



REVISED POWER POINT TABLES // GIRLS

2023 REVISION

SHORT COURSE YARDS

These are the tables to use in the NISCA National Dual Meet Team Ranking Program beginning with the 2023 - 2024 School Year. These tables replace the previous 2014 revision. These tables are organized in high school

Individual Events - Girls (SCY)

Relays - Girls (SCY)

POWER POINTS	200 FREE	200 IM	50 FREE	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST	DIVING 6 DIVES	DIVING 11 DIVES	POWER POINTS	200 MED REL	200 FREE REL	200 FREE REL
200	1:36.62	1:48.50	:20.56	:48.50	:44.72	4:20.60	:48.80	:55.78	459.00	719.60	600	1:33.08	1:24.98	3:04.87
199	1:36.81	1:48.71	:20.60	:48.59	:44.80	4:21.11	:48.89	:55.89	454.65	713.15	597	1:33.26	1:25.15	3:05.23
198	1:37.00	1:48.92	:20.64	:48.69	:44.89	4:21.62	:48.99	:56.00	450.30	706.70	594	1:33.45	1:25.31	3:05.59
197	1:37.19	1:49.13	:20.68	:48.78	:44.98	4:22.13	:49.08	:56.10	446.05	700.35	591	1:33.63	1:25.48	3:05.95
196	1:37.38	1:49.35	:20.72	:48.88	:45.07	4:22.64	:49.18	:56.21	441.80	694.05	588	1:33.81	1:25.65	3:06.32
195	1:37.57	1:49.56	:20.76	:48.97	:45.16	4:23.16	:49.28	:56.32	437.60	687.80	585	1:34.00	1:25.82	3:06.68
194	1:37.76	1:49.78	:20.80	:49.07	:45.24	4:23.68	:49.37	:56.44	433.45	681.60	582	1:34.18	1:25.98	3:07.05
193	1:37.95	1:49.99	:20.84	:49.17	:45.33	4:24.19	:49.47	:56.55	429.30	675.45	579	1:34.37	1:26.15	3:07.42
192	1:38.14	1:50.21	:20.88	:49.26	:45.42	4:24.72	:49.57	:56.66	425.25	669.35	576	1:34.55	1:26.32	3:07.79
191	1:38.33	1:50.43	:20.92	:49.36	:45.51	4:25.24	:49.67	:56.77	421.20	663.35	573	1:34.74	1:26.50	3:08.16
190	1:38.53	1:50.65	:20.96	:49.46	:45.60	4:25.77	:49.77	:56.88	417.20	657.35	570	1:34.93	1:26.67	3:08.53
189	1:38.72	1:50.87	:21.01	:49.56	:45.69	4:26.29	:49.86	:57.00	413.25	651.45	567	1:35.12	1:26.84	3:08.91
188	1:38.92	1:51.09	:21.05	:49.66	:45.79	4:26.82	:49.96	:57.11	409.30	645.60	564	1:35.31	1:27.01	3:09.28
187	1:39.12	1:51.31	:21.09	:49.76	:45.88	4:27.36	:50.06	:57.22	405.40	639.75	561	1:35.50	1:27.19	3:09.66
186	1:39.31	1:51.53	:21.13	:49.85	:45.97	4:27.89	:50.16	:57.34	401.60	634.00	558	1:35.69	1:27.36	3:10.04
185	1:39.51	1:51.76	:21.17	:49.95	:46.06	4:28.43	:50.26	:57.45	397.75	628.30	555	1:35.88	1:27.53	3:10.42
184	1:39.71	1:51.98	:21.22	:50.05	:46.15	4:28.96	:50.36	:57.57	394.00	622.65	552	1:36.07	1:27.71	3:10.80
183	1:39.91	1:52.21	:21.26	:50.16	:46.25	4:29.50	:50.47	:57.68	390.25	617.05	549	1:36.26	1:27.89	3:11.18
182	1:40.11	1:52.43	:21.30	:50.26	:46.34	4:30.05	:50.57	:57.80	386.55	611.50	546	1:36.46	1:28.06	3:11.57
181	1:40.31	1:52.66	:21.34	:50.36	:46.43	4:30.59	:50.67	:57.92	382.85	606.00	543	1:36.65	1:28.24	3:11.96
180	1:40.51	1:52.89	:21.39	:50.46	:46.53	4:31.14	:50.77	:58.03	379.20	600.50	540	1:36.85	1:28.42	3:12.34
179	1:40.71	1:53.11	:21.43	:50.56	:46.62	4:31.69	:50.87	:58.15	375.60	595.15	537	1:37.04	1:28.60	3:12.73
178	1:40.92	1:53.34	:21.47	:50.66	:46.71	4:32.24	:50.98	:58.27	372.05	589.75	534	1:37.24	1:28.78	3:13.12
177	1:41.12	1:53.57	:21.52	:50.77	:46.81	4:32.79	:51.08	:58.39	368.50	584.50	531	1:37.44	1:28.96	3:13.52
176	1:41.33	1:53.81	:21.56	:50.87	:46.91	4:33.35	:51.19	:58.51	365.00	579.20	528	1:37.64	1:29.14	3:13.91
175	1:41.53	1:54.04	:21.61	:50.97	:47.00	4:33.91	:51.29	:58.63	361.55	574.00	525	1:37.84	1:29.32	3:14.31
174	1:41.74	1:54.27	:21.65	:51.08	:47.10	4:34.47	:51.40	:58.75	358.10	568.85	522	1:38.04	1:29.51	3:14.71
173	1:41.95	1:54.51	:21.69	:51.18	:47.19	4:35.03	:51.50	:58.87	354.75	563.70	519	1:38.24	1:29.69	3:15.11
172	1:42.16	1:54.74	:21.74	:51.29	:47.29	4:35.60	:51.61	:58.99	351.35	558.60	516	1:38.44	1:29.87	3:15.51
171	1:42.37	1:54.98	:21.78	:51.39	:47.39	4:36.17	:51.71	:59.11	348.00	553.60	513	1:38.64	1:30.06	3:15.91
170	1:42.58	1:55.22	:21.83	:51.50	:47.49	4:36.74	:51.82	:59.23	344.70	548.60	510	1:38.85	1:30.24	3:16.31
169	1:42.79	1:55.45	:21.87	:51.61	:47.58	4:37.31	:51.93	:59.35	341.45	543.70	507	1:39.05	1:30.43	3:16.72
168	1:43.00	1:55.69	:21.92	:51.71	:47.68	4:37.88	:52.03	:59.48	338.20	538.80	504	1:39.26	1:30.62	3:17.13
167	1:43.21	1:55.93	:21.97	:51.82	:47.78	4:38.46	:52.14	:59.60	335.00	533.95	501	1:39.46	1:30.81	3:17.54
166	1:43.43	1:56.17	:22.01	:51.93	:47.88	4:39.04	:52.25	:59.72	331.80	529.15	498	1:39.67	1:31.00	3:17.95
165	1:43.64	1:56.42	:22.06	:52.04	:47.98	4:39.62	:52.36	:59.85	328.65	524.40	495	1:39.88	1:31.18	3:18.36
164	1:43.86	1:56.66	:22.10	:52.15	:48.08	4:40.21	:52.47	:59.97	325.50	519.65	492	1:40.09	1:31.38	3:18.77

163	1:44.07	1:56.90	:22.15	:52.26	:48.18	4:40.79	:52.58	1:00.10	322.45	515.00	489	1:40.30	1:31.57	3:19.19
162	1:44.29	1:57.15	:22.20	:52.37	:48.28	4:41.38	:52.69	1:00.23	319.40	510.35	486	1:40.51	1:31.76	3:19.61
161	1:44.51	1:57.40	:22.24	:52.48	:48.38	4:41.97	:52.80	1:00.35	316.35	505.75	483	1:40.72	1:31.95	3:20.03
160	1:44.73	1:57.64	:22.29	:52.59	:48.49	4:42.57	:52.91	1:00.48	313.35	501.20	480	1:40.93	1:32.15	3:20.45
159	1:44.95	1:57.89	:22.34	:52.70	:48.59	4:43.16	:53.02	1:00.61	310.35	496.70	477	1:41.14	1:32.34	3:20.87
158	1:45.17	1:58.14	:22.38	:52.81	:48.69	4:43.76	:53.14	1:00.73	307.40	492.20	474	1:41.36	1:32.54	3:21.30
157	1:45.39	1:58.39	:22.43	:52.92	:48.80	4:44.36	:53.25	1:00.86	304.50	487.75	471	1:41.57	1:32.73	3:21.73
156	1:45.61	1:58.64	:22.48	:53.03	:48.90	4:44.97	:53.36	1:00.99	301.60	483.40	468	1:41.79	1:32.93	3:22.15
155	1:45.84	1:58.90	:22.53	:53.15	:49.00	4:45.58	:53.48	1:01.12	298.75	479.00	465	1:42.00	1:33.13	3:22.58
154	1:46.06	1:59.15	:22.57	:53.26	:49.11	4:46.19	:53.59	1:01.25	295.90	474.70	462	1:42.22	1:33.33	3:23.02
153	1:46.29	1:59.41	:22.62	:53.37	:49.21	4:46.80	:53.70	1:01.38	293.10	470.45	459	1:42.44	1:33.53	3:23.45
152	1:46.52	1:59.66	:22.67	:53.49	:49.32	4:47.41	:53.82	1:01.52	290.30	466.20	456	1:42.66	1:33.73	3:23.89
151	1:46.74	1:59.92	:22.72	:53.60	:49.42	4:48.03	:53.93	1:01.65	287.55	462.00	453	1:42.88	1:33.93	3:24.33
150	1:46.97	2:00.18	:22.77	:53.72	:49.53	4:48.65	:54.05	1:01.78	284.80	457.85	450	1:43.10	1:34.13	3:24.77
149	1:47.20	2:00.44	:22.82	:53.83	:49.64	4:49.27	:54.17	1:01.91	282.10	453.70	447	1:43.32	1:34.33	3:25.21
148	1:47.43	2:00.70	:22.87	:53.95	:49.74	4:49.90	:54.28	1:02.05	279.40	449.60	444	1:43.55	1:34.54	3:25.65
147	1:47.66	2:00.96	:22.92	:54.07	:49.85	4:50.53	:54.40	1:02.18	276.75	445.60	441	1:43.77	1:34.74	3:26.10
146	1:47.90	2:01.22	:22.97	:54.18	:49.96	4:51.16	:54.52	1:02.32	274.15	441.60	438	1:44.00	1:34.95	3:26.54
145	1:48.13	2:01.48	:23.02	:54.30	:50.07	4:51.79	:54.64	1:02.45	271.55	437.60	435	1:44.22	1:35.15	3:26.99
144	1:48.36	2:01.75	:23.07	:54.42	:50.18	4:52.43	:54.76	1:02.59	268.95	433.65	432	1:44.45	1:35.36	3:27.44
143	1:48.60	2:02.01	:23.12	:54.54	:50.29	4:53.07	:54.88	1:02.73	266.40	429.75	429	1:44.68	1:35.57	3:27.90
142	1:48.84	2:02.28	:23.17	:54.66	:50.40	4:53.71	:55.00	1:02.86	263.85	425.90	426	1:44.91	1:35.78	3:28.35
141	1:49.08	2:02.55	:23.22	:54.78	:50.51	4:54.35	:55.12	1:03.00	261.35	422.05	423	1:45.14	1:35.99	3:28.81
140	1:49.31	2:02.82	:23.27	:54.90	:50.62	4:55.00	:55.24	1:03.14	258.90	418.25	420	1:45.37	1:36.20	3:29.27
139	1:49.55	2:03.09	:23.32	:55.02	:50.73	4:55.65	:55.36	1:03.28	256.40	414.50	417	1:45.60	1:36.41	3:29.73
138	1:49.79	2:03.36	:23.37	:55.14	:50.84	4:56.30	:55.48	1:03.42	254.00	410.75	414	1:45.84	1:36.63	3:30.19
137	1:50.04	2:03.64	:23.42	:55.26	:50.96	4:56.96	:55.61	1:03.56	251.55	407.05	411	1:46.07	1:36.84	3:30.66
136	1:50.28	2:03.91	:23.48	:55.39	:51.07	4:57.62	:55.73	1:03.70	249.20	403.35	408	1:46.31	1:37.05	3:31.13
135	1:50.52	2:04.19	:23.53	:55.51	:51.18	4:58.28	:55.85	1:03.84	246.80	399.75	405	1:46.54	1:37.27	3:31.60
134	1:50.77	2:04.46	:23.58	:55.63	:51.30	4:58.95	:55.98	1:03.98	244.47	396.15	402	1:46.78	1:37.49	3:32.07
133	1:51.02	2:04.74	:23.63	:55.76	:51.41	4:59.61	:56.10	1:04.13	242.15	392.60	399	1:47.02	1:37.70	3:32.54
132	1:51.26	2:05.02	:23.69	:55.88	:51.53	5:00.29	:56.23	1:04.27	239.85	389.05	396	1:47.26	1:37.92	3:33.02
131	1:51.51	2:05.30	:23.74	:56.01	:51.64	5:00.96	:56.36	1:04.42	237.60	385.55	393	1:47.50	1:38.14	3:33.50
130	1:51.76	2:05.58	:23.79	:56.13	:51.76	5:01.64	:56.48	1:04.56	235.30	382.05	390	1:47.74	1:38.36	3:33.98
129	1:52.01	2:05.87	:23.85	:56.26	:51.88	5:02.32	:56.61	1:04.71	233.10	378.60	387	1:47.98	1:38.59	3:34.46
128	1:52.26	2:06.15	:23.90	:56.39	:51.99	5:03.00	:56.74	1:04.85	230.85	375.20	384	1:48.23	1:38.81	3:34.94
127	1:52.52	2:06.44	:23.96	:56.52	:52.11	5:03.69	:56.87	1:05.00	228.65	371.85	381	1:48.47	1:39.03	3:35.43
126	1:52.77	2:06.72	:24.01	:56.64	:52.23	5:04.37	:57.00	1:05.15	226.50	368.50	378	1:48.72	1:39.26	3:35.92
125	1:53.03	2:07.01	:24.06	:56.77	:52.35	5:05.07	:57.13	1:05.29	224.35	365.20	375	1:48.97	1:39.48	3:36.41
124	1:53.28	2:07.30	:24.12	:56.90	:52.47	5:05.76	:57.26	1:05.44	222.20	361.90	372	1:49.21	1:39.71	3:36.91
123	1:53.54	2:07.59	:24.17	:57.03	:52.59	5:06.46	:57.39	1:05.59	220.10	358.65	369	1:49.46	1:39.94	3:37.40
122	1:53.80	2:07.88	:24.23	:57.16	:52.71	5:07.16	:57.52	1:05.74	218.00	355.40	366	1:49.71	1:40.17	3:37.90
121	1:54.06	2:08.18	:24.29	:57.29	:52.83	5:07.87	:57.65	1:05.89	215.95	352.20	363	1:49.97	1:40.40	3:38.40
120	1:54.32	2:08.47	:24.34	:57.43	:52.95	5:08.58	:57.78	1:06.05	213.90	349.05	360	1:50.22	1:40.63	3:38.90
119	1:54.58	2:08.77	:24.40	:57.56	:53.07	5:09.29	:57.92	1:06.20	211.90	345.90	357	1:50.47	1:40.86	3:39.41
118	1:54.85	2:09.07	:24.45	:57.69	:53.19	5:10.00	:58.05	1:06.35	209.85	342.80	354	1:50.73	1:41.09	3:39.91
117	1:55.11	2:09.37	:24.51	:57.83	:53.32	5:10.72	:58.18	1:06.51	207.90	339.70	351	1:50.99	1:41.33	3:40.42

116	1:55.38	2:09.67	:24.57	:57.96	:53.44	5:11.44	:58.32	1:06.66	205.90	336.65	348	1:51.24	1:41.56	3:40.94
115	1:55.64	2:09.97	:24.62	:58.10	:53.57	5:12.17	:58.46	1:06.81	203.95	333.60	345	1:51.50	1:41.80	3:41.45
114	1:55.91	2:10.27	:24.68	:58.23	:53.69	5:12.90	:58.59	1:06.97	202.00	330.60	342	1:51.76	1:42.04	3:41.97
113	1:56.18	2:10.58	:24.74	:58.37	:53.82	5:13.63	:58.73	1:07.13	200.10	327.60	339	1:52.02	1:42.28	3:42.49
112	1:56.45	2:10.88	:24.80	:58.50	:53.94	5:14.36	:58.87	1:07.28	198.20	324.65	336	1:52.29	1:42.51	3:43.01
111	1:56.72	2:11.19	:24.86	:58.64	:54.07	5:15.10	:59.00	1:07.44	196.30	321.75	333	1:52.55	1:42.76	3:43.53
110	1:57.00	2:11.50	:24.91	:58.78	:54.20	5:15.85	:59.14	1:07.60	194.45	318.85	330	1:52.82	1:43.00	3:44.06
109	1:57.27	2:11.81	:24.97	:58.92	:54.32	5:16.59	:59.28	1:07.76	192.60	316.00	327	1:53.08	1:43.24	3:44.59
108	1:57.55	2:12.12	:25.03	:59.06	:54.45	5:17.34	:59.42	1:07.92	190.75	313.15	324	1:53.35	1:43.49	3:45.12
107	1:57.83	2:12.43	:25.09	:59.20	:54.58	5:18.09	:59.56	1:08.08	188.95	310.30	321	1:53.62	1:43.73	3:45.65
106	1:58.10	2:12.75	:25.15	:59.34	:54.71	5:18.85	:59.71	1:08.24	187.15	307.50	318	1:53.89	1:43.98	3:46.19
105	1:58.38	2:13.07	:25.21	:59.48	:54.84	5:19.61	:59.85	1:08.41	185.35	304.75	315	1:54.16	1:44.23	3:46.73
104	1:58.67	2:13.38	:25.27	:59.62	:54.97	5:20.37	:59.99	1:08.57	183.60	302.00	312	1:54.43	1:44.47	3:47.27
103	1:58.95	2:13.70	:25.33	:59.76	:55.11	5:21.14	1:00.13	1:08.74	181.85	299.30	309	1:54.71	1:44.72	3:47.81
102	1:59.23	2:14.02	:25.39	:59.91	:55.24	5:21.91	1:00.28	1:08.90	180.15	296.60	306	1:54.98	1:44.98	3:48.36
101	1:59.52	2:14.35	:25.45	1:00.05	:55.37	5:22.69	1:00.42	1:09.07	178.45	293.90	303	1:55.26	1:45.23	3:48.91
100	1:59.81	2:14.67	:25.52	1:00.20	:55.50	5:23.46	1:00.57	1:09.23	176.75	291.25	300	1:55.54	1:45.48	3:49.46
99	2:00.09	2:15.00	:25.58	1:00.34	:55.64	5:24.25	1:00.72	1:09.40	175.05	288.65	297	1:55.82	1:45.74	3:50.02
98	2:00.38	2:15.32	:25.64	1:00.49	:55.77	5:25.03	1:00.86	1:09.57	173.40	286.05	294	1:56.10	1:45.99	3:50.58
97	2:00.67	2:15.65	:25.70	1:00.64	:55.91	5:25.82	1:01.01	1:09.74	171.75	283.50	291	1:56.38	1:46.25	3:51.14
96	2:00.97	2:15.98	:25.76	1:00.78	:56.05	5:26.62	1:01.16	1:09.91	170.10	280.95	288	1:56.66	1:46.51	3:51.70
95	2:01.26	2:16.32	:25.83	1:00.93	:56.18	5:27.41	1:01.31	1:10.08	168.50	278.40	285	1:56.95	1:46.77	3:52.26
94	2:01.56	2:16.65	:25.89	1:01.08	:56.32	5:28.22	1:01.46	1:10.25	166.90	275.90	282	1:57.23	1:47.03	3:52.83
93	2:01.85	2:16.98	:25.95	1:01.23	:56.46	5:29.02	1:01.61	1:10.42	165.30	273.40	279	1:57.52	1:47.29	3:53.40
92	2:02.15	2:17.32	:26.02	1:01.38	:56.60	5:29.83	1:01.76	1:10.59	163.75	270.95	276	1:57.81	1:47.56	3:53.98
91	2:02.45	2:17.66	:26.08	1:01.53	:56.74	5:30.64	1:01.91	1:10.77	162.15	268.50	273	1:58.10	1:47.82	3:54.56
90	2:02.75	2:18.00	:26.15	1:01.69	:56.88	5:31.46	1:02.07	1:10.94	160.65	266.05	270	1:58.39	1:48.09	3:55.13
89	2:03.05	2:18.34	:26.21	1:01.84	:57.02	5:32.28	1:02.22	1:11.12	159.10	263.65	267	1:58.69	1:48.36	3:55.72
88	2:03.36	2:18.69	:26.28	1:01.99	:57.16	5:33.11	1:02.38	1:11.30	157.60	261.30	264	1:58.98	1:48.63	3:56.30
87	2:03.66	2:19.03	:26.34	1:02.15	:57.30	5:33.94	1:02.53	1:11.47	156.10	258.95	261	1:59.28	1:48.90	3:56.89
86	2:03.97	2:19.38	:26.41	1:02.30	:57.44	5:34.77	1:02.69	1:11.65	154.60	256.60	258	1:59.58	1:49.17	3:57.48
85	2:04.28	2:19.73	:26.47	1:02.46	:57.59	5:35.61	1:02.84	1:11.83	153.15	254.30	255	1:59.87	1:49.44	3:58.08
84	2:04.59	2:20.08	:26.54	1:02.61	:57.73	5:36.45	1:03.00	1:12.01	151.70	252.00	252	2:00.18	1:49.72	3:58.67
83	2:04.90	2:20.43	:26.61	1:02.77	:57.88	5:37.30	1:03.16	1:12.19	150.25	249.75	249	2:00.48	1:49.99	3:59.28
82	2:05.21	2:20.78	:26.67	1:02.93	:58.02	5:38.15	1:03.32	1:12.38	148.80	247.50	246	2:00.78	1:50.27	3:59.88
81	2:05.53	2:21.14	:26.74	1:03.09	:58.17	5:39.00	1:03.48	1:12.56	147.40	245.25	243	2:01.09	1:50.55	4:00.48
80	2:05.84	2:21.50	:26.81	1:03.25	:58.32	5:39.86	1:03.64	1:12.74	146.00	243.05	240	2:01.39	1:50.83	4:01.09
79	2:06.16	2:21.86	:26.88	1:03.41	:58.47	5:40.73	1:03.80	1:12.93	144.60	240.85	237	2:01.70	1:51.11	4:01.71
78	2:06.48	2:22.22	:26.95	1:03.57	:58.62	5:41.59	1:03.96	1:13.11	143.25	238.70	234	2:02.01	1:51.39	4:02.32
77	2:06.80	2:22.58	:27.01	1:03.73	:58.76	5:42.47	1:04.13	1:13.30	141.90	236.55	231	2:02.32	1:51.68	4:02.94
76	2:07.13	2:22.95	:27.08	1:03.90	:58.92	5:43.34	1:04.29	1:13.49	140.55	234.45	228	2:02.64	1:51.96	4:03.56
75	2:07.45	2:23.31	:27.15	1:04.06	:59.07	5:44.22	1:04.46	1:13.68	139.20	232.30	225	2:02.95	1:52.25	4:04.19
74	2:07.78	2:23.68	:27.22	1:04.23	:59.22	5:45.11	1:04.62	1:13.87	137.90	230.20	222	2:03.27	1:52.54	4:04.82
73	2:08.10	2:24.05	:27.29	1:04.39	:59.37	5:46.00	1:04.79	1:14.06	136.60	228.15	219	2:03.59	1:52.83	4:05.45
72	2:08.43	2:24.43	:27.36	1:04.56	:59.52	5:46.90	1:04.96	1:14.25	135.25	226.10	216	2:03.91	1:53.12	4:06.08
71	2:08.76	2:24.80	:27.43	1:04.73	:59.68	5:47.80	1:05.13	1:14.44	134.00	224.05	213	2:04.23	1:53.42	4:06.72
70	2:09.10	2:25.18	:27.51	1:04.89	:59.83	5:48.70	1:05.30	1:14.63	132.70	222.05	210	2:04.55	1:53.71	4:07.36

69	2:09.43	2:25.56	:27.58	1:05.06	:59.99	5:49.61	1:05.47	1:14.83	131.45	220.05	207	2:04.88	1:54.01	4:08.01
68	2:09.77	2:25.94	:27.65	1:05.23	1:00.15	5:50.52	1:05.64	1:15.02	130.20	218.05	204	2:05.20	1:54.31	4:08.66
67	2:10.11	2:26.32	:27.72	1:05.40	1:00.30	5:51.44	1:05.81	1:15.22	128.95	216.10	201	2:05.53	1:54.61	4:09.31
66	2:10.45	2:26.70	:27.80	1:05.58	1:00.46	5:52.37	1:05.98	1:15.42	127.75	214.15	198	2:05.86	1:54.91	4:09.96
65	2:10.79	2:27.09	:27.87	1:05.75	1:00.62	5:53.29	1:06.16	1:15.62	126.50	212.20	195	2:06.19	1:55.21	4:10.62
64	2:11.13	2:27.48	:27.94	1:05.92	1:00.78	5:54.23	1:06.33	1:15.82	125.30	210.30	192	2:06.52	1:55.51	4:11.28
63	2:11.48	2:27.87	:28.02	1:06.10	1:00.94	5:55.16	1:06.51	1:16.02	124.15	208.40	189	2:06.86	1:55.82	4:11.95
62	2:11.82	2:28.26	:28.09	1:06.27	1:01.11	5:56.11	1:06.68	1:16.22	122.95	206.55	186	2:07.20	1:56.13	4:12.62
61	2:12.17	2:28.66	:28.17	1:06.45	1:01.27	5:57.06	1:06.86	1:16.42	121.80	204.70	183	2:07.54	1:56.44	4:13.29
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59	2:12.88	2:29.45	:28.32	1:06.80	1:01.60	5:58.97	1:07.22	1:16.83	119.50	201.00	177	2:08.22	1:57.06	4:14.65
58	2:13.23	2:29.85	:28.39	1:06.98	1:01.76	5:59.93	1:07.40	1:17.04	118.35	199.20	174	2:08.56	1:57.37	4:15.33
57	2:13.59	2:30.26	:28.47	1:07.16	1:01.93	6:00.90	1:07.58	1:17.24	117.20	197.40	171	2:08.91	1:57.69	4:16.02
56	2:13.95	2:30.66	:28.55	1:07.35	1:02.10	6:01.87	1:07.76	1:17.45	116.10	195.65	168	2:09.26	1:58.01	4:16.71
55	2:14.31	2:31.07	:28.62	1:07.53	1:02.26	6:02.85	1:07.95	1:17.66	115.00	193.90	165	2:09.61	1:58.33	4:17.40
54	2:14.67	2:31.48	:28.70	1:07.71	1:02.43	6:03.84	1:08.13	1:17.87	113.90	192.15	162	2:09.96	1:58.65	4:18.10
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52	2:15.40	2:32.31	:28.86	1:08.08	1:02.77	6:05.82	1:08.50	1:18.30	111.75	188.70	156	2:10.67	1:59.30	4:19.51
51	2:15.77	2:32.72	:28.94	1:08.27	1:02.94	6:06.82	1:08.69	1:18.51	110.70	187.00	153	2:11.02	1:59.62	4:20.22
50	2:16.14	2:33.14	:29.01	1:08.45	1:03.12	6:07.83	1:08.88	1:18.73	109.65	185.30	150	2:11.38	1:59.95	4:20.94
49	2:16.51	2:33.56	:29.09	1:08.64	1:03.29	6:08.84	1:09.07	1:18.94	108.60	183.65	147	2:11.75	2:00.28	4:21.65
48	2:16.88	2:33.99	:29.18	1:08.83	1:03.47	6:09.86	1:09.26	1:19.16	107.60	182.00	144	2:12.11	2:00.61	4:22.37
47	2:17.26	2:34.41	:29.26	1:09.02	1:03.64	6:10.88	1:09.45	1:19.38	106.55	180.35	141	2:12.47	2:00.95	4:23.10
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44	2:18.40	2:35.70	:29.50	1:09.60	1:04.17	6:13.99	1:10.03	1:20.05	103.55	175.55	132	2:13.58	2:01.96	4:25.30
43	2:18.79	2:36.14	:29.58	1:09.79	1:04.35	6:15.03	1:10.23	1:20.27	102.60	174.00	129	2:13.96	2:02.30	4:26.04
42	2:19.17	2:36.58	:29.67	1:09.99	1:04.53	6:16.08	1:10.42	1:20.49	101.60	172.40	126	2:14.33	2:02.64	4:26.79
41	2:19.56	2:37.02	:29.75	1:10.19	1:04.71	6:17.14	1:10.62	1:20.72	100.65	170.85	123	2:14.71	2:02.99	4:27.54
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39	2:20.35	2:37.91	:29.92	1:10.58	1:05.08	6:19.27	1:11.02	1:21.18	98.75	167.80	117	2:15.47	2:03.68	4:29.05
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37	2:21.14	2:38.81	:30.09	1:10.99	1:05.45	6:21.43	1:11.42	1:21.64	96.85	164.75	111	2:16.24	2:04.39	4:30.58
36	2:21.54	2:39.26	:30.17	1:11.19	1:05.64	6:22.52	1:11.63	1:21.87	95.95	163.30	108	2:16.63	2:04.74	4:31.36
35	2:21.94	2:39.71	:30.26	1:11.39	1:05.83	6:23.62	1:11.83	1:22.11	95.05	161.80	105	2:17.02	2:05.10	4:32.13
34	2:22.35	2:40.17	:30.35	1:11.60	1:06.01	6:24.72	1:12.04	1:22.34	94.15	160.35	202	2:17.42	2:05.46	4:32.91
33	2:22.75	2:40.63	:30.43	1:11.80	1:06.20	6:25.82	1:12.25	1:22.58	93.25	158.95	99	2:17.81	2:05.82	4:33.70
32	2:23.16	2:41.10	:30.52	1:12.01	1:06.40	6:26.94	1:12.46	1:22.82	92.35	157.50	96	2:18.21	2:06.18	4:34.49
31	2:23.58	2:41.56	:30.61	1:12.22	1:06.59	6:28.06	1:12.67	1:23.06	91.50	156.05	93	2:18.61	2:06.55	4:35.28
30	2:23.99	2:42.03	:30.70	1:12.43	1:06.78	6:29.18	1:12.88	1:23.30	90.60	154.65	90	2:19.01	2:06.91	4:36.08
29	2:24.41	2:42.50	:30.79	1:12.64	1:06.98	6:30.31	1:13.09	1:23.54	89.75	153.25	87	2:19.42	2:07.28	4:36.89
28	2:24.82	2:42.98	:30.88	1:12.85	1:07.17	6:31.45	1:13.30	1:23.78	88.90	151.90	84	2:19.82	2:07.65	4:37.69
27	2:25.25	2:43.45	:30.97	1:13.06	1:07.37	6:32.60	1:13.52	1:24.03	88.05	150.55	81	2:20.23	2:08.03	4:38.51
26	2:25.67	2:43.93	:31.06	1:13.28	1:07.57	6:33.75	1:13.73	1:24.28	87.20	149.15	78	2:20.64	2:08.40	4:39.32
25	2:26.10	2:44.42	:31.15	1:13.49	1:07.76	6:34.91	1:13.95	1:24.52	86.40	147.80	75	2:21.06	2:08.78	4:40.15
24	2:26.52	2:44.90	:31.24	1:13.71	1:07.96	6:36.08	1:14.17	1:24.77	85.55	146.50	72	2:21.47	2:09.16	4:40.97
23	2:26.96	2:45.39	:31.34	1:13.93	1:08.17	6:37.25	1:14.39	1:25.03	84.75	145.20	69	2:21.89	2:09.54	4:41.81

22	2:27.39	2:45.88	:31.43	1:14.15	1:08.37	6:38.43	1:14.61	1:25.28	83.95	143.85	66	2:22.31	2:09.93	4:42.64
21	2:27.83	2:46.38	:31.52	1:14.37	1:08.57	6:39.62	1:14.83	1:25.53	83.15	142.55	63	2:22.74	2:10.32	4:43.49
20	2:28.26	2:46.87	:31.62	1:14.59	1:08.78	6:40.82	1:15.05	1:25.79	82.35	141.30	60	2:23.17	2:10.71	4:44.33
19	2:28.71	2:47.38	:31.71	1:14.82	1:08.98	6:42.02	1:15.28	1:26.05	81.60	140.00	57	2:23.59	2:11.10	4:45.19
18	2:29.15	2:47.88	:31.81	1:15.04	1:09.19	6:43.23	1:15.51	1:26.30	80.80	138.75	54	2:24.03	2:11.49	4:46.04
17	2:29.60	2:48.38	:31.90	1:15.27	1:09.40	6:44.44	1:15.73	1:26.56	80.00	137.50	51	2:24.46	2:11.89	4:46.91
16	2:30.05	2:48.89	:32.00	1:15.50	1:09.61	6:45.67	1:15.96	1:26.83	79.25	136.25	48	2:24.90	2:12.29	4:47.78
15	2:30.50	2:49.41	:32.10	1:15.72	1:09.82	6:46.90	1:16.19	1:27.09	78.50	135.05	45	2:25.34	2:12.69	4:48.65
14	2:30.95	2:49.92	:32.19	1:15.95	1:10.03	6:48.14	1:16.43	1:27.35	77.75	133.80	42	2:25.78	2:13.09	4:49.53
13	2:31.41	2:50.44	:32.29	1:16.19	1:10.25	6:49.38	1:16.66	1:27.62	77.00	132.60	39	2:26.23	2:13.50	4:50.41
12	2:31.87	2:50.96	:32.39	1:16.42	1:10.46	6:50.63	1:16.89	1:27.89	76.30	131.40	36	2:26.67	2:13.91	4:51.30
11	2:32.34	2:51.49	:32.49	1:16.65	1:10.68	6:51.90	1:17.13	1:28.16	75.60	130.25	33	2:27.12	2:14.32	4:52.19
10	2:32.80	2:52.02	:32.59	1:16.89	1:10.90	6:53.17	1:17.37	1:28.43	74.85	129.05	30	2:27.58	2:14.73	4:53.10
9	2:33.27	2:52.55	:32.69	1:17.13	1:11.12	6:54.44	1:17.61	1:28.70	74.15	127.90	27	2:28.03	2:15.15	4:54.00
8	2:33.74	2:53.08	:32.79	1:17.37	1:11.34	6:55.73	1:17.85	1:28.98	73.45	126.75	24	2:28.49	2:15.57	4:54.91
7	2:34.22	2:53.62	:32.90	1:17.61	1:11.56	6:57.02	1:18.09	1:29.26	72.75	125.60	21	2:28.95	2:15.99	4:55.83
6	2:34.70	2:54.16	:33.00	1:17.85	1:11.78	6:58.32	1:18.33	1:29.53	72.05	124.50	18	2:29.42	2:16.42	4:56.75
5	2:35.18	2:54.71	:33.10	1:18.09	1:12.01	6:59.63	1:18.58	1:29.82	71.40	123.35	15	2:29.89	2:16.84	4:57.68
4	2:35.66	2:55.26	:33.20	1:18.34	1:12.23	7:00.95	1:18.82	1:30.10	70.70	122.25	12	2:30.36	2:17.27	4:58.62
3	2:36.15	2:55.81	:33.31	1:18.59	1:12.46	7:02.27	1:19.07	1:30.38	70.00	121.15	9	2:30.83	2:17.70	4:59.56
2	2:36.64	2:56.36	:33.41	1:18.83	1:12.69	7:03.61	1:19.32	1:30.67	69.35	120.05	6	2:31.31	2:18.14	5:00.50
1	2:37.13	2:56.92	:33.52	1:19.08	1:12.92	7:04.95	1:19.57	1:30.95	68.70	119.00	3	2:31.79	2:18.58	5:01.45
0	2:37.63	2:57.49	:33.63	1:19.34	1:13.15	7:06.30	1:19.83	1:31.24	68.05	117.90	0	2:32.27	2:19.02	5:02.41