

Hong Kong Swimming Point Score

Short Course 2018-2019

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.95	46.08	1:41.92	3:38.18	7:43.86	14:39.78	23.07	50.22	1:51.05
99	1.01	21.16	46.54	1:42.94	3:40.36	7:48.50	14:48.58	23.30	50.72	1:52.16
98	1.02	21.37	47.00	1:43.96	3:42.54	7:53.14	14:57.38	23.53	51.22	1:53.27
97	1.03	21.58	47.46	1:44.98	3:44.73	7:57.78	15:06.17	23.76	51.73	1:54.38
96	1.04	21.79	47.92	1:46.00	3:46.91	8:02.41	15:14.97	23.99	52.23	1:55.49
95	1.05	22.00	48.38	1:47.02	3:49.09	8:07.05	15:23.77	24.22	52.73	1:56.60
94	1.06	22.21	48.84	1:48.04	3:51.27	8:11.69	15:32.57	24.45	53.23	1:57.71
93	1.07	22.42	49.31	1:49.05	3:53.45	8:16.33	15:41.36	24.68	53.74	1:58.82
92	1.08	22.63	49.77	1:50.07	3:55.63	8:20.97	15:50.16	24.92	54.24	1:59.93
91	1.09	22.84	50.23	1:51.09	3:57.82	8:25.61	15:58.96	25.15	54.74	2:01.04
90	1.10	23.05	50.69	1:52.11	4:00.00	8:30.25	16:07.76	25.38	55.24	2:02.16
89	1.11	23.25	51.15	1:53.13	4:02.18	8:34.88	16:16.56	25.61	55.74	2:03.27
88	1.12	23.46	51.61	1:54.15	4:04.36	8:39.52	16:25.35	25.84	56.25	2:04.38
87	1.13	23.67	52.07	1:55.17	4:06.54	8:44.16	16:34.15	26.07	56.75	2:05.49
86	1.14	23.88	52.53	1:56.19	4:08.73	8:48.80	16:42.95	26.30	57.25	2:06.60
85	1.15	24.09	52.99	1:57.21	4:10.91	8:53.44	16:51.75	26.53	57.75	2:07.71
84	1.16	24.30	53.45	1:58.23	4:13.09	8:58.08	17:00.54	26.76	58.26	2:08.82
83	1.17	24.51	53.91	1:59.25	4:15.27	9:02.72	17:09.34	26.99	58.76	2:09.93
82	1.18	24.72	54.37	2:00.27	4:17.45	9:07.35	17:18.14	27.22	59.26	2:11.04
81	1.19	24.93	54.84	2:01.28	4:19.63	9:11.99	17:26.94	27.45	59.76	2:12.15
80	1.20	25.14	55.30	2:02.30	4:21.82	9:16.63	17:35.74	27.68	1:00.26	2:13.26
79	1.21	25.35	55.76	2:03.32	4:24.00	9:21.27	17:44.53	27.91	1:00.77	2:14.37
78	1.22	25.56	56.22	2:04.34	4:26.18	9:25.91	17:53.33	28.15	1:01.27	2:15.48
77	1.23	25.77	56.68	2:05.36	4:28.36	9:30.55	18:02.13	28.38	1:01.77	2:16.59
76	1.24	25.98	57.14	2:06.38	4:30.54	9:35.19	18:10.93	28.61	1:02.27	2:17.70
75	1.25	26.19	57.60	2:07.40	4:32.73	9:39.83	18:19.73	28.84	1:02.78	2:18.81
74	1.26	26.40	58.06	2:08.42	4:34.91	9:44.46	18:28.52	29.07	1:03.28	2:19.92
73	1.27	26.61	58.52	2:09.44	4:37.09	9:49.10	18:37.32	29.30	1:03.78	2:21.03
72	1.28	26.82	58.98	2:10.46	4:39.27	9:53.74	18:46.12	29.53	1:04.28	2:22.14
71	1.29	27.03	59.44	2:11.48	4:41.45	9:58.38	18:54.92	29.76	1:04.78	2:23.25
70	1.30	27.24	59.90	2:12.50	4:43.63	10:03.02	19:03.71	29.99	1:05.29	2:24.37
69	1.31	27.44	1:00.36	2:13.52	4:45.82	10:07.66	19:12.51	30.22	1:05.79	2:25.48
68	1.32	27.65	1:00.83	2:14.53	4:48.00	10:12.30	19:21.31	30.45	1:06.29	2:26.59
67	1.33	27.86	1:01.29	2:15.55	4:50.18	10:16.93	19:30.11	30.68	1:06.79	2:27.70
66	1.34	28.07	1:01.75	2:16.57	4:52.36	10:21.57	19:38.91	30.91	1:07.29	2:28.81
65	1.35	28.28	1:02.21	2:17.59	4:54.54	10:26.21	19:47.70	31.14	1:07.80	2:29.92
64	1.36	28.49	1:02.67	2:18.61	4:56.72	10:30.85	19:56.50	31.38	1:08.30	2:31.03
63	1.37	28.70	1:03.13	2:19.63	4:58.91	10:35.49	20:05.30	31.61	1:08.80	2:32.14
62	1.38	28.91	1:03.59	2:20.65	5:01.09	10:40.13	20:14.10	31.84	1:09.30	2:33.25
61	1.39	29.12	1:04.05	2:21.67	5:03.27	10:44.77	20:22.89	32.07	1:09.81	2:34.36
60	1.40	29.33	1:04.51	2:22.69	5:05.45	10:49.40	20:31.69	32.30	1:10.31	2:35.47
59	1.41	29.54	1:04.97	2:23.71	5:07.63	10:54.04	20:40.49	32.53	1:10.81	2:36.58
58	1.42	29.75	1:05.43	2:24.73	5:09.82	10:58.68	20:49.29	32.76	1:11.31	2:37.69
57	1.43	29.96	1:05.89	2:25.75	5:12.00	11:03.32	20:58.09	32.99	1:11.81	2:38.80
56	1.44	30.17	1:06.36	2:26.76	5:14.18	11:07.96	21:06.88	33.22	1:12.32	2:39.91
55	1.45	30.38	1:06.82	2:27.78	5:16.36	11:12.60	21:15.68	33.45	1:12.82	2:41.02
54	1.46	30.59	1:07.28	2:28.80	5:18.54	11:17.24	21:24.48	33.68	1:13.32	2:42.13

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	30.80	1:07.74	2:29.82	5:20.72	11:21.87	21:33.28	33.91	1:13.82	2:43.24
52	1.48	31.01	1:08.20	2:30.84	5:22.91	11:26.51	21:42.07	34.14	1:14.33	2:44.35
51	1.49	31.22	1:08.66	2:31.86	5:25.09	11:31.15	21:50.87	34.37	1:14.83	2:45.46
50	1.50	31.43	1:09.12	2:32.88	5:27.27	11:35.79	21:59.67	34.61	1:15.33	2:46.58
49	1.51	31.63	1:09.58	2:33.90	5:29.45	11:40.43	22:08.47	34.84	1:15.83	2:47.69
48	1.52	31.84	1:10.04	2:34.92	5:31.63	11:45.07	22:17.27	35.07	1:16.33	2:48.80
47	1.53	32.05	1:10.50	2:35.94	5:33.82	11:49.71	22:26.06	35.30	1:16.84	2:49.91
46	1.54	32.26	1:10.96	2:36.96	5:36.00	11:54.34	22:34.86	35.53	1:17.34	2:51.02
45	1.55	32.47	1:11.42	2:37.98	5:38.18	11:58.98	22:43.66	35.76	1:17.84	2:52.13
44	1.56	32.68	1:11.88	2:39.00	5:40.36	12:03.62	22:52.46	35.99	1:18.34	2:53.24
43	1.57	32.89	1:12.35	2:40.01	5:42.54	12:08.26	23:01.25	36.22	1:18.85	2:54.35
42	1.58	33.10	1:12.81	2:41.03	5:44.72	12:12.90	23:10.05	36.45	1:19.35	2:55.46
41	1.59	33.31	1:13.27	2:42.05	5:46.91	12:17.54	23:18.85	36.68	1:19.85	2:56.57
40	1.60	33.52	1:13.73	2:43.07	5:49.09	12:22.18	23:27.65	36.91	1:20.35	2:57.68
39	1.61	33.73	1:14.19	2:44.09	5:51.27	12:26.81	23:36.45	37.14	1:20.85	2:58.79
38	1.62	33.94	1:14.65	2:45.11	5:53.45	12:31.45	23:45.24	37.37	1:21.36	2:59.90
37	1.63	34.15	1:15.11	2:46.13	5:55.63	12:36.09	23:54.04	37.60	1:21.86	3:01.01
36	1.64	34.36	1:15.57	2:47.15	5:57.82	12:40.73	24:02.84	37.83	1:22.36	3:02.12
35	1.65	34.57	1:16.03	2:48.17	6:00.00	12:45.37	24:11.64	38.07	1:22.86	3:03.23
34	1.66	34.78	1:16.49	2:49.19	6:02.18	12:50.01	24:20.43	38.30	1:23.37	3:04.34
33	1.67	34.99	1:16.95	2:50.21	6:04.36	12:54.65	24:29.23	38.53	1:23.87	3:05.45
32	1.68	35.20	1:17.41	2:51.23	6:06.54	12:59.28	24:38.03	38.76	1:24.37	3:06.56
31	1.69	35.41	1:17.88	2:52.24	6:08.72	13:03.92	24:46.83	38.99	1:24.87	3:07.67
30	1.70	35.62	1:18.34	2:53.26	6:10.91	13:08.56	24:55.63	39.22	1:25.37	3:08.79
29	1.71	35.82	1:18.80	2:54.28	6:13.09	13:13.20	25:04.42	39.45	1:25.88	3:09.90
28	1.72	36.03	1:19.26	2:55.30	6:15.27	13:17.84	25:13.22	39.68	1:26.38	3:11.01
27	1.73	36.24	1:19.72	2:56.32	6:17.45	13:22.48	25:22.02	39.91	1:26.88	3:12.12
26	1.74	36.45	1:20.18	2:57.34	6:19.63	13:27.12	25:30.82	40.14	1:27.38	3:13.23
25	1.75	36.66	1:20.64	2:58.36	6:21.82	13:31.76	25:39.62	40.37	1:27.89	3:14.34
24	1.76	36.87	1:21.10	2:59.38	6:24.00	13:36.39	25:48.41	40.60	1:28.39	3:15.45
23	1.77	37.08	1:21.56	3:00.40	6:26.18	13:41.03	25:57.21	40.83	1:28.89	3:16.56
22	1.78	37.29	1:22.02	3:01.42	6:28.36	13:45.67	26:06.01	41.06	1:29.39	3:17.67
21	1.79	37.50	1:22.48	3:02.44	6:30.54	13:50.31	26:14.81	41.30	1:29.89	3:18.78
20	1.80	37.71	1:22.94	3:03.46	6:32.72	13:54.95	26:23.60	41.53	1:30.40	3:19.89
19	1.81	37.92	1:23.40	3:04.48	6:34.91	13:59.59	26:32.40	41.76	1:30.90	3:21.00
18	1.82	38.13	1:23.87	3:05.49	6:37.09	14:04.23	26:41.20	41.99	1:31.40	3:22.11
17	1.83	38.34	1:24.33	3:06.51	6:39.27	14:08.86	26:50.00	42.22	1:31.90	3:23.22
16	1.84	38.55	1:24.79	3:07.53	6:41.45	14:13.50	26:58.80	42.45	1:32.40	3:24.33
15	1.85	38.76	1:25.25	3:08.55	6:43.63	14:18.14	27:07.59	42.68	1:32.91	3:25.44
14	1.86	38.97	1:25.71	3:09.57	6:45.81	14:22.78	27:16.39	42.91	1:33.41	3:26.55
13	1.87	39.18	1:26.17	3:10.59	6:48.00	14:27.42	27:25.19	43.14	1:33.91	3:27.66
12	1.88	39.39	1:26.63	3:11.61	6:50.18	14:32.06	27:33.99	43.37	1:34.41	3:28.77
11	1.89	39.60	1:27.09	3:12.63	6:52.36	14:36.70	27:42.78	43.60	1:34.92	3:29.88
10	1.90	39.81	1:27.55	3:13.65	6:54.54	14:41.33	27:51.58	43.83	1:35.42	3:31.00
9	1.91	40.01	1:28.01	3:14.67	6:56.72	14:45.97	28:00.38	44.06	1:35.92	3:32.11
8	1.92	40.22	1:28.47	3:15.69	6:58.91	14:50.61	28:09.18	44.29	1:36.42	3:33.22
7	1.93	40.43	1:28.93	3:16.71	7:01.09	14:55.25	28:17.98	44.53	1:36.92	3:34.33
6	1.94	40.64	1:29.40	3:17.72	7:03.27	14:59.89	28:26.77	44.76	1:37.43	3:35.44
5	1.95	40.85	1:29.86	3:18.74	7:05.45	15:04.53	28:35.57	44.99	1:37.93	3:36.55
4	1.96	41.06	1:30.32	3:19.76	7:07.63	15:09.17	28:44.37	45.22	1:38.43	3:37.66
3	1.97	41.27	1:30.78	3:20.78	7:09.81	15:13.80	28:53.17	45.45	1:38.93	3:38.77
2	1.98	41.48	1:31.24	3:21.80	7:12.00	15:18.44	29:01.96	45.68	1:39.44	3:39.88
1	1.99	41.69	1:31.70	3:22.82	7:14.18	15:23.08	29:10.76	45.91	1:39.94	3:40.99

Hong Kong Swimming Point Score

Short Course 2018-2019

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	26.07	56.59	2:04.03	22.40	49.78	1:52.20	51.18	1:51.64	4:03.68
99	1.01	26.33	57.16	2:05.27	22.62	50.28	1:53.32	51.69	1:52.76	4:06.12
98	1.02	26.59	57.72	2:06.51	22.85	50.78	1:54.44	52.20	1:53.87	4:08.55
97	1.03	26.85	58.29	2:07.75	23.07	51.27	1:55.57	52.72	1:54.99	4:10.99
96	1.04	27.11	58.85	2:08.99	23.30	51.77	1:56.69	53.23	1:56.11	4:13.43
95	1.05	27.37	59.42	2:10.23	23.52	52.27	1:57.81	53.74	1:57.22	4:15.86
94	1.06	27.63	59.99	2:11.47	23.74	52.77	1:58.93	54.25	1:58.34	4:18.30
93	1.07	27.89	1:00.55	2:12.71	23.97	53.26	2:00.05	54.76	1:59.45	4:20.74
92	1.08	28.16	1:01.12	2:13.95	24.19	53.76	2:01.18	55.27	2:00.57	4:23.17
91	1.09	28.42	1:01.68	2:15.19	24.42	54.26	2:02.30	55.79	2:01.69	4:25.61
90	1.10	28.68	1:02.25	2:16.43	24.64	54.76	2:03.42	56.30	2:02.80	4:28.05
89	1.11	28.94	1:02.81	2:17.67	24.86	55.26	2:04.54	56.81	2:03.92	4:30.48
88	1.12	29.20	1:03.38	2:18.91	25.09	55.75	2:05.66	57.32	2:05.04	4:32.92
87	1.13	29.46	1:03.95	2:20.15	25.31	56.25	2:06.79	57.83	2:06.15	4:35.36
86	1.14	29.72	1:04.51	2:21.39	25.54	56.75	2:07.91	58.35	2:07.27	4:37.80
85	1.15	29.98	1:05.08	2:22.63	25.76	57.25	2:09.03	58.86	2:08.39	4:40.23
84	1.16	30.24	1:05.64	2:23.87	25.98	57.74	2:10.15	59.37	2:09.50	4:42.67
83	1.17	30.50	1:06.21	2:25.12	26.21	58.24	2:11.27	59.88	2:10.62	4:45.11
82	1.18	30.76	1:06.78	2:26.36	26.43	58.74	2:12.40	1:00.39	2:11.74	4:47.54
81	1.19	31.02	1:07.34	2:27.60	26.66	59.24	2:13.52	1:00.90	2:12.85	4:49.98
80	1.20	31.28	1:07.91	2:28.84	26.88	59.74	2:14.64	1:01.42	2:13.97	4:52.42
79	1.21	31.54	1:08.47	2:30.08	27.10	1:00.23	2:15.76	1:01.93	2:15.08	4:54.85
78	1.22	31.81	1:09.04	2:31.32	27.33	1:00.73	2:16.88	1:02.44	2:16.20	4:57.29
77	1.23	32.07	1:09.61	2:32.56	27.55	1:01.23	2:18.01	1:02.95	2:17.32	4:59.73
76	1.24	32.33	1:10.17	2:33.80	27.78	1:01.73	2:19.13	1:03.46	2:18.43	5:02.16
75	1.25	32.59	1:10.74	2:35.04	28.00	1:02.23	2:20.25	1:03.98	2:19.55	5:04.60
74	1.26	32.85	1:11.30	2:36.28	28.22	1:02.72	2:21.37	1:04.49	2:20.67	5:07.04
73	1.27	33.11	1:11.87	2:37.52	28.45	1:03.22	2:22.49	1:05.00	2:21.78	5:09.47
72	1.28	33.37	1:12.44	2:38.76	28.67	1:03.72	2:23.62	1:05.51	2:22.90	5:11.91
71	1.29	33.63	1:13.00	2:40.00	28.90	1:04.22	2:24.74	1:06.02	2:24.02	5:14.35
70	1.30	33.89	1:13.57	2:41.24	29.12	1:04.71	2:25.86	1:06.53	2:25.13	5:16.78
69	1.31	34.15	1:14.13	2:42.48	29.34	1:05.21	2:26.98	1:07.05	2:26.25	5:19.22
68	1.32	34.41	1:14.70	2:43.72	29.57	1:05.71	2:28.10	1:07.56	2:27.36	5:21.66
67	1.33	34.67	1:15.26	2:44.96	29.79	1:06.21	2:29.23	1:08.07	2:28.48	5:24.09
66	1.34	34.93	1:15.83	2:46.20	30.02	1:06.71	2:30.35	1:08.58	2:29.60	5:26.53
65	1.35	35.19	1:16.40	2:47.44	30.24	1:07.20	2:31.47	1:09.09	2:30.71	5:28.97
64	1.36	35.46	1:16.96	2:48.68	30.46	1:07.70	2:32.59	1:09.60	2:31.83	5:31.40
63	1.37	35.72	1:17.53	2:49.92	30.69	1:08.20	2:33.71	1:10.12	2:32.95	5:33.84
62	1.38	35.98	1:18.09	2:51.16	30.91	1:08.70	2:34.84	1:10.63	2:34.06	5:36.28
61	1.39	36.24	1:18.66	2:52.40	31.14	1:09.19	2:35.96	1:11.14	2:35.18	5:38.72
60	1.40	36.50	1:19.23	2:53.64	31.36	1:09.69	2:37.08	1:11.65	2:36.30	5:41.15
59	1.41	36.76	1:19.79	2:54.88	31.58	1:10.19	2:38.20	1:12.16	2:37.41	5:43.59
58	1.42	37.02	1:20.36	2:56.12	31.81	1:10.69	2:39.32	1:12.68	2:38.53	5:46.03
57	1.43	37.28	1:20.92	2:57.36	32.03	1:11.19	2:40.45	1:13.19	2:39.65	5:48.46
56	1.44	37.54	1:21.49	2:58.60	32.26	1:11.68	2:41.57	1:13.70	2:40.76	5:50.90
55	1.45	37.80	1:22.06	2:59.84	32.48	1:12.18	2:42.69	1:14.21	2:41.88	5:53.34
54	1.46	38.06	1:22.62	3:01.08	32.70	1:12.68	2:43.81	1:14.72	2:42.99	5:55.77

<u>Score</u>	<u>%</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>
53	1.47	38.32	1:23.19	3:02.32	32.93	1:13.18	2:44.93	1:15.23	2:44.11	5:58.21
52	1.48	38.58	1:23.75	3:03.56	33.15	1:13.67	2:46.06	1:15.75	2:45.23	6:00.65
51	1.49	38.84	1:24.32	3:04.80	33.38	1:14.17	2:47.18	1:16.26	2:46.34	6:03.08
50	1.50	39.11	1:24.89	3:06.05	33.60	1:14.67	2:48.30	1:16.77	2:47.46	6:05.52
49	1.51	39.37	1:25.45	3:07.29	33.82	1:15.17	2:49.42	1:17.28	2:48.58	6:07.96
48	1.52	39.63	1:26.02	3:08.53	34.05	1:15.67	2:50.54	1:17.79	2:49.69	6:10.39
47	1.53	39.89	1:26.58	3:09.77	34.27	1:16.16	2:51.67	1:18.31	2:50.81	6:12.83
46	1.54	40.15	1:27.15	3:11.01	34.50	1:16.66	2:52.79	1:18.82	2:51.93	6:15.27
45	1.55	40.41	1:27.71	3:12.25	34.72	1:17.16	2:53.91	1:19.33	2:53.04	6:17.70
44	1.56	40.67	1:28.28	3:13.49	34.94	1:17.66	2:55.03	1:19.84	2:54.16	6:20.14
43	1.57	40.93	1:28.85	3:14.73	35.17	1:18.15	2:56.15	1:20.35	2:55.27	6:22.58
42	1.58	41.19	1:29.41	3:15.97	35.39	1:18.65	2:57.28	1:20.86	2:56.39	6:25.01
41	1.59	41.45	1:29.98	3:17.21	35.62	1:19.15	2:58.40	1:21.38	2:57.51	6:27.45
40	1.60	41.71	1:30.54	3:18.45	35.84	1:19.65	2:59.52	1:21.89	2:58.62	6:29.89
39	1.61	41.97	1:31.11	3:19.69	36.06	1:20.15	3:00.64	1:22.40	2:59.74	6:32.32
38	1.62	42.23	1:31.68	3:20.93	36.29	1:20.64	3:01.76	1:22.91	3:00.86	6:34.76
37	1.63	42.49	1:32.24	3:22.17	36.51	1:21.14	3:02.89	1:23.42	3:01.97	6:37.20
36	1.64	42.75	1:32.81	3:23.41	36.74	1:21.64	3:04.01	1:23.94	3:03.09	6:39.64
35	1.65	43.02	1:33.37	3:24.65	36.96	1:22.14	3:05.13	1:24.45	3:04.21	6:42.07
34	1.66	43.28	1:33.94	3:25.89	37.18	1:22.63	3:06.25	1:24.96	3:05.32	6:44.51
33	1.67	43.54	1:34.51	3:27.13	37.41	1:23.13	3:07.37	1:25.47	3:06.44	6:46.95
32	1.68	43.80	1:35.07	3:28.37	37.63	1:23.63	3:08.50	1:25.98	3:07.56	6:49.38
31	1.69	44.06	1:35.64	3:29.61	37.86	1:24.13	3:09.62	1:26.49	3:08.67	6:51.82
30	1.70	44.32	1:36.20	3:30.85	38.08	1:24.63	3:10.74	1:27.01	3:09.79	6:54.26
29	1.71	44.58	1:36.77	3:32.09	38.30	1:25.12	3:11.86	1:27.52	3:10.90	6:56.69
28	1.72	44.84	1:37.33	3:33.33	38.53	1:25.62	3:12.98	1:28.03	3:12.02	6:59.13
27	1.73	45.10	1:37.90	3:34.57	38.75	1:26.12	3:14.11	1:28.54	3:13.14	7:01.57
26	1.74	45.36	1:38.47	3:35.81	38.98	1:26.62	3:15.23	1:29.05	3:14.25	7:04.00
25	1.75	45.62	1:39.03	3:37.05	39.20	1:27.12	3:16.35	1:29.57	3:15.37	7:06.44
24	1.76	45.88	1:39.60	3:38.29	39.42	1:27.61	3:17.47	1:30.08	3:16.49	7:08.88
23	1.77	46.14	1:40.16	3:39.53	39.65	1:28.11	3:18.59	1:30.59	3:17.60	7:11.31
22	1.78	46.40	1:40.73	3:40.77	39.87	1:28.61	3:19.72	1:31.10	3:18.72	7:13.75
21	1.79	46.67	1:41.30	3:42.01	40.10	1:29.11	3:20.84	1:31.61	3:19.84	7:16.19
20	1.80	46.93	1:41.86	3:43.25	40.32	1:29.60	3:21.96	1:32.12	3:20.95	7:18.62
19	1.81	47.19	1:42.43	3:44.49	40.54	1:30.10	3:23.08	1:32.64	3:22.07	7:21.06
18	1.82	47.45	1:42.99	3:45.73	40.77	1:30.60	3:24.20	1:33.15	3:23.18	7:23.50
17	1.83	47.71	1:43.56	3:46.97	40.99	1:31.10	3:25.33	1:33.66	3:24.30	7:25.93
16	1.84	47.97	1:44.13	3:48.22	41.22	1:31.60	3:26.45	1:34.17	3:25.42	7:28.37
15	1.85	48.23	1:44.69	3:49.46	41.44	1:32.09	3:27.57	1:34.68	3:26.53	7:30.81
14	1.86	48.49	1:45.26	3:50.70	41.66	1:32.59	3:28.69	1:35.19	3:27.65	7:33.24
13	1.87	48.75	1:45.82	3:51.94	41.89	1:33.09	3:29.81	1:35.71	3:28.77	7:35.68
12	1.88	49.01	1:46.39	3:53.18	42.11	1:33.59	3:30.94	1:36.22	3:29.88	7:38.12
11	1.89	49.27	1:46.96	3:54.42	42.34	1:34.08	3:32.06	1:36.73	3:31.00	7:40.56
10	1.90	49.53	1:47.52	3:55.66	42.56	1:34.58	3:33.18	1:37.24	3:32.12	7:42.99
9	1.91	49.79	1:48.09	3:56.90	42.78	1:35.08	3:34.30	1:37.75	3:33.23	7:45.43
8	1.92	50.05	1:48.65	3:58.14	43.01	1:35.58	3:35.42	1:38.27	3:34.35	7:47.87
7	1.93	50.32	1:49.22	3:59.38	43.23	1:36.08	3:36.55	1:38.78	3:35.47	7:50.30
6	1.94	50.58	1:49.78	4:00.62	43.46	1:36.57	3:37.67	1:39.29	3:36.58	7:52.74
5	1.95	50.84	1:50.35	4:01.86	43.68	1:37.07	3:38.79	1:39.80	3:37.70	7:55.18
4	1.96	51.10	1:50.92	4:03.10	43.90	1:37.57	3:39.91	1:40.31	3:38.81	7:57.61
3	1.97	51.36	1:51.48	4:04.34	44.13	1:38.07	3:41.03	1:40.82	3:39.93	8:00.05
2	1.98	51.62	1:52.05	4:05.58	44.35	1:38.56	3:42.16	1:41.34	3:41.05	8:02.49
1	1.99	51.88	1:52.61	4:06.82	44.58	1:39.06	3:43.28	1:41.85	3:42.16	8:04.92

Hong Kong Swimming Point Score

Short Course 2018-2019

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.90	51.72	1:52.97	3:59.68	8:12.37	15:55.76	26.15	56.18	2:02.11
99	1.01	24.14	52.24	1:54.10	4:02.08	8:17.29	16:05.32	26.41	56.74	2:03.33
98	1.02	24.38	52.75	1:55.23	4:04.47	8:22.22	16:14.88	26.67	57.30	2:04.55
97	1.03	24.62	53.27	1:56.36	4:06.87	8:27.14	16:24.43	26.93	57.87	2:05.77
96	1.04	24.86	53.79	1:57.49	4:09.27	8:32.06	16:33.99	27.20	58.43	2:06.99
95	1.05	25.10	54.31	1:58.62	4:11.66	8:36.99	16:43.55	27.46	58.99	2:08.22
94	1.06	25.33	54.82	1:59.75	4:14.06	8:41.91	16:53.11	27.72	59.55	2:09.44
93	1.07	25.57	55.34	2:00.88	4:16.46	8:46.84	17:02.66	27.98	1:00.11	2:10.66
92	1.08	25.81	55.86	2:02.01	4:18.85	8:51.76	17:12.22	28.24	1:00.67	2:11.88
91	1.09	26.05	56.37	2:03.14	4:21.25	8:56.68	17:21.78	28.50	1:01.24	2:13.10
90	1.10	26.29	56.89	2:04.27	4:23.65	9:01.61	17:31.34	28.77	1:01.80	2:14.32
89	1.11	26.53	57.41	2:05.40	4:26.04	9:06.53	17:40.89	29.03	1:02.36	2:15.54
88	1.12	26.77	57.93	2:06.53	4:28.44	9:11.45	17:50.45	29.29	1:02.92	2:16.76
87	1.13	27.01	58.44	2:07.66	4:30.84	9:16.38	18:00.01	29.55	1:03.48	2:17.98
86	1.14	27.25	58.96	2:08.79	4:33.24	9:21.30	18:09.57	29.81	1:04.05	2:19.21
85	1.15	27.49	59.48	2:09.92	4:35.63	9:26.23	18:19.12	30.07	1:04.61	2:20.43
84	1.16	27.72	1:00.00	2:11.05	4:38.03	9:31.15	18:28.68	30.33	1:05.17	2:21.65
83	1.17	27.96	1:00.51	2:12.17	4:40.43	9:36.07	18:38.24	30.60	1:05.73	2:22.87
82	1.18	28.20	1:01.03	2:13.30	4:42.82	9:41.00	18:47.80	30.86	1:06.29	2:24.09
81	1.19	28.44	1:01.55	2:14.43	4:45.22	9:45.92	18:57.35	31.12	1:06.85	2:25.31
80	1.20	28.68	1:02.06	2:15.56	4:47.62	9:50.84	19:06.91	31.38	1:07.42	2:26.53
79	1.21	28.92	1:02.58	2:16.69	4:50.01	9:55.77	19:16.47	31.64	1:07.98	2:27.75
78	1.22	29.16	1:03.10	2:17.82	4:52.41	10:00.69	19:26.03	31.90	1:08.54	2:28.97
77	1.23	29.40	1:03.62	2:18.95	4:54.81	10:05.62	19:35.58	32.16	1:09.10	2:30.20
76	1.24	29.64	1:04.13	2:20.08	4:57.20	10:10.54	19:45.14	32.43	1:09.66	2:31.42
75	1.25	29.88	1:04.65	2:21.21	4:59.60	10:15.46	19:54.70	32.69	1:10.23	2:32.64
74	1.26	30.11	1:05.17	2:22.34	5:02.00	10:20.39	20:04.26	32.95	1:10.79	2:33.86
73	1.27	30.35	1:05.68	2:23.47	5:04.39	10:25.31	20:13.82	33.21	1:11.35	2:35.08
72	1.28	30.59	1:06.20	2:24.60	5:06.79	10:30.23	20:23.37	33.47	1:11.91	2:36.30
71	1.29	30.83	1:06.72	2:25.73	5:09.19	10:35.16	20:32.93	33.73	1:12.47	2:37.52
70	1.30	31.07	1:07.24	2:26.86	5:11.58	10:40.08	20:42.49	34.00	1:13.03	2:38.74
69	1.31	31.31	1:07.75	2:27.99	5:13.98	10:45.00	20:52.05	34.26	1:13.60	2:39.96
68	1.32	31.55	1:08.27	2:29.12	5:16.38	10:49.93	21:01.60	34.52	1:14.16	2:41.19
67	1.33	31.79	1:08.79	2:30.25	5:18.77	10:54.85	21:11.16	34.78	1:14.72	2:42.41
66	1.34	32.03	1:09.30	2:31.38	5:21.17	10:59.78	21:20.72	35.04	1:15.28	2:43.63
65	1.35	32.27	1:09.82	2:32.51	5:23.57	11:04.70	21:30.28	35.30	1:15.84	2:44.85
64	1.36	32.50	1:10.34	2:33.64	5:25.96	11:09.62	21:39.83	35.56	1:16.40	2:46.07
63	1.37	32.74	1:10.86	2:34.77	5:28.36	11:14.55	21:49.39	35.83	1:16.97	2:47.29
62	1.38	32.98	1:11.37	2:35.90	5:30.76	11:19.47	21:58.95	36.09	1:17.53	2:48.51
61	1.39	33.22	1:11.89	2:37.03	5:33.16	11:24.39	22:08.51	36.35	1:18.09	2:49.73
60	1.40	33.46	1:12.41	2:38.16	5:35.55	11:29.32	22:18.06	36.61	1:18.65	2:50.95
59	1.41	33.70	1:12.93	2:39.29	5:37.95	11:34.24	22:27.62	36.87	1:19.21	2:52.18
58	1.42	33.94	1:13.44	2:40.42	5:40.35	11:39.17	22:37.18	37.13	1:19.78	2:53.40
57	1.43	34.18	1:13.96	2:41.55	5:42.74	11:44.09	22:46.74	37.39	1:20.34	2:54.62
56	1.44	34.42	1:14.48	2:42.68	5:45.14	11:49.01	22:56.29	37.66	1:20.90	2:55.84
55	1.45	34.66	1:14.99	2:43.81	5:47.54	11:53.94	23:05.85	37.92	1:21.46	2:57.06
54	1.46	34.89	1:15.51	2:44.94	5:49.93	11:58.86	23:15.41	38.18	1:22.02	2:58.28

Freestyle

Backstroke

<u>Score</u>	<u>%</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>
53	1.47	35.13	1:16.03	2:46.07	5:52.33	12:03.78	23:24.97	38.44	1:22.58	2:59.50
52	1.48	35.37	1:16.55	2:47.20	5:54.73	12:08.71	23:34.52	38.70	1:23.15	3:00.72
51	1.49	35.61	1:17.06	2:48.33	5:57.12	12:13.63	23:44.08	38.96	1:23.71	3:01.94
50	1.50	35.85	1:17.58	2:49.46	5:59.52	12:18.56	23:53.64	39.23	1:24.27	3:03.16
49	1.51	36.09	1:18.10	2:50.58	6:01.92	12:23.48	24:03.20	39.49	1:24.83	3:04.39
48	1.52	36.33	1:18.61	2:51.71	6:04.31	12:28.40	24:12.76	39.75	1:25.39	3:05.61
47	1.53	36.57	1:19.13	2:52.84	6:06.71	12:33.33	24:22.31	40.01	1:25.96	3:06.83
46	1.54	36.81	1:19.65	2:53.97	6:09.11	12:38.25	24:31.87	40.27	1:26.52	3:08.05
45	1.55	37.05	1:20.17	2:55.10	6:11.50	12:43.17	24:41.43	40.53	1:27.08	3:09.27
44	1.56	37.28	1:20.68	2:56.23	6:13.90	12:48.10	24:50.99	40.79	1:27.64	3:10.49
43	1.57	37.52	1:21.20	2:57.36	6:16.30	12:53.02	25:00.54	41.06	1:28.20	3:11.71
42	1.58	37.76	1:21.72	2:58.49	6:18.69	12:57.94	25:10.10	41.32	1:28.76	3:12.93
41	1.59	38.00	1:22.23	2:59.62	6:21.09	13:02.87	25:19.66	41.58	1:29.33	3:14.15
40	1.60	38.24	1:22.75	3:00.75	6:23.49	13:07.79	25:29.22	41.84	1:29.89	3:15.38
39	1.61	38.48	1:23.27	3:01.88	6:25.88	13:12.72	25:38.77	42.10	1:30.45	3:16.60
38	1.62	38.72	1:23.79	3:03.01	6:28.28	13:17.64	25:48.33	42.36	1:31.01	3:17.82
37	1.63	38.96	1:24.30	3:04.14	6:30.68	13:22.56	25:57.89	42.62	1:31.57	3:19.04
36	1.64	39.20	1:24.82	3:05.27	6:33.08	13:27.49	26:07.45	42.89	1:32.14	3:20.26
35	1.65	39.44	1:25.34	3:06.40	6:35.47	13:32.41	26:17.00	43.15	1:32.70	3:21.48
34	1.66	39.67	1:25.86	3:07.53	6:37.87	13:37.33	26:26.56	43.41	1:33.26	3:22.70
33	1.67	39.91	1:26.37	3:08.66	6:40.27	13:42.26	26:36.12	43.67	1:33.82	3:23.92
32	1.68	40.15	1:26.89	3:09.79	6:42.66	13:47.18	26:45.68	43.93	1:34.38	3:25.14
31	1.69	40.39	1:27.41	3:10.92	6:45.06	13:52.11	26:55.23	44.19	1:34.94	3:26.37
30	1.70	40.63	1:27.92	3:12.05	6:47.46	13:57.03	27:04.79	44.46	1:35.51	3:27.59
29	1.71	40.87	1:28.44	3:13.18	6:49.85	14:01.95	27:14.35	44.72	1:36.07	3:28.81
28	1.72	41.11	1:28.96	3:14.31	6:52.25	14:06.88	27:23.91	44.98	1:36.63	3:30.03
27	1.73	41.35	1:29.48	3:15.44	6:54.65	14:11.80	27:33.46	45.24	1:37.19	3:31.25
26	1.74	41.59	1:29.99	3:16.57	6:57.04	14:16.72	27:43.02	45.50	1:37.75	3:32.47
25	1.75	41.83	1:30.51	3:17.70	6:59.44	14:21.65	27:52.58	45.76	1:38.32	3:33.69
24	1.76	42.06	1:31.03	3:18.83	7:01.84	14:26.57	28:02.14	46.02	1:38.88	3:34.91
23	1.77	42.30	1:31.54	3:19.96	7:04.23	14:31.49	28:11.70	46.29	1:39.44	3:36.13
22	1.78	42.54	1:32.06	3:21.09	7:06.63	14:36.42	28:21.25	46.55	1:40.00	3:37.36
21	1.79	42.78	1:32.58	3:22.22	7:09.03	14:41.34	28:30.81	46.81	1:40.56	3:38.58
20	1.80	43.02	1:33.10	3:23.35	7:11.42	14:46.27	28:40.37	47.07	1:41.12	3:39.80
19	1.81	43.26	1:33.61	3:24.48	7:13.82	14:51.19	28:49.93	47.33	1:41.69	3:41.02
18	1.82	43.50	1:34.13	3:25.61	7:16.22	14:56.11	28:59.48	47.59	1:42.25	3:42.24
17	1.83	43.74	1:34.65	3:26.74	7:18.61	15:01.04	29:09.04	47.85	1:42.81	3:43.46
16	1.84	43.98	1:35.16	3:27.86	7:21.01	15:05.96	29:18.60	48.12	1:43.37	3:44.68
15	1.85	44.22	1:35.68	3:28.99	7:23.41	15:10.88	29:28.16	48.38	1:43.93	3:45.90
14	1.86	44.45	1:36.20	3:30.12	7:25.80	15:15.81	29:37.71	48.64	1:44.49	3:47.12
13	1.87	44.69	1:36.72	3:31.25	7:28.20	15:20.73	29:47.27	48.90	1:45.06	3:48.35
12	1.88	44.93	1:37.23	3:32.38	7:30.60	15:25.66	29:56.83	49.16	1:45.62	3:49.57
11	1.89	45.17	1:37.75	3:33.51	7:33.00	15:30.58	30:06.39	49.42	1:46.18	3:50.79
10	1.90	45.41	1:38.27	3:34.64	7:35.39	15:35.50	30:15.94	49.69	1:46.74	3:52.01
9	1.91	45.65	1:38.79	3:35.77	7:37.79	15:40.43	30:25.50	49.95	1:47.30	3:53.23
8	1.92	45.89	1:39.30	3:36.90	7:40.19	15:45.35	30:35.06	50.21	1:47.87	3:54.45
7	1.93	46.13	1:39.82	3:38.03	7:42.58	15:50.27	30:44.62	50.47	1:48.43	3:55.67
6	1.94	46.37	1:40.34	3:39.16	7:44.98	15:55.20	30:54.17	50.73	1:48.99	3:56.89
5	1.95	46.61	1:40.85	3:40.29	7:47.38	16:00.12	31:03.73	50.99	1:49.55	3:58.11
4	1.96	46.84	1:41.37	3:41.42	7:49.77	16:05.05	31:13.29	51.25	1:50.11	3:59.34
3	1.97	47.08	1:41.89	3:42.55	7:52.17	16:09.97	31:22.85	51.52	1:50.67	4:00.56
2	1.98	47.32	1:42.41	3:43.68	7:54.57	16:14.89	31:32.40	51.78	1:51.24	4:01.78
1	1.99	47.56	1:42.92	3:44.81	7:56.96	16:19.82	31:41.96	52.04	1:51.80	4:03.00

Hong Kong Swimming Point Score

Short Course 2018-2019

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.79	1:04.11	2:17.93	25.06	55.95	2:03.04	58.50	2:05.28	4:27.22
99	1.01	30.09	1:04.75	2:19.31	25.31	56.51	2:04.27	59.09	2:06.53	4:29.89
98	1.02	30.39	1:05.39	2:20.69	25.56	57.07	2:05.50	59.67	2:07.79	4:32.56
97	1.03	30.68	1:06.03	2:22.07	25.81	57.63	2:06.73	1:00.26	2:09.04	4:35.24
96	1.04	30.98	1:06.67	2:23.45	26.06	58.19	2:07.96	1:00.84	2:10.29	4:37.91
95	1.05	31.28	1:07.32	2:24.83	26.31	58.75	2:09.19	1:01.43	2:11.54	4:40.58
94	1.06	31.58	1:07.96	2:26.21	26.56	59.31	2:10.42	1:02.01	2:12.80	4:43.25
93	1.07	31.88	1:08.60	2:27.59	26.81	59.87	2:11.65	1:02.60	2:14.05	4:45.93
92	1.08	32.17	1:09.24	2:28.96	27.06	1:00.43	2:12.88	1:03.18	2:15.30	4:48.60
91	1.09	32.47	1:09.88	2:30.34	27.32	1:00.99	2:14.11	1:03.77	2:16.56	4:51.27
90	1.10	32.77	1:10.52	2:31.72	27.57	1:01.55	2:15.34	1:04.35	2:17.81	4:53.94
89	1.11	33.07	1:11.16	2:33.10	27.82	1:02.10	2:16.57	1:04.94	2:19.06	4:56.61
88	1.12	33.36	1:11.80	2:34.48	28.07	1:02.66	2:17.80	1:05.52	2:20.31	4:59.29
87	1.13	33.66	1:12.44	2:35.86	28.32	1:03.22	2:19.04	1:06.11	2:21.57	5:01.96
86	1.14	33.96	1:13.09	2:37.24	28.57	1:03.78	2:20.27	1:06.69	2:22.82	5:04.63
85	1.15	34.26	1:13.73	2:38.62	28.82	1:04.34	2:21.50	1:07.28	2:24.07	5:07.30
84	1.16	34.56	1:14.37	2:40.00	29.07	1:04.90	2:22.73	1:07.86	2:25.32	5:09.98
83	1.17	34.85	1:15.01	2:41.38	29.32	1:05.46	2:23.96	1:08.45	2:26.58	5:12.65
82	1.18	35.15	1:15.65	2:42.76	29.57	1:06.02	2:25.19	1:09.03	2:27.83	5:15.32
81	1.19	35.45	1:16.29	2:44.14	29.82	1:06.58	2:26.42	1:09.62	2:29.08	5:17.99
80	1.20	35.75	1:16.93	2:45.52	30.07	1:07.14	2:27.65	1:10.20	2:30.34	5:20.66
79	1.21	36.05	1:17.57	2:46.90	30.32	1:07.70	2:28.88	1:10.79	2:31.59	5:23.34
78	1.22	36.34	1:18.21	2:48.27	30.57	1:08.26	2:30.11	1:11.37	2:32.84	5:26.01
77	1.23	36.64	1:18.86	2:49.65	30.82	1:08.82	2:31.34	1:11.96	2:34.09	5:28.68
76	1.24	36.94	1:19.50	2:51.03	31.07	1:09.38	2:32.57	1:12.54	2:35.35	5:31.35
75	1.25	37.24	1:20.14	2:52.41	31.33	1:09.94	2:33.80	1:13.13	2:36.60	5:34.03
74	1.26	37.54	1:20.78	2:53.79	31.58	1:10.50	2:35.03	1:13.71	2:37.85	5:36.70
73	1.27	37.83	1:21.42	2:55.17	31.83	1:11.06	2:36.26	1:14.30	2:39.11	5:39.37
72	1.28	38.13	1:22.06	2:56.55	32.08	1:11.62	2:37.49	1:14.88	2:40.36	5:42.04
71	1.29	38.43	1:22.70	2:57.93	32.33	1:12.18	2:38.72	1:15.47	2:41.61	5:44.71
70	1.30	38.73	1:23.34	2:59.31	32.58	1:12.74	2:39.95	1:16.05	2:42.86	5:47.39
69	1.31	39.02	1:23.98	3:00.69	32.83	1:13.29	2:41.18	1:16.64	2:44.12	5:50.06
68	1.32	39.32	1:24.63	3:02.07	33.08	1:13.85	2:42.41	1:17.22	2:45.37	5:52.73
67	1.33	39.62	1:25.27	3:03.45	33.33	1:14.41	2:43.64	1:17.81	2:46.62	5:55.40
66	1.34	39.92	1:25.91	3:04.83	33.58	1:14.97	2:44.87	1:18.39	2:47.88	5:58.07
65	1.35	40.22	1:26.55	3:06.21	33.83	1:15.53	2:46.10	1:18.98	2:49.13	6:00.75
64	1.36	40.51	1:27.19	3:07.58	34.08	1:16.09	2:47.33	1:19.56	2:50.38	6:03.42
63	1.37	40.81	1:27.83	3:08.96	34.33	1:16.65	2:48.56	1:20.15	2:51.63	6:06.09
62	1.38	41.11	1:28.47	3:10.34	34.58	1:17.21	2:49.80	1:20.73	2:52.89	6:08.76
61	1.39	41.41	1:29.11	3:11.72	34.83	1:17.77	2:51.03	1:21.32	2:54.14	6:11.44
60	1.40	41.71	1:29.75	3:13.10	35.08	1:18.33	2:52.26	1:21.90	2:55.39	6:14.11
59	1.41	42.00	1:30.40	3:14.48	35.33	1:18.89	2:53.49	1:22.49	2:56.64	6:16.78
58	1.42	42.30	1:31.04	3:15.86	35.59	1:19.45	2:54.72	1:23.07	2:57.90	6:19.45
57	1.43	42.60	1:31.68	3:17.24	35.84	1:20.01	2:55.95	1:23.66	2:59.15	6:22.12
56	1.44	42.90	1:32.32	3:18.62	36.09	1:20.57	2:57.18	1:24.24	3:00.40	6:24.80
55	1.45	43.20	1:32.96	3:20.00	36.34	1:21.13	2:58.41	1:24.83	3:01.66	6:27.47
54	1.46	43.49	1:33.60	3:21.38	36.59	1:21.69	2:59.64	1:25.41	3:02.91	6:30.14

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m

53	1.47	43.79	1:34.24	3:22.76	36.84	1:22.25	3:00.87	1:26.00	3:04.16	6:32.81
52	1.48	44.09	1:34.88	3:24.14	37.09	1:22.81	3:02.10	1:26.58	3:05.41	6:35.49
51	1.49	44.39	1:35.52	3:25.52	37.34	1:23.37	3:03.33	1:27.17	3:06.67	6:38.16
50	1.50	44.69	1:36.17	3:26.90	37.59	1:23.93	3:04.56	1:27.75	3:07.92	6:40.83
49	1.51	44.98	1:36.81	3:28.27	37.84	1:24.48	3:05.79	1:28.34	3:09.17	6:43.50
48	1.52	45.28	1:37.45	3:29.65	38.09	1:25.04	3:07.02	1:28.92	3:10.43	6:46.17
47	1.53	45.58	1:38.09	3:31.03	38.34	1:25.60	3:08.25	1:29.51	3:11.68	6:48.85
46	1.54	45.88	1:38.73	3:32.41	38.59	1:26.16	3:09.48	1:30.09	3:12.93	6:51.52
45	1.55	46.17	1:39.37	3:33.79	38.84	1:26.72	3:10.71	1:30.68	3:14.18	6:54.19
44	1.56	46.47	1:40.01	3:35.17	39.09	1:27.28	3:11.94	1:31.26	3:15.44	6:56.86
43	1.57	46.77	1:40.65	3:36.55	39.34	1:27.84	3:13.17	1:31.85	3:16.69	6:59.54
42	1.58	47.07	1:41.29	3:37.93	39.59	1:28.40	3:14.40	1:32.43	3:17.94	7:02.21
41	1.59	47.37	1:41.93	3:39.31	39.85	1:28.96	3:15.63	1:33.02	3:19.20	7:04.88
40	1.60	47.66	1:42.58	3:40.69	40.10	1:29.52	3:16.86	1:33.60	3:20.45	7:07.55
39	1.61	47.96	1:43.22	3:42.07	40.35	1:30.08	3:18.09	1:34.19	3:21.70	7:10.22
38	1.62	48.26	1:43.86	3:43.45	40.60	1:30.64	3:19.32	1:34.77	3:22.95	7:12.90
37	1.63	48.56	1:44.50	3:44.83	40.85	1:31.20	3:20.56	1:35.36	3:24.21	7:15.57
36	1.64	48.86	1:45.14	3:46.21	41.10	1:31.76	3:21.79	1:35.94	3:25.46	7:18.24
35	1.65	49.15	1:45.78	3:47.58	41.35	1:32.32	3:23.02	1:36.53	3:26.71	7:20.91
34	1.66	49.45	1:46.42	3:48.96	41.60	1:32.88	3:24.25	1:37.11	3:27.96	7:23.59
33	1.67	49.75	1:47.06	3:50.34	41.85	1:33.44	3:25.48	1:37.70	3:29.22	7:26.26
32	1.68	50.05	1:47.70	3:51.72	42.10	1:34.00	3:26.71	1:38.28	3:30.47	7:28.93
31	1.69	50.35	1:48.35	3:53.10	42.35	1:34.56	3:27.94	1:38.87	3:31.72	7:31.60
30	1.70	50.64	1:48.99	3:54.48	42.60	1:35.12	3:29.17	1:39.45	3:32.98	7:34.27
29	1.71	50.94	1:49.63	3:55.86	42.85	1:35.67	3:30.40	1:40.04	3:34.23	7:36.95
28	1.72	51.24	1:50.27	3:57.24	43.10	1:36.23	3:31.63	1:40.62	3:35.48	7:39.62
27	1.73	51.54	1:50.91	3:58.62	43.35	1:36.79	3:32.86	1:41.21	3:36.73	7:42.29
26	1.74	51.83	1:51.55	4:00.00	43.60	1:37.35	3:34.09	1:41.79	3:37.99	7:44.96
25	1.75	52.13	1:52.19	4:01.38	43.86	1:37.91	3:35.32	1:42.38	3:39.24	7:47.64
24	1.76	52.43	1:52.83	4:02.76	44.11	1:38.47	3:36.55	1:42.96	3:40.49	7:50.31
23	1.77	52.73	1:53.47	4:04.14	44.36	1:39.03	3:37.78	1:43.55	3:41.75	7:52.98
22	1.78	53.03	1:54.12	4:05.52	44.61	1:39.59	3:39.01	1:44.13	3:43.00	7:55.65
21	1.79	53.32	1:54.76	4:06.89	44.86	1:40.15	3:40.24	1:44.72	3:44.25	7:58.32
20	1.80	53.62	1:55.40	4:08.27	45.11	1:40.71	3:41.47	1:45.30	3:45.50	8:01.00
19	1.81	53.92	1:56.04	4:09.65	45.36	1:41.27	3:42.70	1:45.89	3:46.76	8:03.67
18	1.82	54.22	1:56.68	4:11.03	45.61	1:41.83	3:43.93	1:46.47	3:48.01	8:06.34
17	1.83	54.52	1:57.32	4:12.41	45.86	1:42.39	3:45.16	1:47.06	3:49.26	8:09.01
16	1.84	54.81	1:57.96	4:13.79	46.11	1:42.95	3:46.39	1:47.64	3:50.52	8:11.68
15	1.85	55.11	1:58.60	4:15.17	46.36	1:43.51	3:47.62	1:48.23	3:51.77	8:14.36
14	1.86	55.41	1:59.24	4:16.55	46.61	1:44.07	3:48.85	1:48.81	3:53.02	8:17.03
13	1.87	55.71	1:59.89	4:17.93	46.86	1:44.63	3:50.08	1:49.40	3:54.27	8:19.70
12	1.88	56.01	2:00.53	4:19.31	47.11	1:45.19	3:51.32	1:49.98	3:55.53	8:22.37
11	1.89	56.30	2:01.17	4:20.69	47.36	1:45.75	3:52.55	1:50.57	3:56.78	8:25.05
10	1.90	56.60	2:01.81	4:22.07	47.61	1:46.31	3:53.78	1:51.15	3:58.03	8:27.72
9	1.91	56.90	2:02.45	4:23.45	47.86	1:46.86	3:55.01	1:51.74	3:59.28	8:30.39
8	1.92	57.20	2:03.09	4:24.83	48.12	1:47.42	3:56.24	1:52.32	4:00.54	8:33.06
7	1.93	57.49	2:03.73	4:26.20	48.37	1:47.98	3:57.47	1:52.91	4:01.79	8:35.73
6	1.94	57.79	2:04.37	4:27.58	48.62	1:48.54	3:58.70	1:53.49	4:03.04	8:38.41
5	1.95	58.09	2:05.01	4:28.96	48.87	1:49.10	3:59.93	1:54.08	4:04.30	8:41.08
4	1.96	58.39	2:05.66	4:30.34	49.12	1:49.66	4:01.16	1:54.66	4:05.55	8:43.75
3	1.97	58.69	2:06.30	4:31.72	49.37	1:50.22	4:02.39	1:55.25	4:06.80	8:46.42
2	1.98	58.98	2:06.94	4:33.10	49.62	1:50.78	4:03.62	1:55.83	4:08.05	8:49.10
1	1.99	59.28	2:07.58	4:34.48	49.87	1:51.34	4:04.85	1:56.42	4:09.31	8:51.77