

# Hong Kong Swimming Point Score 2026 (LC)

## Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.43	47.32	1:44.62	3:43.54	7:42.55	14:53.48	24.60	52.99	1:54.88
99	1.01	21.64	47.79	1:45.67	3:45.78	7:47.18	15:02.41	24.85	53.52	1:56.03
98	1.02	21.86	48.27	1:46.71	3:48.01	7:51.80	15:11.35	25.09	54.05	1:57.18
97	1.03	22.07	48.74	1:47.76	3:50.25	7:56.43	15:20.28	25.34	54.58	1:58.33
96	1.04	22.29	49.21	1:48.80	3:52.48	8:01.05	15:29.22	25.58	55.11	1:59.48
95	1.05	22.50	49.69	1:49.85	3:54.72	8:05.68	15:38.15	25.83	55.64	2:00.62
94	1.06	22.72	50.16	1:50.90	3:56.95	8:10.30	15:47.09	26.08	56.17	2:01.77
93	1.07	22.93	50.63	1:51.94	3:59.19	8:14.93	15:56.02	26.32	56.70	2:02.92
92	1.08	23.14	51.11	1:52.99	4:01.42	8:19.55	16:04.96	26.57	57.23	2:04.07
91	1.09	23.36	51.58	1:54.04	4:03.66	8:24.18	16:13.89	26.81	57.76	2:05.22
90	1.10	23.57	52.05	1:55.08	4:05.89	8:28.81	16:22.83	27.06	58.29	2:06.37
89	1.11	23.79	52.53	1:56.13	4:08.13	8:33.43	16:31.76	27.31	58.82	2:07.52
88	1.12	24.00	53.00	1:57.17	4:10.36	8:38.06	16:40.70	27.55	59.35	2:08.67
87	1.13	24.22	53.47	1:58.22	4:12.60	8:42.68	16:49.63	27.80	59.88	2:09.81
86	1.14	24.43	53.94	1:59.27	4:14.84	8:47.31	16:58.57	28.04	1:00.41	2:10.96
85	1.15	24.64	54.42	2:00.31	4:17.07	8:51.93	17:07.50	28.29	1:00.94	2:12.11
84	1.16	24.86	54.89	2:01.36	4:19.31	8:56.56	17:16.44	28.54	1:01.47	2:13.26
83	1.17	25.07	55.36	2:02.41	4:21.54	9:01.18	17:25.37	28.78	1:02.00	2:14.41
82	1.18	25.29	55.84	2:03.45	4:23.78	9:05.81	17:34.31	29.03	1:02.53	2:15.56
81	1.19	25.50	56.31	2:04.50	4:26.01	9:10.43	17:43.24	29.27	1:03.06	2:16.71
80	1.20	25.72	56.78	2:05.54	4:28.25	9:15.06	17:52.18	29.52	1:03.59	2:17.86
79	1.21	25.93	57.26	2:06.59	4:30.48	9:19.69	18:01.11	29.77	1:04.12	2:19.00
78	1.22	26.14	57.73	2:07.64	4:32.72	9:24.31	18:10.05	30.01	1:04.65	2:20.15
77	1.23	26.36	58.20	2:08.68	4:34.95	9:28.94	18:18.98	30.26	1:05.18	2:21.30
76	1.24	26.57	58.68	2:09.73	4:37.19	9:33.56	18:27.92	30.50	1:05.71	2:22.45
75	1.25	26.79	59.15	2:10.78	4:39.43	9:38.19	18:36.85	30.75	1:06.24	2:23.60
74	1.26	27.00	59.62	2:11.82	4:41.66	9:42.81	18:45.78	31.00	1:06.77	2:24.75
73	1.27	27.22	1:00.10	2:12.87	4:43.90	9:47.44	18:54.72	31.24	1:07.30	2:25.90
72	1.28	27.43	1:00.57	2:13.91	4:46.13	9:52.06	19:03.65	31.49	1:07.83	2:27.05
71	1.29	27.64	1:01.04	2:14.96	4:48.37	9:56.69	19:12.59	31.73	1:08.36	2:28.20
70	1.30	27.86	1:01.52	2:16.01	4:50.60	10:01.32	19:21.52	31.98	1:08.89	2:29.34
69	1.31	28.07	1:01.99	2:17.05	4:52.84	10:05.94	19:30.46	32.23	1:09.42	2:30.49
68	1.32	28.29	1:02.46	2:18.10	4:55.07	10:10.57	19:39.39	32.47	1:09.95	2:31.64
67	1.33	28.50	1:02.94	2:19.14	4:57.31	10:15.19	19:48.33	32.72	1:10.48	2:32.79
66	1.34	28.72	1:03.41	2:20.19	4:59.54	10:19.82	19:57.26	32.96	1:11.01	2:33.94
65	1.35	28.93	1:03.88	2:21.24	5:01.78	10:24.44	20:06.20	33.21	1:11.54	2:35.09
64	1.36	29.14	1:04.36	2:22.28	5:04.01	10:29.07	20:15.13	33.46	1:12.07	2:36.24
63	1.37	29.36	1:04.83	2:23.33	5:06.25	10:33.69	20:24.07	33.70	1:12.60	2:37.39
62	1.38	29.57	1:05.30	2:24.38	5:08.49	10:38.32	20:33.00	33.95	1:13.13	2:38.53
61	1.39	29.79	1:05.77	2:25.42	5:10.72	10:42.94	20:41.94	34.19	1:13.66	2:39.68
60	1.40	30.00	1:06.25	2:26.47	5:12.96	10:47.57	20:50.87	34.44	1:14.19	2:40.83
59	1.41	30.22	1:06.72	2:27.51	5:15.19	10:52.20	20:59.81	34.69	1:14.72	2:41.98
58	1.42	30.43	1:07.19	2:28.56	5:17.43	10:56.82	21:08.74	34.93	1:15.25	2:43.13
57	1.43	30.64	1:07.67	2:29.61	5:19.66	11:01.45	21:17.68	35.18	1:15.78	2:44.28
56	1.44	30.86	1:08.14	2:30.65	5:21.90	11:06.07	21:26.61	35.42	1:16.31	2:45.43
55	1.45	31.07	1:08.61	2:31.70	5:24.13	11:10.70	21:35.55	35.67	1:16.84	2:46.58
54	1.46	31.29	1:09.09	2:32.75	5:26.37	11:15.32	21:44.48	35.92	1:17.37	2:47.72
53	1.47	31.50	1:09.56	2:33.79	5:28.60	11:19.95	21:53.42	36.16	1:17.90	2:48.87

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	31.72	1:10.03	2:34.84	5:30.84	11:24.57	22:02.35	36.41	1:18.43	2:50.02
51	1.49	31.93	1:10.51	2:35.88	5:33.07	11:29.20	22:11.29	36.65	1:18.96	2:51.17
50	1.50	32.15	1:10.98	2:36.93	5:35.31	11:33.83	22:20.22	36.90	1:19.49	2:52.32
49	1.51	32.36	1:11.45	2:37.98	5:37.55	11:38.45	22:29.15	37.15	1:20.01	2:53.47
48	1.52	32.57	1:11.93	2:39.02	5:39.78	11:43.08	22:38.09	37.39	1:20.54	2:54.62
47	1.53	32.79	1:12.40	2:40.07	5:42.02	11:47.70	22:47.02	37.64	1:21.07	2:55.77
46	1.54	33.00	1:12.87	2:41.11	5:44.25	11:52.33	22:55.96	37.88	1:21.60	2:56.92
45	1.55	33.22	1:13.35	2:42.16	5:46.49	11:56.95	23:04.89	38.13	1:22.13	2:58.06
44	1.56	33.43	1:13.82	2:43.21	5:48.72	12:01.58	23:13.83	38.38	1:22.66	2:59.21
43	1.57	33.65	1:14.29	2:44.25	5:50.96	12:06.20	23:22.76	38.62	1:23.19	3:00.36
42	1.58	33.86	1:14.77	2:45.30	5:53.19	12:10.83	23:31.70	38.87	1:23.72	3:01.51
41	1.59	34.07	1:15.24	2:46.35	5:55.43	12:15.45	23:40.63	39.11	1:24.25	3:02.66
40	1.60	34.29	1:15.71	2:47.39	5:57.66	12:20.08	23:49.57	39.36	1:24.78	3:03.81
39	1.61	34.50	1:16.19	2:48.44	5:59.90	12:24.71	23:58.50	39.61	1:25.31	3:04.96
38	1.62	34.72	1:16.66	2:49.48	6:02.13	12:29.33	24:07.44	39.85	1:25.84	3:06.11
37	1.63	34.93	1:17.13	2:50.53	6:04.37	12:33.96	24:16.37	40.10	1:26.37	3:07.25
36	1.64	35.15	1:17.60	2:51.58	6:06.61	12:38.58	24:25.31	40.34	1:26.90	3:08.40
35	1.65	35.36	1:18.08	2:52.62	6:08.84	12:43.21	24:34.24	40.59	1:27.43	3:09.55
34	1.66	35.57	1:18.55	2:53.67	6:11.08	12:47.83	24:43.18	40.84	1:27.96	3:10.70
33	1.67	35.79	1:19.02	2:54.72	6:13.31	12:52.46	24:52.11	41.08	1:28.49	3:11.85
32	1.68	36.00	1:19.50	2:55.76	6:15.55	12:57.08	25:01.05	41.33	1:29.02	3:13.00
31	1.69	36.22	1:19.97	2:56.81	6:17.78	13:01.71	25:09.98	41.57	1:29.55	3:14.15
30	1.70	36.43	1:20.44	2:57.85	6:20.02	13:06.34	25:18.92	41.82	1:30.08	3:15.30
29	1.71	36.65	1:20.92	2:58.90	6:22.25	13:10.96	25:27.85	42.07	1:30.61	3:16.44
28	1.72	36.86	1:21.39	2:59.95	6:24.49	13:15.59	25:36.79	42.31	1:31.14	3:17.59
27	1.73	37.07	1:21.86	3:00.99	6:26.72	13:20.21	25:45.72	42.56	1:31.67	3:18.74
26	1.74	37.29	1:22.34	3:02.04	6:28.96	13:24.84	25:54.66	42.80	1:32.20	3:19.89
25	1.75	37.50	1:22.81	3:03.09	6:31.20	13:29.46	26:03.59	43.05	1:32.73	3:21.04
24	1.76	37.72	1:23.28	3:04.13	6:33.43	13:34.09	26:12.52	43.30	1:33.26	3:22.19
23	1.77	37.93	1:23.76	3:05.18	6:35.67	13:38.71	26:21.46	43.54	1:33.79	3:23.34
22	1.78	38.15	1:24.23	3:06.22	6:37.90	13:43.34	26:30.39	43.79	1:34.32	3:24.49
21	1.79	38.36	1:24.70	3:07.27	6:40.14	13:47.96	26:39.33	44.03	1:34.85	3:25.64
20	1.80	38.57	1:25.18	3:08.32	6:42.37	13:52.59	26:48.26	44.28	1:35.38	3:26.78
19	1.81	38.79	1:25.65	3:09.36	6:44.61	13:57.22	26:57.20	44.53	1:35.91	3:27.93
18	1.82	39.00	1:26.12	3:10.41	6:46.84	14:01.84	27:06.13	44.77	1:36.44	3:29.08
17	1.83	39.22	1:26.60	3:11.45	6:49.08	14:06.47	27:15.07	45.02	1:36.97	3:30.23
16	1.84	39.43	1:27.07	3:12.50	6:51.31	14:11.09	27:24.00	45.26	1:37.50	3:31.38
15	1.85	39.65	1:27.54	3:13.55	6:53.55	14:15.72	27:32.94	45.51	1:38.03	3:32.53
14	1.86	39.86	1:28.02	3:14.59	6:55.78	14:20.34	27:41.87	45.76	1:38.56	3:33.68
13	1.87	40.07	1:28.49	3:15.64	6:58.02	14:24.97	27:50.81	46.00	1:39.09	3:34.83
12	1.88	40.29	1:28.96	3:16.69	7:00.26	14:29.59	27:59.74	46.25	1:39.62	3:35.97
11	1.89	40.50	1:29.43	3:17.73	7:02.49	14:34.22	28:08.68	46.49	1:40.15	3:37.12
10	1.90	40.72	1:29.91	3:18.78	7:04.73	14:38.85	28:17.61	46.74	1:40.68	3:38.27
9	1.91	40.93	1:30.38	3:19.82	7:06.96	14:43.47	28:26.55	46.99	1:41.21	3:39.42
8	1.92	41.15	1:30.85	3:20.87	7:09.20	14:48.10	28:35.48	47.23	1:41.74	3:40.57
7	1.93	41.36	1:31.33	3:21.92	7:11.43	14:52.72	28:44.42	47.48	1:42.27	3:41.72
6	1.94	41.57	1:31.80	3:22.96	7:13.67	14:57.35	28:53.35	47.72	1:42.80	3:42.87
5	1.95	41.79	1:32.27	3:24.01	7:15.90	15:01.97	29:02.29	47.97	1:43.33	3:44.02
4	1.96	42.00	1:32.75	3:25.06	7:18.14	15:06.60	29:11.22	48.22	1:43.86	3:45.16
3	1.97	42.22	1:33.22	3:26.10	7:20.37	15:11.22	29:20.16	48.46	1:44.39	3:46.31
2	1.98	42.43	1:33.69	3:27.15	7:22.61	15:15.85	29:29.09	48.71	1:44.92	3:47.46
1	1.99	42.65	1:34.17	3:28.19	7:24.84	15:20.47	29:38.03	48.95	1:45.45	3:48.61

# Hong Kong Swimming Point Score 2026 (LC)

## Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	26.60	58.34	2:06.96	23.06	51.07	1:54.43	1:56.23	4:11.70
99	1.01	26.87	58.92	2:08.23	23.29	51.58	1:55.57	1:57.39	4:14.22
98	1.02	27.13	59.51	2:09.50	23.52	52.09	1:56.72	1:58.55	4:16.73
97	1.03	27.40	1:00.09	2:10.77	23.75	52.60	1:57.86	1:59.72	4:19.25
96	1.04	27.66	1:00.67	2:12.04	23.98	53.11	1:59.01	2:00.88	4:21.77
95	1.05	27.93	1:01.26	2:13.31	24.21	53.62	2:00.15	2:02.04	4:24.29
94	1.06	28.20	1:01.84	2:14.58	24.44	54.13	2:01.30	2:03.20	4:26.80
93	1.07	28.46	1:02.42	2:15.85	24.67	54.64	2:02.44	2:04.37	4:29.32
92	1.08	28.73	1:03.01	2:17.12	24.90	55.16	2:03.58	2:05.53	4:31.84
91	1.09	28.99	1:03.59	2:18.39	25.14	55.67	2:04.73	2:06.69	4:34.35
90	1.10	29.26	1:04.17	2:19.66	25.37	56.18	2:05.87	2:07.85	4:36.87
89	1.11	29.53	1:04.76	2:20.93	25.60	56.69	2:07.02	2:09.02	4:39.39
88	1.12	29.79	1:05.34	2:22.20	25.83	57.20	2:08.16	2:10.18	4:41.90
87	1.13	30.06	1:05.92	2:23.46	26.06	57.71	2:09.31	2:11.34	4:44.42
86	1.14	30.32	1:06.51	2:24.73	26.29	58.22	2:10.45	2:12.50	4:46.94
85	1.15	30.59	1:07.09	2:26.00	26.52	58.73	2:11.59	2:13.66	4:49.46
84	1.16	30.86	1:07.67	2:27.27	26.75	59.24	2:12.74	2:14.83	4:51.97
83	1.17	31.12	1:08.26	2:28.54	26.98	59.75	2:13.88	2:15.99	4:54.49
82	1.18	31.39	1:08.84	2:29.81	27.21	1:00.26	2:15.03	2:17.15	4:57.01
81	1.19	31.65	1:09.42	2:31.08	27.44	1:00.77	2:16.17	2:18.31	4:59.52
80	1.20	31.92	1:10.01	2:32.35	27.67	1:01.28	2:17.32	2:19.48	5:02.04
79	1.21	32.19	1:10.59	2:33.62	27.90	1:01.79	2:18.46	2:20.64	5:04.56
78	1.22	32.45	1:11.17	2:34.89	28.13	1:02.31	2:19.60	2:21.80	5:07.07
77	1.23	32.72	1:11.76	2:36.16	28.36	1:02.82	2:20.75	2:22.96	5:09.59
76	1.24	32.98	1:12.34	2:37.43	28.59	1:03.33	2:21.89	2:24.13	5:12.11
75	1.25	33.25	1:12.93	2:38.70	28.83	1:03.84	2:23.04	2:25.29	5:14.63
74	1.26	33.52	1:13.51	2:39.97	29.06	1:04.35	2:24.18	2:26.45	5:17.14
73	1.27	33.78	1:14.09	2:41.24	29.29	1:04.86	2:25.33	2:27.61	5:19.66
72	1.28	34.05	1:14.68	2:42.51	29.52	1:05.37	2:26.47	2:28.77	5:22.18
71	1.29	34.31	1:15.26	2:43.78	29.75	1:05.88	2:27.61	2:29.94	5:24.69
70	1.30	34.58	1:15.84	2:45.05	29.98	1:06.39	2:28.76	2:31.10	5:27.21
69	1.31	34.85	1:16.43	2:46.32	30.21	1:06.90	2:29.90	2:32.26	5:29.73
68	1.32	35.11	1:17.01	2:47.59	30.44	1:07.41	2:31.05	2:33.42	5:32.24
67	1.33	35.38	1:17.59	2:48.86	30.67	1:07.92	2:32.19	2:34.59	5:34.76
66	1.34	35.64	1:18.18	2:50.13	30.90	1:08.43	2:33.34	2:35.75	5:37.28
65	1.35	35.91	1:18.76	2:51.40	31.13	1:08.94	2:34.48	2:36.91	5:39.80
64	1.36	36.18	1:19.34	2:52.67	31.36	1:09.46	2:35.62	2:38.07	5:42.31
63	1.37	36.44	1:19.93	2:53.94	31.59	1:09.97	2:36.77	2:39.24	5:44.83
62	1.38	36.71	1:20.51	2:55.20	31.82	1:10.48	2:37.91	2:40.40	5:47.35
61	1.39	36.97	1:21.09	2:56.47	32.05	1:10.99	2:39.06	2:41.56	5:49.86
60	1.40	37.24	1:21.68	2:57.74	32.28	1:11.50	2:40.20	2:42.72	5:52.38
59	1.41	37.51	1:22.26	2:59.01	32.51	1:12.01	2:41.35	2:43.88	5:54.90
58	1.42	37.77	1:22.84	3:00.28	32.75	1:12.52	2:42.49	2:45.05	5:57.41
57	1.43	38.04	1:23.43	3:01.55	32.98	1:13.03	2:43.63	2:46.21	5:59.93
56	1.44	38.30	1:24.01	3:02.82	33.21	1:13.54	2:44.78	2:47.37	6:02.45
55	1.45	38.57	1:24.59	3:04.09	33.44	1:14.05	2:45.92	2:48.53	6:04.97
54	1.46	38.84	1:25.18	3:05.36	33.67	1:14.56	2:47.07	2:49.70	6:07.48
53	1.47	39.10	1:25.76	3:06.63	33.90	1:15.07	2:48.21	2:50.86	6:10.00

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	39.37	1:26.34	3:07.90	34.13	1:15.58	2:49.36	2:52.02	6:12.52
51	1.49	39.63	1:26.93	3:09.17	34.36	1:16.09	2:50.50	2:53.18	6:15.03
50	1.50	39.90	1:27.51	3:10.44	34.59	1:16.61	2:51.65	2:54.35	6:17.55
49	1.51	40.17	1:28.09	3:11.71	34.82	1:17.12	2:52.79	2:55.51	6:20.07
48	1.52	40.43	1:28.68	3:12.98	35.05	1:17.63	2:53.93	2:56.67	6:22.58
47	1.53	40.70	1:29.26	3:14.25	35.28	1:18.14	2:55.08	2:57.83	6:25.10
46	1.54	40.96	1:29.84	3:15.52	35.51	1:18.65	2:56.22	2:58.99	6:27.62
45	1.55	41.23	1:30.43	3:16.79	35.74	1:19.16	2:57.37	3:00.16	6:30.14
44	1.56	41.50	1:31.01	3:18.06	35.97	1:19.67	2:58.51	3:01.32	6:32.65
43	1.57	41.76	1:31.59	3:19.33	36.20	1:20.18	2:59.66	3:02.48	6:35.17
42	1.58	42.03	1:32.18	3:20.60	36.43	1:20.69	3:00.80	3:03.64	6:37.69
41	1.59	42.29	1:32.76	3:21.87	36.67	1:21.20	3:01.94	3:04.81	6:40.20
40	1.60	42.56	1:33.34	3:23.14	36.90	1:21.71	3:03.09	3:05.97	6:42.72
39	1.61	42.83	1:33.93	3:24.41	37.13	1:22.22	3:04.23	3:07.13	6:45.24
38	1.62	43.09	1:34.51	3:25.68	37.36	1:22.73	3:05.38	3:08.29	6:47.75
37	1.63	43.36	1:35.09	3:26.94	37.59	1:23.24	3:06.52	3:09.45	6:50.27
36	1.64	43.62	1:35.68	3:28.21	37.82	1:23.75	3:07.67	3:10.62	6:52.79
35	1.65	43.89	1:36.26	3:29.48	38.05	1:24.27	3:08.81	3:11.78	6:55.31
34	1.66	44.16	1:36.84	3:30.75	38.28	1:24.78	3:09.95	3:12.94	6:57.82
33	1.67	44.42	1:37.43	3:32.02	38.51	1:25.29	3:11.10	3:14.10	7:00.34
32	1.68	44.69	1:38.01	3:33.29	38.74	1:25.80	3:12.24	3:15.27	7:02.86
31	1.69	44.95	1:38.59	3:34.56	38.97	1:26.31	3:13.39	3:16.43	7:05.37
30	1.70	45.22	1:39.18	3:35.83	39.20	1:26.82	3:14.53	3:17.59	7:07.89
29	1.71	45.49	1:39.76	3:37.10	39.43	1:27.33	3:15.68	3:18.75	7:10.41
28	1.72	45.75	1:40.34	3:38.37	39.66	1:27.84	3:16.82	3:19.92	7:12.92
27	1.73	46.02	1:40.93	3:39.64	39.89	1:28.35	3:17.96	3:21.08	7:15.44
26	1.74	46.28	1:41.51	3:40.91	40.12	1:28.86	3:19.11	3:22.24	7:17.96
25	1.75	46.55	1:42.10	3:42.18	40.36	1:29.37	3:20.25	3:23.40	7:20.48
24	1.76	46.82	1:42.68	3:43.45	40.59	1:29.88	3:21.40	3:24.56	7:22.99
23	1.77	47.08	1:43.26	3:44.72	40.82	1:30.39	3:22.54	3:25.73	7:25.51
22	1.78	47.35	1:43.85	3:45.99	41.05	1:30.90	3:23.69	3:26.89	7:28.03
21	1.79	47.61	1:44.43	3:47.26	41.28	1:31.42	3:24.83	3:28.05	7:30.54
20	1.80	47.88	1:45.01	3:48.53	41.51	1:31.93	3:25.97	3:29.21	7:33.06
19	1.81	48.15	1:45.60	3:49.80	41.74	1:32.44	3:27.12	3:30.38	7:35.58
18	1.82	48.41	1:46.18	3:51.07	41.97	1:32.95	3:28.26	3:31.54	7:38.09
17	1.83	48.68	1:46.76	3:52.34	42.20	1:33.46	3:29.41	3:32.70	7:40.61
16	1.84	48.94	1:47.35	3:53.61	42.43	1:33.97	3:30.55	3:33.86	7:43.13
15	1.85	49.21	1:47.93	3:54.88	42.66	1:34.48	3:31.70	3:35.03	7:45.65
14	1.86	49.48	1:48.51	3:56.15	42.89	1:34.99	3:32.84	3:36.19	7:48.16
13	1.87	49.74	1:49.10	3:57.42	43.12	1:35.50	3:33.98	3:37.35	7:50.68
12	1.88	50.01	1:49.68	3:58.68	43.35	1:36.01	3:35.13	3:38.51	7:53.20
11	1.89	50.27	1:50.26	3:59.95	43.58	1:36.52	3:36.27	3:39.67	7:55.71
10	1.90	50.54	1:50.85	4:01.22	43.81	1:37.03	3:37.42	3:40.84	7:58.23
9	1.91	50.81	1:51.43	4:02.49	44.04	1:37.54	3:38.56	3:42.00	8:00.75
8	1.92	51.07	1:52.01	4:03.76	44.28	1:38.05	3:39.71	3:43.16	8:03.26
7	1.93	51.34	1:52.60	4:05.03	44.51	1:38.57	3:40.85	3:44.32	8:05.78
6	1.94	51.60	1:53.18	4:06.30	44.74	1:39.08	3:41.99	3:45.49	8:08.30
5	1.95	51.87	1:53.76	4:07.57	44.97	1:39.59	3:43.14	3:46.65	8:10.82
4	1.96	52.14	1:54.35	4:08.84	45.20	1:40.10	3:44.28	3:47.81	8:13.33
3	1.97	52.40	1:54.93	4:10.11	45.43	1:40.61	3:45.43	3:48.97	8:15.85
2	1.98	52.67	1:55.51	4:11.38	45.66	1:41.12	3:46.57	3:50.14	8:18.37
1	1.99	52.93	1:56.10	4:12.65	45.89	1:41.63	3:47.72	3:51.30	8:20.88

# Hong Kong Swimming Point Score 2026 (LC)

## Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.96	51.92	1:53.36	3:59.23	8:19.12	15:57.67	27.27	58.68	2:06.31
99	1.01	24.20	52.44	1:54.49	4:01.62	8:24.11	16:07.25	27.54	59.27	2:07.57
98	1.02	24.44	52.96	1:55.63	4:04.01	8:29.10	16:16.82	27.82	59.85	2:08.84
97	1.03	24.68	53.48	1:56.76	4:06.41	8:34.09	16:26.40	28.09	1:00.44	2:10.10
96	1.04	24.92	54.00	1:57.89	4:08.80	8:39.08	16:35.98	28.36	1:01.03	2:11.36
95	1.05	25.16	54.52	1:59.03	4:11.19	8:44.08	16:45.55	28.63	1:01.61	2:12.63
94	1.06	25.40	55.04	2:00.16	4:13.58	8:49.07	16:55.13	28.91	1:02.20	2:13.89
93	1.07	25.64	55.55	2:01.30	4:15.98	8:54.06	17:04.71	29.18	1:02.79	2:15.15
92	1.08	25.88	56.07	2:02.43	4:18.37	8:59.05	17:14.28	29.45	1:03.37	2:16.41
91	1.09	26.12	56.59	2:03.56	4:20.76	9:04.04	17:23.86	29.72	1:03.96	2:17.68
90	1.10	26.36	57.11	2:04.70	4:23.15	9:09.03	17:33.44	30.00	1:04.55	2:18.94
89	1.11	26.60	57.63	2:05.83	4:25.55	9:14.02	17:43.01	30.27	1:05.13	2:20.20
88	1.12	26.84	58.15	2:06.96	4:27.94	9:19.01	17:52.59	30.54	1:05.72	2:21.47
87	1.13	27.07	58.67	2:08.10	4:30.33	9:24.01	18:02.17	30.82	1:06.31	2:22.73
86	1.14	27.31	59.19	2:09.23	4:32.72	9:29.00	18:11.74	31.09	1:06.90	2:23.99
85	1.15	27.55	59.71	2:10.36	4:35.11	9:33.99	18:21.32	31.36	1:07.48	2:25.26
84	1.16	27.79	1:00.23	2:11.50	4:37.51	9:38.98	18:30.90	31.63	1:08.07	2:26.52
83	1.17	28.03	1:00.75	2:12.63	4:39.90	9:43.97	18:40.47	31.91	1:08.66	2:27.78
82	1.18	28.27	1:01.27	2:13.76	4:42.29	9:48.96	18:50.05	32.18	1:09.24	2:29.05
81	1.19	28.51	1:01.78	2:14.90	4:44.68	9:53.95	18:59.63	32.45	1:09.83	2:30.31
80	1.20	28.75	1:02.30	2:16.03	4:47.08	9:58.94	19:09.20	32.72	1:10.42	2:31.57
79	1.21	28.99	1:02.82	2:17.17	4:49.47	10:03.94	19:18.78	33.00	1:11.00	2:32.84
78	1.22	29.23	1:03.34	2:18.30	4:51.86	10:08.93	19:28.36	33.27	1:11.59	2:34.10
77	1.23	29.47	1:03.86	2:19.43	4:54.25	10:13.92	19:37.93	33.54	1:12.18	2:35.36
76	1.24	29.71	1:04.38	2:20.57	4:56.65	10:18.91	19:47.51	33.81	1:12.76	2:36.62
75	1.25	29.95	1:04.90	2:21.70	4:59.04	10:23.90	19:57.09	34.09	1:13.35	2:37.89
74	1.26	30.19	1:05.42	2:22.83	5:01.43	10:28.89	20:06.66	34.36	1:13.94	2:39.15
73	1.27	30.43	1:05.94	2:23.97	5:03.82	10:33.88	20:16.24	34.63	1:14.52	2:40.41
72	1.28	30.67	1:06.46	2:25.10	5:06.21	10:38.87	20:25.82	34.91	1:15.11	2:41.68
71	1.29	30.91	1:06.98	2:26.23	5:08.61	10:43.86	20:35.39	35.18	1:15.70	2:42.94
70	1.30	31.15	1:07.50	2:27.37	5:11.00	10:48.86	20:44.97	35.45	1:16.28	2:44.20
69	1.31	31.39	1:08.02	2:28.50	5:13.39	10:53.85	20:54.55	35.72	1:16.87	2:45.47
68	1.32	31.63	1:08.53	2:29.64	5:15.78	10:58.84	21:04.12	36.00	1:17.46	2:46.73
67	1.33	31.87	1:09.05	2:30.77	5:18.18	11:03.83	21:13.70	36.27	1:18.04	2:47.99
66	1.34	32.11	1:09.57	2:31.90	5:20.57	11:08.82	21:23.28	36.54	1:18.63	2:49.26
65	1.35	32.35	1:10.09	2:33.04	5:22.96	11:13.81	21:32.85	36.81	1:19.22	2:50.52
64	1.36	32.59	1:10.61	2:34.17	5:25.35	11:18.80	21:42.43	37.09	1:19.80	2:51.78
63	1.37	32.83	1:11.13	2:35.30	5:27.75	11:23.79	21:52.01	37.36	1:20.39	2:53.04
62	1.38	33.06	1:11.65	2:36.44	5:30.14	11:28.79	22:01.58	37.63	1:20.98	2:54.31
61	1.39	33.30	1:12.17	2:37.57	5:32.53	11:33.78	22:11.16	37.91	1:21.57	2:55.57
60	1.40	33.54	1:12.69	2:38.70	5:34.92	11:38.77	22:20.74	38.18	1:22.15	2:56.83
59	1.41	33.78	1:13.21	2:39.84	5:37.31	11:43.76	22:30.31	38.45	1:22.74	2:58.10
58	1.42	34.02	1:13.73	2:40.97	5:39.71	11:48.75	22:39.89	38.72	1:23.33	2:59.36
57	1.43	34.26	1:14.25	2:42.10	5:42.10	11:53.74	22:49.47	39.00	1:23.91	3:00.62
56	1.44	34.50	1:14.76	2:43.24	5:44.49	11:58.73	22:59.04	39.27	1:24.50	3:01.89
55	1.45	34.74	1:15.28	2:44.37	5:46.88	12:03.72	23:08.62	39.54	1:25.09	3:03.15
54	1.46	34.98	1:15.80	2:45.51	5:49.28	12:08.72	23:18.20	39.81	1:25.67	3:04.41
53	1.47	35.22	1:16.32	2:46.64	5:51.67	12:13.71	23:27.77	40.09	1:26.26	3:05.68

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	35.46	1:16.84	2:47.77	5:54.06	12:18.70	23:37.35	40.36	1:26.85	3:06.94
51	1.49	35.70	1:17.36	2:48.91	5:56.45	12:23.69	23:46.93	40.63	1:27.43	3:08.20
50	1.50	35.94	1:17.88	2:50.04	5:58.85	12:28.68	23:56.51	40.91	1:28.02	3:09.47
49	1.51	36.18	1:18.40	2:51.17	6:01.24	12:33.67	24:06.08	41.18	1:28.61	3:10.73
48	1.52	36.42	1:18.92	2:52.31	6:03.63	12:38.66	24:15.66	41.45	1:29.19	3:11.99
47	1.53	36.66	1:19.44	2:53.44	6:06.02	12:43.65	24:25.24	41.72	1:29.78	3:13.25
46	1.54	36.90	1:19.96	2:54.57	6:08.41	12:48.64	24:34.81	42.00	1:30.37	3:14.52
45	1.55	37.14	1:20.48	2:55.71	6:10.81	12:53.64	24:44.39	42.27	1:30.95	3:15.78
44	1.56	37.38	1:21.00	2:56.84	6:13.20	12:58.63	24:53.97	42.54	1:31.54	3:17.04
43	1.57	37.62	1:21.51	2:57.98	6:15.59	13:03.62	25:03.54	42.81	1:32.13	3:18.31
42	1.58	37.86	1:22.03	2:59.11	6:17.98	13:08.61	25:13.12	43.09	1:32.71	3:19.57
41	1.59	38.10	1:22.55	3:00.24	6:20.38	13:13.60	25:22.70	43.36	1:33.30	3:20.83
40	1.60	38.34	1:23.07	3:01.38	6:22.77	13:18.59	25:32.27	43.63	1:33.89	3:22.10
39	1.61	38.58	1:23.59	3:02.51	6:25.16	13:23.58	25:41.85	43.90	1:34.47	3:23.36
38	1.62	38.82	1:24.11	3:03.64	6:27.55	13:28.57	25:51.43	44.18	1:35.06	3:24.62
37	1.63	39.05	1:24.63	3:04.78	6:29.94	13:33.57	26:01.00	44.45	1:35.65	3:25.89
36	1.64	39.29	1:25.15	3:05.91	6:32.34	13:38.56	26:10.58	44.72	1:36.24	3:27.15
35	1.65	39.53	1:25.67	3:07.04	6:34.73	13:43.55	26:20.16	45.00	1:36.82	3:28.41
34	1.66	39.77	1:26.19	3:08.18	6:37.12	13:48.54	26:29.73	45.27	1:37.41	3:29.67
33	1.67	40.01	1:26.71	3:09.31	6:39.51	13:53.53	26:39.31	45.54	1:38.00	3:30.94
32	1.68	40.25	1:27.23	3:10.44	6:41.91	13:58.52	26:48.89	45.81	1:38.58	3:32.20
31	1.69	40.49	1:27.74	3:11.58	6:44.30	14:03.51	26:58.46	46.09	1:39.17	3:33.46
30	1.70	40.73	1:28.26	3:12.71	6:46.69	14:08.50	27:08.04	46.36	1:39.76	3:34.73
29	1.71	40.97	1:28.78	3:13.85	6:49.08	14:13.50	27:17.62	46.63	1:40.34	3:35.99
28	1.72	41.21	1:29.30	3:14.98	6:51.48	14:18.49	27:27.19	46.90	1:40.93	3:37.25
27	1.73	41.45	1:29.82	3:16.11	6:53.87	14:23.48	27:36.77	47.18	1:41.52	3:38.52
26	1.74	41.69	1:30.34	3:17.25	6:56.26	14:28.47	27:46.35	47.45	1:42.10	3:39.78
25	1.75	41.93	1:30.86	3:18.38	6:58.65	14:33.46	27:55.92	47.72	1:42.69	3:41.04
24	1.76	42.17	1:31.38	3:19.51	7:01.04	14:38.45	28:05.50	48.00	1:43.28	3:42.31
23	1.77	42.41	1:31.90	3:20.65	7:03.44	14:43.44	28:15.08	48.27	1:43.86	3:43.57
22	1.78	42.65	1:32.42	3:21.78	7:05.83	14:48.43	28:24.65	48.54	1:44.45	3:44.83
21	1.79	42.89	1:32.94	3:22.91	7:08.22	14:53.42	28:34.23	48.81	1:45.04	3:46.09
20	1.80	43.13	1:33.46	3:24.05	7:10.61	14:58.42	28:43.81	49.09	1:45.62	3:47.36
19	1.81	43.37	1:33.98	3:25.18	7:13.01	15:03.41	28:53.38	49.36	1:46.21	3:48.62
18	1.82	43.61	1:34.49	3:26.32	7:15.40	15:08.40	29:02.96	49.63	1:46.80	3:49.88
17	1.83	43.85	1:35.01	3:27.45	7:17.79	15:13.39	29:12.54	49.90	1:47.38	3:51.15
16	1.84	44.09	1:35.53	3:28.58	7:20.18	15:18.38	29:22.11	50.18	1:47.97	3:52.41
15	1.85	44.33	1:36.05	3:29.72	7:22.58	15:23.37	29:31.69	50.45	1:48.56	3:53.67
14	1.86	44.57	1:36.57	3:30.85	7:24.97	15:28.36	29:41.27	50.72	1:49.14	3:54.94
13	1.87	44.81	1:37.09	3:31.98	7:27.36	15:33.35	29:50.84	50.99	1:49.73	3:56.20
12	1.88	45.04	1:37.61	3:33.12	7:29.75	15:38.35	30:00.42	51.27	1:50.32	3:57.46
11	1.89	45.28	1:38.13	3:34.25	7:32.14	15:43.34	30:10.00	51.54	1:50.91	3:58.73
10	1.90	45.52	1:38.65	3:35.38	7:34.54	15:48.33	30:19.57	51.81	1:51.49	3:59.99
9	1.91	45.76	1:39.17	3:36.52	7:36.93	15:53.32	30:29.15	52.09	1:52.08	4:01.25
8	1.92	46.00	1:39.69	3:37.65	7:39.32	15:58.31	30:38.73	52.36	1:52.67	4:02.52
7	1.93	46.24	1:40.21	3:38.78	7:41.71	16:03.30	30:48.30	52.63	1:53.25	4:03.78
6	1.94	46.48	1:40.72	3:39.92	7:44.11	16:08.29	30:57.88	52.90	1:53.84	4:05.04
5	1.95	46.72	1:41.24	3:41.05	7:46.50	16:13.28	31:07.46	53.18	1:54.43	4:06.30
4	1.96	46.96	1:41.76	3:42.19	7:48.89	16:18.28	31:17.03	53.45	1:55.01	4:07.57
3	1.97	47.20	1:42.28	3:43.32	7:51.28	16:23.27	31:26.61	53.72	1:55.60	4:08.83
2	1.98	47.44	1:42.80	3:44.45	7:53.68	16:28.26	31:36.19	53.99	1:56.19	4:10.09
1	1.99	47.68	1:43.32	3:45.59	7:56.07	16:33.25	31:45.76	54.27	1:56.77	4:11.36

# Hong Kong Swimming Point Score 2026 (LC)

## Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>200m</u>	<u>400m</u>
100	1.00	29.68	1:04.81	2:21.72	25.34	56.11	2:04.75	2:08.40	4:33.55
99	1.01	29.98	1:05.46	2:23.14	25.59	56.67	2:06.00	2:09.68	4:36.29
98	1.02	30.27	1:06.11	2:24.55	25.85	57.23	2:07.25	2:10.97	4:39.02
97	1.03	30.57	1:06.75	2:25.97	26.10	57.79	2:08.49	2:12.25	4:41.76
96	1.04	30.87	1:07.40	2:27.39	26.35	58.35	2:09.74	2:13.54	4:44.49
95	1.05	31.16	1:08.05	2:28.81	26.61	58.92	2:10.99	2:14.82	4:47.23
94	1.06	31.46	1:08.70	2:30.22	26.86	59.48	2:12.24	2:16.10	4:49.96
93	1.07	31.76	1:09.35	2:31.64	27.11	1:00.04	2:13.48	2:17.39	4:52.70
92	1.08	32.05	1:09.99	2:33.06	27.37	1:00.60	2:14.73	2:18.67	4:55.43
91	1.09	32.35	1:10.64	2:34.47	27.62	1:01.16	2:15.98	2:19.96	4:58.17
90	1.10	32.65	1:11.29	2:35.89	27.87	1:01.72	2:17.22	2:21.24	5:00.90
89	1.11	32.94	1:11.94	2:37.31	28.13	1:02.28	2:18.47	2:22.52	5:03.64
88	1.12	33.24	1:12.59	2:38.73	28.38	1:02.84	2:19.72	2:23.81	5:06.38
87	1.13	33.54	1:13.24	2:40.14	28.63	1:03.40	2:20.97	2:25.09	5:09.11
86	1.14	33.84	1:13.88	2:41.56	28.89	1:03.97	2:22.22	2:26.38	5:11.85
85	1.15	34.13	1:14.53	2:42.98	29.14	1:04.53	2:23.46	2:27.66	5:14.58
84	1.16	34.43	1:15.18	2:44.40	29.39	1:05.09	2:24.71	2:28.94	5:17.32
83	1.17	34.73	1:15.83	2:45.81	29.65	1:05.65	2:25.96	2:30.23	5:20.05
82	1.18	35.02	1:16.48	2:47.23	29.90	1:06.21	2:27.21	2:31.51	5:22.79
81	1.19	35.32	1:17.12	2:48.65	30.15	1:06.77	2:28.45	2:32.80	5:25.52
80	1.20	35.62	1:17.77	2:50.06	30.41	1:07.33	2:29.70	2:34.08	5:28.26
79	1.21	35.91	1:18.42	2:51.48	30.66	1:07.89	2:30.95	2:35.36	5:31.00
78	1.22	36.21	1:19.07	2:52.90	30.91	1:08.45	2:32.20	2:36.65	5:33.73
77	1.23	36.51	1:19.72	2:54.32	31.17	1:09.02	2:33.44	2:37.93	5:36.47
76	1.24	36.80	1:20.36	2:55.73	31.42	1:09.58	2:34.69	2:39.22	5:39.20
75	1.25	37.10	1:21.01	2:57.15	31.68	1:10.14	2:35.94	2:40.50	5:41.94
74	1.26	37.40	1:21.66	2:58.57	31.93	1:10.70	2:37.19	2:41.78	5:44.67
73	1.27	37.69	1:22.31	2:59.98	32.18	1:11.26	2:38.43	2:43.07	5:47.41
72	1.28	37.99	1:22.96	3:01.40	32.44	1:11.82	2:39.68	2:44.35	5:50.14
71	1.29	38.29	1:23.60	3:02.82	32.69	1:12.38	2:40.93	2:45.64	5:52.88
70	1.30	38.58	1:24.25	3:04.24	32.94	1:12.94	2:42.18	2:46.92	5:55.62
69	1.31	38.88	1:24.90	3:05.65	33.20	1:13.50	2:43.42	2:48.20	5:58.35
68	1.32	39.18	1:25.55	3:07.07	33.45	1:14.07	2:44.67	2:49.49	6:01.09
67	1.33	39.47	1:26.20	3:08.49	33.70	1:14.63	2:45.92	2:50.77	6:03.82
66	1.34	39.77	1:26.85	3:09.90	33.96	1:15.19	2:47.17	2:52.06	6:06.56
65	1.35	40.07	1:27.49	3:11.32	34.21	1:15.75	2:48.41	2:53.34	6:09.29
64	1.36	40.36	1:28.14	3:12.74	34.46	1:16.31	2:49.66	2:54.62	6:12.03
63	1.37	40.66	1:28.79	3:14.16	34.72	1:16.87	2:50.91	2:55.91	6:14.76
62	1.38	40.96	1:29.44	3:15.57	34.97	1:17.43	2:52.16	2:57.19	6:17.50
61	1.39	41.26	1:30.09	3:16.99	35.22	1:17.99	2:53.40	2:58.48	6:20.23
60	1.40	41.55	1:30.73	3:18.41	35.48	1:18.55	2:54.65	2:59.76	6:22.97
59	1.41	41.85	1:31.38	3:19.83	35.73	1:19.12	2:55.90	3:01.04	6:25.71
58	1.42	42.15	1:32.03	3:21.24	35.98	1:19.68	2:57.15	3:02.33	6:28.44
57	1.43	42.44	1:32.68	3:22.66	36.24	1:20.24	2:58.39	3:03.61	6:31.18
56	1.44	42.74	1:33.33	3:24.08	36.49	1:20.80	2:59.64	3:04.90	6:33.91
55	1.45	43.04	1:33.97	3:25.49	36.74	1:21.36	3:00.89	3:06.18	6:36.65
54	1.46	43.33	1:34.62	3:26.91	37.00	1:21.92	3:02.14	3:07.46	6:39.38
53	1.47	43.63	1:35.27	3:28.33	37.25	1:22.48	3:03.38	3:08.75	6:42.12

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	43.93	1:35.92	3:29.75	37.50	1:23.04	3:04.63	3:10.03	6:44.85
51	1.49	44.22	1:36.57	3:31.16	37.76	1:23.60	3:05.88	3:11.32	6:47.59
50	1.50	44.52	1:37.22	3:32.58	38.01	1:24.17	3:07.13	3:12.60	6:50.33
49	1.51	44.82	1:37.86	3:34.00	38.26	1:24.73	3:08.37	3:13.88	6:53.06
48	1.52	45.11	1:38.51	3:35.41	38.52	1:25.29	3:09.62	3:15.17	6:55.80
47	1.53	45.41	1:39.16	3:36.83	38.77	1:25.85	3:10.87	3:16.45	6:58.53
46	1.54	45.71	1:39.81	3:38.25	39.02	1:26.41	3:12.12	3:17.74	7:01.27
45	1.55	46.00	1:40.46	3:39.67	39.28	1:26.97	3:13.36	3:19.02	7:04.00
44	1.56	46.30	1:41.10	3:41.08	39.53	1:27.53	3:14.61	3:20.30	7:06.74
43	1.57	46.60	1:41.75	3:42.50	39.78	1:28.09	3:15.86	3:21.59	7:09.47
42	1.58	46.89	1:42.40	3:43.92	40.04	1:28.65	3:17.11	3:22.87	7:12.21
41	1.59	47.19	1:43.05	3:45.33	40.29	1:29.21	3:18.35	3:24.16	7:14.94
40	1.60	47.49	1:43.70	3:46.75	40.54	1:29.78	3:19.60	3:25.44	7:17.68
39	1.61	47.78	1:44.34	3:48.17	40.80	1:30.34	3:20.85	3:26.72	7:20.42
38	1.62	48.08	1:44.99	3:49.59	41.05	1:30.90	3:22.10	3:28.01	7:23.15
37	1.63	48.38	1:45.64	3:51.00	41.30	1:31.46	3:23.34	3:29.29	7:25.89
36	1.64	48.68	1:46.29	3:52.42	41.56	1:32.02	3:24.59	3:30.58	7:28.62
35	1.65	48.97	1:46.94	3:53.84	41.81	1:32.58	3:25.84	3:31.86	7:31.36
34	1.66	49.27	1:47.58	3:55.26	42.06	1:33.14	3:27.09	3:33.14	7:34.09
33	1.67	49.57	1:48.23	3:56.67	42.32	1:33.70	3:28.33	3:34.43	7:36.83
32	1.68	49.86	1:48.88	3:58.09	42.57	1:34.26	3:29.58	3:35.71	7:39.56
31	1.69	50.16	1:49.53	3:59.51	42.82	1:34.83	3:30.83	3:37.00	7:42.30
30	1.70	50.46	1:50.18	4:00.92	43.08	1:35.39	3:32.08	3:38.28	7:45.04
29	1.71	50.75	1:50.83	4:02.34	43.33	1:35.95	3:33.32	3:39.56	7:47.77
28	1.72	51.05	1:51.47	4:03.76	43.58	1:36.51	3:34.57	3:40.85	7:50.51
27	1.73	51.35	1:52.12	4:05.18	43.84	1:37.07	3:35.82	3:42.13	7:53.24
26	1.74	51.64	1:52.77	4:06.59	44.09	1:37.63	3:37.07	3:43.42	7:55.98
25	1.75	51.94	1:53.42	4:08.01	44.35	1:38.19	3:38.31	3:44.70	7:58.71
24	1.76	52.24	1:54.07	4:09.43	44.60	1:38.75	3:39.56	3:45.98	8:01.45
23	1.77	52.53	1:54.71	4:10.84	44.85	1:39.31	3:40.81	3:47.27	8:04.18
22	1.78	52.83	1:55.36	4:12.26	45.11	1:39.88	3:42.06	3:48.55	8:06.92
21	1.79	53.13	1:56.01	4:13.68	45.36	1:40.44	3:43.30	3:49.84	8:09.65
20	1.80	53.42	1:56.66	4:15.10	45.61	1:41.00	3:44.55	3:51.12	8:12.39
19	1.81	53.72	1:57.31	4:16.51	45.87	1:41.56	3:45.80	3:52.40	8:15.13
18	1.82	54.02	1:57.95	4:17.93	46.12	1:42.12	3:47.05	3:53.69	8:17.86
17	1.83	54.31	1:58.60	4:19.35	46.37	1:42.68	3:48.29	3:54.97	8:20.60
16	1.84	54.61	1:59.25	4:20.76	46.63	1:43.24	3:49.54	3:56.26	8:23.33
15	1.85	54.91	1:59.90	4:22.18	46.88	1:43.80	3:50.79	3:57.54	8:26.07
14	1.86	55.20	2:00.55	4:23.60	47.13	1:44.36	3:52.04	3:58.82	8:28.80
13	1.87	55.50	2:01.19	4:25.02	47.39	1:44.93	3:53.28	4:00.11	8:31.54
12	1.88	55.80	2:01.84	4:26.43	47.64	1:45.49	3:54.53	4:01.39	8:34.27
11	1.89	56.10	2:02.49	4:27.85	47.89	1:46.05	3:55.78	4:02.68	8:37.01
10	1.90	56.39	2:03.14	4:29.27	48.15	1:46.61	3:57.03	4:03.96	8:39.75
9	1.91	56.69	2:03.79	4:30.69	48.40	1:47.17	3:58.27	4:05.24	8:42.48
8	1.92	56.99	2:04.44	4:32.10	48.65	1:47.73	3:59.52	4:06.53	8:45.22
7	1.93	57.28	2:05.08	4:33.52	48.91	1:48.29	4:00.77	4:07.81	8:47.95
6	1.94	57.58	2:05.73	4:34.94	49.16	1:48.85	4:02.02	4:09.10	8:50.69
5	1.95	57.88	2:06.38	4:36.35	49.41	1:49.41	4:03.26	4:10.38	8:53.42
4	1.96	58.17	2:07.03	4:37.77	49.67	1:49.98	4:04.51	4:11.66	8:56.16
3	1.97	58.47	2:07.68	4:39.19	49.92	1:50.54	4:05.76	4:12.95	8:58.89
2	1.98	58.77	2:08.32	4:40.61	50.17	1:51.10	4:07.01	4:14.23	9:01.63
1	1.99	59.06	2:08.97	4:42.02	50.43	1:51.66	4:08.25	4:15.52	9:04.36