NISCA POWER POINT TABLES

1999 Edition

BOYS

Indiv Power Pts	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast	Diving 6 Dives	Diving 11 Dives	Relay Power Pts	200 M.R.	200 F.R.	400 F.R.
200	1:29.77	1:40.38	:18.50	:44.37	:40.67	4:02.60	:44.41	:50.83	504.00	786.25	**600**	1:23.50	1:14.91	2:47.15
199	1:29.95	1:40.58	:18.54	:44.46	:40.76	4:03.07	:44.51	:50.94	499.20	779.15	**597**	1:23.70	1:15.08	2:47.50
198	1:30.12	1:40.77	:18.58	:44.56	:40.84	4:03.54	:44.62	:51.05	494.50	772.15	**594**	1:23.89	1:15.26	2:47.86
197	1:30.30	1:40.97	:18.62	:44.66	:40.93	4:04.02	:44.72	:51.16	489.75	765.20	**591**	1:24.09	1:15.43	2:48.21
196	1:30.48	1:41.17	:18.66	:44.75	:41.01	4:04.50	:44.83	:51.27	485.10	758.30	**588**	1:24.28	1:15.61	2:48.57
195	1:30.66	1:41.37	:18.69	:44.85	:41.09	4:04.98	:44.93	:51.38	480.50	751.50	**585**	1:24.48	1:15.79	2:48.93
194	1:30.84	1:41.57	:18.73	:44.95	:41.18	4:05.46	:45.04	:51.49	475.95	744.70	**582**	1:24.68	1:15.96	2:49.29
193	1:31.02	1:41.77	:18.77	:45.04	:41.26	4:05.94	:45.15	:51.60	471.45	738.00	**579**	1:24.88	1:16.14	2:49.65
192	1:31.20	1:41.97	:18.81	:45.14	:41.35	4:06.42	:45.26	:51.71	466.95	731.35	**576**	1:25.08	1:16.32	2:50.01
191	1:31.38	1:42.17	:18.85	:45.24	:41.44	4:06.91	:45.36	:51.82	462.50	724.75	**573**	1:25.28	1:16.51	2:50.38
190	1:31.56	1:42.37	:18.89	:45.34	:41.52	4:07.40	:45.47	:51.94	458.10	718.25	**570**	1:25.48	1:16.69	2:50.74
189	1:31.75	1:42.57	:18.93	:45.44	:41.61	4:07.89	:45.58	:52.05	453.75	711.80	**567**	1:25.69	1:16.87	2:51.11
188	1:31.93	1:42.78	:18.97	:45.54	:41.70	4:08.38	:45.69	:52.16	449.45	705.35	**564**	1:25.89	1:17.05	2:51.48
187	1:32.12	1:42.98	:19.01	:45.64	:41.78	4:08.88	:45.80	:52.28	445.20	699.00	**561**	1:26.10	1:17.24	2:51.85
186	1:32.30	1:43.19	:19.06	:45.74	:41.87	4:09.37	:45.92	:52.39	441.00	692.75	**558**	1:26.30	1:17.42	2:52.22
185	1:32.49	1:43.39	:19.10	:45.84	:41.96	4:09.87	:46.03	:52.51	436.75	686.50	**555**	1:26.51	1:17.61	2:52.60
184	1:32.68	1:43.60	:19.14	:45.94	:42.05	4:10.37	:46.14	:52.63	432.60	680.30	**552**	1:26.72	1:17.80	2:52.97
183	1:32.86	1:43.81	:19.18	:46.04	:42.14	4:10.87	:46.25	:52.74	428.50	674.20	**549**	1:26.93	1:17.98	2:53.35
182	1:33.05	1:44.02	:19.22	:46.15	:42.23	4:11.38	:46.37	:52.86	424.45	668.10	**546**	1:27.14	1:18.17	2:53.73
181	1:33.24	1:44.23	:19.26	:46.25	:42.32	4:11.88	:46.48	:52.98	420.40	662.10	**543**	1:27.35	1:18.36	2:54.11
180	1:33.43	1:44.44	:19.30	:46.35	:42.41	4:12.39	:46.59	:53.09	416.40	656.15	**540**	1:27.56	1:18.55	2:54.49
179	1:33.62	1:44.65	:19.35	:46.46	:42.50	4:12.90	:46.71	:53.21	412.45	650.25	**537**	1:27.78	1:18.75	2:54.88
178	1:33.82	1:44.86	:19.39	:46.56	:42.59	4:13.42	:46.83	:53.33	408.50	644.35	**534**	1:27.99	1:18.94	2:55.26
177	1:34.01	1:45.07	:19.43	:46.67	:42.68	4:13.93	:46.94	:53.45	404.65	638.55	**531**	1:28.21	1:19.13	2:55.65
176	1:34.20	1:45.29	:19.47	:46.77	:42.77	4:14.45	:47.06	:53.57	400.80	632.80	**528**	1:28.42	1:19.33	2:56.04
175	1:34.40	1:45.50	:19.52	:46.88	:42.86	4:14.97	:47.18	:53.69	397.00	627.10	**525**	1:28.64	1:19.52	2:56.43
174	1:34.59	1:45.72	:19.56	:46.98	:42.95	4:15.49	:47.29	:53.81	393.25	621.50	**522**	1:28.86	1:19.72	2:56.82
173	1:34.79	1:45.93	:19.60	:47.09	:43.05	4:16.01	:47.41	:53.94	389.50	615.90	**519**	1:29.08	1:19.92	2:57.21
172	1:34.98	1:46.15	:19.65	:47.20	:43.14	4:16.53	:47.53	:54.06	385.80	610.35	**516**	1:29.30	1:20.11	2:57.61
171	1:35.18	1:46.37	:19.69	:47.31	:43.23	4:17.06	:47.65	:54.18	382.10	604.85	**513**	1:29.52	1:20.31	2:58.01
170	1:35.38	1:46.59	:19.73	:47.41	:43.33	4:17.59	:47.77	:54.30	378.50	599.40	**510**	1:29.74	1:20.51	2:58.41
169	1:35.58	1:46.81	:19.78	:47.52	:43.42	4:18.12	:47.89	:54.43	374.90	594.00	**507**	1:29.97	1:20.72	2:58.81
168	1:35.78	1:47.03	:19.82	:47.63	:43.52	4:18.66	:48.01	:54.55	371.35	588.65	**504**	1:30.19	1:20.92	2:59.21
167	1:35.98	1:47.25	:19.86	:47.74	:43.61	4:19.19	:48.14	:54.68	367.80	583.35	**501**	1:30.42	1:21.12	2:59.62
166	1:36.18	1:47.47	:19.91	:47.85	:43.71	4:19.73	:48.26	:54.80	364.30	578.10	**498**	1:30.65	1:21.33	3:00.02
165	1:36.38	1:47.70	:19.95	:47.96	:43.80	4:20.27	:48.38	:54.93	360.85	572.90	**495**	1:30.87	1:21.53	3:00.43
164	1:36.59	1:47.92	:20.00	:48.08	:43.90	4:20.82	:48.51	:55.06	357.40	567.75	**492**	1:31.10	1:21.74	3:00.84
163	1:36.79	1:48.15	:20.04	:48.19	:44.00	4:21.36	:48.63	:55.18	354.00	562.60	**489**	1:31.34	1:21.95	3:01.26
162	1:37.00	1:48.37	:20.09	:48.30	:44.09	4:21.91	:48.76	:55.31	350.65	557.55	**486**	1:31.57	1:22.15	3:01.67
161	1:37.20	1:48.60	:20.13	:48.41	:44.19	4:22.46	:48.88	:55.44	347.30	552.50	**483**	1:31.80	1:22.36	3:02.09
160	1:37.41	1:48.83	:20.18	:48.53	:44.29	4:23.01	:49.01	:55.57	344.00	547.55	**480**	1:32.04	1:22.58	3:02.51
159	1:37.62	1:49.06	:20.23	:48.64	:44.39	4:23.56	:49.14	:55.70	340.75	542.60	**477**	1:32.27	1:22.79	3:02.93
158	1:37.83	1:49.29	:20.27	:48.75	:44.49	4:24.12	:49.27	:55.83	337.50	537.75	**474**	1:32.51	1:23.00	3:03.35
157	1:38.04	1:49.52	:20.32	:48.87	:44.59	4:24.68	:49.39	:55.96	334.30	532.90	**471**	1:32.75	1:23.21	3:03.77
156	1:38.25	1:49.75	:20.37	:48.98	:44.69	4:25.24	:49.52	:56.09	331.15	528.10	**468**	1:32.99	1:23.43	3:04.20
155	1:38.46	1:49.99	:20.41	:49.10	:44.79	4:25.81	:49.65	:56.23	328.00	523.30	**465**	1:33.23	1:23.65	3:04.62
154	1:38.67	1:50.22	:20.46	:49.22	:44.89	4:26.37	:49.78	:56.36	324.85	518.60	**462**	1:33.47	1:23.86	3:05.05
153	1:38.88	1:50.46	:20.51	:49.33	:44.99	4:26.94	:49.92	:56.49	321.75	513.90	**459**	1:33.71	1:24.08	3:05.49
152	1:39.10	1:50.69	:20.55	:49.45	:45.09	4:27.51	:50.05	:56.63	318.75	509.30	**456**	1:33.96	1:24.30	3:05.92
151	1:39.31	1:50.93	:20.60	:49.57	:45.19	4:28.08	:50.18	:56.76	315.70	504.70	**453**	1:34.20	1:24.52	3:06.36
150	1:39.53	1:51.17	:20.65	:49.69	:45.30	4:28.66	:50.31	:56.90	312.70	500.15	**450**	1:34.45	1:24.74	3:06.79
149	1:39.75	1:51.41	:20.70	:49.81	:45.40	4:29.24	:50.45	:57.03	309.70	495.65	**447**	1:34.70	1:24.97	3:07.23
148	1:39.96	1:51.65	:20.75	:49.93	:45.50	4:29.82	:50.58	:57.17	306.75	491.20	**444**	1:34.95	1:25.19	3:07.68
147	1:40.18	1:51.89	:20.79	:50.05	:45.61	4:30.40	:50.72	:57.31	303.85	486.75	**441**	1:35.20	1:25.42	3:08.12
146	1:40.40	1:52.13	:20.84	:50.17	:45.71	4:30.99	:50.86	:57.45	301.00	482.40	**438**	1:35.45	1:25.64	3:08.57
145	1:40.62	1:52.38	:20.89	:50.29	:45.82	4:31.58	:50.99	:57.59	298.10	478.05	**435**	1:35.70	1:25.87	3:09.02
144	1:40.84	1:52.62	:20.94	:50.41	:45.92	4:32.17	:51.13	:57.73	295.30	473.75	**432**	1:35.96	1:26.10	3:09.47
143	1:41.07	1:52.87	:20.99	:50.54	:46.03	4:32.76	:51.27	:57.87	292.50	469.50	**429**	1:36.21	1:26.33	3:09.92
142	1:41.29	1:53.11	:21.04	:50.66	:46.14	4:33.36	:51.41	:58.01	289.70	465.25	**426**	1:36.47	1:26.56	3:10.37
141	1:41.51	1:53.36	:21.09	:50.79	:46.24	4:33.96	:51.55	:58.15	286.95	461.05	**423**	1:36.73	1:26.80	3:10.83

		BOYS					BOYS					BOYS		
Indiv	200	200	50	100	100	500	100	100	Diving		**Relay**	200	200	400
Points	Free	I.M.	Free	Fly	Free	Free	Back	Breast	6 Dives	11 Dives	**Pts**	Med Rel	Free Rel	Free Rel
140	1:41.74	1:53.61	:21.14	:50.91	:46.35	4:34.56	:51.69	:58.29	284.20	456.90	**420**	1:36.99	1:27.03	3:11.29
139	1:41.97	1:53.86	:21.19	:51.04	:46.46	4:35.16	:51.83	:58.43	281.50	452.75	**417**	1:37.25	1:27.27	3:11.75
138	1:42.19	1:54.11	:21.24	:51.16	:46.57	4:35.77	:51.97	:58.58	278.85	448.70	**414**	1:37.52	1:27.50	3:12.22
137	1:42.42	1:54.36	:21.29	:51.29	:46.68	4:36.38	:52.12	:58.72	276.20	444.65	**411**	1:37.78	1:27.74	3:12.68
136	1:42.65	1:54.62	:21.34	:51.42	:46.79	4:36.99	:52.26	:58.87	273.55	440.65	**408**	1:38.05	1:27.98	3:13.15
135	1:42.88	1:54.87	:21.39	:51.54	:46.90	4:37.61	:52.41	:59.01	271.00	436.70	**405**	1:38.31	1:28.22	3:13.62
134	1:43.12	1:55.13	:21.45	:51.67	:47.01	4:38.23	:52.55	:59.16	268.40	432.75	**402**	1:38.58	1:28.46	3:14.09
133	1:43.35	1:55.38	:21.50	:51.80	:47.12	4:38.85	:52.70	:59.31	265.85	428.85	**399**	1:38.85	1:28.71	3:14.57
132	1:43.58	1:55.64	:21.55	:51.93	:47.23	4:39.47	:52.85	:59.45	263.30	425.00	**396**	1:39.13	1:28.95	3:15.05
131	1:43.82	1:55.90	:21.60	:52.06	:47.34	4:40.10	:52.99	:59.60	260.80	421.15	**393**	1:39.40	1:29.20	3:15.53
130	1:44.05	1:56.16	:21.66	:52.19	:47.45	4:40.72	:53.14	:59.75	258.35	417.40	**390**	1:39.67	1:29.44	3:16.01
129	1:44.29	1:56.42	:21.71	:52.32	:47.57	4:41.36	:53.29	:59.90	255.90	413.65	**387**	1:39.95	1:29.69	3:16.49
128	1:44.53	1:56.69	:21.76	:52.46	:47.68	4:41.99	:53.44	1:00.05	253.45	409.90	**384**	1:40.23	1:29.94	3:16.98
127	1:44.77	1:56.95	:21.82	:52.59	:47.80	4:42.63	:53.60	1:00.21	251.05	406.20	**381**	1:40.51	1:30.19	3:17.47
126	1:45.01	1:57.21	:21.87	:52.72	:47.91	4:43.27	:53.75	1:00.36	248.65	402.55	**378**	1:40.79	1:30.45	3:17.96
125	1:45.25	1:57.48	:21.92	:52.86	:48.03	4:43.91	:53.90	1:00.51	246.30	398.90	**375**	1:41.07	1:30.70	3:18.45
124	1:45.49	1:57.75	:21.98	:52.99	:48.14	4:44.56	:54.06	1:00.67	244.00	395.35	**372**	1:41.36	1:30.96	3:18.95
123	1:45.74	1:58.02	:22.03	:53.13	:48.26	4:45.21	:54.21	1:00.82	241.65	391.75	**369**	1:41.64	1:31.21	3:19.45
122	1:45.98	1:58.29	:22.09	:53.27	:48.38	4:45.86	:54.37	1:00.98	239.35	388.25	**366**	1:41.93	1:31.47	3:19.95
121	1:46.23	1:58.56	:22.14	:53.40	:48.49	4:46.51	:54.52	1:01.13	237.10	384.75	**363**	1:42.22	1:31.73	3:20.46
120	1:46.47	1:58.83	:22.20	:53.54	:48.61	4:47.17	:54.68	1:01.29	234.80	381.30	**360**	1:42.51	1:31.99	3:20.96
119	1:46.72	1:59.10	:22.25	:53.68	:48.73	4:47.83	:54.84	1:01.45	232.60	377.85	**357**	1:42.80	1:32.26	3:21.47
118	1:46.97	1:59.38	:22.31	:53.82	:48.85	4:48.50	:55.00	1:01.61	230.40	374.50	**354**	1:43.10	1:32.52	3:21.98
117	1:47.22	1:59.65	:22.36	:53.96	:48.97	4:49.16	:55.16	1:01.77	228.20	371.10	**351**	1:43.39	1:32.79	3:22.50
116	1:47.47	1:59.93	:22.42	:54.10	:49.09	4:49.83	:55.32	1:01.93	226.00	367.75	**348**	1:43.69	1:33.05	3:23.02
115	1:47.73	2:00.21	:22.48	:54.24	:49.21	4:50.51	:55.48	1:02.09	223.85	364.40	**345**	1:43.99	1:33.32	3:23.54
114	1:47.98	2:00.49	:22.53	:54.39	:49.33	4:51.18	:55.65	1:02.25	221.75	361.15	**342**	1:44.29	1:33.59	3:24.06
113	1:48.24	2:00.77	:22.59	:54.53	:49.46	4:51.86	:55.81	1:02.41	219.65	357.85	**339**	1:44.59	1:33.87	3:24.58
112	1:48.49	2:01.05	:22.65	:54.67	:49.58	4:52.55	:55.98	1:02.58	217.55	354.65	**336**	1:44.90	1:34.14	3:25.11
111	1:48.75	2:01.34	:22.71	:54.82	:49.70	4:53.23	:56.14	1:02.74	215.50	351.45	**333**	1:45.20	1:34.42	3:25.64
110	1:49.01	2:01.62	:22.76	:54.96	:49.83	4:53.92	:56.31	1:02.91	213.40	348.25	**330**	1:45.51	1:34.69	3:26.18
109	1:49.27	2:01.91	:22.82	:55.11	:49.95	4:54.61	:56.48	1:03.07	211.40	345.15	**327**	1:45.82	1:34.97	3:26.71
108	1:49.53	2:02.20	:22.88	:55.26	:50.08	4:55.31	:56.65	1:03.24	209.40	342.00	**324**	1:46.13	1:35.25	3:27.25
107	1:49.79	2:02.49	:22.94	:55.40	:50.20	4:56.01	:56.82	1:03.41	207.40	338.95	**321**	1:46.45	1:35.53	3:27.79
106	1:50.06	2:02.78	:23.00	:55.55	:50.33	4:56.71	:56.99	1:03.58	205.45	335.90	**318**	1:46.76	1:35.82	3:28.34
105	1:50.32	2:03.07	:23.06	:55.70	:50.46	4:57.42	:57.16	1:03.75	203.50	332.90	**315**	1:47.08	1:36.10	3:28.89
104	1:50.59	2:03.36	:23.12	:55.85	:50.59	4:58.13	:57.33	1:03.92	201.55	329.90	**312**	1:47.40	1:36.39	3:29.44
103	1:50.86	2:03.66	:23.18	:56.00	:50.71	4:58.84	:57.51	1:04.09	199.65	326.95	**309**	1:47.72	1:36.68	3:29.99
102	1:51.13	2:03.95	:23.24	:56.15	:50.84	4:59.55	:57.68	1:04.26	197.75	323.00	**306**	1:48.04	1:36.97	3:30.55
101	1:51.40	2:04.25	:23.30	:56.31	:50.97	5:00.27	:57.86	1:04.44	195.85	321.05	**303**	1:48.37	1:37.26	3:31.11
100	1:51.67	2:04.55	:23.36	:56.46	:51.10	5:01.00	:58.04	1:04.61	194.00	318.15	**300**	1:48.69	1:37.56	3:31.67
99	1:51.94	2:04.85	:23.42	:56.61	:51.24	5:01.72	:58.22	1:04.79	192.15	315.30	**297**	1:49.02	1:37.85	3:32.23
98	1:52.22	2:05.15	:23.49	:56.77	:51.37	5:02.45	:58.40	1:04.97	190.30	312.45	**294**	1:49.35	1:38.15	3:32.80
97	1:52.49	2:05.46	:23.55	:56.93	:51.50	5:03.19	:58.58	1:05.14	188.50	309.65	**291**	1:49.69	1:38.45	3:33.37
96	1:52.77	2:05.76	:23.61	:57.08	:51.63	5:03.92	:58.76	1:05.32	186.75	306.85	**288**	1:50.02	1:38.75	3:33.95
95	1:53.05	2:06.07	:23.67	:57.24	:51.77	5:04.66	:58.94	1:05.50	184.95	304.10	**285**	1:50.36	1:39.05	3:34.52
94	1:53.33	2:06.38	:23.74	:57.40	:51.90	5:05.41	:59.13	1:05.68	183.20	301.35	**282**	1:50.70	1:39.36	3:35.10
93	1:53.61	2:06.69	:23.80	:57.56	:52.04	5:06.16	:59.31	1:05.86	181.45	298.65	**279**	1:51.04	1:39.67	3:35.69
92	1:53.89	2:07.00	:23.86	:57.72	:52.17	5:06.91	:59.50	1:06.05	179.75	295.95	**276**	1:51.38	1:39.98	3:36.28
91	1:54.17	2:07.31	:23.93	:57.88	:52.31	5:07.66	:59.69	1:06.23	178.00	293.30	**273**	1:51.73	1:40.29	3:36.87
90	1:54.46	2:07.62	:23.99	:58.04	:52.45	5:08.42	:59.88	1:06.41	176.35	290.65	**270**	1:52.07	1:40.60	3:37.46
89	1:54.75	2:07.94	:24.06	:58.21	:52.59	5:09.18	1:00.07	1:06.60	174.65	288.00	**267**	1:52.42	1:40.91	3:38.06
88	1:55.04	2:08.26	:24.12	:58.37	:52.73	5:09.95	1:00.26	1:06.79	173.00	285.45	**264**	1:52.78	1:41.23	3:38.66
87	1:55.32	2:08.58	:24.19	:58.53	:52.87	5:10.72	1:00.45	1:06.97	171.35	282.85	**261**	1:53.13	1:41.55	3:39.26
86	1:55.62	2:08.90	:24.26	:58.70	:53.01	5:11.49	1:00.64	1:07.16	169.75	280.30	**258**	1:53.49	1:41.87	3:39.87
85	1:55.91	2:09.22	:24.32	:58.87	:53.15	5:12.27	1:00.84	1:07.35	168.10	277.80	**255**	1:53.85	1:42.19	3:40.47
84	1:56.20	2:09.54	:24.39	:59.03	:53.29	5:13.05	1:01.04	1:07.54	166.50	275.30	**252**	1:54.21	1:42.52	3:41.09
83	1:56.50	2:09.87	:24.46	:59.20	:53.43	5:13.84	1:01.23	1:07.74	164.90	272.80	**249**	1:54.57	1:42.84	3:41.70
82	1:56.80	2:10.19	:24.52	:59.37	:53.58	5:14.63	1:01.43	1:07.93	163.35	270.35	**246**	1:54.93	1:43.17	3:42.33
81	1:57.09	2:10.52	:24.59	:59.54	:53.72	5:15.42	1:01.63	1:08.12	161.80	267.90	**243**	1:55.30	1:43.50	3:42.95
80	1:57.40	2:10.85	:24.66	:59.72	:53.87	5:16.22	1:01.83	1:08.32	160.30	265.50	**240**	1:55.67	1:43.84	3:43.58
79	1:57.70	2:11.18	:24.73	:59.89	:54.01	5:17.02	1:02.04	1:08.52	158.75	263.10	**237**	1:56.05	1:44.17	3:44.21
78	1:58.00	2:11.52	:24.80	1:00.06	:54.16	5:17.83	1:02.24	1:08.71	157.25	260.75	**234**	1:56.42	1:44.51	3:44.84
77	1:58.31	2:11.85	:24.87	1:00.24	:54.31	5:18.64	1:02.45	1:08.91	155.75	258.40	**231**	1:56.80	1:44.85	3:45.48
76	1:58.61	2:12.19	:24.94	1:00.41	:54.46	5:19.45	1:02.65	1:09.11	154.30	256.05	**228**	1:57.18	1:45.19	3:46.12
75	1:58.92	2:12.53	:25.01	1:00.59	:54.60	5:20.27	1:02.86	1:09.31	152.80	253.75	**225**	1:57.56	1:45.53	3:46.77
74	1:59.23	2:12.87	:25.08	1:00.77	:54.75	5:21.09	1:03.07	1:09.51	151.35	251.50	**222**	1:57.94	1:45.88	3:47.41
73	1:59.54	2:13.21	:25.15	1:00.95	:54.91	5:21.92	1:03.28	1:09.72	149.90	249.20	**219**	1:58.33	1:46.23	3:48.07
72	1:59.85	2:13.55	:25.22	1:01.12	:55.06	5:22.75	1:03.50	1:09.92	148.50	246.95	**216**	1:58.72	1:46.58	3:48.72
71	2:00.17	2:13.90	:25.29	1:01.31	:55.21	5:23.58	1:03.71	1:10.13	147.10	244.75	**213**	1:59.11	1:46.93	3:49.38

		BOYS					BOYS					BOYS		
Indiv	200	200	50	100	100	500	100	100	Diving		**Relay**	200	200	400
Points	Free	I.M.	Free	Fly	Free	Free	Back	Breast	6 Dives	11 Dives	**Pts**	Med Rel	Free Rel	Free Rel
70	2:00.49	2:14.25	:25.36	1:01.49	:55.36	5:24.42	1:03.92	1:10.34	145.70	242.50	**210**	1:59.51	1:47.29	3:50.05
69	2:00.80	2:14.60	:25.44	1:01.67	:55.52	5:25.27	1:04.14	1:10.54	144.30	240.35	**207**	1:59.91	1:47.65	3:50.71
68	2:01.12	2:14.95	:25.51	1:01.86	:55.67	5:26.12	1:04.36	1:10.75	142.95	238.20	**204**	2:00.31	1:48.01	3:51.39
67	2:01.44	2:15.30	:25.58	1:02.04	:55.83	5:26.97	1:04.58	1:10.96	141.60	236.05	**201**	2:00.71	1:48.37	3:52.06
66	2:01.77	2:15.66	:25.66	1:02.23	:55.99	5:27.83	1:04.80	1:11.18	140.20	233.90	**198**	2:01.12	1:48.74	3:52.74
65	2:02.09	2:16.01	:25.73	1:02.41	:56.14	5:28.69	1:05.02	1:11.39	138.90	231.80	**195**	2:01.53	1:49.10	3:53.43
64	2:02.42	2:16.37	:25.81	1:02.60	:56.30	5:29.55	1:05.25	1:11.60	137.60	229.75	**192**	2:01.94	1:49.47	3:54.11
63	2:02.75	2:16.73	:25.88	1:02.79	:56.46	5:30.43	1:05.47	1:11.82	136.25	227.65	**189**	2:02.35	1:49.85	3:54.80
62	2:03.08	2:17.09	:25.96	1:02.98	:56.62	5:31.30	1:05.70	1:12.04	135.00	225.60	**186**	2:02.77	1:50.22	3:55.50
61	2:03.41	2:17.46	:26.03	1:03.18	:56.78	5:32.18	1:05.93	1:12.25	133.70	223.60	**183**	2:03.19	1:50.60	3:56.20
60	2:03.74	2:17.82	:26.11	1:03.37	:56.94	5:33.07	1:06.16	1:12.47	132.40	221.60	**180**	2:03.61	1:50.98	3:56.90
59	2:04.08	2:18.19	:26.19	1:03.56	:57.11	5:33.96	1:06.39	1:12.70	131.15	219.60	**177**	2:04.04	1:51.36	3:57.61
58	2:04.41	2:18.56	:26.26	1:03.76	:57.27	5:34.85	1:06.63	1:12.92	129.90	217.60	**174**	2:04.46	1:51.75	3:58.32
57	2:04.75	2:18.93	:26.34	1:03.96	:57.44	5:35.75	1:06.86	1:13.14	128.70	215.65	**171**	2:04.90	1:52.14	3:59.04
56	2:05.09	2:19.31	:26.42	1:04.15	:57.60	5:36.65	1:07.10	1:13.37	127.50	213.70	**168**	2:05.33	1:52.53	3:59.76
55	2:05.44	2:19.68	:26.50	1:04.35	:57.77	5:37.56	1:07.34	1:13.59	126.25	211.80	**165**	2:05.77	1:52.92	4:00.49
54	2:05.78	2:20.06	:26.58	1:04.55	:57.94	5:38.48	1:07.58	1:13.82	125.05	209.90	**162**	2:06.21	1:53.32	4:01.22
53	2:06.13	2:20.44	:26.66	1:04.76	:58.11	5:39.39	1:07.82	1:14.05	123.85	208.00	**159**	2:06.65	1:53.72	4:01.95
52	2:06.48	2:20.83	:26.74	1:04.96	:58.28	5:40.32	1:08.07	1:14.28	122.70	206.10	**156**	2:07.10	1:54.12	4:02.69
51	2:06.83	2:21.21	:26.82	1:05.16	:58.45	5:41.25	1:08.31	1:14.51	121.50	204.25	**153**	2:07.55	1:54.53	4:03.43
50	2:07.18	2:21.60	:26.90	1:05.37	:58.62	5:42.18	1:08.56	1:14.75	120.40	202.40	**150**	2:08.00	1:54.93	4:04.18
49	2:07.53	2:21.98	:26.98	1:05.58	:58.79	5:43.12	1:08.81	1:14.98	119.25	200.60	**147**	2:08.46	1:55.34	4:04.93
48	2:07.89	2:22.38	:27.06	1:05.78	:58.97	5:44.06	1:09.06	1:15.22	118.10	198.80	**144**	2:08.92	1:55.76	4:05.69
47	2:08.25	2:22.77	:27.15	1:05.99	:59.14	5:45.01	1:09.32	1:15.46	117.00	197.00	**141**	2:09.38	1:56.18	4:06.45
46	2:08.61	2:23.16	:27.23	1:06.20	:59.32	5:45.97	1:09.57	1:15.70	115.85	195.25	**138**	2:09.85	1:56.59	4:07.22
45	2:08.97	2:23.56	:27.31	1:06.42	:59.49	5:46.93	1:09.83	1:15.94	114.75	193.50	**135**	2:10.32	1:57.02	4:07.99
44	2:09.34	2:23.96	:27.40	1:06.63	:59.67	5:47.89	1:10.09	1:16.18	113.65	191.75	**132**	2:10.79	1:57.44	4:08.77
43	2:09.70	2:24.36	:27.48	1:06.84	:59.85	5:48.86	1:10.35	1:16.43	112.60	190.00	**129**	2:11.27	1:57.87	4:09.55
42	2:10.07	2:24.77	:27.57	1:07.06	1:00.03	5:49.84	1:10.61	1:16.67	111.50	188.30	**126**	2:11.75	1:58.31	4:10.34
41	2:10.44	2:25.17	:27.65	1:07.28	1:00.21	5:50.82	1:10.87	1:16.92	110.50	186.60	**123**	2:12.23	1:58.74	4:11.13
40	2:10.81	2:25.58	:27.74	1:07.50	1:00.40	5:51.81	1:11.14	1:17.17	109.40	184.90	**120**	2:12.72	1:59.18	4:11.92
39	2:11.19	2:25.99	:27.82	1:07.72	1:00.58	5:52.80	1:11.41	1:17.42	108.40	183.25	**117**	2:13.21	1:59.62	4:12.72
38	2:11.57	2:26.40	:27.91	1:07.94	1:00.76	5:53.80	1:11.68	1:17.67	107.35	181.60	**114**	2:13.70	2:00.07	4:13.53
37	2:11.95	2:26.82	:28.00	1:08.16	1:00.95	5:54.80	1:11.95	1:17.93	106.30	179.95	**111**	2:14.20	2:00.51	4:14.34
36	2:12.33	2:27.24	:28.09	1:08.39	1:01.14	5:55.81	1:12.23	1:18.18	105.30	178.35	**108**	2:14.70	2:00.97	4:15.16
35	2:12.71	2:27.66	:28.18	1:08.62	1:01.33	5:56.83	1:12.51	1:18.44	104.30	176.75	**105**	2:15.21	2:01.42	4:15.98
34	2:13.10	2:28.08	:28.27	1:08.84	1:01.51	5:57.85	1:12.78	1:18.70	103.30	175.15	**102**	2:15.72	2:01.88	4:16.81
33	2:13.48	2:28.51	:28.36	1:09.07	1:01.70	5:58.88	1:13.07	1:18.96	102.35	173.60	**99**	2:16.23	2:02.34	4:17.64
32	2:13.87	2:28.93	:28.45	1:09.30	1:01.90	5:59.91	1:13.35	1:19.22	101.35	172.00	**96**	2:16.75	2:02.81	4:18.48
31	2:14.27	2:29.36	:28.54	1:09.54	1:02.09	6:00.95	1:13.64	1:19.49	100.40	170.50	**93**	2:17.27	2:03.28	4:19.32
30	2:14.66	2:29.80	:28.63	1:09.77	1:02.28	6:01.99	1:13.92	1:19.75	99.50	168.95	**90**	2:17.79	2:03.75	4:20.17
29	2:15.06	2:30.23	:28.72	1:10.01	1:02.48	6:03.04	1:14.21	1:20.02	98.50	167.45	**87**	2:18.32	2:04.23	4:21.02
28	2:15.46	2:30.67	:28.82	1:10.24	1:02.68	6:04.10	1:14.51	1:20.29	97.60	165.95	**84**	2:18.85	2:04.71	4:21.88
27	2:15.86	2:31.11	:28.91	1:10.48	1:02.87	6:05.16	1:14.80	1:20.56	96.65	164.45	**81**	2:19.39	2:05.19	4:22.75
26	2:16.27	2:31.55	:29.00	1:10.72	1:03.07	6:06.23	1:15.10	1:20.83	95.75	162.95	**78**	2:19.93	2:05.68	4:23.62
25	2:16.67	2:32.00	:29.10	1:10.97	1:03.27	6:07.31	1:15.40	1:21.11	94.80	161.50	**75**	2:20.48	2:06.17	4:24.50
24	2:17.08	2:32.44	:29.20	1:11.21	1:03.47	6:08.39	1:15.70	1:21.39	93.95	160.00	**72**	2:21.03	2:06.67	4:25.38
23	2:17.49	2:32.90	:29.29	1:11.46	1:03.68	6:09.48	1:16.00	1:21.67	93.05	158.60	**69**	2:21.58	2:07.16	4:26.27
22	2:17.91	2:33.35	:29.39	1:11.70	1:03.88	6:10.57	1:16.31	1:21.95	92.15	157.15	**66**	2:22.14	2:07.67	4:27.16
21	2:18.32	2:33.80	:29.49	1:11.95	1:04.09	6:11.68	1:16.62	1:22.23	91.30	155.75	**63**	2:22.70	2:08.18	4:28.07
20	2:18.74	2:34.26	:29.58	1:12.20	1:04.29	6:12.78	1:16.93	1:22.51	90.40	154.35	**60**	2:23.27	2:08.69	4:28.97
19	2:19.17	2:34.72	:29.68	1:12.46	1:04.50	6:13.90	1:17.25	1:22.80	89.55	152.95	**57**	2:23.84	2:09.20	4:29.89
18	2:19.59	2:35.19	:29.78	1:12.71	1:04.71	6:15.02	1:17.56	1:23.09	88.70	151.60	**54**	2:24.42	2:09.72	4:30.81
17	2:20.02	2:35.66	:29.88	1:12.97	1:04.92	6:16.15	1:17.88	1:23.38	87.85	150.20	**51**	2:25.00	2:10.25	4:31.73
16	2:20.45	2:36.13	:29.98	1:13.22	1:05.13	6:17.28	1:18.20	1:23.67	87.00	148.85	**48**	2:25.59	2:10.77	4:32.66
15	2:20.88	2:36.60	:30.09	1:13.48	1:05.35	6:18.43	1:18.53	1:23.97	86.20	147.50	**45**	2:26.18	2:11.31	4:33.60
14	2:21.31	2:37.07	:30.19	1:13.75	1:05.56	6:19.57	1:18.86	1:24.26	85.40	146.20	**42**	2:26.77	2:11.84	4:34.55
13	2:21.75	2:37.55	:30.29	1:14.01	1:05.78	6:20.73	1:19.19	1:24.56	84.55	144.90	**39**	2:27.37	2:12.38	4:35.50
12	2:22.19	2:38.03	:30.39	1:14.27	1:06.00	6:21.89	1:18.52	1:24.87	83.75	143.60	**36**	2:27.98	2:12.93	4:36.46
11	2:22.64	2:38.52	:30.50	1:14.54	1:06.21	6:23.06	1:19.86	1:25.17	83.00	142.30	**33**	2:28.59	2:13.48	4:37.42
10	2:23.08	2:39.00	:30.60	1:14.81	1:06.44	6:24.24	1:20.19	1:25.47	82.20	141.00	**30**	2:29.20	2:14.03	4:38.39
9	2:23.53	2:39.49	:30.71	1:15.08	1:06.66	6:25.42	1:20.54	1:25.78	81.40	139.75	**27**	2:29.82	2:14.59	4:39.37
8	2:23.98	2:39.99	:30.82	1:15.35	1:06.88	6:26.62	1:20.88	1:26.09	80.60	138.50	**24**	2:30.45	2:15.16	4:40.36
7	2:24.44	2:40.48	:30.92	1:15.63	1:07.11	6:27.81	1:21.23	1:26.40	79.85	137.25	**21**	2:31.08	2:15.72	4:41.35
6	2:24.89	2:40.98	:31.03	1:15.91	1:07.33	6:29.02	1:21.58	1:26.72	79.10	136.00	**18**	2:31.72	2:16.30	4:42.35
5	2:25.35	2:41.49	:31.14	1:16.19	1:07.56	6:30.24	1:21.93	1:27.04	78.35	134.75	**15**	2:32.36	2:16.88	4:43.36
4	2:25.82	2:41.99	:31.25	1:16.47	1:07.79	6:31.46	1:22.29	1:27.35	77.60	133.55	**12**	2:33.01	2:17.46	4:44.37
3	2:26.28	2:42.50	:31.36	1:16.75	1:08.02	6:32.69	1:22.65	1:27.68	76.85	132.35	**9**	2:33.66	2:18.05	4:45.39
2	2:26.75	2:43.01	:31.47	1:17.04	1:08.26	6:33.92	1:23.01	1:28.00	76.15	131.15	**6**	2:34.32	2:18.64	4:46.42
1	2:27.22	2:43.53	:31.58	1:17.32	1:08.49	6:35.17	1:23.38	1:28.33	75.40	130.00	**3**	2:34.98	2:19.24	4:47.46
0	2:27.70	2:44.05	:31.69	1:17.61	1:08.73	6:36.42	1:23.75	1:28.65	74.70	128.80	**0**	2:35.65	2:19.84	4:48.50