



NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA
— Serving Interscholastic Swimming For Over 50 Years —

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GIRLS POWER POINT CHART

1988 Revision (Klaphor, Groscost)

POWER POINTS	MED. RELAY	FREE RELAY	POWER POINTS	200 FREE	200 I.M.	50 FREE	DIVING		100 FLY	100 FREE	500 FREE	100 BACK	100 BRST
							6 DIVES	11 DIVES					
600	1:36.96	3:11.57	200	1:38.57	1:51.49	21.25	504.00	786.24	49.94	45.89	4:20.47	51.20	56.90
597	1:37.19	3:11.98	199	1:38.78	1:51.75	21.30	499.37	779.52	50.06	45.99	4:21.06	51.32	57.05
594	1:37.43	3:12.39	198	1:39.01	1:52.01	21.34	494.79	772.86	50.19	46.09	4:21.65	51.45	57.21
591	1:37.66	3:12.81	197	1:39.22	1:52.27	21.39	490.25	766.26	50.31	46.19	4:22.25	51.58	57.36
588	1:37.90	3:13.23	196	1:39.44	1:52.54	21.43	485.75	759.71	50.43	46.29	4:22.84	51.70	57.51
585	1:38.13	3:13.65	195	1:39.66	1:52.80	21.48	481.29	753.22	50.55	46.40	4:23.44	51.83	57.66
582	1:38.37	3:14.07	194	1:39.89	1:53.06	21.52	476.87	746.78	50.67	46.50	4:24.05	51.96	57.82
579	1:38.61	3:14.49	193	1:40.11	1:53.33	21.57	472.49	740.39	50.80	46.60	4:24.65	52.09	57.98
576	1:38.85	3:14.91	192	1:40.33	1:53.60	21.62	468.15	734.06	50.92	46.71	4:25.26	52.22	58.13
573	1:39.09	3:15.34	191	1:40.55	1:53.87	21.67	463.85	727.78	51.05	46.81	4:25.87	52.35	58.29
570	1:39.33	3:15.77	190	1:40.78	1:54.14	21.71	459.59	721.56	51.17	46.91	4:26.49	52.48	58.45
567	1:39.58	3:16.20	189	1:41.01	1:54.41	21.76	455.37	715.39	51.30	47.02	4:27.10	52.61	58.61
564	1:39.82	3:16.63	188	1:41.23	1:54.68	21.81	451.19	709.27	51.42	47.12	4:27.72	52.75	58.77
561	1:40.07	3:17.07	187	1:41.46	1:54.95	21.85	447.05	703.21	51.55	47.23	4:28.34	52.88	58.93
558	1:40.31	3:17.50	186	1:41.69	1:55.23	21.90	442.95	697.20	51.68	47.34	4:28.97	53.01	59.09
555	1:40.56	3:17.94	185	1:41.92	1:55.51	21.95	438.88	691.24	51.81	47.44	4:29.60	53.15	59.25
552	1:40.81	3:18.38	184	1:42.15	1:55.78	22.00	434.85	685.32	51.94	47.55	4:30.23	53.28	59.42
549	1:41.06	3:18.82	183	1:42.38	1:56.06	22.05	430.86	679.47	52.07	47.66	4:30.86	53.42	59.58
546	1:41.32	3:19.27	182	1:42.62	1:56.34	22.10	426.90	673.65	52.20	47.77	4:31.50	53.56	59.75
543	1:41.57	3:19.72	181	1:42.85	1:56.62	22.15	422.98	667.89	52.33	47.88	4:32.14	53.69	59.91
540	1:41.82	3:20.16	180	1:43.09	1:56.91	22.19	419.10	662.18	52.46	47.99	4:32.78	53.83	1:00.08
537	1:42.08	3:20.61	179	1:43.32	1:57.19	22.24	415.25	656.51	52.59	48.10	4:33.43	53.97	1:00.25
534	1:42.34	3:21.07	178	1:43.56	1:57.48	22.29	411.44	650.90	52.73	48.21	4:34.08	54.11	1:00.42
531	1:42.60	3:21.52	177	1:43.80	1:57.76	22.34	407.66	645.33	52.86	48.32	4:34.73	54.25	1:00.59
528	1:42.86	3:21.98	176	1:44.04	1:58.05	22.39	403.92	639.81	53.00	48.43	4:35.39	54.39	1:00.76
525	1:43.12	3:22.43	175	1:44.28	1:58.34	22.44	400.21	634.33	53.13	48.54	4:36.05	54.53	1:00.93
522	1:43.38	3:22.89	174	1:44.52	1:58.64	22.49	396.54	628.91	53.27	48.65	4:36.71	54.67	1:01.10
519	1:43.64	3:23.36	173	1:44.77	1:58.93	22.55	392.90	623.53	53.40	48.77	4:37.37	54.82	1:01.28
516	1:43.91	3:23.82	172	1:45.01	1:59.22	22.60	389.29	618.19	53.54	48.88	4:38.04	54.96	1:01.45
513	1:44.18	3:24.29	171	1:45.26	1:59.52	22.65	385.72	612.91	53.68	48.99	4:38.71	55.11	1:01.63
510	1:44.44	3:24.76	170	1:45.50	1:59.82	22.70	382.18	607.67	53.82	49.11	4:39.39	55.25	1:01.80
507	1:44.71	3:25.23	169	1:45.75	2:00.11	22.75	378.67	602.46	53.96	49.22	4:40.07	55.40	1:01.98
504	1:44.98	3:25.70	168	1:46.00	2:00.41	22.80	375.19	597.30	54.10	49.34	4:40.75	55.55	1:02.16
501	1:45.26	3:26.18	167	1:46.25	2:00.72	22.85	371.75	592.20	54.24	49.46	4:41.43	55.69	1:02.34
498	1:45.53	3:26.65	166	1:46.50	2:01.02	22.91	368.34	587.13	54.38	49.57	4:42.12	55.84	1:02.52
495	1:45.81	3:27.13	165	1:46.75	2:01.32	22.96	364.96	582.11	54.52	49.69	4:42.81	55.99	1:02.70
492	1:46.08	3:27.62	164	1:47.01	2:01.63	23.01	361.61	577.13	54.66	49.81	4:43.51	56.14	1:02.89
489	1:46.36	3:28.10	163	1:47.26	2:01.94	23.07	358.29	572.19	54.81	49.93	4:44.21	56.29	1:03.07
486	1:46.64	3:28.59	162	1:47.52	2:02.25	23.12	355.00	567.29	54.95	50.05	4:44.91	56.44	1:03.26
483	1:46.92	3:29.08	161	1:47.78	2:02.56	23.17	351.74	562.43	55.10	50.17	4:45.61	56.60	1:03.44
480	1:47.20	3:29.57	160	1:48.03	2:02.87	23.23	348.51	557.62	55.24	50.29	4:46.32	56.75	1:03.63
477	1:47.49	3:30.06	159	1:48.29	2:03.19	23.28	345.31	552.84	55.39	50.41	4:47.03	56.90	1:03.82
474	1:47.77	3:30.56	158	1:48.55	2:03.50	23.34	342.14	548.11	55.54	50.53	4:47.75	57.06	1:04.01
471	1:48.06	3:31.06	157	1:48.82	2:03.82	23.39	339.00	543.42	55.69	50.65	4:48.47	57.22	1:04.20
468	1:48.35	3:31.56	156	1:49.08	2:04.14	23.44	335.89	538.77	55.84	50.77	4:49.19	57.37	1:04.39
465	1:48.64	3:32.06	155	1:49.35	2:04.46	23.50	332.81	534.16	55.99	50.90	4:49.92	57.53	1:04.59
462	1:48.93	3:32.56	154	1:49.61	2:04.78	23.56	329.75	529.58	56.14	51.02	4:50.65	57.69	1:04.78
459	1:49.22	3:33.07	153	1:49.88	2:05.11	23.61	326.72	525.04	56.29	51.14	4:51.38	57.85	1:04.98
456	1:49.52	3:33.58	152	1:50.15	2:05.43	23.67	323.72	520.54	56.44	51.27	4:52.12	58.01	1:05.17
453	1:49.81	3:34.09	151	1:50.42	2:05.76	23.72	320.75	516.09	56.60	51.39	4:52.86	58.17	1:05.37
450	1:50.11	3:34.61	150	1:50.69	2:06.09	23.78	317.81	511.67	56.75	51.52	4:53.61	58.33	1:05.57
447	1:50.41	3:35.13	149	1:50.96	2:06.42	23.84	314.89	507.29	56.91	51.65	4:54.35	58.49	1:05.77
444	1:50.71	3:35.65	148	1:51.24	2:06.75	23.89	312.00	502.94	57.06	51.77	4:55.11	58.66	1:05.97
441	1:51.01	3:36.17	147	1:51.51	2:07.09	23.95	309.14	498.64	57.22	51.90	4:55.86	58.82	1:06.17
438	1:51.32	3:36.69	146	1:51.79	2:07.42	24.01	306.30	494.37	57.38	52.03	4:56.62	58.99	1:06.38
435	1:51.62	3:37.22	145	1:52.07	2:07.76	24.07	303.49	490.14	57.53	52.16	4:57.39	59.16	1:06.58
432	1:51.93	3:37.75	144	1:52.35	2:08.10	24.12	300.70	485.93	57.69	52.29	4:58.16	59.32	1:06.79
429	1:52.24	3:38.29	143	1:52.63	2:08.44	24.18	297.94	481.77	57.85	52.42	4:58.93	59.49	1:07.00
426	1:52.55	3:38.82	142	1:52.91	2:08.79	24.24	295.20	477.63	58.01	52.55	4:59.71	59.66	1:07.21
423	1:52.87	3:39.36	141	1:53.19	2:09.13	24.30	292.49	473.54	58.18	52.68	5:00.49	59.83	1:07.42
420	1:53.18	3:39.90	140	1:53.48	2:09.48	24.36	289.80	469.48	58.34	52.82	5:01.27	1:00.00	1:07.63
417	1:53.50	3:40.44	139	1:53.77	2:09.83	24.42	287.14	465.45	58.50	52.95	5:02.06	1:00.18	1:07.84
414	1:53.82	3:40.99	138	1:54.05	2:10.18	24.48	284.50	461.46	58.67	53.08	5:02.85	1:00.35	1:08.06
411	1:54.14	3:41.54	137	1:54.34	2:10.53	24.54	281.89	457.51	58.83	53.22	5:03.65	1:00.52	1:08.27
408	1:54.46	3:42.09	136	1:54.64	2:10.89	24.60	279.30	453.58	59.00	53.35	5:04.45	1:00.70	1:08.49
405	1:54.78	3:42.64	135	1:54.93	2:11.24	24.66	276.74	449.70	59.17	53.49	5:05.26	1:00.88	1:08.71
402	1:55.11	3:43.20	134	1:55.22	2:11.60	24.72	274.20	445.85	59.34	53.63	5:06.06	1:01.05	1:08.93
399	1:55.43	3:43.76	133	1:55.52	2:11.96	24.78	271.68	442.02	59.51	53.76	5:06.88	1:01.23	1:09.15
396	1:55.76	3:44.32	132	1:55.81	2:12.33	24.84	269.19	438.24	59.68	53.90	5:07.70	1:01.41	1:09.37
393	1:56.09	3:44.89	131	1:56.11	2:12.69	24.91	266.72	434.49	59.85	54.04	5:08.52	1:01.59	1:09.60
390	1:56.43	3:45.46	130	1:56.41	2:13.06	24.97	264.27	430.76	1:00.02	54.18	5:09.35	1:01.77	1:09.82
387	1:56.76	3:46.03	129	1:56.72	2:13.43	25.03	261.84	427.06	1:00.19	54.32	5:10.18	1:01.96	1:10.05
384	1:57.10	3:46.60	128	1:57.02	2:13.80	25.09	259.44	423.41	1:00.37	54.46	5:11.01	1:02.14	1:10.28
381	1:57.44	3:47.18	127	1:57.32	2:14.17	25.16	257.06	419.78	1:00.55	54.60	5:11.85	1:02.33	1:10.51
378	1:57.78	3:47.76	126	1:57.63	2:14.54	25.22	254.70	416.18	1:00.72	54.74	5:12.70	1:02.51	1:10.74
375	1:58.12	3:48.34	125	1:57.94	2:14.92	25.28	252.36	412.61	1:00.90	54.89	5:13.55	1:02.70	1:10.98
37													

GIRLS

1988

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POWER POINTS	MED. RELAY	FREE RELAY	POWER POINTS	200 FREE	200 I.M.	50 FREE	DIVING		100 FLY	100 FREE	500 FREE	100 BACK	100 BRST
							6 DIVES	11 DIVES					
330	2:03.51	3:57.46	110	2:02.76	2:20.84	26.28	219.77	362.62	1:03.69	57.13	5:26.87	1:05.65	1:14.67
327	2:03.89	3:58.09	109	2:03.10	2:21.25	26.35	217.75	359.51	1:03.89	57.28	5:27.80	1:05.85	1:14.93
324	2:04.27	3:58.73	108	2:03.43	2:21.67	26.42	215.75	356.42	1:04.09	57.44	5:28.73	1:06.06	1:15.19
321	2:04.65	3:59.37	107	2:03.77	2:22.09	26.49	213.77	353.36	1:04.28	57.60	5:29.67	1:06.27	1:15.45
318	2:05.03	4:00.02	106	2:04.12	2:22.51	26.56	211.81	350.33	1:04.48	57.76	5:30.62	1:06.48	1:15.72
315	2:05.42	4:00.66	105	2:04.46	2:22.93	26.63	209.87	347.33	1:04.68	57.92	5:31.57	1:06.69	1:15.99
312	2:05.81	4:01.31	104	2:04.80	2:23.36	26.70	207.94	344.35	1:04.88	58.08	5:32.52	1:06.91	1:16.26
309	2:06.20	4:01.97	103	2:05.15	2:23.78	26.78	206.03	341.39	1:05.09	58.24	5:33.48	1:07.12	1:16.53
306	2:06.59	4:02.63	102	2:05.50	2:24.21	26.85	204.14	338.46	1:05.29	58.40	5:34.45	1:07.34	1:16.80
303	2:06.99	4:03.29	101	2:05.85	2:24.65	26.92	202.27	335.57	1:05.50	58.56	5:35.42	1:07.55	1:17.08
300	2:07.39	4:03.95	100	2:06.20	2:25.08	26.99	200.41	332.68	1:05.70	58.73	5:36.40	1:07.77	1:17.35
297	2:07.79	4:04.62	99	2:06.56	2:25.52	27.07	198.57	329.82	1:05.91	58.89	5:37.38	1:07.99	1:17.63
294	2:08.19	4:05.30	98	2:06.91	2:25.96	27.14	196.75	327.00	1:06.12	59.06	5:38.37	1:08.22	1:17.91
291	2:08.60	4:05.97	97	2:07.27	2:26.41	27.21	194.94	324.19	1:06.33	59.22	5:39.37	1:08.44	1:18.20
288	2:09.01	4:06.65	96	2:07.63	2:26.85	27.29	193.15	321.40	1:06.54	59.39	5:40.37	1:08.66	1:18.48
285	2:09.42	4:07.34	95	2:08.00	2:27.30	27.36	191.38	318.65	1:06.76	59.56	5:41.37	1:08.89	1:18.77
282	2:09.83	4:08.02	94	2:08.36	2:27.75	27.44	189.62	315.91	1:06.97	59.73	5:42.39	1:09.12	1:19.06
279	2:10.25	4:08.72	93	2:08.73	2:28.21	27.51	187.88	313.20	1:07.19	59.90	5:43.41	1:09.35	1:19.35
276	2:10.67	4:09.41	92	2:09.10	2:28.67	27.59	186.16	310.51	1:07.40	1:00.07	5:44.43	1:09.58	1:19.64
273	2:11.09	4:10.11	91	2:09.47	2:29.13	27.67	184.45	307.85	1:07.62	1:00.24	5:45.46	1:09.81	1:19.94
270	2:11.51	4:10.81	90	2:09.84	2:29.59	27.74	182.76	305.21	1:07.84	1:00.42	5:46.50	1:10.04	1:20.24
267	2:11.94	4:11.52	89	2:10.22	2:30.06	27.82	181.08	302.58	1:08.06	1:00.59	5:47.54	1:10.28	1:20.54
264	2:12.37	4:12.23	88	2:10.60	2:30.52	27.90	179.42	299.99	1:08.29	1:00.77	5:48.59	1:10.51	1:20.84
261	2:12.81	4:12.95	87	2:10.98	2:31.00	27.98	177.77	297.41	1:08.51	1:00.94	5:49.65	1:10.75	1:21.14
258	2:13.24	4:13.67	86	2:11.36	2:31.47	28.05	176.14	294.86	1:08.74	1:01.12	5:50.71	1:10.99	1:21.45
255	2:13.68	4:14.39	85	2:11.74	2:31.95	28.13	174.52	292.32	1:08.97	1:01.30	5:51.78	1:11.23	1:21.76
252	2:14.12	4:15.12	84	2:12.13	2:32.43	28.21	172.92	289.81	1:09.20	1:01.48	5:52.86	1:11.48	1:22.07
249	2:14.57	4:15.85	83	2:12.52	2:32.91	28.29	171.33	287.32	1:09.43	1:01.66	5:53.94	1:11.72	1:22.39
246	2:15.01	4:16.58	82	2:12.91	2:33.40	28.37	169.76	284.86	1:09.66	1:01.84	5:55.03	1:11.97	1:22.70
243	2:15.46	4:17.33	81	2:13.30	2:33.89	28.45	168.20	282.41	1:09.89	1:02.02	5:56.12	1:12.22	1:23.02
240	2:15.92	4:18.07	80	2:13.70	2:34.39	28.54	166.66	279.99	1:10.13	1:02.21	5:57.23	1:12.47	1:23.34
237	2:16.38	4:18.82	79	2:14.10	2:34.88	28.62	165.13	277.58	1:10.36	1:02.39	5:58.33	1:12.72	1:23.67
234	2:16.83	4:19.57	78	2:14.50	2:35.38	28.70	163.61	275.19	1:10.60	1:02.58	5:59.45	1:12.97	1:23.99
231	2:17.30	4:20.33	77	2:14.90	2:35.88	28.78	162.11	272.83	1:10.84	1:02.77	6:00.57	1:13.23	1:24.32
228	2:17.76	4:21.09	76	2:15.30	2:36.39	28.87	160.62	270.48	1:11.09	1:02.95	6:01.70	1:13.48	1:24.65
225	2:18.23	4:21.86	75	2:15.71	2:36.90	28.95	159.15	268.17	1:11.33	1:03.14	6:02.84	1:13.74	1:24.99
222	2:18.71	4:22.63	74	2:16.12	2:37.41	29.03	157.69	265.87	1:11.57	1:03.33	6:03.99	1:14.00	1:25.32
219	2:19.18	4:23.40	73	2:16.54	2:37.93	29.12	156.24	263.58	1:11.82	1:03.53	6:05.14	1:14.27	1:25.66
216	2:19.66	4:24.18	72	2:16.95	2:38.45	29.20	154.81	261.32	1:12.07	1:03.72	6:06.30	1:14.53	1:26.01
213	2:20.14	4:24.97	71	2:17.37	2:38.97	29.29	153.39	259.08	1:12.32	1:03.91	6:07.46	1:14.80	1:26.35
210	2:20.63	4:25.76	70	2:17.79	2:39.50	29.37	151.98	256.85	1:12.57	1:04.11	6:08.64	1:15.06	1:26.70
207	2:21.12	4:26.55	69	2:18.21	2:40.03	29.46	150.58	254.63	1:12.83	1:04.30	6:09.82	1:15.33	1:27.05
204	2:21.61	4:27.35	68	2:18.64	2:40.56	29.55	149.20	252.45	1:13.08	1:04.50	6:11.01	1:15.61	1:27.40
201	2:22.10	4:28.15	67	2:19.07	2:41.10	29.64	147.83	250.28	1:13.34	1:04.70	6:12.20	1:15.88	1:27.76
198	2:22.60	4:28.96	66	2:19.50	2:41.64	29.72	146.47	248.12	1:13.60	1:04.90	6:13.41	1:16.16	1:28.12
195	2:23.11	4:29.78	65	2:19.93	2:42.18	29.81	145.13	246.00	1:13.86	1:05.10	6:14.62	1:16.43	1:28.48
192	2:23.61	4:30.59	64	2:20.37	2:42.73	29.90	143.80	243.88	1:14.12	1:05.30	6:15.84	1:16.71	1:28.85
189	2:24.12	4:31.42	63	2:20.81	2:43.28	29.99	142.48	241.79	1:14.39	1:05.51	6:17.07	1:17.00	1:29.21
186	2:24.64	4:32.25	62	2:21.25	2:43.84	30.08	141.17	239.71	1:14.65	1:05.71	6:18.30	1:17.28	1:29.59
183	2:25.15	4:33.08	61	2:21.69	2:44.40	30.17	139.87	237.64	1:14.92	1:05.92	6:19.55	1:17.57	1:29.96
180	2:25.67	4:33.92	60	2:22.14	2:44.96	30.26	138.59	235.60	1:15.19	1:06.13	6:20.80	1:17.86	1:30.34
177	2:26.20	4:34.76	59	2:22.59	2:45.53	30.36	137.32	233.58	1:15.46	1:06.34	6:22.06	1:18.15	1:30.72
174	2:26.73	4:35.61	58	2:23.04	2:46.10	30.45	136.06	231.57	1:15.74	1:06.55	6:23.33	1:18.44	1:31.10
171	2:27.26	4:36.46	57	2:23.50	2:46.67	30.54	134.81	229.58	1:16.02	1:06.76	6:24.61	1:18.73	1:31.49
168	2:27.80	4:37.32	56	2:23.96	2:47.25	30.64	133.57	227.60	1:16.29	1:06.97	6:25.89	1:19.03	1:31.88
165	2:28.34	4:38.19	55	2:24.42	2:47.84	30.73	132.34	225.64	1:16.57	1:07.19	6:27.19	1:19.33	1:32.27
162	2:28.88	4:39.06	54	2:24.88	2:48.42	30.83	131.13	223.71	1:16.86	1:07.40	6:28.49	1:19.63	1:32.67
159	2:29.43	4:39.94	53	2:25.35	2:49.01	30.92	129.93	221.79	1:17.14	1:07.62	6:29.80	1:19.94	1:33.07
156	2:29.98	4:40.82	52	2:25.82	2:49.61	31.02	128.74	219.89	1:17.43	1:07.84	6:31.13	1:20.24	1:33.48
153	2:30.54	4:41.70	51	2:26.30	2:50.21	31.11	127.56	218.00	1:17.72	1:08.06	6:32.46	1:20.55	1:33.88
150	2:31.10	4:42.60	50	2:26.77	2:50.81	31.21	126.39	216.13	1:18.01	1:08.28	6:33.80	1:20.86	1:34.30
147	2:31.66	4:43.49	49	2:27.25	2:51.42	31.31	125.23	214.27	1:18.30	1:08.50	6:35.14	1:21.18	1:34.71
144	2:32.23	4:44.40	48	2:27.74	2:52.03	31.41	124.08	212.42	1:18.60	1:08.73	6:36.50	1:21.49	1:35.13
141	2:32.80	4:45.31	47	2:28.22	2:52.65	31.51	122.94	210.60	1:18.90	1:08.95	6:37.87	1:21.81	1:35.55
138	2:33.38	4:46.22	46	2:28.71	2:53.27	31.61	121.81	208.78	1:19.20	1:09.18	6:39.24	1:22.13	1:35.98
135	2:33.96	4:47.14	45	2:29.20	2:53.90	31.71	120.69	206.98	1:19.50	1:09.41	6:40.63	1:22.46	1:36.41
132	2:34.55	4:48.07	44	2:29.70	2:54.53	31.81	119.58	205.20	1:19.80	1:09.64	6:42.03	1:22.78	1:36.84
129	2:35.14	4:49.00	43	2:30.20	2:55.16	31.91	118.48	203.43	1:20.11	1:09.87	6:43.43	1:23.11	1:37.28
126	2:35.73	4:49.94	42	2:30.70	2:55.80	32.01	117.39	201.68	1:20.42	1:10.10	6:44.85	1:23.44	1:37.72
123	2:36.33	4:50.89	41	2:31.21	2:56.45	32.11	116.31	199.94	1:20.73	1:10.34	6:46.27	1:23.78	1:38.17
120	2:36.94	4:51.84	40	2:31.72	2:57.09	32.22	115.24	198.21	1:21.04	1:10.57	6:47.71	1:24.11	1:38.62
117	2:37.55	4:52.80	39	2:32.23	2:57.75	32.32	114.18	196.50	1:21.36	1:10.81	6:49.15	1:24.45	1:39.07
114	2:38.16	4:53.76	38	2:32.75	2:58.41	32.43	113.13	194.81	1:21.68	1:11.05	6:50.61	1:24.79	1:39.53
111	2:38.78	4:54.73	37	2:33.27	2:59.07	32.53	112.09	193.13	1:22.00	1:11.29	6:52.08	1:25.14	1:39.99
108	2:39.40	4:55.71	36	2:33.79	2:59.74	32.64	111.06	191.47	1:22.33</				