

	Free					Back			Breast			Fly			IM
Men	50	100	200	400	800	50	100	200	50	100	200	50	100	200	200
25-29	0:28,3	1:07,5	2:22,5	5:15,0	11:00,0	0:34,0	1:15,0	2:42,5	0:36,0	1:22,5	2:57,5	0:32,5	1:15,0	2:45,0	2:50,0
30-34	0:29,5	1:10,0	2:25,0	5:22,5	11:30,0	0:35,5	1:17,5	2:45,0	0:37,5	1:25,0	3:05,0	0:33,7	1:17,5	2:52,5	3:00,0
35-39	0:30,7	1:12,5	2:30,0	5:30,0	12:00,0	0:37,0	1:20,0	2:52,5	0:38,8	1:27,5	3:12,5	0:35,0	1:20,0	3:00,0	3:10,0
40-44	0:32,5	1:17,5	2:37,5	5:45,0	12:30,0	0:38,5	1:25,0	3:00,0	0:40,0	1:30,0	3:20,0	0:37,5	1:22,5	3:10,0	3:20,0
45-49	0:33,7	1:20,0	2:45,0	6:00,0	13:00,0	0:40,0	1:30,0	3:10,0	0:42,5	1:35,0	3:30,0	0:40,0	1:25,0	3:20,0	3:30,0
50-54	0:35,0	1:25,0	2:52,5	6:15,0	13:30,0	0:42,5	1:35,0	3:20,0	0:45,0	1:40,0	3:45,0	0:42,5	1:30,0	3:30,0	3:45,0
55-59	0:37,5	1:30,0	3:00,0	6:30,0	14:00,0	0:45,0	1:40,0	3:30,0	0:50,0	1:50,0	4:00,0	0:45,0	1:40,0	3:45,0	4:00,0
60-64	0:40,0	1:35,0	3:15,0	6:45,0	15:00,0	0:50,0	1:50,0	3:45,0	0:55,0	2:00,0	4:15,0	0:50,0	1:50,0	4:00,0	4:15,0
65-69	0:42,5	1:40,0	3:30,0	7:30,0	16:00,0	0:55,0	2:00,0	4:00,0	1:00,0	2:10,0	4:30,0	0:55,0	2:00,0	4:15,0	4:30,0
70-74	0:45,0	1:45,0	3:45,0	8:15,0	17:00,0	1:00,0	2:15,0	4:15,0	1:05,0	2:20,0	5:00,0	1:02,5	2:15,0	4:45,0	4:45,0
75-79	0:50,0	1:50,0	4:00,0	8:45,0	18:00,0	1:05,0	2:22,5	4:45,0	1:10,0	2:30,0	5:30,0	1:10,0	2:30,0	5:15,0	5:00,0
80-84	0:55,0	1:57,5	4:30,0	9:30,0	19:00,0	1:10,0	2:30,0	5:15,0	1:17,5	2:45,0	6:00,0	1:17,5	2:45,0	5:45,0	5:30,0
85-89	1:00,0	2:05,0	5:00,0	10:15,0	20:30,0	1:20,0	2:45,0	6:00,0	1:25,0	3:00,0	6:30,0	1:25,0	3:00,0	6:30,0	6:00,0
90-94	1:10,0	2:30,0	5:30,0	11:00,0	23:00,0	1:30,0	3:15,0	6:45,0	1:37,5	3:30,0	7:15,0	1:40,0	3:30,0	7:30,0	6:30,0
95+	1:22,5	3:00,0	6:30,0	13:00,0	27:00,0	1:45,0	3:45,0	7:45,0	1:50,0	4:15,0	9:00,0	2:00,0	4:15,0	8:45,0	7:15,0

	Free					Back			Breast			Fly			IM
WOMEN	50	100	200	400	800	50	100	200	50	100	200	50	100	200	200
25-29	0:32,5	1:20,0	2:45,0	6:30,0	13:30,0	0:38,8	1:25,0	3:00,0	0:43,7	1:37,5	3:22,5	0:36,8	1:22,5	3:15,0	3:20,0
30-34	0:33,7	1:22,5	2:52,5	6:45,0	14:00,0	0:40,0	1:30,0	3:10,0	0:45,0	1:40,0	3:30,0	0:38,0	1:25,0	3:22,5	3:30,0
35-39	0:35,0	1:25,0	3:00,0	7:00,0	14:30,0	0:42,5	1:35,0	3:20,0	0:47,5	1:45,0	3:40,0	0:40,0	1:30,0	3:30,0	3:40,0
40-44	0:37,5	1:27,5	3:07,5	7:15,0	15:00,0	0:45,0	1:40,0	3:30,0	0:50,0	1:50,0	3:50,0	0:42,5	1:35,0	3:40,0	3:50,0
45-49	0:40,0	1:30,0	3:15,0	7:30,0	15:30,0	0:50,0	1:50,0	3:45,0	0:52,5	1:55,0	4:00,0	0:45,0	1:40,0	3:50,0	4:00,0
50-54	0:42,5	1:37,5	3:30,0	7:45,0	16:00,0	0:55,0	2:00,0	4:10,0	0:55,0	2:00,0	4:15,0	0:50,0	1:50,0	4:00,0	4:15,0
55-59	0:45,0	1:45,0	3:45,0	8:00,0	16:30,0	1:00,0	2:10,0	4:30,0	0:57,5	2:10,0	4:30,0	0:55,0	2:00,0	4:15,0	4:30,0
60-64	0:50,0	1:52,5	4:00,0	8:30,0	17:30,0	1:05,0	2:20,0	4:55,0	1:00,0	2:20,0	4:45,0	1:00,0	2:10,0	4:30,0	4:45,0
65-69	0:55,0	2:00,0	4:15,0	9:00,0	18:45,0	1:12,5	2:30,0	5:15,0	1:05,0	2:30,0	5:15,0	1:05,0	2:17,5	4:45,0	5:00,0
70-74	1:00,0	2:10,0	4:30,0	9:30,0	20:00,0	1:20,0	2:45,0	5:30,0	1:10,0	2:40,0	5:45,0	1:10,0	2:30,0	5:15,0	5:30,0
75-79	1:05,0	2:20,0	4:45,0	10:00,0	21:15,0	1:27,5	3:00,0	6:15,0	1:20,0	2:50,0	6:15,0	1:17,5	2:45,0	5:45,0	6:00,0
80-84	1:10,0	2:30,0	5:15,0	10:45,0	23:00,0	1:30,0	3:15,0	6:45,0	1:30,0	3:05,0	6:45,0	1:25,0	3:00,0	6:15,0	6:30,0
85-89	1:15,0	2:45,0	5:45,0	12:00,0	24:30,0	1:45,0	3:45,0	7:30,0	1:40,0	3:30,0	7:30,0	1:35,0	3:30,0	7:15,0	7:15,0
90-94	1:20,0	3:00,0	6:15,0	13:00,0	26:30,0	2:00,0	4:15,0	8:45,0	1:50,0	3:45,0	8:15,0	1:45,0	4:00,0	8:15,0	8:15,0
95+	1:30,0	3:15,0	6:45,0	14:00,0	29:00,0	2:15,0	4:45,0	10:00,0	2:00,0	4:15,0	9:00,0	1:55,0	4:30,0	9:30,0	9:30,0