



JOE GROSCOST
NISCA Power Point Chairman
3008 N. Bayview Lane
Sandusky, Ohio 44870
419-626-8787

POWER POINT CHART — REVISED 1984

RELAY POINTS	MED. RELAY	FREE RELAY	IND. POINTS	200 FREE	200 I. M.	50 FREE	6 GIRL DIVES	11 GIRL DIVES	6 BOY DIVES	11 BOY DIVES	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST
450	1:31.7	2:59.0	150	1:34.1	1:46.7	0:19.8	294	514	334	594	0:47.7	0:43.2	4:16.8	0:49.5	0:55.0
447	1:32.1	2:59.9	149	1:34.5	1:47.3	0:19.9	292	510	332	590	0:48.0	0:43.4	4:17.9	0:49.8	0:55.3
444	1:32.6	3:00.8	148	1:35.0	1:47.8	0:20.0	290	506	330	586	0:48.2	0:43.6	4:19.0	0:50.0	0:55.6
441	1:33.1	3:01.7	147	1:35.5	1:48.3	0:20.1	288	502	328	582	0:48.4	0:43.8	4:20.1	0:50.3	0:55.9
438	1:33.5	3:02.6	146	1:36.0	1:48.9	0:20.2	286	498	326	578	0:48.7	0:44.0	4:21.2	0:50.5	0:56.2
435	1:34.0	3:03.5	145	1:36.4	1:49.4	0:20.3	284	494	324	574	0:48.9	0:44.3	4:22.3	0:50.8	0:56.4
432	1:34.5	3:04.4	144	1:36.9	1:50.0	0:20.4	282	490	322	570	0:49.2	0:44.5	4:23.4	0:51.0	0:56.7
429	1:34.9	3:05.3	143	1:37.4	1:50.5	0:20.5	280	486	320	566	0:49.4	0:44.7	4:24.5	0:51.3	0:57.0
426	1:35.4	3:06.2	142	1:37.9	1:51.0	0:20.6	278	482	318	562	0:49.6	0:44.9	4:25.5	0:51.5	0:57.3
423	1:35.8	3:07.1	141	1:38.3	1:51.6	0:20.7	276	478	316	558	0:49.9	0:45.1	4:26.6	0:51.8	0:57.5
420	1:36.3	3:08.0	140	1:38.8	1:52.1	0:20.8	274	474	314	554	0:50.1	0:45.3	4:27.7	0:52.0	0:57.8
417	1:36.8	3:08.9	139	1:39.3	1:52.7	0:20.9	272	470	312	550	0:50.4	0:45.6	4:28.8	0:52.3	0:58.1
414	1:37.2	3:09.8	138	1:39.8	1:53.2	0:21.0	270	466	310	546	0:50.6	0:45.8	4:29.9	0:52.5	0:58.4
411	1:37.7	3:10.7	137	1:40.2	1:53.7	0:21.1	268	462	308	542	0:50.9	0:46.0	4:31.0	0:52.8	0:58.7
408	1:38.2	3:11.6	136	1:40.7	1:54.3	0:21.2	266	458	306	538	0:51.1	0:46.2	4:32.1	0:53.0	0:58.9
405	1:38.6	3:12.6	135	1:41.2	1:54.8	0:21.3	264	454	304	534	0:51.3	0:46.4	4:33.2	0:53.3	0:59.2
402	1:39.1	3:13.5	134	1:41.7	1:55.3	0:21.4	262	450	302	530	0:51.6	0:46.7	4:34.2	0:53.5	0:59.5
399	1:39.5	3:14.4	133	1:42.1	1:55.9	0:21.5	260	446	300	526	0:51.8	0:46.9	4:35.3	0:53.8	0:59.8
396	1:40.0	3:15.3	132	1:42.6	1:56.4	0:21.6	258	442	298	522	0:52.1	0:47.1	4:36.4	0:54.0	1:00.0
393	1:40.5	3:16.2	131	1:43.1	1:57.0	0:21.7	256	438	296	518	0:52.3	0:47.3	4:37.5	0:54.3	1:00.3
390	1:40.9	3:17.1	130	1:43.6	1:57.5	0:21.8	254	434	294	514	0:52.5	0:47.5	4:38.6	0:54.5	1:00.6
387	1:41.4	3:18.0	129	1:44.0	1:58.0	0:21.9	252	430	292	510	0:52.8	0:47.7	4:39.7	0:54.8	1:00.9
384	1:41.9	3:18.9	128	1:44.5	1:58.6	0:22.0	250	426	290	506	0:53.0	0:48.0	4:40.8	0:55.0	1:01.2
381	1:42.3	3:19.8	127	1:45.0	1:59.1	0:22.1	248	422	288	502	0:53.3	0:48.2	4:42.0	0:55.3	1:01.4
378	1:42.8	3:20.7	126	1:45.5	1:59.7	0:22.2	246	418	286	498	0:53.5	0:48.4	4:43.1	0:55.5	1:01.7
375	1:43.2	3:21.6	125	1:45.9	2:00.2	0:22.3	244	414	284	494	0:53.7	0:48.6	4:44.2	0:55.8	1:02.0
372	1:43.7	3:22.5	124	1:46.4	2:00.7	0:22.4	242	410	282	490	0:54.0	0:48.8	4:45.4	0:56.0	1:02.3
369	1:44.2	3:23.4	123	1:46.9	2:01.3	0:22.5	240	406	280	486	0:54.2	0:49.1	4:46.5	0:56.3	1:02.6
366	1:44.6	3:24.3	122	1:47.4	2:01.8	0:22.6	238	402	278	482	0:54.5	0:49.3	4:47.7	0:56.5	1:02.8
363	1:45.1	3:25.2	121	1:47.8	2:02.4	0:22.7	236	398	276	478	0:54.7	0:49.5	4:48.8	0:56.8	1:03.1
360	1:45.6	3:26.1	120	1:48.3	2:02.9	0:22.8	234	394	274	474	0:54.9	0:49.7	4:49.9	0:57.0	1:03.4
357	1:46.0	3:27.0	119	1:48.8	2:03.4	0:22.9	232	390	272	470	0:55.2	0:49.9	4:51.1	0:57.3	1:03.7
354	1:46.5	3:27.9	118	1:49.3	2:04.0	0:23.0	230	386	270	466	0:55.4	0:50.1	4:52.2	0:57.5	1:03.9
351	1:47.0	3:28.8	117	1:49.7	2:04.5	0:23.1	228	382	268	462	0:55.7	0:50.4	4:53.4	0:57.8	1:04.2
348	1:47.4	3:29.7	116	1:50.2	2:05.0	0:23.2	226	378	266	458	0:55.9	0:50.6	4:54.5	0:58.0	1:04.5
345	1:47.9	3:30.6	115	1:50.7	2:05.6	0:23.3	224	374	264	454	0:56.2	0:50.8	4:55.7	0:58.3	1:04.8
342	1:48.3	3:31.5	114	1:51.2	2:06.1	0:23.4	222	370	262	450	0:56.4	0:51.0	4:56.8	0:58.5	1:05.1
339	1:48.8	3:32.4	113	1:51.6	2:06.7	0:23.5	220	366	260	446	0:56.6	0:51.2	4:58.0	0:58.8	1:05.3
336	1:49.3	3:33.3	112	1:52.1	2:07.2	0:23.6	218	362	258	442	0:56.9	0:51.4	4:59.1	0:59.0	1:05.6
333	1:49.7	3:34.2	111	1:52.6	2:07.7	0:23.7	216	358	256	438	0:57.1	0:51.7	5:00.3	0:59.3	1:05.9
330	1:50.2	3:35.2	110	1:53.1	2:08.3	0:23.8	214	354	254	434	0:57.4	0:51.9	5:01.4	0:59.5	1:06.2
327	1:50.7	3:36.1	109	1:53.5	2:08.8	0:23.9	212	350	252	430	0:57.6	0:52.1	5:02.6	0:59.8	1:06.4
324	1:51.1	3:37.0	108	1:54.0	2:09.4	0:24.0	210	346	250	426	0:57.8	0:52.3	5:03.7	1:00.0	1:06.7
321	1:51.6	3:37.9	107	1:54.5	2:09.9	0:24.1	208	342	248	422	0:58.1	0:52.5	5:04.9	1:00.3	1:07.0
318	1:52.0	3:38.8	106	1:55.0	2:10.4	0:24.2	206	338	246	418	0:58.3	0:52.8	5:06.0	1:00.5	1:07.3
315	1:52.5	3:39.7	105	1:55.4	2:11.0	0:24.3	204	334	244	414	0:58.6	0:53.0	5:07.2	1:00.8	1:07.6
312	1:53.0	3:40.6	104	1:55.9	2:11.5	0:24.4	202	330	242	410	0:58.8	0:53.2	5:08.3	1:01.0	1:07.8
309	1:53.4	3:41.5	103	1:56.4	2:12.1	0:24.5	200	326	240	406	0:59.0	0:53.4	5:09.4	1:01.3	1:08.1
306	1:53.9	3:42.4	102	1:56.9	2:12.6	0:24.6	198	322	238	402	0:59.3	0:53.6	5:10.6	1:01.5	1:08.4
303	1:54.4	3:43.3	101	1:57.3	2:13.1	0:24.7	196	320	236	398	0:59.5	0:53.8	5:11.7	1:01.8	1:08.7
300	1:54.8	3:44.2	100	1:57.8	2:13.7	0:24.8	194	317	234	394	0:59.8	0:54.1	5:12.9	1:02.0	1:08.9
297	1:55.3	3:45.1	99	1:58.3	2:14.2	0:24.9	192	314	232	390	1:00.0	0:54.3	5:14.0	1:02.3	1:09.2
294	1:55.8	3:46.0	98	1:58.8	2:14.8	0:25.0	190	311	230	386	1:00.3	0:54.5	5:15.0	1:02.5	1:09.5
291	1:56.2	3:46.9	97	1:59.2	2:15.3	0:25.1	188	308	228	382	1:00.5	0:54.7	5:16.3	1:02.8	1:09.8
288	1:56.7	3:47.8	96	1:59.7	2:15.8	0:25.2	186	305	226	378	1:00.7	0:54.9	5:17.5	1:03.0	1:10.1
285	1:57.1	3:48.7	95	2:00.2	2:16.4	0:25.3	184	302	224	374	1:01.0	0:55.2	5:18.8	1:03.3	1:10.3
282	1:57.6	3:49.6	94	2:00.7	2:16.9	0:25.4	182	299	222	370	1:01.2	0:55.4	5:20.0	1:03.5	1:10.6
279	1:58.1	3:50.5	93	2:01.1	2:17.4	0:25.5	180	296	220	366	1:01.5	0:55.6	5:21.3	1:03.8	1:10.9
276	1:58.5	3:51.4	92	2:01.6	2:18.0	0:25.6	178	293	218	362	1:01.7	0:55.8	5:22.6	1:04.0	1:11.2
273	1:59.0	3:52.3	91	2:02.1	2:18.5	0:25.7	176	290	216	358	1:01.9	0:56.0	5:23.8	1:04.3	1:11.4
270	1:59.5	3:53.2	90	2:02.6	2:19.1	0:25.8	174	287	214	354	1:02.2	0:56.2	5:25.1	1:04.5	1:11.7
267	1:59.9	3:54.1	89	2:03.0	2:19.6	0:25.9	172	284	212	350	1:02.4	0:56.5	5:26.3	1:04.8	1:12.0
264	2:00.4	3:55.0	88	2:03.5	2:20.1	0:26.0	170	281	210	346	1:02.7	0:56.7	5:27.6	1:05.0	1:12.3
261	2:00.8	3:55.9	87	2:04.0	2:20.7	0:26.1	168	278	208	342	1:02.9	0:56.9	5:28.9	1:05.3	1:12.6
258	2:01.3	3:56.8	86	2:04.5	2:21.2	0:26.2	166	275	206	338	1:03.1	0:57.1	5:30.1	1:05.5	1:12.8
255	2:01.8	3:57.8	85	2:04.9	2:21.8	0:26.3	164	272	204	334	1:03.4	0:57.3	5:31.4	1:05.8	1:13.1
252	2:02.2	3:58.7	84	2:05.4	2:22.3	0:26.4	162	269	202	330	1:03.6	0:57.6	5:32.6	1:06.0	1:13.4
249	2:02.7	3:59.6	83	2:05.9	2:22.8	0:26.5	160	266	200	326	1:03.9	0:57.8	5:33.9	1:06.3	1:13.7
246	2:03.2	4:00.5	82	2:06.4	2:23.4	0:26.6	158	263	198	322	1:04.1	0:58.0	5:35.2	1:06.5	1:13.9
243	2:03.6	4:01.4	81	2:06.8	2:23.9	0:26.7	156	260	196	320	1:04.3	0:58.2	5:36.4	1:06.8	1:14.2

RELAY POINTS	MED. RELAY	FREE RELAY	IND. POINTS	200 FREE	200 I.M.	50 FREE	6 GIRL DIVES	11 GIRL DIVES	6 BOY DIVES	11 BOY DIVES	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST
240	2:04.1	4:02.3	80	2:07.3	2:24.5	0:26.8	154	257	194	317	1:04.6	0:58.4	5:37.7	1:07.0	1:14.5
237	2:04.5	4:03.2	79	2:07.8	2:25.0	0:26.9	152	254	192	314	1:04.8	0:58.6	5:38.9	1:07.3	1:14.8
234	2:05.0	4:04.1	78	2:08.3	2:25.5	0:27.0	150	251	190	311	1:05.1	0:58.9	5:40.2	1:07.5	1:15.1
231	2:05.5	4:05.0	77	2:08.7	2:26.1	0:27.1	148	248	188	308	1:05.3	0:59.1	5:41.5	1:07.8	1:15.3
228	2:05.9	4:05.9	76	2:09.2	2:26.6	0:27.2	146	245	186	305	1:05.6	0:59.3	5:42.7	1:08.0	1:15.6
225	2:06.4	4:06.8	75	2:09.7	2:27.1	0:27.3	144	242	184	302	1:05.8	0:59.5	5:44.0	1:08.3	1:15.9
222	2:06.9	4:07.7	74	2:10.2	2:27.7	0:27.4	142	239	182	299	1:06.0	0:59.7	5:45.2	1:08.5	1:16.2
219	2:07.3	4:08.6	73	2:10.6	2:28.2	0:27.5	140	236	180	296	1:06.3	1:00.0	5:46.5	1:08.8	1:16.5
216	2:07.8	4:09.5	72	2:11.1	2:28.8	0:27.6	138	233	178	293	1:06.5	1:00.2	5:47.8	1:09.0	1:16.7
213	2:08.3	4:10.4	71	2:11.6	2:29.3	0:27.7	136	230	176	290	1:06.8	1:00.4	5:49.0	1:09.3	1:17.0
210	2:08.7	4:11.3	70	2:12.1	2:29.8	0:27.8	134	227	174	287	1:07.0	1:00.6	5:50.3	1:09.5	1:17.3
207	2:09.2	4:12.2	69	2:12.5	2:30.4	0:27.9	132	224	172	284	1:07.2	1:00.8	5:51.5	1:09.8	1:17.6
204	2:09.6	4:13.1	68	2:13.0	2:30.9	0:28.0	130	221	170	281	1:07.5	1:01.0	5:52.8	1:10.0	1:17.8
201	2:10.1	4:14.0	67	2:13.5	2:31.5	0:28.1	128	218	168	278	1:07.7	1:01.3	5:54.1	1:10.3	1:18.1
198	2:10.6	4:14.9	66	2:14.0	2:32.0	0:28.2	126	215	166	275	1:08.0	1:01.5	5:55.3	1:10.5	1:18.4
195	2:11.0	4:15.8	65	2:14.4	2:32.5	0:28.3	124	212	164	272	1:08.2	1:01.7	5:56.6	1:10.8	1:18.7
192	2:11.5	4:16.7	64	2:14.9	2:33.1	0:28.4	122	209	162	269	1:08.4	1:01.9	5:57.8	1:11.0	1:19.0
189	2:12.0	4:17.6	63	2:15.4	2:33.6	0:28.5	120	206	160	266	1:08.7	1:02.1	5:59.1	1:11.3	1:19.2
186	2:12.4	4:18.5	62	2:15.9	2:34.2	0:28.6	118	203	158	263	1:08.9	1:02.3	6:00.4	1:11.5	1:19.5
183	2:12.9	4:19.4	61	2:16.3	2:34.7	0:28.7	116	200	156	260	1:09.2	1:02.6	6:01.6	1:11.8	1:19.8
180	2:13.3	4:20.4	60	2:16.8	2:35.2	0:28.8	114	197	154	257	1:09.4	1:02.8	6:02.9	1:12.0	1:20.1
177	2:13.8	4:21.3	59	2:17.3	2:35.8	0:28.9	112	194	152	254	1:09.6	1:03.0	6:04.1	1:12.3	1:20.3
174	2:14.3	4:22.2	58	2:17.8	2:36.3	0:29.0	110	191	150	251	1:09.9	1:03.2	6:05.4	1:12.5	1:20.6
171	2:14.7	4:23.1	57	2:18.2	2:36.8	0:29.1	108	188	148	248	1:10.1	1:03.4	6:06.7	1:12.8	1:20.9
168	2:15.2	4:24.0	56	2:18.7	2:37.4	0:29.2	106	185	146	245	1:10.4	1:03.7	6:07.9	1:13.0	1:21.2
165	2:15.7	4:24.9	55	2:19.2	2:37.9	0:29.3	104	182	144	242	1:10.6	1:03.9	6:09.2	1:13.3	1:21.5
162	2:16.1	4:25.8	54	2:19.7	2:38.5	0:29.4	102	179	142	239	1:10.9	1:04.1	6:10.4	1:13.5	1:21.7
159	2:16.6	4:26.7	53	2:20.1	2:39.0	0:29.5	100	176	140	236	1:11.1	1:04.3	6:11.7	1:13.8	1:22.0
156	2:17.0	4:27.6	52	2:20.6	2:39.5	0:29.6	98	173	138	233	1:11.3	1:04.5	6:13.0	1:14.0	1:22.3
153	2:17.5	4:28.5	51	2:21.1	2:40.1	0:29.7	96	170	136	230	1:11.6	1:04.7	6:14.2	1:14.3	1:22.6
150	2:18.0	4:29.4	50	2:21.6	2:40.6	0:29.8	94	167	134	227	1:11.8	1:05.0	6:15.5	1:14.5	1:22.8
147	2:18.4	4:30.3	49	2:22.0	2:41.2	0:29.9	92	164	132	224	1:12.1	1:05.2	6:16.7	1:14.8	1:23.1
144	2:18.9	4:31.2	48	2:22.5	2:41.7	0:30.0	90	161	130	221	1:12.3	1:05.4	6:18.0	1:15.0	1:23.4
141	2:19.4	4:32.1	47	2:23.0	2:42.2	0:30.1	88	158	128	218	1:12.5	1:05.6	6:19.3	1:15.3	1:23.7
138	2:19.8	4:33.0	46	2:23.5	2:42.8	0:30.2	86	155	126	215	1:12.8	1:05.8	6:20.5	1:15.5	1:24.0
135	2:20.3	4:33.9	45	2:23.9	2:43.3	0:30.3	84	152	124	212	1:13.0	1:06.1	6:21.8	1:15.8	1:24.3
132	2:20.8	4:34.8	44	2:24.4	2:43.9	0:30.4	82	149	122	209	1:13.3	1:06.3	6:23.0	1:16.0	1:24.5
129	2:21.2	4:35.7	43	2:24.9	2:44.4	0:30.5	80	146	120	206	1:13.5	1:06.5	6:24.3	1:16.3	1:24.8
126	2:21.7	4:36.6	42	2:25.4	2:44.9	0:30.6	78	143	118	203	1:13.7	1:06.7	6:25.6	1:16.5	1:25.1
123	2:22.1	4:37.5	41	2:25.8	2:45.5	0:30.7	76	140	116	200	1:14.0	1:06.9	6:26.8	1:16.8	1:25.3
120	2:22.6	4:38.4	40	2:26.3	2:46.0	0:30.8	74	137	114	197	1:14.2	1:07.1	6:28.1	1:17.0	1:25.6
117	2:23.1	4:39.3	39	2:26.8	2:46.6	0:30.9	72	134	112	194	1:14.5	1:07.4	6:29.3	1:17.3	1:25.9
114	2:23.5	4:40.2	38	2:27.3	2:47.1	0:31.0	70	131	110	191	1:14.7	1:07.6	6:30.6	1:17.5	1:26.2
111	2:24.0	4:41.1	37	2:27.7	2:47.6	0:31.1	68	128	108	188	1:15.0	1:07.8	6:31.9	1:17.8	1:26.5
108	2:24.5	4:42.0	36	2:28.2	2:48.2	0:31.2	66	125	106	185	1:15.2	1:08.0	6:33.1	1:18.0	1:26.7
105	2:24.9	4:43.0	35	2:28.7	2:48.7	0:31.3	64	122	104	182	1:15.4	1:08.2	6:34.4	1:18.3	1:27.0
102	2:25.4	4:43.9	34	2:29.2	2:49.2	0:31.4	62	119	102	179	1:15.7	1:08.5	6:35.6	1:18.5	1:27.3
99	2:25.8	4:44.8	33	2:29.6	2:49.8	0:31.5	60	116	100	176	1:15.9	1:08.7	6:36.9	1:18.8	1:27.6
96	2:26.3	4:45.7	32	2:30.1	2:50.3	0:31.6	58	113	98	173	1:16.2	1:08.9	6:38.2	1:19.0	1:27.8
93	2:26.8	4:46.6	31	2:30.6	2:50.9	0:31.7	56	110	96	170	1:16.4	1:09.1	6:39.4	1:19.3	1:28.1
90	2:27.2	4:47.5	30	2:31.1	2:51.4	0:31.8	54	107	94	167	1:16.6	1:09.3	6:40.7	1:19.5	1:28.4
87	2:27.7	4:48.4	29	2:31.5	2:51.9	0:31.9	52	104	92	164	1:16.9	1:09.5	6:41.9	1:19.8	1:28.7
84	2:28.2	4:49.3	28	2:32.0	2:52.5	0:32.0	50	101	90	161	1:17.1	1:09.8	6:43.2	1:20.0	1:29.0
81	2:28.6	4:50.2	27	2:32.5	2:53.0	0:32.1	48	98	88	158	1:17.4	1:10.0	6:44.5	1:20.3	1:29.2
78	2:29.1	4:51.1	26	2:33.0	2:53.6	0:32.2	46	95	86	155	1:17.6	1:10.2	6:45.7	1:20.5	1:29.5
75	2:29.5	4:52.0	25	2:33.4	2:54.1	0:32.3	44	92	84	152	1:17.8	1:10.4	6:47.0	1:20.8	1:29.8
72	2:30.0	4:52.9	24	2:33.9	2:54.6	0:32.4	42	89	82	149	1:18.1	1:10.6	6:48.2	1:21.0	1:30.1
69	2:30.5	4:53.8	23	2:34.4	2:55.2	0:32.5	40	86	80	146	1:18.3	1:10.9	6:49.5	1:21.3	1:30.4
66	2:30.9	4:54.7	22	2:34.9	2:55.7	0:32.6	38	83	78	143	1:18.6	1:11.1	6:50.8	1:21.5	1:30.6
63	2:31.4	4:55.6	21	2:35.3	2:56.3	0:32.7	36	80	76	140	1:18.8	1:11.3	6:52.0	1:21.8	1:30.9
60	2:31.9	4:56.5	20	2:35.8	2:56.8	0:32.8	34	77	74	137	1:19.0	1:11.5	6:53.3	1:22.0	1:31.2
57	2:32.3	4:57.4	19	2:36.3	2:57.3	0:32.9	32	74	72	134	1:19.3	1:11.7	6:54.5	1:22.3	1:31.5
54	2:32.8	4:58.3	18	2:36.8	2:57.9	0:33.0	30	71	70	131	1:19.5	1:11.9	6:55.8	1:22.5	1:31.7
51	2:33.3	4:59.2	17	2:37.2	2:58.4	0:33.1	28	68	68	128	1:19.8	1:12.2	6:57.1	1:22.8	1:32.0
48	2:33.7	5:00.1	16	2:37.7	2:58.9	0:33.2	26	65	66	125	1:20.0	1:12.4	6:58.3	1:23.0	1:32.3
45	2:34.2	5:01.0	15	2:38.2	2:59.5	0:33.3	24	62	64	122	1:20.3	1:12.6	6:59.6	1:23.3	1:32.6
42	2:34.6	5:01.9	14	2:38.7	3:00.0	0:33.4	22	59	62	119	1:20.5	1:12.8	7:00.8	1:23.5	1:32.9
39	2:35.1	5:02.8	13	2:39.1	3:00.6	0:33.5	20	56	60	116	1:20.7	1:13.0	7:02.1	1:23.8	1:33.1
36	2:35.6	5:03.7	12	2:39.6	3:01.1	0:33.6	19	53	58	113	1:21.0	1:13.2	7:03.4	1:24.0	1:33.4
33	2:36.0	5:04.6	11	2:40.1	3:01.6	0:33.7	18	50	56	110	1:21.2	1:13.5	7:04.6	1:24.3	1:33.7
30	2:36.5	5:05.5	10	2:40.6	3:02.2	0:33.8	17	47	54	107	1:21.5	1:13.7	7:05.9	1:24.5	1:34.0
27	2:37.0	5:06.4	9	2:41.0	3:02.7	0:33.9	16	44	52	104	1:21.7	1:13.9	7:07.1	1:24.8	1:34.3
24	2:37.4	5:07.3	8	2:41.5	3:03.3	0:34.0	15	41	50	101	1:21.9	1:14.1	7:08.4	1:25.0	1:34.6
21	2:37.9	5:08.2	7	2:42.0	3:03.8	0:34.1	14	38	48	98	1:22.2	1:14.3	7:09.7	1:25.3	1:34.8
18	2:38.3	5:09.1	6	2:42.5	3:04.3	0:34.2	13	35	46	95	1:22.4	1:14.6	7:10.9	1:25.5	1:35.1
15	2:38.8	5:10.0	5	2:42.9	3:04.9	0:34.3	12	32	44	92	1:22.7	1:14.8	7:12.2	1:25.8	