

# Hong Kong Swimming Point Score

## Short Course 2017-2018

### Men

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>
100	1.00	21.10	46.69	1:42.16	3:38.18	7:43.86	14:39.78	23.07	50.33	1:51.22
99	1.01	21.31	47.16	1:43.18	3:40.36	7:48.50	14:48.58	23.30	50.83	1:52.33
98	1.02	21.52	47.62	1:44.20	3:42.54	7:53.14	14:57.38	23.53	51.34	1:53.44
97	1.03	21.73	48.09	1:45.22	3:44.73	7:57.78	15:06.17	23.76	51.84	1:54.56
96	1.04	21.94	48.56	1:46.25	3:46.91	8:02.41	15:14.97	23.99	52.34	1:55.67
95	1.05	22.16	49.02	1:47.27	3:49.09	8:07.05	15:23.77	24.22	52.85	1:56.78
94	1.06	22.37	49.49	1:48.29	3:51.27	8:11.69	15:32.57	24.45	53.35	1:57.89
93	1.07	22.58	49.96	1:49.31	3:53.45	8:16.33	15:41.36	24.68	53.85	1:59.01
92	1.08	22.79	50.43	1:50.33	3:55.63	8:20.97	15:50.16	24.92	54.36	2:00.12
91	1.09	23.00	50.89	1:51.35	3:57.82	8:25.61	15:58.96	25.15	54.86	2:01.23
90	1.10	23.21	51.36	1:52.38	4:00.00	8:30.25	16:07.76	25.38	55.36	2:02.34
89	1.11	23.42	51.83	1:53.40	4:02.18	8:34.88	16:16.56	25.61	55.87	2:03.45
88	1.12	23.63	52.29	1:54.42	4:04.36	8:39.52	16:25.35	25.84	56.37	2:04.57
87	1.13	23.84	52.76	1:55.44	4:06.54	8:44.16	16:34.15	26.07	56.87	2:05.68
86	1.14	24.05	53.23	1:56.46	4:08.73	8:48.80	16:42.95	26.30	57.38	2:06.79
85	1.15	24.27	53.69	1:57.48	4:10.91	8:53.44	16:51.75	26.53	57.88	2:07.90
84	1.16	24.48	54.16	1:58.51	4:13.09	8:58.08	17:00.54	26.76	58.38	2:09.02
83	1.17	24.69	54.63	1:59.53	4:15.27	9:02.72	17:09.34	26.99	58.89	2:10.13
82	1.18	24.90	55.09	2:00.55	4:17.45	9:07.35	17:18.14	27.22	59.39	2:11.24
81	1.19	25.11	55.56	2:01.57	4:19.63	9:11.99	17:26.94	27.45	59.89	2:12.35
80	1.20	25.32	56.03	2:02.59	4:21.82	9:16.63	17:35.74	27.68	1:00.40	2:13.46
79	1.21	25.53	56.49	2:03.61	4:24.00	9:21.27	17:44.53	27.91	1:00.90	2:14.58
78	1.22	25.74	56.96	2:04.64	4:26.18	9:25.91	17:53.33	28.15	1:01.40	2:15.69
77	1.23	25.95	57.43	2:05.66	4:28.36	9:30.55	18:02.13	28.38	1:01.91	2:16.80
76	1.24	26.16	57.90	2:06.68	4:30.54	9:35.19	18:10.93	28.61	1:02.41	2:17.91
75	1.25	26.38	58.36	2:07.70	4:32.73	9:39.83	18:19.73	28.84	1:02.91	2:19.03
74	1.26	26.59	58.83	2:08.72	4:34.91	9:44.46	18:28.52	29.07	1:03.42	2:20.14
73	1.27	26.80	59.30	2:09.74	4:37.09	9:49.10	18:37.32	29.30	1:03.92	2:21.25
72	1.28	27.01	59.76	2:10.76	4:39.27	9:53.74	18:46.12	29.53	1:04.42	2:22.36
71	1.29	27.22	1:00.23	2:11.79	4:41.45	9:58.38	18:54.92	29.76	1:04.93	2:23.47
70	1.30	27.43	1:00.70	2:12.81	4:43.63	10:03.02	19:03.71	29.99	1:05.43	2:24.59
69	1.31	27.64	1:01.16	2:13.83	4:45.82	10:07.66	19:12.51	30.22	1:05.93	2:25.70
68	1.32	27.85	1:01.63	2:14.85	4:48.00	10:12.30	19:21.31	30.45	1:06.44	2:26.81
67	1.33	28.06	1:02.10	2:15.87	4:50.18	10:16.93	19:30.11	30.68	1:06.94	2:27.92
66	1.34	28.27	1:02.56	2:16.89	4:52.36	10:21.57	19:38.91	30.91	1:07.44	2:29.03
65	1.35	28.49	1:03.03	2:17.92	4:54.54	10:26.21	19:47.70	31.14	1:07.95	2:30.15
64	1.36	28.70	1:03.50	2:18.94	4:56.72	10:30.85	19:56.50	31.38	1:08.45	2:31.26
63	1.37	28.91	1:03.97	2:19.96	4:58.91	10:35.49	20:05.30	31.61	1:08.95	2:32.37
62	1.38	29.12	1:04.43	2:20.98	5:01.09	10:40.13	20:14.10	31.84	1:09.46	2:33.48
61	1.39	29.33	1:04.90	2:22.00	5:03.27	10:44.77	20:22.89	32.07	1:09.96	2:34.60
60	1.40	29.54	1:05.37	2:23.02	5:05.45	10:49.40	20:31.69	32.30	1:10.46	2:35.71
59	1.41	29.75	1:05.83	2:24.05	5:07.63	10:54.04	20:40.49	32.53	1:10.97	2:36.82
58	1.42	29.96	1:06.30	2:25.07	5:09.82	10:58.68	20:49.29	32.76	1:11.47	2:37.93
57	1.43	30.17	1:06.77	2:26.09	5:12.00	11:03.32	20:58.09	32.99	1:11.97	2:39.04
56	1.44	30.38	1:07.23	2:27.11	5:14.18	11:07.96	21:06.88	33.22	1:12.48	2:40.16
55	1.45	30.60	1:07.70	2:28.13	5:16.36	11:12.60	21:15.68	33.45	1:12.98	2:41.27
54	1.46	30.81	1:08.17	2:29.15	5:18.54	11:17.24	21:24.48	33.68	1:13.48	2:42.38

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	31.02	1:08.63	2:30.18	5:20.72	11:21.87	21:33.28	33.91	1:13.99	2:43.49
52	1.48	31.23	1:09.10	2:31.20	5:22.91	11:26.51	21:42.07	34.14	1:14.49	2:44.61
51	1.49	31.44	1:09.57	2:32.22	5:25.09	11:31.15	21:50.87	34.37	1:14.99	2:45.72
50	1.50	31.65	1:10.04	2:33.24	5:27.27	11:35.79	21:59.67	34.61	1:15.50	2:46.83
49	1.51	31.86	1:10.50	2:34.26	5:29.45	11:40.43	22:08.47	34.84	1:16.00	2:47.94
48	1.52	32.07	1:10.97	2:35.28	5:31.63	11:45.07	22:17.27	35.07	1:16.50	2:49.05
47	1.53	32.28	1:11.44	2:36.30	5:33.82	11:49.71	22:26.06	35.30	1:17.00	2:50.17
46	1.54	32.49	1:11.90	2:37.33	5:36.00	11:54.34	22:34.86	35.53	1:17.51	2:51.28
45	1.55	32.71	1:12.37	2:38.35	5:38.18	11:58.98	22:43.66	35.76	1:18.01	2:52.39
44	1.56	32.92	1:12.84	2:39.37	5:40.36	12:03.62	22:52.46	35.99	1:18.51	2:53.50
43	1.57	33.13	1:13.30	2:40.39	5:42.54	12:08.26	23:01.25	36.22	1:19.02	2:54.62
42	1.58	33.34	1:13.77	2:41.41	5:44.72	12:12.90	23:10.05	36.45	1:19.52	2:55.73
41	1.59	33.55	1:14.24	2:42.43	5:46.91	12:17.54	23:18.85	36.68	1:20.02	2:56.84
40	1.60	33.76	1:14.70	2:43.46	5:49.09	12:22.18	23:27.65	36.91	1:20.53	2:57.95
39	1.61	33.97	1:15.17	2:44.48	5:51.27	12:26.81	23:36.45	37.14	1:21.03	2:59.06
38	1.62	34.18	1:15.64	2:45.50	5:53.45	12:31.45	23:45.24	37.37	1:21.53	3:00.18
37	1.63	34.39	1:16.10	2:46.52	5:55.63	12:36.09	23:54.04	37.60	1:22.04	3:01.29
36	1.64	34.60	1:16.57	2:47.54	5:57.82	12:40.73	24:02.84	37.83	1:22.54	3:02.40
35	1.65	34.82	1:17.04	2:48.56	6:00.00	12:45.37	24:11.64	38.07	1:23.04	3:03.51
34	1.66	35.03	1:17.51	2:49.59	6:02.18	12:50.01	24:20.43	38.30	1:23.55	3:04.63
33	1.67	35.24	1:17.97	2:50.61	6:04.36	12:54.65	24:29.23	38.53	1:24.05	3:05.74
32	1.68	35.45	1:18.44	2:51.63	6:06.54	12:59.28	24:38.03	38.76	1:24.55	3:06.85
31	1.69	35.66	1:18.91	2:52.65	6:08.72	13:03.92	24:46.83	38.99	1:25.06	3:07.96
30	1.70	35.87	1:19.37	2:53.67	6:10.91	13:08.56	24:55.63	39.22	1:25.56	3:09.07
29	1.71	36.08	1:19.84	2:54.69	6:13.09	13:13.20	25:04.42	39.45	1:26.06	3:10.19
28	1.72	36.29	1:20.31	2:55.72	6:15.27	13:17.84	25:13.22	39.68	1:26.57	3:11.30
27	1.73	36.50	1:20.77	2:56.74	6:17.45	13:22.48	25:22.02	39.91	1:27.07	3:12.41
26	1.74	36.71	1:21.24	2:57.76	6:19.63	13:27.12	25:30.82	40.14	1:27.57	3:13.52
25	1.75	36.93	1:21.71	2:58.78	6:21.82	13:31.76	25:39.62	40.37	1:28.08	3:14.64
24	1.76	37.14	1:22.17	2:59.80	6:24.00	13:36.39	25:48.41	40.60	1:28.58	3:15.75
23	1.77	37.35	1:22.64	3:00.82	6:26.18	13:41.03	25:57.21	40.83	1:29.08	3:16.86
22	1.78	37.56	1:23.11	3:01.84	6:28.36	13:45.67	26:06.01	41.06	1:29.59	3:17.97
21	1.79	37.77	1:23.58	3:02.87	6:30.54	13:50.31	26:14.81	41.30	1:30.09	3:19.08
20	1.80	37.98	1:24.04	3:03.89	6:32.72	13:54.95	26:23.60	41.53	1:30.59	3:20.20
19	1.81	38.19	1:24.51	3:04.91	6:34.91	13:59.59	26:32.40	41.76	1:31.10	3:21.31
18	1.82	38.40	1:24.98	3:05.93	6:37.09	14:04.23	26:41.20	41.99	1:31.60	3:22.42
17	1.83	38.61	1:25.44	3:06.95	6:39.27	14:08.86	26:50.00	42.22	1:32.10	3:23.53
16	1.84	38.82	1:25.91	3:07.97	6:41.45	14:13.50	26:58.80	42.45	1:32.61	3:24.64
15	1.85	39.04	1:26.38	3:09.00	6:43.63	14:18.14	27:07.59	42.68	1:33.11	3:25.76
14	1.86	39.25	1:26.84	3:10.02	6:45.81	14:22.78	27:16.39	42.91	1:33.61	3:26.87
13	1.87	39.46	1:27.31	3:11.04	6:48.00	14:27.42	27:25.19	43.14	1:34.12	3:27.98
12	1.88	39.67	1:27.78	3:12.06	6:50.18	14:32.06	27:33.99	43.37	1:34.62	3:29.09
11	1.89	39.88	1:28.24	3:13.08	6:52.36	14:36.70	27:42.78	43.60	1:35.12	3:30.21
10	1.90	40.09	1:28.71	3:14.10	6:54.54	14:41.33	27:51.58	43.83	1:35.63	3:31.32
9	1.91	40.30	1:29.18	3:15.13	6:56.72	14:45.97	28:00.38	44.06	1:36.13	3:32.43
8	1.92	40.51	1:29.64	3:16.15	6:58.91	14:50.61	28:09.18	44.29	1:36.63	3:33.54
7	1.93	40.72	1:30.11	3:17.17	7:01.09	14:55.25	28:17.98	44.53	1:37.14	3:34.65
6	1.94	40.93	1:30.58	3:18.19	7:03.27	14:59.89	28:26.77	44.76	1:37.64	3:35.77
5	1.95	41.15	1:31.05	3:19.21	7:05.45	15:04.53	28:35.57	44.99	1:38.14	3:36.88
4	1.96	41.36	1:31.51	3:20.23	7:07.63	15:09.17	28:44.37	45.22	1:38.65	3:37.99
3	1.97	41.57	1:31.98	3:21.26	7:09.81	15:13.80	28:53.17	45.45	1:39.15	3:39.10
2	1.98	41.78	1:32.45	3:22.28	7:12.00	15:18.44	29:01.96	45.68	1:39.65	3:40.22
1	1.99	41.99	1:32.91	3:23.30	7:14.18	15:23.08	29:10.76	45.91	1:40.16	3:41.33

# Hong Kong Swimming Point Score

## Short Course 2017-2018

### Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	26.43	57.36	2:04.89	22.55	49.90	1:52.20	52.10	1:53.76	4:03.68
99	1.01	26.69	57.93	2:06.14	22.78	50.40	1:53.32	52.62	1:54.90	4:06.12
98	1.02	26.96	58.51	2:07.39	23.00	50.90	1:54.44	53.14	1:56.04	4:08.55
97	1.03	27.22	59.08	2:08.64	23.23	51.40	1:55.57	53.66	1:57.17	4:10.99
96	1.04	27.49	59.65	2:09.89	23.45	51.90	1:56.69	54.18	1:58.31	4:13.43
95	1.05	27.75	1:00.23	2:11.13	23.68	52.40	1:57.81	54.71	1:59.45	4:15.86
94	1.06	28.02	1:00.80	2:12.38	23.90	52.89	1:58.93	55.23	2:00.59	4:18.30
93	1.07	28.28	1:01.38	2:13.63	24.13	53.39	2:00.05	55.75	2:01.72	4:20.74
92	1.08	28.54	1:01.95	2:14.88	24.35	53.89	2:01.18	56.27	2:02.86	4:23.17
91	1.09	28.81	1:02.52	2:16.13	24.58	54.39	2:02.30	56.79	2:04.00	4:25.61
90	1.10	29.07	1:03.10	2:17.38	24.81	54.89	2:03.42	57.31	2:05.14	4:28.05
89	1.11	29.34	1:03.67	2:18.63	25.03	55.39	2:04.54	57.83	2:06.27	4:30.48
88	1.12	29.60	1:04.24	2:19.88	25.26	55.89	2:05.66	58.35	2:07.41	4:32.92
87	1.13	29.87	1:04.82	2:21.13	25.48	56.39	2:06.79	58.87	2:08.55	4:35.36
86	1.14	30.13	1:05.39	2:22.37	25.71	56.89	2:07.91	59.39	2:09.69	4:37.80
85	1.15	30.39	1:05.96	2:23.62	25.93	57.39	2:09.03	59.92	2:10.82	4:40.23
84	1.16	30.66	1:06.54	2:24.87	26.16	57.88	2:10.15	1:00.44	2:11.96	4:42.67
83	1.17	30.92	1:07.11	2:26.12	26.38	58.38	2:11.27	1:00.96	2:13.10	4:45.11
82	1.18	31.19	1:07.68	2:27.37	26.61	58.88	2:12.40	1:01.48	2:14.24	4:47.54
81	1.19	31.45	1:08.26	2:28.62	26.83	59.38	2:13.52	1:02.00	2:15.37	4:49.98
80	1.20	31.72	1:08.83	2:29.87	27.06	59.88	2:14.64	1:02.52	2:16.51	4:52.42
79	1.21	31.98	1:09.41	2:31.12	27.29	1:00.38	2:15.76	1:03.04	2:17.65	4:54.85
78	1.22	32.24	1:09.98	2:32.37	27.51	1:00.88	2:16.88	1:03.56	2:18.79	4:57.29
77	1.23	32.51	1:10.55	2:33.61	27.74	1:01.38	2:18.01	1:04.08	2:19.92	4:59.73
76	1.24	32.77	1:11.13	2:34.86	27.96	1:01.88	2:19.13	1:04.60	2:21.06	5:02.16
75	1.25	33.04	1:11.70	2:36.11	28.19	1:02.38	2:20.25	1:05.13	2:22.20	5:04.60
74	1.26	33.30	1:12.27	2:37.36	28.41	1:02.87	2:21.37	1:05.65	2:23.34	5:07.04
73	1.27	33.57	1:12.85	2:38.61	28.64	1:03.37	2:22.49	1:06.17	2:24.48	5:09.47
72	1.28	33.83	1:13.42	2:39.86	28.86	1:03.87	2:23.62	1:06.69	2:25.61	5:11.91
71	1.29	34.09	1:13.99	2:41.11	29.09	1:04.37	2:24.74	1:07.21	2:26.75	5:14.35
70	1.30	34.36	1:14.57	2:42.36	29.32	1:04.87	2:25.86	1:07.73	2:27.89	5:16.78
69	1.31	34.62	1:15.14	2:43.61	29.54	1:05.37	2:26.98	1:08.25	2:29.03	5:19.22
68	1.32	34.89	1:15.72	2:44.85	29.77	1:05.87	2:28.10	1:08.77	2:30.16	5:21.66
67	1.33	35.15	1:16.29	2:46.10	29.99	1:06.37	2:29.23	1:09.29	2:31.30	5:24.09
66	1.34	35.42	1:16.86	2:47.35	30.22	1:06.87	2:30.35	1:09.81	2:32.44	5:26.53
65	1.35	35.68	1:17.44	2:48.60	30.44	1:07.37	2:31.47	1:10.34	2:33.58	5:28.97
64	1.36	35.94	1:18.01	2:49.85	30.67	1:07.86	2:32.59	1:10.86	2:34.71	5:31.40
63	1.37	36.21	1:18.58	2:51.10	30.89	1:08.36	2:33.71	1:11.38	2:35.85	5:33.84
62	1.38	36.47	1:19.16	2:52.35	31.12	1:08.86	2:34.84	1:11.90	2:36.99	5:36.28
61	1.39	36.74	1:19.73	2:53.60	31.34	1:09.36	2:35.96	1:12.42	2:38.13	5:38.72
60	1.40	37.00	1:20.30	2:54.85	31.57	1:09.86	2:37.08	1:12.94	2:39.26	5:41.15
59	1.41	37.27	1:20.88	2:56.09	31.80	1:10.36	2:38.20	1:13.46	2:40.40	5:43.59
58	1.42	37.53	1:21.45	2:57.34	32.02	1:10.86	2:39.32	1:13.98	2:41.54	5:46.03
57	1.43	37.79	1:22.02	2:58.59	32.25	1:11.36	2:40.45	1:14.50	2:42.68	5:48.46
56	1.44	38.06	1:22.60	2:59.84	32.47	1:11.86	2:41.57	1:15.02	2:43.81	5:50.90
55	1.45	38.32	1:23.17	3:01.09	32.70	1:12.36	2:42.69	1:15.55	2:44.95	5:53.34
54	1.46	38.59	1:23.75	3:02.34	32.92	1:12.85	2:43.81	1:16.07	2:46.09	5:55.77

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	38.85	1:24.32	3:03.59	33.15	1:13.35	2:44.93	1:16.59	2:47.23	5:58.21
52	1.48	39.12	1:24.89	3:04.84	33.37	1:13.85	2:46.06	1:17.11	2:48.36	6:00.65
51	1.49	39.38	1:25.47	3:06.09	33.60	1:14.35	2:47.18	1:17.63	2:49.50	6:03.08
50	1.50	39.65	1:26.04	3:07.34	33.83	1:14.85	2:48.30	1:18.15	2:50.64	6:05.52
49	1.51	39.91	1:26.61	3:08.58	34.05	1:15.35	2:49.42	1:18.67	2:51.78	6:07.96
48	1.52	40.17	1:27.19	3:09.83	34.28	1:15.85	2:50.54	1:19.19	2:52.92	6:10.39
47	1.53	40.44	1:27.76	3:11.08	34.50	1:16.35	2:51.67	1:19.71	2:54.05	6:12.83
46	1.54	40.70	1:28.33	3:12.33	34.73	1:16.85	2:52.79	1:20.23	2:55.19	6:15.27
45	1.55	40.97	1:28.91	3:13.58	34.95	1:17.35	2:53.91	1:20.76	2:56.33	6:17.70
44	1.56	41.23	1:29.48	3:14.83	35.18	1:17.84	2:55.03	1:21.28	2:57.47	6:20.14
43	1.57	41.50	1:30.06	3:16.08	35.40	1:18.34	2:56.15	1:21.80	2:58.60	6:22.58
42	1.58	41.76	1:30.63	3:17.33	35.63	1:18.84	2:57.28	1:22.32	2:59.74	6:25.01
41	1.59	42.02	1:31.20	3:18.58	35.85	1:19.34	2:58.40	1:22.84	3:00.88	6:27.45
40	1.60	42.29	1:31.78	3:19.82	36.08	1:19.84	2:59.52	1:23.36	3:02.02	6:29.89
39	1.61	42.55	1:32.35	3:21.07	36.31	1:20.34	3:00.64	1:23.88	3:03.15	6:32.32
38	1.62	42.82	1:32.92	3:22.32	36.53	1:20.84	3:01.76	1:24.40	3:04.29	6:34.76
37	1.63	43.08	1:33.50	3:23.57	36.76	1:21.34	3:02.89	1:24.92	3:05.43	6:37.20
36	1.64	43.35	1:34.07	3:24.82	36.98	1:21.84	3:04.01	1:25.44	3:06.57	6:39.64
35	1.65	43.61	1:34.64	3:26.07	37.21	1:22.34	3:05.13	1:25.97	3:07.70	6:42.07
34	1.66	43.87	1:35.22	3:27.32	37.43	1:22.83	3:06.25	1:26.49	3:08.84	6:44.51
33	1.67	44.14	1:35.79	3:28.57	37.66	1:23.33	3:07.37	1:27.01	3:09.98	6:46.95
32	1.68	44.40	1:36.36	3:29.82	37.88	1:23.83	3:08.50	1:27.53	3:11.12	6:49.38
31	1.69	44.67	1:36.94	3:31.06	38.11	1:24.33	3:09.62	1:28.05	3:12.25	6:51.82
30	1.70	44.93	1:37.51	3:32.31	38.34	1:24.83	3:10.74	1:28.57	3:13.39	6:54.26
29	1.71	45.20	1:38.09	3:33.56	38.56	1:25.33	3:11.86	1:29.09	3:14.53	6:56.69
28	1.72	45.46	1:38.66	3:34.81	38.79	1:25.83	3:12.98	1:29.61	3:15.67	6:59.13
27	1.73	45.72	1:39.23	3:36.06	39.01	1:26.33	3:14.11	1:30.13	3:16.80	7:01.57
26	1.74	45.99	1:39.81	3:37.31	39.24	1:26.83	3:15.23	1:30.65	3:17.94	7:04.00
25	1.75	46.25	1:40.38	3:38.56	39.46	1:27.33	3:16.35	1:31.18	3:19.08	7:06.44
24	1.76	46.52	1:40.95	3:39.81	39.69	1:27.82	3:17.47	1:31.70	3:20.22	7:08.88
23	1.77	46.78	1:41.53	3:41.06	39.91	1:28.32	3:18.59	1:32.22	3:21.36	7:11.31
22	1.78	47.05	1:42.10	3:42.30	40.14	1:28.82	3:19.72	1:32.74	3:22.49	7:13.75
21	1.79	47.31	1:42.67	3:43.55	40.36	1:29.32	3:20.84	1:33.26	3:23.63	7:16.19
20	1.80	47.57	1:43.25	3:44.80	40.59	1:29.82	3:21.96	1:33.78	3:24.77	7:18.62
19	1.81	47.84	1:43.82	3:46.05	40.82	1:30.32	3:23.08	1:34.30	3:25.91	7:21.06
18	1.82	48.10	1:44.40	3:47.30	41.04	1:30.82	3:24.20	1:34.82	3:27.04	7:23.50
17	1.83	48.37	1:44.97	3:48.55	41.27	1:31.32	3:25.33	1:35.34	3:28.18	7:25.93
16	1.84	48.63	1:45.54	3:49.80	41.49	1:31.82	3:26.45	1:35.86	3:29.32	7:28.37
15	1.85	48.90	1:46.12	3:51.05	41.72	1:32.32	3:27.57	1:36.39	3:30.46	7:30.81
14	1.86	49.16	1:46.69	3:52.30	41.94	1:32.81	3:28.69	1:36.91	3:31.59	7:33.24
13	1.87	49.42	1:47.26	3:53.54	42.17	1:33.31	3:29.81	1:37.43	3:32.73	7:35.68
12	1.88	49.69	1:47.84	3:54.79	42.39	1:33.81	3:30.94	1:37.95	3:33.87	7:38.12
11	1.89	49.95	1:48.41	3:56.04	42.62	1:34.31	3:32.06	1:38.47	3:35.01	7:40.56
10	1.90	50.22	1:48.98	3:57.29	42.85	1:34.81	3:33.18	1:38.99	3:36.14	7:42.99
9	1.91	50.48	1:49.56	3:58.54	43.07	1:35.31	3:34.30	1:39.51	3:37.28	7:45.43
8	1.92	50.75	1:50.13	3:59.79	43.30	1:35.81	3:35.42	1:40.03	3:38.42	7:47.87
7	1.93	51.01	1:50.70	4:01.04	43.52	1:36.31	3:36.55	1:40.55	3:39.56	7:50.30
6	1.94	51.27	1:51.28	4:02.29	43.75	1:36.81	3:37.67	1:41.07	3:40.69	7:52.74
5	1.95	51.54	1:51.85	4:03.54	43.97	1:37.31	3:38.79	1:41.60	3:41.83	7:55.18
4	1.96	51.80	1:52.43	4:04.78	44.20	1:37.80	3:39.91	1:42.12	3:42.97	7:57.61
3	1.97	52.07	1:53.00	4:06.03	44.42	1:38.30	3:41.03	1:42.64	3:44.11	8:00.05
2	1.98	52.33	1:53.57	4:07.28	44.65	1:38.80	3:42.16	1:43.16	3:45.24	8:02.49
1	1.99	52.60	1:54.15	4:08.53	44.87	1:39.30	3:43.28	1:43.68	3:46.38	8:04.92

# Hong Kong Swimming Point Score

## Short Course 2017-2018

### Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.02	52.01	1:53.23	3:59.76	8:12.57	15:55.76	26.18	56.18	2:02.11
99	1.01	24.26	52.53	1:54.36	4:02.16	8:17.50	16:05.32	26.44	56.74	2:03.33
98	1.02	24.50	53.05	1:55.49	4:04.56	8:22.42	16:14.88	26.70	57.30	2:04.55
97	1.03	24.74	53.57	1:56.63	4:06.95	8:27.35	16:24.43	26.97	57.87	2:05.77
96	1.04	24.98	54.09	1:57.76	4:09.35	8:32.27	16:33.99	27.23	58.43	2:06.99
95	1.05	25.22	54.61	1:58.89	4:11.75	8:37.20	16:43.55	27.49	58.99	2:08.22
94	1.06	25.46	55.13	2:00.02	4:14.15	8:42.12	16:53.11	27.75	59.55	2:09.44
93	1.07	25.70	55.65	2:01.16	4:16.54	8:47.05	17:02.66	28.01	1:00.11	2:10.66
92	1.08	25.94	56.17	2:02.29	4:18.94	8:51.98	17:12.22	28.27	1:00.67	2:11.88
91	1.09	26.18	56.69	2:03.42	4:21.34	8:56.90	17:21.78	28.54	1:01.24	2:13.10
90	1.10	26.42	57.21	2:04.55	4:23.74	9:01.83	17:31.34	28.80	1:01.80	2:14.32
89	1.11	26.66	57.73	2:05.69	4:26.13	9:06.75	17:40.89	29.06	1:02.36	2:15.54
88	1.12	26.90	58.25	2:06.82	4:28.53	9:11.68	17:50.45	29.32	1:02.92	2:16.76
87	1.13	27.14	58.77	2:07.95	4:30.93	9:16.60	18:00.01	29.58	1:03.48	2:17.98
86	1.14	27.38	59.29	2:09.08	4:33.33	9:21.53	18:09.57	29.85	1:04.05	2:19.21
85	1.15	27.62	59.81	2:10.21	4:35.72	9:26.46	18:19.12	30.11	1:04.61	2:20.43
84	1.16	27.86	1:00.33	2:11.35	4:38.12	9:31.38	18:28.68	30.37	1:05.17	2:21.65
83	1.17	28.10	1:00.85	2:12.48	4:40.52	9:36.31	18:38.24	30.63	1:05.73	2:22.87
82	1.18	28.34	1:01.37	2:13.61	4:42.92	9:41.23	18:47.80	30.89	1:06.29	2:24.09
81	1.19	28.58	1:01.89	2:14.74	4:45.31	9:46.16	18:57.35	31.15	1:06.85	2:25.31
80	1.20	28.82	1:02.41	2:15.88	4:47.71	9:51.08	19:06.91	31.42	1:07.42	2:26.53
79	1.21	29.06	1:02.93	2:17.01	4:50.11	9:56.01	19:16.47	31.68	1:07.98	2:27.75
78	1.22	29.30	1:03.45	2:18.14	4:52.51	10:00.94	19:26.03	31.94	1:08.54	2:28.97
77	1.23	29.54	1:03.97	2:19.27	4:54.90	10:05.86	19:35.58	32.20	1:09.10	2:30.20
76	1.24	29.78	1:04.49	2:20.41	4:57.30	10:10.79	19:45.14	32.46	1:09.66	2:31.42
75	1.25	30.03	1:05.01	2:21.54	4:59.70	10:15.71	19:54.70	32.73	1:10.23	2:32.64
74	1.26	30.27	1:05.53	2:22.67	5:02.10	10:20.64	20:04.26	32.99	1:10.79	2:33.86
73	1.27	30.51	1:06.05	2:23.80	5:04.50	10:25.56	20:13.82	33.25	1:11.35	2:35.08
72	1.28	30.75	1:06.57	2:24.93	5:06.89	10:30.49	20:23.37	33.51	1:11.91	2:36.30
71	1.29	30.99	1:07.09	2:26.07	5:09.29	10:35.42	20:32.93	33.77	1:12.47	2:37.52
70	1.30	31.23	1:07.61	2:27.20	5:11.69	10:40.34	20:42.49	34.03	1:13.03	2:38.74
69	1.31	31.47	1:08.13	2:28.33	5:14.09	10:45.27	20:52.05	34.30	1:13.60	2:39.96
68	1.32	31.71	1:08.65	2:29.46	5:16.48	10:50.19	21:01.60	34.56	1:14.16	2:41.19
67	1.33	31.95	1:09.17	2:30.60	5:18.88	10:55.12	21:11.16	34.82	1:14.72	2:42.41
66	1.34	32.19	1:09.69	2:31.73	5:21.28	11:00.04	21:20.72	35.08	1:15.28	2:43.63
65	1.35	32.43	1:10.21	2:32.86	5:23.68	11:04.97	21:30.28	35.34	1:15.84	2:44.85
64	1.36	32.67	1:10.73	2:33.99	5:26.07	11:09.90	21:39.83	35.60	1:16.40	2:46.07
63	1.37	32.91	1:11.25	2:35.13	5:28.47	11:14.82	21:49.39	35.87	1:16.97	2:47.29
62	1.38	33.15	1:11.77	2:36.26	5:30.87	11:19.75	21:58.95	36.13	1:17.53	2:48.51
61	1.39	33.39	1:12.29	2:37.39	5:33.27	11:24.67	22:08.51	36.39	1:18.09	2:49.73
60	1.40	33.63	1:12.81	2:38.52	5:35.66	11:29.60	22:18.06	36.65	1:18.65	2:50.95
59	1.41	33.87	1:13.33	2:39.65	5:38.06	11:34.52	22:27.62	36.91	1:19.21	2:52.18
58	1.42	34.11	1:13.85	2:40.79	5:40.46	11:39.45	22:37.18	37.18	1:19.78	2:53.40
57	1.43	34.35	1:14.37	2:41.92	5:42.86	11:44.38	22:46.74	37.44	1:20.34	2:54.62
56	1.44	34.59	1:14.89	2:43.05	5:45.25	11:49.30	22:56.29	37.70	1:20.90	2:55.84
55	1.45	34.83	1:15.41	2:44.18	5:47.65	11:54.23	23:05.85	37.96	1:21.46	2:57.06
54	1.46	35.07	1:15.93	2:45.32	5:50.05	11:59.15	23:15.41	38.22	1:22.02	2:58.28

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	35.31	1:16.45	2:46.45	5:52.45	12:04.08	23:24.97	38.48	1:22.58	2:59.50
52	1.48	35.55	1:16.97	2:47.58	5:54.84	12:09.00	23:34.52	38.75	1:23.15	3:00.72
51	1.49	35.79	1:17.49	2:48.71	5:57.24	12:13.93	23:44.08	39.01	1:23.71	3:01.94
50	1.50	36.03	1:18.02	2:49.85	5:59.64	12:18.86	23:53.64	39.27	1:24.27	3:03.16
49	1.51	36.27	1:18.54	2:50.98	6:02.04	12:23.78	24:03.20	39.53	1:24.83	3:04.39
48	1.52	36.51	1:19.06	2:52.11	6:04.44	12:28.71	24:12.76	39.79	1:25.39	3:05.61
47	1.53	36.75	1:19.58	2:53.24	6:06.83	12:33.63	24:22.31	40.06	1:25.96	3:06.83
46	1.54	36.99	1:20.10	2:54.37	6:09.23	12:38.56	24:31.87	40.32	1:26.52	3:08.05
45	1.55	37.23	1:20.62	2:55.51	6:11.63	12:43.48	24:41.43	40.58	1:27.08	3:09.27
44	1.56	37.47	1:21.14	2:56.64	6:14.03	12:48.41	24:50.99	40.84	1:27.64	3:10.49
43	1.57	37.71	1:21.66	2:57.77	6:16.42	12:53.33	25:00.54	41.10	1:28.20	3:11.71
42	1.58	37.95	1:22.18	2:58.90	6:18.82	12:58.26	25:10.10	41.36	1:28.76	3:12.93
41	1.59	38.19	1:22.70	3:00.04	6:21.22	13:03.19	25:19.66	41.63	1:29.33	3:14.15
40	1.60	38.43	1:23.22	3:01.17	6:23.62	13:08.11	25:29.22	41.89	1:29.89	3:15.38
39	1.61	38.67	1:23.74	3:02.30	6:26.01	13:13.04	25:38.77	42.15	1:30.45	3:16.60
38	1.62	38.91	1:24.26	3:03.43	6:28.41	13:17.96	25:48.33	42.41	1:31.01	3:17.82
37	1.63	39.15	1:24.78	3:04.56	6:30.81	13:22.89	25:57.89	42.67	1:31.57	3:19.04
36	1.64	39.39	1:25.30	3:05.70	6:33.21	13:27.81	26:07.45	42.94	1:32.14	3:20.26
35	1.65	39.63	1:25.82	3:06.83	6:35.60	13:32.74	26:17.00	43.20	1:32.70	3:21.48
34	1.66	39.87	1:26.34	3:07.96	6:38.00	13:37.67	26:26.56	43.46	1:33.26	3:22.70
33	1.67	40.11	1:26.86	3:09.09	6:40.40	13:42.59	26:36.12	43.72	1:33.82	3:23.92
32	1.68	40.35	1:27.38	3:10.23	6:42.80	13:47.52	26:45.68	43.98	1:34.38	3:25.14
31	1.69	40.59	1:27.90	3:11.36	6:45.19	13:52.44	26:55.23	44.24	1:34.94	3:26.37
30	1.70	40.83	1:28.42	3:12.49	6:47.59	13:57.37	27:04.79	44.51	1:35.51	3:27.59
29	1.71	41.07	1:28.94	3:13.62	6:49.99	14:02.29	27:14.35	44.77	1:36.07	3:28.81
28	1.72	41.31	1:29.46	3:14.76	6:52.39	14:07.22	27:23.91	45.03	1:36.63	3:30.03
27	1.73	41.55	1:29.98	3:15.89	6:54.78	14:12.15	27:33.46	45.29	1:37.19	3:31.25
26	1.74	41.79	1:30.50	3:17.02	6:57.18	14:17.07	27:43.02	45.55	1:37.75	3:32.47
25	1.75	42.04	1:31.02	3:18.15	6:59.58	14:22.00	27:52.58	45.82	1:38.32	3:33.69
24	1.76	42.28	1:31.54	3:19.28	7:01.98	14:26.92	28:02.14	46.08	1:38.88	3:34.91
23	1.77	42.52	1:32.06	3:20.42	7:04.38	14:31.85	28:11.70	46.34	1:39.44	3:36.13
22	1.78	42.76	1:32.58	3:21.55	7:06.77	14:36.77	28:21.25	46.60	1:40.00	3:37.36
21	1.79	43.00	1:33.10	3:22.68	7:09.17	14:41.70	28:30.81	46.86	1:40.56	3:38.58
20	1.80	43.24	1:33.62	3:23.81	7:11.57	14:46.63	28:40.37	47.12	1:41.12	3:39.80
19	1.81	43.48	1:34.14	3:24.95	7:13.97	14:51.55	28:49.93	47.39	1:41.69	3:41.02
18	1.82	43.72	1:34.66	3:26.08	7:16.36	14:56.48	28:59.48	47.65	1:42.25	3:42.24
17	1.83	43.96	1:35.18	3:27.21	7:18.76	15:01.40	29:09.04	47.91	1:42.81	3:43.46
16	1.84	44.20	1:35.70	3:28.34	7:21.16	15:06.33	29:18.60	48.17	1:43.37	3:44.68
15	1.85	44.44	1:36.22	3:29.48	7:23.56	15:11.25	29:28.16	48.43	1:43.93	3:45.90
14	1.86	44.68	1:36.74	3:30.61	7:25.95	15:16.18	29:37.71	48.69	1:44.49	3:47.12
13	1.87	44.92	1:37.26	3:31.74	7:28.35	15:21.11	29:47.27	48.96	1:45.06	3:48.35
12	1.88	45.16	1:37.78	3:32.87	7:30.75	15:26.03	29:56.83	49.22	1:45.62	3:49.57
11	1.89	45.40	1:38.30	3:34.00	7:33.15	15:30.96	30:06.39	49.48	1:46.18	3:50.79
10	1.90	45.64	1:38.82	3:35.14	7:35.54	15:35.88	30:15.94	49.74	1:46.74	3:52.01
9	1.91	45.88	1:39.34	3:36.27	7:37.94	15:40.81	30:25.50	50.00	1:47.30	3:53.23
8	1.92	46.12	1:39.86	3:37.40	7:40.34	15:45.73	30:35.06	50.27	1:47.87	3:54.45
7	1.93	46.36	1:40.38	3:38.53	7:42.74	15:50.66	30:44.62	50.53	1:48.43	3:55.67
6	1.94	46.60	1:40.90	3:39.67	7:45.13	15:55.59	30:54.17	50.79	1:48.99	3:56.89
5	1.95	46.84	1:41.42	3:40.80	7:47.53	16:00.51	31:03.73	51.05	1:49.55	3:58.11
4	1.96	47.08	1:41.94	3:41.93	7:49.93	16:05.44	31:13.29	51.31	1:50.11	3:59.34
3	1.97	47.32	1:42.46	3:43.06	7:52.33	16:10.36	31:22.85	51.57	1:50.67	4:00.56
2	1.98	47.56	1:42.98	3:44.20	7:54.72	16:15.29	31:32.40	51.84	1:51.24	4:01.78
1	1.99	47.80	1:43.50	3:45.33	7:57.12	16:20.21	31:41.96	52.10	1:51.80	4:03.00

# Hong Kong Swimming Point Score

## Short Course 2017-2018

### Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.79	1:04.11	2:17.93	25.20	55.96	2:03.06	58.72	2:05.28	4:27.39
99	1.01	30.09	1:04.75	2:19.31	25.45	56.52	2:04.29	59.31	2:06.53	4:30.06
98	1.02	30.39	1:05.39	2:20.69	25.70	57.08	2:05.52	59.89	2:07.79	4:32.74
97	1.03	30.68	1:06.03	2:22.07	25.96	57.64	2:06.75	1:00.48	2:09.04	4:35.41
96	1.04	30.98	1:06.67	2:23.45	26.21	58.20	2:07.98	1:01.07	2:10.29	4:38.09
95	1.05	31.28	1:07.32	2:24.83	26.46	58.76	2:09.21	1:01.66	2:11.54	4:40.76
94	1.06	31.58	1:07.96	2:26.21	26.71	59.32	2:10.44	1:02.24	2:12.80	4:43.43
93	1.07	31.88	1:08.60	2:27.59	26.96	59.88	2:11.67	1:02.83	2:14.05	4:46.11
92	1.08	32.17	1:09.24	2:28.96	27.22	1:00.44	2:12.90	1:03.42	2:15.30	4:48.78
91	1.09	32.47	1:09.88	2:30.34	27.47	1:01.00	2:14.14	1:04.00	2:16.56	4:51.46
90	1.10	32.77	1:10.52	2:31.72	27.72	1:01.56	2:15.37	1:04.59	2:17.81	4:54.13
89	1.11	33.07	1:11.16	2:33.10	27.97	1:02.12	2:16.60	1:05.18	2:19.06	4:56.80
88	1.12	33.36	1:11.80	2:34.48	28.22	1:02.68	2:17.83	1:05.77	2:20.31	4:59.48
87	1.13	33.66	1:12.44	2:35.86	28.48	1:03.23	2:19.06	1:06.35	2:21.57	5:02.15
86	1.14	33.96	1:13.09	2:37.24	28.73	1:03.79	2:20.29	1:06.94	2:22.82	5:04.82
85	1.15	34.26	1:13.73	2:38.62	28.98	1:04.35	2:21.52	1:07.53	2:24.07	5:07.50
84	1.16	34.56	1:14.37	2:40.00	29.23	1:04.91	2:22.75	1:08.12	2:25.32	5:10.17
83	1.17	34.85	1:15.01	2:41.38	29.48	1:05.47	2:23.98	1:08.70	2:26.58	5:12.85
82	1.18	35.15	1:15.65	2:42.76	29.74	1:06.03	2:25.21	1:09.29	2:27.83	5:15.52
81	1.19	35.45	1:16.29	2:44.14	29.99	1:06.59	2:26.44	1:09.88	2:29.08	5:18.19
80	1.20	35.75	1:16.93	2:45.52	30.24	1:07.15	2:27.67	1:10.46	2:30.34	5:20.87
79	1.21	36.05	1:17.57	2:46.90	30.49	1:07.71	2:28.90	1:11.05	2:31.59	5:23.54
78	1.22	36.34	1:18.21	2:48.27	30.74	1:08.27	2:30.13	1:11.64	2:32.84	5:26.22
77	1.23	36.64	1:18.86	2:49.65	31.00	1:08.83	2:31.36	1:12.23	2:34.09	5:28.89
76	1.24	36.94	1:19.50	2:51.03	31.25	1:09.39	2:32.59	1:12.81	2:35.35	5:31.56
75	1.25	37.24	1:20.14	2:52.41	31.50	1:09.95	2:33.83	1:13.40	2:36.60	5:34.24
74	1.26	37.54	1:20.78	2:53.79	31.75	1:10.51	2:35.06	1:13.99	2:37.85	5:36.91
73	1.27	37.83	1:21.42	2:55.17	32.00	1:11.07	2:36.29	1:14.57	2:39.11	5:39.59
72	1.28	38.13	1:22.06	2:56.55	32.26	1:11.63	2:37.52	1:15.16	2:40.36	5:42.26
71	1.29	38.43	1:22.70	2:57.93	32.51	1:12.19	2:38.75	1:15.75	2:41.61	5:44.93
70	1.30	38.73	1:23.34	2:59.31	32.76	1:12.75	2:39.98	1:16.34	2:42.86	5:47.61
69	1.31	39.02	1:23.98	3:00.69	33.01	1:13.31	2:41.21	1:16.92	2:44.12	5:50.28
68	1.32	39.32	1:24.63	3:02.07	33.26	1:13.87	2:42.44	1:17.51	2:45.37	5:52.95
67	1.33	39.62	1:25.27	3:03.45	33.52	1:14.43	2:43.67	1:18.10	2:46.62	5:55.63
66	1.34	39.92	1:25.91	3:04.83	33.77	1:14.99	2:44.90	1:18.68	2:47.88	5:58.30
65	1.35	40.22	1:26.55	3:06.21	34.02	1:15.55	2:46.13	1:19.27	2:49.13	6:00.98
64	1.36	40.51	1:27.19	3:07.58	34.27	1:16.11	2:47.36	1:19.86	2:50.38	6:03.65
63	1.37	40.81	1:27.83	3:08.96	34.52	1:16.67	2:48.59	1:20.45	2:51.63	6:06.32
62	1.38	41.11	1:28.47	3:10.34	34.78	1:17.22	2:49.82	1:21.03	2:52.89	6:09.00
61	1.39	41.41	1:29.11	3:11.72	35.03	1:17.78	2:51.05	1:21.62	2:54.14	6:11.67
60	1.40	41.71	1:29.75	3:13.10	35.28	1:18.34	2:52.28	1:22.21	2:55.39	6:14.35
59	1.41	42.00	1:30.40	3:14.48	35.53	1:18.90	2:53.51	1:22.80	2:56.64	6:17.02
58	1.42	42.30	1:31.04	3:15.86	35.78	1:19.46	2:54.75	1:23.38	2:57.90	6:19.69
57	1.43	42.60	1:31.68	3:17.24	36.04	1:20.02	2:55.98	1:23.97	2:59.15	6:22.37
56	1.44	42.90	1:32.32	3:18.62	36.29	1:20.58	2:57.21	1:24.56	3:00.40	6:25.04
55	1.45	43.20	1:32.96	3:20.00	36.54	1:21.14	2:58.44	1:25.14	3:01.66	6:27.72
54	1.46	43.49	1:33.60	3:21.38	36.79	1:21.70	2:59.67	1:25.73	3:02.91	6:30.39

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	43.79	1:34.24	3:22.76	37.04	1:22.26	3:00.90	1:26.32	3:04.16	6:33.06
52	1.48	44.09	1:34.88	3:24.14	37.30	1:22.82	3:02.13	1:26.91	3:05.41	6:35.74
51	1.49	44.39	1:35.52	3:25.52	37.55	1:23.38	3:03.36	1:27.49	3:06.67	6:38.41
50	1.50	44.69	1:36.17	3:26.90	37.80	1:23.94	3:04.59	1:28.08	3:07.92	6:41.09
49	1.51	44.98	1:36.81	3:28.27	38.05	1:24.50	3:05.82	1:28.67	3:09.17	6:43.76
48	1.52	45.28	1:37.45	3:29.65	38.30	1:25.06	3:07.05	1:29.25	3:10.43	6:46.43
47	1.53	45.58	1:38.09	3:31.03	38.56	1:25.62	3:08.28	1:29.84	3:11.68	6:49.11
46	1.54	45.88	1:38.73	3:32.41	38.81	1:26.18	3:09.51	1:30.43	3:12.93	6:51.78
45	1.55	46.17	1:39.37	3:33.79	39.06	1:26.74	3:10.74	1:31.02	3:14.18	6:54.45
44	1.56	46.47	1:40.01	3:35.17	39.31	1:27.30	3:11.97	1:31.60	3:15.44	6:57.13
43	1.57	46.77	1:40.65	3:36.55	39.56	1:27.86	3:13.20	1:32.19	3:16.69	6:59.80
42	1.58	47.07	1:41.29	3:37.93	39.82	1:28.42	3:14.43	1:32.78	3:17.94	7:02.48
41	1.59	47.37	1:41.93	3:39.31	40.07	1:28.98	3:15.67	1:33.36	3:19.20	7:05.15
40	1.60	47.66	1:42.58	3:40.69	40.32	1:29.54	3:16.90	1:33.95	3:20.45	7:07.82
39	1.61	47.96	1:43.22	3:42.07	40.57	1:30.10	3:18.13	1:34.54	3:21.70	7:10.50
38	1.62	48.26	1:43.86	3:43.45	40.82	1:30.66	3:19.36	1:35.13	3:22.95	7:13.17
37	1.63	48.56	1:44.50	3:44.83	41.08	1:31.21	3:20.59	1:35.71	3:24.21	7:15.85
36	1.64	48.86	1:45.14	3:46.21	41.33	1:31.77	3:21.82	1:36.30	3:25.46	7:18.52
35	1.65	49.15	1:45.78	3:47.58	41.58	1:32.33	3:23.05	1:36.89	3:26.71	7:21.19
34	1.66	49.45	1:46.42	3:48.96	41.83	1:32.89	3:24.28	1:37.48	3:27.96	7:23.87
33	1.67	49.75	1:47.06	3:50.34	42.08	1:33.45	3:25.51	1:38.06	3:29.22	7:26.54
32	1.68	50.05	1:47.70	3:51.72	42.34	1:34.01	3:26.74	1:38.65	3:30.47	7:29.22
31	1.69	50.35	1:48.35	3:53.10	42.59	1:34.57	3:27.97	1:39.24	3:31.72	7:31.89
30	1.70	50.64	1:48.99	3:54.48	42.84	1:35.13	3:29.20	1:39.82	3:32.98	7:34.56
29	1.71	50.94	1:49.63	3:55.86	43.09	1:35.69	3:30.43	1:40.41	3:34.23	7:37.24
28	1.72	51.24	1:50.27	3:57.24	43.34	1:36.25	3:31.66	1:41.00	3:35.48	7:39.91
27	1.73	51.54	1:50.91	3:58.62	43.60	1:36.81	3:32.89	1:41.59	3:36.73	7:42.58
26	1.74	51.83	1:51.55	4:00.00	43.85	1:37.37	3:34.12	1:42.17	3:37.99	7:45.26
25	1.75	52.13	1:52.19	4:01.38	44.10	1:37.93	3:35.36	1:42.76	3:39.24	7:47.93
24	1.76	52.43	1:52.83	4:02.76	44.35	1:38.49	3:36.59	1:43.35	3:40.49	7:50.61
23	1.77	52.73	1:53.47	4:04.14	44.60	1:39.05	3:37.82	1:43.93	3:41.75	7:53.28
22	1.78	53.03	1:54.12	4:05.52	44.86	1:39.61	3:39.05	1:44.52	3:43.00	7:55.95
21	1.79	53.32	1:54.76	4:06.89	45.11	1:40.17	3:40.28	1:45.11	3:44.25	7:58.63
20	1.80	53.62	1:55.40	4:08.27	45.36	1:40.73	3:41.51	1:45.70	3:45.50	8:01.30
19	1.81	53.92	1:56.04	4:09.65	45.61	1:41.29	3:42.74	1:46.28	3:46.76	8:03.98
18	1.82	54.22	1:56.68	4:11.03	45.86	1:41.85	3:43.97	1:46.87	3:48.01	8:06.65
17	1.83	54.52	1:57.32	4:12.41	46.12	1:42.41	3:45.20	1:47.46	3:49.26	8:09.32
16	1.84	54.81	1:57.96	4:13.79	46.37	1:42.97	3:46.43	1:48.04	3:50.52	8:12.00
15	1.85	55.11	1:58.60	4:15.17	46.62	1:43.53	3:47.66	1:48.63	3:51.77	8:14.67
14	1.86	55.41	1:59.24	4:16.55	46.87	1:44.09	3:48.89	1:49.22	3:53.02	8:17.35
13	1.87	55.71	1:59.89	4:17.93	47.12	1:44.65	3:50.12	1:49.81	3:54.27	8:20.02
12	1.88	56.01	2:00.53	4:19.31	47.38	1:45.20	3:51.35	1:50.39	3:55.53	8:22.69
11	1.89	56.30	2:01.17	4:20.69	47.63	1:45.76	3:52.58	1:50.98	3:56.78	8:25.37
10	1.90	56.60	2:01.81	4:22.07	47.88	1:46.32	3:53.81	1:51.57	3:58.03	8:28.04
9	1.91	56.90	2:02.45	4:23.45	48.13	1:46.88	3:55.04	1:52.16	3:59.28	8:30.71
8	1.92	57.20	2:03.09	4:24.83	48.38	1:47.44	3:56.28	1:52.74	4:00.54	8:33.39
7	1.93	57.49	2:03.73	4:26.20	48.64	1:48.00	3:57.51	1:53.33	4:01.79	8:36.06
6	1.94	57.79	2:04.37	4:27.58	48.89	1:48.56	3:58.74	1:53.92	4:03.04	8:38.74
5	1.95	58.09	2:05.01	4:28.96	49.14	1:49.12	3:59.97	1:54.50	4:04.30	8:41.41
4	1.96	58.39	2:05.66	4:30.34	49.39	1:49.68	4:01.20	1:55.09	4:05.55	8:44.08
3	1.97	58.69	2:06.30	4:31.72	49.64	1:50.24	4:02.43	1:55.68	4:06.80	8:46.76
2	1.98	58.98	2:06.94	4:33.10	49.90	1:50.80	4:03.66	1:56.27	4:08.05	8:49.43
1	1.99	59.28	2:07.58	4:34.48	50.15	1:51.36	4:04.89	1:56.85	4:09.31	8:52.11