.69	3:01.89	6:26.21	13:43.00	26:04.10	40.87	1:29.14	3:17.44
22	1.78	37.56	1:23.16	3:02.91	6:28.40	13:47.65	26:12.93	41.10	1:29.64	3:18.56
21	1.79	37.77	1:23.63	3:03.94	6:30.58	13:52.30	26:21.77	41.33	1:30.14	3:19.67
20	1.80	37.98	1:24.10	3:04.97	6:32.76	13:56.95	26:30.61	41.56	1:30.65	3:20.79
19	1.81	38.19	1:24.56	3:06.00	6:34.94	14:01.60	26:39.44	41.79	1:31.15	3:21.91
18	1.82	38.40	1:25.03	3:07.02	6:37.12	14:06.25	26:48.28	42.02	1:31.66	3:23.02
17	1.83	38.61	1:25.50	3:08.05	6:39.31	14:10.90	26:57.12	42.25	1:32.16	3:24.14
16	1.84	38.82	1:25.96	3:09.08	6:41.49	14:15.54	27:05.95	42.49	1:32.66	3:25.25
15	1.85	39.04	1:26.43	3:10.11	6:43.67	14:20.19	27:14.79	42.72	1:33.17	3:26.37
14	1.86	39.25	1:26.90	3:11.13	6:45.85	14:24.84	27:23.63	42.95	1:33.67	3:27.48
13	1.87	39.46	1:27.37	3:12.16	6:48.03	14:29.49	27:32.46	43.18	1:34.17	3:28.60
12	1.88	39.67	1:27.83	3:13.19	6:50.22	14:34.14	27:41.30	43.41	1:34.68	3:29.71
11	1.89	39.88	1:28.30	3:14.22	6:52.40	14:38.79	27:50.14	43.64	1:35.18	3:30.83
10	1.90	40.09	1:28.77	3:15.24	6:54.58	14:43.44	27:58.97	43.87	1:35.68	3:31.95
9	1.91	40.30	1:29.24	3:16.27	6:56.76	14:48.09	28:07.81	44.10	1:36.19	3:33.06
8	1.92	40.51	1:29.70	3:17.30	6:58.94	14:52.74	28:16.65	44.33	1:36.69	3:34.18
7	1.93	40.72	1:30.17	3:18.33	7:01.13	14:57.39	28:25.48	44.56	1:37.19	3:35.29
6	1.94	40.93	1:30.64	3:19.35	7:03.31	15:02.04	28:34.32	44.79	1:37.70	3:36.41
5	1.95	41.15	1:31.10	3:20.38	7:05.49	15:06.69	28:43.16	45.03	1:38.20	3:37.52
4	1.96	41.36	1:31.57	3:21.41	7:07.67	15:11.34	28:51.99	45.26	1:38.71	3:38.64
3	1.97	41.57	1:32.04	3:22.44	7:09.85	15:15.99	29:00.83	45.49	1:39.21	3:39.75
2	1.98	41.78	1:32.51	3:23.46	7:12.04	15:20.64	29:09.67	45.72	1:39.71	3:40.87
1	1.99	41.99	1:32.97	3:24.49	7:14.22	15:25.29	29:18.50	45.95	1:40.22	3:41.98

Hong Kong Swimming Point Score

Short Course 2015-2016

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	26.45	57.87	2:05.04	22.55	50.48	1:52.20	52.22	1:53.91	4:03.68
99	1.01	26.71	58.45	2:06.29	22.78	50.98	1:53.32	52.74	1:55.05	4:06.12
98	1.02	26.98	59.03	2:07.54	23.00	51.49	1:54.44	53.26	1:56.19	4:08.55
97	1.03	27.24	59.61	2:08.79	23.23	51.99	1:55.57	53.79	1:57.33	4:10.99
96	1.04	27.51	1:00.18	2:10.04	23.45	52.50	1:56.69	54.31	1:58.47	4:13.43
95	1.05	27.77	1:00.76	2:11.29	23.68	53.00	1:57.81	54.83	1:59.61	4:15.86
94	1.06	28.04	1:01.34	2:12.54	23.90	53.51	1:58.93	55.35	2:00.74	4:18.30
93	1.07	28.30	1:01.92	2:13.79	24.13	54.01	2:00.05	55.88	2:01.88	4:20.74
92	1.08	28.57	1:02.50	2:15.04	24.35	54.52	2:01.18	56.40	2:03.02	4:23.17
91	1.09	28.83	1:03.08	2:16.29	24.58	55.02	2:02.30	56.92	2:04.16	4:25.61
90	1.10	29.10	1:03.66	2:17.54	24.81	55.53	2:03.42	57.44	2:05.30	4:28.05
89	1.11	29.36	1:04.24	2:18.79	25.03	56.03	2:04.54	57.96	2:06.44	4:30.48
88	1.12	29.62	1:04.81	2:20.04	25.26	56.54	2:05.66	58.49	2:07.58	4:32.92
87	1.13	29.89	1:05.39	2:21.30	25.48	57.04	2:06.79	59.01	2:08.72	4:35.36
86	1.14	30.15	1:05.97	2:22.55	25.71	57.55	2:07.91	59.53	2:09.86	4:37.80
85	1.15	30.42	1:06.55	2:23.80	25.93	58.05	2:09.03	1:00.05	2:11.00	4:40.23
84	1.16	30.68	1:07.13	2:25.05	26.16	58.56	2:10.15	1:00.58	2:12.14	4:42.67
83	1.17	30.95	1:07.71	2:26.30	26.38	59.06	2:11.27	1:01.10	2:13.27	4:45.11
82	1.18	31.21	1:08.29	2:27.55	26.61	59.57	2:12.40	1:01.62	2:14.41	4:47.54
81	1.19	31.48	1:08.87	2:28.80	26.83	1:00.07	2:13.52	1:02.14	2:15.55	4:49.98
80	1.20	31.74	1:09.44	2:30.05	27.06	1:00.58	2:14.64	1:02.66	2:16.69	4:52.42
79	1.21	32.00	1:10.02	2:31.30	27.29	1:01.08	2:15.76	1:03.19	2:17.83	4:54.85
78	1.22	32.27	1:10.60	2:32.55	27.51	1:01.59	2:16.88	1:03.71	2:18.97	4:57.29
77	1.23	32.53	1:11.18	2:33.80	27.74	1:02.09	2:18.01	1:04.23	2:20.11	4:59.73
76	1.24	32.80	1:11.76	2:35.05	27.96	1:02.60	2:19.13	1:04.75	2:21.25	5:02.16
75	1.25	33.06	1:12.34	2:36.30	28.19	1:03.10	2:20.25	1:05.28	2:22.39	5:04.60
74	1.26	33.33	1:12.92	2:37.55	28.41	1:03.60	2:21.37	1:05.80	2:23.53	5:07.04
73	1.27	33.59	1:13.49	2:38.80	28.64	1:04.11	2:22.49	1:06.32	2:24.67	5:09.47
72	1.28	33.86	1:14.07	2:40.05	28.86	1:04.61	2:23.62	1:06.84	2:25.80	5:11.91
71	1.29	34.12	1:14.65	2:41.30	29.09	1:05.12	2:24.74	1:07.36	2:26.94	5:14.35
70	1.30	34.39	1:15.23	2:42.55	29.32	1:05.62	2:25.86	1:07.89	2:28.08	5:16.78
69	1.31	34.65	1:15.81	2:43.80	29.54	1:06.13	2:26.98	1:08.41	2:29.22	5:19.22
68	1.32	34.91	1:16.39	2:45.05	29.77	1:06.63	2:28.10	1:08.93	2:30.36	5:21.66
67	1.33	35.18	1:16.97	2:46.30	29.99	1:07.14	2:29.23	1:09.45	2:31.50	5:24.09
66	1.34	35.44	1:17.55	2:47.55	30.22	1:07.64	2:30.35	1:09.97	2:32.64	5:26.53
65	1.35	35.71	1:18.12	2:48.80	30.44	1:08.15	2:31.47	1:10.50	2:33.78	5:28.97
64	1.36	35.97	1:18.70	2:50.05	30.67	1:08.65	2:32.59	1:11.02	2:34.92	5:31.40
63	1.37	36.24	1:19.28	2:51.30	30.89	1:09.16	2:33.71	1:11.54	2:36.06	5:33.84
62	1.38	36.50	1:19.86	2:52.56	31.12	1:09.66	2:34.84	1:12.06	2:37.20	5:36.28
61	1.39	36.77	1:20.44	2:53.81	31.34	1:10.17	2:35.96	1:12.59	2:38.33	5:38.72
60	1.40	37.03	1:21.02	2:55.06	31.57	1:10.67	2:37.08	1:13.11	2:39.47	5:41.15
59	1.41	37.29	1:21.60	2:56.31	31.80	1:11.18	2:38.20	1:13.63	2:40.61	5:43.59
58	1.42	37.56	1:22.18	2:57.56	32.02	1:11.68	2:39.32	1:14.15	2:41.75	5:46.03
57	1.43	37.82	1:22.75	2:58.81	32.25	1:12.19	2:40.45	1:14.67	2:42.89	5:48.46
56	1.44	38.09	1:23.33	3:00.06	32.47	1:12.69	2:41.57	1:15.20	2:44.03	5:50.90
55	1.45	38.35	1:23.91	3:01.31	32.70	1:13.20	2:42.69	1:15.72	2:45.17	5:53.34
54	1.46	38.62	1:24.49	3:02.56	32.92	1:13.70	2:43.81	1:16.24	2:46.31	5:55.77

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	38.88	1:25.07	3:03.81	33.15	1:14.21	2:44.93	1:16.76	2:47.45	5:58.21
52	1.48	39.15	1:25.65	3:05.06	33.37	1:14.71	2:46.06	1:17.29	2:48.59	6:00.65
51	1.49	39.41	1:26.23	3:06.31	33.60	1:15.22	2:47.18	1:17.81	2:49.73	6:03.08
50	1.50	39.68	1:26.81	3:07.56	33.83	1:15.72	2:48.30	1:18.33	2:50.87	6:05.52
49	1.51	39.94	1:27.38	3:08.81	34.05	1:16.22	2:49.42	1:18.85	2:52.00	6:07.96
48	1.52	40.20	1:27.96	3:10.06	34.28	1:16.73	2:50.54	1:19.37	2:53.14	6:10.39
47	1.53	40.47	1:28.54	3:11.31	34.50	1:17.23	2:51.67	1:19.90	2:54.28	6:12.83
46	1.54	40.73	1:29.12	3:12.56	34.73	1:17.74	2:52.79	1:20.42	2:55.42	6:15.27
45	1.55	41.00	1:29.70	3:13.81	34.95	1:18.24	2:53.91	1:20.94	2:56.56	6:17.70
44	1.56	41.26	1:30.28	3:15.06	35.18	1:18.75	2:55.03	1:21.46	2:57.70	6:20.14
43	1.57	41.53	1:30.86	3:16.31	35.40	1:19.25	2:56.15	1:21.99	2:58.84	6:22.58
42	1.58	41.79	1:31.43	3:17.56	35.63	1:19.76	2:57.28	1:22.51	2:59.98	6:25.01
41	1.59	42.06	1:32.01	3:18.81	35.85	1:20.26	2:58.40	1:23.03	3:01.12	6:27.45
40	1.60	42.32	1:32.59	3:20.06	36.08	1:20.77	2:59.52	1:23.55	3:02.26	6:29.89
39	1.61	42.58	1:33.17	3:21.31	36.31	1:21.27	3:00.64	1:24.07	3:03.40	6:32.32
38	1.62	42.85	1:33.75	3:22.56	36.53	1:21.78	3:01.76	1:24.60	3:04.53	6:34.76
37	1.63	43.11	1:34.33	3:23.82	36.76	1:22.28	3:02.89	1:25.12	3:05.67	6:37.20
36	1.64	43.38	1:34.91	3:25.07	36.98	1:22.79	3:04.01	1:25.64	3:06.81	6:39.64
35	1.65	43.64	1:35.49	3:26.32	37.21	1:23.29	3:05.13	1:26.16	3:07.95	6:42.07
34	1.66	43.91	1:36.06	3:27.57	37.43	1:23.80	3:06.25	1:26.69	3:09.09	6:44.51
33	1.67	44.17	1:36.64	3:28.82	37.66	1:24.30	3:07.37	1:27.21	3:10.23	6:46.95
32	1.68	44.44	1:37.22	3:30.07	37.88	1:24.81	3:08.50	1:27.73	3:11.37	6:49.38
31	1.69	44.70	1:37.80	3:31.32	38.11	1:25.31	3:09.62	1:28.25	3:12.51	6:51.82
30	1.70	44.97	1:38.38	3:32.57	38.34	1:25.82	3:10.74	1:28.77	3:13.65	6:54.26
29	1.71	45.23	1:38.96	3:33.82	38.56	1:26.32	3:11.86	1:29.30	3:14.79	6:56.69
28	1.72	45.49	1:39.54	3:35.07	38.79	1:26.83	3:12.98	1:29.82	3:15.93	6:59.13
27	1.73	45.76	1:40.12	3:36.32	39.01	1:27.33	3:14.11	1:30.34	3:17.06	7:01.57
26	1.74	46.02	1:40.69	3:37.57	39.24	1:27.84	3:15.23	1:30.86	3:18.20	7:04.00
25	1.75	46.29	1:41.27	3:38.82	39.46	1:28.34	3:16.35	1:31.39	3:19.34	7:06.44
24	1.76	46.55	1:41.85	3:40.07	39.69	1:28.84	3:17.47	1:31.91	3:20.48	7:08.88
23	1.77	46.82	1:42.43	3:41.32	39.91	1:29.35	3:18.59	1:32.43	3:21.62	7:11.31
22	1.78	47.08	1:43.01	3:42.57	40.14	1:29.85	3:19.72	1:32.95	3:22.76	7:13.75
21	1.79	47.35	1:43.59	3:43.82	40.36	1:30.36	3:20.84	1:33.47	3:23.90	7:16.19
20	1.80	47.61	1:44.17	3:45.07	40.59	1:30.86	3:21.96	1:34.00	3:25.04	7:18.62
19	1.81	47.87	1:44.74	3:46.32	40.82	1:31.37	3:23.08	1:34.52	3:26.18	7:21.06
18	1.82	48.14	1:45.32	3:47.57	41.04	1:31.87	3:24.20	1:35.04	3:27.32	7:23.50
17	1.83	48.40	1:45.90	3:48.82	41.27	1:32.38	3:25.33	1:35.56	3:28.46	7:25.93
16	1.84	48.67	1:46.48	3:50.07	41.49	1:32.88	3:26.45	1:36.08	3:29.59	7:28.37
15	1.85	48.93	1:47.06	3:51.32	41.72	1:33.39	3:27.57	1:36.61	3:30.73	7:30.81
14	1.86	49.20	1:47.64	3:52.57	41.94	1:33.89	3:28.69	1:37.13	3:31.87	7:33.24
13	1.87	49.46	1:48.22	3:53.82	42.17	1:34.40	3:29.81	1:37.65	3:33.01	7:35.68
12	1.88	49.73	1:48.80	3:55.08	42.39	1:34.90	3:30.94	1:38.17	3:34.15	7:38.12
11	1.89	49.99	1:49.37	3:56.33	42.62	1:35.41	3:32.06	1:38.70	3:35.29	7:40.56
10	1.90	50.26	1:49.95	3:57.58	42.85	1:35.91	3:33.18	1:39.22	3:36.43	7:42.99
9	1.91	50.52	1:50.53	3:58.83	43.07	1:36.42	3:34.30	1:39.74	3:37.57	7:45.43
8	1.92	50.78	1:51.11	4:00.08	43.30	1:36.92	3:35.42	1:40.26	3:38.71	7:47.87
7	1.93	51.05	1:51.69	4:01.33	43.52	1:37.43	3:36.55	1:40.78	3:39.85	7:50.30
6	1.94	51.31	1:52.27	4:02.58	43.75	1:37.93	3:37.67	1:41.31	3:40.99	7:52.74
5	1.95	51.58	1:52.85	4:03.83	43.97	1:38.44	3:38.79	1:41.83	3:42.12	7:55.18
4	1.96	51.84	1:53.43	4:05.08	44.20	1:38.94	3:39.91	1:42.35	3:43.26	7:57.61
3	1.97	52.11	1:54.00	4:06.33	44.42	1:39.45	3:41.03	1:42.87	3:44.40	8:00.05
2	1.98	52.37	1:54.58	4:07.58	44.65	1:39.95	3:42.16	1:43.40	3:45.54	8:02.49
1	1.99	52.64	1:55.16	4:08.83	44.87	1:40.46	3:43.28	1:43.92	3:46.68	8:04.92

Hong Kong Swimming Point Score

Short Course 2015-2016

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.05	52.04	1:53.23	3:59.76	8:12.57	15:55.76	26.19	56.18	2:02.92
99	1.01	24.29	52.56	1:54.36	4:02.16	8:17.50	16:05.32	26.45	56.74	2:04.15
98	1.02	24.53	53.08	1:55.49	4:04.56	8:22.42	16:14.88	26.71	57.30	2:05.38
97	1.03	24.77	53.60	1:56.63	4:06.95	8:27.35	16:24.43	26.98	57.87	2:06.61
96	1.04	25.01	54.12	1:57.76	4:09.35	8:32.27	16:33.99	27.24	58.43	2:07.84
95	1.05	25.25	54.64	1:58.89	4:11.75	8:37.20	16:43.55	27.50	58.99	2:09.07
94	1.06	25.49	55.16	2:00.02	4:14.15	8:42.12	16:53.11	27.76	59.55	2:10.30
93	1.07	25.73	55.68	2:01.16	4:16.54	8:47.05	17:02.66	28.02	1:00.11	2:11.52
92	1.08	25.97	56.20	2:02.29	4:18.94	8:51.98	17:12.22	28.29	1:00.67	2:12.75
91	1.09	26.21	56.72	2:03.42	4:21.34	8:56.90	17:21.78	28.55	1:01.24	2:13.98
90	1.10	26.46	57.24	2:04.55	4:23.74	9:01.83	17:31.34	28.81	1:01.80	2:15.21
89	1.11	26.70	57.76	2:05.69	4:26.13	9:06.75	17:40.89	29.07	1:02.36	2:16.44
88	1.12	26.94	58.28	2:06.82	4:28.53	9:11.68	17:50.45	29.33	1:02.92	2:17.67
87	1.13	27.18	58.81	2:07.95	4:30.93	9:16.60	18:00.01	29.59	1:03.48	2:18.90
86	1.14	27.42	59.33	2:09.08	4:33.33	9:21.53	18:09.57	29.86	1:04.05	2:20.13
85	1.15	27.66	59.85	2:10.21	4:35.72	9:26.46	18:19.12	30.12	1:04.61	2:21.36
84	1.16	27.90	1:00.37	2:11.35	4:38.12	9:31.38	18:28.68	30.38	1:05.17	2:22.59
83	1.17	28.14	1:00.89	2:12.48	4:40.52	9:36.31	18:38.24	30.64	1:05.73	2:23.82
82	1.18	28.38	1:01.41	2:13.61	4:42.92	9:41.23	18:47.80	30.90	1:06.29	2:25.05
81	1.19	28.62	1:01.93	2:14.74	4:45.31	9:46.16	18:57.35	31.17	1:06.85	2:26.27
80	1.20	28.86	1:02.45	2:15.88	4:47.71	9:51.08	19:06.91	31.43	1:07.42	2:27.50
79	1.21	29.10	1:02.97	2:17.01	4:50.11	9:56.01	19:16.47	31.69	1:07.98	2:28.73
78	1.22	29.34	1:03.49	2:18.14	4:52.51	10:00.94	19:26.03	31.95	1:08.54	2:29.96
77	1.23	29.58	1:04.01	2:19.27	4:54.90	10:05.86	19:35.58	32.21	1:09.10	2:31.19
76	1.24	29.82	1:04.53	2:20.41	4:57.30	10:10.79	19:45.14	32.48	1:09.66	2:32.42
75	1.25	30.06	1:05.05	2:21.54	4:59.70	10:15.71	19:54.70	32.74	1:10.23	2:33.65
74	1.26	30.30	1:05.57	2:22.67	5:02.10	10:20.64	20:04.26	33.00	1:10.79	2:34.88
73	1.27	30.54	1:06.09	2:23.80	5:04.50	10:25.56	20:13.82	33.26	1:11.35	2:36.11
72	1.28	30.78	1:06.61	2:24.93	5:06.89	10:30.49	20:23.37	33.52	1:11.91	2:37.34
71	1.29	31.02	1:07.13	2:26.07	5:09.29	10:35.42	20:32.93	33.79	1:12.47	2:38.57
70	1.30	31.27	1:07.65	2:27.20	5:11.69	10:40.34	20:42.49	34.05	1:13.03	2:39.80
69	1.31	31.51	1:08.17	2:28.33	5:14.09	10:45.27	20:52.05	34.31	1:13.60	2:41.03
68	1.32	31.75	1:08.69	2:29.46	5:16.48	10:50.19	21:01.60	34.57	1:14.16	2:42.25
67	1.33	31.99	1:09.21	2:30.60	5:18.88	10:55.12	21:11.16	34.83	1:14.72	2:43.48
66	1.34	32.23	1:09.73	2:31.73	5:21.28	11:00.04	21:20.72	35.09	1:15.28	2:44.71
65	1.35	32.47	1:10.25	2:32.86	5:23.68	11:04.97	21:30.28	35.36	1:15.84	2:45.94
64	1.36	32.71	1:10.77	2:33.99	5:26.07	11:09.90	21:39.83	35.62	1:16.40	2:47.17
63	1.37	32.95	1:11.29	2:35.13	5:28.47	11:14.82	21:49.39	35.88	1:16.97	2:48.40
62	1.38	33.19	1:11.82	2:36.26	5:30.87	11:19.75	21:58.95	36.14	1:17.53	2:49.63
61	1.39	33.43	1:12.34	2:37.39	5:33.27	11:24.67	22:08.51	36.40	1:18.09	2:50.86
60	1.40	33.67	1:12.86	2:38.52	5:35.66	11:29.60	22:18.06	36.67	1:18.65	2:52.09
59	1.41	33.91	1:13.38	2:39.65	5:38.06	11:34.52	22:27.62	36.93	1:19.21	2:53.32
58	1.42	34.15	1:13.90	2:40.79	5:40.46	11:39.45	22:37.18	37.19	1:19.78	2:54.55
57	1.43	34.39	1:14.42	2:41.92	5:42.86	11:44.38	22:46.74	37.45	1:20.34	2:55.78
56	1.44	34.63	1:14.94	2:43.05	5:45.25	11:49.30	22:56.29	37.71	1:20.90	2:57.00
55	1.45	34.87	1:15.46	2:44.18	5:47.65	11:54.23	23:05.85	37.98	1:21.46	2:58.23
54	1.46	35.11	1:15.98	2:45.32	5:50.05	11:59.15	23:15.41	38.24	1:22.02	2:59.46

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	35.35	1:16.50	2:46.45	5:52.45	12:04.08	23:24.97	38.50	1:22.58	3:00.69
52	1.48	35.59	1:17.02	2:47.58	5:54.84	12:09.00	23:34.52	38.76	1:23.15	3:01.92
51	1.49	35.83	1:17.54	2:48.71	5:57.24	12:13.93	23:44.08	39.02	1:23.71	3:03.15
50	1.50	36.08	1:18.06	2:49.85	5:59.64	12:18.86	23:53.64	39.29	1:24.27	3:04.38
49	1.51	36.32	1:18.58	2:50.98	6:02.04	12:23.78	24:03.20	39.55	1:24.83	3:05.61
48	1.52	36.56	1:19.10	2:52.11	6:04.44	12:28.71	24:12.76	39.81	1:25.39	3:06.84
47	1.53	36.80	1:19.62	2:53.24	6:06.83	12:33.63	24:22.31	40.07	1:25.96	3:08.07
46	1.54	37.04	1:20.14	2:54.37	6:09.23	12:38.56	24:31.87	40.33	1:26.52	3:09.30
45	1.55	37.28	1:20.66	2:55.51	6:11.63	12:43.48	24:41.43	40.59	1:27.08	3:10.53
44	1.56	37.52	1:21.18	2:56.64	6:14.03	12:48.41	24:50.99	40.86	1:27.64	3:11.76
43	1.57	37.76	1:21.70	2:57.77	6:16.42	12:53.33	25:00.54	41.12	1:28.20	3:12.98
42	1.58	38.00	1:22.22	2:58.90	6:18.82	12:58.26	25:10.10	41.38	1:28.76	3:14.21
41	1.59	38.24	1:22.74	3:00.04	6:21.22	13:03.19	25:19.66	41.64	1:29.33	3:15.44
40	1.60	38.48	1:23.26	3:01.17	6:23.62	13:08.11	25:29.22	41.90	1:29.89	3:16.67
39	1.61	38.72	1:23.78	3:02.30	6:26.01	13:13.04	25:38.77	42.17	1:30.45	3:17.90
38	1.62	38.96	1:24.30	3:03.43	6:28.41	13:17.96	25:48.33	42.43	1:31.01	3:19.13
37	1.63	39.20	1:24.83	3:04.56	6:30.81	13:22.89	25:57.89	42.69	1:31.57	3:20.36
36	1.64	39.44	1:25.35	3:05.70	6:33.21	13:27.81	26:07.45	42.95	1:32.14	3:21.59
35	1.65	39.68	1:25.87	3:06.83	6:35.60	13:32.74	26:17.00	43.21	1:32.70	3:22.82
34	1.66	39.92	1:26.39	3:07.96	6:38.00	13:37.67	26:26.56	43.48	1:33.26	3:24.05
33	1.67	40.16	1:26.91	3:09.09	6:40.40	13:42.59	26:36.12	43.74	1:33.82	3:25.28
32	1.68	40.40	1:27.43	3:10.23	6:42.80	13:47.52	26:45.68	44.00	1:34.38	3:26.51
31	1.69	40.64	1:27.95	3:11.36	6:45.19	13:52.44	26:55.23	44.26	1:34.94	3:27.73
30	1.70	40.89	1:28.47	3:12.49	6:47.59	13:57.37	27:04.79	44.52	1:35.51	3:28.96
29	1.71	41.13	1:28.99	3:13.62	6:49.99	14:02.29	27:14.35	44.78	1:36.07	3:30.19
28	1.72	41.37	1:29.51	3:14.76	6:52.39	14:07.22	27:23.91	45.05	1:36.63	3:31.42
27	1.73	41.61	1:30.03	3:15.89	6:54.78	14:12.15	27:33.46	45.31	1:37.19	3:32.65
26	1.74	41.85	1:30.55	3:17.02	6:57.18	14:17.07	27:43.02	45.57	1:37.75	3:33.88
25	1.75	42.09	1:31.07	3:18.15	6:59.58	14:22.00	27:52.58	45.83	1:38.32	3:35.11
24	1.76	42.33	1:31.59	3:19.28	7:01.98	14:26.92	28:02.14	46.09	1:38.88	3:36.34
23	1.77	42.57	1:32.11	3:20.42	7:04.38	14:31.85	28:11.70	46.36	1:39.44	3:37.57
22	1.78	42.81	1:32.63	3:21.55	7:06.77	14:36.77	28:21.25	46.62	1:40.00	3:38.80
21	1.79	43.05	1:33.15	3:22.68	7:09.17	14:41.70	28:30.81	46.88	1:40.56	3:40.03
20	1.80	43.29	1:33.67	3:23.81	7:11.57	14:46.63	28:40.37	47.14	1:41.12	3:41.26
19	1.81	43.53	1:34.19	3:24.95	7:13.97	14:51.55	28:49.93	47.40	1:41.69	3:42.49
18	1.82	43.77	1:34.71	3:26.08	7:16.36	14:56.48	28:59.48	47.67	1:42.25	3:43.71
17	1.83	44.01	1:35.23	3:27.21	7:18.76	15:01.40	29:09.04	47.93	1:42.81	3:44.94
16	1.84	44.25	1:35.75	3:28.34	7:21.16	15:06.33	29:18.60	48.19	1:43.37	3:46.17
15	1.85	44.49	1:36.27	3:29.48	7:23.56	15:11.25	29:28.16	48.45	1:43.93	3:47.40
14	1.86	44.73	1:36.79	3:30.61	7:25.95	15:16.18	29:37.71	48.71	1:44.49	3:48.63
13	1.87	44.97	1:37.31	3:31.74	7:28.35	15:21.11	29:47.27	48.98	1:45.06	3:49.86
12	1.88	45.21	1:37.84	3:32.87	7:30.75	15:26.03	29:56.83	49.24	1:45.62	3:51.09
11	1.89	45.45	1:38.36	3:34.00	7:33.15	15:30.96	30:06.39	49.50	1:46.18	3:52.32
10	1.90	45.70	1:38.88	3:35.14	7:35.54	15:35.88	30:15.94	49.76	1:46.74	3:53.55
9	1.91	45.94	1:39.40	3:36.27	7:37.94	15:40.81	30:25.50	50.02	1:47.30	3:54.78
8	1.92	46.18	1:39.92	3:37.40	7:40.34	15:45.73	30:35.06	50.28	1:47.87	3:56.01
7	1.93	46.42	1:40.44	3:38.53	7:42.74	15:50.66	30:44.62	50.55	1:48.43	3:57.24
6	1.94	46.66	1:40.96	3:39.67	7:45.13	15:55.59	30:54.17	50.81	1:48.99	3:58.46
5	1.95	46.90	1:41.48	3:40.80	7:47.53	16:00.51	31:03.73	51.07	1:49.55	3:59.69
4	1.96	47.14	1:42.00	3:41.93	7:49.93	16:05.44	31:13.29	51.33	1:50.11	4:00.92
3	1.97	47.38	1:42.52	3:43.06	7:52.33	16:10.36	31:22.85	51.59	1:50.67	4:02.15
2	1.98	47.62	1:43.04	3:44.20	7:54.72	16:15.29	31:32.40	51.86	1:51.24	4:03.38
1	1.99	47.86	1:43.56	3:45.33	7:57.12	16:20.21	31:41.96	52.12	1:51.80	4:04.61

Hong Kong Swimming Point Score

Short Course 2015-2016

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.92	1:04.13	2:18.25	25.20	55.99	2:03.21	58.77	2:05.85	4:28.50
99	1.01	30.22	1:04.77	2:19.63	25.45	56.55	2:04.44	59.36	2:07.11	4:31.19
98	1.02	30.52	1:05.41	2:21.02	25.70	57.11	2:05.67	59.95	2:08.37	4:33.87
97	1.03	30.82	1:06.05	2:22.40	25.96	57.67	2:06.91	1:00.53	2:09.63	4:36.55
96	1.04	31.12	1:06.70	2:23.78	26.21	58.23	2:08.14	1:01.12	2:10.88	4:39.24
95	1.05	31.42	1:07.34	2:25.16	26.46	58.79	2:09.37	1:01.71	2:12.14	4:41.92
94	1.06	31.72	1:07.98	2:26.54	26.71	59.35	2:10.60	1:02.30	2:13.40	4:44.61
93	1.07	32.01	1:08.62	2:27.93	26.96	59.91	2:11.83	1:02.88	2:14.66	4:47.29
92	1.08	32.31	1:09.26	2:29.31	27.22	1:00.47	2:13.07	1:03.47	2:15.92	4:49.98
91	1.09	32.61	1:09.90	2:30.69	27.47	1:01.03	2:14.30	1:04.06	2:17.18	4:52.66
90	1.10	32.91	1:10.54	2:32.08	27.72	1:01.59	2:15.53	1:04.65	2:18.43	4:55.35
89	1.11	33.21	1:11.18	2:33.46	27.97	1:02.15	2:16.76	1:05.23	2:19.69	4:58.04
88	1.12	33.51	1:11.83	2:34.84	28.22	1:02.71	2:18.00	1:05.82	2:20.95	5:00.72
87	1.13	33.81	1:12.47	2:36.22	28.48	1:03.27	2:19.23	1:06.41	2:22.21	5:03.41
86	1.14	34.11	1:13.11	2:37.60	28.73	1:03.83	2:20.46	1:07.00	2:23.47	5:06.09
85	1.15	34.41	1:13.75	2:38.99	28.98	1:04.39	2:21.69	1:07.59	2:24.73	5:08.78
84	1.16	34.71	1:14.39	2:40.37	29.23	1:04.95	2:22.92	1:08.17	2:25.99	5:11.46
83	1.17	35.01	1:15.03	2:41.75	29.48	1:05.51	2:24.16	1:08.76	2:27.24	5:14.15
82	1.18	35.31	1:15.67	2:43.14	29.74	1:06.07	2:25.39	1:09.35	2:28.50	5:16.83
81	1.19	35.60	1:16.31	2:44.52	29.99	1:06.63	2:26.62	1:09.94	2:29.76	5:19.52
80	1.20	35.90	1:16.96	2:45.90	30.24	1:07.19	2:27.85	1:10.52	2:31.02	5:22.20
79	1.21	36.20	1:17.60	2:47.28	30.49	1:07.75	2:29.08	1:11.11	2:32.28	5:24.89
78	1.22	36.50	1:18.24	2:48.67	30.74	1:08.31	2:30.32	1:11.70	2:33.54	5:27.57
77	1.23	36.80	1:18.88	2:50.05	31.00	1:08.87	2:31.55	1:12.29	2:34.80	5:30.26
76	1.24	37.10	1:19.52	2:51.43	31.25	1:09.43	2:32.78	1:12.87	2:36.05	5:32.94
75	1.25	37.40	1:20.16	2:52.81	31.50	1:09.99	2:34.01	1:13.46	2:37.31	5:35.63
74	1.26	37.70	1:20.80	2:54.20	31.75	1:10.55	2:35.24	1:14.05	2:38.57	5:38.31
73	1.27	38.00	1:21.45	2:55.58	32.00	1:11.11	2:36.48	1:14.64	2:39.83	5:41.00
72	1.28	38.30	1:22.09	2:56.96	32.26	1:11.67	2:37.71	1:15.23	2:41.09	5:43.68
71	1.29	38.60	1:22.73	2:58.34	32.51	1:12.23	2:38.94	1:15.81	2:42.35	5:46.37
70	1.30	38.90	1:23.37	2:59.73	32.76	1:12.79	2:40.17	1:16.40	2:43.61	5:49.05
69	1.31	39.20	1:24.01	3:01.11	33.01	1:13.35	2:41.41	1:16.99	2:44.86	5:51.74
68	1.32	39.49	1:24.65	3:02.49	33.26	1:13.91	2:42.64	1:17.58	2:46.12	5:54.42
67	1.33	39.79	1:25.29	3:03.87	33.52	1:14.47	2:43.87	1:18.16	2:47.38	5:57.11
66	1.34	40.09	1:25.93	3:05.26	33.77	1:15.03	2:45.10	1:18.75	2:48.64	5:59.79
65	1.35	40.39	1:26.58	3:06.64	34.02	1:15.59	2:46.33	1:19.34	2:49.90	6:02.48
64	1.36	40.69	1:27.22	3:08.02	34.27	1:16.15	2:47.57	1:19.93	2:51.16	6:05.16
63	1.37	40.99	1:27.86	3:09.40	34.52	1:16.71	2:48.80	1:20.51	2:52.41	6:07.85
62	1.38	41.29	1:28.50	3:10.79	34.78	1:17.27	2:50.03	1:21.10	2:53.67	6:10.53
61	1.39	41.59	1:29.14	3:12.17	35.03	1:17.83	2:51.26	1:21.69	2:54.93	6:13.22
60	1.40	41.89	1:29.78	3:13.55	35.28	1:18.39	2:52.49	1:22.28	2:56.19	6:15.90
59	1.41	42.19	1:30.42	3:14.93	35.53	1:18.95	2:53.73	1:22.87	2:57.45	6:18.59
58	1.42	42.49	1:31.06	3:16.32	35.78	1:19.51	2:54.96	1:23.45	2:58.71	6:21.27
57	1.43	42.79	1:31.71	3:17.70	36.04	1:20.07	2:56.19	1:24.04	2:59.97	6:23.96
56	1.44	43.08	1:32.35	3:19.08	36.29	1:20.63	2:57.42	1:24.63	3:01.22	6:26.64
55	1.45	43.38	1:32.99	3:20.46	36.54	1:21.19	2:58.65	1:25.22	3:02.48	6:29.33
54	1.46	43.68	1:33.63	3:21.85	36.79	1:21.75	2:59.89	1:25.80	3:03.74	6:32.01

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	43.98	1:34.27	3:23.23	37.04	1:22.31	3:01.12	1:26.39	3:05.00	6:34.70
52	1.48	44.28	1:34.91	3:24.61	37.30	1:22.87	3:02.35	1:26.98	3:06.26	6:37.38
51	1.49	44.58	1:35.55	3:25.99	37.55	1:23.43	3:03.58	1:27.57	3:07.52	6:40.07
50	1.50	44.88	1:36.20	3:27.38	37.80	1:23.99	3:04.82	1:28.16	3:08.78	6:42.75
49	1.51	45.18	1:36.84	3:28.76	38.05	1:24.54	3:06.05	1:28.74	3:10.03	6:45.44
48	1.52	45.48	1:37.48	3:30.14	38.30	1:25.10	3:07.28	1:29.33	3:11.29	6:48.12
47	1.53	45.78	1:38.12	3:31.52	38.56	1:25.66	3:08.51	1:29.92	3:12.55	6:50.81
46	1.54	46.08	1:38.76	3:32.91	38.81	1:26.22	3:09.74	1:30.51	3:13.81	6:53.49
45	1.55	46.38	1:39.40	3:34.29	39.06	1:26.78	3:10.98	1:31.09	3:15.07	6:56.18
44	1.56	46.68	1:40.04	3:35.67	39.31	1:27.34	3:12.21	1:31.68	3:16.33	6:58.86
43	1.57	46.97	1:40.68	3:37.05	39.56	1:27.90	3:13.44	1:32.27	3:17.58	7:01.55
42	1.58	47.27	1:41.33	3:38.44	39.82	1:28.46	3:14.67	1:32.86	3:18.84	7:04.23
41	1.59	47.57	1:41.97	3:39.82	40.07	1:29.02	3:15.90	1:33.44	3:20.10	7:06.92
40	1.60	47.87	1:42.61	3:41.20	40.32	1:29.58	3:17.14	1:34.03	3:21.36	7:09.60
39	1.61	48.17	1:43.25	3:42.58	40.57	1:30.14	3:18.37	1:34.62	3:22.62	7:12.29
38	1.62	48.47	1:43.89	3:43.97	40.82	1:30.70	3:19.60	1:35.21	3:23.88	7:14.97
37	1.63	48.77	1:44.53	3:45.35	41.08	1:31.26	3:20.83	1:35.80	3:25.14	7:17.66
36	1.64	49.07	1:45.17	3:46.73	41.33	1:31.82	3:22.06	1:36.38	3:26.39	7:20.34
35	1.65	49.37	1:45.81	3:48.11	41.58	1:32.38	3:23.30	1:36.97	3:27.65	7:23.03
34	1.66	49.67	1:46.46	3:49.50	41.83	1:32.94	3:24.53	1:37.56	3:28.91	7:25.71
33	1.67	49.97	1:47.10	3:50.88	42.08	1:33.50	3:25.76	1:38.15	3:30.17	7:28.40
32	1.68	50.27	1:47.74	3:52.26	42.34	1:34.06	3:26.99	1:38.73	3:31.43	7:31.08
31	1.69	50.56	1:48.38	3:53.64	42.59	1:34.62	3:28.22	1:39.32	3:32.69	7:33.77
30	1.70	50.86	1:49.02	3:55.03	42.84	1:35.18	3:29.46	1:39.91	3:33.95	7:36.45
29	1.71	51.16	1:49.66	3:56.41	43.09	1:35.74	3:30.69	1:40.50	3:35.20	7:39.14
28	1.72	51.46	1:50.30	3:57.79	43.34	1:36.30	3:31.92	1:41.08	3:36.46	7:41.82
27	1.73	51.76	1:50.94	3:59.17	43.60	1:36.86	3:33.15	1:41.67	3:37.72	7:44.51
26	1.74	52.06	1:51.59	4:00.56	43.85	1:37.42	3:34.39	1:42.26	3:38.98	7:47.19
25	1.75	52.36	1:52.23	4:01.94	44.10	1:37.98	3:35.62	1:42.85	3:40.24	7:49.88
24	1.76	52.66	1:52.87	4:03.32	44.35	1:38.54	3:36.85	1:43.44	3:41.50	7:52.56
23	1.77	52.96	1:53.51	4:04.70	44.60	1:39.10	3:38.08	1:44.02	3:42.75	7:55.25
22	1.78	53.26	1:54.15	4:06.09	44.86	1:39.66	3:39.31	1:44.61	3:44.01	7:57.93
21	1.79	53.56	1:54.79	4:07.47	45.11	1:40.22	3:40.55	1:45.20	3:45.27	8:00.62
20	1.80	53.86	1:55.43	4:08.85	45.36	1:40.78	3:41.78	1:45.79	3:46.53	8:03.30
19	1.81	54.16	1:56.08	4:10.23	45.61	1:41.34	3:43.01	1:46.37	3:47.79	8:05.99
18	1.82	54.45	1:56.72	4:11.62	45.86	1:41.90	3:44.24	1:46.96	3:49.05	8:08.67
17	1.83	54.75	1:57.36	4:13.00	46.12	1:42.46	3:45.47	1:47.55	3:50.31	8:11.36
16	1.84	55.05	1:58.00	4:14.38	46.37	1:43.02	3:46.71	1:48.14	3:51.56	8:14.04
15	1.85	55.35	1:58.64	4:15.76	46.62	1:43.58	3:47.94	1:48.72	3:52.82	8:16.73
14	1.86	55.65	1:59.28	4:17.15	46.87	1:44.14	3:49.17	1:49.31	3:54.08	8:19.41
13	1.87	55.95	1:59.92	4:18.53	47.12	1:44.70	3:50.40	1:49.90	3:55.34	8:22.10
12	1.88	56.25	2:00.56	4:19.91	47.38	1:45.26	3:51.63	1:50.49	3:56.60	8:24.78
11	1.89	56.55	2:01.21	4:21.29	47.63	1:45.82	3:52.87	1:51.08	3:57.86	8:27.47
10	1.90	56.85	2:01.85	4:22.68	47.88	1:46.38	3:54.10	1:51.66	3:59.12	8:30.15
9	1.91	57.15	2:02.49	4:24.06	48.13	1:46.94	3:55.33	1:52.25	4:00.37	8:32.84
8	1.92	57.45	2:03.13	4:25.44	48.38	1:47.50	3:56.56	1:52.84	4:01.63	8:35.52
7	1.93	57.75	2:03.77	4:26.82	48.64	1:48.06	3:57.80	1:53.43	4:02.89	8:38.21
6	1.94	58.04	2:04.41	4:28.21	48.89	1:48.62	3:59.03	1:54.01	4:04.15	8:40.89
5	1.95	58.34	2:05.05	4:29.59	49.14	1:49.18	4:00.26	1:54.60	4:05.41	8:43.58
4	1.96	58.64	2:05.69	4:30.97	49.39	1:49.74	4:01.49	1:55.19	4:06.67	8:46.26
3	1.97	58.94	2:06.34	4:32.35	49.64	1:50.30	4:02.72	1:55.78	4:07.92	8:48.95
2	1.98	59.24	2:06.98	4:33.74	49.90	1:50.86	4:03.96	1:56.36	4:09.18	8:51.63
1	1.99	59.54	2:07.62	4:35.12	50.15	1:51.42	4:05.19	1:56.95	4:10.44	8:54.32