

REVISED POWER POINT TABLES

These revised Power Point Tables go into use immediately for all entries in the NISCA National Dual Meet Team Ranking program beginning with the 1999-00 school year. Note the columns are now in meet order for the individual events. Many coaches have complained about the print on the tables being so small so we have increased the size of the print resulting in each set of tables being three pages long. Contact Paul Torno if you have questions about the tables (powerpoint@nisca.net).

GIRLS NISCA POWER POINT TABLE (1999 Revision)

Indiv Power Pts	200		50	100	100	500	100	100	Diving		Relay Power Pts	200	200	400
	Free	IML	Free	Fly	Free	Free	Back	Breast	6 Dives	11 Dives	Med Rel	Free Rel	Free Rel	
200	1:40.04	1:52.20	21.19	50.01	46.23	4:25.80	51.03	57.75	459.00	719.60	600	1:36.76	1:26.59	3:11.58
199	1:40.22	1:52.40	21.23	50.11	46.32	4:26.28	51.13	57.87	454.65	713.15	597	1:36.96	1:26.77	3:11.93
198	1:40.41	1:52.61	21.27	50.22	46.40	4:26.77	51.23	57.98	450.30	706.70	594	1:37.15	1:26.95	3:12.29
197	1:40.59	1:52.81	21.31	50.33	46.49	4:27.26	51.33	58.10	446.05	700.35	591	1:37.35	1:27.13	3:12.64
196	1:40.77	1:53.02	21.35	50.43	46.58	4:27.74	51.43	58.22	441.80	694.05	588	1:37.55	1:27.31	3:12.99
195	1:40.96	1:53.22	21.39	50.54	46.66	4:28.24	51.53	58.33	437.60	687.80	585	1:37.75	1:27.50	3:13.35
194	1:41.15	1:53.43	21.43	50.65	46.75	4:28.73	51.63	58.45	433.45	681.60	582	1:37.95	1:27.68	3:13.71
193	1:41.33	1:53.64	21.47	50.76	46.84	4:29.22	51.73	58.57	429.30	675.45	579	1:38.15	1:27.86	3:14.07
192	1:41.52	1:53.84	21.52	50.87	46.92	4:29.72	51.84	58.69	425.25	669.35	576	1:38.35	1:28.05	3:14.43
191	1:41.72	1:54.05	21.56	50.98	47.01	4:30.22	51.94	58.81	421.20	663.35	573	1:38.55	1:28.24	3:14.79
190	1:41.90	1:54.26	21.60	51.09	47.10	4:30.72	52.04	58.92	417.20	657.35	570	1:38.76	1:28.42	3:15.15
189	1:42.09	1:54.47	21.64	51.20	47.19	4:31.22	52.14	59.04	413.25	651.45	567	1:38.96	1:28.61	3:15.52
188	1:42.28	1:54.68	21.68	51.31	47.28	4:31.72	52.25	59.16	409.30	645.60	564	1:39.17	1:28.80	3:15.88
187	1:42.47	1:54.90	21.73	51.42	47.37	4:32.23	52.35	59.29	405.40	639.75	561	1:39.37	1:28.99	3:16.25
186	1:42.66	1:55.11	21.77	51.53	47.45	4:32.74	52.46	59.41	401.60	634.00	558	1:39.58	1:29.18	3:16.62
185	1:42.85	1:55.32	21.81	51.64	47.54	4:33.25	52.56	59.53	397.75	628.30	555	1:39.79	1:29.37	3:16.99
184	1:43.04	1:55.54	21.86	51.76	47.63	4:33.76	52.67	59.65	394.00	622.65	552	1:40.00	1:29.56	3:17.36
183	1:43.24	1:55.75	21.90	51.87	47.72	4:34.27	52.77	59.77	390.25	617.05	549	1:40.20	1:29.76	3:17.73
182	1:43.43	1:55.97	21.94	51.98	47.82	4:34.79	52.88	59.90	386.55	611.50	546	1:40.42	1:29.95	3:18.10
181	1:43.63	1:56.19	21.98	52.10	47.91	4:35.30	52.98	1:00.02	382.85	606.00	543	1:40.63	1:30.14	3:18.48
180	1:43.82	1:56.40	22.03	52.21	48.00	4:35.82	53.09	1:00.15	379.20	600.50	540	1:40.84	1:30.34	3:18.85
179	1:44.02	1:56.62	22.07	52.33	48.09	4:36.34	53.20	1:00.27	375.60	595.15	537	1:41.05	1:30.53	3:19.23
178	1:44.22	1:56.84	22.12	52.45	48.18	4:36.87	53.31	1:00.40	372.05	589.75	534	1:41.27	1:30.73	3:19.61
177	1:44.42	1:57.06	22.16	52.56	48.27	4:37.39	53.41	1:00.52	368.50	584.50	531	1:41.48	1:30.93	3:19.99
176	1:44.62	1:57.28	22.21	52.68	48.37	4:37.92	53.52	1:00.65	365.00	579.20	528	1:41.70	1:31.13	3:20.38
175	1:44.82	1:57.50	22.25	52.80	48.46	4:38.45	53.63	1:00.78	361.55	574.00	525	1:41.91	1:31.33	3:20.76
174	1:45.02	1:57.73	22.29	52.91	48.55	4:38.98	53.74	1:00.90	358.10	568.85	522	1:42.13	1:31.53	3:21.14
173	1:45.22	1:57.95	22.34	53.03	48.65	4:39.51	53.85	1:01.03	354.75	563.70	519	1:42.35	1:31.73	3:21.53
172	1:45.42	1:58.17	22.38	53.15	48.74	4:40.05	53.96	1:01.16	351.35	558.60	516	1:42.57	1:31.93	3:21.92
171	1:45.62	1:58.40	22.43	53.27	48.84	4:40.58	54.07	1:01.29	348.00	553.60	513	1:42.79	1:32.14	3:22.31
170	1:45.83	1:58.62	22.48	53.39	48.93	4:41.12	54.18	1:01.42	344.70	548.60	510	1:43.01	1:32.34	3:22.70
169	1:46.03	1:58.85	22.52	53.51	49.03	4:41.66	54.30	1:01.55	341.45	543.70	507	1:43.23	1:32.54	3:23.09
168	1:46.23	1:59.08	22.57	53.63	49.12	4:42.21	54.41	1:01.68	338.20	538.80	504	1:43.45	1:32.75	3:23.49
167	1:46.44	1:59.31	22.61	53.76	49.22	4:42.75	54.52	1:01.81	335.00	533.95	501	1:43.68	1:32.96	3:23.88
166	1:46.65	1:59.54	22.66	53.88	49.31	4:43.30	54.63	1:01.94	331.80	529.15	498	1:43.90	1:33.16	3:24.28
165	1:46.85	1:59.77	22.71	54.00	49.41	4:43.85	54.75	1:02.07	328.65	524.40	495	1:44.13	1:33.37	3:24.68
164	1:47.06	2:00.00	22.75	54.13	49.51	4:44.40	54.86	1:02.21	325.50	519.65	492	1:44.36	1:33.58	3:25.08
163	1:47.27	2:00.23	22.80	54.25	49.61	4:44.96	54.98	1:02.34	322.45	515.00	489	1:44.58	1:33.79	3:25.48
162	1:47.48	2:00.46	22.85	54.37	49.70	4:45.51	55.09	1:02.48	319.40	510.35	486	1:44.81	1:34.00	3:25.89
161	1:47.69	2:00.70	22.89	54.50	49.80	4:46.07	55.21	1:02.61	316.35	505.75	483	1:45.04	1:34.22	3:26.29
160	1:47.91	2:00.93	22.94	54.63	49.90	4:46.63	55.32	1:02.75	313.35	501.20	480	1:45.28	1:34.43	3:26.70
159	1:48.12	2:01.17	22.99	54.75	50.00	4:47.19	55.44	1:02.88	310.35	496.70	477	1:45.51	1:34.64	3:27.11
158	1:48.33	2:01.41	23.04	54.88	50.10	4:47.76	55.56	1:03.02	307.40	492.20	474	1:45.74	1:34.86	3:27.52
157	1:48.54	2:01.64	23.08	55.01	50.20	4:48.32	55.67	1:03.16	304.50	487.75	471	1:45.97	1:35.08	3:27.93
156	1:48.76	2:01.88	23.13	55.13	50.30	4:48.89	55.79	1:03.29	301.60	483.40	468	1:46.21	1:35.29	3:28.34
155	1:48.98	2:02.12	23.18	55.26	50.40	4:49.47	55.91	1:03.43	298.75	479.00	465	1:46.45	1:35.51	3:28.76
154	1:49.19	2:02.36	23.23	55.39	50.50	4:50.04	56.03	1:03.57	295.90	474.70	462	1:46.68	1:35.73	3:29.18
153	1:49.41	2:02.60	23.28	55.52	50.60	4:50.62	56.15	1:03.71	293.10	470.45	459	1:46.92	1:35.95	3:29.59
152	1:49.63	2:02.85	23.33	55.65	50.70	4:51.19	56.27	1:03.85	290.30	466.20	456	1:47.16	1:36.17	3:30.01
151	1:49.85	2:03.09	23.38	55.78	50.81	4:51.78	56.39	1:03.99	287.55	462.00	453	1:47.40	1:36.40	3:30.44
150	1:50.07	2:03.33	23.42	55.92	50.91	4:52.36	56.51	1:04.13	284.80	457.85	450	1:47.64	1:36.62	3:30.86
149	1:50.29	2:03.58	23.47	56.05	51.01	4:52.94	56.63	1:04.27	282.10	453.70	447	1:47.89	1:36.84	3:31.28
148	1:50.51	2:03.82	23.52	56.18	51.12	4:53.53	56.75	1:04.42	279.40	449.60	444	1:48.13	1:37.07	3:31.71
147	1:50.73	2:04.07	23.57	56.32	51.22	4:54.12	56.88	1:04.56	276.75	445.60	441	1:48.37	1:37.29	3:32.14
146	1:50.96	2:04.32	23.62	56.45	51.32	4:54.71	57.00	1:04.70	274.15	441.60	438	1:48.62	1:37.52	3:32.57
145	1:51.18	2:04.57	23.68	56.59	51.43	4:55.31	57.12	1:04.85	271.55	437.60	435	1:48.87	1:37.75	3:33.00
144	1:51.41	2:04.82	23.73	56.72	51.54	4:55.91	57.25	1:04.99	268.95	433.65	432	1:49.12	1:37.98	3:33.44
143	1:51.63	2:05.07	23.78	56.86	51.64	4:56.51	57.37	1:05.14	266.40	429.75	429	1:49.37	1:38.21	3:33.87
142	1:51.86	2:05.32	23.83	56.99	51.75	4:57.11	57.50	1:05.29	263.85	425.90	426	1:49.62	1:38.44	3:34.31
141	1:52.09	2:05.58	23.88	57.13	51.85	4:57.71	57.62	1:05.43	261.35	422.05	423	1:49.87	1:38.68	3:34.75

Indiv Points	GIRLS				GIRLS				Diving		Relay Pts	GIRLS		
	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast	6 Dives	11 Dives		200 Med Rel	200 Free Rel	400 Free Rel
140	1:52.32	2:05.83	23.93	57.27	51.96	4:58.32	57.75	1:05.58	258.90	418.25	420	1:50.12	1:38.91	3:35.19
139	1:52.55	2:06.09	23.98	57.41	52.07	4:58.93	57.88	1:05.73	256.40	414.50	417	1:50.37	1:39.15	3:35.63
138	1:52.78	2:06.34	24.03	57.55	52.18	4:59.54	58.01	1:05.88	254.00	410.75	414	1:50.63	1:39.38	3:36.08
137	1:53.01	2:06.60	24.09	57.69	52.28	5:00.16	58.13	1:06.03	251.55	407.05	411	1:50.89	1:39.62	3:36.52
136	1:53.25	2:06.86	24.14	57.83	52.39	5:00.77	58.26	1:06.18	249.20	403.35	408	1:51.14	1:39.86	3:36.97
135	1:53.48	2:07.12	24.19	57.97	52.50	5:01.39	58.39	1:06.33	246.80	399.75	405	1:51.40	1:40.10	3:37.42
134	1:53.72	2:07.38	24.24	58.11	52.61	5:02.02	58.52	1:06.48	244.47	396.15	402	1:51.66	1:40.34	3:37.87
133	1:53.95	2:07.64	24.30	58.26	52.72	5:02.64	58.65	1:06.63	242.15	392.60	399	1:51.92	1:40.58	3:38.33
132	1:54.19	2:07.90	24.35	58.40	52.83	5:03.27	58.78	1:06.79	239.85	389.05	396	1:52.19	1:40.82	3:38.78
131	1:54.43	2:08.17	24.40	58.55	52.94	5:03.90	58.91	1:06.94	237.60	385.55	393	1:52.45	1:41.07	3:39.24
130	1:54.67	2:08.43	24.46	58.69	53.06	5:04.53	59.05	1:07.10	235.30	382.05	390	1:52.71	1:41.31	3:39.70
129	1:54.91	2:08.70	24.51	58.84	53.17	5:05.17	59.18	1:07.25	233.10	378.60	387	1:52.98	1:41.56	3:40.16
128	1:55.15	2:08.96	24.57	58.98	53.28	5:05.80	59.31	1:07.41	230.85	375.20	384	1:53.25	1:41.81	3:40.63
127	1:55.39	2:09.23	24.62	59.13	53.39	5:06.44	59.45	1:07.56	228.65	371.85	381	1:53.52	1:42.06	3:41.09
126	1:55.63	2:09.50	24.68	59.28	53.51	5:07.09	59.58	1:07.72	226.50	368.50	378	1:53.79	1:42.31	3:41.56
125	1:55.88	2:09.77	24.73	59.43	53.62	5:07.73	59.72	1:07.88	224.35	365.20	375	1:54.06	1:42.56	3:42.03
124	1:56.12	2:10.04	24.79	59.58	53.74	5:08.38	59.85	1:08.04	222.20	361.90	372	1:54.33	1:42.81	3:42.50
123	1:56.37	2:10.32	24.84	59.73	53.85	5:09.03	59.99	1:08.20	220.10	358.65	369	1:54.60	1:43.07	3:42.97
122	1:56.61	2:10.59	24.90	59.88	53.97	5:09.69	1:00.13	1:08.36	218.00	355.40	366	1:54.88	1:43.32	3:43.45
121	1:56.86	2:10.86	24.95	1:00.03	54.08	5:10.34	1:00.26	1:08.52	215.95	352.20	363	1:55.15	1:43.58	3:43.93
120	1:57.11	2:11.14	25.01	1:00.18	54.20	5:11.00	1:00.40	1:08.68	213.90	349.05	360	1:55.43	1:43.84	3:44.41
119	1:57.36	2:11.42	25.07	1:00.34	54.31	5:11.67	1:00.54	1:08.85	211.90	345.90	357	1:55.71	1:44.10	3:44.89
118	1:57.61	2:11.70	25.12	1:00.49	54.43	5:12.33	1:00.68	1:09.01	209.85	342.80	354	1:55.99	1:44.36	3:45.37
117	1:57.87	2:11.98	25.18	1:00.65	54.55	5:13.00	1:00.82	1:09.17	207.90	339.70	351	1:56.27	1:44.62	3:45.86
116	1:58.12	2:12.26	25.24	1:00.80	54.67	5:13.67	1:00.96	1:09.34	205.90	336.65	348	1:56.56	1:44.88	3:46.35
115	1:58.37	2:12.54	25.30	1:00.96	54.79	5:14.35	1:01.10	1:09.51	203.95	333.60	345	1:56.84	1:45.15	3:46.84
114	1:58.63	2:12.82	25.35	1:01.12	54.91	5:15.02	1:01.24	1:09.67	202.00	330.60	342	1:57.13	1:45.41	3:47.33
113	1:58.89	2:13.11	25.41	1:01.28	55.03	5:15.70	1:01.39	1:09.84	200.10	327.60	339	1:57.42	1:45.68	3:47.82
112	1:59.14	2:13.39	25.47	1:01.44	55.15	5:16.38	1:01.53	1:10.01	198.20	324.65	336	1:57.70	1:45.95	3:48.32
111	1:59.40	2:13.68	25.53	1:01.60	55.27	5:17.07	1:01.68	1:10.18	196.30	321.75	333	1:57.99	1:46.22	3:48.82
110	1:59.66	2:13.97	25.59	1:01.76	55.39	5:17.76	1:01.82	1:10.35	194.45	318.85	330	1:58.29	1:46.49	3:49.32
109	1:59.93	2:14.26	25.65	1:01.92	55.51	5:18.45	1:01.97	1:10.52	192.60	316.00	327	1:58.58	1:46.76	3:49.82
108	2:00.19	2:14.55	25.71	1:02.08	55.64	5:19.15	1:02.11	1:10.69	190.75	313.15	324	1:58.87	1:47.03	3:50.33
107	2:00.45	2:14.84	25.77	1:02.24	55.76	5:19.84	1:02.26	1:10.86	188.95	310.30	321	1:59.17	1:47.31	3:50.83
106	2:00.72	2:15.13	25.83	1:02.41	55.88	5:20.54	1:02.41	1:11.04	187.15	307.50	318	1:59.47	1:47.59	3:51.34
105	2:00.98	2:15.43	25.89	1:02.57	56.01	5:21.25	1:02.55	1:11.21	185.35	304.75	315	1:59.77	1:47.87	3:51.86
104	2:01.25	2:15.72	25.95	1:02.74	56.13	5:21.96	1:02.70	1:11.39	183.60	302.00	312	2:00.07	1:48.15	3:52.37
103	2:01.52	2:16.02	26.01	1:02.91	56.26	5:22.67	1:02.85	1:11.56	181.85	299.30	309	2:00.37	1:48.43	3:52.89
102	2:01.79	2:16.32	26.07	1:03.07	56.38	5:23.38	1:03.00	1:11.74	180.15	296.60	306	2:00.67	1:48.71	3:53.41
101	2:02.06	2:16.62	26.13	1:03.24	56.51	5:24.10	1:03.16	1:11.92	178.45	293.90	303	2:00.98	1:48.99	3:53.93
100	2:02.33	2:16.92	26.19	1:03.41	56.64	5:24.81	1:03.31	1:12.10	176.75	291.25	300	2:01.28	1:49.28	3:54.45
99	2:02.60	2:17.22	26.25	1:03.58	56.76	5:25.54	1:03.46	1:12.27	175.05	288.65	297	2:01.59	1:49.57	3:54.98
98	2:02.88	2:17.52	26.32	1:03.75	56.89	5:26.26	1:03.61	1:12.46	173.40	286.05	294	2:01.90	1:49.85	3:55.50
97	2:03.15	2:17.83	26.38	1:03.93	57.02	5:26.99	1:03.77	1:12.64	171.75	283.50	291	2:02.21	1:50.14	3:56.03
96	2:03.43	2:18.14	26.44	1:04.10	57.15	5:27.73	1:03.92	1:12.82	170.10	280.95	288	2:02.53	1:50.44	3:56.57
95	2:03.71	2:18.44	26.50	1:04.27	57.28	5:28.46	1:04.08	1:13.00	168.50	278.40	285	2:02.84	1:50.73	3:57.10
94	2:03.99	2:18.75	26.57	1:04.45	57.41	5:29.20	1:04.23	1:13.19	166.90	275.90	282	2:03.16	1:51.02	3:57.64
93	2:04.27	2:19.06	26.63	1:04.62	57.54	5:29.94	1:04.39	1:13.37	165.30	273.40	279	2:03.47	1:51.32	3:58.18
92	2:04.55	2:19.38	26.70	1:04.80	57.67	5:30.69	1:04.55	1:13.56	163.75	270.95	276	2:03.79	1:51.62	3:58.72
91	2:04.83	2:19.69	26.76	1:04.98	57.81	5:31.44	1:04.71	1:13.74	162.15	268.50	273	2:04.11	1:51.92	3:59.27
90	2:05.12	2:20.00	26.82	1:05.16	57.94	5:32.19	1:04.87	1:13.93	160.65	266.05	270	2:04.44	1:52.22	3:59.82
89	2:05.40	2:20.32	26.89	1:05.34	58.07	5:32.95	1:05.03	1:14.12	159.10	263.65	267	2:04.76	1:52.52	4:00.37
88	2:05.69	2:20.64	26.95	1:05.52	58.21	5:33.71	1:05.19	1:14.31	157.60	261.30	264	2:05.09	1:52.83	4:00.92
87	2:05.98	2:20.96	27.02	1:05.70	58.34	5:34.47	1:05.35	1:14.50	156.10	258.95	261	2:05.42	1:53.13	4:01.47
86	2:06.27	2:21.28	27.09	1:05.88	58.48	5:35.24	1:05.51	1:14.69	154.60	256.60	258	2:05.75	1:53.44	4:02.03
85	2:06.56	2:21.60	27.15	1:06.07	58.61	5:36.01	1:05.68	1:14.89	153.15	254.30	255	2:06.08	1:53.75	4:02.59
84	2:06.85	2:21.92	27.22	1:06.25	58.75	5:36.78	1:05.84	1:15.08	151.70	252.00	252	2:06.41	1:54.06	4:03.15
83	2:07.15	2:22.26	27.29	1:06.44	58.89	5:37.56	1:06.01	1:15.27	150.25	249.75	249	2:06.74	1:54.37	4:03.72
82	2:07.44	2:22.57	27.35	1:06.63	59.03	5:38.34	1:06.17	1:15.47	148.80	247.50	246	2:07.08	1:54.69	4:04.29
81	2:07.74	2:22.90	27.42	1:06.81	59.17	5:39.12	1:06.34	1:15.67	147.40	245.25	243	2:07.42	1:55.01	4:04.86
80	2:08.04	2:23.23	27.49	1:07.00	59.31	5:39.91	1:06.51	1:15.86	146.00	243.05	240	2:07.76	1:55.32	4:05.43
79	2:08.34	2:23.56	27.56	1:07.19	59.45	5:40.70	1:06.68	1:16.06	144.60	240.85	237	2:08.10	1:55.64	4:06.01
78	2:08.64	2:23.89	27.63	1:07.39	59.59	5:41.50	1:06.84	1:16.26	143.25	238.70	234	2:08.45	1:55.97	4:06.59
77	2:08.94	2:24.23	27.70	1:07.58	59.73	5:42.29	1:07.02	1:16.46	141.90	236.55	231	2:08.79	1:56.29	4:07.17
76	2:09.24	2:24.56	27.76	1:07.77	59.87	5:43.10	1:07.19	1:16.67	140.55	234.45	228	2:09.14	1:56.61	4:07.75
75	2:09.55	2:24.90	27.83	1:07.97	1:00.01	5:43.90	1:07.36	1:16.87	139.20	232.30	225	2:09.49	1:56.94	4:08.34
74	2:09.85	2:25.24	27.90	1:08.16	1:00.16	5:44.71	1:07.53	1:17.07	137.90	230.20	222	2:09.84	1:57.27	4:08.93
73	2:10.16	2:25.58	27.97	1:08.36	1:00.30	5:45.53	1:07.70	1:17.28	136.60	228.15	219	2:10.19	1:57.60	4:09.52
72	2:10.47	2:25.92	28.05	1:08.56	1:00.44	5:46.35	1:07.88	1:17.48	135.25	226.10	216	2:10.55	1:57.93	4:10.12
71	2:10.78	2:26.26	28.12	1:08.76	1:00.59	5:47.17	1:08.05	1:17.69	134.00	224.05	213	2:10.90	1:58.27	4:10.72

Indiv Points	GIRLS				GIRLS				Diving		Relay	GIRLS		
	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast	6 Dives	11 Dives	Pts	200 Med Rel	200 Free Rel	400 Free Rel
70	2:11.09	2:26.61	28.19	1:08.97	1:00.74	5:47.99	1:08.23	1:17.90	132.70	222.05	210	2:11.26	1:58.60	4:11.32
69	2:11.41	2:26.96	28.26	1:09.16	1:00.88	5:48.82	1:08.41	1:18.11	131.45	220.05	207	2:11.62	1:58.94	4:11.92
68	2:11.72	2:27.30	28.33	1:09.36	1:01.03	5:49.66	1:08.59	1:18.32	130.20	218.05	204	2:11.99	1:59.28	4:12.53
67	2:12.04	2:27.65	28.40	1:09.57	1:01.18	5:50.50	1:08.77	1:18.53	128.95	216.10	201	2:12.35	1:59.62	4:13.14
66	2:12.36	2:28.00	28.48	1:09.77	1:01.33	5:51.34	1:08.95	1:18.74	127.75	214.15	198	2:12.72	1:59.97	4:13.75
65	2:12.68	2:28.36	28.55	1:09.98	1:01.48	5:52.18	1:09.13	1:18.96	126.50	212.20	195	2:13.09	2:00.32	4:14.37
64	2:13.00	2:28.71	28.62	1:10.18	1:01.63	5:53.03	1:09.31	1:19.17	125.30	210.30	192	2:13.46	2:00.66	4:14.99
63	2:13.32	2:29.07	28.70	1:10.39	1:01.78	5:53.89	1:09.49	1:19.39	124.15	208.40	189	2:13.83	2:01.01	4:15.61
62	2:13.65	2:29.43	28.77	1:10.60	1:01.93	5:54.75	1:09.68	1:19.61	122.95	206.55	186	2:14.21	2:01.37	4:16.24
61	2:13.97	2:29.79	28.85	1:10.81	1:02.08	5:55.61	1:09.86	1:19.83	121.80	204.70	183	2:14.59	2:01.72	4:16.86
60	2:14.30	2:30.15	28.92	1:11.03	1:02.24	5:56.47	1:10.05	1:20.05	120.60	202.85	180	2:14.97	2:02.08	4:17.50
59	2:14.63	2:30.51	29.00	1:11.24	1:02.39	5:57.34	1:10.23	1:20.27	119.50	201.00	177	2:15.35	2:02.43	4:18.13
58	2:14.96	2:30.88	29.07	1:11.46	1:02.55	5:58.22	1:10.42	1:20.49	118.35	199.20	174	2:15.73	2:02.80	4:18.77
57	2:15.29	2:31.25	29.15	1:11.67	1:02.70	5:59.10	1:10.61	1:20.72	117.20	197.40	171	2:16.12	2:03.16	4:19.41
56	2:15.63	2:31.62	29.23	1:11.89	1:02.86	5:59.98	1:10.80	1:20.94	116.10	195.65	168	2:16.51	2:03.52	4:20.05
55	2:15.96	2:31.99	29.31	1:12.11	1:03.02	6:00.87	1:10.99	1:21.17	115.00	193.90	165	2:16.90	2:03.89	4:20.70
54	2:16.30	2:32.36	29.38	1:12.33	1:03.17	6:01.76	1:11.18	1:21.39	113.90	192.15	162	2:17.29	2:04.26	4:21.35
53	2:16.64	2:32.73	29.46	1:12.55	1:03.33	6:02.66	1:11.38	1:21.62	112.85	190.40	159	2:17.68	2:04.63	4:22.00
52	2:16.98	2:33.11	29.54	1:12.78	1:03.49	6:03.56	1:11.57	1:21.85	111.75	188.70	156	2:18.08	2:05.00	4:22.66
51	2:17.32	2:33.49	29.62	1:13.00	1:03.65	6:04.47	1:11.77	1:22.08	110.70	187.00	153	2:18.48	2:05.38	4:23.32
50	2:17.67	2:33.87	29.70	1:13.23	1:03.82	6:05.38	1:11.96	1:22.32	109.65	185.30	150	2:18.88	2:05.76	4:23.98
49	2:18.01	2:34.25	29.78	1:13.45	1:03.98	6:06.29	1:12.16	1:22.55	108.60	183.65	147	2:19.29	2:06.14	4:24.65
48	2:18.36	2:34.63	29.86	1:13.68	1:04.14	6:07.21	1:12.36	1:22.79	107.60	182.00	144	2:19.69	2:06.52	4:25.32
47	2:18.71	2:35.02	29.94	1:13.91	1:04.30	6:08.14	1:12.56	1:23.02	106.55	180.35	141	2:20.10	2:06.91	4:25.99
46	2:19.06	2:35.41	30.02	1:14.14	1:04.47	6:09.06	1:12.76	1:23.26	105.55	178.75	138	2:20.51	2:07.29	4:26.67
45	2:19.42	2:35.80	30.10	1:14.38	1:04.63	6:10.00	1:12.96	1:23.50	104.55	177.15	135	2:20.93	2:07.68	4:27.35
44	2:19.77	2:36.19	30.18	1:14.61	1:04.80	6:10.94	1:13.16	1:23.74	103.55	175.55	132	2:21.34	2:08.08	4:28.03
43	2:20.13	2:36.58	30.27	1:14.85	1:04.97	6:11.88	1:13.37	1:23.98	102.60	174.00	129	2:21.76	2:08.47	4:28.72
42	2:20.49	2:36.98	30.35	1:15.09	1:05.14	6:12.83	1:13.57	1:24.23	101.60	172.40	126	2:22.18	2:08.87	4:29.41
41	2:20.85	2:37.37	30.43	1:15.32	1:05.31	6:13.78	1:13.78	1:24.47	100.65	170.85	123	2:22.61	2:09.27	4:30.11
40	2:21.21	2:37.77	30.51	1:15.57	1:05.48	6:14.74	1:13.99	1:24.72	99.70	169.30	120	2:23.03	2:09.67	4:30.81
39	2:21.57	2:38.18	30.60	1:15.81	1:05.65	6:15.70	1:14.19	1:24.97	98.75	167.80	117	2:23.46	2:10.07	4:31.51
38	2:21.94	2:38.58	30.68	1:16.05	1:05.82	6:16.67	1:14.40	1:25.22	97.80	166.25	114	2:23.89	2:10.48	4:32.21
37	2:22.31	2:38.98	30.77	1:16.30	1:05.99	6:17.64	1:14.62	1:25.47	96.85	164.75	111	2:24.33	2:10.89	4:32.92
36	2:22.68	2:39.39	30.85	1:16.54	1:06.16	6:18.62	1:14.83	1:25.72	95.95	163.30	108	2:24.76	2:11.30	4:33.63
35	2:23.05	2:39.80	30.94	1:16.79	1:06.34	6:19.60	1:15.04	1:25.97	95.05	161.80	105	2:25.20	2:11.72	4:34.35
34	2:23.42	2:40.21	31.03	1:17.04	1:06.51	6:20.59	1:15.26	1:26.23	94.15	160.35	102	2:25.65	2:12.13	4:35.07
33	2:23.80	2:40.63	31.11	1:17.29	1:06.69	6:21.58	1:15.47	1:26.49	93.25	158.95	99	2:26.09	2:12.55	4:35.79
32	2:24.17	2:41.04	31.20	1:17.55	1:06.87	6:22.58	1:15.69	1:26.75	92.35	157.50	96	2:26.54	2:12.98	4:36.52
31	2:24.55	2:41.46	31.29	1:17.80	1:07.04	6:23.58	1:15.91	1:27.01	91.50	156.05	93	2:26.99	2:13.40	4:37.25
30	2:24.94	2:41.88	31.38	1:18.06	1:07.22	6:24.59	1:16.13	1:27.27	90.60	154.65	90	2:27.44	2:13.83	4:37.99
29	2:25.32	2:42.31	31.47	1:18.32	1:07.40	6:25.60	1:16.35	1:27.53	89.75	153.25	87	2:27.90	2:14.26	4:38.73
28	2:25.71	2:42.73	31.56	1:18.58	1:07.58	6:26.62	1:16.57	1:27.79	88.90	151.90	84	2:28.35	2:14.70	4:39.47
27	2:26.09	2:43.16	31.65	1:18.84	1:07.77	6:27.65	1:16.79	1:28.06	88.05	150.55	81	2:28.82	2:15.13	4:40.22
26	2:26.48	2:43.59	31.74	1:19.10	1:07.95	6:28.68	1:17.02	1:28.33	87.20	149.15	78	2:29.28	2:15.57	4:40.97
25	2:26.87	2:44.02	31.83	1:19.37	1:08.13	6:29.71	1:17.24	1:28.60	86.40	147.80	75	2:29.75	2:16.01	4:41.73
24	2:27.27	2:44.45	31.92	1:19.64	1:08.32	6:30.75	1:17.47	1:28.87	85.55	146.50	72	2:30.22	2:16.46	4:42.49
23	2:27.66	2:44.89	32.01	1:19.90	1:08.50	6:31.80	1:17.70	1:29.14	84.75	145.20	69	2:30.69	2:16.91	4:43.25
22	2:28.06	2:45.33	32.10	1:20.18	1:08.69	6:32.85	1:17.93	1:29.42	83.95	143.85	66	2:31.17	2:17.36	4:44.02
21	2:28.46	2:45.77	32.20	1:20.45	1:08.88	6:33.91	1:18.16	1:29.69	83.15	142.55	63	2:31.65	2:17.81	4:44.79
20	2:28.87	2:46.21	32.29	1:20.72	1:09.07	6:34.97	1:18.39	1:29.97	82.35	141.30	60	2:32.13	2:18.27	4:45.57
19	2:29.27	2:46.66	32.39	1:21.00	1:09.26	6:36.04	1:18.63	1:30.25	81.60	140.00	57	2:32.61	2:18.73	4:46.35
18	2:29.68	2:47.11	32.48	1:21.28	1:09.45	6:37.12	1:18.86	1:30.53	80.80	138.75	54	2:33.10	2:19.19	4:47.13
17	2:30.09	2:47.56	32.58	1:21.56	1:09.64	6:38.20	1:19.10	1:30.82	80.00	137.50	51	2:33.59	2:19.66	4:47.92
16	2:30.50	2:48.01	32.67	1:21.84	1:09.83	6:39.28	1:19.34	1:31.10	79.25	136.25	48	2:34.09	2:20.13	4:48.71
15	2:30.91	2:48.47	32.77	1:22.12	1:10.03	6:40.38	1:19.58	1:31.39	78.50	135.05	45	2:34.58	2:20.60	4:49.51
14	2:31.33	2:48.92	32.87	1:22.41	1:10.22	6:41.48	1:19.82	1:31.68	77.75	133.80	42	2:35.09	2:21.08	4:50.31
13	2:31.75	2:49.38	32.96	1:22.70	1:10.42	6:42.58	1:20.06	1:31.97	77.00	132.60	39	2:35.59	2:21.55	4:51.12
12	2:32.17	2:49.85	33.06	1:22.99	1:10.62	6:43.69	1:20.31	1:32.26	76.30	131.40	36	2:36.10	2:22.04	4:51.93
11	2:32.59	2:50.31	33.16	1:23.28	1:10.82	6:44.81	1:20.55	1:32.55	75.60	130.25	33	2:36.61	2:22.52	4:52.75
10	2:33.01	2:50.78	33.26	1:23.57	1:11.02	6:45.93	1:20.80	1:32.85	74.85	129.05	30	2:37.12	2:23.01	4:53.57
9	2:33.44	2:51.25	33.36	1:23.87	1:11.22	6:47.06	1:21.05	1:33.15	74.15	127.90	27	2:37.64	2:23.50	4:54.39
8	2:33.87	2:51.72	33.46	1:24.17	1:11.42	6:48.20	1:21.30	1:33.45	73.45	126.75	24	2:38.16	2:24.00	4:55.22
7	2:34.30	2:52.20	33.56	1:24.47	1:11.62	6:49.34	1:21.55	1:33.75	72.75	125.60	21	2:38.69	2:24.50	4:56.06
6	2:34.74	2:52.68	33.66	1:24.77	1:11.83	6:50.49	1:21.81	1:34.05	72.05	124.50	18	2:39.21	2:25.00	4:56.89
5	2:35.18	2:53.16	33.77	1:25.08	1:12.03	6:51.64	1:22.06	1:34.36	71.40	123.35	15	2:39.74	2:25.51	4:57.74
4	2:35.62	2:53.64	33.87	1:25.38	1:12.24	6:52.80	1:22.32	1:34.67	70.70	122.25	12	2:40.28	2:26.02	4:58.59
3	2:36.06	2:54.13	33.97	1:25.69	1:12.45	6:53.97	1:22.58	1:34.98	70.00	121.15	9	2:40.82	2:26.53	4:59.44
2	2:36.50	2:54.62	34.08	1:26.01	1:12.66	6:55.15	1:22.84	1:35.29	69.35	120.05	6	2:41.36	2:27.05	5:00.30
1	2:36.95	2:55.11	34.18	1:26.32	1:12.87	6:16.33	1:23.10	1:35.60	68.70	119.00	3	2:41.91	2:27.57	5:01.16
0	2:37.40	2:55.61	34.29	1:26.64	1:13.08	6:17.52	1:23.36	1:35.92	68.05	117.90	0	2:42.46		