

Hong Kong Swimming Point Score 2023 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.52	47.86	1:44.62	3:43.58	7:42.55	14:53.60	24.65	53.02	1:55.04
99	1.01	21.74	48.34	1:45.67	3:45.82	7:47.18	15:02.54	24.90	53.55	1:56.19
98	1.02	21.95	48.82	1:46.71	3:48.05	7:51.80	15:11.47	25.14	54.08	1:57.34
97	1.03	22.17	49.30	1:47.76	3:50.29	7:56.43	15:20.41	25.39	54.61	1:58.49
96	1.04	22.38	49.77	1:48.80	3:52.52	8:01.05	15:29.34	25.64	55.14	1:59.64
95	1.05	22.60	50.25	1:49.85	3:54.76	8:05.68	15:38.28	25.88	55.67	2:00.79
94	1.06	22.81	50.73	1:50.90	3:56.99	8:10.30	15:47.22	26.13	56.20	2:01.94
93	1.07	23.03	51.21	1:51.94	3:59.23	8:14.93	15:56.15	26.38	56.73	2:03.09
92	1.08	23.24	51.69	1:52.99	4:01.47	8:19.55	16:05.09	26.62	57.26	2:04.24
91	1.09	23.46	52.17	1:54.04	4:03.70	8:24.18	16:14.02	26.87	57.79	2:05.39
90	1.10	23.67	52.65	1:55.08	4:05.94	8:28.81	16:22.96	27.12	58.32	2:06.54
89	1.11	23.89	53.12	1:56.13	4:08.17	8:33.43	16:31.90	27.36	58.85	2:07.69
88	1.12	24.10	53.60	1:57.17	4:10.41	8:38.06	16:40.83	27.61	59.38	2:08.84
87	1.13	24.32	54.08	1:58.22	4:12.65	8:42.68	16:49.77	27.85	59.91	2:10.00
86	1.14	24.53	54.56	1:59.27	4:14.88	8:47.31	16:58.70	28.10	1:00.44	2:11.15
85	1.15	24.75	55.04	2:00.31	4:17.12	8:51.93	17:07.64	28.35	1:00.97	2:12.30
84	1.16	24.96	55.52	2:01.36	4:19.35	8:56.56	17:16.58	28.59	1:01.50	2:13.45
83	1.17	25.18	56.00	2:02.41	4:21.59	9:01.18	17:25.51	28.84	1:02.03	2:14.60
82	1.18	25.39	56.47	2:03.45	4:23.82	9:05.81	17:34.45	29.09	1:02.56	2:15.75
81	1.19	25.61	56.95	2:04.50	4:26.06	9:10.43	17:43.38	29.33	1:03.09	2:16.90
80	1.20	25.82	57.43	2:05.54	4:28.30	9:15.06	17:52.32	29.58	1:03.62	2:18.05
79	1.21	26.04	57.91	2:06.59	4:30.53	9:19.69	18:01.26	29.83	1:04.15	2:19.20
78	1.22	26.25	58.39	2:07.64	4:32.77	9:24.31	18:10.19	30.07	1:04.68	2:20.35
77	1.23	26.47	58.87	2:08.68	4:35.00	9:28.94	18:19.13	30.32	1:05.21	2:21.50
76	1.24	26.68	59.35	2:09.73	4:37.24	9:33.56	18:28.06	30.57	1:05.74	2:22.65
75	1.25	26.90	59.83	2:10.78	4:39.48	9:38.19	18:37.00	30.81	1:06.28	2:23.80
74	1.26	27.12	1:00.30	2:11.82	4:41.71	9:42.81	18:45.94	31.06	1:06.81	2:24.95
73	1.27	27.33	1:00.78	2:12.87	4:43.95	9:47.44	18:54.87	31.31	1:07.34	2:26.10
72	1.28	27.55	1:01.26	2:13.91	4:46.18	9:52.06	19:03.81	31.55	1:07.87	2:27.25
71	1.29	27.76	1:01.74	2:14.96	4:48.42	9:56.69	19:12.74	31.80	1:08.40	2:28.40
70	1.30	27.98	1:02.22	2:16.01	4:50.65	10:01.32	19:21.68	32.05	1:08.93	2:29.55
69	1.31	28.19	1:02.70	2:17.05	4:52.89	10:05.94	19:30.62	32.29	1:09.46	2:30.70
68	1.32	28.41	1:03.18	2:18.10	4:55.13	10:10.57	19:39.55	32.54	1:09.99	2:31.85
67	1.33	28.62	1:03.65	2:19.14	4:57.36	10:15.19	19:48.49	32.78	1:10.52	2:33.00
66	1.34	28.84	1:04.13	2:20.19	4:59.60	10:19.82	19:57.42	33.03	1:11.05	2:34.15
65	1.35	29.05	1:04.61	2:21.24	5:01.83	10:24.44	20:06.36	33.28	1:11.58	2:35.30
64	1.36	29.27	1:05.09	2:22.28	5:04.07	10:29.07	20:15.30	33.52	1:12.11	2:36.45
63	1.37	29.48	1:05.57	2:23.33	5:06.30	10:33.69	20:24.23	33.77	1:12.64	2:37.60
62	1.38	29.70	1:06.05	2:24.38	5:08.54	10:38.32	20:33.17	34.02	1:13.17	2:38.76
61	1.39	29.91	1:06.53	2:25.42	5:10.78	10:42.94	20:42.10	34.26	1:13.70	2:39.91
60	1.40	30.13	1:07.00	2:26.47	5:13.01	10:47.57	20:51.04	34.51	1:14.23	2:41.06
59	1.41	30.34	1:07.48	2:27.51	5:15.25	10:52.20	20:59.98	34.76	1:14.76	2:42.21
58	1.42	30.56	1:07.96	2:28.56	5:17.48	10:56.82	21:08.91	35.00	1:15.29	2:43.36
57	1.43	30.77	1:08.44	2:29.61	5:19.72	11:01.45	21:17.85	35.25	1:15.82	2:44.51
56	1.44	30.99	1:08.92	2:30.65	5:21.96	11:06.07	21:26.78	35.50	1:16.35	2:45.66
55	1.45	31.20	1:09.40	2:31.70	5:24.19	11:10.70	21:35.72	35.74	1:16.88	2:46.81
54	1.46	31.42	1:09.88	2:32.75	5:26.43	11:15.32	21:44.66	35.99	1:17.41	2:47.96
53	1.47	31.63	1:10.35	2:33.79	5:28.66	11:19.95	21:53.59	36.24	1:17.94	2:49.11

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	31.85	1:10.83	2:34.84	5:30.90	11:24.57	22:02.53	36.48	1:18.47	2:50.26
51	1.49	32.06	1:11.31	2:35.88	5:33.13	11:29.20	22:11.46	36.73	1:19.00	2:51.41
50	1.50	32.28	1:11.79	2:36.93	5:35.37	11:33.83	22:20.40	36.98	1:19.53	2:52.56
49	1.51	32.50	1:12.27	2:37.98	5:37.61	11:38.45	22:29.34	37.22	1:20.06	2:53.71
48	1.52	32.71	1:12.75	2:39.02	5:39.84	11:43.08	22:38.27	37.47	1:20.59	2:54.86
47	1.53	32.93	1:13.23	2:40.07	5:42.08	11:47.70	22:47.21	37.71	1:21.12	2:56.01
46	1.54	33.14	1:13.70	2:41.11	5:44.31	11:52.33	22:56.14	37.96	1:21.65	2:57.16
45	1.55	33.36	1:14.18	2:42.16	5:46.55	11:56.95	23:05.08	38.21	1:22.18	2:58.31
44	1.56	33.57	1:14.66	2:43.21	5:48.78	12:01.58	23:14.02	38.45	1:22.71	2:59.46
43	1.57	33.79	1:15.14	2:44.25	5:51.02	12:06.20	23:22.95	38.70	1:23.24	3:00.61
42	1.58	34.00	1:15.62	2:45.30	5:53.26	12:10.83	23:31.89	38.95	1:23.77	3:01.76
41	1.59	34.22	1:16.10	2:46.35	5:55.49	12:15.45	23:40.82	39.19	1:24.30	3:02.91
40	1.60	34.43	1:16.58	2:47.39	5:57.73	12:20.08	23:49.76	39.44	1:24.83	3:04.06
39	1.61	34.65	1:17.05	2:48.44	5:59.96	12:24.71	23:58.70	39.69	1:25.36	3:05.21
38	1.62	34.86	1:17.53	2:49.48	6:02.20	12:29.33	24:07.63	39.93	1:25.89	3:06.36
37	1.63	35.08	1:18.01	2:50.53	6:04.44	12:33.96	24:16.57	40.18	1:26.42	3:07.52
36	1.64	35.29	1:18.49	2:51.58	6:06.67	12:38.58	24:25.50	40.43	1:26.95	3:08.67
35	1.65	35.51	1:18.97	2:52.62	6:08.91	12:43.21	24:34.44	40.67	1:27.48	3:09.82
34	1.66	35.72	1:19.45	2:53.67	6:11.14	12:47.83	24:43.38	40.92	1:28.01	3:10.97
33	1.67	35.94	1:19.93	2:54.72	6:13.38	12:52.46	24:52.31	41.17	1:28.54	3:12.12
32	1.68	36.15	1:20.40	2:55.76	6:15.61	12:57.08	25:01.25	41.41	1:29.07	3:13.27
31	1.69	36.37	1:20.88	2:56.81	6:17.85	13:01.71	25:10.18	41.66	1:29.60	3:14.42
30	1.70	36.58	1:21.36	2:57.85	6:20.09	13:06.34	25:19.12	41.91	1:30.13	3:15.57
29	1.71	36.80	1:21.84	2:58.90	6:22.32	13:10.96	25:28.06	42.15	1:30.66	3:16.72
28	1.72	37.01	1:22.32	2:59.95	6:24.56	13:15.59	25:36.99	42.40	1:31.19	3:17.87
27	1.73	37.23	1:22.80	3:00.99	6:26.79	13:20.21	25:45.93	42.64	1:31.72	3:19.02
26	1.74	37.44	1:23.28	3:02.04	6:29.03	13:24.84	25:54.86	42.89	1:32.25	3:20.17
25	1.75	37.66	1:23.76	3:03.09	6:31.27	13:29.46	26:03.80	43.14	1:32.79	3:21.32
24	1.76	37.88	1:24.23	3:04.13	6:33.50	13:34.09	26:12.74	43.38	1:33.32	3:22.47
23	1.77	38.09	1:24.71	3:05.18	6:35.74	13:38.71	26:21.67	43.63	1:33.85	3:23.62
22	1.78	38.31	1:25.19	3:06.22	6:37.97	13:43.34	26:30.61	43.88	1:34.38	3:24.77
21	1.79	38.52	1:25.67	3:07.27	6:40.21	13:47.96	26:39.54	44.12	1:34.91	3:25.92
20	1.80	38.74	1:26.15	3:08.32	6:42.44	13:52.59	26:48.48	44.37	1:35.44	3:27.07
19	1.81	38.95	1:26.63	3:09.36	6:44.68	13:57.22	26:57.42	44.62	1:35.97	3:28.22
18	1.82	39.17	1:27.11	3:10.41	6:46.92	14:01.84	27:06.35	44.86	1:36.50	3:29.37
17	1.83	39.38	1:27.58	3:11.45	6:49.15	14:06.47	27:15.29	45.11	1:37.03	3:30.52
16	1.84	39.60	1:28.06	3:12.50	6:51.39	14:11.09	27:24.22	45.36	1:37.56	3:31.67
15	1.85	39.81	1:28.54	3:13.55	6:53.62	14:15.72	27:33.16	45.60	1:38.09	3:32.82
14	1.86	40.03	1:29.02	3:14.59	6:55.86	14:20.34	27:42.10	45.85	1:38.62	3:33.97
13	1.87	40.24	1:29.50	3:15.64	6:58.09	14:24.97	27:51.03	46.10	1:39.15	3:35.12
12	1.88	40.46	1:29.98	3:16.69	7:00.33	14:29.59	27:59.97	46.34	1:39.68	3:36.28
11	1.89	40.67	1:30.46	3:17.73	7:02.57	14:34.22	28:08.90	46.59	1:40.21	3:37.43
10	1.90	40.89	1:30.93	3:18.78	7:04.80	14:38.85	28:17.84	46.84	1:40.74	3:38.58
9	1.91	41.10	1:31.41	3:19.82	7:07.04	14:43.47	28:26.78	47.08	1:41.27	3:39.73
8	1.92	41.32	1:31.89	3:20.87	7:09.27	14:48.10	28:35.71	47.33	1:41.80	3:40.88
7	1.93	41.53	1:32.37	3:21.92	7:11.51	14:52.72	28:44.65	47.57	1:42.33	3:42.03
6	1.94	41.75	1:32.85	3:22.96	7:13.75	14:57.35	28:53.58	47.82	1:42.86	3:43.18
5	1.95	41.96	1:33.33	3:24.01	7:15.98	15:01.97	29:02.52	48.07	1:43.39	3:44.33
4	1.96	42.18	1:33.81	3:25.06	7:18.22	15:06.60	29:11.46	48.31	1:43.92	3:45.48
3	1.97	42.39	1:34.28	3:26.10	7:20.45	15:11.22	29:20.39	48.56	1:44.45	3:46.63
2	1.98	42.61	1:34.76	3:27.15	7:22.69	15:15.85	29:29.33	48.81	1:44.98	3:47.78
1	1.99	42.82	1:35.24	3:28.19	7:24.92	15:20.47	29:38.26	49.05	1:45.51	3:48.93

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Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	27.01	59.14	2:08.17	23.06	51.07	1:54.43	1:56.79	4:12.22
99	1.01	27.28	59.73	2:09.45	23.29	51.58	1:55.57	1:57.96	4:14.74
98	1.02	27.55	1:00.32	2:10.73	23.52	52.09	1:56.72	1:59.13	4:17.26
97	1.03	27.82	1:00.91	2:12.02	23.75	52.60	1:57.86	2:00.29	4:19.79
96	1.04	28.09	1:01.51	2:13.30	23.98	53.11	1:59.01	2:01.46	4:22.31
95	1.05	28.36	1:02.10	2:14.58	24.21	53.62	2:00.15	2:02.63	4:24.83
94	1.06	28.63	1:02.69	2:15.86	24.44	54.13	2:01.30	2:03.80	4:27.35
93	1.07	28.90	1:03.28	2:17.14	24.67	54.64	2:02.44	2:04.97	4:29.88
92	1.08	29.17	1:03.87	2:18.42	24.90	55.16	2:03.58	2:06.13	4:32.40
91	1.09	29.44	1:04.46	2:19.71	25.14	55.67	2:04.73	2:07.30	4:34.92
90	1.10	29.71	1:05.05	2:20.99	25.37	56.18	2:05.87	2:08.47	4:37.44
89	1.11	29.98	1:05.65	2:22.27	25.60	56.69	2:07.02	2:09.64	4:39.96
88	1.12	30.25	1:06.24	2:23.55	25.83	57.20	2:08.16	2:10.80	4:42.49
87	1.13	30.52	1:06.83	2:24.83	26.06	57.71	2:09.31	2:11.97	4:45.01
86	1.14	30.79	1:07.42	2:26.11	26.29	58.22	2:10.45	2:13.14	4:47.53
85	1.15	31.06	1:08.01	2:27.40	26.52	58.73	2:11.59	2:14.31	4:50.05
84	1.16	31.33	1:08.60	2:28.68	26.75	59.24	2:12.74	2:15.48	4:52.58
83	1.17	31.60	1:09.19	2:29.96	26.98	59.75	2:13.88	2:16.64	4:55.10
82	1.18	31.87	1:09.79	2:31.24	27.21	1:00.26	2:15.03	2:17.81	4:57.62
81	1.19	32.14	1:10.38	2:32.52	27.44	1:00.77	2:16.17	2:18.98	5:00.14
80	1.20	32.41	1:10.97	2:33.80	27.67	1:01.28	2:17.32	2:20.15	5:02.66
79	1.21	32.68	1:11.56	2:35.09	27.90	1:01.79	2:18.46	2:21.32	5:05.19
78	1.22	32.95	1:12.15	2:36.37	28.13	1:02.31	2:19.60	2:22.48	5:07.71
77	1.23	33.22	1:12.74	2:37.65	28.36	1:02.82	2:20.75	2:23.65	5:10.23
76	1.24	33.49	1:13.33	2:38.93	28.59	1:03.33	2:21.89	2:24.82	5:12.75
75	1.25	33.76	1:13.93	2:40.21	28.83	1:03.84	2:23.04	2:25.99	5:15.28
74	1.26	34.03	1:14.52	2:41.49	29.06	1:04.35	2:24.18	2:27.16	5:17.80
73	1.27	34.30	1:15.11	2:42.78	29.29	1:04.86	2:25.33	2:28.32	5:20.32
72	1.28	34.57	1:15.70	2:44.06	29.52	1:05.37	2:26.47	2:29.49	5:22.84
71	1.29	34.84	1:16.29	2:45.34	29.75	1:05.88	2:27.61	2:30.66	5:25.36
70	1.30	35.11	1:16.88	2:46.62	29.98	1:06.39	2:28.76	2:31.83	5:27.89
69	1.31	35.38	1:17.47	2:47.90	30.21	1:06.90	2:29.90	2:32.99	5:30.41
68	1.32	35.65	1:18.06	2:49.18	30.44	1:07.41	2:31.05	2:34.16	5:32.93
67	1.33	35.92	1:18.66	2:50.47	30.67	1:07.92	2:32.19	2:35.33	5:35.45
66	1.34	36.19	1:19.25	2:51.75	30.90	1:08.43	2:33.34	2:36.50	5:37.97
65	1.35	36.46	1:19.84	2:53.03	31.13	1:08.94	2:34.48	2:37.67	5:40.50
64	1.36	36.73	1:20.43	2:54.31	31.36	1:09.46	2:35.62	2:38.83	5:43.02
63	1.37	37.00	1:21.02	2:55.59	31.59	1:09.97	2:36.77	2:40.00	5:45.54
62	1.38	37.27	1:21.61	2:56.87	31.82	1:10.48	2:37.91	2:41.17	5:48.06
61	1.39	37.54	1:22.20	2:58.16	32.05	1:10.99	2:39.06	2:42.34	5:50.59
60	1.40	37.81	1:22.80	2:59.44	32.28	1:11.50	2:40.20	2:43.51	5:53.11
59	1.41	38.08	1:23.39	3:00.72	32.51	1:12.01	2:41.35	2:44.67	5:55.63
58	1.42	38.35	1:23.98	3:02.00	32.75	1:12.52	2:42.49	2:45.84	5:58.15
57	1.43	38.62	1:24.57	3:03.28	32.98	1:13.03	2:43.63	2:47.01	6:00.67
56	1.44	38.89	1:25.16	3:04.56	33.21	1:13.54	2:44.78	2:48.18	6:03.20
55	1.45	39.16	1:25.75	3:05.85	33.44	1:14.05	2:45.92	2:49.35	6:05.72
54	1.46	39.43	1:26.34	3:07.13	33.67	1:14.56	2:47.07	2:50.51	6:08.24
53	1.47	39.70	1:26.94	3:08.41	33.90	1:15.07	2:48.21	2:51.68	6:10.76

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	39.97	1:27.53	3:09.69	34.13	1:15.58	2:49.36	2:52.85	6:13.29
51	1.49	40.24	1:28.12	3:10.97	34.36	1:16.09	2:50.50	2:54.02	6:15.81
50	1.50	40.52	1:28.71	3:12.26	34.59	1:16.61	2:51.65	2:55.19	6:18.33
49	1.51	40.79	1:29.30	3:13.54	34.82	1:17.12	2:52.79	2:56.35	6:20.85
48	1.52	41.06	1:29.89	3:14.82	35.05	1:17.63	2:53.93	2:57.52	6:23.37
47	1.53	41.33	1:30.48	3:16.10	35.28	1:18.14	2:55.08	2:58.69	6:25.90
46	1.54	41.60	1:31.08	3:17.38	35.51	1:18.65	2:56.22	2:59.86	6:28.42
45	1.55	41.87	1:31.67	3:18.66	35.74	1:19.16	2:57.37	3:01.02	6:30.94
44	1.56	42.14	1:32.26	3:19.95	35.97	1:19.67	2:58.51	3:02.19	6:33.46
43	1.57	42.41	1:32.85	3:21.23	36.20	1:20.18	2:59.66	3:03.36	6:35.99
42	1.58	42.68	1:33.44	3:22.51	36.43	1:20.69	3:00.80	3:04.53	6:38.51
41	1.59	42.95	1:34.03	3:23.79	36.67	1:21.20	3:01.94	3:05.70	6:41.03
40	1.60	43.22	1:34.62	3:25.07	36.90	1:21.71	3:03.09	3:06.86	6:43.55
39	1.61	43.49	1:35.22	3:26.35	37.13	1:22.22	3:04.23	3:08.03	6:46.07
38	1.62	43.76	1:35.81	3:27.64	37.36	1:22.73	3:05.38	3:09.20	6:48.60
37	1.63	44.03	1:36.40	3:28.92	37.59	1:23.24	3:06.52	3:10.37	6:51.12
36	1.64	44.30	1:36.99	3:30.20	37.82	1:23.75	3:07.67	3:11.54	6:53.64
35	1.65	44.57	1:37.58	3:31.48	38.05	1:24.27	3:08.81	3:12.70	6:56.16
34	1.66	44.84	1:38.17	3:32.76	38.28	1:24.78	3:09.95	3:13.87	6:58.69
33	1.67	45.11	1:38.76	3:34.04	38.51	1:25.29	3:11.10	3:15.04	7:01.21
32	1.68	45.38	1:39.36	3:35.33	38.74	1:25.80	3:12.24	3:16.21	7:03.73
31	1.69	45.65	1:39.95	3:36.61	38.97	1:26.31	3:13.39	3:17.38	7:06.25
30	1.70	45.92	1:40.54	3:37.89	39.20	1:26.82	3:14.53	3:18.54	7:08.77
29	1.71	46.19	1:41.13	3:39.17	39.43	1:27.33	3:15.68	3:19.71	7:11.30
28	1.72	46.46	1:41.72	3:40.45	39.66	1:27.84	3:16.82	3:20.88	7:13.82
27	1.73	46.73	1:42.31	3:41.73	39.89	1:28.35	3:17.96	3:22.05	7:16.34
26	1.74	47.00	1:42.90	3:43.02	40.12	1:28.86	3:19.11	3:23.21	7:18.86
25	1.75	47.27	1:43.50	3:44.30	40.36	1:29.37	3:20.25	3:24.38	7:21.39
24	1.76	47.54	1:44.09	3:45.58	40.59	1:29.88	3:21.40	3:25.55	7:23.91
23	1.77	47.81	1:44.68	3:46.86	40.82	1:30.39	3:22.54	3:26.72	7:26.43
22	1.78	48.08	1:45.27	3:48.14	41.05	1:30.90	3:23.69	3:27.89	7:28.95
21	1.79	48.35	1:45.86	3:49.42	41.28	1:31.42	3:24.83	3:29.05	7:31.47
20	1.80	48.62	1:46.45	3:50.71	41.51	1:31.93	3:25.97	3:30.22	7:34.00
19	1.81	48.89	1:47.04	3:51.99	41.74	1:32.44	3:27.12	3:31.39	7:36.52
18	1.82	49.16	1:47.63	3:53.27	41.97	1:32.95	3:28.26	3:32.56	7:39.04
17	1.83	49.43	1:48.23	3:54.55	42.20	1:33.46	3:29.41	3:33.73	7:41.56
16	1.84	49.70	1:48.82	3:55.83	42.43	1:33.97	3:30.55	3:34.89	7:44.08
15	1.85	49.97	1:49.41	3:57.11	42.66	1:34.48	3:31.70	3:36.06	7:46.61
14	1.86	50.24	1:50.00	3:58.40	42.89	1:34.99	3:32.84	3:37.23	7:49.13
13	1.87	50.51	1:50.59	3:59.68	43.12	1:35.50	3:33.98	3:38.40	7:51.65
12	1.88	50.78	1:51.18	4:00.96	43.35	1:36.01	3:35.13	3:39.57	7:54.17
11	1.89	51.05	1:51.77	4:02.24	43.58	1:36.52	3:36.27	3:40.73	7:56.70
10	1.90	51.32	1:52.37	4:03.52	43.81	1:37.03	3:37.42	3:41.90	7:59.22
9	1.91	51.59	1:52.96	4:04.80	44.04	1:37.54	3:38.56	3:43.07	8:01.74
8	1.92	51.86	1:53.55	4:06.09	44.28	1:38.05	3:39.71	3:44.24	8:04.26
7	1.93	52.13	1:54.14	4:07.37	44.51	1:38.57	3:40.85	3:45.40	8:06.78
6	1.94	52.40	1:54.73	4:08.65	44.74	1:39.08	3:41.99	3:46.57	8:09.31
5	1.95	52.67	1:55.32	4:09.93	44.97	1:39.59	3:43.14	3:47.74	8:11.83
4	1.96	52.94	1:55.91	4:11.21	45.20	1:40.10	3:44.28	3:48.91	8:14.35
3	1.97	53.21	1:56.51	4:12.49	45.43	1:40.61	3:45.43	3:50.08	8:16.87
2	1.98	53.48	1:57.10	4:13.78	45.66	1:41.12	3:46.57	3:51.24	8:19.40
1	1.99	53.75	1:57.69	4:15.06	45.89	1:41.63	3:47.72	3:52.41	8:21.92

Hong Kong Swimming Point Score 2023 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.08	52.08	1:53.61	4:02.04	8:20.36	15:57.67	27.31	58.79	2:06.38
99	1.01	24.32	52.60	1:54.75	4:04.46	8:25.36	16:07.25	27.58	59.38	2:07.64
98	1.02	24.56	53.12	1:55.88	4:06.88	8:30.37	16:16.82	27.86	59.97	2:08.91
97	1.03	24.80	53.64	1:57.02	4:09.30	8:35.37	16:26.40	28.13	1:00.55	2:10.17
96	1.04	25.04	54.16	1:58.15	4:11.72	8:40.37	16:35.98	28.40	1:01.14	2:11.44
95	1.05	25.28	54.68	1:59.29	4:14.14	8:45.38	16:45.55	28.68	1:01.73	2:12.70
94	1.06	25.52	55.20	2:00.43	4:16.56	8:50.38	16:55.13	28.95	1:02.32	2:13.96
93	1.07	25.77	55.73	2:01.56	4:18.98	8:55.39	17:04.71	29.22	1:02.91	2:15.23
92	1.08	26.01	56.25	2:02.70	4:21.40	9:00.39	17:14.28	29.49	1:03.49	2:16.49
91	1.09	26.25	56.77	2:03.83	4:23.82	9:05.39	17:23.86	29.77	1:04.08	2:17.75
90	1.10	26.49	57.29	2:04.97	4:26.24	9:10.40	17:33.44	30.04	1:04.67	2:19.02
89	1.11	26.73	57.81	2:06.11	4:28.66	9:15.40	17:43.01	30.31	1:05.26	2:20.28
88	1.12	26.97	58.33	2:07.24	4:31.08	9:20.40	17:52.59	30.59	1:05.84	2:21.55
87	1.13	27.21	58.85	2:08.38	4:33.51	9:25.41	18:02.17	30.86	1:06.43	2:22.81
86	1.14	27.45	59.37	2:09.52	4:35.93	9:30.41	18:11.74	31.13	1:07.02	2:24.07
85	1.15	27.69	59.89	2:10.65	4:38.35	9:35.41	18:21.32	31.41	1:07.61	2:25.34
84	1.16	27.93	1:00.41	2:11.79	4:40.77	9:40.42	18:30.90	31.68	1:08.20	2:26.60
83	1.17	28.17	1:00.93	2:12.92	4:43.19	9:45.42	18:40.47	31.95	1:08.78	2:27.86
82	1.18	28.41	1:01.45	2:14.06	4:45.61	9:50.42	18:50.05	32.23	1:09.37	2:29.13
81	1.19	28.66	1:01.98	2:15.20	4:48.03	9:55.43	18:59.63	32.50	1:09.96	2:30.39
80	1.20	28.90	1:02.50	2:16.33	4:50.45	10:00.43	19:09.20	32.77	1:10.55	2:31.66
79	1.21	29.14	1:03.02	2:17.47	4:52.87	10:05.44	19:18.78	33.05	1:11.14	2:32.92
78	1.22	29.38	1:03.54	2:18.60	4:55.29	10:10.44	19:28.36	33.32	1:11.72	2:34.18
77	1.23	29.62	1:04.06	2:19.74	4:57.71	10:15.44	19:37.93	33.59	1:12.31	2:35.45
76	1.24	29.86	1:04.58	2:20.88	5:00.13	10:20.45	19:47.51	33.86	1:12.90	2:36.71
75	1.25	30.10	1:05.10	2:22.01	5:02.55	10:25.45	19:57.09	34.14	1:13.49	2:37.98
74	1.26	30.34	1:05.62	2:23.15	5:04.97	10:30.45	20:06.66	34.41	1:14.08	2:39.24
73	1.27	30.58	1:06.14	2:24.28	5:07.39	10:35.46	20:16.24	34.68	1:14.66	2:40.50
72	1.28	30.82	1:06.66	2:25.42	5:09.81	10:40.46	20:25.82	34.96	1:15.25	2:41.77
71	1.29	31.06	1:07.18	2:26.56	5:12.23	10:45.46	20:35.39	35.23	1:15.84	2:43.03
70	1.30	31.30	1:07.70	2:27.69	5:14.65	10:50.47	20:44.97	35.50	1:16.43	2:44.29
69	1.31	31.54	1:08.22	2:28.83	5:17.07	10:55.47	20:54.55	35.78	1:17.01	2:45.56
68	1.32	31.79	1:08.75	2:29.97	5:19.49	11:00.48	21:04.12	36.05	1:17.60	2:46.82
67	1.33	32.03	1:09.27	2:31.10	5:21.91	11:05.48	21:13.70	36.32	1:18.19	2:48.09
66	1.34	32.27	1:09.79	2:32.24	5:24.33	11:10.48	21:23.28	36.60	1:18.78	2:49.35
65	1.35	32.51	1:10.31	2:33.37	5:26.75	11:15.49	21:32.85	36.87	1:19.37	2:50.61
64	1.36	32.75	1:10.83	2:34.51	5:29.17	11:20.49	21:42.43	37.14	1:19.95	2:51.88
63	1.37	32.99	1:11.35	2:35.65	5:31.59	11:25.49	21:52.01	37.41	1:20.54	2:53.14
62	1.38	33.23	1:11.87	2:36.78	5:34.02	11:30.50	22:01.58	37.69	1:21.13	2:54.40
61	1.39	33.47	1:12.39	2:37.92	5:36.44	11:35.50	22:11.16	37.96	1:21.72	2:55.67
60	1.40	33.71	1:12.91	2:39.05	5:38.86	11:40.50	22:20.74	38.23	1:22.31	2:56.93
59	1.41	33.95	1:13.43	2:40.19	5:41.28	11:45.51	22:30.31	38.51	1:22.89	2:58.20
58	1.42	34.19	1:13.95	2:41.33	5:43.70	11:50.51	22:39.89	38.78	1:23.48	2:59.46
57	1.43	34.43	1:14.47	2:42.46	5:46.12	11:55.51	22:49.47	39.05	1:24.07	3:00.72
56	1.44	34.68	1:15.00	2:43.60	5:48.54	12:00.52	22:59.04	39.33	1:24.66	3:01.99
55	1.45	34.92	1:15.52	2:44.73	5:50.96	12:05.52	23:08.62	39.60	1:25.25	3:03.25
54	1.46	35.16	1:16.04	2:45.87	5:53.38	12:10.53	23:18.20	39.87	1:25.83	3:04.51
53	1.47	35.40	1:16.56	2:47.01	5:55.80	12:15.53	23:27.77	40.15	1:26.42	3:05.78

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>
52	1.48	35.64	1:17.08	2:48.14	5:58.22	12:20.53	23:37.35	40.42	1:27.01	3:07.04
51	1.49	35.88	1:17.60	2:49.28	6:00.64	12:25.54	23:46.93	40.69	1:27.60	3:08.31
50	1.50	36.12	1:18.12	2:50.42	6:03.06	12:30.54	23:56.51	40.97	1:28.19	3:09.57
49	1.51	36.36	1:18.64	2:51.55	6:05.48	12:35.54	24:06.08	41.24	1:28.77	3:10.83
48	1.52	36.60	1:19.16	2:52.69	6:07.90	12:40.55	24:15.66	41.51	1:29.36	3:12.10
47	1.53	36.84	1:19.68	2:53.82	6:10.32	12:45.55	24:25.24	41.78	1:29.95	3:13.36
46	1.54	37.08	1:20.20	2:54.96	6:12.74	12:50.55	24:34.81	42.06	1:30.54	3:14.63
45	1.55	37.32	1:20.72	2:56.10	6:15.16	12:55.56	24:44.39	42.33	1:31.12	3:15.89
44	1.56	37.56	1:21.24	2:57.23	6:17.58	13:00.56	24:53.97	42.60	1:31.71	3:17.15
43	1.57	37.81	1:21.77	2:58.37	6:20.00	13:05.57	25:03.54	42.88	1:32.30	3:18.42
42	1.58	38.05	1:22.29	2:59.50	6:22.42	13:10.57	25:13.12	43.15	1:32.89	3:19.68
41	1.59	38.29	1:22.81	3:00.64	6:24.84	13:15.57	25:22.70	43.42	1:33.48	3:20.94
40	1.60	38.53	1:23.33	3:01.78	6:27.26	13:20.58	25:32.27	43.70	1:34.06	3:22.21
39	1.61	38.77	1:23.85	3:02.91	6:29.68	13:25.58	25:41.85	43.97	1:34.65	3:23.47
38	1.62	39.01	1:24.37	3:04.05	6:32.10	13:30.58	25:51.43	44.24	1:35.24	3:24.74
37	1.63	39.25	1:24.89	3:05.18	6:34.53	13:35.59	26:01.00	44.52	1:35.83	3:26.00
36	1.64	39.49	1:25.41	3:06.32	6:36.95	13:40.59	26:10.58	44.79	1:36.42	3:27.26
35	1.65	39.73	1:25.93	3:07.46	6:39.37	13:45.59	26:20.16	45.06	1:37.00	3:28.53
34	1.66	39.97	1:26.45	3:08.59	6:41.79	13:50.60	26:29.73	45.33	1:37.59	3:29.79
33	1.67	40.21	1:26.97	3:09.73	6:44.21	13:55.60	26:39.31	45.61	1:38.18	3:31.05
32	1.68	40.45	1:27.49	3:10.86	6:46.63	14:00.60	26:48.89	45.88	1:38.77	3:32.32
31	1.69	40.70	1:28.02	3:12.00	6:49.05	14:05.61	26:58.46	46.15	1:39.36	3:33.58
30	1.70	40.94	1:28.54	3:13.14	6:51.47	14:10.61	27:08.04	46.43	1:39.94	3:34.85
29	1.71	41.18	1:29.06	3:14.27	6:53.89	14:15.62	27:17.62	46.70	1:40.53	3:36.11
28	1.72	41.42	1:29.58	3:15.41	6:56.31	14:20.62	27:27.19	46.97	1:41.12	3:37.37
27	1.73	41.66	1:30.10	3:16.55	6:58.73	14:25.62	27:36.77	47.25	1:41.71	3:38.64
26	1.74	41.90	1:30.62	3:17.68	7:01.15	14:30.63	27:46.35	47.52	1:42.29	3:39.90
25	1.75	42.14	1:31.14	3:18.82	7:03.57	14:35.63	27:55.92	47.79	1:42.88	3:41.17
24	1.76	42.38	1:31.66	3:19.95	7:05.99	14:40.63	28:05.50	48.07	1:43.47	3:42.43
23	1.77	42.62	1:32.18	3:21.09	7:08.41	14:45.64	28:15.08	48.34	1:44.06	3:43.69
22	1.78	42.86	1:32.70	3:22.23	7:10.83	14:50.64	28:24.65	48.61	1:44.65	3:44.96
21	1.79	43.10	1:33.22	3:23.36	7:13.25	14:55.64	28:34.23	48.88	1:45.23	3:46.22
20	1.80	43.34	1:33.74	3:24.50	7:15.67	15:00.65	28:43.81	49.16	1:45.82	3:47.48
19	1.81	43.58	1:34.26	3:25.63	7:18.09	15:05.65	28:53.38	49.43	1:46.41	3:48.75
18	1.82	43.83	1:34.79	3:26.77	7:20.51	15:10.66	29:02.96	49.70	1:47.00	3:50.01
17	1.83	44.07	1:35.31	3:27.91	7:22.93	15:15.66	29:12.54	49.98	1:47.59	3:51.28
16	1.84	44.31	1:35.83	3:29.04	7:25.35	15:20.66	29:22.11	50.25	1:48.17	3:52.54
15	1.85	44.55	1:36.35	3:30.18	7:27.77	15:25.67	29:31.69	50.52	1:48.76	3:53.80
14	1.86	44.79	1:36.87	3:31.31	7:30.19	15:30.67	29:41.27	50.80	1:49.35	3:55.07
13	1.87	45.03	1:37.39	3:32.45	7:32.61	15:35.67	29:50.84	51.07	1:49.94	3:56.33
12	1.88	45.27	1:37.91	3:33.59	7:35.04	15:40.68	30:00.42	51.34	1:50.53	3:57.59
11	1.89	45.51	1:38.43	3:34.72	7:37.46	15:45.68	30:10.00	51.62	1:51.11	3:58.86
10	1.90	45.75	1:38.95	3:35.86	7:39.88	15:50.68	30:19.57	51.89	1:51.70	4:00.12
9	1.91	45.99	1:39.47	3:37.00	7:42.30	15:55.69	30:29.15	52.16	1:52.29	4:01.39
8	1.92	46.23	1:39.99	3:38.13	7:44.72	16:00.69	30:38.73	52.44	1:52.88	4:02.65
7	1.93	46.47	1:40.51	3:39.27	7:47.14	16:05.69	30:48.30	52.71	1:53.46	4:03.91
6	1.94	46.72	1:41.04	3:40.40	7:49.56	16:10.70	30:57.88	52.98	1:54.05	4:05.18
5	1.95	46.96	1:41.56	3:41.54	7:51.98	16:15.70	31:07.46	53.25	1:54.64	4:06.44
4	1.96	47.20	1:42.08	3:42.68	7:54.40	16:20.71	31:17.03	53.53	1:55.23	4:07.70
3	1.97	47.44	1:42.60	3:43.81	7:56.82	16:25.71	31:26.61	53.80	1:55.82	4:08.97
2	1.98	47.68	1:43.12	3:44.95	7:59.24	16:30.71	31:36.19	54.07	1:56.40	4:10.23
1	1.99	47.92	1:43.64	3:46.08	8:01.66	16:35.72	31:45.76	54.35	1:56.99	4:11.50

Hong Kong Swimming Point Score 2023 (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	30.34	1:05.67	2:22.19	25.40	56.45	2:05.84	2:08.60	4:34.46
99	1.01	30.64	1:06.33	2:23.61	25.65	57.01	2:07.10	2:09.89	4:37.20
98	1.02	30.95	1:06.98	2:25.03	25.91	57.58	2:08.36	2:11.17	4:39.95
97	1.03	31.25	1:07.64	2:26.46	26.16	58.14	2:09.62	2:12.46	4:42.69
96	1.04	31.55	1:08.30	2:27.88	26.42	58.71	2:10.87	2:13.74	4:45.44
95	1.05	31.86	1:08.95	2:29.30	26.67	59.27	2:12.13	2:15.03	4:48.18
94	1.06	32.16	1:09.61	2:30.72	26.92	59.84	2:13.39	2:16.32	4:50.93
93	1.07	32.46	1:10.27	2:32.14	27.18	1:00.40	2:14.65	2:17.60	4:53.67
92	1.08	32.77	1:10.92	2:33.57	27.43	1:00.97	2:15.91	2:18.89	4:56.42
91	1.09	33.07	1:11.58	2:34.99	27.69	1:01.53	2:17.17	2:20.17	4:59.16
90	1.10	33.37	1:12.24	2:36.41	27.94	1:02.10	2:18.42	2:21.46	5:01.91
89	1.11	33.68	1:12.89	2:37.83	28.19	1:02.66	2:19.68	2:22.75	5:04.65
88	1.12	33.98	1:13.55	2:39.25	28.45	1:03.22	2:20.94	2:24.03	5:07.40
87	1.13	34.28	1:14.21	2:40.67	28.70	1:03.79	2:22.20	2:25.32	5:10.14
86	1.14	34.59	1:14.86	2:42.10	28.96	1:04.35	2:23.46	2:26.60	5:12.88
85	1.15	34.89	1:15.52	2:43.52	29.21	1:04.92	2:24.72	2:27.89	5:15.63
84	1.16	35.19	1:16.18	2:44.94	29.46	1:05.48	2:25.97	2:29.18	5:18.37
83	1.17	35.50	1:16.83	2:46.36	29.72	1:06.05	2:27.23	2:30.46	5:21.12
82	1.18	35.80	1:17.49	2:47.78	29.97	1:06.61	2:28.49	2:31.75	5:23.86
81	1.19	36.10	1:18.15	2:49.21	30.23	1:07.18	2:29.75	2:33.03	5:26.61
80	1.20	36.41	1:18.80	2:50.63	30.48	1:07.74	2:31.01	2:34.32	5:29.35
79	1.21	36.71	1:19.46	2:52.05	30.73	1:08.30	2:32.27	2:35.61	5:32.10
78	1.22	37.01	1:20.12	2:53.47	30.99	1:08.87	2:33.52	2:36.89	5:34.84
77	1.23	37.32	1:20.77	2:54.89	31.24	1:09.43	2:34.78	2:38.18	5:37.59
76	1.24	37.62	1:21.43	2:56.32	31.50	1:10.00	2:36.04	2:39.46	5:40.33
75	1.25	37.93	1:22.09	2:57.74	31.75	1:10.56	2:37.30	2:40.75	5:43.08
74	1.26	38.23	1:22.74	2:59.16	32.00	1:11.13	2:38.56	2:42.04	5:45.82
73	1.27	38.53	1:23.40	3:00.58	32.26	1:11.69	2:39.82	2:43.32	5:48.56
72	1.28	38.84	1:24.06	3:02.00	32.51	1:12.26	2:41.08	2:44.61	5:51.31
71	1.29	39.14	1:24.71	3:03.43	32.77	1:12.82	2:42.33	2:45.89	5:54.05
70	1.30	39.44	1:25.37	3:04.85	33.02	1:13.39	2:43.59	2:47.18	5:56.80
69	1.31	39.75	1:26.03	3:06.27	33.27	1:13.95	2:44.85	2:48.47	5:59.54
68	1.32	40.05	1:26.68	3:07.69	33.53	1:14.51	2:46.11	2:49.75	6:02.29
67	1.33	40.35	1:27.34	3:09.11	33.78	1:15.08	2:47.37	2:51.04	6:05.03
66	1.34	40.66	1:28.00	3:10.53	34.04	1:15.64	2:48.63	2:52.32	6:07.78
65	1.35	40.96	1:28.65	3:11.96	34.29	1:16.21	2:49.88	2:53.61	6:10.52
64	1.36	41.26	1:29.31	3:13.38	34.54	1:16.77	2:51.14	2:54.90	6:13.27
63	1.37	41.57	1:29.97	3:14.80	34.80	1:17.34	2:52.40	2:56.18	6:16.01
62	1.38	41.87	1:30.62	3:16.22	35.05	1:17.90	2:53.66	2:57.47	6:18.75
61	1.39	42.17	1:31.28	3:17.64	35.31	1:18.47	2:54.92	2:58.75	6:21.50
60	1.40	42.48	1:31.94	3:19.07	35.56	1:19.03	2:56.18	3:00.04	6:24.24
59	1.41	42.78	1:32.59	3:20.49	35.81	1:19.59	2:57.43	3:01.33	6:26.99
58	1.42	43.08	1:33.25	3:21.91	36.07	1:20.16	2:58.69	3:02.61	6:29.73
57	1.43	43.39	1:33.91	3:23.33	36.32	1:20.72	2:59.95	3:03.90	6:32.48
56	1.44	43.69	1:34.56	3:24.75	36.58	1:21.29	3:01.21	3:05.18	6:35.22
55	1.45	43.99	1:35.22	3:26.18	36.83	1:21.85	3:02.47	3:06.47	6:37.97
54	1.46	44.30	1:35.88	3:27.60	37.08	1:22.42	3:03.73	3:07.76	6:40.71
53	1.47	44.60	1:36.53	3:29.02	37.34	1:22.98	3:04.98	3:09.04	6:43.46

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>
52	1.48	44.90	1:37.19	3:30.44	37.59	1:23.55	3:06.24	3:10.33	6:46.20
51	1.49	45.21	1:37.85	3:31.86	37.85	1:24.11	3:07.50	3:11.61	6:48.95
50	1.50	45.51	1:38.51	3:33.29	38.10	1:24.68	3:08.76	3:12.90	6:51.69
49	1.51	45.81	1:39.16	3:34.71	38.35	1:25.24	3:10.02	3:14.19	6:54.43
48	1.52	46.12	1:39.82	3:36.13	38.61	1:25.80	3:11.28	3:15.47	6:57.18
47	1.53	46.42	1:40.48	3:37.55	38.86	1:26.37	3:12.54	3:16.76	6:59.92
46	1.54	46.72	1:41.13	3:38.97	39.12	1:26.93	3:13.79	3:18.04	7:02.67
45	1.55	47.03	1:41.79	3:40.39	39.37	1:27.50	3:15.05	3:19.33	7:05.41
44	1.56	47.33	1:42.45	3:41.82	39.62	1:28.06	3:16.31	3:20.62	7:08.16
43	1.57	47.63	1:43.10	3:43.24	39.88	1:28.63	3:17.57	3:21.90	7:10.90
42	1.58	47.94	1:43.76	3:44.66	40.13	1:29.19	3:18.83	3:23.19	7:13.65
41	1.59	48.24	1:44.42	3:46.08	40.39	1:29.76	3:20.09	3:24.47	7:16.39
40	1.60	48.54	1:45.07	3:47.50	40.64	1:30.32	3:21.34	3:25.76	7:19.14
39	1.61	48.85	1:45.73	3:48.93	40.89	1:30.88	3:22.60	3:27.05	7:21.88
38	1.62	49.15	1:46.39	3:50.35	41.15	1:31.45	3:23.86	3:28.33	7:24.63
37	1.63	49.45	1:47.04	3:51.77	41.40	1:32.01	3:25.12	3:29.62	7:27.37
36	1.64	49.76	1:47.70	3:53.19	41.66	1:32.58	3:26.38	3:30.90	7:30.11
35	1.65	50.06	1:48.36	3:54.61	41.91	1:33.14	3:27.64	3:32.19	7:32.86
34	1.66	50.36	1:49.01	3:56.04	42.16	1:33.71	3:28.89	3:33.48	7:35.60
33	1.67	50.67	1:49.67	3:57.46	42.42	1:34.27	3:30.15	3:34.76	7:38.35
32	1.68	50.97	1:50.33	3:58.88	42.67	1:34.84	3:31.41	3:36.05	7:41.09
31	1.69	51.27	1:50.98	4:00.30	42.93	1:35.40	3:32.67	3:37.33	7:43.84
30	1.70	51.58	1:51.64	4:01.72	43.18	1:35.97	3:33.93	3:38.62	7:46.58
29	1.71	51.88	1:52.30	4:03.14	43.43	1:36.53	3:35.19	3:39.91	7:49.33
28	1.72	52.18	1:52.95	4:04.57	43.69	1:37.09	3:36.44	3:41.19	7:52.07
27	1.73	52.49	1:53.61	4:05.99	43.94	1:37.66	3:37.70	3:42.48	7:54.82
26	1.74	52.79	1:54.27	4:07.41	44.20	1:38.22	3:38.96	3:43.76	7:57.56
25	1.75	53.10	1:54.92	4:08.83	44.45	1:38.79	3:40.22	3:45.05	8:00.31
24	1.76	53.40	1:55.58	4:10.25	44.70	1:39.35	3:41.48	3:46.34	8:03.05
23	1.77	53.70	1:56.24	4:11.68	44.96	1:39.92	3:42.74	3:47.62	8:05.79
22	1.78	54.01	1:56.89	4:13.10	45.21	1:40.48	3:44.00	3:48.91	8:08.54
21	1.79	54.31	1:57.55	4:14.52	45.47	1:41.05	3:45.25	3:50.19	8:11.28
20	1.80	54.61	1:58.21	4:15.94	45.72	1:41.61	3:46.51	3:51.48	8:14.03
19	1.81	54.92	1:58.86	4:17.36	45.97	1:42.17	3:47.77	3:52.77	8:16.77
18	1.82	55.22	1:59.52	4:18.79	46.23	1:42.74	3:49.03	3:54.05	8:19.52
17	1.83	55.52	2:00.18	4:20.21	46.48	1:43.30	3:50.29	3:55.34	8:22.26
16	1.84	55.83	2:00.83	4:21.63	46.74	1:43.87	3:51.55	3:56.62	8:25.01
15	1.85	56.13	2:01.49	4:23.05	46.99	1:44.43	3:52.80	3:57.91	8:27.75
14	1.86	56.43	2:02.15	4:24.47	47.24	1:45.00	3:54.06	3:59.20	8:30.50
13	1.87	56.74	2:02.80	4:25.90	47.50	1:45.56	3:55.32	4:00.48	8:33.24
12	1.88	57.04	2:03.46	4:27.32	47.75	1:46.13	3:56.58	4:01.77	8:35.98
11	1.89	57.34	2:04.12	4:28.74	48.01	1:46.69	3:57.84	4:03.05	8:38.73
10	1.90	57.65	2:04.77	4:30.16	48.26	1:47.26	3:59.10	4:04.34	8:41.47
9	1.91	57.95	2:05.43	4:31.58	48.51	1:47.82	4:00.35	4:05.63	8:44.22
8	1.92	58.25	2:06.09	4:33.00	48.77	1:48.38	4:01.61	4:06.91	8:46.96
7	1.93	58.56	2:06.74	4:34.43	49.02	1:48.95	4:02.87	4:08.20	8:49.71
6	1.94	58.86	2:07.40	4:35.85	49.28	1:49.51	4:04.13	4:09.48	8:52.45
5	1.95	59.16	2:08.06	4:37.27	49.53	1:50.08	4:05.39	4:10.77	8:55.20
4	1.96	59.47	2:08.71	4:38.69	49.78	1:50.64	4:06.65	4:12.06	8:57.94
3	1.97	59.77	2:09.37	4:40.11	50.04	1:51.21	4:07.90	4:13.34	9:00.69
2	1.98	1:00.07	2:10.03	4:41.54	50.29	1:51.77	4:09.16	4:14.63	9:03.43
1	1.99	1:00.38	2:10.68	4:42.96	50.55	1:52.34	4:10.42	4:15.91	9:06.18