

# Hong Kong Swimming Point Score

## Short Course 2025-2026

### Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.52	45.92	1:41.23	3:37.65	7:37.25	14:28.06	22.83	49.50	1:48.79
99	1.01	20.73	46.38	1:42.24	3:39.83	7:41.82	14:36.74	23.06	50.00	1:49.88
98	1.02	20.93	46.84	1:43.25	3:42.00	7:46.40	14:45.42	23.29	50.49	1:50.97
97	1.03	21.14	47.30	1:44.27	3:44.18	7:50.97	14:54.10	23.51	50.99	1:52.05
96	1.04	21.34	47.76	1:45.28	3:46.36	7:55.54	15:02.78	23.74	51.48	1:53.14
95	1.05	21.55	48.22	1:46.29	3:48.53	8:00.11	15:11.46	23.97	51.98	1:54.23
94	1.06	21.75	48.68	1:47.30	3:50.71	8:04.69	15:20.14	24.20	52.47	1:55.32
93	1.07	21.96	49.13	1:48.32	3:52.89	8:09.26	15:28.82	24.43	52.97	1:56.41
92	1.08	22.16	49.59	1:49.33	3:55.06	8:13.83	15:37.50	24.66	53.46	1:57.49
91	1.09	22.37	50.05	1:50.34	3:57.24	8:18.40	15:46.19	24.88	53.96	1:58.58
90	1.10	22.57	50.51	1:51.35	3:59.42	8:22.98	15:54.87	25.11	54.45	1:59.67
89	1.11	22.78	50.97	1:52.37	4:01.59	8:27.55	16:03.55	25.34	54.95	2:00.76
88	1.12	22.98	51.43	1:53.38	4:03.77	8:32.12	16:12.23	25.57	55.44	2:01.84
87	1.13	23.19	51.89	1:54.39	4:05.94	8:36.69	16:20.91	25.80	55.94	2:02.93
86	1.14	23.39	52.35	1:55.40	4:08.12	8:41.27	16:29.59	26.03	56.43	2:04.02
85	1.15	23.60	52.81	1:56.41	4:10.30	8:45.84	16:38.27	26.25	56.93	2:05.11
84	1.16	23.80	53.27	1:57.43	4:12.47	8:50.41	16:46.95	26.48	57.42	2:06.20
83	1.17	24.01	53.73	1:58.44	4:14.65	8:54.98	16:55.63	26.71	57.92	2:07.28
82	1.18	24.21	54.19	1:59.45	4:16.83	8:59.56	17:04.31	26.94	58.41	2:08.37
81	1.19	24.42	54.64	2:00.46	4:19.00	9:04.13	17:12.99	27.17	58.91	2:09.46
80	1.20	24.62	55.10	2:01.48	4:21.18	9:08.70	17:21.67	27.40	59.40	2:10.55
79	1.21	24.83	55.56	2:02.49	4:23.36	9:13.27	17:30.35	27.62	59.90	2:11.64
78	1.22	25.03	56.02	2:03.50	4:25.53	9:17.85	17:39.03	27.85	1:00.39	2:12.72
77	1.23	25.24	56.48	2:04.51	4:27.71	9:22.42	17:47.71	28.08	1:00.89	2:13.81
76	1.24	25.44	56.94	2:05.53	4:29.89	9:26.99	17:56.39	28.31	1:01.38	2:14.90
75	1.25	25.65	57.40	2:06.54	4:32.06	9:31.56	18:05.08	28.54	1:01.88	2:15.99
74	1.26	25.86	57.86	2:07.55	4:34.24	9:36.14	18:13.76	28.77	1:02.37	2:17.08
73	1.27	26.06	58.32	2:08.56	4:36.42	9:40.71	18:22.44	28.99	1:02.87	2:18.16
72	1.28	26.27	58.78	2:09.57	4:38.59	9:45.28	18:31.12	29.22	1:03.36	2:19.25
71	1.29	26.47	59.24	2:10.59	4:40.77	9:49.85	18:39.80	29.45	1:03.86	2:20.34
70	1.30	26.68	59.70	2:11.60	4:42.95	9:54.43	18:48.48	29.68	1:04.35	2:21.43
69	1.31	26.88	1:00.16	2:12.61	4:45.12	9:59.00	18:57.16	29.91	1:04.85	2:22.51
68	1.32	27.09	1:00.61	2:13.62	4:47.30	10:03.57	19:05.84	30.14	1:05.34	2:23.60
67	1.33	27.29	1:01.07	2:14.64	4:49.47	10:08.14	19:14.52	30.36	1:05.84	2:24.69
66	1.34	27.50	1:01.53	2:15.65	4:51.65	10:12.72	19:23.20	30.59	1:06.33	2:25.78
65	1.35	27.70	1:01.99	2:16.66	4:53.83	10:17.29	19:31.88	30.82	1:06.83	2:26.87
64	1.36	27.91	1:02.45	2:17.67	4:56.00	10:21.86	19:40.56	31.05	1:07.32	2:27.95
63	1.37	28.11	1:02.91	2:18.69	4:58.18	10:26.43	19:49.24	31.28	1:07.82	2:29.04
62	1.38	28.32	1:03.37	2:19.70	5:00.36	10:31.01	19:57.92	31.51	1:08.31	2:30.13
61	1.39	28.52	1:03.83	2:20.71	5:02.53	10:35.58	20:06.60	31.73	1:08.81	2:31.22
60	1.40	28.73	1:04.29	2:21.72	5:04.71	10:40.15	20:15.28	31.96	1:09.30	2:32.31
59	1.41	28.93	1:04.75	2:22.73	5:06.89	10:44.72	20:23.96	32.19	1:09.80	2:33.39
58	1.42	29.14	1:05.21	2:23.75	5:09.06	10:49.30	20:32.65	32.42	1:10.29	2:34.48
57	1.43	29.34	1:05.67	2:24.76	5:11.24	10:53.87	20:41.33	32.65	1:10.79	2:35.57
56	1.44	29.55	1:06.12	2:25.77	5:13.42	10:58.44	20:50.01	32.88	1:11.28	2:36.66
55	1.45	29.75	1:06.58	2:26.78	5:15.59	11:03.01	20:58.69	33.10	1:11.78	2:37.75
54	1.46	29.96	1:07.04	2:27.80	5:17.77	11:07.59	21:07.37	33.33	1:12.27	2:38.83

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	30.16	1:07.50	2:28.81	5:19.95	11:12.16	21:16.05	33.56	1:12.77	2:39.92
52	1.48	30.37	1:07.96	2:29.82	5:22.12	11:16.73	21:24.73	33.79	1:13.26	2:41.01
51	1.49	30.57	1:08.42	2:30.83	5:24.30	11:21.30	21:33.41	34.02	1:13.76	2:42.10
50	1.50	30.78	1:08.88	2:31.85	5:26.48	11:25.88	21:42.09	34.25	1:14.25	2:43.19
49	1.51	30.99	1:09.34	2:32.86	5:28.65	11:30.45	21:50.77	34.47	1:14.75	2:44.27
48	1.52	31.19	1:09.80	2:33.87	5:30.83	11:35.02	21:59.45	34.70	1:15.24	2:45.36
47	1.53	31.40	1:10.26	2:34.88	5:33.00	11:39.59	22:08.13	34.93	1:15.74	2:46.45
46	1.54	31.60	1:10.72	2:35.89	5:35.18	11:44.17	22:16.81	35.16	1:16.23	2:47.54
45	1.55	31.81	1:11.18	2:36.91	5:37.36	11:48.74	22:25.49	35.39	1:16.73	2:48.62
44	1.56	32.01	1:11.64	2:37.92	5:39.53	11:53.31	22:34.17	35.61	1:17.22	2:49.71
43	1.57	32.22	1:12.09	2:38.93	5:41.71	11:57.88	22:42.85	35.84	1:17.72	2:50.80
42	1.58	32.42	1:12.55	2:39.94	5:43.89	12:02.46	22:51.53	36.07	1:18.21	2:51.89
41	1.59	32.63	1:13.01	2:40.96	5:46.06	12:07.03	23:00.22	36.30	1:18.71	2:52.98
40	1.60	32.83	1:13.47	2:41.97	5:48.24	12:11.60	23:08.90	36.53	1:19.20	2:54.06
39	1.61	33.04	1:13.93	2:42.98	5:50.42	12:16.17	23:17.58	36.76	1:19.70	2:55.15
38	1.62	33.24	1:14.39	2:43.99	5:52.59	12:20.75	23:26.26	36.98	1:20.19	2:56.24
37	1.63	33.45	1:14.85	2:45.00	5:54.77	12:25.32	23:34.94	37.21	1:20.69	2:57.33
36	1.64	33.65	1:15.31	2:46.02	5:56.95	12:29.89	23:43.62	37.44	1:21.18	2:58.42
35	1.65	33.86	1:15.77	2:47.03	5:59.12	12:34.46	23:52.30	37.67	1:21.68	2:59.50
34	1.66	34.06	1:16.23	2:48.04	6:01.30	12:39.04	24:00.98	37.90	1:22.17	3:00.59
33	1.67	34.27	1:16.69	2:49.05	6:03.48	12:43.61	24:09.66	38.13	1:22.67	3:01.68
32	1.68	34.47	1:17.15	2:50.07	6:05.65	12:48.18	24:18.34	38.35	1:23.16	3:02.77
31	1.69	34.68	1:17.60	2:51.08	6:07.83	12:52.75	24:27.02	38.58	1:23.66	3:03.86
30	1.70	34.88	1:18.06	2:52.09	6:10.01	12:57.33	24:35.70	38.81	1:24.15	3:04.94
29	1.71	35.09	1:18.52	2:53.10	6:12.18	13:01.90	24:44.38	39.04	1:24.65	3:06.03
28	1.72	35.29	1:18.98	2:54.12	6:14.36	13:06.47	24:53.06	39.27	1:25.14	3:07.12
27	1.73	35.50	1:19.44	2:55.13	6:16.53	13:11.04	25:01.74	39.50	1:25.64	3:08.21
26	1.74	35.70	1:19.90	2:56.14	6:18.71	13:15.62	25:10.42	39.72	1:26.13	3:09.29
25	1.75	35.91	1:20.36	2:57.15	6:20.89	13:20.19	25:19.11	39.95	1:26.63	3:10.38
24	1.76	36.12	1:20.82	2:58.16	6:23.06	13:24.76	25:27.79	40.18	1:27.12	3:11.47
23	1.77	36.32	1:21.28	2:59.18	6:25.24	13:29.33	25:36.47	40.41	1:27.62	3:12.56
22	1.78	36.53	1:21.74	3:00.19	6:27.42	13:33.91	25:45.15	40.64	1:28.11	3:13.65
21	1.79	36.73	1:22.20	3:01.20	6:29.59	13:38.48	25:53.83	40.87	1:28.61	3:14.73
20	1.80	36.94	1:22.66	3:02.21	6:31.77	13:43.05	26:02.51	41.09	1:29.10	3:15.82
19	1.81	37.14	1:23.12	3:03.23	6:33.95	13:47.62	26:11.19	41.32	1:29.60	3:16.91
18	1.82	37.35	1:23.57	3:04.24	6:36.12	13:52.20	26:19.87	41.55	1:30.09	3:18.00
17	1.83	37.55	1:24.03	3:05.25	6:38.30	13:56.77	26:28.55	41.78	1:30.59	3:19.09
16	1.84	37.76	1:24.49	3:06.26	6:40.48	14:01.34	26:37.23	42.01	1:31.08	3:20.17
15	1.85	37.96	1:24.95	3:07.28	6:42.65	14:05.91	26:45.91	42.24	1:31.58	3:21.26
14	1.86	38.17	1:25.41	3:08.29	6:44.83	14:10.49	26:54.59	42.46	1:32.07	3:22.35
13	1.87	38.37	1:25.87	3:09.30	6:47.01	14:15.06	27:03.27	42.69	1:32.57	3:23.44
12	1.88	38.58	1:26.33	3:10.31	6:49.18	14:19.63	27:11.95	42.92	1:33.06	3:24.53
11	1.89	38.78	1:26.79	3:11.32	6:51.36	14:24.20	27:20.63	43.15	1:33.56	3:25.61
10	1.90	38.99	1:27.25	3:12.34	6:53.54	14:28.78	27:29.31	43.38	1:34.05	3:26.70
9	1.91	39.19	1:27.71	3:13.35	6:55.71	14:33.35	27:37.99	43.61	1:34.55	3:27.79
8	1.92	39.40	1:28.17	3:14.36	6:57.89	14:37.92	27:46.68	43.83	1:35.04	3:28.88
7	1.93	39.60	1:28.63	3:15.37	7:00.06	14:42.49	27:55.36	44.06	1:35.54	3:29.96
6	1.94	39.81	1:29.08	3:16.39	7:02.24	14:47.07	28:04.04	44.29	1:36.03	3:31.05
5	1.95	40.01	1:29.54	3:17.40	7:04.42	14:51.64	28:12.72	44.52	1:36.53	3:32.14
4	1.96	40.22	1:30.00	3:18.41	7:06.59	14:56.21	28:21.40	44.75	1:37.02	3:33.23
3	1.97	40.42	1:30.46	3:19.42	7:08.77	15:00.78	28:30.08	44.98	1:37.52	3:34.32
2	1.98	40.63	1:30.92	3:20.44	7:10.95	15:05.36	28:38.76	45.20	1:38.01	3:35.40
1	1.99	40.83	1:31.38	3:21.45	7:13.12	15:09.93	28:47.44	45.43	1:38.51	3:36.49

# Hong Kong Swimming Point Score

## Short Course 2025-2026

### Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	25.74	56.19	2:01.78	22.06	49.47	1:50.29	50.80	1:51.39	4:01.62
99	1.01	26.00	56.75	2:03.00	22.28	49.96	1:51.39	51.31	1:52.50	4:04.04
98	1.02	26.25	57.31	2:04.22	22.50	50.46	1:52.50	51.82	1:53.62	4:06.45
97	1.03	26.51	57.88	2:05.43	22.72	50.95	1:53.60	52.32	1:54.73	4:08.87
96	1.04	26.77	58.44	2:06.65	22.94	51.45	1:54.70	52.83	1:55.85	4:11.28
95	1.05	27.03	59.00	2:07.87	23.16	51.94	1:55.80	53.34	1:56.96	4:13.70
94	1.06	27.28	59.56	2:09.09	23.38	52.44	1:56.91	53.85	1:58.07	4:16.12
93	1.07	27.54	1:00.12	2:10.30	23.60	52.93	1:58.01	54.36	1:59.19	4:18.53
92	1.08	27.80	1:00.69	2:11.52	23.82	53.43	1:59.11	54.86	2:00.30	4:20.95
91	1.09	28.06	1:01.25	2:12.74	24.05	53.92	2:00.22	55.37	2:01.42	4:23.37
90	1.10	28.31	1:01.81	2:13.96	24.27	54.42	2:01.32	55.88	2:02.53	4:25.78
89	1.11	28.57	1:02.37	2:15.18	24.49	54.91	2:02.42	56.39	2:03.64	4:28.20
88	1.12	28.83	1:02.93	2:16.39	24.71	55.41	2:03.52	56.90	2:04.76	4:30.61
87	1.13	29.09	1:03.49	2:17.61	24.93	55.90	2:04.63	57.40	2:05.87	4:33.03
86	1.14	29.34	1:04.06	2:18.83	25.15	56.40	2:05.73	57.91	2:06.98	4:35.45
85	1.15	29.60	1:04.62	2:20.05	25.37	56.89	2:06.83	58.42	2:08.10	4:37.86
84	1.16	29.86	1:05.18	2:21.26	25.59	57.39	2:07.94	58.93	2:09.21	4:40.28
83	1.17	30.12	1:05.74	2:22.48	25.81	57.88	2:09.04	59.44	2:10.33	4:42.70
82	1.18	30.37	1:06.30	2:23.70	26.03	58.37	2:10.14	59.94	2:11.44	4:45.11
81	1.19	30.63	1:06.87	2:24.92	26.25	58.87	2:11.25	1:00.45	2:12.55	4:47.53
80	1.20	30.89	1:07.43	2:26.14	26.47	59.36	2:12.35	1:00.96	2:13.67	4:49.94
79	1.21	31.15	1:07.99	2:27.35	26.69	59.86	2:13.45	1:01.47	2:14.78	4:52.36
78	1.22	31.40	1:08.55	2:28.57	26.91	1:00.35	2:14.55	1:01.98	2:15.90	4:54.78
77	1.23	31.66	1:09.11	2:29.79	27.13	1:00.85	2:15.66	1:02.48	2:17.01	4:57.19
76	1.24	31.92	1:09.68	2:31.01	27.35	1:01.34	2:16.76	1:02.99	2:18.12	4:59.61
75	1.25	32.18	1:10.24	2:32.23	27.58	1:01.84	2:17.86	1:03.50	2:19.24	5:02.03
74	1.26	32.43	1:10.80	2:33.44	27.80	1:02.33	2:18.97	1:04.01	2:20.35	5:04.44
73	1.27	32.69	1:11.36	2:34.66	28.02	1:02.83	2:20.07	1:04.52	2:21.47	5:06.86
72	1.28	32.95	1:11.92	2:35.88	28.24	1:03.32	2:21.17	1:05.02	2:22.58	5:09.27
71	1.29	33.20	1:12.49	2:37.10	28.46	1:03.82	2:22.27	1:05.53	2:23.69	5:11.69
70	1.30	33.46	1:13.05	2:38.31	28.68	1:04.31	2:23.38	1:06.04	2:24.81	5:14.11
69	1.31	33.72	1:13.61	2:39.53	28.90	1:04.81	2:24.48	1:06.55	2:25.92	5:16.52
68	1.32	33.98	1:14.17	2:40.75	29.12	1:05.30	2:25.58	1:07.06	2:27.03	5:18.94
67	1.33	34.23	1:14.73	2:41.97	29.34	1:05.80	2:26.69	1:07.56	2:28.15	5:21.35
66	1.34	34.49	1:15.29	2:43.19	29.56	1:06.29	2:27.79	1:08.07	2:29.26	5:23.77
65	1.35	34.75	1:15.86	2:44.40	29.78	1:06.78	2:28.89	1:08.58	2:30.38	5:26.19
64	1.36	35.01	1:16.42	2:45.62	30.00	1:07.28	2:29.99	1:09.09	2:31.49	5:28.60
63	1.37	35.26	1:16.98	2:46.84	30.22	1:07.77	2:31.10	1:09.60	2:32.60	5:31.02
62	1.38	35.52	1:17.54	2:48.06	30.44	1:08.27	2:32.20	1:10.10	2:33.72	5:33.44
61	1.39	35.78	1:18.10	2:49.27	30.66	1:08.76	2:33.30	1:10.61	2:34.83	5:35.85
60	1.40	36.04	1:18.67	2:50.49	30.88	1:09.26	2:34.41	1:11.12	2:35.95	5:38.27
59	1.41	36.29	1:19.23	2:51.71	31.10	1:09.75	2:35.51	1:11.63	2:37.06	5:40.68
58	1.42	36.55	1:19.79	2:52.93	31.33	1:10.25	2:36.61	1:12.14	2:38.17	5:43.10
57	1.43	36.81	1:20.35	2:54.15	31.55	1:10.74	2:37.71	1:12.64	2:39.29	5:45.52
56	1.44	37.07	1:20.91	2:55.36	31.77	1:11.24	2:38.82	1:13.15	2:40.40	5:47.93
55	1.45	37.32	1:21.48	2:56.58	31.99	1:11.73	2:39.92	1:13.66	2:41.52	5:50.35
54	1.46	37.58	1:22.04	2:57.80	32.21	1:12.23	2:41.02	1:14.17	2:42.63	5:52.77

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	37.84	1:22.60	2:59.02	32.43	1:12.72	2:42.13	1:14.68	2:43.74	5:55.18
52	1.48	38.10	1:23.16	3:00.23	32.65	1:13.22	2:43.23	1:15.18	2:44.86	5:57.60
51	1.49	38.35	1:23.72	3:01.45	32.87	1:13.71	2:44.33	1:15.69	2:45.97	6:00.01
50	1.50	38.61	1:24.29	3:02.67	33.09	1:14.21	2:45.44	1:16.20	2:47.09	6:02.43
49	1.51	38.87	1:24.85	3:03.89	33.31	1:14.70	2:46.54	1:16.71	2:48.20	6:04.85
48	1.52	39.12	1:25.41	3:05.11	33.53	1:15.19	2:47.64	1:17.22	2:49.31	6:07.26
47	1.53	39.38	1:25.97	3:06.32	33.75	1:15.69	2:48.74	1:17.72	2:50.43	6:09.68
46	1.54	39.64	1:26.53	3:07.54	33.97	1:16.18	2:49.85	1:18.23	2:51.54	6:12.09
45	1.55	39.90	1:27.09	3:08.76	34.19	1:16.68	2:50.95	1:18.74	2:52.65	6:14.51
44	1.56	40.15	1:27.66	3:09.98	34.41	1:17.17	2:52.05	1:19.25	2:53.77	6:16.93
43	1.57	40.41	1:28.22	3:11.19	34.63	1:17.67	2:53.16	1:19.76	2:54.88	6:19.34
42	1.58	40.67	1:28.78	3:12.41	34.85	1:18.16	2:54.26	1:20.26	2:56.00	6:21.76
41	1.59	40.93	1:29.34	3:13.63	35.08	1:18.66	2:55.36	1:20.77	2:57.11	6:24.18
40	1.60	41.18	1:29.90	3:14.85	35.30	1:19.15	2:56.46	1:21.28	2:58.22	6:26.59
39	1.61	41.44	1:30.47	3:16.07	35.52	1:19.65	2:57.57	1:21.79	2:59.34	6:29.01
38	1.62	41.70	1:31.03	3:17.28	35.74	1:20.14	2:58.67	1:22.30	3:00.45	6:31.42
37	1.63	41.96	1:31.59	3:18.50	35.96	1:20.64	2:59.77	1:22.80	3:01.57	6:33.84
36	1.64	42.21	1:32.15	3:19.72	36.18	1:21.13	3:00.88	1:23.31	3:02.68	6:36.26
35	1.65	42.47	1:32.71	3:20.94	36.40	1:21.63	3:01.98	1:23.82	3:03.79	6:38.67
34	1.66	42.73	1:33.28	3:22.15	36.62	1:22.12	3:03.08	1:24.33	3:04.91	6:41.09
33	1.67	42.99	1:33.84	3:23.37	36.84	1:22.61	3:04.18	1:24.84	3:06.02	6:43.51
32	1.68	43.24	1:34.40	3:24.59	37.06	1:23.11	3:05.29	1:25.34	3:07.14	6:45.92
31	1.69	43.50	1:34.96	3:25.81	37.28	1:23.60	3:06.39	1:25.85	3:08.25	6:48.34
30	1.70	43.76	1:35.52	3:27.03	37.50	1:24.10	3:07.49	1:26.36	3:09.36	6:50.75
29	1.71	44.02	1:36.08	3:28.24	37.72	1:24.59	3:08.60	1:26.87	3:10.48	6:53.17
28	1.72	44.27	1:36.65	3:29.46	37.94	1:25.09	3:09.70	1:27.38	3:11.59	6:55.59
27	1.73	44.53	1:37.21	3:30.68	38.16	1:25.58	3:10.80	1:27.88	3:12.70	6:58.00
26	1.74	44.79	1:37.77	3:31.90	38.38	1:26.08	3:11.90	1:28.39	3:13.82	7:00.42
25	1.75	45.05	1:38.33	3:33.12	38.61	1:26.57	3:13.01	1:28.90	3:14.93	7:02.84
24	1.76	45.30	1:38.89	3:34.33	38.83	1:27.07	3:14.11	1:29.41	3:16.05	7:05.25
23	1.77	45.56	1:39.46	3:35.55	39.05	1:27.56	3:15.21	1:29.92	3:17.16	7:07.67
22	1.78	45.82	1:40.02	3:36.77	39.27	1:28.06	3:16.32	1:30.42	3:18.27	7:10.08
21	1.79	46.07	1:40.58	3:37.99	39.49	1:28.55	3:17.42	1:30.93	3:19.39	7:12.50
20	1.80	46.33	1:41.14	3:39.20	39.71	1:29.05	3:18.52	1:31.44	3:20.50	7:14.92
19	1.81	46.59	1:41.70	3:40.42	39.93	1:29.54	3:19.62	1:31.95	3:21.62	7:17.33
18	1.82	46.85	1:42.27	3:41.64	40.15	1:30.04	3:20.73	1:32.46	3:22.73	7:19.75
17	1.83	47.10	1:42.83	3:42.86	40.37	1:30.53	3:21.83	1:32.96	3:23.84	7:22.16
16	1.84	47.36	1:43.39	3:44.08	40.59	1:31.02	3:22.93	1:33.47	3:24.96	7:24.58
15	1.85	47.62	1:43.95	3:45.29	40.81	1:31.52	3:24.04	1:33.98	3:26.07	7:27.00
14	1.86	47.88	1:44.51	3:46.51	41.03	1:32.01	3:25.14	1:34.49	3:27.19	7:29.41
13	1.87	48.13	1:45.08	3:47.73	41.25	1:32.51	3:26.24	1:35.00	3:28.30	7:31.83
12	1.88	48.39	1:45.64	3:48.95	41.47	1:33.00	3:27.35	1:35.50	3:29.41	7:34.25
11	1.89	48.65	1:46.20	3:50.16	41.69	1:33.50	3:28.45	1:36.01	3:30.53	7:36.66
10	1.90	48.91	1:46.76	3:51.38	41.91	1:33.99	3:29.55	1:36.52	3:31.64	7:39.08
9	1.91	49.16	1:47.32	3:52.60	42.13	1:34.49	3:30.65	1:37.03	3:32.75	7:41.49
8	1.92	49.42	1:47.88	3:53.82	42.36	1:34.98	3:31.76	1:37.54	3:33.87	7:43.91
7	1.93	49.68	1:48.45	3:55.04	42.58	1:35.48	3:32.86	1:38.04	3:34.98	7:46.33
6	1.94	49.94	1:49.01	3:56.25	42.80	1:35.97	3:33.96	1:38.55	3:36.10	7:48.74
5	1.95	50.19	1:49.57	3:57.47	43.02	1:36.47	3:35.07	1:39.06	3:37.21	7:51.16
4	1.96	50.45	1:50.13	3:58.69	43.24	1:36.96	3:36.17	1:39.57	3:38.32	7:53.58
3	1.97	50.71	1:50.69	3:59.91	43.46	1:37.46	3:37.27	1:40.08	3:39.44	7:55.99
2	1.98	50.97	1:51.26	4:01.12	43.68	1:37.95	3:38.37	1:40.58	3:40.55	7:58.41
1	1.99	51.22	1:51.82	4:02.34	43.90	1:38.45	3:39.48	1:41.09	3:41.67	8:00.82

# Hong Kong Swimming Point Score

## Short Course 2025-2026

### Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.44	50.61	1:50.31	3:52.69	8:07.44	15:48.64	26.00	55.84	2:01.62
99	1.01	23.67	51.12	1:51.41	3:55.02	8:12.31	15:58.13	26.26	56.40	2:02.84
98	1.02	23.91	51.62	1:52.52	3:57.34	8:17.19	16:07.61	26.52	56.96	2:04.05
97	1.03	24.14	52.13	1:53.62	3:59.67	8:22.06	16:17.10	26.78	57.52	2:05.27
96	1.04	24.38	52.63	1:54.72	4:02.00	8:26.94	16:26.59	27.04	58.07	2:06.48
95	1.05	24.61	53.14	1:55.83	4:04.32	8:31.81	16:36.07	27.30	58.63	2:07.70
94	1.06	24.85	53.65	1:56.93	4:06.65	8:36.69	16:45.56	27.56	59.19	2:08.92
93	1.07	25.08	54.15	1:58.03	4:08.98	8:41.56	16:55.04	27.82	59.75	2:10.13
92	1.08	25.32	54.66	1:59.13	4:11.31	8:46.44	17:04.53	28.08	1:00.31	2:11.35
91	1.09	25.55	55.16	2:00.24	4:13.63	8:51.31	17:14.02	28.34	1:00.87	2:12.57
90	1.10	25.78	55.67	2:01.34	4:15.96	8:56.18	17:23.50	28.60	1:01.42	2:13.78
89	1.11	26.02	56.18	2:02.44	4:18.29	9:01.06	17:32.99	28.86	1:01.98	2:15.00
88	1.12	26.25	56.68	2:03.55	4:20.61	9:05.93	17:42.48	29.12	1:02.54	2:16.21
87	1.13	26.49	57.19	2:04.65	4:22.94	9:10.81	17:51.96	29.38	1:03.10	2:17.43
86	1.14	26.72	57.70	2:05.75	4:25.27	9:15.68	18:01.45	29.64	1:03.66	2:18.65
85	1.15	26.96	58.20	2:06.86	4:27.59	9:20.56	18:10.94	29.90	1:04.22	2:19.86
84	1.16	27.19	58.71	2:07.96	4:29.92	9:25.43	18:20.42	30.16	1:04.77	2:21.08
83	1.17	27.42	59.21	2:09.06	4:32.25	9:30.30	18:29.91	30.42	1:05.33	2:22.30
82	1.18	27.66	59.72	2:10.17	4:34.57	9:35.18	18:39.40	30.68	1:05.89	2:23.51
81	1.19	27.89	1:00.23	2:11.27	4:36.90	9:40.05	18:48.88	30.94	1:06.45	2:24.73
80	1.20	28.13	1:00.73	2:12.37	4:39.23	9:44.93	18:58.37	31.20	1:07.01	2:25.94
79	1.21	28.36	1:01.24	2:13.48	4:41.55	9:49.80	19:07.85	31.46	1:07.57	2:27.16
78	1.22	28.60	1:01.74	2:14.58	4:43.88	9:54.68	19:17.34	31.72	1:08.12	2:28.38
77	1.23	28.83	1:02.25	2:15.68	4:46.21	9:59.55	19:26.83	31.98	1:08.68	2:29.59
76	1.24	29.07	1:02.76	2:16.78	4:48.54	10:04.43	19:36.31	32.24	1:09.24	2:30.81
75	1.25	29.30	1:03.26	2:17.89	4:50.86	10:09.30	19:45.80	32.50	1:09.80	2:32.03
74	1.26	29.53	1:03.77	2:18.99	4:53.19	10:14.17	19:55.29	32.76	1:10.36	2:33.24
73	1.27	29.77	1:04.27	2:20.09	4:55.52	10:19.05	20:04.77	33.02	1:10.92	2:34.46
72	1.28	30.00	1:04.78	2:21.20	4:57.84	10:23.92	20:14.26	33.28	1:11.48	2:35.67
71	1.29	30.24	1:05.29	2:22.30	5:00.17	10:28.80	20:23.75	33.54	1:12.03	2:36.89
70	1.30	30.47	1:05.79	2:23.40	5:02.50	10:33.67	20:33.23	33.80	1:12.59	2:38.11
69	1.31	30.71	1:06.30	2:24.51	5:04.82	10:38.55	20:42.72	34.06	1:13.15	2:39.32
68	1.32	30.94	1:06.81	2:25.61	5:07.15	10:43.42	20:52.20	34.32	1:13.71	2:40.54
67	1.33	31.18	1:07.31	2:26.71	5:09.48	10:48.30	21:01.69	34.58	1:14.27	2:41.75
66	1.34	31.41	1:07.82	2:27.82	5:11.80	10:53.17	21:11.18	34.84	1:14.83	2:42.97
65	1.35	31.64	1:08.32	2:28.92	5:14.13	10:58.04	21:20.66	35.10	1:15.38	2:44.19
64	1.36	31.88	1:08.83	2:30.02	5:16.46	11:02.92	21:30.15	35.36	1:15.94	2:45.40
63	1.37	32.11	1:09.34	2:31.12	5:18.79	11:07.79	21:39.64	35.62	1:16.50	2:46.62
62	1.38	32.35	1:09.84	2:32.23	5:21.11	11:12.67	21:49.12	35.88	1:17.06	2:47.84
61	1.39	32.58	1:10.35	2:33.33	5:23.44	11:17.54	21:58.61	36.14	1:17.62	2:49.05
60	1.40	32.82	1:10.85	2:34.43	5:25.77	11:22.42	22:08.10	36.40	1:18.18	2:50.27
59	1.41	33.05	1:11.36	2:35.54	5:28.09	11:27.29	22:17.58	36.66	1:18.73	2:51.48
58	1.42	33.28	1:11.87	2:36.64	5:30.42	11:32.16	22:27.07	36.92	1:19.29	2:52.70
57	1.43	33.52	1:12.37	2:37.74	5:32.75	11:37.04	22:36.56	37.18	1:19.85	2:53.92
56	1.44	33.75	1:12.88	2:38.85	5:35.07	11:41.91	22:46.04	37.44	1:20.41	2:55.13
55	1.45	33.99	1:13.38	2:39.95	5:37.40	11:46.79	22:55.53	37.70	1:20.97	2:56.35
54	1.46	34.22	1:13.89	2:41.05	5:39.73	11:51.66	23:05.01	37.96	1:21.53	2:57.57

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	34.46	1:14.40	2:42.16	5:42.05	11:56.54	23:14.50	38.22	1:22.08	2:58.78
52	1.48	34.69	1:14.90	2:43.26	5:44.38	12:01.41	23:23.99	38.48	1:22.64	3:00.00
51	1.49	34.93	1:15.41	2:44.36	5:46.71	12:06.29	23:33.47	38.74	1:23.20	3:01.21
50	1.50	35.16	1:15.92	2:45.47	5:49.04	12:11.16	23:42.96	39.00	1:23.76	3:02.43
49	1.51	35.39	1:16.42	2:46.57	5:51.36	12:16.03	23:52.45	39.26	1:24.32	3:03.65
48	1.52	35.63	1:16.93	2:47.67	5:53.69	12:20.91	24:01.93	39.52	1:24.88	3:04.86
47	1.53	35.86	1:17.43	2:48.77	5:56.02	12:25.78	24:11.42	39.78	1:25.44	3:06.08
46	1.54	36.10	1:17.94	2:49.88	5:58.34	12:30.66	24:20.91	40.04	1:25.99	3:07.29
45	1.55	36.33	1:18.45	2:50.98	6:00.67	12:35.53	24:30.39	40.30	1:26.55	3:08.51
44	1.56	36.57	1:18.95	2:52.08	6:03.00	12:40.41	24:39.88	40.56	1:27.11	3:09.73
43	1.57	36.80	1:19.46	2:53.19	6:05.32	12:45.28	24:49.36	40.82	1:27.67	3:10.94
42	1.58	37.04	1:19.96	2:54.29	6:07.65	12:50.16	24:58.85	41.08	1:28.23	3:12.16
41	1.59	37.27	1:20.47	2:55.39	6:09.98	12:55.03	25:08.34	41.34	1:28.79	3:13.38
40	1.60	37.50	1:20.98	2:56.50	6:12.30	12:59.90	25:17.82	41.60	1:29.34	3:14.59
39	1.61	37.74	1:21.48	2:57.60	6:14.63	13:04.78	25:27.31	41.86	1:29.90	3:15.81
38	1.62	37.97	1:21.99	2:58.70	6:16.96	13:09.65	25:36.80	42.12	1:30.46	3:17.02
37	1.63	38.21	1:22.49	2:59.81	6:19.28	13:14.53	25:46.28	42.38	1:31.02	3:18.24
36	1.64	38.44	1:23.00	3:00.91	6:21.61	13:19.40	25:55.77	42.64	1:31.58	3:19.46
35	1.65	38.68	1:23.51	3:02.01	6:23.94	13:24.28	26:05.26	42.90	1:32.14	3:20.67
34	1.66	38.91	1:24.01	3:03.11	6:26.27	13:29.15	26:14.74	43.16	1:32.69	3:21.89
33	1.67	39.14	1:24.52	3:04.22	6:28.59	13:34.02	26:24.23	43.42	1:33.25	3:23.11
32	1.68	39.38	1:25.02	3:05.32	6:30.92	13:38.90	26:33.72	43.68	1:33.81	3:24.32
31	1.69	39.61	1:25.53	3:06.42	6:33.25	13:43.77	26:43.20	43.94	1:34.37	3:25.54
30	1.70	39.85	1:26.04	3:07.53	6:35.57	13:48.65	26:52.69	44.20	1:34.93	3:26.75
29	1.71	40.08	1:26.54	3:08.63	6:37.90	13:53.52	27:02.17	44.46	1:35.49	3:27.97
28	1.72	40.32	1:27.05	3:09.73	6:40.23	13:58.40	27:11.66	44.72	1:36.04	3:29.19
27	1.73	40.55	1:27.56	3:10.84	6:42.55	14:03.27	27:21.15	44.98	1:36.60	3:30.40
26	1.74	40.79	1:28.06	3:11.94	6:44.88	14:08.15	27:30.63	45.24	1:37.16	3:31.62
25	1.75	41.02	1:28.57	3:13.04	6:47.21	14:13.02	27:40.12	45.50	1:37.72	3:32.84
24	1.76	41.25	1:29.07	3:14.15	6:49.53	14:17.89	27:49.61	45.76	1:38.28	3:34.05
23	1.77	41.49	1:29.58	3:15.25	6:51.86	14:22.77	27:59.09	46.02	1:38.84	3:35.27
22	1.78	41.72	1:30.09	3:16.35	6:54.19	14:27.64	28:08.58	46.28	1:39.40	3:36.48
21	1.79	41.96	1:30.59	3:17.45	6:56.52	14:32.52	28:18.07	46.54	1:39.95	3:37.70
20	1.80	42.19	1:31.10	3:18.56	6:58.84	14:37.39	28:27.55	46.80	1:40.51	3:38.92
19	1.81	42.43	1:31.60	3:19.66	7:01.17	14:42.27	28:37.04	47.06	1:41.07	3:40.13
18	1.82	42.66	1:32.11	3:20.76	7:03.50	14:47.14	28:46.52	47.32	1:41.63	3:41.35
17	1.83	42.90	1:32.62	3:21.87	7:05.82	14:52.02	28:56.01	47.58	1:42.19	3:42.56
16	1.84	43.13	1:33.12	3:22.97	7:08.15	14:56.89	29:05.50	47.84	1:42.75	3:43.78
15	1.85	43.36	1:33.63	3:24.07	7:10.48	15:01.76	29:14.98	48.10	1:43.30	3:45.00
14	1.86	43.60	1:34.13	3:25.18	7:12.80	15:06.64	29:24.47	48.36	1:43.86	3:46.21
13	1.87	43.83	1:34.64	3:26.28	7:15.13	15:11.51	29:33.96	48.62	1:44.42	3:47.43
12	1.88	44.07	1:35.15	3:27.38	7:17.46	15:16.39	29:43.44	48.88	1:44.98	3:48.65
11	1.89	44.30	1:35.65	3:28.49	7:19.78	15:21.26	29:52.93	49.14	1:45.54	3:49.86
10	1.90	44.54	1:36.16	3:29.59	7:22.11	15:26.14	30:02.42	49.40	1:46.10	3:51.08
9	1.91	44.77	1:36.67	3:30.69	7:24.44	15:31.01	30:11.90	49.66	1:46.65	3:52.29
8	1.92	45.00	1:37.17	3:31.80	7:26.76	15:35.88	30:21.39	49.92	1:47.21	3:53.51
7	1.93	45.24	1:37.68	3:32.90	7:29.09	15:40.76	30:30.88	50.18	1:47.77	3:54.73
6	1.94	45.47	1:38.18	3:34.00	7:31.42	15:45.63	30:40.36	50.44	1:48.33	3:55.94
5	1.95	45.71	1:38.69	3:35.10	7:33.75	15:50.51	30:49.85	50.70	1:48.89	3:57.16
4	1.96	45.94	1:39.20	3:36.21	7:36.07	15:55.38	30:59.33	50.96	1:49.45	3:58.38
3	1.97	46.18	1:39.70	3:37.31	7:38.40	16:00.26	31:08.82	51.22	1:50.00	3:59.59
2	1.98	46.41	1:40.21	3:38.41	7:40.73	16:05.13	31:18.31	51.48	1:50.56	4:00.81
1	1.99	46.65	1:40.71	3:39.52	7:43.05	16:10.01	31:27.79	51.74	1:51.12	4:02.02

# Hong Kong Swimming Point Score

## Short Course 2025-2026

### Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	28.96	1:03.07	2:17.24	24.88	55.31	2:02.94	57.33	2:04.53	4:26.06
99	1.01	29.25	1:03.70	2:18.61	25.13	55.86	2:04.17	57.90	2:05.78	4:28.72
98	1.02	29.54	1:04.33	2:19.98	25.38	56.42	2:05.40	58.48	2:07.02	4:31.38
97	1.03	29.83	1:04.96	2:21.36	25.63	56.97	2:06.63	59.05	2:08.27	4:34.04
96	1.04	30.12	1:05.59	2:22.73	25.88	57.52	2:07.86	59.62	2:09.51	4:36.70
95	1.05	30.41	1:06.22	2:24.10	26.12	58.08	2:09.09	1:00.20	2:10.76	4:39.36
94	1.06	30.70	1:06.85	2:25.47	26.37	58.63	2:10.32	1:00.77	2:12.00	4:42.02
93	1.07	30.99	1:07.48	2:26.85	26.62	59.18	2:11.55	1:01.34	2:13.25	4:44.68
92	1.08	31.28	1:08.12	2:28.22	26.87	59.73	2:12.78	1:01.92	2:14.49	4:47.34
91	1.09	31.57	1:08.75	2:29.59	27.12	1:00.29	2:14.00	1:02.49	2:15.74	4:50.01
90	1.10	31.86	1:09.38	2:30.96	27.37	1:00.84	2:15.23	1:03.06	2:16.98	4:52.67
89	1.11	32.15	1:10.01	2:32.34	27.62	1:01.39	2:16.46	1:03.64	2:18.23	4:55.33
88	1.12	32.44	1:10.64	2:33.71	27.87	1:01.95	2:17.69	1:04.21	2:19.47	4:57.99
87	1.13	32.72	1:11.27	2:35.08	28.11	1:02.50	2:18.92	1:04.78	2:20.72	5:00.65
86	1.14	33.01	1:11.90	2:36.45	28.36	1:03.05	2:20.15	1:05.36	2:21.96	5:03.31
85	1.15	33.30	1:12.53	2:37.83	28.61	1:03.61	2:21.38	1:05.93	2:23.21	5:05.97
84	1.16	33.59	1:13.16	2:39.20	28.86	1:04.16	2:22.61	1:06.50	2:24.45	5:08.63
83	1.17	33.88	1:13.79	2:40.57	29.11	1:04.71	2:23.84	1:07.08	2:25.70	5:11.29
82	1.18	34.17	1:14.42	2:41.94	29.36	1:05.27	2:25.07	1:07.65	2:26.95	5:13.95
81	1.19	34.46	1:15.05	2:43.32	29.61	1:05.82	2:26.30	1:08.22	2:28.19	5:16.61
80	1.20	34.75	1:15.68	2:44.69	29.86	1:06.37	2:27.53	1:08.80	2:29.44	5:19.27
79	1.21	35.04	1:16.31	2:46.06	30.10	1:06.93	2:28.76	1:09.37	2:30.68	5:21.93
78	1.22	35.33	1:16.95	2:47.43	30.35	1:07.48	2:29.99	1:09.94	2:31.93	5:24.59
77	1.23	35.62	1:17.58	2:48.81	30.60	1:08.03	2:31.22	1:10.52	2:33.17	5:27.25
76	1.24	35.91	1:18.21	2:50.18	30.85	1:08.58	2:32.45	1:11.09	2:34.42	5:29.91
75	1.25	36.20	1:18.84	2:51.55	31.10	1:09.14	2:33.68	1:11.66	2:35.66	5:32.58
74	1.26	36.49	1:19.47	2:52.92	31.35	1:09.69	2:34.90	1:12.24	2:36.91	5:35.24
73	1.27	36.78	1:20.10	2:54.29	31.60	1:10.24	2:36.13	1:12.81	2:38.15	5:37.90
72	1.28	37.07	1:20.73	2:55.67	31.85	1:10.80	2:37.36	1:13.38	2:39.40	5:40.56
71	1.29	37.36	1:21.36	2:57.04	32.10	1:11.35	2:38.59	1:13.96	2:40.64	5:43.22
70	1.30	37.65	1:21.99	2:58.41	32.34	1:11.90	2:39.82	1:14.53	2:41.89	5:45.88
69	1.31	37.94	1:22.62	2:59.78	32.59	1:12.46	2:41.05	1:15.10	2:43.13	5:48.54
68	1.32	38.23	1:23.25	3:01.16	32.84	1:13.01	2:42.28	1:15.68	2:44.38	5:51.20
67	1.33	38.52	1:23.88	3:02.53	33.09	1:13.56	2:43.51	1:16.25	2:45.62	5:53.86
66	1.34	38.81	1:24.51	3:03.90	33.34	1:14.12	2:44.74	1:16.82	2:46.87	5:56.52
65	1.35	39.10	1:25.14	3:05.27	33.59	1:14.67	2:45.97	1:17.40	2:48.12	5:59.18
64	1.36	39.39	1:25.78	3:06.65	33.84	1:15.22	2:47.20	1:17.97	2:49.36	6:01.84
63	1.37	39.68	1:26.41	3:08.02	34.09	1:15.77	2:48.43	1:18.54	2:50.61	6:04.50
62	1.38	39.96	1:27.04	3:09.39	34.33	1:16.33	2:49.66	1:19.12	2:51.85	6:07.16
61	1.39	40.25	1:27.67	3:10.76	34.58	1:16.88	2:50.89	1:19.69	2:53.10	6:09.82
60	1.40	40.54	1:28.30	3:12.14	34.83	1:17.43	2:52.12	1:20.26	2:54.34	6:12.48
59	1.41	40.83	1:28.93	3:13.51	35.08	1:17.99	2:53.35	1:20.84	2:55.59	6:15.14
58	1.42	41.12	1:29.56	3:14.88	35.33	1:18.54	2:54.57	1:21.41	2:56.83	6:17.81
57	1.43	41.41	1:30.19	3:16.25	35.58	1:19.09	2:55.80	1:21.98	2:58.08	6:20.47
56	1.44	41.70	1:30.82	3:17.63	35.83	1:19.65	2:57.03	1:22.56	2:59.32	6:23.13
55	1.45	41.99	1:31.45	3:19.00	36.08	1:20.20	2:58.26	1:23.13	3:00.57	6:25.79
54	1.46	42.28	1:32.08	3:20.37	36.32	1:20.75	2:59.49	1:23.70	3:01.81	6:28.45

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	42.57	1:32.71	3:21.74	36.57	1:21.31	3:00.72	1:24.28	3:03.06	6:31.11
52	1.48	42.86	1:33.34	3:23.12	36.82	1:21.86	3:01.95	1:24.85	3:04.30	6:33.77
51	1.49	43.15	1:33.97	3:24.49	37.07	1:22.41	3:03.18	1:25.42	3:05.55	6:36.43
50	1.50	43.44	1:34.61	3:25.86	37.32	1:22.97	3:04.41	1:26.00	3:06.80	6:39.09
49	1.51	43.73	1:35.24	3:27.23	37.57	1:23.52	3:05.64	1:26.57	3:08.04	6:41.75
48	1.52	44.02	1:35.87	3:28.60	37.82	1:24.07	3:06.87	1:27.14	3:09.29	6:44.41
47	1.53	44.31	1:36.50	3:29.98	38.07	1:24.62	3:08.10	1:27.71	3:10.53	6:47.07
46	1.54	44.60	1:37.13	3:31.35	38.32	1:25.18	3:09.33	1:28.29	3:11.78	6:49.73
45	1.55	44.89	1:37.76	3:32.72	38.56	1:25.73	3:10.56	1:28.86	3:13.02	6:52.39
44	1.56	45.18	1:38.39	3:34.09	38.81	1:26.28	3:11.79	1:29.43	3:14.27	6:55.05
43	1.57	45.47	1:39.02	3:35.47	39.06	1:26.84	3:13.02	1:30.01	3:15.51	6:57.71
42	1.58	45.76	1:39.65	3:36.84	39.31	1:27.39	3:14.25	1:30.58	3:16.76	7:00.37
41	1.59	46.05	1:40.28	3:38.21	39.56	1:27.94	3:15.47	1:31.15	3:18.00	7:03.04
40	1.60	46.34	1:40.91	3:39.58	39.81	1:28.50	3:16.70	1:31.73	3:19.25	7:05.70
39	1.61	46.63	1:41.54	3:40.96	40.06	1:29.05	3:17.93	1:32.30	3:20.49	7:08.36
38	1.62	46.92	1:42.17	3:42.33	40.31	1:29.60	3:19.16	1:32.87	3:21.74	7:11.02
37	1.63	47.20	1:42.80	3:43.70	40.55	1:30.16	3:20.39	1:33.45	3:22.98	7:13.68
36	1.64	47.49	1:43.43	3:45.07	40.80	1:30.71	3:21.62	1:34.02	3:24.23	7:16.34
35	1.65	47.78	1:44.07	3:46.45	41.05	1:31.26	3:22.85	1:34.59	3:25.47	7:19.00
34	1.66	48.07	1:44.70	3:47.82	41.30	1:31.81	3:24.08	1:35.17	3:26.72	7:21.66
33	1.67	48.36	1:45.33	3:49.19	41.55	1:32.37	3:25.31	1:35.74	3:27.97	7:24.32
32	1.68	48.65	1:45.96	3:50.56	41.80	1:32.92	3:26.54	1:36.31	3:29.21	7:26.98
31	1.69	48.94	1:46.59	3:51.94	42.05	1:33.47	3:27.77	1:36.89	3:30.46	7:29.64
30	1.70	49.23	1:47.22	3:53.31	42.30	1:34.03	3:29.00	1:37.46	3:31.70	7:32.30
29	1.71	49.52	1:47.85	3:54.68	42.54	1:34.58	3:30.23	1:38.03	3:32.95	7:34.96
28	1.72	49.81	1:48.48	3:56.05	42.79	1:35.13	3:31.46	1:38.61	3:34.19	7:37.62
27	1.73	50.10	1:49.11	3:57.43	43.04	1:35.69	3:32.69	1:39.18	3:35.44	7:40.28
26	1.74	50.39	1:49.74	3:58.80	43.29	1:36.24	3:33.92	1:39.75	3:36.68	7:42.94
25	1.75	50.68	1:50.37	4:00.17	43.54	1:36.79	3:35.15	1:40.33	3:37.93	7:45.61
24	1.76	50.97	1:51.00	4:01.54	43.79	1:37.35	3:36.37	1:40.90	3:39.17	7:48.27
23	1.77	51.26	1:51.63	4:02.91	44.04	1:37.90	3:37.60	1:41.47	3:40.42	7:50.93
22	1.78	51.55	1:52.26	4:04.29	44.29	1:38.45	3:38.83	1:42.05	3:41.66	7:53.59
21	1.79	51.84	1:52.90	4:05.66	44.54	1:39.00	3:40.06	1:42.62	3:42.91	7:56.25
20	1.80	52.13	1:53.53	4:07.03	44.78	1:39.56	3:41.29	1:43.19	3:44.15	7:58.91
19	1.81	52.42	1:54.16	4:08.40	45.03	1:40.11	3:42.52	1:43.77	3:45.40	8:01.57
18	1.82	52.71	1:54.79	4:09.78	45.28	1:40.66	3:43.75	1:44.34	3:46.64	8:04.23
17	1.83	53.00	1:55.42	4:11.15	45.53	1:41.22	3:44.98	1:44.91	3:47.89	8:06.89
16	1.84	53.29	1:56.05	4:12.52	45.78	1:41.77	3:46.21	1:45.49	3:49.14	8:09.55
15	1.85	53.58	1:56.68	4:13.89	46.03	1:42.32	3:47.44	1:46.06	3:50.38	8:12.21
14	1.86	53.87	1:57.31	4:15.27	46.28	1:42.88	3:48.67	1:46.63	3:51.63	8:14.87
13	1.87	54.16	1:57.94	4:16.64	46.53	1:43.43	3:49.90	1:47.21	3:52.87	8:17.53
12	1.88	54.44	1:58.57	4:18.01	46.77	1:43.98	3:51.13	1:47.78	3:54.12	8:20.19
11	1.89	54.73	1:59.20	4:19.38	47.02	1:44.54	3:52.36	1:48.35	3:55.36	8:22.85
10	1.90	55.02	1:59.83	4:20.76	47.27	1:45.09	3:53.59	1:48.93	3:56.61	8:25.51
9	1.91	55.31	2:00.46	4:22.13	47.52	1:45.64	3:54.82	1:49.50	3:57.85	8:28.17
8	1.92	55.60	2:01.09	4:23.50	47.77	1:46.20	3:56.04	1:50.07	3:59.10	8:30.84
7	1.93	55.89	2:01.73	4:24.87	48.02	1:46.75	3:57.27	1:50.65	4:00.34	8:33.50
6	1.94	56.18	2:02.36	4:26.25	48.27	1:47.30	3:58.50	1:51.22	4:01.59	8:36.16
5	1.95	56.47	2:02.99	4:27.62	48.52	1:47.85	3:59.73	1:51.79	4:02.83	8:38.82
4	1.96	56.76	2:03.62	4:28.99	48.76	1:48.41	4:00.96	1:52.37	4:04.08	8:41.48
3	1.97	57.05	2:04.25	4:30.36	49.01	1:48.96	4:02.19	1:52.94	4:05.32	8:44.14
2	1.98	57.34	2:04.88	4:31.74	49.26	1:49.51	4:03.42	1:53.51	4:06.57	8:46.80
1	1.99	57.63	2:05.51	4:33.11	49.51	1:50.07	4:04.65	1:54.09	4:07.81	8:49.46