

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
59.5	58.4	57.4	56.3	58.8	57.7	53.0	51.9	50.9
59.6	58.5	57.5	56.4	58.9	57.8	53.1	52.0	51.0
59.7	58.6	57.6	56.5	59.0	57.9	53.2	52.1	51.1
59.8	58.7	57.7	56.6	59.1	58.0	53.3	52.2	51.2
59.9	58.8	57.8	56.7	59.2	58.1	53.4	52.3	51.3
1:00.0	58.9	57.9	56.8	59.3	58.2	53.5	52.4	51.4
1:00.1	59.0	58.0	56.9	59.4	58.3	53.6	52.5	51.5
1:00.2	59.1	58.1	57.0	59.5	58.5	53.7	52.6	51.5
1:00.3	59.2	58.2	57.1	59.6	58.6	53.8	52.7	51.6
1:00.4	59.3	58.3	57.2	59.7	58.7	53.8	52.8	51.7
1:00.5	59.4	58.4	57.3	59.8	58.8	53.9	52.9	51.8
1:00.6	59.6	58.5	57.5	59.9	58.9	54.0	53.0	51.9
1:00.7	59.7	58.6	57.6	1:00.0	59.0	54.1	53.1	52.0
1:00.8	59.8	58.7	57.7	1:00.1	59.1	54.2	53.2	52.1
1:00.9	59.9	58.8	57.8	1:00.2	59.2	54.3	53.3	52.2
1:01.0	1:00.0	58.9	57.9	1:00.3	59.3	54.4	53.4	52.3
1:01.1	1:00.1	59.0	58.0	1:00.4	59.4	54.5	53.5	52.4
1:01.2	1:00.2	59.1	58.1	1:00.5	59.5	54.6	53.5	52.5
1:01.3	1:00.3	59.2	58.2	1:00.6	59.6	54.7	53.6	52.6
1:01.4	1:00.4	59.3	58.3	1:00.7	59.7	54.8	53.7	52.7
1:01.5	1:00.5	59.4	58.4	1:00.8	59.8	54.9	53.8	52.8
1:01.6	1:00.6	59.5	58.5	1:00.9	59.9	55.0	53.9	52.9
1:01.7	1:00.7	59.6	58.6	1:01.0	1:00.0	55.1	54.0	53.0
1:01.8	1:00.8	59.7	58.7	1:01.1	1:00.1	55.1	54.1	53.1
1:01.9	1:00.9	59.8	58.8	1:01.2	1:00.2	55.2	54.2	53.2
1:02.0	1:01.0	59.9	58.9	1:01.3	1:00.3	55.3	54.3	53.3
1:02.1.	1:01.1	1:00.1	59.0	1:01.5	1:00.4	55.4	54.4	53.4
1:02.2	1:01.2	1:00.2	59.1	1:01.6	1:00.5	55.5	54.5	53.5
1:02.3	1:01.3	1:00.3	59.2	1:01.7	1:00.6	55.6	54.6	53.6
1:02.4	1:01.4	1:00.4	59.3	1:01.8	1:00.7	55.7	54.7	53.7
1:02.5	1:01.5	1:00.5	59.4	1:01.9	1:00.8	55.8	54.8	53.8
1:02.6	1:01.6	1:00.6	59.6	1:02.0	1:00.9	55.9	54.9	53.9
1:02.7	1:01.7	1:00.7	59.7	1:02.1	1:01.0	56.0	55.0	53.9
1:02.8	1:01.8	1:00.8	59.8	1:02.2	1:01.2	56.1	55.1	54.0
1:02.9	1:01.9	1:00.9	59.9	1:02.3	1:01.3	56.2	55.2	54.1
1:03.0	1:02.0	1:01.0	1:00.0	1:02.4	1:01.4	56.3	55.2	54.2
1:03.1	1:02.1	1:01.1	1:00.1	1:02.5	1:01.5	56.3	55.3	54.3
1:03.2	1:02.2	1:01.2	1:00.2	1:02.6	1:01.6	56.4	55.4	54.4
1:03.3	1:02.3	1:01.3	1:00.3	1:02.7	1:01.7	56.5	55.5	54.5
1:03.4	1:02.4	1:01.4	1:00.4	1:02.8	1:01.8	56.6	55.6	54.6
1:03.5	1:02.5	1:01.5	1:00.5	1:02.9	1:01.9	56.7	55.7	54.7
1:03.6	1:02.6	1:01.6	1:00.6	1:03.0	1:02.0	56.8	55.8	54.8
1:03.7	1:02.7	1:01.7	1:00.7	1:03.1	1:02.1	56.9	55.9	54.9
1:03.8	1:02.8	1:01.8	1:00.8	1:03.2	1:02.2	57.0	56.0	55.0
1:03.9	1:02.9	1:01.9	1:00.9	1:03.3	1:02.3	57.1	56.1	55.1
1:04.0	1:03.0	1:02.0	1:01.0	1:03.4	1:02.4	57.2	56.2	55.2
1:04.1	1:03.1	1:02.1	1:01.1	1:03.5	1:02.5	57.3	56.3	55.3
1:04.2	1:03.2	1:02.2	1:01.2	1:03.6	1:02.6	57.4	56.4	55.4
1:04.3	1:03.3	1:02.3	1:01.3	1:03.7	1:02.7	57.5	56.5	55.5

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100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:04.4	1:03.4	1:02.4	1:01.4	1:03.8	1:02.8	57.5	56.6	55.6
1:04.5	1:03.5	1:02.5	1:01.5	1:03.9	1:02.9	57.6	56.7	55.7
1:04.6	1:03.6	1:02.6	1:01.6	1:04.0	1:03.0	57.7	56.7	55.8
1:04.7	1:03.7	1:02.7	1:01.8	1:04.1	1:03.1	57.8	56.8	55.9
1:04.8	1:03.8	1:02.8	1:01.9	1:04.2	1:03.2	57.9	56.9	56.0
1:04.9	1:03.9	1:02.9	1:02.0	1:04.3	1:03.3	58.0	57.0	56.1
1:05.0	1:04.0	1:03.0	1:02.1	1:04.4	1:03.4	58:1	57.1	56.1
1:05.1	1:04.1	1:03.1	1:02.2	1:04.5	1:03.5	58.2	57.2	56.2
1:05.2	1:04.2	1:03.2	1:02.3	1:04.6	1:03.6	58.3	57.3	56.3
1:05.3	1:04.3	1:03.4	1:02.4	1:04.7	1:03.7	58.4	57.4	56.4
1:05.4	1:04.4	1:03.5	1:02.5	1:04.8	1:03.8	58.5	57.5	56.5
1:05.5	1:04.5	1:03.6	1:02.6	1:04.9	1:04.0	58.6	57.6	56.6
1:05.6	1:04.6	1:03.7	1:02.7	1:05.0	1:04.1	58.7	57.7	56.7
1:05.7	1:04.7	1:03.8	1:02.8	1:05.1	1:04.2	58.7	57.8	56.8
1:05.8	1:04.8	1:03.9	1:02.9	1:05.2	1:04.3	58.8	57.9	56.9
1:05.9	1:04.9	1:04.0	1:03.0	1:05.3	1:04.4	58.9	58.0	57.0
1:06.0	1:05.0	1:04.1	1:03.1	1:05.4	1:04.5	59.0	58.1	57.1
1:06.1	1:05.1	1:04.2	1:03.2	1:05.5	1:04.6	59.1	58.2	57.2
1:06.2	1:05.2	1:04.3	1:03.3	1:05.6	1:04.7	59.2	58.3	57.3
1:06.3	1:05.3	1:04.4	1:03.4	1:05.7	1:04.8	59.3	58.3	57.4
1:06.4	1:05.4	1:04.5	1:03.5	1:05.8	1:04.9	59.4	58.4	57.5
1:06.5	1:05.5	1:04.6	1:03.6	1:05.9	1:05.0	59.5	58.5	57.6
1:06.6	1:05.6	1:04.7	1:03.7	1:06.0	1:05.1	59.6	58.6	57.7
1:06.7	1:05.7	1:04.8	1:03.8	1:06.1	1:05.2	59.7	58.7	57.8
1:06.8	1:05.8	1:04.9	1:03.9	1:06.3	1:05.3	59.8	58.8	57.9
1:06.9	1:05.9	1:05.0	1:04.0	1:06.4	1:05.4	59.9	58.9	58.0
1:07.0	1:06.1	1:05.1	1:04.2	1:06.5	1:05.5	1:00.0	59.0	58.1
1:07.1	1:06.2	1:05.2	1:04.3	1:06.6	1:05.6	1:00.0	59.1	58.1
1:07.2	1:06.3	1:05.3	1:04.4	1:06.7	1:05.7	1:00.1	59.2	58.2
1:07.3	1:06.4	1:05.4	1:04.5	1:06.8	1:05.8	1:00.2	59.3	58.3
1:07.4	1:06.5	1:05.5	1:04.6	1:06.9	1:05.9	1:00.3	59.4	58.4
1:07.5	1:06.6	1:05.6	1:04.7	1:07.0	1:06.0	1:00.4	59.5	58.5
1:07.6	1:06.7	1:05.7	1:04.8	1:07.1	1:06.1	1:00.5	59.6	58.6
1:07.7	1:06.8	1:05.8	1:04.9	1:07.2	1:06.2	1:00.6	59.7	58.7
1:07.8	1:06.9	1:05.9	1:05.0	1:07.3	1:06.3	1:00.7	59.8	58.8
1:07.9	1:07.0	1:06.0	1:05.1	1:07.4	1:06.4	1:00.8	59.8	58.9
1:08.0	1:07.1	1:06.1	1:05.2	1:07.5	1:06.5	1:00.9	59.9	59.0
1:08.1	1:07.2	1:06.2	1:05.3	1:07.6	1:06.6	1:01.0	1:00.0	59.1
1:08.2	1:07.3	1:06.3	1:05.4	1:07.7	1:06.7	1:01.1	1:00.1	59.2
1:08.3	1:07.4	1:06.4	1:05.5	1:07.8	1:06.8	1:01.1	1:00.2	59.3
1:08.4	1:07.5	1:06.5	1:05.6	1:07.9	1:07.0	1:01.2	1:00.3	59.4
1:08.5	1:07.6	1:06.6	1:05.7	1:08.0	1:07.1	1:01.3	1:00.4	59.5
1:08.6	1:07.7	1:06.7	1:05.8	1:08.1	1:07.2	1:01.4	1:00.5	59.6
1:08.7	1:07.8	1:06.8	1:05.9	1:08.2	1:07.3	1:01.5	1:00.6	59.7
1:08.8	1:07.9	1:07.0	1:06.0	1:08.3	1:07.4	1:01.6	1:00.7	59.8
1:08.9	1:08.0	1:07.1	1:06:1	1:08.4	1:07.5	1:01.7	1:00.8	59.9
1:09.0	1:08.1	1:07.2	1:06.2	1:08.5	1:07.6	1:01.8	1:00.9	1:00.0
1:09.1	1:08.2	1:07.3	1:06.3	1:08.6	1:07.7	1:01.9	1:01.0	1:00.0
1:09.2	1:08.3	1:07.4	1:06.4	1:08.7	1:07.8	1:02.0	1:01.1	1:00.1

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100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:09.3	1:08.4	1:07.5	1:06.5	1:08.8	1:07.9	1:02.1	1:01.2	1:00.2
1:09.4	1:08.5	1:07.6	1:06.6	1:08.9	1:08.0	1:02.2	1:01.2	1:00.3
1:09.5	1:08.6	1:07.7	1:06.8	1:09.0	1:08.1	1:02.3	1:01.3	1:00.4
1:09.6	1:08.7	1:07.8	1:06.9	1:09.1	1:08.2	1:02.3	1:01.4	1:00.5
1:09.7	1:08.8	1:07.9	1:07.0	1:09.2	1:08.3	1:02.4	1:01.5	1:00.6
1:09.8	1:08.9	1:08.0	1:07.1	1:09.3	1:08.4	1:02.5	1:01.6	1:00.7
1:09.9	1:09.0	1:08.1	1:07.2	1:09.4	1:08.5	1:02.6	1:01.7	1:00.8
1:10.0	1:09.1	1:08.2	1:07.3	1:09.5	1:08.6	1:02.7	1:01.8	1:00.9
1:10.1	1:09.2	1:08.3	1:07.4	1:09.6	1:08.7	1:02.8	1:01.9	1:01.0
1:10.2	1:09.3	1:08.4	1:07.5	1:09.7	1:08.8	1:02.9	1:02.0	1:01.1
1:10.3	1:09.4	1:08.5	1:07.6	1:09.8	1:08.9	1:03.0	1:02.1	1:01.2
1:10.4	1:09.5	1:08.6	1:07.7	1:09.9	1:09.0	1:03.1	1:02.2	1:01.3
1:10.5	1:09.6	1:08.7	1:07.8	1:10.0	1:09.1	1:03.2	1:02.3	1:01.4
1:10.6	1:09.7	1:08.8	1:07.9	1:10.1	1:09.2	1:03.3	1:02.4	1:01.5
1:10.7	1:09.8	1:08.9	1:08.0	1:10.2	1:09.3	1:03.4	1:02.5	1:01.6
1:10.8	1:09.9	1:09.0	1:08.1	1:10.3	1:09.4	1:03.5	1:02.6	1:01.7
1:10.9	1:10.0	1:09.1	1:08.2	1:10.4	1:09.5	1:03.5	1:02.6	1:01.8
1:11.0	1:10.1	1:09.2	1:08.3	1:10.5	1:09.6	1:03.6	1:02.7	1:01.8
1:11.1	1:10.2	1:09.3	1:08.4	1:10.6	1:09.7	1:03.7	1:02.8	1:01.9
1:11.2	1:10.3	1:09.4	1:08.5	1:10.7	1:09.8	1:03.8	1:02.9	1:02.0
1:11.3	1:10.4	1:09.5	1:08.6	1:10.8	1:09.9	1:03.9	1:03.0	1:02.1
1:11.4	1:10.5	1:09.6	1:08.7	1:10.9	1:10.0	1:04.0	1:03.1	1:02.2
1:11.5	1:10.6	1:09.7	1:08.8	1:11.0	1:10.2	1:04.1	1:03.2	1:02.3
1:11.6	1:10.7	1:09.8	1:08.9	1:11.1	1:10.3	1:04.2	1:03.3	1:02.4
1:11.7	1:10.8	1:09.9	1:09.0	1:11.2	1:10.4	1:04.3	1:03.4	1:02.5
1:11.8	1:10.9	1:10.0	1:09.1	1:11.3	1:10.5	1:04.4	1:03.5	1:02.6
1:11.9	1:11.0	1:10.1	1:09.2	1:11.4	1:10.6	1:04.5	1:03.6	1:02.7
1:12.0	1:11.1	1:10.2	1:09.3	1:11.6	1:10.7	1:04.6	1:03.7	1:02.8
1:12.1	1:11.2	1:10.3	1:09.5	1:11.7	1:10.8	1:04.7	1:03.8	1:02.9
1:12.2	1:11.3	1:10.4	1:09.6	1:11.8	1:10.9	1:04.7	1:03.9	1:03.0
1:12.3	1:11.4	1:10.5	1:09.7	1:11.9	1:11.0	1:04.8	1:04.0	1:03.1
1:12.4	1:11.5	1:10.6	1:09.8	1:12.0	1:11.1	1:04.9	1:04.1	1:03.2
1:12.5	1:11.6	1:10.7	1:09.9	1:12.1	1:11.2	1:05.0	1:04.1	1:03.3
1:12.6	1:11.7	1:10.8	1:10.0	1:12.2	1:11.3	1:05.1	1:04.2	1:03.4
1:12.7	1:11.8	1:10.9	1:10.1	1:12.3	1:11.4	1:05.2	1:04.3	1:03.5
1:12.8	1:11.9	1:11.1	1:10.2	1:12.4	1:11.5	1:05.3	1:04.4	1:03.5
1:12.9	1:12.0	1:11.2	1:10.3	1:12.5	1:11.6	1:05.4	1:04.5	1:03.6
1:13.0	1:12.1	1:11.3	1:10.4	1:12.6	1:11.7	1:05.5	1:04.6	1:03.7
1:13.1	1:12.2	1:11.4	1:10.5	1:12.7	1:11.8	1:05.6	1:04.7	1:03.8
1:13.2	1:12.3	1:11.5	1:10.6	1:12.8	1:11.9	1:05.7	1:04.8	1:03.9
1:13.3	1:12.4	1:11.6	1:10.7	1:12.9	1:12.0	1:05.8	1:04.9	1:04.0
1:13.4	1:12.5	1:11.7	1:10.8	1:13.0	1:12.1	1:05.9	1:05.0	1:04.1
1:13.5	1:12.6	1:11.8	1:10.9	1:13.1	1:12.2	1:05.9	1:05.1	1:04.2
1:13.6	1:12.7	1:11.9	1:11.0	1:13.2	1:12.3	1:06.0	1:05.2	1:04.3
1:13.7	1:12.8	1:12.0	1:11.1	1:13.3	1:12.4	1:06.1	1:05.3	1:04.4
1:13.8	1:12.9	1:12.1	1:11.2	1:13.4	1:12.5	1:06.2	1:05.4	1:04.5
1:13.9	1:13.0	1:12.2	1:11.3	1:13.5	1:12.6	1:06.3	1:05.4	1:04.6
1:14.0	1:13.1	1:12.3	1:11.4	1:13.6	1:12.7	1:06.4	1:05.5	1:04.7
1:14.1	1:13.2	1:12.4	1:11.5	1:13.7	1:12.8	1:06.5	1:05.6	1:04.8
1:14.2	1:13.3	1:12.5	1:11.6	1:13.8	1:12.9	1:06.6	1:05.7	1:04.9

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100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:14.3	1:13.4	1:12.6	1:11.7	1:13.9	1:13.0	1:06.7	1:05.8	1:05.0
1:14.4	1:13.5	1:12.7	1:11.8	1:14.0	1:13.1	1:06.8	1:05.9	1:05.1
1:14.5	1:13.6	1:12.8	1:11.9	1:14.1	1:13.2	1:06.9	1:06.0	1:05.2
1:14.6	1:13.7	1:12.9	1:12.0	1:14.2	1:13.3	1:07.0	1:06.1	1:05.2
1:14.7	1:13.8	1:13.0	1:12.1	1:14.3	1:13.4	1:07.0	1:06.2	1:05.3
1:14.8	1:13.9	1:13.1	1:12.2	1:14.4	1:13.6	1:07.1	1:06.3	1:05.4
1:14.9	1:14.1	1:13.2	1:12.4	1:14.5	1:13.7	1:07.2	1:06.4	1:05.5
1:15.0	1:14.2	1:13.3	1:12.5	1:14.6	1:13.8	1:07.3	1:06.5	1:05.6
1:15.1	1:14.3	1:13.4	1:12.6	1:14.7	1:13.9	1:07.4	1:06.6	1:05.7
1:15.2	1:14.4	1:13.5	1:12.7	1:14.8	1:14.0	1:07.5	1:06.7	1:05.8
1:15.3	1:14.5	1:13.6	1:12.8	1:14.9	1:14.1	1:07.6	1:06.8	1:05.9
1:15.4	1:14.6	1:13.7	1:12.9	1:15.0	1:14.2	1:07.7	1:06.8	1:06.0
1:15.5	1:14.7	1:13.8	1:13.0	1:15.1	1:14.3	1:07.8	1:06.9	1:06.1
1:15.6	1:14.8	1:13.9	1:13.1	1:15.2	1:14.4	1:07.9	1:07.0	1:06.2
1:15.7	1:14.9	1:14.0	1:13.2	1:15.3	1:14.5	1:08.0	1:07.1	1:06.3
1:15.8	1:15.0	1:14.1	1:13.3	1:15.4	1:14.6	1:08.1	1:07.2	1:06.4
1:15.9	1:15.1	1:14.2	1:13.4	1:15.5	1:14.7	1:08.2	1:07.3	1:06.5
1:16.0	1:15.2	1:14.3	1:13.5	1:15.6	1:14.8	1:08.2	1:07.4	1:06.6
1:16.1	1:15.3	1:14.4	1:13.6	1:15.7	1:14.9	1:08.3	1:07.5	1:06.7
1:16.2	1:15.4	1:14.5	1:13.7	1:15.8	1:15.0	1:08.4	1:07.6	1:06.8
1:16.3	1:15.5	1:14.6	1:13.8	1:15.9	1:15.1	1:08.5	1:07.7	1:06.9
1:16.4	1:15.6	1:14.7	1:13.9	1:16.0	1:15.2	1:08.6	1:07.8	1:06.9
1:16.5	1:15.7	1:14.8	1:14.0	1:16.1	1:15.3	1:08.7	1:07.9	1:07.0
1:16.6	1:15.8	1:14.9	1:14.1	1:16.2	1:15.4	1:08.8	1:08.0	1:07.1
1:16.7	1:15.9	1:15.0	1:14.2	1:16.3	1:15.5	1:08.9	1:08.1	1:07.2
1:16.8	1:16.0	1:15.1	1:14.3	1:16.4	1:15.6	1:09.0	1:08.2	1:07.3
1:16.9	1:16.1	1:15.2	1:14.4	1:16.5	1:15.7	1:09.1	1:08.2	1:07.4
1:17.0	1:16.2	1:15.3	1:14.5	1:16.6	1:15.8	1:09.2	1:08.3	1:07.5
1:17.1	1:16.3	1:15.4	1:14.6	1:16.7	1:15.9	1:09.3	1:08.4	1:07.6
1:17.2	1:16.4	1:15.6	1:14.7	1:16.8	1:16.0	1:09.3	1:08.5	1:07.7
1:17.3	1:16.5	1:15.7	1:14.8	1:16.9	1:16.1	1:09.4	1:08.6	1:07.8
1:17.4	1:16.6	1:15.8	1:14.9	1:17.0	1:16.2	1:09.5	1:08.7	1:07.9
1:17.5	1:16.7	1:15.9	1:15.0	1:17.1	1:16.3	1:09.6	1:08.8	1:08.0
1:18.0	1:17.2	1:16.4	1:15.6	1:17.7	1:16.8	1:10.1	1:09.3	1:08.5
1:18.5	1:17.7	1:16.9	1:16.1	1:18.2	1:17.4	1:10.5	1:09.7	1:08.9
1:19.0	1:18.2	1:17.4	1:16.6	1:18.7	1:17.9	1:11.0	1:10.2	1:09.4
1:19.5	1:18.7	1:17.9	1:17.1	1:19.2	1:18.4	1:11.5	1:10.7	1:09.9
1:20.0	1:19.2	1:18.4	1:17.6	1:19.7	1:18.9	1:11.9	1:11.1	1:10.3
1:20.5	1:19.7	1:18.9	1:18.1	1:20.2	1:19.4	1:12.4	1:11.6	1:10.8
1:21.0	1:20.2	1:19.4	1:18.6	1:20.7	1:19.9	1:12.8	1:12.1	1:11.3
1:21.5	1:20.7	1:19.9	1:19.2	1:21.2	1:20.4	1:13.3	1:12.5	1:11.7
1:22.0	1:21.2	1:20.4	1:19.7	1:21.7	1:20.9	1:13.8	1:13.0	1:12.2
1:22.5	1:21.7	1:21.0	1:20.2	1:22.2	1:21.5	1:14.2	1:13.4	1:12.7
1:23.0	1:22.2	1:21.5	1:20.7	1:22.7	1:22.0	1:14.7	1:13.9	1:13.1
1:23.5	1:22.7	1:22.0	1:21.2	1:23.2	1:22.5	1:15.1	1:14.4	1:13.6
1:24.0	1:23.2	1:22.5	1:21.7	1:23.8	1:23.0	1:15.6	1:14.8	1:14.1
1:24.5	1:23.7	1:23.0	1:22.2	1:24.3	1:23.5	1:16.1	1:15.3	1:14.5
1:25.0	1:24.3	1:23.5	1:22.8	1:24.8	1:24.0	1:16.5	1:15.8	1:15.0
1:25.5	1:24.8	1:24.0	1:23.3	1:25.3	1:24.5	1:17.0	1:16.2	1:15.5

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:26.0	1:25.3	1:24.5	1:23.8	1:25.8	1:25.0	1:17.4	1:16.7	1:16.0
1:26.5	1:25.8	1:25.0	1:24.3	1:26.3	1:25.6	1:17.9	1:17.2	1:16.4
1:27.0	1:26.3	1:25.5	1:24.8	1:26.8	1:26.1	1:18.3	1:17.6	1:16.9
1:27.5	1:26.8	1:26.0	1:25.3	1:27.3	1:26.6	1:18.8	1:18.1	1:17.4
1:28.0	1:27.3	1:26.6	1:25.8	1:27.8	1:27.1	1:19.3	1:18.5	1:17.8
1:28.5	1:27.8	1:27.1	1:26.3	1:28.3	1:27.6	1:19.7	1:19.0	1:18.3
1:29.0	1:28.3	1:27.6	1:26.9	1:28.8	1:28.1	1:20.2	1:19.5	1:18.8
1:29.5	1:28.8	1:28.1	1:27.4	1:29.3	1:28.6	1:20.6	1:19.9	1:19.2
1:30.0	1:29.3	1:28.6	1:27.9	1:29.8	1:29.1	1:21.1	1:20.4	1:19.7
1:30.5	1:29.8	1:29.1	1:28.4	1:30.3	1:29.6	1:21.6	1:20.9	1:20.2
1:31.0	1:30.3	1:29.6	1:28.9	1:30.9	1:30.2	1:22.0	1:21.3	1:20.6
1:31.5	1:30.8	1:30.1	1:29.4	1:31.4	1:30.7	1:22.5	1:21.8	1:21.1
1:32.0	1:31.3	1:30.6	1:29.9	1:31.9	1:31.2	1:22.9	1:22.2	1:21.5
1:32.5	1:31.8	1:31.1	1:30.4	1:32.4	1:31.7	1:23.4	1:22.7	1:22.0
1:33.0	1:32.3	1:31.6	1:30.9	1:32.9	1:32.2	1:23.8	1:23.2	1:22.5
1:33.5	1:32.8	1:32.1	1:31.5	1:33.4	1:32.7	1:24.3	1:23.6	1:22.9
1:34.0	1:33.3	1:32.6	1:32.0	1:33.9	1:33.2	1:24.8	1:24.1	1:23.4
1:34.5	1:33.8	1:33.2	1:32.5	1:34.4	1:33.7	1:25.2	1:24.5	1:23.9
1:35.0	1:34.3	1:33.7	1:33.0	1:34.9	1:34.2	1:25.7	1:25.0	1:24.3
1:35.5	1:34.8	1:34.2	1:33.5	1:35.4	1:34.7	1:26.1	1:25.5	1:24.8
1:36.0	1:35.3	1:34.7	1:34.0	1:35.9	1:35.3	1:26.6	1:25.9	1:25.3
1:36.5	1:35.8	1:35.2	1:34.5	1:36.4	1:35.8	1:27.1	1:26.4	1:25.7
1:37.0	1:36.3	1:35.7	1:35.0	1:36.9	1:36.3	1:27.5	1:26.9	1:26.2
1:37.5	1:36.8	1:36.2	1:35.5	1:37.4	1:36.8	1:28.0	1:27.3	1:26.7
1:38.0	1:37.4	1:36.7	1:36.1	1:37.9	1:37.3	1:28.4	1:27.8	1:27.1
1:38.5	1:37.9	1:37.2	1:36.6	1:38.4	1:37.8	1:28.9	1:28.2	1:27.6
1:39.0	1:38.4	1:37.7	1:37.1	1:39.0	1:38.3	1:29.3	1:28.7	1:28.1
1:39.5	1:38.9	1:38.2	1:37.6	1:39.5	1:38.8	1:29.8	1:29.2	1:28.5
1:40.0	1:39.4	1:38.7	1:38.1	1:40.0	1:39.3	1:30.3	1:29.6	1:29.0
1:41.0	1:40.4	1:39.7	1:39.1	1:41.0	1:40.4	1:31.2	1:30.5	1:29.9
1:42.0	1:41.4	1:40.8	1:40.1	1:42.0	1:41.4	1:32.1	1:31.5	1:30.8
1:43.0	1:42.4	1:41.8	1:41.1	1:43.0	1:42.4	1:33.0	1:32.4	1:31.8
1:44.0	1:43.4	1:42.8	1:42.2	1:44.0	1:43.4	1:33.9	1:33.3	1:32.7
1:45.0	1:44.4	1:43.8	1:43.2	1:45.0	1:44.4	1:34.8	1:34.2	1:33.6
1:46.0	1:45.4	1:44.8	1:44.2	1:46.0	1:45.4	1:35.7	1:35.1	1:34.5
1:47.0	1:46.4	1:45.8	1:45.2	1:47.1	1:46.5	1:36.7	1:36.1	1:35.5
1:48.0	1:47.4	1:46.8	1:46.2	1:48.1	1:47.5	1:37.6	1:37.0	1:36.4
1:49.0	1:48.4	1:47.8	1:47.2	1:49.1	1:48.5	1:38.5	1:37.9	1:37.3
1:50.0	1:49.4	1:48.8	1:48.3	1:50.1	1:49.5	1:39.4	1:38.8	1:38.2
1:51.0	1:50.4	1:49.9	1:49.3	1:51.1	1:50.5	1:40.3	1:39.7	1:39.2
1:52.0	1:51.4	1:50.9	1:50.3	1:52.1	1:51.5	1:41.2	1:40.7	1:40.1
1:53.0	1:52.4	1:51.9	1:51.3	1:53.1	1:52.6	1:42.1	1:41.6	1:41.0
1:54.0	1:53.4	1:52.9	1:52.3	1:54.1	1:53.6	1:43.1	1:42.5	1:41.9
1:55.0	1:54.4	1:53.9	1:53.3	1:55.1	1:54.6	1:44.0	1:43.4	1:42.9
1:56.0	1:55.5	1:54.9	1:54.4	1:56.2	1:55.6	1:44.9	1:44.3	1:43.8
1:57.0	1:56.5	1:55.9	1:55.4	1:57.2	1:56.6	1:45.8	1:45.3	1:44.7
1:58.0	1:57.5	1:56.9	1:56.4	1:58.2	1:57.6	1:46.7	1:46.2	1:45.6
1:59.0	1:58.5	1:57.9	1:57.4	1:59.2	1:58.6	1:47.6	1:47.1	1:46.6
2:00.0	1:59.5	1:58.9	1:58.4	2:00.2	1:59.7	1:48.5	1:48.0	1:47.5

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
2:01.0	2:00.5	1:59.9	1:59.4	2:01.2	2:00.7	1:49.5	1:48.9	1:48.4
2:02.0	2:01.5	2:01.0	2:00.4	2:02.2	2:01.7	1:50.4	1:49.8	1:49.3
2:03.0	2:02.5	2:02.0	2:01.4	2:03.2	2:02.7	1:51.3	1:50.8	1:50.2
2:04.0	2:03.5	2:03.0	2:02.5	2:04.2	2:03.7	1:52.2	1:51.7	1:51.2

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33^{1/3} Metres	25 Metres	20 Metres	36^{2/3} Yards	27^{1/2} Yards	33^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33^{1/3} Metres	25 Metres	20 Metres	36^{2/3} Yards	27^{1/2} Yards	33^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33^{1/3} Metres	25 Metres	20 Metres	36^{2/3} Yards	27^{1/2} Yards	33^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33^{1/3} Metres	25 Metres	20 Metres	36^{2/3} Yards	27^{1/2} Yards	33^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33^{1/3} Metres	25 Metres	20 Metres	36^{2/3} Yards	27^{1/2} Yards	33^{1/3} Yards	25 Yards	20 Yards

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110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards

110/100 BREAST STROKE

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards

