

200 Medley Relay

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
600	1:36.76	1:47.98	450	1:47.64	2:00.12	300	2:01.28	2:15.34	150	2:18.88	2:34.98
597	1:36.96	1:48.20	447	1:47.89	2:00.40	297	2:01.59	2:15.69	147	2:19.29	2:35.44
594	1:37.15	1:48.41	444	1:48.13	2:00.67	294	2:01.90	2:16.03	144	2:19.69	2:35.89
591	1:37.35	1:48.64	441	1:48.37	2:00.94	291	2:02.21	2:16.38	141	2:20.10	2:36.34
588	1:37.55	1:48.86	438	1:48.62	2:01.21	288	2:02.53	2:16.74	138	2:20.51	2:36.80
585	1:37.75	1:49.08	435	1:48.87	2:01.49	285	2:02.84	2:17.08	135	2:20.93	2:37.27
582	1:37.95	1:49.31	432	1:49.12	2:01.77	282	2:03.16	2:17.44	132	2:21.34	2:37.73
579	1:38.15	1:49.53	429	1:49.37	2:02.05	279	2:03.47	2:17.79	129	2:21.76	2:38.20
576	1:38.35	1:49.75	426	1:49.62	2:02.33	276	2:03.79	2:18.14	126	2:22.18	2:38.67
573	1:38.55	1:49.98	423	1:49.87	2:02.61	273	2:04.11	2:18.50	123	2:22.61	2:39.15
570	1:38.76	1:50.21	420	1:50.12	2:02.89	270	2:04.44	2:18.87	120	2:23.03	2:39.61
567	1:38.96	1:50.43	417	1:50.37	2:03.17	267	2:04.76	2:19.23	117	2:23.46	2:40.09
564	1:39.17	1:50.67	414	1:50.63	2:03.46	264	2:05.09	2:19.59	114	2:23.89	2:40.57
561	1:39.37	1:50.89	411	1:50.89	2:03.75	261	2:05.42	2:19.96	111	2:24.33	2:41.06
558	1:39.58	1:51.13	408	1:51.14	2:04.03	258	2:05.75	2:20.33	108	2:24.76	2:41.54
555	1:39.79	1:51.36	405	1:51.40	2:04.32	255	2:56.08	3:16.50	105	2:25.20	2:42.04
552	1:40.00	1:51.59	402	1:51.66	2:04.61	252	2:06.41	2:21.07	102	2:25.65	2:42.54
549	1:40.20	1:51.82	399	1:51.92	2:04.90	249	2:06.74	2:21.44	99	2:26.09	2:43.03
546	1:40.42	1:52.06	396	1:52.19	2:05.20	246	2:07.08	2:21.81	96	2:26.54	2:43.53
543	1:40.63	1:52.30	393	1:52.45	2:05.48	243	2:07.42	2:22.19	93	2:26.99	2:44.03
540	1:40.84	1:52.53	390	1:52.71	2:05.78	240	2:07.76	2:22.57	90	2:27.44	2:44.54
537	1:41.05	1:52.77	387	1:52.98	2:06.08	237	2:08.10	2:22.95	87	2:27.90	2:45.05
534	1:41.27	1:53.01	384	1:53.25	2:06.38	234	2:08.45	2:23.34	84	2:28.35	2:45.55
531	1:41.48	1:53.25	381	1:53.52	2:06.68	231	2:08.79	2:23.72	81	2:28.82	2:46.08
528	1:41.70	1:53.49	378	1:53.79	2:06.98	228	2:09.14	2:24.11	78	2:29.28	2:46.59
525	1:41.91	1:53.73	375	1:54.06	2:07.28	225	2:09.49	2:24.50	75	2:29.75	2:47.11
522	1:42.13	1:53.97	372	1:54.33	2:07.59	222	2:09.84	2:24.89	72	2:30.22	2:47.64
519	1:42.35	1:54.22	369	1:54.60	2:07.89	219	2:10.19	2:25.29	69	2:30.69	2:48.16
516	1:42.57	1:54.46	366	1:54.88	2:08.20	216	2:10.55	2:25.69	66	2:31.17	2:48.70
513	1:42.79	1:54.71	363	1:55.15	2:08.50	213	2:10.90	2:26.08	63	2:31.65	2:49.23
510	1:43.01	1:54.95	360	1:55.43	2:08.81	210	2:11.26	2:26.48	60	2:32.13	2:49.77
507	1:43.23	1:55.20	357	1:55.71	2:09.12	207	2:11.62	2:26.88	57	2:32.61	2:50.30
504	1:43.45	1:55.44	354	1:55.99	2:09.43	204	2:11.99	2:27.29	54	2:33.10	2:50.85
501	1:43.68	1:55.70	351	1:56.27	2:09.75	201	2:12.35	2:27.70	51	2:33.59	2:51.40
498	1:43.90	1:55.95	348	1:56.56	2:10.07	198	2:12.72	2:28.11	48	2:34.09	2:51.96
495	1:44.13	1:56.20	345	1:56.84	2:10.39	195	2:13.09	2:28.52	45	2:34.58	2:52.50
492	1:44.36	1:56.46	342	1:57.13	2:10.71	192	2:13.46	2:28.93	42	2:35.09	2:53.07
489	1:44.58	1:56.71	339	1:57.42	2:11.03	189	2:13.83	2:29.35	39	2:35.59	2:53.63
486	1:44.81	1:56.96	336	1:57.70	2:11.34	186	2:14.21	2:29.77	36	2:36.10	2:54.20
483	1:45.04	1:57.22	333	1:57.99	2:11.67	183	2:14.59	2:30.20	33	2:36.61	2:54.77
480	1:45.28	1:57.49	330	1:58.29	2:12.01	180	2:14.97	2:30.62	30	2:37.12	2:55.34
477	1:45.51	1:57.74	327	1:58.58	2:12.33	177	2:15.35	2:31.04	27	2:37.64	2:55.92
474	1:45.74	1:58.00	324	1:58.87	2:12.65	174	2:15.73	2:31.47	24	2:38.16	2:56.50
471	1:45.97	1:58.26	321	1:59.17	2:12.99	171	2:16.12	2:31.90	21	2:38.69	2:57.09
468	1:46.21	1:58.52	318	1:59.47	2:13.32	168	2:16.51	2:32.34	18	2:39.21	2:57.67
465	1:46.45	1:58.79	315	1:59.77	2:13.66	165	2:16.90	2:32.77	15	2:39.74	2:58.26
462	1:46.68	1:59.05	312	2:00.07	2:13.99	162	2:17.29	2:33.21	12	2:40.28	2:58.86
459	1:46.92	1:59.32	309	2:00.37	2:14.33	159	2:17.68	2:33.64	9	2:40.82	2:59.47
456	1:47.16	1:59.58	306	2:00.67	2:14.66	156	2:18.08	2:34.09	6	2:41.36	3:00.07
453	1:47.40	1:59.85	303	2:00.98	2:15.01	153	2:18.48	2:34.54	3	2:41.91	3:00.68
									0	2:42.46	3:01.30

200 Free

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	1:40.04	1:50.85	150	1:50.07	2:01.96	100	2:02.33	2:15.55	50	2:17.67	2:32.54
199	1:40.22	1:51.05	149	1:50.29	2:02.20	99	2:02.60	2:15.84	49	2:18.01	2:32.92
198	1:40.41	1:51.26	148	1:50.51	2:02.45	98	2:02.88	2:16.16	48	2:18.36	2:33.31
197	1:40.59	1:51.46	147	1:50.73	2:02.69	97	2:03.15	2:16.45	47	2:18.71	2:33.70
196	1:40.77	1:51.66	146	1:50.96	2:02.95	96	2:03.43	2:16.76	46	2:19.06	2:34.08
195	1:40.96	1:51.87	145	1:51.18	2:03.19	95	2:03.71	2:17.07	45	2:19.42	2:34.48
194	1:41.15	1:52.08	144	1:51.41	2:03.45	94	2:03.99	2:17.39	44	2:19.77	2:34.87
193	1:41.33	1:52.28	143	1:51.63	2:03.69	93	2:04.27	2:17.70	43	2:20.13	2:35.27
192	1:41.52	1:52.49	142	1:51.86	2:03.94	92	2:04.55	2:18.01	42	2:20.49	2:35.67
191	1:41.72	1:52.71	141	1:52.09	2:04.20	91	2:04.83	2:18.32	41	2:20.85	2:36.07
190	1:41.90	1:52.91	140	1:52.32	2:04.45	90	2:05.12	2:18.64	40	2:21.21	2:36.47
189	1:42.09	1:53.12	139	1:52.55	2:04.71	89	2:05.40	2:18.95	39	2:21.57	2:36.86
188	1:42.28	1:53.33	138	1:52.78	2:04.96	88	2:05.69	2:19.27	38	2:21.94	2:37.27
187	1:42.47	1:53.54	137	1:53.01	2:05.22	87	2:05.98	2:19.59	37	2:22.31	2:37.68
186	1:42.66	1:53.75	136	1:53.25	2:05.48	86	2:06.27	2:19.91	36	2:22.68	2:38.09
185	1:42.85	1:53.96	135	1:53.48	2:05.74	85	2:06.56	2:20.23	35	2:23.05	2:38.50
184	1:43.04	1:54.17	134	1:53.72	2:06.01	84	2:06.85	2:20.55	34	2:23.42	2:38.91
183	1:43.24	1:54.39	133	1:53.95	2:06.26	83	2:07.15	2:20.89	33	2:23.80	2:39.34
182	1:43.43	1:54.60	132	1:54.19	2:06.53	82	2:07.44	2:21.21	32	2:24.17	2:39.75
181	1:43.63	1:54.83	131	1:54.43	2:06.79	81	2:07.74	2:21.54	31	2:24.55	2:40.17
180	1:43.82	1:55.04	130	1:54.67	2:07.06	80	2:08.04	2:21.87	30	2:24.94	2:40.60
179	1:44.02	1:55.26	129	1:54.91	2:07.32	79	2:08.34	2:22.20	29	2:25.32	2:41.02
178	1:44.22	1:55.48	128	1:55.15	2:07.59	78	2:08.64	2:22.54	28	2:25.71	2:41.45
177	1:44.42	1:55.70	127	1:55.39	2:07.86	77	2:08.94	2:22.87	27	2:26.09	2:41.87
176	1:44.62	1:55.92	126	1:55.63	2:08.12	76	2:09.24	2:23.20	26	2:26.48	2:42.30
175	1:44.82	1:56.14	125	1:55.88	2:08.40	75	2:09.55	2:23.55	25	2:26.87	2:42.74
174	1:45.02	1:56.37	124	1:56.12	2:08.66	74	2:09.85	2:23.88	24	2:27.27	2:43.18
173	1:45.22	1:56.59	123	1:56.37	2:08.94	73	2:10.16	2:24.22	23	2:27.66	2:43.61
172	1:45.42	1:56.81	122	1:56.61	2:09.21	72	2:10.47	2:24.57	22	2:28.06	2:44.06
171	1:45.62	1:57.03	121	1:56.86	2:09.48	71	2:10.78	2:24.91	21	2:28.46	2:44.50
170	1:45.83	1:57.26	120	1:57.11	2:09.76	70	2:11.09	2:25.25	20	2:28.87	2:44.95
169	1:46.03	1:57.48	119	1:57.36	2:10.04	69	2:11.41	2:25.61	19	2:29.27	2:45.40
168	1:46.23	1:57.71	118	1:57.61	2:10.32	68	2:11.72	2:25.95	18	2:29.68	2:45.85
167	1:46.44	1:57.94	117	1:57.87	2:10.60	67	2:12.04	2:26.30	17	2:30.09	2:46.30
166	1:46.65	1:58.17	116	1:58.12	2:10.88	66	2:12.36	2:26.66	16	2:30.50	2:46.76
165	1:46.85	1:58.39	115	1:58.37	2:11.16	65	2:12.68	2:27.01	15	2:30.91	2:47.21
164	1:47.06	1:58.63	114	1:58.63	2:11.45	64	2:13.00	2:27.37	14	2:31.33	2:47.68
163	1:47.27	1:58.86	113	1:58.89	2:11.73	63	2:13.32	2:27.72	13	2:31.75	2:48.14
162	1:47.48	1:59.09	112	1:59.14	2:12.01	62	2:13.65	2:28.09	12	2:32.17	2:48.61
161	1:47.69	1:59.32	111	1:59.40	2:12.30	61	2:13.97	2:28.44	11	2:32.59	2:49.07
160	1:47.91	1:59.57	110	1:59.66	2:12.59	60	2:14.30	2:28.81	10	2:33.01	2:49.54
159	1:48.12	1:59.80	109	1:59.93	2:12.89	59	2:14.63	2:29.17	9	2:33.44	2:50.02
158	1:48.33	2:00.03	108	2:00.19	2:13.17	58	2:14.96	2:29.54	8	2:33.87	2:50.49
157	1:48.54	2:00.27	107	2:00.45	2:13.46	57	2:15.29	2:29.91	7	2:34.30	2:50.97
156	1:48.76	2:00.51	106	2:00.72	2:13.76	56	2:15.63	2:30.28	6	2:34.74	2:51.46
155	1:48.98	2:00.75	105	2:00.98	2:14.05	55	2:15.96	2:30.65	5	2:35.18	2:51.94
154	1:49.19	2:00.99	104	2:01.25	2:14.35	54	2:16.30	2:31.02	4	2:35.62	2:52.43
153	1:49.41	2:01.23	103	2:01.52	2:14.65	53	2:16.64	2:31.40	3	2:36.06	2:52.92
152	1:49.63	2:01.47	102	2:01.79	2:14.95	52	2:16.98	2:31.78	2	2:36.50	2:53.41
151	1:49.85	2:01.72	101	2:02.06	2:15.25	51	2:17.32	2:32.16	1	2:36.95	2:53.91
									0	2:37.40	2:54.40

200 I.M.

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	1:52.20	2:04.54	150	2:03.33	2:16.90	100	2:17.00	2:32.07	50	2:33.87	2:50.80
199	1:52.40	2:04.76	149	2:03.58	2:17.17	99	2:17.22	2:32.31	49	2:34.25	2:51.22
198	1:52.61	2:05.00	148	2:03.82	2:17.44	98	2:17.52	2:32.65	48	2:34.63	2:51.64
197	1:52.81	2:05.22	147	2:04.07	2:17.72	97	2:17.83	2:32.99	47	2:35.02	2:52.07
196	1:53.02	2:05.45	146	2:04.32	2:18.00	96	2:18.14	2:33.34	46	2:35.41	2:52.51
195	1:53.22	2:05.67	145	2:04.57	2:18.27	95	2:18.44	2:33.67	45	2:35.80	2:52.94
194	1:53.43	2:05.91	144	2:04.82	2:18.55	94	2:18.75	2:34.01	44	2:36.19	2:53.37
193	1:53.64	2:06.14	143	2:05.07	2:18.83	93	2:19.06	2:34.36	43	2:36.58	2:53.80
192	1:53.84	2:06.36	142	2:05.32	2:19.11	92	2:19.38	2:34.71	42	2:36.98	2:54.25
191	1:54.05	2:06.60	141	2:05.58	2:19.39	91	2:19.69	2:35.06	41	2:37.37	2:54.68
190	1:54.26	2:06.83	140	2:05.83	2:19.67	90	2:20.00	2:35.40	40	2:37.77	2:55.12
189	1:54.47	2:07.06	139	2:06.09	2:19.96	89	2:20.32	2:35.76	39	2:38.18	2:55.58
188	1:54.68	2:07.29	138	2:06.34	2:20.24	88	2:20.64	2:36.11	38	2:38.58	2:56.02
187	1:54.90	2:07.54	137	2:06.60	2:20.53	87	2:20.96	2:36.47	37	2:38.98	2:56.47
186	1:55.11	2:07.77	136	2:06.86	2:20.81	86	2:21.28	2:36.82	36	2:39.39	2:56.92
185	1:55.32	2:08.01	135	2:07.12	2:21.10	85	2:21.60	2:37.18	35	2:39.80	2:57.38
184	1:55.54	2:08.25	134	2:07.38	2:21.39	84	2:21.92	2:37.53	34	2:40.21	2:57.83
183	1:55.75	2:08.48	133	2:07.64	2:21.68	83	2:22.26	2:37.91	33	2:40.63	2:58.30
182	1:55.97	2:08.73	132	2:07.90	2:21.97	82	2:22.57	2:38.25	32	2:41.04	2:58.75
181	1:56.19	2:08.97	131	2:08.17	2:22.27	81	2:22.90	2:38.62	31	2:41.46	2:59.22
180	1:56.40	2:09.20	130	2:08.43	2:22.56	80	2:23.23	2:38.99	30	2:41.88	2:59.69
179	1:56.62	2:09.45	129	2:08.70	2:22.86	79	2:23.56	2:39.35	29	2:42.31	3:00.16
178	1:56.84	2:09.69	128	2:08.96	2:23.15	78	2:23.89	2:39.72	28	2:42.73	3:00.63
177	1:57.06	2:09.94	127	2:09.23	2:23.45	77	2:24.23	2:40.10	27	2:43.16	3:01.11
176	1:57.28	2:10.18	126	2:09.50	2:23.75	76	2:24.56	2:40.46	26	2:43.59	3:01.59
175	1:57.50	2:10.43	125	2:09.77	2:24.04	75	2:24.90	2:40.84	25	2:44.02	3:02.06
174	1:57.73	2:10.68	124	2:10.04	2:24.34	74	2:25.24	2:41.22	24	2:44.45	3:02.54
173	1:57.95	2:10.92	123	2:10.32	2:24.66	73	2:25.58	2:41.59	23	2:44.89	3:03.03
172	1:58.17	2:11.17	122	2:10.59	2:24.96	72	2:25.92	2:41.97	22	2:45.33	3:03.52
171	1:58.40	2:11.42	121	2:10.86	2:25.25	71	2:26.26	2:42.35	21	2:45.77	3:04.00
170	1:58.62	2:11.67	120	2:11.14	2:25.57	70	2:26.61	2:42.74	20	2:46.21	3:04.49
169	1:58.85	2:11.92	119	2:11.42	2:25.88	69	2:26.96	2:43.13	19	2:46.66	3:04.99
168	1:59.08	2:12.18	118	2:11.70	2:26.19	68	2:27.30	2:43.50	18	2:47.11	3:05.49
167	1:59.31	2:12.43	117	2:11.98	2:26.50	67	2:27.65	2:43.89	17	2:47.56	3:05.99
166	1:59.54	2:12.69	116	2:12.26	2:26.81	66	2:28.00	2:44.28	16	2:48.01	3:06.49
165	1:59.77	2:12.94	115	2:12.54	2:27.12	65	2:28.36	2:44.68	15	2:48.47	3:07.00
164	2:00.00	2:13.20	114	2:12.82	2:27.43	64	2:28.71	2:45.07	14	2:48.92	3:07.50
163	2:00.23	2:13.46	113	2:13.11	2:27.75	63	2:29.07	2:45.47	13	2:49.38	3:08.01
162	2:00.46	2:13.71	112	2:13.39	2:28.06	62	2:29.43	2:45.87	12	2:49.85	3:08.53
161	2:00.70	2:13.98	111	2:13.68	2:28.38	61	2:29.79	2:46.27	11	2:50.31	3:09.04
160	2:00.93	2:14.23	110	2:13.97	2:28.71	60	2:30.15	2:46.67	10	2:50.78	3:09.57
159	2:01.17	2:14.50	109	2:14.26	2:29.03	59	2:30.51	2:47.07	9	2:51.25	3:10.09
158	2:01.41	2:14.77	108	2:14.55	2:29.35	58	2:30.88	2:47.48	8	2:51.72	3:10.61
157	2:01.64	2:15.02	107	2:14.84	2:29.67	57	2:31.25	2:47.89	7	2:52.20	3:11.14
156	2:01.88	2:15.29	106	2:15.13	2:29.99	56	2:31.62	2:48.30	6	2:52.68	3:11.67
155	2:02.12	2:15.55	105	2:15.43	2:30.33	55	2:31.99	2:48.71	5	2:53.16	3:12.21
154	2:02.36	2:15.82	104	2:15.72	2:30.65	54	2:32.36	2:49.12	4	2:53.64	3:12.74
153	2:02.60	2:16.09	103	2:16.02	2:30.98	53	2:32.73	2:49.53	3	2:54.13	3:13.28
152	2:02.85	2:16.36	102	2:16.32	2:31.32	52	2:33.11	2:49.95	2	2:54.62	3:13.83
151	2:03.09	2:16.63	101	2:16.62	2:31.65	51	2:33.49	2:50.37	1	2:55.11	3:14.37
									0	2:55.61	3:14.93

50 Free

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	0:21.19	0:23.63	150	0:23.42	0:26.11	100	0:26.19	0:29.20	50	0:29.70	0:33.11
199	0:21.23	0:23.67	149	0:23.47	0:26.17	99	0:26.25	0:29.27	49	0:29.78	0:33.20
198	0:21.27	0:23.72	148	0:23.52	0:26.22	98	0:26.32	0:29.35	48	0:29.86	0:33.29
197	0:21.31	0:23.76	147	0:23.57	0:26.28	97	0:26.38	0:29.41	47	0:29.94	0:33.38
196	0:21.35	0:23.80	146	0:23.62	0:26.34	96	0:26.44	0:29.48	46	0:30.02	0:33.47
195	0:21.39	0:23.85	145	0:23.68	0:26.40	95	0:26.50	0:29.55	45	0:30.10	0:33.56
194	0:21.43	0:23.89	144	0:23.73	0:26.46	94	0:26.57	0:29.62	44	0:30.18	0:33.65
193	0:21.47	0:23.94	143	0:23.78	0:26.51	93	0:26.63	0:29.69	43	0:30.27	0:33.75
192	0:21.52	0:23.99	142	0:23.83	0:26.57	92	0:26.70	0:29.77	42	0:30.35	0:33.84
191	0:21.56	0:24.04	141	0:23.88	0:26.63	91	0:26.76	0:29.84	41	0:30.43	0:33.93
190	0:21.60	0:24.08	140	0:23.93	0:26.68	90	0:26.82	0:29.90	40	0:30.51	0:34.02
189	0:21.64	0:24.13	139	0:23.98	0:26.74	89	0:26.89	0:29.98	39	0:30.60	0:34.12
188	0:21.68	0:24.17	138	0:24.03	0:26.79	88	0:26.95	0:30.05	38	0:30.68	0:34.21
187	0:21.73	0:24.23	137	0:24.09	0:26.86	87	0:27.02	0:30.13	37	0:30.77	0:34.31
186	0:21.77	0:24.27	136	0:24.14	0:26.91	86	0:27.09	0:30.20	36	0:30.85	0:34.40
185	0:21.81	0:24.32	135	0:24.19	0:26.97	85	0:27.15	0:30.27	35	0:30.94	0:34.50
184	0:21.86	0:24.37	134	0:24.24	0:27.03	84	0:27.22	0:30.35	34	0:31.03	0:34.60
183	0:21.90	0:24.42	133	0:24.30	0:27.09	83	0:27.29	0:30.43	33	0:31.11	0:34.69
182	0:21.94	0:24.46	132	0:24.35	0:27.15	82	0:27.35	0:30.49	32	0:31.20	0:34.79
181	0:21.98	0:24.51	131	0:24.40	0:27.20	81	0:27.42	0:30.57	31	0:31.29	0:34.89
180	0:22.03	0:24.56	130	0:24.46	0:27.27	80	0:27.49	0:30.65	30	0:31.38	0:34.99
179	0:22.07	0:24.61	129	0:24.51	0:27.33	79	0:27.56	0:30.73	29	0:31.47	0:35.09
178	0:22.12	0:24.66	128	0:24.57	0:27.39	78	0:27.63	0:30.81	28	0:31.56	0:35.19
177	0:22.16	0:24.71	127	0:24.62	0:27.45	77	0:27.70	0:30.88	27	0:31.65	0:35.29
176	0:22.21	0:24.76	126	0:24.68	0:27.52	76	0:27.76	0:30.95	26	0:31.74	0:35.39
175	0:22.25	0:24.81	125	0:24.73	0:27.57	75	0:27.83	0:31.03	25	0:31.83	0:35.49
174	0:22.29	0:24.85	124	0:24.79	0:27.64	74	0:27.90	0:31.11	24	0:31.92	0:35.59
173	0:22.34	0:24.91	123	0:24.84	0:27.70	73	0:27.97	0:31.19	23	0:32.01	0:35.69
172	0:22.38	0:24.95	122	0:24.90	0:27.76	72	0:28.05	0:31.27	22	0:32.10	0:35.79
171	0:22.43	0:25.01	121	0:24.95	0:27.82	71	0:28.12	0:31.35	21	0:32.20	0:35.90
170	0:22.48	0:25.06	120	0:25.01	0:27.88	70	0:28.19	0:31.43	20	0:32.29	0:36.00
169	0:22.52	0:25.11	119	0:25.07	0:27.95	69	0:28.26	0:31.51	19	0:32.39	0:36.11
168	0:22.57	0:25.16	118	0:25.12	0:28.01	68	0:28.33	0:31.59	18	0:32.48	0:36.21
167	0:22.61	0:25.21	117	0:25.18	0:28.07	67	0:28.40	0:31.66	17	0:32.58	0:36.33
166	0:22.66	0:25.26	116	0:25.24	0:28.14	66	0:28.48	0:31.75	16	0:32.67	0:36.43
165	0:22.71	0:25.32	115	0:25.30	0:28.21	65	0:28.55	0:31.83	15	0:32.77	0:36.54
164	0:22.75	0:25.37	114	0:25.35	0:28.26	64	0:28.62	0:31.91	14	0:32.87	0:36.65
163	0:22.80	0:25.42	113	0:25.41	0:28.33	63	0:28.70	0:32.00	13	0:32.96	0:36.75
162	0:22.85	0:25.48	112	0:25.47	0:28.40	62	0:28.77	0:32.08	12	0:33.06	0:36.86
161	0:22.89	0:25.52	111	0:25.53	0:28.46	61	0:28.85	0:32.17	11	0:33.16	0:36.97
160	0:22.94	0:25.58	110	0:25.59	0:28.53	60	0:28.92	0:32.24	10	0:33.26	0:37.08
159	0:22.99	0:25.63	109	0:25.65	0:28.60	59	0:29.00	0:32.33	9	0:33.36	0:37.19
158	0:23.04	0:25.69	108	0:25.71	0:28.67	58	0:29.07	0:32.41	8	0:33.46	0:37.31
157	0:23.08	0:25.73	107	0:25.77	0:28.73	57	0:29.15	0:32.50	7	0:33.56	0:37.42
156	0:23.13	0:25.79	106	0:25.83	0:28.80	56	0:29.23	0:32.59	6	0:33.66	0:37.53
155	0:23.18	0:25.84	105	0:25.89	0:28.87	55	0:29.31	0:32.68	5	0:33.77	0:37.65
154	0:23.23	0:25.90	104	0:25.95	0:28.93	54	0:29.38	0:32.76	4	0:33.87	0:37.76
153	0:23.28	0:25.96	103	0:26.01	0:29.00	53	0:29.46	0:32.85	3	0:33.97	0:37.87
152	0:23.33	0:26.01	102	0:26.07	0:29.07	52	0:29.54	0:32.94	2	0:34.08	0:38.00
151	0:23.38	0:26.07	101	0:26.13	0:29.13	51	0:29.62	0:33.02	1	0:34.18	0:38.11
									0	0:34.29	0:38.23

100 Fly

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	0:50.01	0:55.56	150	0:55.92	1:02.13	100	1:03.41	1:10.45	50	1:13.23	1:21.36
199	0:50.11	0:55.67	149	0:56.05	1:02.27	99	1:03.58	1:10.64	49	1:13.45	1:21.60
198	0:50.22	0:55.79	148	0:56.18	1:02.42	98	1:03.75	1:10.83	48	1:13.68	1:21.86
197	0:50.33	0:55.92	147	0:56.32	1:02.57	97	1:03.93	1:11.03	47	1:13.91	1:22.11
196	0:50.43	0:56.03	146	0:56.45	1:02.72	96	1:04.10	1:11.21	46	1:14.14	1:22.37
195	0:50.54	0:56.15	145	0:56.59	1:02.87	95	1:04.27	1:11.40	45	1:14.38	1:22.64
194	0:50.65	0:56.27	144	0:56.72	1:03.02	94	1:04.45	1:11.60	44	1:14.61	1:22.89
193	0:50.76	0:56.39	143	0:56.86	1:03.17	93	1:04.62	1:11.79	43	1:14.85	1:23.16
192	0:50.87	0:56.52	142	0:56.99	1:03.32	92	1:04.80	1:11.99	42	1:15.09	1:23.42
191	0:50.98	0:56.64	141	0:57.13	1:03.47	91	1:04.98	1:12.19	41	1:15.32	1:23.68
190	0:51.09	0:56.76	140	0:57.27	1:03.63	90	1:05.16	1:12.39	40	1:15.57	1:23.96
189	0:51.20	0:56.88	139	0:57.41	1:03.78	89	1:05.34	1:12.59	39	1:15.81	1:24.22
188	0:51.31	0:57.00	138	0:57.55	1:03.94	88	1:05.52	1:12.79	38	1:16.05	1:24.49
187	0:51.42	0:57.13	137	0:57.69	1:04.09	87	1:05.70	1:12.99	37	1:16.30	1:24.77
186	0:51.53	0:57.25	136	0:57.83	1:04.25	86	1:05.88	1:13.19	36	1:16.54	1:25.03
185	0:51.64	0:57.37	135	0:57.97	1:04.40	85	1:06.07	1:13.40	35	1:16.79	1:25.31
184	0:51.76	0:57.50	134	0:58.11	1:04.56	84	1:06.25	1:13.60	34	1:17.04	1:25.59
183	0:51.87	0:57.63	133	0:58.26	1:04.73	83	1:06.44	1:13.81	33	1:17.29	1:25.87
182	0:51.98	0:57.75	132	0:58.40	1:04.88	82	1:06.63	1:14.03	32	1:17.55	1:26.16
181	0:52.10	0:57.88	131	0:58.55	1:05.05	81	1:06.81	1:14.23	31	1:17.80	1:26.43
180	0:52.21	0:58.00	130	0:58.69	1:05.20	80	1:07.00	1:14.44	30	1:18.06	1:26.72
179	0:52.33	0:58.14	129	0:58.84	1:05.37	79	1:07.19	1:14.65	29	1:18.32	1:27.01
178	0:52.45	0:58.27	128	0:58.98	1:05.53	78	1:07.39	1:14.87	28	1:18.58	1:27.30
177	0:52.56	0:58.39	127	0:59.13	1:05.69	77	1:07.58	1:15.08	27	1:18.84	1:27.59
176	0:52.68	0:58.53	126	0:59.28	1:05.86	76	1:07.77	1:15.29	26	1:19.10	1:27.88
175	0:52.80	0:58.66	125	0:59.43	1:06.03	75	1:07.97	1:15.51	25	1:19.37	1:28.18
174	0:52.91	0:58.78	124	0:59.58	1:06.19	74	1:08.16	1:15.72	24	1:19.64	1:28.48
173	0:53.03	0:58.92	123	0:59.73	1:06.36	73	1:08.36	1:15.95	23	1:19.90	1:28.77
172	0:53.15	0:59.05	122	0:59.88	1:06.53	72	1:08.56	1:16.17	22	1:20.18	1:29.08
171	0:53.27	0:59.18	121	1:00.03	1:06.69	71	1:08.76	1:16.39	21	1:20.45	1:29.38
170	0:53.39	0:59.32	120	1:00.18	1:06.86	70	1:08.97	1:16.62	20	1:20.72	1:29.68
169	0:53.51	0:59.45	119	1:00.34	1:07.04	69	1:09.16	1:16.84	19	1:21.00	1:29.99
168	0:52.63	0:58.47	118	1:00.49	1:07.20	68	1:09.36	1:17.06	18	1:21.28	1:30.30
167	0:53.76	0:59.73	117	1:00.65	1:07.38	67	1:09.57	1:17.29	17	1:21.56	1:30.61
166	0:53.88	0:59.86	116	1:00.80	1:07.55	66	1:09.77	1:17.51	16	1:21.84	1:30.92
165	0:54.00	0:59.99	115	1:00.96	1:07.73	65	1:09.98	1:17.75	15	1:22.12	1:31.23
164	0:54.13	1:00.14	114	1:01.12	1:07.90	64	1:10.18	1:17.97	14	1:22.41	1:31.56
163	0:54.25	1:00.27	113	1:01.28	1:08.08	63	1:10.39	1:18.20	13	1:22.70	1:31.88
162	0:54.37	1:00.40	112	1:01.44	1:08.26	62	1:10.60	1:18.44	12	1:22.99	1:32.20
161	0:54.50	1:00.55	111	1:01.60	1:08.44	61	1:10.81	1:18.67	11	1:23.28	1:32.52
160	0:54.63	1:00.69	110	1:01.76	1:08.61	60	1:11.03	1:18.91	10	1:23.57	1:32.85
159	0:54.75	1:00.83	109	1:01.92	1:08.79	59	1:11.24	1:19.15	9	1:23.87	1:33.18
158	0:54.88	1:00.97	108	1:02.08	1:08.97	58	1:11.46	1:19.39	8	1:24.17	1:33.51
157	0:55.01	1:01.12	107	1:02.24	1:09.15	57	1:11.67	1:19.62	7	1:24.47	1:33.85
156	0:55.13	1:01.25	106	1:02.41	1:09.34	56	1:11.89	1:19.87	6	1:24.77	1:34.18
155	0:55.26	1:01.39	105	1:02.57	1:09.51	55	1:12.11	1:20.11	5	1:25.08	1:34.52
154	0:55.39	1:01.54	104	1:02.74	1:09.70	54	1:12.33	1:20.36	4	1:25.38	1:34.86
153	0:55.52	1:01.68	103	1:02.91	1:09.89	53	1:12.55	1:20.60	3	1:25.69	1:35.20
152	0:55.65	1:01.83	102	1:03.07	1:10.07	52	1:12.78	1:20.86	2	1:26.01	1:35.56
151	0:55.78	1:01.97	101	1:03.24	1:10.26	51	1:13.00	1:21.10	1	1:26.32	1:35.90
									0	1:26.64	1:36.26

100 Free

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	0:46.23	0:51.41	150	0:50.91	0:56.61	100	0:56.64	1:02.98	50	1:03.82	1:10.97
199	0:46.32	0:51.51	149	0:51.01	0:56.72	99	0:56.76	1:03.12	49	1:03.98	1:11.14
198	0:46.40	0:51.60	148	0:51.12	0:56.84	98	0:56.89	1:03.26	48	1:04.14	1:11.32
197	0:46.49	0:51.70	147	0:51.22	0:56.96	97	0:57.02	1:03.41	47	1:04.30	1:11.50
196	0:46.58	0:51.80	146	0:51.32	0:57.07	96	0:57.15	1:03.55	46	1:04.47	1:11.69
195	0:46.66	0:51.88	145	0:51.43	0:57.19	95	0:57.28	1:03.69	45	1:04.63	1:11.87
194	0:46.75	0:51.98	144	0:51.54	0:57.31	94	0:57.41	1:03.84	44	1:04.80	1:12.06
193	0:46.84	0:52.09	143	0:51.64	0:57.42	93	0:57.54	1:03.98	43	1:04.97	1:12.25
192	0:46.92	0:52.17	142	0:51.75	0:57.54	92	0:57.67	1:04.13	42	1:05.14	1:12.43
191	0:47.01	0:52.27	141	0:51.85	0:57.66	91	0:57.81	1:04.28	41	1:05.31	1:12.62
190	0:47.10	0:52.37	140	0:51.96	0:57.78	90	0:57.94	1:04.43	40	1:05.48	1:12.81
189	0:47.19	0:52.47	139	0:52.07	0:57.90	89	0:58.07	1:04.57	39	1:05.65	1:13.00
188	0:47.28	0:52.57	138	0:52.18	0:58.02	88	0:58.21	1:04.73	38	1:05.82	1:13.19
187	0:47.37	0:52.67	137	0:52.28	0:58.13	87	0:58.34	1:04.87	37	1:05.99	1:13.38
186	0:47.45	0:52.76	136	0:52.39	0:58.26	86	0:58.48	1:05.03	36	1:06.16	1:13.57
185	0:47.54	0:52.86	135	0:52.50	0:58.38	85	0:58.61	1:05.17	35	1:06.34	1:13.77
184	0:47.63	0:52.96	134	0:52.61	0:58.50	84	0:58.75	1:05.33	34	1:06.51	1:13.96
183	0:47.72	0:53.06	133	0:52.72	0:58.62	83	0:58.89	1:05.48	33	1:06.69	1:14.16
182	0:47.82	0:53.17	132	0:52.83	0:58.75	82	0:59.03	1:05.64	32	1:06.87	1:14.36
181	0:47.91	0:53.27	131	0:52.94	0:58.87	81	0:59.17	1:05.80	31	1:07.04	1:14.55
180	0:48.00	0:53.37	130	0:53.06	0:59.00	80	0:59.31	1:05.95	30	1:07.22	1:14.75
179	0:48.09	0:53.48	129	0:53.17	0:59.12	79	0:59.45	1:06.11	29	1:07.40	1:14.95
178	0:48.18	0:53.58	128	0:53.28	0:59.25	78	0:59.59	1:06.26	28	1:07.58	1:15.15
177	0:48.27	0:53.68	127	0:53.39	0:59.37	77	0:59.73	1:06.42	27	1:07.77	1:15.36
176	0:48.37	0:53.79	126	0:53.51	0:59.50	76	0:59.87	1:06.57	26	1:07.95	1:15.56
175	0:48.46	0:53.89	125	0:53.62	0:59.62	75	1:00.01	1:06.73	25	1:08.13	1:15.76
174	0:48.55	0:53.99	124	0:53.74	0:59.76	74	1:00.16	1:06.90	24	1:08.32	1:15.97
173	0:48.65	0:54.10	123	0:53.85	0:59.88	73	1:00.30	1:07.05	23	1:08.50	1:16.17
172	0:48.74	0:54.20	122	0:53.97	1:00.01	72	1:00.44	1:07.21	22	1:08.69	1:16.38
171	0:48.84	0:54.31	121	0:54.08	1:00.14	71	1:00.59	1:07.37	21	1:08.88	1:16.59
170	0:48.93	0:54.41	120	0:54.20	1:00.27	70	1:00.74	1:07.54	20	1:09.07	1:16.80
169	0:49.03	0:54.52	119	0:54.31	1:00.39	69	1:00.88	1:07.70	19	1:09.26	1:17.02
168	0:49.12	0:54.62	118	0:54.43	1:00.52	68	1:01.03	1:07.86	18	1:09.45	1:17.23
167	0:49.22	0:54.73	117	0:54.55	1:00.66	67	1:01.18	1:08.03	17	1:09.64	1:17.44
166	0:49.31	0:54.83	116	0:54.67	1:00.79	66	1:01.33	1:08.20	16	1:09.83	1:17.65
165	0:49.41	0:54.94	115	0:54.79	1:00.93	65	1:01.48	1:08.36	15	1:10.03	1:17.87
164	0:49.51	0:55.05	114	0:54.91	1:01.06	64	1:01.63	1:08.53	14	1:10.22	1:18.08
163	0:49.61	0:55.17	113	0:55.03	1:01.19	63	1:01.78	1:08.70	13	1:10.42	1:18.31
162	0:49.70	0:55.27	112	0:55.15	1:01.33	62	1:01.93	1:08.86	12	1:10.62	1:18.53
161	0:49.80	0:55.38	111	0:55.27	1:01.46	61	1:02.08	1:09.03	11	1:10.82	1:18.75
160	0:49.90	0:55.49	110	0:55.39	1:01.59	60	1:02.24	1:09.21	10	1:11.02	1:18.97
159	0:50.00	0:55.60	109	0:55.51	1:01.73	59	1:02.39	1:09.38	9	1:11.22	1:19.19
158	0:50.10	0:55.71	108	0:55.64	1:01.87	58	1:02.55	1:09.55	8	1:11.42	1:19.42
157	0:50.20	0:55.82	107	0:55.76	1:02.00	57	1:02.70	1:09.72	7	1:11.62	1:19.64
156	0:50.30	0:55.93	106	0:55.88	1:02.14	56	1:02.86	1:09.90	6	1:11.83	1:19.87
155	0:50.40	0:56.04	105	0:56.01	1:02.28	55	1:03.02	1:10.08	5	1:12.03	1:20.10
154	0:50.50	0:56.15	104	0:56.13	1:02.42	54	1:03.17	1:10.24	4	1:12.24	1:20.33
153	0:50.60	0:56.27	103	0:56.26	1:02.56	53	1:03.33	1:10.42	3	1:12.45	1:20.56
152	0:50.70	0:56.38	102	0:56.38	1:02.69	52	1:03.49	1:10.60	2	1:12.66	1:20.80
151	0:50.81	0:56.50	101	0:56.51	1:02.84	51	1:03.65	1:10.78	1	1:12.87	1:21.03
									0	1:13.08	1:21.26

500 Free

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	4:25.80	4:52.38	150	4:52.36	5:21.59	100	5:24.81	5:57.29	50	6:05.38	6:41.91
199	4:26.28	4:52.91	149	4:52.94	5:22.23	99	5:25.54	5:58.09	49	6:06.29	6:42.91
198	4:26.77	4:53.44	148	4:53.53	5:22.88	98	5:26.26	5:58.88	48	6:07.21	6:43.93
197	4:27.26	4:53.98	147	4:54.12	5:23.53	97	5:26.99	5:59.69	47	6:08.14	6:44.95
196	4:27.74	4:54.51	146	4:54.71	5:24.18	96	5:27.73	6:00.50	46	6:09.06	6:45.96
195	4:28.24	4:55.06	145	4:55.31	5:24.84	95	5:28.46	6:01.30	45	6:10.00	6:47.00
194	4:28.73	4:55.60	144	4:55.91	5:25.50	94	5:29.20	6:02.12	44	6:10.94	6:48.03
193	4:29.22	4:56.14	143	4:56.51	5:26.16	93	5:29.94	6:02.93	43	6:11.88	6:49.06
192	4:29.72	4:56.69	142	4:57.11	5:26.82	92	5:30.69	6:03.76	42	6:12.83	6:50.11
191	4:30.22	4:57.24	141	4:57.71	5:27.48	91	5:31.44	6:04.58	41	6:13.78	6:51.15
190	4:30.72	4:57.79	140	4:58.32	5:28.15	90	5:32.19	6:05.41	40	6:14.74	6:52.21
189	4:31.22	4:58.34	139	4:58.93	5:28.82	89	5:32.95	6:06.24	39	6:15.70	6:53.27
188	4:31.72	4:58.89	138	4:59.54	5:29.49	88	5:33.71	6:07.08	38	6:16.67	6:54.33
187	4:32.23	4:59.45	137	5:00.16	5:30.17	87	5:34.47	6:07.91	37	6:17.64	6:55.40
186	4:32.74	5:00.01	136	5:00.77	5:30.84	86	5:35.24	6:08.76	36	6:18.62	6:56.48
185	4:33.25	5:00.57	135	5:01.39	5:31.53	85	5:36.01	6:09.61	35	6:19.60	6:57.56
184	4:33.76	5:01.13	134	5:02.02	5:32.22	84	5:36.78	6:10.45	34	6:20.59	6:58.64
183	4:34.27	5:01.69	133	5:02.64	5:32.90	83	5:37.56	6:11.31	33	6:21.58	6:59.73
182	4:34.79	5:02.27	132	5:03.27	5:33.59	82	5:38.34	6:12.17	32	6:22.58	7:00.83
181	4:35.30	5:02.83	131	5:03.90	5:34.29	81	5:39.12	6:13.03	31	6:23.58	7:01.93
180	4:35.82	5:03.40	130	5:04.53	5:34.98	80	5:39.91	6:13.90	30	6:24.59	7:03.04
179	4:36.34	5:03.97	129	5:05.17	5:35.68	79	5:40.70	6:14.77	29	6:25.60	7:04.16
178	4:36.87	5:04.55	128	5:05.80	5:36.38	78	5:41.50	6:15.65	28	6:26.62	7:05.28
177	4:37.39	5:05.13	127	5:06.44	5:37.08	77	5:42.29	6:16.52	27	6:27.65	7:06.41
176	4:37.92	5:05.71	126	5:07.09	5:37.80	76	5:43.10	6:17.41	26	6:28.68	7:07.54
175	4:38.45	5:06.29	125	5:07.73	5:38.50	75	5:43.90	6:18.29	25	6:29.71	7:08.68
174	4:38.98	5:06.87	124	5:08.38	5:39.21	74	5:44.71	6:19.18	24	6:30.75	7:09.82
173	4:39.51	5:07.46	123	5:09.03	5:39.93	73	5:45.53	6:20.08	23	6:31.80	7:10.98
172	4:40.05	5:08.05	122	5:09.69	5:40.66	72	5:46.35	6:20.98	22	6:32.85	7:12.13
171	4:40.58	5:08.63	121	5:10.34	5:41.37	71	5:47.17	6:21.88	21	6:33.91	7:13.30
170	4:41.12	5:09.23	120	5:11.00	5:42.10	70	5:47.99	6:22.79	20	6:34.97	7:14.46
169	4:41.66	5:09.82	119	5:11.67	5:42.83	69	5:48.82	6:23.70	19	6:36.04	7:15.64
168	4:42.21	5:10.43	118	5:12.33	5:43.56	68	5:49.66	6:24.62	18	6:37.12	7:16.83
167	4:42.75	5:11.02	117	5:13.00	5:44.30	67	5:50.50	6:25.55	17	6:38.20	7:18.02
166	4:43.30	5:11.63	116	5:13.67	5:45.03	66	5:51.34	6:26.47	16	6:39.28	7:19.20
165	4:43.85	5:12.23	115	5:14.35	5:45.78	65	5:52.18	6:27.39	15	6:40.38	7:20.41
164	4:44.40	5:12.84	114	5:15.02	5:46.52	64	5:53.03	6:28.33	14	6:41.48	7:21.62
163	4:44.96	5:13.45	113	5:15.70	5:47.27	63	5:53.89	6:29.28	13	6:42.58	7:22.83
162	4:45.51	5:14.06	112	5:16.38	5:48.01	62	5:54.75	6:30.22	12	6:43.69	7:24.05
161	4:46.07	5:14.67	111	5:17.07	5:48.77	61	5:55.61	6:31.17	11	6:44.81	7:25.29
160	4:46.63	5:15.29	110	5:17.76	5:49.53	60	5:56.47	6:32.11	10	6:45.93	7:26.52
159	4:47.19	5:15.91	109	5:18.45	5:50.29	59	5:57.34	6:33.07	9	6:47.06	7:27.76
158	4:47.76	5:16.53	108	5:19.15	5:51.06	58	5:58.22	6:34.04	8	6:48.20	7:29.02
157	4:48.32	5:17.15	107	5:19.84	5:51.82	57	5:59.10	6:35.01	7	6:49.34	7:30.27
156	4:48.89	5:17.78	106	5:20.54	5:52.59	56	5:59.98	6:35.97	6	6:50.49	7:31.53
155	4:49.47	5:18.41	105	5:21.25	5:53.37	55	6:00.87	6:36.95	5	6:51.64	7:32.80
154	4:50.04	5:19.04	104	5:21.96	5:54.15	54	6:01.76	6:37.93	4	6:52.80	7:34.08
153	4:50.62	5:19.68	103	5:22.67	5:54.93	53	6:02.66	6:38.92	3	6:53.97	7:35.36
152	4:51.19	5:20.31	102	5:23.38	5:55.71	52	6:03.56	6:39.91	2	6:55.15	7:36.66
151	4:51.78	5:20.95	101	5:24.10	5:56.51	51	6:04.47	6:40.91	1	6:16.33	6:53.96
									0	6:17.52	6:55.27

200 Free Relay

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
600	1:26.59	1:36.72	450	1:36.62	1:47.92	300	1:49.28	2:02.06	150	2:05.76	2:20.47
597	1:26.77	1:36.92	447	1:36.84	1:48.16	297	1:49.57	2:02.38	147	2:06.14	2:20.89
594	1:26.95	1:37.12	444	1:37.07	1:48.42	294	1:49.85	2:02.70	144	2:06.52	2:21.32
591	1:27.13	1:37.32	441	1:37.29	1:48.67	291	1:50.14	2:03.03	141	2:06.91	2:21.75
588	1:27.31	1:37.52	438	1:37.52	1:48.92	288	1:50.44	2:03.35	138	2:07.29	2:22.18
585	1:27.50	1:37.73	435	1:37.75	1:49.18	285	1:50.73	2:03.68	135	2:07.68	2:22.62
582	1:27.68	1:37.93	432	1:37.98	1:49.44	282	1:51.02	2:04.01	132	2:08.08	2:23.05
579	1:27.86	1:38.13	429	1:38.21	1:49.70	279	1:51.32	2:04.34	129	2:08.47	2:23.49
576	1:28.05	1:38.35	426	1:38.44	1:49.95	276	1:51.62	2:04.67	126	2:08.87	2:23.94
573	1:28.24	1:38.56	423	1:38.68	1:50.22	273	1:51.92	2:05.01	123	2:09.27	2:24.38
570	1:28.42	1:38.76	420	1:38.91	1:50.48	270	1:52.22	2:05.34	120	2:09.67	2:24.83
567	1:28.61	1:38.97	417	1:39.15	1:50.74	267	1:52.52	2:05.68	117	2:10.07	2:25.29
564	1:28.80	1:39.18	414	1:39.38	1:51.00	264	1:52.83	2:06.02	114	2:10.48	2:25.74
561	1:28.99	1:39.40	411	1:39.62	1:51.27	261	1:53.13	2:06.36	111	2:10.89	2:26.20
558	1:29.18	1:39.61	408	1:39.86	1:51.54	258	1:53.44	2:06.71	108	2:11.30	2:26.66
555	1:29.37	1:39.82	405	1:40.10	1:51.80	255	1:53.75	2:07.05	105	2:11.72	2:27.12
552	1:29.56	1:40.03	402	1:40.34	1:52.07	252	1:54.06	2:07.40	102	2:12.13	2:27.59
549	1:29.76	1:40.26	399	1:40.58	1:52.34	249	1:54.37	2:07.75	99	2:12.55	2:28.06
546	1:29.95	1:40.47	396	1:40.82	1:52.61	246	1:54.69	2:08.10	96	2:12.98	2:28.53
543	1:30.14	1:40.68	393	1:41.07	1:52.89	243	1:55.01	2:08.45	93	2:13.40	2:29.00
540	1:30.34	1:40.90	390	1:41.31	1:53.16	240	1:55.32	2:08.81	90	2:13.83	2:29.48
537	1:30.53	1:41.12	387	1:41.56	1:53.44	237	1:55.64	2:09.17	87	2:14.26	2:29.96
534	1:30.73	1:41.34	384	1:41.81	1:53.71	234	1:55.97	2:09.53	84	2:14.70	2:30.45
531	1:30.93	1:41.56	381	1:42.06	1:53.99	231	1:56.29	2:09.89	81	2:15.13	2:30.94
528	1:31.13	1:41.79	378	1:42.31	1:54.27	228	1:56.61	2:10.25	78	2:15.57	2:31.43
525	1:31.33	1:42.01	375	1:42.56	1:54.55	225	1:56.94	2:10.62	75	2:16.01	2:31.92
522	1:31.53	1:42.23	372	1:42.81	1:54.84	222	1:57.27	2:10.98	72	2:16.46	2:32.42
519	1:31.73	1:42.46	369	1:43.07	1:55.12	219	1:57.60	2:11.35	69	2:16.91	2:32.92
516	1:31.93	1:42.68	366	1:43.32	1:55.40	216	1:57.93	2:11.72	66	2:17.36	2:33.42
513	1:32.14	1:42.92	363	1:43.58	1:55.69	213	1:58.27	2:12.10	63	2:17.81	2:33.93
510	1:32.34	1:43.14	360	1:43.84	1:55.98	210	1:58.60	2:12.47	60	2:18.27	2:34.44
507	1:32.54	1:43.36	357	1:44.10	1:56.27	207	1:58.94	2:12.85	57	2:18.73	2:34.95
504	1:32.75	1:43.60	354	1:44.36	1:56.56	204	1:59.28	2:13.23	54	2:19.19	2:35.47
501	1:32.96	1:43.83	351	1:44.62	1:56.85	201	1:59.62	2:13.61	51	2:19.66	2:35.99
498	1:33.16	1:44.05	348	1:44.88	1:57.15	198	1:59.97	2:14.00	48	2:20.13	2:36.51
495	1:33.37	1:44.29	345	1:45.15	1:57.44	195	2:00.32	2:14.39	45	2:20.60	2:37.04
492	1:33.58	1:44.52	342	1:45.41	1:57.74	192	2:00.66	2:14.77	42	2:21.08	2:37.57
489	1:33.79	1:44.76	339	1:45.68	1:58.04	189	2:01.01	2:15.17	39	2:21.55	2:38.11
486	1:34.00	1:44.99	336	1:45.95	1:58.34	186	2:01.37	2:15.56	36	2:22.04	2:38.65
483	1:34.22	1:45.24	333	1:46.22	1:58.64	183	2:01.72	2:15.95	33	2:22.52	2:39.19
480	1:34.43	1:45.47	330	1:46.49	1:58.94	180	2:02.08	2:16.35	30	2:23.01	2:39.74
477	1:34.64	1:45.71	327	1:46.76	1:59.25	177	2:02.43	2:16.75	27	2:23.50	2:40.29
474	1:34.86	1:45.95	324	1:47.03	1:59.55	174	2:02.80	2:17.16	24	2:24.00	2:40.84
471	1:35.08	1:46.20	321	1:47.31	1:59.86	171	2:03.16	2:17.56	21	2:24.50	2:41.40
468	1:35.29	1:46.43	318	1:47.59	2:00.17	168	2:03.52	2:17.97	18	2:25.00	2:41.96
465	1:35.51	1:46.68	315	1:47.87	2:00.48	165	2:03.89	2:18.38	15	2:25.51	2:42.52
462	1:35.73	1:46.93	312	1:48.15	2:00.79	162	2:04.26	2:18.79	12	2:26.02	2:43.09
459	1:35.95	1:47.17	309	1:48.43	2:01.11	159	2:04.63	2:19.21	9	2:26.53	2:43.67
456	1:36.17	1:47.42	306	1:48.71	2:01.42	156	2:05.00	2:19.62	6	2:27.05	2:44.24
453	1:36.40	1:47.67	303	1:48.99	2:01.74	153	2:05.38	2:20.04	3	2:27.57	2:44.82
									0	2:28.09	2:45.41

100 Back

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	0:51.03	0:56.69	150	0:56.51	1:02.78	100	1:03.31	1:10.34	50	1:11.96	1:19.95
199	0:51.13	0:56.80	149	0:56.63	1:02.92	99	1:03.46	1:10.50	49	1:12.16	1:20.17
198	0:51.23	0:56.92	148	0:56.75	1:03.05	98	1:03.61	1:10.67	48	1:12.36	1:20.39
197	0:51.33	0:57.03	147	0:56.88	1:03.19	97	1:03.77	1:10.85	47	1:12.56	1:20.61
196	0:51.43	0:57.14	146	0:57.00	1:03.33	96	1:03.92	1:11.01	46	1:12.76	1:20.84
195	0:51.53	0:57.25	145	0:57.12	1:03.46	95	1:04.08	1:11.19	45	1:12.96	1:21.06
194	0:51.63	0:57.36	144	0:57.25	1:03.60	94	1:04.23	1:11.36	44	1:13.16	1:21.28
193	0:51.73	0:57.47	143	0:57.37	1:03.74	93	1:04.39	1:11.54	43	1:13.37	1:21.51
192	0:51.84	0:57.59	142	0:57.50	1:03.88	92	1:04.55	1:11.71	42	1:13.57	1:21.74
191	0:51.94	0:57.70	141	0:57.62	1:04.02	91	1:04.71	1:11.89	41	1:13.78	1:21.97
190	0:52.04	0:57.82	140	0:57.75	1:04.16	90	1:04.87	1:12.07	40	1:13.99	1:22.20
189	0:52.14	0:57.93	139	0:57.88	1:04.30	89	1:05.03	1:12.25	39	1:14.19	1:22.42
188	0:52.25	0:58.05	138	0:58.01	1:04.45	88	1:05.19	1:12.43	38	1:14.40	1:22.66
187	0:52.35	0:58.16	137	0:58.13	1:04.58	87	1:05.35	1:12.60	37	1:14.62	1:22.90
186	0:52.46	0:58.28	136	0:58.26	1:04.73	86	1:05.51	1:12.78	36	1:14.83	1:23.14
185	0:52.56	0:58.39	135	0:58.39	1:04.87	85	1:05.68	1:12.97	35	1:15.04	1:23.37
184	0:52.67	0:58.52	134	0:58.52	1:05.02	84	1:05.84	1:13.15	34	1:15.26	1:23.61
183	0:52.77	0:58.63	133	0:58.65	1:05.16	83	1:06.01	1:13.34	33	1:15.47	1:23.85
182	0:52.88	0:58.75	132	0:58.78	1:05.30	82	1:06.17	1:13.51	32	1:15.69	1:24.09
181	0:52.98	0:58.86	131	0:58.91	1:05.45	81	1:06.34	1:13.70	31	1:15.91	1:24.34
180	0:53.09	0:58.98	130	0:59.05	1:05.60	80	1:06.51	1:13.89	30	1:16.13	1:24.58
179	0:53.20	0:59.10	129	0:59.18	1:05.75	79	1:06.68	1:14.08	29	1:16.35	1:24.82
178	0:53.31	0:59.23	128	0:59.31	1:05.89	78	1:06.84	1:14.26	28	1:16.57	1:25.07
177	0:53.41	0:59.34	127	0:59.45	1:06.05	77	1:07.02	1:14.46	27	1:16.79	1:25.31
176	0:53.52	0:59.46	126	0:59.58	1:06.19	76	1:07.19	1:14.65	26	1:17.02	1:25.57
175	0:53.63	0:59.58	125	0:59.72	1:06.35	75	1:07.36	1:14.84	25	1:17.24	1:25.81
174	0:53.74	0:59.70	124	0:59.85	1:06.49	74	1:07.53	1:15.02	24	1:17.47	1:26.07
173	0:53.85	0:59.83	123	0:59.99	1:06.65	73	1:07.70	1:15.21	23	1:17.70	1:26.32
172	0:53.96	0:59.95	122	1:00.13	1:06.80	72	1:07.88	1:15.41	22	1:17.93	1:26.58
171	0:54.07	1:00.07	121	1:00.26	1:06.95	71	1:08.05	1:15.60	21	1:18.16	1:26.83
170	0:54.18	1:00.19	120	1:00.40	1:07.10	70	1:08.23	1:15.80	20	1:18.39	1:27.09
169	0:54.30	1:00.33	119	1:00.54	1:07.26	69	1:08.41	1:16.00	19	1:18.63	1:27.36
168	0:54.41	1:00.45	118	1:00.68	1:07.41	68	1:08.59	1:16.20	18	1:18.86	1:27.61
167	0:54.52	1:00.57	117	1:00.82	1:07.57	67	1:08.77	1:16.40	17	1:19.10	1:27.88
166	0:54.63	1:00.69	116	1:00.96	1:07.73	66	1:08.95	1:16.60	16	1:19.34	1:28.15
165	0:54.75	1:00.83	115	1:01.10	1:07.88	65	1:09.13	1:16.80	15	1:19.58	1:28.41
164	0:54.86	1:00.95	114	1:01.24	1:08.04	64	1:09.31	1:17.00	14	1:19.82	1:28.68
163	0:54.98	1:01.08	113	1:01.39	1:08.20	63	1:09.49	1:17.20	13	1:20.06	1:28.95
162	0:55.09	1:01.20	112	1:01.53	1:08.36	62	1:09.68	1:17.41	12	1:20.31	1:29.22
161	0:55.21	1:01.34	111	1:01.68	1:08.53	61	1:09.86	1:17.61	11	1:20.55	1:29.49
160	0:55.32	1:01.46	110	1:01.82	1:08.68	60	1:10.05	1:17.82	10	1:20.80	1:29.77
159	0:55.44	1:01.59	109	1:01.97	1:08.85	59	1:10.23	1:18.02	9	1:21.05	1:30.05
158	0:55.56	1:01.73	108	1:02.11	1:09.00	58	1:10.42	1:18.24	8	1:21.30	1:30.32
157	0:55.67	1:01.85	107	1:02.26	1:09.17	57	1:10.61	1:18.45	7	1:21.55	1:30.60
156	0:55.79	1:01.98	106	1:02.41	1:09.34	56	1:10.80	1:18.66	6	1:21.81	1:30.89
155	0:55.91	1:02.12	105	1:02.55	1:09.49	55	1:10.99	1:18.87	5	1:22.06	1:31.17
154	0:56.03	1:02.25	104	1:02.70	1:09.66	54	1:11.18	1:19.08	4	1:22.32	1:31.46
153	0:56.15	1:02.38	103	1:02.85	1:09.83	53	1:11.38	1:19.30	3	1:22.58	1:31.75
152	0:56.27	1:02.52	102	1:03.00	1:09.99	52	1:11.57	1:19.51	2	1:22.84	1:32.03
151	0:56.39	1:02.65	101	1:03.16	1:10.17	51	1:11.77	1:19.74	1	1:23.10	1:32.32
									0	1:23.36	1:32.61

100 Breast

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
200	0:57.75	1:04.22	150	1:04.13	1:11.31	100	1:12.10	1:20.17	50	1:22.32	1:31.54
199	0:57.87	1:04.35	149	1:04.27	1:11.47	99	1:12.27	1:20.36	49	1:22.55	1:31.79
198	0:57.98	1:04.47	148	1:04.42	1:11.63	98	1:12.46	1:20.57	48	1:22.79	1:32.06
197	0:58.10	1:04.61	147	1:04.56	1:11.79	97	1:12.64	1:20.77	47	1:23.02	1:32.32
196	0:58.22	1:04.74	146	1:04.70	1:11.94	96	1:12.82	1:20.97	46	1:23.26	1:32.58
195	0:58.33	1:04.86	145	1:04.85	1:12.11	95	1:13.00	1:21.17	45	1:23.50	1:32.85
194	0:58.45	1:05.00	144	1:04.99	1:12.27	94	1:13.19	1:21.39	44	1:23.74	1:33.12
193	0:58.57	1:05.13	143	1:05.14	1:12.43	93	1:13.37	1:21.59	43	1:23.98	1:33.38
192	0:58.69	1:05.26	142	1:05.29	1:12.60	92	1:13.56	1:21.80	42	1:24.23	1:33.66
191	0:58.81	1:05.40	141	1:05.43	1:12.76	91	1:13.74	1:22.00	41	1:24.47	1:33.93
190	0:58.92	1:05.52	140	1:05.58	1:12.92	90	1:13.93	1:22.21	40	1:24.72	1:34.21
189	0:59.04	1:05.65	139	1:05.73	1:13.09	89	1:14.12	1:22.42	39	1:24.97	1:34.48
188	0:59.16	1:05.78	138	1:05.88	1:13.26	88	1:14.31	1:22.63	38	1:25.22	1:34.76
187	0:59.29	1:05.93	137	1:06.03	1:13.42	87	1:14.50	1:22.84	37	1:25.47	1:35.04
186	0:59.41	1:06.06	136	1:06.18	1:13.59	86	1:14.69	1:23.05	36	1:25.72	1:35.32
185	0:59.53	1:06.20	135	1:06.33	1:13.76	85	1:14.89	1:23.28	35	1:25.97	1:35.60
184	0:59.65	1:06.33	134	1:06.48	1:13.92	84	1:15.08	1:23.49	34	1:26.23	1:35.89
183	0:59.77	1:06.46	133	1:06.63	1:14.09	83	1:15.27	1:23.70	33	1:26.49	1:36.17
182	0:59.90	1:06.61	132	1:06.79	1:14.27	82	1:15.47	1:23.92	32	1:26.75	1:36.46
181	1:00.02	1:06.74	131	1:06.94	1:14.44	81	1:15.67	1:24.14	31	1:27.01	1:36.75
180	1:00.15	1:06.89	130	1:07.10	1:14.61	80	1:15.86	1:24.35	30	1:27.27	1:37.04
179	1:00.27	1:07.02	129	1:07.25	1:14.78	79	1:16.06	1:24.58	29	1:27.53	1:37.33
178	1:00.40	1:07.16	128	1:07.41	1:14.96	78	1:16.26	1:24.80	28	1:27.79	1:37.62
177	1:00.52	1:07.30	127	1:07.56	1:15.13	77	1:16.46	1:25.02	27	1:28.06	1:37.92
176	1:00.65	1:07.44	126	1:07.72	1:15.30	76	1:16.67	1:25.26	26	1:28.33	1:38.22
175	1:00.78	1:07.59	125	1:07.88	1:15.48	75	1:16.87	1:25.48	25	1:28.60	1:38.52
174	1:00.90	1:07.72	124	1:08.04	1:15.66	74	1:17.07	1:25.70	24	1:28.87	1:38.82
173	1:01.03	1:07.86	123	1:08.20	1:15.84	73	1:17.28	1:25.93	23	1:29.14	1:39.12
172	1:01.16	1:08.01	122	1:08.36	1:16.01	72	1:17.48	1:26.16	22	1:29.42	1:39.43
171	1:01.29	1:08.15	121	1:08.52	1:16.19	71	1:17.69	1:26.39	21	1:29.69	1:39.73
170	1:01.42	1:08.30	120	1:08.68	1:16.37	70	1:17.90	1:26.62	20	1:29.97	1:40.04
169	1:01.55	1:08.44	119	1:08.85	1:16.56	69	1:18.11	1:26.86	19	1:30.25	1:40.36
168	1:01.68	1:08.59	118	1:09.01	1:16.74	68	1:18.32	1:27.09	18	1:30.53	1:40.67
167	1:01.81	1:08.73	117	1:09.17	1:16.92	67	1:18.53	1:27.32	17	1:30.82	1:40.99
166	1:01.94	1:08.88	116	1:09.34	1:17.10	66	1:18.74	1:27.56	16	1:31.10	1:41.30
165	1:02.07	1:09.02	115	1:09.51	1:17.29	65	1:18.96	1:27.80	15	1:31.39	1:41.62
164	1:02.21	1:09.18	114	1:09.67	1:17.47	64	1:19.17	1:28.04	14	1:31.68	1:41.95
163	1:02.34	1:09.32	113	1:09.84	1:17.66	63	1:19.39	1:28.28	13	1:31.97	1:42.27
162	1:02.48	1:09.48	112	1:10.01	1:17.85	62	1:19.61	1:28.52	12	1:32.26	1:42.59
161	1:02.61	1:09.62	111	1:10.18	1:18.04	61	1:19.83	1:28.77	11	1:32.55	1:42.91
160	1:02.75	1:09.78	110	1:10.35	1:18.23	60	1:20.05	1:29.01	10	1:32.85	1:43.25
159	1:02.88	1:09.92	109	1:10.52	1:18.42	59	1:20.27	1:29.26	9	1:33.15	1:43.58
158	1:03.02	1:10.08	108	1:10.69	1:18.61	58	1:20.49	1:29.50	8	1:33.45	1:43.91
157	1:03.16	1:10.23	107	1:10.86	1:18.79	57	1:20.72	1:29.76	7	1:33.75	1:44.25
156	1:03.29	1:10.38	106	1:11.04	1:18.99	56	1:20.94	1:30.00	6	1:34.05	1:44.58
155	1:03.43	1:10.53	105	1:11.21	1:19.18	55	1:21.17	1:30.26	5	1:34.36	1:44.93
154	1:03.57	1:10.69	104	1:11.39	1:19.38	54	1:21.39	1:30.50	4	1:34.67	1:45.27
153	1:03.71	1:10.84	103	1:11.56	1:19.57	53	1:21.62	1:30.76	3	1:34.98	1:45.62
152	1:03.85	1:11.00	102	1:11.74	1:19.77	52	1:21.85	1:31.02	2	1:35.29	1:45.96
151	1:03.99	1:11.16	101	1:11.92	1:19.97	51	1:22.08	1:31.27	1	1:35.60	1:46.30
									0	1:35.92	1:46.66

400 Free Relay

PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS	PPTS	YARDS	METERS
600	3:11.58	3:33.41	450	3:30.86	3:54.89	300	3:54.45	4:21.17	150	4:23.98	4:54.06
597	3:11.93	3:33.80	447	3:31.28	3:55.36	297	3:54.98	4:21.76	147	4:24.65	4:54.81
594	3:12.29	3:34.20	444	3:31.71	3:55.84	294	3:55.50	4:22.34	144	4:25.32	4:55.56
591	3:12.64	3:34.59	441	3:32.14	3:56.32	291	3:56.03	4:22.93	141	4:25.99	4:56.30
588	3:12.99	3:34.98	438	3:12.57	3:34.51	288	3:56.57	4:23.53	138	4:26.67	4:57.06
585	3:13.35	3:35.38	435	3:33.00	3:57.27	285	3:57.10	4:24.12	135	4:27.35	4:57.82
582	3:13.71	3:35.78	432	3:33.44	3:57.76	282	3:57.64	4:24.72	132	4:28.03	4:58.57
579	3:14.07	3:36.19	429	3:33.87	3:58.24	279	3:58.18	4:25.32	129	4:28.72	4:59.34
576	3:14.43	3:36.59	426	3:34.31	3:58.73	276	3:58.72	4:25.92	126	4:29.41	5:00.11
573	3:14.79	3:36.99	423	3:34.75	3:59.22	273	3:59.27	4:26.54	123	4:30.11	5:00.89
570	3:15.15	3:37.39	420	3:35.19	3:59.71	270	3:59.82	4:27.15	120	4:30.81	5:01.67
567	3:15.52	3:37.80	417	3:35.63	4:00.20	267	4:00.37	4:27.76	117	4:31.51	5:02.45
564	3:15.88	3:38.20	414	3:36.08	4:00.70	264	4:00.92	4:28.37	114	4:32.21	5:03.23
561	3:16.25	3:38.61	411	3:36.52	4:01.19	261	4:01.47	4:28.99	111	4:32.92	5:04.02
558	3:16.62	3:39.03	408	3:36.97	4:01.70	258	4:02.03	4:29.61	108	4:33.63	5:04.81
555	3:16.99	3:39.44	405	3:37.42	4:02.20	255	4:02.59	4:30.24	105	4:34.35	5:05.61
552	3:17.36	3:39.85	402	3:37.87	4:02.70	252	4:03.15	4:30.86	102	4:35.07	5:06.42
549	3:17.73	3:40.26	399	3:38.33	4:03.21	249	4:03.72	4:31.49	99	4:35.79	5:07.22
546	3:18.10	3:40.68	396	3:38.78	4:03.71	246	4:04.29	4:32.13	96	4:36.52	5:08.03
543	3:18.48	3:41.10	393	3:39.24	4:04.22	243	4:04.86	4:32.76	93	4:37.25	5:08.84
540	3:18.85	3:41.51	390	3:39.70	4:04.74	240	4:05.43	4:33.40	90	4:37.99	5:09.67
537	3:19.23	3:41.93	387	3:40.16	4:05.25	237	4:06.01	4:34.04	87	4:38.73	5:10.49
534	3:19.61	3:42.36	384	3:40.63	4:05.77	234	4:06.59	4:34.69	84	4:39.47	5:11.32
531	3:19.99	3:42.78	381	3:41.09	4:06.28	231	4:07.17	4:35.34	81	4:40.22	5:12.15
528	3:20.38	3:43.21	378	3:41.56	4:06.81	228	4:07.75	4:35.98	78	4:40.97	5:12.99
525	3:20.76	3:43.64	375	3:42.03	4:07.33	225	4:08.34	4:36.64	75	4:41.73	5:13.84
522	3:21.14	3:44.06	372	3:42.50	4:07.86	222	4:08.93	4:37.30	72	4:42.49	5:14.68
519	3:21.53	3:44.50	369	3:42.97	4:08.38	219	4:09.52	4:37.95	69	4:43.25	5:15.53
516	3:21.92	3:44.93	366	3:43.45	4:08.91	216	4:10.12	4:38.62	66	4:44.02	5:16.39
513	3:22.31	3:45.36	363	3:43.93	4:09.45	213	4:10.72	4:39.29	63	4:44.79	5:17.24
510	3:22.70	3:45.80	360	3:44.41	4:09.98	210	4:11.32	4:39.96	60	4:45.57	5:18.11
507	3:23.09	3:46.23	357	3:44.89	4:10.52	207	4:11.92	4:40.63	57	4:46.35	5:18.98
504	3:23.49	3:46.68	354	3:45.37	4:11.05	204	4:12.53	4:41.31	54	4:47.13	5:19.85
501	3:23.88	3:47.11	351	3:45.86	4:11.60	201	4:13.14	4:41.99	51	4:47.92	5:20.73
498	3:24.28	3:47.56	348	3:46.35	4:12.14	198	4:13.75	4:42.67	48	4:48.71	5:21.61
495	3:24.68	3:48.00	345	3:46.84	4:12.69	195	4:14.37	4:43.36	45	4:49.51	5:22.50
492	3:25.08	3:48.45	342	3:47.33	4:13.24	192	4:14.99	4:44.05	42	4:50.31	5:23.39
489	3:25.48	3:48.90	339	3:47.82	4:13.78	189	4:15.61	4:44.74	39	4:51.12	5:24.30
486	3:25.89	3:49.35	336	3:48.32	4:14.34	186	4:16.24	4:45.44	36	4:51.93	5:25.20
483	3:26.29	3:49.80	333	3:48.82	4:14.90	183	4:16.86	4:46.13	33	4:52.75	5:26.11
480	3:26.70	3:50.26	330	3:49.32	4:15.45	180	4:17.50	4:46.84	30	4:53.57	5:27.02
477	3:27.11	3:50.71	327	3:49.82	4:16.01	177	4:18.13	4:47.55	27	4:54.39	5:27.94
474	3:27.52	3:51.17	324	3:50.33	4:16.58	174	4:18.77	4:48.26	24	4:55.22	5:28.86
471	3:27.93	3:51.63	321	3:50.83	4:17.13	171	4:19.41	4:48.97	21	4:56.06	5:29.80
468	3:28.34	3:52.08	318	3:51.34	4:17.70	168	4:20.05	4:49.68	18	4:56.89	5:30.72
465	3:28.76	3:52.55	315	3:51.86	4:18.28	165	4:20.70	4:50.41	15	4:57.74	5:31.67
462	3:29.18	3:53.02	312	3:52.37	4:18.85	162	4:21.35	4:51.13	12	4:58.59	5:32.62
459	3:29.59	3:53.47	309	3:52.89	4:19.43	159	4:22.00	4:51.86	9	4:59.44	5:33.56
456	3:30.01	3:53.94	306	3:53.41	4:20.01	156	4:22.66	4:52.59	6	5:00.30	5:34.52
453	3:30.44	3:54.42	303	3:53.93	4:20.59	153	4:23.32	4:53.33	3	5:01.16	5:35.48
									0	5:02.03	5:36.45