

# Hong Kong Swimming Point Score 2024 (LC)

## Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.48	47.66	1:44.62	3:43.58	7:42.55	14:53.60	24.60	53.02	1:55.04
99	1.01	21.69	48.14	1:45.67	3:45.82	7:47.18	15:02.54	24.85	53.55	1:56.19
98	1.02	21.91	48.61	1:46.71	3:48.05	7:51.80	15:11.47	25.09	54.08	1:57.34
97	1.03	22.12	49.09	1:47.76	3:50.29	7:56.43	15:20.41	25.34	54.61	1:58.49
96	1.04	22.34	49.57	1:48.80	3:52.52	8:01.05	15:29.34	25.58	55.14	1:59.64
95	1.05	22.55	50.04	1:49.85	3:54.76	8:05.68	15:38.28	25.83	55.67	2:00.79
94	1.06	22.77	50.52	1:50.90	3:56.99	8:10.30	15:47.22	26.08	56.20	2:01.94
93	1.07	22.98	51.00	1:51.94	3:59.23	8:14.93	15:56.15	26.32	56.73	2:03.09
92	1.08	23.20	51.47	1:52.99	4:01.47	8:19.55	16:05.09	26.57	57.26	2:04.24
91	1.09	23.41	51.95	1:54.04	4:03.70	8:24.18	16:14.02	26.81	57.79	2:05.39
90	1.10	23.63	52.43	1:55.08	4:05.94	8:28.81	16:22.96	27.06	58.32	2:06.54
89	1.11	23.84	52.90	1:56.13	4:08.17	8:33.43	16:31.90	27.31	58.85	2:07.69
88	1.12	24.06	53.38	1:57.17	4:10.41	8:38.06	16:40.83	27.55	59.38	2:08.84
87	1.13	24.27	53.86	1:58.22	4:12.65	8:42.68	16:49.77	27.80	59.91	2:10.00
86	1.14	24.49	54.33	1:59.27	4:14.88	8:47.31	16:58.70	28.04	1:00.44	2:11.15
85	1.15	24.70	54.81	2:00.31	4:17.12	8:51.93	17:07.64	28.29	1:00.97	2:12.30
84	1.16	24.92	55.29	2:01.36	4:19.35	8:56.56	17:16.58	28.54	1:01.50	2:13.45
83	1.17	25.13	55.76	2:02.41	4:21.59	9:01.18	17:25.51	28.78	1:02.03	2:14.60
82	1.18	25.35	56.24	2:03.45	4:23.82	9:05.81	17:34.45	29.03	1:02.56	2:15.75
81	1.19	25.56	56.72	2:04.50	4:26.06	9:10.43	17:43.38	29.27	1:03.09	2:16.90
80	1.20	25.78	57.19	2:05.54	4:28.30	9:15.06	17:52.32	29.52	1:03.62	2:18.05
79	1.21	25.99	57.67	2:06.59	4:30.53	9:19.69	18:01.26	29.77	1:04.15	2:19.20
78	1.22	26.21	58.15	2:07.64	4:32.77	9:24.31	18:10.19	30.01	1:04.68	2:20.35
77	1.23	26.42	58.62	2:08.68	4:35.00	9:28.94	18:19.13	30.26	1:05.21	2:21.50
76	1.24	26.64	59.10	2:09.73	4:37.24	9:33.56	18:28.06	30.50	1:05.74	2:22.65
75	1.25	26.85	59.58	2:10.78	4:39.48	9:38.19	18:37.00	30.75	1:06.28	2:23.80
74	1.26	27.06	1:00.05	2:11.82	4:41.71	9:42.81	18:45.94	31.00	1:06.81	2:24.95
73	1.27	27.28	1:00.53	2:12.87	4:43.95	9:47.44	18:54.87	31.24	1:07.34	2:26.10
72	1.28	27.49	1:01.00	2:13.91	4:46.18	9:52.06	19:03.81	31.49	1:07.87	2:27.25
71	1.29	27.71	1:01.48	2:14.96	4:48.42	9:56.69	19:12.74	31.73	1:08.40	2:28.40
70	1.30	27.92	1:01.96	2:16.01	4:50.65	10:01.32	19:21.68	31.98	1:08.93	2:29.55
69	1.31	28.14	1:02.43	2:17.05	4:52.89	10:05.94	19:30.62	32.23	1:09.46	2:30.70
68	1.32	28.35	1:02.91	2:18.10	4:55.13	10:10.57	19:39.55	32.47	1:09.99	2:31.85
67	1.33	28.57	1:03.39	2:19.14	4:57.36	10:15.19	19:48.49	32.72	1:10.52	2:33.00
66	1.34	28.78	1:03.86	2:20.19	4:59.60	10:19.82	19:57.42	32.96	1:11.05	2:34.15
65	1.35	29.00	1:04.34	2:21.24	5:01.83	10:24.44	20:06.36	33.21	1:11.58	2:35.30
64	1.36	29.21	1:04.82	2:22.28	5:04.07	10:29.07	20:15.30	33.46	1:12.11	2:36.45
63	1.37	29.43	1:05.29	2:23.33	5:06.30	10:33.69	20:24.23	33.70	1:12.64	2:37.60
62	1.38	29.64	1:05.77	2:24.38	5:08.54	10:38.32	20:33.17	33.95	1:13.17	2:38.76
61	1.39	29.86	1:06.25	2:25.42	5:10.78	10:42.94	20:42.10	34.19	1:13.70	2:39.91
60	1.40	30.07	1:06.72	2:26.47	5:13.01	10:47.57	20:51.04	34.44	1:14.23	2:41.06
59	1.41	30.29	1:07.20	2:27.51	5:15.25	10:52.20	20:59.98	34.69	1:14.76	2:42.21
58	1.42	30.50	1:07.68	2:28.56	5:17.48	10:56.82	21:08.91	34.93	1:15.29	2:43.36
57	1.43	30.72	1:08.15	2:29.61	5:19.72	11:01.45	21:17.85	35.18	1:15.82	2:44.51
56	1.44	30.93	1:08.63	2:30.65	5:21.96	11:06.07	21:26.78	35.42	1:16.35	2:45.66
55	1.45	31.15	1:09.11	2:31.70	5:24.19	11:10.70	21:35.72	35.67	1:16.88	2:46.81
54	1.46	31.36	1:09.58	2:32.75	5:26.43	11:15.32	21:44.66	35.92	1:17.41	2:47.96
53	1.47	31.58	1:10.06	2:33.79	5:28.66	11:19.95	21:53.59	36.16	1:17.94	2:49.11

Score	%	Freestyle					Backstroke			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	31.79	1:10.54	2:34.84	5:30.90	11:24.57	22:02.53	36.41	1:18.47	2:50.26
51	1.49	32.01	1:11.01	2:35.88	5:33.13	11:29.20	22:11.46	36.65	1:19.00	2:51.41
50	1.50	32.22	1:11.49	2:36.93	5:35.37	11:33.83	22:20.40	36.90	1:19.53	2:52.56
49	1.51	32.43	1:11.97	2:37.98	5:37.61	11:38.45	22:29.34	37.15	1:20.06	2:53.71
48	1.52	32.65	1:12.44	2:39.02	5:39.84	11:43.08	22:38.27	37.39	1:20.59	2:54.86
47	1.53	32.86	1:12.92	2:40.07	5:42.08	11:47.70	22:47.21	37.64	1:21.12	2:56.01
46	1.54	33.08	1:13.40	2:41.11	5:44.31	11:52.33	22:56.14	37.88	1:21.65	2:57.16
45	1.55	33.29	1:13.87	2:42.16	5:46.55	11:56.95	23:05.08	38.13	1:22.18	2:58.31
44	1.56	33.51	1:14.35	2:43.21	5:48.78	12:01.58	23:14.02	38.38	1:22.71	2:59.46
43	1.57	33.72	1:14.83	2:44.25	5:51.02	12:06.20	23:22.95	38.62	1:23.24	3:00.61
42	1.58	33.94	1:15.30	2:45.30	5:53.26	12:10.83	23:31.89	38.87	1:23.77	3:01.76
41	1.59	34.15	1:15.78	2:46.35	5:55.49	12:15.45	23:40.82	39.11	1:24.30	3:02.91
40	1.60	34.37	1:16.26	2:47.39	5:57.73	12:20.08	23:49.76	39.36	1:24.83	3:04.06
39	1.61	34.58	1:16.73	2:48.44	5:59.96	12:24.71	23:58.70	39.61	1:25.36	3:05.21
38	1.62	34.80	1:17.21	2:49.48	6:02.20	12:29.33	24:07.63	39.85	1:25.89	3:06.36
37	1.63	35.01	1:17.69	2:50.53	6:04.44	12:33.96	24:16.57	40.10	1:26.42	3:07.52
36	1.64	35.23	1:18.16	2:51.58	6:06.67	12:38.58	24:25.50	40.34	1:26.95	3:08.67
35	1.65	35.44	1:18.64	2:52.62	6:08.91	12:43.21	24:34.44	40.59	1:27.48	3:09.82
34	1.66	35.66	1:19.12	2:53.67	6:11.14	12:47.83	24:43.38	40.84	1:28.01	3:10.97
33	1.67	35.87	1:19.59	2:54.72	6:13.38	12:52.46	24:52.31	41.08	1:28.54	3:12.12
32	1.68	36.09	1:20.07	2:55.76	6:15.61	12:57.08	25:01.25	41.33	1:29.07	3:13.27
31	1.69	36.30	1:20.55	2:56.81	6:17.85	13:01.71	25:10.18	41.57	1:29.60	3:14.42
30	1.70	36.52	1:21.02	2:57.85	6:20.09	13:06.34	25:19.12	41.82	1:30.13	3:15.57
29	1.71	36.73	1:21.50	2:58.90	6:22.32	13:10.96	25:28.06	42.07	1:30.66	3:16.72
28	1.72	36.95	1:21.98	2:59.95	6:24.56	13:15.59	25:36.99	42.31	1:31.19	3:17.87
27	1.73	37.16	1:22.45	3:00.99	6:26.79	13:20.21	25:45.93	42.56	1:31.72	3:19.02
26	1.74	37.38	1:22.93	3:02.04	6:29.03	13:24.84	25:54.86	42.80	1:32.25	3:20.17
25	1.75	37.59	1:23.41	3:03.09	6:31.27	13:29.46	26:03.80	43.05	1:32.79	3:21.32
24	1.76	37.80	1:23.88	3:04.13	6:33.50	13:34.09	26:12.74	43.30	1:33.32	3:22.47
23	1.77	38.02	1:24.36	3:05.18	6:35.74	13:38.71	26:21.67	43.54	1:33.85	3:23.62
22	1.78	38.23	1:24.83	3:06.22	6:37.97	13:43.34	26:30.61	43.79	1:34.38	3:24.77
21	1.79	38.45	1:25.31	3:07.27	6:40.21	13:47.96	26:39.54	44.03	1:34.91	3:25.92
20	1.80	38.66	1:25.79	3:08.32	6:42.44	13:52.59	26:48.48	44.28	1:35.44	3:27.07
19	1.81	38.88	1:26.26	3:09.36	6:44.68	13:57.22	26:57.42	44.53	1:35.97	3:28.22
18	1.82	39.09	1:26.74	3:10.41	6:46.92	14:01.84	27:06.35	44.77	1:36.50	3:29.37
17	1.83	39.31	1:27.22	3:11.45	6:49.15	14:06.47	27:15.29	45.02	1:37.03	3:30.52
16	1.84	39.52	1:27.69	3:12.50	6:51.39	14:11.09	27:24.22	45.26	1:37.56	3:31.67
15	1.85	39.74	1:28.17	3:13.55	6:53.62	14:15.72	27:33.16	45.51	1:38.09	3:32.82
14	1.86	39.95	1:28.65	3:14.59	6:55.86	14:20.34	27:42.10	45.76	1:38.62	3:33.97
13	1.87	40.17	1:29.12	3:15.64	6:58.09	14:24.97	27:51.03	46.00	1:39.15	3:35.12
12	1.88	40.38	1:29.60	3:16.69	7:00.33	14:29.59	27:59.97	46.25	1:39.68	3:36.28
11	1.89	40.60	1:30.08	3:17.73	7:02.57	14:34.22	28:08.90	46.49	1:40.21	3:37.43
10	1.90	40.81	1:30.55	3:18.78	7:04.80	14:38.85	28:17.84	46.74	1:40.74	3:38.58
9	1.91	41.03	1:31.03	3:19.82	7:07.04	14:43.47	28:26.78	46.99	1:41.27	3:39.73
8	1.92	41.24	1:31.51	3:20.87	7:09.27	14:48.10	28:35.71	47.23	1:41.80	3:40.88
7	1.93	41.46	1:31.98	3:21.92	7:11.51	14:52.72	28:44.65	47.48	1:42.33	3:42.03
6	1.94	41.67	1:32.46	3:22.96	7:13.75	14:57.35	28:53.58	47.72	1:42.86	3:43.18
5	1.95	41.89	1:32.94	3:24.01	7:15.98	15:01.97	29:02.52	47.97	1:43.39	3:44.33
4	1.96	42.10	1:33.41	3:25.06	7:18.22	15:06.60	29:11.46	48.22	1:43.92	3:45.48
3	1.97	42.32	1:33.89	3:26.10	7:20.45	15:11.22	29:20.39	48.46	1:44.45	3:46.63
2	1.98	42.53	1:34.37	3:27.15	7:22.69	15:15.85	29:29.33	48.71	1:44.98	3:47.78
1	1.99	42.75	1:34.84	3:28.19	7:24.92	15:20.47	29:38.26	48.95	1:45.51	3:48.93

# Hong Kong Swimming Point Score 2024 (LC)

## Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	26.79	58.62	2:07.42	23.06	51.07	1:54.43	1:56.66	4:11.70
99	1.01	27.06	59.21	2:08.69	23.29	51.58	1:55.57	1:57.83	4:14.22
98	1.02	27.33	59.79	2:09.97	23.52	52.09	1:56.72	1:58.99	4:16.73
97	1.03	27.59	1:00.38	2:11.24	23.75	52.60	1:57.86	2:00.16	4:19.25
96	1.04	27.86	1:00.96	2:12.52	23.98	53.11	1:59.01	2:01.33	4:21.77
95	1.05	28.13	1:01.55	2:13.79	24.21	53.62	2:00.15	2:02.49	4:24.29
94	1.06	28.40	1:02.14	2:15.07	24.44	54.13	2:01.30	2:03.66	4:26.80
93	1.07	28.67	1:02.72	2:16.34	24.67	54.64	2:02.44	2:04.83	4:29.32
92	1.08	28.93	1:03.31	2:17.61	24.90	55.16	2:03.58	2:05.99	4:31.84
91	1.09	29.20	1:03.90	2:18.89	25.14	55.67	2:04.73	2:07.16	4:34.35
90	1.10	29.47	1:04.48	2:20.16	25.37	56.18	2:05.87	2:08.33	4:36.87
89	1.11	29.74	1:05.07	2:21.44	25.60	56.69	2:07.02	2:09.49	4:39.39
88	1.12	30.00	1:05.65	2:22.71	25.83	57.20	2:08.16	2:10.66	4:41.90
87	1.13	30.27	1:06.24	2:23.98	26.06	57.71	2:09.31	2:11.83	4:44.42
86	1.14	30.54	1:06.83	2:25.26	26.29	58.22	2:10.45	2:12.99	4:46.94
85	1.15	30.81	1:07.41	2:26.53	26.52	58.73	2:11.59	2:14.16	4:49.46
84	1.16	31.08	1:08.00	2:27.81	26.75	59.24	2:12.74	2:15.33	4:51.97
83	1.17	31.34	1:08.59	2:29.08	26.98	59.75	2:13.88	2:16.49	4:54.49
82	1.18	31.61	1:09.17	2:30.36	27.21	1:00.26	2:15.03	2:17.66	4:57.01
81	1.19	31.88	1:09.76	2:31.63	27.44	1:00.77	2:16.17	2:18.83	4:59.52
80	1.20	32.15	1:10.34	2:32.90	27.67	1:01.28	2:17.32	2:19.99	5:02.04
79	1.21	32.42	1:10.93	2:34.18	27.90	1:01.79	2:18.46	2:21.16	5:04.56
78	1.22	32.68	1:11.52	2:35.45	28.13	1:02.31	2:19.60	2:22.33	5:07.07
77	1.23	32.95	1:12.10	2:36.73	28.36	1:02.82	2:20.75	2:23.49	5:09.59
76	1.24	33.22	1:12.69	2:38.00	28.59	1:03.33	2:21.89	2:24.66	5:12.11
75	1.25	33.49	1:13.28	2:39.28	28.83	1:03.84	2:23.04	2:25.83	5:14.63
74	1.26	33.76	1:13.86	2:40.55	29.06	1:04.35	2:24.18	2:26.99	5:17.14
73	1.27	34.02	1:14.45	2:41.82	29.29	1:04.86	2:25.33	2:28.16	5:19.66
72	1.28	34.29	1:15.03	2:43.10	29.52	1:05.37	2:26.47	2:29.32	5:22.18
71	1.29	34.56	1:15.62	2:44.37	29.75	1:05.88	2:27.61	2:30.49	5:24.69
70	1.30	34.83	1:16.21	2:45.65	29.98	1:06.39	2:28.76	2:31.66	5:27.21
69	1.31	35.09	1:16.79	2:46.92	30.21	1:06.90	2:29.90	2:32.82	5:29.73
68	1.32	35.36	1:17.38	2:48.19	30.44	1:07.41	2:31.05	2:33.99	5:32.24
67	1.33	35.63	1:17.96	2:49.47	30.67	1:07.92	2:32.19	2:35.16	5:34.76
66	1.34	35.90	1:18.55	2:50.74	30.90	1:08.43	2:33.34	2:36.32	5:37.28
65	1.35	36.17	1:19.14	2:52.02	31.13	1:08.94	2:34.48	2:37.49	5:39.80
64	1.36	36.43	1:19.72	2:53.29	31.36	1:09.46	2:35.62	2:38.66	5:42.31
63	1.37	36.70	1:20.31	2:54.57	31.59	1:09.97	2:36.77	2:39.82	5:44.83
62	1.38	36.97	1:20.90	2:55.84	31.82	1:10.48	2:37.91	2:40.99	5:47.35
61	1.39	37.24	1:21.48	2:57.11	32.05	1:10.99	2:39.06	2:42.16	5:49.86
60	1.40	37.51	1:22.07	2:58.39	32.28	1:11.50	2:40.20	2:43.32	5:52.38
59	1.41	37.77	1:22.65	2:59.66	32.51	1:12.01	2:41.35	2:44.49	5:54.90
58	1.42	38.04	1:23.24	3:00.94	32.75	1:12.52	2:42.49	2:45.66	5:57.41
57	1.43	38.31	1:23.83	3:02.21	32.98	1:13.03	2:43.63	2:46.82	5:59.93
56	1.44	38.58	1:24.41	3:03.48	33.21	1:13.54	2:44.78	2:47.99	6:02.45
55	1.45	38.85	1:25.00	3:04.76	33.44	1:14.05	2:45.92	2:49.16	6:04.97
54	1.46	39.11	1:25.59	3:06.03	33.67	1:14.56	2:47.07	2:50.32	6:07.48
53	1.47	39.38	1:26.17	3:07.31	33.90	1:15.07	2:48.21	2:51.49	6:10.00

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	39.65	1:26.76	3:08.58	34.13	1:15.58	2:49.36	2:52.66	6:12.52
51	1.49	39.92	1:27.34	3:09.86	34.36	1:16.09	2:50.50	2:53.82	6:15.03
50	1.50	40.19	1:27.93	3:11.13	34.59	1:16.61	2:51.65	2:54.99	6:17.55
49	1.51	40.45	1:28.52	3:12.40	34.82	1:17.12	2:52.79	2:56.16	6:20.07
48	1.52	40.72	1:29.10	3:13.68	35.05	1:17.63	2:53.93	2:57.32	6:22.58
47	1.53	40.99	1:29.69	3:14.95	35.28	1:18.14	2:55.08	2:58.49	6:25.10
46	1.54	41.26	1:30.27	3:16.23	35.51	1:18.65	2:56.22	2:59.66	6:27.62
45	1.55	41.52	1:30.86	3:17.50	35.74	1:19.16	2:57.37	3:00.82	6:30.14
44	1.56	41.79	1:31.45	3:18.78	35.97	1:19.67	2:58.51	3:01.99	6:32.65
43	1.57	42.06	1:32.03	3:20.05	36.20	1:20.18	2:59.66	3:03.16	6:35.17
42	1.58	42.33	1:32.62	3:21.32	36.43	1:20.69	3:00.80	3:04.32	6:37.69
41	1.59	42.60	1:33.21	3:22.60	36.67	1:21.20	3:01.94	3:05.49	6:40.20
40	1.60	42.86	1:33.79	3:23.87	36.90	1:21.71	3:03.09	3:06.66	6:42.72
39	1.61	43.13	1:34.38	3:25.15	37.13	1:22.22	3:04.23	3:07.82	6:45.24
38	1.62	43.40	1:34.96	3:26.42	37.36	1:22.73	3:05.38	3:08.99	6:47.75
37	1.63	43.67	1:35.55	3:27.69	37.59	1:23.24	3:06.52	3:10.16	6:50.27
36	1.64	43.94	1:36.14	3:28.97	37.82	1:23.75	3:07.67	3:11.32	6:52.79
35	1.65	44.20	1:36.72	3:30.24	38.05	1:24.27	3:08.81	3:12.49	6:55.31
34	1.66	44.47	1:37.31	3:31.52	38.28	1:24.78	3:09.95	3:13.66	6:57.82
33	1.67	44.74	1:37.90	3:32.79	38.51	1:25.29	3:11.10	3:14.82	7:00.34
32	1.68	45.01	1:38.48	3:34.07	38.74	1:25.80	3:12.24	3:15.99	7:02.86
31	1.69	45.28	1:39.07	3:35.34	38.97	1:26.31	3:13.39	3:17.16	7:05.37
30	1.70	45.54	1:39.65	3:36.61	39.20	1:26.82	3:14.53	3:18.32	7:07.89
29	1.71	45.81	1:40.24	3:37.89	39.43	1:27.33	3:15.68	3:19.49	7:10.41
28	1.72	46.08	1:40.83	3:39.16	39.66	1:27.84	3:16.82	3:20.66	7:12.92
27	1.73	46.35	1:41.41	3:40.44	39.89	1:28.35	3:17.96	3:21.82	7:15.44
26	1.74	46.61	1:42.00	3:41.71	40.12	1:28.86	3:19.11	3:22.99	7:17.96
25	1.75	46.88	1:42.59	3:42.99	40.36	1:29.37	3:20.25	3:24.16	7:20.48
24	1.76	47.15	1:43.17	3:44.26	40.59	1:29.88	3:21.40	3:25.32	7:22.99
23	1.77	47.42	1:43.76	3:45.53	40.82	1:30.39	3:22.54	3:26.49	7:25.51
22	1.78	47.69	1:44.34	3:46.81	41.05	1:30.90	3:23.69	3:27.65	7:28.03
21	1.79	47.95	1:44.93	3:48.08	41.28	1:31.42	3:24.83	3:28.82	7:30.54
20	1.80	48.22	1:45.52	3:49.36	41.51	1:31.93	3:25.97	3:29.99	7:33.06
19	1.81	48.49	1:46.10	3:50.63	41.74	1:32.44	3:27.12	3:31.15	7:35.58
18	1.82	48.76	1:46.69	3:51.90	41.97	1:32.95	3:28.26	3:32.32	7:38.09
17	1.83	49.03	1:47.27	3:53.18	42.20	1:33.46	3:29.41	3:33.49	7:40.61
16	1.84	49.29	1:47.86	3:54.45	42.43	1:33.97	3:30.55	3:34.65	7:43.13
15	1.85	49.56	1:48.45	3:55.73	42.66	1:34.48	3:31.70	3:35.82	7:45.65
14	1.86	49.83	1:49.03	3:57.00	42.89	1:34.99	3:32.84	3:36.99	7:48.16
13	1.87	50.10	1:49.62	3:58.28	43.12	1:35.50	3:33.98	3:38.15	7:50.68
12	1.88	50.37	1:50.21	3:59.55	43.35	1:36.01	3:35.13	3:39.32	7:53.20
11	1.89	50.63	1:50.79	4:00.82	43.58	1:36.52	3:36.27	3:40.49	7:55.71
10	1.90	50.90	1:51.38	4:02.10	43.81	1:37.03	3:37.42	3:41.65	7:58.23
9	1.91	51.17	1:51.96	4:03.37	44.04	1:37.54	3:38.56	3:42.82	8:00.75
8	1.92	51.44	1:52.55	4:04.65	44.28	1:38.05	3:39.71	3:43.99	8:03.26
7	1.93	51.70	1:53.14	4:05.92	44.51	1:38.57	3:40.85	3:45.15	8:05.78
6	1.94	51.97	1:53.72	4:07.19	44.74	1:39.08	3:41.99	3:46.32	8:08.30
5	1.95	52.24	1:54.31	4:08.47	44.97	1:39.59	3:43.14	3:47.49	8:10.82
4	1.96	52.51	1:54.90	4:09.74	45.20	1:40.10	3:44.28	3:48.65	8:13.33
3	1.97	52.78	1:55.48	4:11.02	45.43	1:40.61	3:45.43	3:49.82	8:15.85
2	1.98	53.04	1:56.07	4:12.29	45.66	1:41.12	3:46.57	3:50.99	8:18.37
1	1.99	53.31	1:56.65	4:13.57	45.89	1:41.63	3:47.72	3:52.15	8:20.88

# Hong Kong Swimming Point Score 2024 (LC)

## Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.96	51.92	1:53.56	4:00.59	8:19.92	15:57.67	27.27	58.75	2:06.31
99	1.01	24.20	52.44	1:54.70	4:03.00	8:24.92	16:07.25	27.54	59.34	2:07.57
98	1.02	24.44	52.96	1:55.83	4:05.40	8:29.92	16:16.82	27.82	59.93	2:08.84
97	1.03	24.68	53.48	1:56.97	4:07.81	8:34.92	16:26.40	28.09	1:00.51	2:10.10
96	1.04	24.92	54.00	1:58.10	4:10.21	8:39.92	16:35.98	28.36	1:01.10	2:11.36
95	1.05	25.16	54.52	1:59.24	4:12.62	8:44.92	16:45.55	28.63	1:01.69	2:12.63
94	1.06	25.40	55.04	2:00.37	4:15.03	8:49.92	16:55.13	28.91	1:02.28	2:13.89
93	1.07	25.64	55.55	2:01.51	4:17.43	8:54.91	17:04.71	29.18	1:02.86	2:15.15
92	1.08	25.88	56.07	2:02.64	4:19.84	8:59.91	17:14.28	29.45	1:03.45	2:16.41
91	1.09	26.12	56.59	2:03.78	4:22.24	9:04.91	17:23.86	29.72	1:04.04	2:17.68
90	1.10	26.36	57.11	2:04.92	4:24.65	9:09.91	17:33.44	30.00	1:04.63	2:18.94
89	1.11	26.60	57.63	2:06.05	4:27.05	9:14.91	17:43.01	30.27	1:05.21	2:20.20
88	1.12	26.84	58.15	2:07.19	4:29.46	9:19.91	17:52.59	30.54	1:05.80	2:21.47
87	1.13	27.07	58.67	2:08.32	4:31.87	9:24.91	18:02.17	30.82	1:06.39	2:22.73
86	1.14	27.31	59.19	2:09.46	4:34.27	9:29.91	18:11.74	31.09	1:06.98	2:23.99
85	1.15	27.55	59.71	2:10.59	4:36.68	9:34.91	18:21.32	31.36	1:07.56	2:25.26
84	1.16	27.79	1:00.23	2:11.73	4:39.08	9:39.91	18:30.90	31.63	1:08.15	2:26.52
83	1.17	28.03	1:00.75	2:12.87	4:41.49	9:44.91	18:40.47	31.91	1:08.74	2:27.78
82	1.18	28.27	1:01.27	2:14.00	4:43.90	9:49.91	18:50.05	32.18	1:09.33	2:29.05
81	1.19	28.51	1:01.78	2:15.14	4:46.30	9:54.90	18:59.63	32.45	1:09.91	2:30.31
80	1.20	28.75	1:02.30	2:16.27	4:48.71	9:59.90	19:09.20	32.72	1:10.50	2:31.57
79	1.21	28.99	1:02.82	2:17.41	4:51.11	10:04.90	19:18.78	33.00	1:11.09	2:32.84
78	1.22	29.23	1:03.34	2:18.54	4:53.52	10:09.90	19:28.36	33.27	1:11.68	2:34.10
77	1.23	29.47	1:03.86	2:19.68	4:55.93	10:14.90	19:37.93	33.54	1:12.26	2:35.36
76	1.24	29.71	1:04.38	2:20.81	4:58.33	10:19.90	19:47.51	33.81	1:12.85	2:36.62
75	1.25	29.95	1:04.90	2:21.95	5:00.74	10:24.90	19:57.09	34.09	1:13.44	2:37.89
74	1.26	30.19	1:05.42	2:23.09	5:03.14	10:29.90	20:06.66	34.36	1:14.03	2:39.15
73	1.27	30.43	1:05.94	2:24.22	5:05.55	10:34.90	20:16.24	34.63	1:14.61	2:40.41
72	1.28	30.67	1:06.46	2:25.36	5:07.96	10:39.90	20:25.82	34.91	1:15.20	2:41.68
71	1.29	30.91	1:06.98	2:26.49	5:10.36	10:44.90	20:35.39	35.18	1:15.79	2:42.94
70	1.30	31.15	1:07.50	2:27.63	5:12.77	10:49.90	20:44.97	35.45	1:16.38	2:44.20
69	1.31	31.39	1:08.02	2:28.76	5:15.17	10:54.90	20:54.55	35.72	1:16.96	2:45.47
68	1.32	31.63	1:08.53	2:29.90	5:17.58	10:59.89	21:04.12	36.00	1:17.55	2:46.73
67	1.33	31.87	1:09.05	2:31.03	5:19.98	11:04.89	21:13.70	36.27	1:18.14	2:47.99
66	1.34	32.11	1:09.57	2:32.17	5:22.39	11:09.89	21:23.28	36.54	1:18.73	2:49.26
65	1.35	32.35	1:10.09	2:33.31	5:24.80	11:14.89	21:32.85	36.81	1:19.31	2:50.52
64	1.36	32.59	1:10.61	2:34.44	5:27.20	11:19.89	21:42.43	37.09	1:19.90	2:51.78
63	1.37	32.83	1:11.13	2:35.58	5:29.61	11:24.89	21:52.01	37.36	1:20.49	2:53.04
62	1.38	33.06	1:11.65	2:36.71	5:32.01	11:29.89	22:01.58	37.63	1:21.08	2:54.31
61	1.39	33.30	1:12.17	2:37.85	5:34.42	11:34.89	22:11.16	37.91	1:21.66	2:55.57
60	1.40	33.54	1:12.69	2:38.98	5:36.83	11:39.89	22:20.74	38.18	1:22.25	2:56.83
59	1.41	33.78	1:13.21	2:40.12	5:39.23	11:44.89	22:30.31	38.45	1:22.84	2:58.10
58	1.42	34.02	1:13.73	2:41.26	5:41.64	11:49.89	22:39.89	38.72	1:23.43	2:59.36
57	1.43	34.26	1:14.25	2:42.39	5:44.04	11:54.89	22:49.47	39.00	1:24.01	3:00.62
56	1.44	34.50	1:14.76	2:43.53	5:46.45	11:59.88	22:59.04	39.27	1:24.60	3:01.89
55	1.45	34.74	1:15.28	2:44.66	5:48.86	12:04.88	23:08.62	39.54	1:25.19	3:03.15
54	1.46	34.98	1:15.80	2:45.80	5:51.26	12:09.88	23:18.20	39.81	1:25.78	3:04.41
53	1.47	35.22	1:16.32	2:46.93	5:53.67	12:14.88	23:27.77	40.09	1:26.36	3:05.68

Score	%	Freestyle					Backstroke			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	35.46	1:16.84	2:48.07	5:56.07	12:19.88	23:37.35	40.36	1:26.95	3:06.94
51	1.49	35.70	1:17.36	2:49.20	5:58.48	12:24.88	23:46.93	40.63	1:27.54	3:08.20
50	1.50	35.94	1:17.88	2:50.34	6:00.89	12:29.88	23:56.51	40.91	1:28.13	3:09.47
49	1.51	36.18	1:18.40	2:51.48	6:03.29	12:34.88	24:06.08	41.18	1:28.71	3:10.73
48	1.52	36.42	1:18.92	2:52.61	6:05.70	12:39.88	24:15.66	41.45	1:29.30	3:11.99
47	1.53	36.66	1:19.44	2:53.75	6:08.10	12:44.88	24:25.24	41.72	1:29.89	3:13.25
46	1.54	36.90	1:19.96	2:54.88	6:10.51	12:49.88	24:34.81	42.00	1:30.48	3:14.52
45	1.55	37.14	1:20.48	2:56.02	6:12.91	12:54.88	24:44.39	42.27	1:31.06	3:15.78
44	1.56	37.38	1:21.00	2:57.15	6:15.32	12:59.88	24:53.97	42.54	1:31.65	3:17.04
43	1.57	37.62	1:21.51	2:58.29	6:17.73	13:04.87	25:03.54	42.81	1:32.24	3:18.31
42	1.58	37.86	1:22.03	2:59.42	6:20.13	13:09.87	25:13.12	43.09	1:32.83	3:19.57
41	1.59	38.10	1:22.55	3:00.56	6:22.54	13:14.87	25:22.70	43.36	1:33.41	3:20.83
40	1.60	38.34	1:23.07	3:01.70	6:24.94	13:19.87	25:32.27	43.63	1:34.00	3:22.10
39	1.61	38.58	1:23.59	3:02.83	6:27.35	13:24.87	25:41.85	43.90	1:34.59	3:23.36
38	1.62	38.82	1:24.11	3:03.97	6:29.76	13:29.87	25:51.43	44.18	1:35.18	3:24.62
37	1.63	39.05	1:24.63	3:05.10	6:32.16	13:34.87	26:01.00	44.45	1:35.76	3:25.89
36	1.64	39.29	1:25.15	3:06.24	6:34.57	13:39.87	26:10.58	44.72	1:36.35	3:27.15
35	1.65	39.53	1:25.67	3:07.37	6:36.97	13:44.87	26:20.16	45.00	1:36.94	3:28.41
34	1.66	39.77	1:26.19	3:08.51	6:39.38	13:49.87	26:29.73	45.27	1:37.53	3:29.67
33	1.67	40.01	1:26.71	3:09.65	6:41.79	13:54.87	26:39.31	45.54	1:38.11	3:30.94
32	1.68	40.25	1:27.23	3:10.78	6:44.19	13:59.87	26:48.89	45.81	1:38.70	3:32.20
31	1.69	40.49	1:27.74	3:11.92	6:46.60	14:04.86	26:58.46	46.09	1:39.29	3:33.46
30	1.70	40.73	1:28.26	3:13.05	6:49.00	14:09.86	27:08.04	46.36	1:39.88	3:34.73
29	1.71	40.97	1:28.78	3:14.19	6:51.41	14:14.86	27:17.62	46.63	1:40.46	3:35.99
28	1.72	41.21	1:29.30	3:15.32	6:53.81	14:19.86	27:27.19	46.90	1:41.05	3:37.25
27	1.73	41.45	1:29.82	3:16.46	6:56.22	14:24.86	27:36.77	47.18	1:41.64	3:38.52
26	1.74	41.69	1:30.34	3:17.59	6:58.63	14:29.86	27:46.35	47.45	1:42.23	3:39.78
25	1.75	41.93	1:30.86	3:18.73	7:01.03	14:34.86	27:55.92	47.72	1:42.81	3:41.04
24	1.76	42.17	1:31.38	3:19.87	7:03.44	14:39.86	28:05.50	48.00	1:43.40	3:42.31
23	1.77	42.41	1:31.90	3:21.00	7:05.84	14:44.86	28:15.08	48.27	1:43.99	3:43.57
22	1.78	42.65	1:32.42	3:22.14	7:08.25	14:49.86	28:24.65	48.54	1:44.58	3:44.83
21	1.79	42.89	1:32.94	3:23.27	7:10.66	14:54.86	28:34.23	48.81	1:45.16	3:46.09
20	1.80	43.13	1:33.46	3:24.41	7:13.06	14:59.86	28:43.81	49.09	1:45.75	3:47.36
19	1.81	43.37	1:33.98	3:25.54	7:15.47	15:04.86	28:53.38	49.36	1:46.34	3:48.62
18	1.82	43.61	1:34.49	3:26.68	7:17.87	15:09.85	29:02.96	49.63	1:46.93	3:49.88
17	1.83	43.85	1:35.01	3:27.81	7:20.28	15:14.85	29:12.54	49.90	1:47.51	3:51.15
16	1.84	44.09	1:35.53	3:28.95	7:22.69	15:19.85	29:22.11	50.18	1:48.10	3:52.41
15	1.85	44.33	1:36.05	3:30.09	7:25.09	15:24.85	29:31.69	50.45	1:48.69	3:53.67
14	1.86	44.57	1:36.57	3:31.22	7:27.50	15:29.85	29:41.27	50.72	1:49.28	3:54.94
13	1.87	44.81	1:37.09	3:32.36	7:29.90	15:34.85	29:50.84	50.99	1:49.86	3:56.20
12	1.88	45.04	1:37.61	3:33.49	7:32.31	15:39.85	30:00.42	51.27	1:50.45	3:57.46
11	1.89	45.28	1:38.13	3:34.63	7:34.72	15:44.85	30:10.00	51.54	1:51.04	3:58.73
10	1.90	45.52	1:38.65	3:35.76	7:37.12	15:49.85	30:19.57	51.81	1:51.63	3:59.99
9	1.91	45.76	1:39.17	3:36.90	7:39.53	15:54.85	30:29.15	52.09	1:52.21	4:01.25
8	1.92	46.00	1:39.69	3:38.04	7:41.93	15:59.85	30:38.73	52.36	1:52.80	4:02.52
7	1.93	46.24	1:40.21	3:39.17	7:44.34	16:04.85	30:48.30	52.63	1:53.39	4:03.78
6	1.94	46.48	1:40.72	3:40.31	7:46.74	16:09.84	30:57.88	52.90	1:53.98	4:05.04
5	1.95	46.72	1:41.24	3:41.44	7:49.15	16:14.84	31:07.46	53.18	1:54.56	4:06.30
4	1.96	46.96	1:41.76	3:42.58	7:51.56	16:19.84	31:17.03	53.45	1:55.15	4:07.57
3	1.97	47.20	1:42.28	3:43.71	7:53.96	16:24.84	31:26.61	53.72	1:55.74	4:08.83
2	1.98	47.44	1:42.80	3:44.85	7:56.37	16:29.84	31:36.19	53.99	1:56.33	4:10.09
1	1.99	47.68	1:43.32	3:45.98	7:58.77	16:34.84	31:45.76	54.27	1:56.91	4:11.36

# Hong Kong Swimming Point Score 2024 (LC)

## Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	29.81	1:05.12	2:21.72	25.34	56.41	2:05.56	2:08.60	4:34.29
99	1.01	30.11	1:05.77	2:23.14	25.59	56.97	2:06.82	2:09.89	4:37.03
98	1.02	30.41	1:06.42	2:24.55	25.85	57.54	2:08.07	2:11.17	4:39.78
97	1.03	30.70	1:07.07	2:25.97	26.10	58.10	2:09.33	2:12.46	4:42.52
96	1.04	31.00	1:07.72	2:27.39	26.35	58.67	2:10.58	2:13.74	4:45.26
95	1.05	31.30	1:08.38	2:28.81	26.61	59.23	2:11.84	2:15.03	4:48.00
94	1.06	31.60	1:09.03	2:30.22	26.86	59.79	2:13.09	2:16.32	4:50.75
93	1.07	31.90	1:09.68	2:31.64	27.11	1:00.36	2:14.35	2:17.60	4:53.49
92	1.08	32.19	1:10.33	2:33.06	27.37	1:00.92	2:15.60	2:18.89	4:56.23
91	1.09	32.49	1:10.98	2:34.47	27.62	1:01.49	2:16.86	2:20.17	4:58.98
90	1.10	32.79	1:11.63	2:35.89	27.87	1:02.05	2:18.12	2:21.46	5:01.72
89	1.11	33.09	1:12.28	2:37.31	28.13	1:02.62	2:19.37	2:22.75	5:04.46
88	1.12	33.39	1:12.93	2:38.73	28.38	1:03.18	2:20.63	2:24.03	5:07.20
87	1.13	33.69	1:13.59	2:40.14	28.63	1:03.74	2:21.88	2:25.32	5:09.95
86	1.14	33.98	1:14.24	2:41.56	28.89	1:04.31	2:23.14	2:26.60	5:12.69
85	1.15	34.28	1:14.89	2:42.98	29.14	1:04.87	2:24.39	2:27.89	5:15.43
84	1.16	34.58	1:15.54	2:44.40	29.39	1:05.44	2:25.65	2:29.18	5:18.18
83	1.17	34.88	1:16.19	2:45.81	29.65	1:06.00	2:26.91	2:30.46	5:20.92
82	1.18	35.18	1:16.84	2:47.23	29.90	1:06.56	2:28.16	2:31.75	5:23.66
81	1.19	35.47	1:17.49	2:48.65	30.15	1:07.13	2:29.42	2:33.03	5:26.41
80	1.20	35.77	1:18.14	2:50.06	30.41	1:07.69	2:30.67	2:34.32	5:29.15
79	1.21	36.07	1:18.80	2:51.48	30.66	1:08.26	2:31.93	2:35.61	5:31.89
78	1.22	36.37	1:19.45	2:52.90	30.91	1:08.82	2:33.18	2:36.89	5:34.63
77	1.23	36.67	1:20.10	2:54.32	31.17	1:09.38	2:34.44	2:38.18	5:37.38
76	1.24	36.96	1:20.75	2:55.73	31.42	1:09.95	2:35.69	2:39.46	5:40.12
75	1.25	37.26	1:21.40	2:57.15	31.68	1:10.51	2:36.95	2:40.75	5:42.86
74	1.26	37.56	1:22.05	2:58.57	31.93	1:11.08	2:38.21	2:42.04	5:45.61
73	1.27	37.86	1:22.70	2:59.98	32.18	1:11.64	2:39.46	2:43.32	5:48.35
72	1.28	38.16	1:23.35	3:01.40	32.44	1:12.20	2:40.72	2:44.61	5:51.09
71	1.29	38.45	1:24.00	3:02.82	32.69	1:12.77	2:41.97	2:45.89	5:53.83
70	1.30	38.75	1:24.66	3:04.24	32.94	1:13.33	2:43.23	2:47.18	5:56.58
69	1.31	39.05	1:25.31	3:05.65	33.20	1:13.90	2:44.48	2:48.47	5:59.32
68	1.32	39.35	1:25.96	3:07.07	33.45	1:14.46	2:45.74	2:49.75	6:02.06
67	1.33	39.65	1:26.61	3:08.49	33.70	1:15.03	2:46.99	2:51.04	6:04.81
66	1.34	39.95	1:27.26	3:09.90	33.96	1:15.59	2:48.25	2:52.32	6:07.55
65	1.35	40.24	1:27.91	3:11.32	34.21	1:16.15	2:49.51	2:53.61	6:10.29
64	1.36	40.54	1:28.56	3:12.74	34.46	1:16.72	2:50.76	2:54.90	6:13.03
63	1.37	40.84	1:29.21	3:14.16	34.72	1:17.28	2:52.02	2:56.18	6:15.78
62	1.38	41.14	1:29.87	3:15.57	34.97	1:17.85	2:53.27	2:57.47	6:18.52
61	1.39	41.44	1:30.52	3:16.99	35.22	1:18.41	2:54.53	2:58.75	6:21.26
60	1.40	41.73	1:31.17	3:18.41	35.48	1:18.97	2:55.78	3:00.04	6:24.01
59	1.41	42.03	1:31.82	3:19.83	35.73	1:19.54	2:57.04	3:01.33	6:26.75
58	1.42	42.33	1:32.47	3:21.24	35.98	1:20.10	2:58.30	3:02.61	6:29.49
57	1.43	42.63	1:33.12	3:22.66	36.24	1:20.67	2:59.55	3:03.90	6:32.23
56	1.44	42.93	1:33.77	3:24.08	36.49	1:21.23	3:00.81	3:05.18	6:34.98
55	1.45	43.22	1:34.42	3:25.49	36.74	1:21.79	3:02.06	3:06.47	6:37.72
54	1.46	43.52	1:35.08	3:26.91	37.00	1:22.36	3:03.32	3:07.76	6:40.46
53	1.47	43.82	1:35.73	3:28.33	37.25	1:22.92	3:04.57	3:09.04	6:43.21

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	44.12	1:36.38	3:29.75	37.50	1:23.49	3:05.83	3:10.33	6:45.95
51	1.49	44.42	1:37.03	3:31.16	37.76	1:24.05	3:07.08	3:11.61	6:48.69
50	1.50	44.72	1:37.68	3:32.58	38.01	1:24.62	3:08.34	3:12.90	6:51.44
49	1.51	45.01	1:38.33	3:34.00	38.26	1:25.18	3:09.60	3:14.19	6:54.18
48	1.52	45.31	1:38.98	3:35.41	38.52	1:25.74	3:10.85	3:15.47	6:56.92
47	1.53	45.61	1:39.63	3:36.83	38.77	1:26.31	3:12.11	3:16.76	6:59.66
46	1.54	45.91	1:40.28	3:38.25	39.02	1:26.87	3:13.36	3:18.04	7:02.41
45	1.55	46.21	1:40.94	3:39.67	39.28	1:27.44	3:14.62	3:19.33	7:05.15
44	1.56	46.50	1:41.59	3:41.08	39.53	1:28.00	3:15.87	3:20.62	7:07.89
43	1.57	46.80	1:42.24	3:42.50	39.78	1:28.56	3:17.13	3:21.90	7:10.64
42	1.58	47.10	1:42.89	3:43.92	40.04	1:29.13	3:18.38	3:23.19	7:13.38
41	1.59	47.40	1:43.54	3:45.33	40.29	1:29.69	3:19.64	3:24.47	7:16.12
40	1.60	47.70	1:44.19	3:46.75	40.54	1:30.26	3:20.90	3:25.76	7:18.86
39	1.61	47.99	1:44.84	3:48.17	40.80	1:30.82	3:22.15	3:27.05	7:21.61
38	1.62	48.29	1:45.49	3:49.59	41.05	1:31.38	3:23.41	3:28.33	7:24.35
37	1.63	48.59	1:46.15	3:51.00	41.30	1:31.95	3:24.66	3:29.62	7:27.09
36	1.64	48.89	1:46.80	3:52.42	41.56	1:32.51	3:25.92	3:30.90	7:29.84
35	1.65	49.19	1:47.45	3:53.84	41.81	1:33.08	3:27.17	3:32.19	7:32.58
34	1.66	49.48	1:48.10	3:55.26	42.06	1:33.64	3:28.43	3:33.48	7:35.32
33	1.67	49.78	1:48.75	3:56.67	42.32	1:34.20	3:29.69	3:34.76	7:38.06
32	1.68	50.08	1:49.40	3:58.09	42.57	1:34.77	3:30.94	3:36.05	7:40.81
31	1.69	50.38	1:50.05	3:59.51	42.82	1:35.33	3:32.20	3:37.33	7:43.55
30	1.70	50.68	1:50.70	4:00.92	43.08	1:35.90	3:33.45	3:38.62	7:46.29
29	1.71	50.98	1:51.36	4:02.34	43.33	1:36.46	3:34.71	3:39.91	7:49.04
28	1.72	51.27	1:52.01	4:03.76	43.58	1:37.03	3:35.96	3:41.19	7:51.78
27	1.73	51.57	1:52.66	4:05.18	43.84	1:37.59	3:37.22	3:42.48	7:54.52
26	1.74	51.87	1:53.31	4:06.59	44.09	1:38.15	3:38.47	3:43.76	7:57.26
25	1.75	52.17	1:53.96	4:08.01	44.35	1:38.72	3:39.73	3:45.05	8:00.01
24	1.76	52.47	1:54.61	4:09.43	44.60	1:39.28	3:40.99	3:46.34	8:02.75
23	1.77	52.76	1:55.26	4:10.84	44.85	1:39.85	3:42.24	3:47.62	8:05.49
22	1.78	53.06	1:55.91	4:12.26	45.11	1:40.41	3:43.50	3:48.91	8:08.24
21	1.79	53.36	1:56.56	4:13.68	45.36	1:40.97	3:44.75	3:50.19	8:10.98
20	1.80	53.66	1:57.22	4:15.10	45.61	1:41.54	3:46.01	3:51.48	8:13.72
19	1.81	53.96	1:57.87	4:16.51	45.87	1:42.10	3:47.26	3:52.77	8:16.46
18	1.82	54.25	1:58.52	4:17.93	46.12	1:42.67	3:48.52	3:54.05	8:19.21
17	1.83	54.55	1:59.17	4:19.35	46.37	1:43.23	3:49.77	3:55.34	8:21.95
16	1.84	54.85	1:59.82	4:20.76	46.63	1:43.79	3:51.03	3:56.62	8:24.69
15	1.85	55.15	2:00.47	4:22.18	46.88	1:44.36	3:52.29	3:57.91	8:27.44
14	1.86	55.45	2:01.12	4:23.60	47.13	1:44.92	3:53.54	3:59.20	8:30.18
13	1.87	55.74	2:01.77	4:25.02	47.39	1:45.49	3:54.80	4:00.48	8:32.92
12	1.88	56.04	2:02.43	4:26.43	47.64	1:46.05	3:56.05	4:01.77	8:35.67
11	1.89	56.34	2:03.08	4:27.85	47.89	1:46.61	3:57.31	4:03.05	8:38.41
10	1.90	56.64	2:03.73	4:29.27	48.15	1:47.18	3:58.56	4:04.34	8:41.15
9	1.91	56.94	2:04.38	4:30.69	48.40	1:47.74	3:59.82	4:05.63	8:43.89
8	1.92	57.24	2:05.03	4:32.10	48.65	1:48.31	4:01.08	4:06.91	8:46.64
7	1.93	57.53	2:05.68	4:33.52	48.91	1:48.87	4:02.33	4:08.20	8:49.38
6	1.94	57.83	2:06.33	4:34.94	49.16	1:49.44	4:03.59	4:09.48	8:52.12
5	1.95	58.13	2:06.98	4:36.35	49.41	1:50.00	4:04.84	4:10.77	8:54.87
4	1.96	58.43	2:07.64	4:37.77	49.67	1:50.56	4:06.10	4:12.06	8:57.61
3	1.97	58.73	2:08.29	4:39.19	49.92	1:51.13	4:07.35	4:13.34	9:00.35
2	1.98	59.02	2:08.94	4:40.61	50.17	1:51.69	4:08.61	4:14.63	9:03.09
1	1.99	59.32	2:09.59	4:42.02	50.43	1:52.26	4:09.86	4:15.91	9:05.84