

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
1100	22.82	50.25	1:49.32	3:49.94	7:51.20	15:09.21	25.70	55.11	1:58.50	28.82	1:02.24	2:13.74	24.49	54.07	1:58.99	2:02.88	4:17.89	57.27
1099	22.83	50.27	1:49.37	3:50.03	7:51.39	15:09.58	25.72	55.14	1:58.55	28.83	1:02.26	2:13.80	24.50	54.09	1:59.04	2:02.93	4:18.00	57.30
1098	22.84	50.29	1:49.41	3:50.13	7:51.59	15:09.95	25.73	55.16	1:58.60	28.84	1:02.29	2:13.85	24.51	54.11	1:59.09	2:02.98	4:18.10	57.32
1097	22.85	50.31	1:49.46	3:50.22	7:51.78	15:10.33	25.74	55.18	1:58.64	28.86	1:02.31	2:13.91	24.52	54.14	1:59.13	2:03.03	4:18.21	57.34
1096	22.86	50.33	1:49.50	3:50.32	7:51.98	15:10.71	25.75	55.21	1:58.69	28.87	1:02.34	2:13.96	24.53	54.16	1:59.18	2:03.08	4:18.31	57.37
1095	22.87	50.35	1:49.55	3:50.41	7:52.17	15:11.08	25.76	55.23	1:58.74	28.88	1:02.37	2:14.02	24.54	54.18	1:59.23	2:03.13	4:18.42	57.39
1094	22.88	50.37	1:49.60	3:50.51	7:52.37	15:11.46	25.77	55.25	1:58.79	28.89	1:02.39	2:14.07	24.55	54.20	1:59.28	2:03.18	4:18.53	57.41
1093	22.89	50.39	1:49.64	3:50.60	7:52.56	15:11.83	25.78	55.27	1:58.84	28.90	1:02.42	2:14.13	24.56	54.23	1:59.33	2:03.23	4:18.64	57.44
1092	22.89	50.41	1:49.69	3:50.70	7:52.76	15:12.21	25.79	55.30	1:58.89	28.92	1:02.44	2:14.18	24.57	54.25	1:59.38	2:03.29	4:18.74	57.46
1091	22.90	50.43	1:49.73	3:50.79	7:52.95	15:12.59	25.80	55.32	1:58.94	28.93	1:02.47	2:14.24	24.58	54.27	1:59.43	2:03.34	4:18.85	57.48
1090	22.91	50.45	1:49.78	3:50.89	7:53.15	15:12.97	25.81	55.34	1:58.99	28.94	1:02.49	2:14.29	24.59	54.29	1:59.48	2:03.39	4:18.96	57.51
1089	22.92	50.47	1:49.82	3:50.98	7:53.34	15:13.35	25.82	55.37	1:59.04	28.95	1:02.52	2:14.35	24.60	54.32	1:59.53	2:03.44	4:19.06	57.53
1088	22.93	50.49	1:49.87	3:51.08	7:53.54	15:13.72	25.83	55.39	1:59.09	28.96	1:02.55	2:14.40	24.61	54.34	1:59.58	2:03.49	4:19.17	57.56
1087	22.94	50.52	1:49.91	3:51.17	7:53.74	15:14.10	25.84	55.41	1:59.14	28.98	1:02.57	2:14.46	24.62	54.36	1:59.63	2:03.54	4:19.28	57.58
1086	22.95	50.54	1:49.96	3:51.27	7:53.93	15:14.48	25.85	55.43	1:59.19	28.99	1:02.60	2:14.52	24.63	54.38	1:59.68	2:03.59	4:19.39	57.60
1085	22.96	50.56	1:50.00	3:51.37	7:54.13	15:14.86	25.86	55.46	1:59.24	29.00	1:02.62	2:14.57	24.64	54.41	1:59.73	2:03.64	4:19.49	57.63
1084	22.97	50.58	1:50.05	3:51.46	7:54.33	15:15.24	25.88	55.48	1:59.28	29.01	1:02.65	2:14.63	24.65	54.43	1:59.78	2:03.69	4:19.60	57.65
1083	22.98	50.60	1:50.10	3:51.56	7:54.52	15:15.62	25.89	55.50	1:59.33	29.02	1:02.68	2:14.68	24.66	54.45	1:59.83	2:03.75	4:19.71	57.68
1082	22.99	50.62	1:50.14	3:51.65	7:54.72	15:16.00	25.90	55.53	1:59.38	29.04	1:02.70	2:14.74	24.67	54.47	1:59.88	2:03.80	4:19.82	57.70
1081	23.00	50.64	1:50.19	3:51.75	7:54.92	15:16.38	25.91	55.55	1:59.43	29.05	1:02.73	2:14.80	24.68	54.50	1:59.93	2:03.85	4:19.92	57.72
1080	23.01	50.66	1:50.23	3:51.85	7:55.12	15:16.76	25.92	55.57	1:59.48	29.06	1:02.75	2:14.85	24.69	54.52	1:59.98	2:03.90	4:20.03	57.75
1079	23.02	50.68	1:50.28	3:51.94	7:55.31	15:17.15	25.93	55.60	1:59.53	29.07	1:02.78	2:14.91	24.70	54.54	2:00.03	2:03.95	4:20.14	57.77
1078	23.03	50.71	1:50.32	3:52.04	7:55.51	15:17.53	25.94	55.62	1:59.58	29.08	1:02.81	2:14.96	24.71	54.56	2:00.08	2:04.00	4:20.25	57.80
1077	23.04	50.73	1:50.37	3:52.14	7:55.71	15:17.91	25.95	55.64	1:59.63	29.10	1:02.83	2:15.02	24.72	54.59	2:00.13	2:04.06	4:20.36	57.82
1076	23.05	50.75	1:50.42	3:52.23	7:55.91	15:18.29	25.96	55.67	1:59.68	29.11	1:02.86	2:15.08	24.73	54.61	2:00.18	2:04.11	4:20.47	57.84
1075	23.06	50.77	1:50.46	3:52.33	7:56.11	15:18.68	25.97	55.69	1:59.73	29.12	1:02.89	2:15.13	24.74	54.63	2:00.23	2:04.16	4:20.58	57.87
1074	23.07	50.79	1:50.51	3:52.43	7:56.30	15:19.06	25.98	55.71	1:59.78	29.13	1:02.91	2:15.19	24.75	54.66	2:00.28	2:04.21	4:20.68	57.89
1073	23.08	50.81	1:50.56	3:52.53	7:56.50	15:19.44	25.99	55.74	1:59.83	29.14	1:02.94	2:15.25	24.76	54.68	2:00.33	2:04.26	4:20.79	57.92
1072	23.09	50.83	1:50.60	3:52.62	7:56.70	15:19.83	26.01	55.76	1:59.88	29.16	1:02.96	2:15.30	24.77	54.70	2:00.38	2:04.31	4:20.90	57.94
1071	23.10	50.85	1:50.65	3:52.72	7:56.90	15:20.21	26.02	55.78	1:59.93	29.17	1:02.99	2:15.36	24.78	54.72	2:00.43	2:04.37	4:21.01	57.97
1070	23.11	50.87	1:50.69	3:52.82	7:57.10	15:20.60	26.03	55.81	1:59.98	29.18	1:03.02	2:15.42	24.79	54.75	2:00.48	2:04.42	4:21.12	57.99
1069	23.12	50.90	1:50.74	3:52.91	7:57.30	15:20.98	26.04	55.83	2:00.03	29.19	1:03.04	2:15.47	24.80	54.77	2:00.53	2:04.47	4:21.23	58.01
1068	23.12	50.92	1:50.79	3:53.01	7:57.50	15:21.37	26.05	55.85	2:00.08	29.21	1:03.07	2:15.53	24.82	54.79	2:00.58	2:04.52	4:21.34	58.04
1067	23.13	50.94	1:50.83	3:53.11	7:57.70	15:21.75	26.06	55.88	2:00.13	29.22	1:03.10	2:15.59	24.83	54.82	2:00.63	2:04.57	4:21.45	58.06
1066	23.14	50.96	1:50.88	3:53.21	7:57.90	15:22.14	26.07	55.90	2:00.18	29.23	1:03.12	2:15.64	24.84	54.84	2:00.68	2:04.63	4:21.56	58.09

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
1065	23.15	50.98	1:50.93	3:53.30	7:58.10	15:22.52	26.08	55.92	2:00.23	29.24	1:03.15	2:15.70	24.85	54.86	2:00.73	2:04.68	4:21.67	58.11
1064	23.16	51.00	1:50.97	3:53.40	7:58.30	15:22.91	26.09	55.95	2:00.28	29.25	1:03.18	2:15.76	24.86	54.89	2:00.78	2:04.73	4:21.78	58.14
1063	23.17	51.02	1:51.02	3:53.50	7:58.50	15:23.30	26.10	55.97	2:00.33	29.27	1:03.20	2:15.81	24.87	54.91	2:00.83	2:04.78	4:21.89	58.16
1062	23.18	51.05	1:51.07	3:53.60	7:58.70	15:23.69	26.11	55.99	2:00.39	29.28	1:03.23	2:15.87	24.88	54.93	2:00.88	2:04.84	4:22.00	58.18
1061	23.19	51.07	1:51.11	3:53.70	7:58.90	15:24.07	26.13	56.02	2:00.44	29.29	1:03.26	2:15.93	24.89	54.95	2:00.93	2:04.89	4:22.11	58.21
1060	23.20	51.09	1:51.16	3:53.79	7:59.11	15:24.46	26.14	56.04	2:00.49	29.30	1:03.28	2:15.98	24.90	54.98	2:00.98	2:04.94	4:22.22	58.23
1059	23.21	51.11	1:51.21	3:53.89	7:59.31	15:24.85	26.15	56.06	2:00.54	29.32	1:03.31	2:16.04	24.91	55.00	2:01.03	2:04.99	4:22.33	58.26
1058	23.22	51.13	1:51.25	3:53.99	7:59.51	15:25.24	26.16	56.09	2:00.59	29.33	1:03.34	2:16.10	24.92	55.02	2:01.09	2:05.05	4:22.44	58.28
1057	23.23	51.15	1:51.30	3:54.09	7:59.71	15:25.63	26.17	56.11	2:00.64	29.34	1:03.36	2:16.16	24.93	55.05	2:01.14	2:05.10	4:22.55	58.31
1056	23.24	51.17	1:51.35	3:54.19	7:59.91	15:26.02	26.18	56.13	2:00.69	29.35	1:03.39	2:16.21	24.94	55.07	2:01.19	2:05.15	4:22.66	58.33
1055	23.25	51.20	1:51.39	3:54.29	8:00.12	15:26.41	26.19	56.16	2:00.74	29.37	1:03.42	2:16.27	24.95	55.09	2:01.24	2:05.20	4:22.77	58.36
1054	23.26	51.22	1:51.44	3:54.39	8:00.32	15:26.80	26.20	56.18	2:00.79	29.38	1:03.44	2:16.33	24.96	55.12	2:01.29	2:05.26	4:22.88	58.38
1053	23.27	51.24	1:51.49	3:54.49	8:00.52	15:27.19	26.21	56.21	2:00.84	29.39	1:03.47	2:16.39	24.97	55.14	2:01.34	2:05.31	4:22.99	58.40
1052	23.28	51.26	1:51.53	3:54.58	8:00.72	15:27.58	26.22	56.23	2:00.89	29.40	1:03.50	2:16.44	24.98	55.16	2:01.39	2:05.36	4:23.10	58.43
1051	23.29	51.28	1:51.58	3:54.68	8:00.93	15:27.98	26.24	56.25	2:00.94	29.42	1:03.52	2:16.50	24.99	55.19	2:01.44	2:05.42	4:23.21	58.45
1050	23.30	51.30	1:51.63	3:54.78	8:01.13	15:28.37	26.25	56.28	2:01.00	29.43	1:03.55	2:16.56	25.00	55.21	2:01.49	2:05.47	4:23.32	58.48
1049	23.31	51.33	1:51.68	3:54.88	8:01.33	15:28.76	26.26	56.30	2:01.05	29.44	1:03.58	2:16.62	25.01	55.23	2:01.55	2:05.52	4:23.44	58.50
1048	23.32	51.35	1:51.72	3:54.98	8:01.54	15:29.15	26.27	56.32	2:01.10	29.45	1:03.60	2:16.67	25.02	55.26	2:01.60	2:05.57	4:23.55	58.53
1047	23.33	51.37	1:51.77	3:55.08	8:01.74	15:29.55	26.28	56.35	2:01.15	29.47	1:03.63	2:16.73	25.04	55.28	2:01.65	2:05.63	4:23.66	58.55
1046	23.34	51.39	1:51.82	3:55.18	8:01.94	15:29.94	26.29	56.37	2:01.20	29.48	1:03.66	2:16.79	25.05	55.30	2:01.70	2:05.68	4:23.77	58.58
1045	23.35	51.41	1:51.86	3:55.28	8:02.15	15:30.33	26.30	56.40	2:01.25	29.49	1:03.68	2:16.85	25.06	55.33	2:01.75	2:05.73	4:23.88	58.60
1044	23.36	51.43	1:51.91	3:55.38	8:02.35	15:30.73	26.31	56.42	2:01.30	29.50	1:03.71	2:16.91	25.07	55.35	2:01.80	2:05.79	4:23.99	58.63
1043	23.37	51.46	1:51.96	3:55.48	8:02.56	15:31.12	26.32	56.44	2:01.35	29.52	1:03.74	2:16.96	25.08	55.37	2:01.86	2:05.84	4:24.11	58.65
1042	23.38	51.48	1:52.01	3:55.58	8:02.76	15:31.52	26.34	56.47	2:01.41	29.53	1:03.76	2:17.02	25.09	55.40	2:01.91	2:05.89	4:24.22	58.68
1041	23.39	51.50	1:52.05	3:55.68	8:02.97	15:31.91	26.35	56.49	2:01.46	29.54	1:03.79	2:17.08	25.10	55.42	2:01.96	2:05.95	4:24.33	58.70
1040	23.40	51.52	1:52.10	3:55.78	8:03.17	15:32.31	26.36	56.52	2:01.51	29.55	1:03.82	2:17.14	25.11	55.44	2:02.01	2:06.00	4:24.44	58.73
1039	23.41	51.54	1:52.15	3:55.88	8:03.38	15:32.71	26.37	56.54	2:01.56	29.57	1:03.85	2:17.20	25.12	55.47	2:02.06	2:06.06	4:24.55	58.75
1038	23.42	51.57	1:52.20	3:55.98	8:03.58	15:33.10	26.38	56.56	2:01.61	29.58	1:03.87	2:17.26	25.13	55.49	2:02.11	2:06.11	4:24.67	58.78
1037	23.43	51.59	1:52.25	3:56.08	8:03.79	15:33.50	26.39	56.59	2:01.66	29.59	1:03.90	2:17.31	25.14	55.51	2:02.17	2:06.16	4:24.78	58.80
1036	23.44	51.61	1:52.29	3:56.18	8:03.99	15:33.90	26.40	56.61	2:01.72	29.60	1:03.93	2:17.37	25.15	55.54	2:02.22	2:06.22	4:24.89	58.83
1035	23.45	51.63	1:52.34	3:56.28	8:04.20	15:34.29	26.41	56.64	2:01.77	29.62	1:03.95	2:17.43	25.16	55.56	2:02.27	2:06.27	4:25.01	58.85
1034	23.46	51.65	1:52.39	3:56.38	8:04.41	15:34.69	26.43	56.66	2:01.82	29.63	1:03.98	2:17.49	25.17	55.59	2:02.32	2:06.32	4:25.12	58.88
1033	23.47	51.68	1:52.44	3:56.48	8:04.61	15:35.09	26.44	56.68	2:01.87	29.64	1:04.01	2:17.55	25.18	55.61	2:02.37	2:06.38	4:25.23	58.90
1032	23.48	51.70	1:52.48	3:56.58	8:04.82	15:35.49	26.45	56.71	2:01.92	29.65	1:04.04	2:17.61	25.20	55.63	2:02.43	2:06.43	4:25.34	58.93
1031	23.49	51.72	1:52.53	3:56.68	8:05.03	15:35.89	26.46	56.73	2:01.98	29.67	1:04.06	2:17.67	25.21	55.66	2:02.48	2:06.49	4:25.46	58.95

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
1030	23.50	51.74	1:52.58	3:56.79	8:05.23	15:36.29	26.47	56.76	2:02.03	29.68	1:04.09	2:17.72	25.22	55.68	2:02.53	2:06.54	4:25.57	58.98
1029	23.51	51.76	1:52.63	3:56.89	8:05.44	15:36.69	26.48	56.78	2:02.08	29.69	1:04.12	2:17.78	25.23	55.70	2:02.58	2:06.59	4:25.68	59.00
1028	23.52	51.79	1:52.68	3:56.99	8:05.65	15:37.09	26.49	56.81	2:02.13	29.70	1:04.15	2:17.84	25.24	55.73	2:02.64	2:06.65	4:25.80	59.03
1027	23.53	51.81	1:52.73	3:57.09	8:05.86	15:37.49	26.50	56.83	2:02.18	29.72	1:04.17	2:17.90	25.25	55.75	2:02.69	2:06.70	4:25.91	59.05
1026	23.54	51.83	1:52.77	3:57.19	8:06.07	15:37.89	26.52	56.85	2:02.24	29.73	1:04.20	2:17.96	25.26	55.78	2:02.74	2:06.76	4:26.03	59.08
1025	23.55	51.85	1:52.82	3:57.29	8:06.27	15:38.29	26.53	56.88	2:02.29	29.74	1:04.23	2:18.02	25.27	55.80	2:02.79	2:06.81	4:26.14	59.10
1024	23.56	51.88	1:52.87	3:57.39	8:06.48	15:38.70	26.54	56.90	2:02.34	29.76	1:04.26	2:18.08	25.28	55.82	2:02.85	2:06.86	4:26.25	59.13
1023	23.57	51.90	1:52.92	3:57.50	8:06.69	15:39.10	26.55	56.93	2:02.39	29.77	1:04.28	2:18.14	25.29	55.85	2:02.90	2:06.92	4:26.37	59.15
1022	23.58	51.92	1:52.97	3:57.60	8:06.90	15:39.50	26.56	56.95	2:02.45	29.78	1:04.31	2:18.20	25.30	55.87	2:02.95	2:06.97	4:26.48	59.18
1021	23.59	51.94	1:53.02	3:57.70	8:07.11	15:39.90	26.57	56.98	2:02.50	29.79	1:04.34	2:18.26	25.31	55.90	2:03.00	2:07.03	4:26.60	59.21
1020	23.60	51.96	1:53.06	3:57.80	8:07.32	15:40.31	26.58	57.00	2:02.55	29.81	1:04.37	2:18.32	25.33	55.92	2:03.06	2:07.08	4:26.71	59.23
1019	23.61	51.99	1:53.11	3:57.90	8:07.53	15:40.71	26.60	57.02	2:02.60	29.82	1:04.39	2:18.37	25.34	55.94	2:03.11	2:07.14	4:26.83	59.26
1018	23.62	52.01	1:53.16	3:58.01	8:07.74	15:41.12	26.61	57.05	2:02.66	29.83	1:04.42	2:18.43	25.35	55.97	2:03.16	2:07.19	4:26.94	59.28
1017	23.63	52.03	1:53.21	3:58.11	8:07.95	15:41.52	26.62	57.07	2:02.71	29.84	1:04.45	2:18.49	25.36	55.99	2:03.22	2:07.25	4:27.06	59.31
1016	23.64	52.05	1:53.26	3:58.21	8:08.16	15:41.93	26.63	57.10	2:02.76	29.86	1:04.48	2:18.55	25.37	56.02	2:03.27	2:07.30	4:27.17	59.33
1015	23.65	52.08	1:53.31	3:58.31	8:08.37	15:42.33	26.64	57.12	2:02.82	29.87	1:04.51	2:18.61	25.38	56.04	2:03.32	2:07.36	4:27.29	59.36
1014	23.66	52.10	1:53.36	3:58.42	8:08.58	15:42.74	26.65	57.15	2:02.87	29.88	1:04.53	2:18.67	25.39	56.06	2:03.38	2:07.41	4:27.40	59.38
1013	23.67	52.12	1:53.41	3:58.52	8:08.79	15:43.14	26.66	57.17	2:02.92	29.90	1:04.56	2:18.73	25.40	56.09	2:03.43	2:07.47	4:27.52	59.41
1012	23.68	52.14	1:53.45	3:58.62	8:09.00	15:43.55	26.68	57.20	2:02.97	29.91	1:04.59	2:18.79	25.41	56.11	2:03.48	2:07.52	4:27.63	59.44
1011	23.69	52.17	1:53.50	3:58.73	8:09.21	15:43.96	26.69	57.22	2:03.03	29.92	1:04.62	2:18.85	25.42	56.14	2:03.54	2:07.58	4:27.75	59.46
1010	23.70	52.19	1:53.55	3:58.83	8:09.42	15:44.37	26.70	57.25	2:03.08	29.94	1:04.64	2:18.91	25.43	56.16	2:03.59	2:07.63	4:27.86	59.49
1009	23.71	52.21	1:53.60	3:58.93	8:09.63	15:44.77	26.71	57.27	2:03.13	29.95	1:04.67	2:18.97	25.45	56.19	2:03.64	2:07.69	4:27.98	59.51
1008	23.72	52.23	1:53.65	3:59.03	8:09.84	15:45.18	26.72	57.30	2:03.19	29.96	1:04.70	2:19.03	25.46	56.21	2:03.70	2:07.74	4:28.09	59.54
1007	23.73	52.26	1:53.70	3:59.14	8:10.06	15:45.59	26.73	57.32	2:03.24	29.97	1:04.73	2:19.09	25.47	56.23	2:03.75	2:07.80	4:28.21	59.56
1006	23.74	52.28	1:53.75	3:59.24	8:10.27	15:46.00	26.75	57.35	2:03.29	29.99	1:04.76	2:19.15	25.48	56.26	2:03.80	2:07.85	4:28.33	59.59
1005	23.75	52.30	1:53.80	3:59.35	8:10.48	15:46.41	26.76	57.37	2:03.35	30.00	1:04.78	2:19.21	25.49	56.28	2:03.86	2:07.91	4:28.44	59.62
1004	23.76	52.32	1:53.85	3:59.45	8:10.69	15:46.82	26.77	57.40	2:03.40	30.01	1:04.81	2:19.27	25.50	56.31	2:03.91	2:07.96	4:28.56	59.64
1003	23.77	52.35	1:53.90	3:59.55	8:10.91	15:47.23	26.78	57.42	2:03.45	30.03	1:04.84	2:19.33	25.51	56.33	2:03.96	2:08.02	4:28.68	59.67
1002	23.78	52.37	1:53.95	3:59.66	8:11.12	15:47.64	26.79	57.45	2:03.51	30.04	1:04.87	2:19.39	25.52	56.36	2:04.02	2:08.07	4:28.79	59.69
1001	23.79	52.39	1:54.00	3:59.76	8:11.33	15:48.05	26.80	57.47	2:03.56	30.05	1:04.90	2:19.45	25.53	56.38	2:04.07	2:08.13	4:28.91	59.72
1000	23.81	52.42	1:54.05	3:59.87	8:11.55	15:48.47	26.82	57.50	2:03.62	30.07	1:04.93	2:19.52	25.55	56.41	2:04.13	2:08.19	4:29.03	59.75
999	23.82	52.44	1:54.09	3:59.97	8:11.76	15:48.88	26.83	57.52	2:03.67	30.08	1:04.95	2:19.58	25.56	56.43	2:04.18	2:08.24	4:29.14	59.77
998	23.83	52.46	1:54.14	4:00.07	8:11.97	15:49.29	26.84	57.54	2:03.72	30.09	1:04.98	2:19.64	25.57	56.45	2:04.23	2:08.30	4:29.26	59.80
997	23.84	52.48	1:54.19	4:00.18	8:12.19	15:49.70	26.85	57.57	2:03.78	30.10	1:05.01	2:19.70	25.58	56.48	2:04.29	2:08.35	4:29.38	59.82
996	23.85	52.51	1:54.24	4:00.28	8:12.40	15:50.12	26.86	57.60	2:03.83	30.12	1:05.04	2:19.76	25.59	56.50	2:04.34	2:08.41	4:29.49	59.85

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
995	23.86	52.53	1:54.29	4:00.39	8:12.62	15:50.53	26.87	57.62	2:03.88	30.13	1:05.07	2:19.82	25.60	56.53	2:04.40	2:08.46	4:29.61	59.88
994	23.87	52.55	1:54.34	4:00.49	8:12.83	15:50.94	26.89	57.65	2:03.94	30.14	1:05.09	2:19.88	25.61	56.55	2:04.45	2:08.52	4:29.73	59.90
993	23.88	52.57	1:54.39	4:00.60	8:13.04	15:51.36	26.90	57.67	2:03.99	30.16	1:05.12	2:19.94	25.62	56.58	2:04.50	2:08.58	4:29.85	59.93
992	23.89	52.60	1:54.44	4:00.70	8:13.26	15:51.77	26.91	57.70	2:04.05	30.17	1:05.15	2:20.00	25.63	56.60	2:04.56	2:08.63	4:29.96	59.95
991	23.90	52.62	1:54.49	4:00.81	8:13.47	15:52.19	26.92	57.72	2:04.10	30.18	1:05.18	2:20.06	25.65	56.63	2:04.61	2:08.69	4:30.08	59.98
990	23.91	52.64	1:54.54	4:00.91	8:13.69	15:52.60	26.93	57.75	2:04.15	30.20	1:05.21	2:20.12	25.66	56.65	2:04.67	2:08.74	4:30.20	1:00.01
989	23.92	52.67	1:54.59	4:01.02	8:13.91	15:53.02	26.94	57.77	2:04.21	30.21	1:05.24	2:20.19	25.67	56.68	2:04.72	2:08.80	4:30.32	1:00.03
988	23.93	52.69	1:54.64	4:01.12	8:14.12	15:53.44	26.96	57.80	2:04.26	30.22	1:05.27	2:20.25	25.68	56.70	2:04.78	2:08.86	4:30.44	1:00.06
987	23.94	52.71	1:54.69	4:01.23	8:14.34	15:53.86	26.97	57.82	2:04.32	30.24	1:05.29	2:20.31	25.69	56.73	2:04.83	2:08.91	4:30.55	1:00.08
986	23.95	52.74	1:54.74	4:01.33	8:14.55	15:54.27	26.98	57.85	2:04.37	30.25	1:05.32	2:20.37	25.70	56.75	2:04.89	2:08.97	4:30.67	1:00.11
985	23.96	52.76	1:54.79	4:01.44	8:14.77	15:54.69	26.99	57.87	2:04.43	30.26	1:05.35	2:20.43	25.71	56.78	2:04.94	2:09.03	4:30.79	1:00.14
984	23.97	52.78	1:54.84	4:01.55	8:14.99	15:55.11	27.00	57.90	2:04.48	30.28	1:05.38	2:20.49	25.72	56.80	2:04.99	2:09.08	4:30.91	1:00.16
983	23.98	52.81	1:54.89	4:01.65	8:15.21	15:55.53	27.01	57.92	2:04.54	30.29	1:05.41	2:20.55	25.74	56.83	2:05.05	2:09.14	4:31.03	1:00.19
982	23.99	52.83	1:54.94	4:01.76	8:15.42	15:55.95	27.03	57.95	2:04.59	30.30	1:05.44	2:20.62	25.75	56.85	2:05.10	2:09.20	4:31.15	1:00.22
981	24.00	52.85	1:55.00	4:01.86	8:15.64	15:56.37	27.04	57.97	2:04.64	30.32	1:05.47	2:20.68	25.76	56.87	2:05.16	2:09.25	4:31.27	1:00.24
980	24.01	52.87	1:55.05	4:01.97	8:15.86	15:56.79	27.05	58.00	2:04.70	30.33	1:05.49	2:20.74	25.77	56.90	2:05.21	2:09.31	4:31.39	1:00.27
979	24.02	52.90	1:55.10	4:02.08	8:16.08	15:57.21	27.06	58.02	2:04.75	30.34	1:05.52	2:20.80	25.78	56.92	2:05.27	2:09.37	4:31.50	1:00.30
978	24.04	52.92	1:55.15	4:02.18	8:16.29	15:57.63	27.07	58.05	2:04.81	30.36	1:05.55	2:20.86	25.79	56.95	2:05.32	2:09.42	4:31.62	1:00.32
977	24.05	52.94	1:55.20	4:02.29	8:16.51	15:58.05	27.09	58.08	2:04.86	30.37	1:05.58	2:20.92	25.80	56.98	2:05.38	2:09.48	4:31.74	1:00.35
976	24.06	52.97	1:55.25	4:02.40	8:16.73	15:58.47	27.10	58.10	2:04.92	30.38	1:05.61	2:20.99	25.81	57.00	2:05.43	2:09.54	4:31.86	1:00.38
975	24.07	52.99	1:55.30	4:02.50	8:16.95	15:58.89	27.11	58.13	2:04.97	30.40	1:05.64	2:21.05	25.83	57.03	2:05.49	2:09.59	4:31.98	1:00.40
974	24.08	53.01	1:55.35	4:02.61	8:17.17	15:59.32	27.12	58.15	2:05.03	30.41	1:05.67	2:21.11	25.84	57.05	2:05.55	2:09.65	4:32.10	1:00.43
973	24.09	53.04	1:55.40	4:02.72	8:17.39	15:59.74	27.13	58.18	2:05.08	30.42	1:05.70	2:21.17	25.85	57.08	2:05.60	2:09.71	4:32.22	1:00.46
972	24.10	53.06	1:55.45	4:02.82	8:17.61	16:00.16	27.15	58.20	2:05.14	30.44	1:05.73	2:21.24	25.86	57.10	2:05.66	2:09.77	4:32.34	1:00.48
971	24.11	53.08	1:55.50	4:02.93	8:17.83	16:00.59	27.16	58.23	2:05.19	30.45	1:05.75	2:21.30	25.87	57.13	2:05.71	2:09.82	4:32.46	1:00.51
970	24.12	53.11	1:55.55	4:03.04	8:18.05	16:01.01	27.17	58.26	2:05.25	30.46	1:05.78	2:21.36	25.88	57.15	2:05.77	2:09.88	4:32.58	1:00.54
969	24.13	53.13	1:55.60	4:03.15	8:18.27	16:01.44	27.18	58.28	2:05.31	30.48	1:05.81	2:21.42	25.89	57.18	2:05.82	2:09.94	4:32.70	1:00.56
968	24.14	53.16	1:55.66	4:03.25	8:18.49	16:01.86	27.19	58.31	2:05.36	30.49	1:05.84	2:21.49	25.91	57.20	2:05.88	2:10.00	4:32.82	1:00.59
967	24.15	53.18	1:55.71	4:03.36	8:18.71	16:02.29	27.21	58.33	2:05.42	30.50	1:05.87	2:21.55	25.92	57.23	2:05.93	2:10.05	4:32.95	1:00.62
966	24.16	53.20	1:55.76	4:03.47	8:18.93	16:02.71	27.22	58.36	2:05.47	30.52	1:05.90	2:21.61	25.93	57.25	2:05.99	2:10.11	4:33.07	1:00.64
965	24.17	53.23	1:55.81	4:03.58	8:19.15	16:03.14	27.23	58.38	2:05.53	30.53	1:05.93	2:21.67	25.94	57.28	2:06.05	2:10.17	4:33.19	1:00.67
964	24.18	53.25	1:55.86	4:03.68	8:19.37	16:03.57	27.24	58.41	2:05.58	30.54	1:05.96	2:21.74	25.95	57.30	2:06.10	2:10.23	4:33.31	1:00.70
963	24.19	53.27	1:55.91	4:03.79	8:19.59	16:03.99	27.25	58.44	2:05.64	30.56	1:05.99	2:21.80	25.96	57.33	2:06.16	2:10.28	4:33.43	1:00.72
962	24.21	53.30	1:55.96	4:03.90	8:19.82	16:04.42	27.27	58.46	2:05.69	30.57	1:06.02	2:21.86	25.97	57.35	2:06.21	2:10.34	4:33.55	1:00.75
961	24.22	53.32	1:56.02	4:04.01	8:20.04	16:04.85	27.28	58.49	2:05.75	30.58	1:06.05	2:21.93	25.99	57.38	2:06.27	2:10.40	4:33.67	1:00.78

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
960	24.23	53.34	1:56.07	4:04.12	8:20.26	16:05.28	27.29	58.51	2:05.81	30.60	1:06.08	2:21.99	26.00	57.41	2:06.33	2:10.46	4:33.79	1:00.80
959	24.24	53.37	1:56.12	4:04.23	8:20.48	16:05.71	27.30	58.54	2:05.86	30.61	1:06.11	2:22.05	26.01	57.43	2:06.38	2:10.52	4:33.92	1:00.83
958	24.25	53.39	1:56.17	4:04.33	8:20.70	16:06.14	27.31	58.57	2:05.92	30.63	1:06.13	2:22.11	26.02	57.46	2:06.44	2:10.57	4:34.04	1:00.86
957	24.26	53.42	1:56.22	4:04.44	8:20.93	16:06.57	27.33	58.59	2:05.97	30.64	1:06.16	2:22.18	26.03	57.48	2:06.49	2:10.63	4:34.16	1:00.89
956	24.27	53.44	1:56.27	4:04.55	8:21.15	16:07.00	27.34	58.62	2:06.03	30.65	1:06.19	2:22.24	26.04	57.51	2:06.55	2:10.69	4:34.28	1:00.91
955	24.28	53.46	1:56.33	4:04.66	8:21.37	16:07.43	27.35	58.64	2:06.09	30.67	1:06.22	2:22.30	26.06	57.53	2:06.61	2:10.75	4:34.40	1:00.94
954	24.29	53.49	1:56.38	4:04.77	8:21.60	16:07.86	27.36	58.67	2:06.14	30.68	1:06.25	2:22.37	26.07	57.56	2:06.66	2:10.81	4:34.53	1:00.97
953	24.30	53.51	1:56.43	4:04.88	8:21.82	16:08.29	27.38	58.70	2:06.20	30.69	1:06.28	2:22.43	26.08	57.58	2:06.72	2:10.87	4:34.65	1:00.99
952	24.31	53.53	1:56.48	4:04.99	8:22.05	16:08.73	27.39	58.72	2:06.26	30.71	1:06.31	2:22.50	26.09	57.61	2:06.78	2:10.92	4:34.77	1:01.02
951	24.32	53.56	1:56.53	4:05.10	8:22.27	16:09.16	27.40	58.75	2:06.31	30.72	1:06.34	2:22.56	26.10	57.64	2:06.83	2:10.98	4:34.90	1:01.05
950	24.34	53.58	1:56.59	4:05.21	8:22.49	16:09.59	27.41	58.78	2:06.37	30.73	1:06.37	2:22.62	26.11	57.66	2:06.89	2:11.04	4:35.02	1:01.08
949	24.35	53.61	1:56.64	4:05.32	8:22.72	16:10.03	27.42	58.80	2:06.43	30.75	1:06.40	2:22.69	26.13	57.69	2:06.95	2:11.10	4:35.14	1:01.10
948	24.36	53.63	1:56.69	4:05.43	8:22.94	16:10.46	27.44	58.83	2:06.48	30.76	1:06.43	2:22.75	26.14	57.71	2:07.00	2:11.16	4:35.26	1:01.13
947	24.37	53.65	1:56.74	4:05.54	8:23.17	16:10.90	27.45	58.85	2:06.54	30.78	1:06.46	2:22.81	26.15	57.74	2:07.06	2:11.22	4:35.39	1:01.16
946	24.38	53.68	1:56.79	4:05.65	8:23.40	16:11.33	27.46	58.88	2:06.60	30.79	1:06.49	2:22.88	26.16	57.76	2:07.12	2:11.28	4:35.51	1:01.19
945	24.39	53.70	1:56.85	4:05.76	8:23.62	16:11.77	27.47	58.91	2:06.65	30.80	1:06.52	2:22.94	26.17	57.79	2:07.17	2:11.33	4:35.63	1:01.21
944	24.40	53.73	1:56.90	4:05.87	8:23.85	16:12.20	27.49	58.93	2:06.71	30.82	1:06.55	2:23.01	26.18	57.82	2:07.23	2:11.39	4:35.76	1:01.24
943	24.41	53.75	1:56.95	4:05.98	8:24.07	16:12.64	27.50	58.96	2:06.77	30.83	1:06.58	2:23.07	26.20	57.84	2:07.29	2:11.45	4:35.88	1:01.27
942	24.42	53.78	1:57.00	4:06.09	8:24.30	16:13.08	27.51	58.99	2:06.82	30.85	1:06.61	2:23.14	26.21	57.87	2:07.35	2:11.51	4:36.01	1:01.30
941	24.43	53.80	1:57.06	4:06.20	8:24.53	16:13.51	27.52	59.01	2:06.88	30.86	1:06.64	2:23.20	26.22	57.89	2:07.40	2:11.57	4:36.13	1:01.32
940	24.44	53.82	1:57.11	4:06.31	8:24.75	16:13.95	27.54	59.04	2:06.94	30.87	1:06.67	2:23.26	26.23	57.92	2:07.46	2:11.63	4:36.25	1:01.35
939	24.46	53.85	1:57.16	4:06.42	8:24.98	16:14.39	27.55	59.07	2:06.99	30.89	1:06.70	2:23.33	26.24	57.95	2:07.52	2:11.69	4:36.38	1:01.38
938	24.47	53.87	1:57.22	4:06.53	8:25.21	16:14.83	27.56	59.09	2:07.05	30.90	1:06.73	2:23.39	26.26	57.97	2:07.58	2:11.75	4:36.50	1:01.41
937	24.48	53.90	1:57.27	4:06.64	8:25.44	16:15.27	27.57	59.12	2:07.11	30.91	1:06.76	2:23.46	26.27	58.00	2:07.63	2:11.81	4:36.63	1:01.43
936	24.49	53.92	1:57.32	4:06.76	8:25.66	16:15.71	27.59	59.15	2:07.17	30.93	1:06.79	2:23.52	26.28	58.03	2:07.69	2:11.87	4:36.75	1:01.46
935	24.50	53.95	1:57.37	4:06.87	8:25.89	16:16.15	27.60	59.17	2:07.22	30.94	1:06.82	2:23.59	26.29	58.05	2:07.75	2:11.93	4:36.88	1:01.49
934	24.51	53.97	1:57.43	4:06.98	8:26.12	16:16.59	27.61	59.20	2:07.28	30.96	1:06.85	2:23.65	26.30	58.08	2:07.81	2:11.99	4:37.00	1:01.52
933	24.52	53.99	1:57.48	4:07.09	8:26.35	16:17.03	27.62	59.23	2:07.34	30.97	1:06.88	2:23.72	26.31	58.10	2:07.86	2:12.05	4:37.13	1:01.54
932	24.53	54.02	1:57.53	4:07.20	8:26.58	16:17.47	27.64	59.25	2:07.40	30.98	1:06.91	2:23.78	26.33	58.13	2:07.92	2:12.11	4:37.25	1:01.57
931	24.54	54.04	1:57.59	4:07.31	8:26.81	16:17.92	27.65	59.28	2:07.45	31.00	1:06.94	2:23.85	26.34	58.16	2:07.98	2:12.17	4:37.38	1:01.60
930	24.56	54.07	1:57.64	4:07.42	8:27.04	16:18.36	27.66	59.31	2:07.51	31.01	1:06.97	2:23.91	26.35	58.18	2:08.04	2:12.23	4:37.50	1:01.63
929	24.57	54.09	1:57.69	4:07.54	8:27.27	16:18.80	27.67	59.33	2:07.57	31.03	1:07.00	2:23.98	26.36	58.21	2:08.10	2:12.29	4:37.63	1:01.66
928	24.58	54.12	1:57.75	4:07.65	8:27.50	16:19.24	27.69	59.36	2:07.63	31.04	1:07.03	2:24.04	26.37	58.24	2:08.15	2:12.35	4:37.76	1:01.68
927	24.59	54.14	1:57.80	4:07.76	8:27.73	16:19.69	27.70	59.39	2:07.68	31.05	1:07.06	2:24.11	26.39	58.26	2:08.21	2:12.41	4:37.88	1:01.71
926	24.60	54.17	1:57.85	4:07.87	8:27.96	16:20.13	27.71	59.41	2:07.74	31.07	1:07.09	2:24.17	26.40	58.29	2:08.27	2:12.47	4:38.01	1:01.74

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
925	24.61	54.19	1:57.91	4:07.99	8:28.19	16:20.58	27.72	59.44	2:07.80	31.08	1:07.12	2:24.24	26.41	58.31	2:08.33	2:12.53	4:38.13	1:01.77
924	24.62	54.21	1:57.96	4:08.10	8:28.42	16:21.02	27.74	59.47	2:07.86	31.10	1:07.15	2:24.30	26.42	58.34	2:08.39	2:12.59	4:38.26	1:01.80
923	24.63	54.24	1:58.01	4:08.21	8:28.65	16:21.47	27.75	59.50	2:07.92	31.11	1:07.18	2:24.37	26.43	58.37	2:08.44	2:12.65	4:38.39	1:01.82
922	24.64	54.26	1:58.07	4:08.32	8:28.88	16:21.92	27.76	59.52	2:07.97	31.13	1:07.22	2:24.44	26.45	58.39	2:08.50	2:12.71	4:38.51	1:01.85
921	24.66	54.29	1:58.12	4:08.44	8:29.11	16:22.36	27.77	59.55	2:08.03	31.14	1:07.25	2:24.50	26.46	58.42	2:08.56	2:12.77	4:38.64	1:01.88
920	24.67	54.31	1:58.17	4:08.55	8:29.35	16:22.81	27.79	59.58	2:08.09	31.15	1:07.28	2:24.57	26.47	58.45	2:08.62	2:12.83	4:38.77	1:01.91
919	24.68	54.34	1:58.23	4:08.66	8:29.58	16:23.26	27.80	59.60	2:08.15	31.17	1:07.31	2:24.63	26.48	58.47	2:08.68	2:12.89	4:38.89	1:01.94
918	24.69	54.36	1:58.28	4:08.78	8:29.81	16:23.71	27.81	59.63	2:08.21	31.18	1:07.34	2:24.70	26.49	58.50	2:08.74	2:12.95	4:39.02	1:01.97
917	24.70	54.39	1:58.34	4:08.89	8:30.04	16:24.16	27.82	59.66	2:08.27	31.20	1:07.37	2:24.77	26.51	58.53	2:08.80	2:13.01	4:39.15	1:01.99
916	24.71	54.41	1:58.39	4:09.01	8:30.28	16:24.61	27.84	59.69	2:08.33	31.21	1:07.40	2:24.83	26.52	58.55	2:08.85	2:13.07	4:39.28	1:02.02
915	24.72	54.44	1:58.44	4:09.12	8:30.51	16:25.06	27.85	59.71	2:08.38	31.23	1:07.43	2:24.90	26.53	58.58	2:08.91	2:13.13	4:39.40	1:02.05
914	24.73	54.46	1:58.50	4:09.23	8:30.74	16:25.51	27.86	59.74	2:08.44	31.24	1:07.46	2:24.96	26.54	58.61	2:08.97	2:13.19	4:39.53	1:02.08
913	24.75	54.49	1:58.55	4:09.35	8:30.98	16:25.96	27.88	59.77	2:08.50	31.25	1:07.49	2:25.03	26.55	58.63	2:09.03	2:13.25	4:39.66	1:02.11
912	24.76	54.51	1:58.61	4:09.46	8:31.21	16:26.41	27.89	59.80	2:08.56	31.27	1:07.52	2:25.10	26.57	58.66	2:09.09	2:13.31	4:39.79	1:02.14
911	24.77	54.54	1:58.66	4:09.58	8:31.44	16:26.86	27.90	59.82	2:08.62	31.28	1:07.55	2:25.16	26.58	58.69	2:09.15	2:13.37	4:39.92	1:02.16
910	24.78	54.56	1:58.72	4:09.69	8:31.68	16:27.31	27.91	59.85	2:08.68	31.30	1:07.58	2:25.23	26.59	58.72	2:09.21	2:13.44	4:40.04	1:02.19
909	24.79	54.59	1:58.77	4:09.80	8:31.91	16:27.77	27.93	59.88	2:08.74	31.31	1:07.62	2:25.30	26.60	58.74	2:09.27	2:13.50	4:40.17	1:02.22
908	24.80	54.61	1:58.83	4:09.92	8:32.15	16:28.22	27.94	59.91	2:08.80	31.33	1:07.65	2:25.36	26.62	58.77	2:09.33	2:13.56	4:40.30	1:02.25
907	24.81	54.64	1:58.88	4:10.03	8:32.38	16:28.67	27.95	59.93	2:08.86	31.34	1:07.68	2:25.43	26.63	58.80	2:09.39	2:13.62	4:40.43	1:02.28
906	24.83	54.66	1:58.93	4:10.15	8:32.62	16:29.13	27.96	59.96	2:08.91	31.35	1:07.71	2:25.50	26.64	58.82	2:09.45	2:13.68	4:40.56	1:02.31
905	24.84	54.69	1:58.99	4:10.26	8:32.85	16:29.58	27.98	59.99	2:08.97	31.37	1:07.74	2:25.56	26.65	58.85	2:09.51	2:13.74	4:40.69	1:02.34
904	24.85	54.71	1:59.04	4:10.38	8:33.09	16:30.04	27.99	1:00.02	2:09.03	31.38	1:07.77	2:25.63	26.66	58.88	2:09.57	2:13.80	4:40.82	1:02.36
903	24.86	54.74	1:59.10	4:10.49	8:33.33	16:30.49	28.00	1:00.04	2:09.09	31.40	1:07.80	2:25.70	26.68	58.90	2:09.63	2:13.87	4:40.95	1:02.39
902	24.87	54.76	1:59.15	4:10.61	8:33.56	16:30.95	28.02	1:00.07	2:09.15	31.41	1:07.83	2:25.76	26.69	58.93	2:09.69	2:13.93	4:41.08	1:02.42
901	24.88	54.79	1:59.21	4:10.73	8:33.80	16:31.41	28.03	1:00.10	2:09.21	31.43	1:07.86	2:25.83	26.70	58.96	2:09.75	2:13.99	4:41.21	1:02.45
900	24.89	54.81	1:59.26	4:10.84	8:34.04	16:31.86	28.04	1:00.13	2:09.27	31.44	1:07.90	2:25.90	26.71	58.99	2:09.80	2:14.05	4:41.34	1:02.48
899	24.91	54.84	1:59.32	4:10.96	8:34.27	16:32.32	28.06	1:00.15	2:09.33	31.46	1:07.93	2:25.97	26.73	59.01	2:09.86	2:14.11	4:41.47	1:02.51
898	24.92	54.86	1:59.37	4:11.07	8:34.51	16:32.78	28.07	1:00.18	2:09.39	31.47	1:07.96	2:26.03	26.74	59.04	2:09.92	2:14.17	4:41.60	1:02.54
897	24.93	54.89	1:59.43	4:11.19	8:34.75	16:33.24	28.08	1:00.21	2:09.45	31.48	1:07.99	2:26.10	26.75	59.07	2:09.98	2:14.24	4:41.73	1:02.57
896	24.94	54.92	1:59.48	4:11.30	8:34.99	16:33.70	28.09	1:00.24	2:09.51	31.50	1:08.02	2:26.17	26.76	59.10	2:10.05	2:14.30	4:41.86	1:02.59
895	24.95	54.94	1:59.54	4:11.42	8:35.23	16:34.16	28.11	1:00.27	2:09.57	31.51	1:08.05	2:26.24	26.78	59.12	2:10.11	2:14.36	4:41.99	1:02.62
894	24.96	54.97	1:59.59	4:11.54	8:35.47	16:34.62	28.12	1:00.29	2:09.63	31.53	1:08.08	2:26.30	26.79	59.15	2:10.17	2:14.42	4:42.12	1:02.65
893	24.98	54.99	1:59.65	4:11.65	8:35.70	16:35.08	28.13	1:00.32	2:09.69	31.54	1:08.12	2:26.37	26.80	59.18	2:10.23	2:14.49	4:42.25	1:02.68
892	24.99	55.02	1:59.71	4:11.77	8:35.94	16:35.54	28.15	1:00.35	2:09.75	31.56	1:08.15	2:26.44	26.81	59.20	2:10.29	2:14.55	4:42.38	1:02.71
891	25.00	55.04	1:59.76	4:11.89	8:36.18	16:36.00	28.16	1:00.38	2:09.81	31.57	1:08.18	2:26.51	26.83	59.23	2:10.35	2:14.61	4:42.51	1:02.74

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
890	25.01	55.07	1:59.82	4:12.00	8:36.42	16:36.47	28.17	1:00.41	2:09.87	31.59	1:08.21	2:26.58	26.84	59.26	2:10.41	2:14.67	4:42.64	1:02.77
889	25.02	55.09	1:59.87	4:12.12	8:36.66	16:36.93	28.19	1:00.43	2:09.93	31.60	1:08.24	2:26.64	26.85	59.29	2:10.47	2:14.74	4:42.77	1:02.80
888	25.03	55.12	1:59.93	4:12.24	8:36.90	16:37.39	28.20	1:00.46	2:09.99	31.62	1:08.27	2:26.71	26.86	59.32	2:10.53	2:14.80	4:42.90	1:02.83
887	25.04	55.14	1:59.98	4:12.36	8:37.14	16:37.86	28.21	1:00.49	2:10.05	31.63	1:08.31	2:26.78	26.88	59.34	2:10.59	2:14.86	4:43.04	1:02.86
886	25.06	55.17	2:00.04	4:12.47	8:37.38	16:38.32	28.22	1:00.52	2:10.11	31.65	1:08.34	2:26.85	26.89	59.37	2:10.65	2:14.92	4:43.17	1:02.89
885	25.07	55.20	2:00.10	4:12.59	8:37.63	16:38.79	28.24	1:00.55	2:10.17	31.66	1:08.37	2:26.92	26.90	59.40	2:10.71	2:14.99	4:43.30	1:02.92
884	25.08	55.22	2:00.15	4:12.71	8:37.87	16:39.25	28.25	1:00.57	2:10.23	31.68	1:08.40	2:26.99	26.91	59.43	2:10.77	2:15.05	4:43.43	1:02.94
883	25.09	55.25	2:00.21	4:12.83	8:38.11	16:39.72	28.26	1:00.60	2:10.30	31.69	1:08.43	2:27.05	26.93	59.45	2:10.83	2:15.11	4:43.56	1:02.97
882	25.10	55.27	2:00.26	4:12.95	8:38.35	16:40.19	28.28	1:00.63	2:10.36	31.70	1:08.47	2:27.12	26.94	59.48	2:10.89	2:15.18	4:43.70	1:03.00
881	25.12	55.30	2:00.32	4:13.06	8:38.59	16:40.65	28.29	1:00.66	2:10.42	31.72	1:08.50	2:27.19	26.95	59.51	2:10.96	2:15.24	4:43.83	1:03.03
880	25.13	55.33	2:00.38	4:13.18	8:38.83	16:41.12	28.30	1:00.69	2:10.48	31.73	1:08.53	2:27.26	26.96	59.54	2:11.02	2:15.30	4:43.96	1:03.06
879	25.14	55.35	2:00.43	4:13.30	8:39.08	16:41.59	28.32	1:00.72	2:10.54	31.75	1:08.56	2:27.33	26.98	59.56	2:11.08	2:15.37	4:44.09	1:03.09
878	25.15	55.38	2:00.49	4:13.42	8:39.32	16:42.06	28.33	1:00.74	2:10.60	31.76	1:08.59	2:27.40	26.99	59.59	2:11.14	2:15.43	4:44.23	1:03.12
877	25.16	55.40	2:00.55	4:13.54	8:39.56	16:42.53	28.34	1:00.77	2:10.66	31.78	1:08.63	2:27.47	27.00	59.62	2:11.20	2:15.49	4:44.36	1:03.15
876	25.17	55.43	2:00.60	4:13.66	8:39.81	16:43.00	28.36	1:00.80	2:10.72	31.79	1:08.66	2:27.54	27.01	59.65	2:11.26	2:15.56	4:44.49	1:03.18
875	25.19	55.45	2:00.66	4:13.78	8:40.05	16:43.47	28.37	1:00.83	2:10.78	31.81	1:08.69	2:27.61	27.03	59.68	2:11.32	2:15.62	4:44.63	1:03.21
874	25.20	55.48	2:00.72	4:13.89	8:40.30	16:43.94	28.38	1:00.86	2:10.85	31.82	1:08.72	2:27.68	27.04	59.70	2:11.39	2:15.68	4:44.76	1:03.24
873	25.21	55.51	2:00.77	4:14.01	8:40.54	16:44.41	28.40	1:00.89	2:10.91	31.84	1:08.75	2:27.74	27.05	59.73	2:11.45	2:15.75	4:44.89	1:03.27
872	25.22	55.53	2:00.83	4:14.13	8:40.78	16:44.88	28.41	1:00.92	2:10.97	31.85	1:08.79	2:27.81	27.06	59.76	2:11.51	2:15.81	4:45.03	1:03.30
871	25.23	55.56	2:00.89	4:14.25	8:41.03	16:45.36	28.42	1:00.94	2:11.03	31.87	1:08.82	2:27.88	27.08	59.79	2:11.57	2:15.87	4:45.16	1:03.33
870	25.25	55.59	2:00.94	4:14.37	8:41.27	16:45.83	28.44	1:00.97	2:11.09	31.88	1:08.85	2:27.95	27.09	59.82	2:11.63	2:15.94	4:45.30	1:03.36
869	25.26	55.61	2:01.00	4:14.49	8:41.52	16:46.30	28.45	1:01.00	2:11.15	31.90	1:08.88	2:28.02	27.10	59.84	2:11.69	2:16.00	4:45.43	1:03.39
868	25.27	55.64	2:01.06	4:14.61	8:41.77	16:46.78	28.46	1:01.03	2:11.22	31.91	1:08.92	2:28.09	27.12	59.87	2:11.76	2:16.07	4:45.57	1:03.42
867	25.28	55.66	2:01.11	4:14.73	8:42.01	16:47.25	28.48	1:01.06	2:11.28	31.93	1:08.95	2:28.16	27.13	59.90	2:11.82	2:16.13	4:45.70	1:03.45
866	25.29	55.69	2:01.17	4:14.85	8:42.26	16:47.73	28.49	1:01.09	2:11.34	31.94	1:08.98	2:28.23	27.14	59.93	2:11.88	2:16.19	4:45.83	1:03.48
865	25.30	55.72	2:01.23	4:14.97	8:42.50	16:48.20	28.50	1:01.12	2:11.40	31.96	1:09.01	2:28.30	27.15	59.96	2:11.94	2:16.26	4:45.97	1:03.51
864	25.32	55.74	2:01.29	4:15.09	8:42.75	16:48.68	28.52	1:01.15	2:11.46	31.97	1:09.05	2:28.37	27.17	59.99	2:12.01	2:16.32	4:46.10	1:03.54
863	25.33	55.77	2:01.34	4:15.21	8:43.00	16:49.16	28.53	1:01.17	2:11.53	31.99	1:09.08	2:28.44	27.18	1:00.01	2:12.07	2:16.39	4:46.24	1:03.57
862	25.34	55.80	2:01.40	4:15.33	8:43.25	16:49.63	28.54	1:01.20	2:11.59	32.00	1:09.11	2:28.51	27.19	1:00.04	2:12.13	2:16.45	4:46.38	1:03.60
861	25.35	55.82	2:01.46	4:15.46	8:43.49	16:50.11	28.56	1:01.23	2:11.65	32.02	1:09.15	2:28.58	27.21	1:00.07	2:12.19	2:16.52	4:46.51	1:03.63
860	25.36	55.85	2:01.52	4:15.58	8:43.74	16:50.59	28.57	1:01.26	2:11.71	32.03	1:09.18	2:28.65	27.22	1:00.10	2:12.26	2:16.58	4:46.65	1:03.66
859	25.38	55.88	2:01.57	4:15.70	8:43.99	16:51.07	28.59	1:01.29	2:11.77	32.05	1:09.21	2:28.72	27.23	1:00.13	2:12.32	2:16.65	4:46.78	1:03.69
858	25.39	55.90	2:01.63	4:15.82	8:44.24	16:51.55	28.60	1:01.32	2:11.84	32.07	1:09.24	2:28.79	27.24	1:00.16	2:12.38	2:16.71	4:46.92	1:03.72
857	25.40	55.93	2:01.69	4:15.94	8:44.49	16:52.03	28.61	1:01.35	2:11.90	32.08	1:09.28	2:28.87	27.26	1:00.19	2:12.44	2:16.78	4:47.06	1:03.75
856	25.41	55.95	2:01.75	4:16.06	8:44.74	16:52.51	28.63	1:01.38	2:11.96	32.10	1:09.31	2:28.94	27.27	1:00.21	2:12.51	2:16.84	4:47.19	1:03.78

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
855	25.42	55.98	2:01.80	4:16.18	8:44.99	16:52.99	28.64	1:01.41	2:12.03	32.11	1:09.34	2:29.01	27.28	1:00.24	2:12.57	2:16.91	4:47.33	1:03.81
854	25.44	56.01	2:01.86	4:16.31	8:45.24	16:53.48	28.65	1:01.44	2:12.09	32.13	1:09.38	2:29.08	27.30	1:00.27	2:12.63	2:16.97	4:47.46	1:03.84
853	25.45	56.03	2:01.92	4:16.43	8:45.49	16:53.96	28.67	1:01.47	2:12.15	32.14	1:09.41	2:29.15	27.31	1:00.30	2:12.70	2:17.04	4:47.60	1:03.87
852	25.46	56.06	2:01.98	4:16.55	8:45.74	16:54.44	28.68	1:01.49	2:12.21	32.16	1:09.44	2:29.22	27.32	1:00.33	2:12.76	2:17.10	4:47.74	1:03.90
851	25.47	56.09	2:02.04	4:16.67	8:45.99	16:54.92	28.69	1:01.52	2:12.28	32.17	1:09.47	2:29.29	27.34	1:00.36	2:12.82	2:17.17	4:47.88	1:03.93
850	25.49	56.11	2:02.09	4:16.80	8:46.24	16:55.41	28.71	1:01.55	2:12.34	32.19	1:09.51	2:29.36	27.35	1:00.39	2:12.89	2:17.23	4:48.01	1:03.96
849	25.50	56.14	2:02.15	4:16.92	8:46.49	16:55.89	28.72	1:01.58	2:12.40	32.20	1:09.54	2:29.43	27.36	1:00.42	2:12.95	2:17.30	4:48.15	1:03.99
848	25.51	56.17	2:02.21	4:17.04	8:46.74	16:56.38	28.74	1:01.61	2:12.47	32.22	1:09.57	2:29.51	27.37	1:00.44	2:13.01	2:17.36	4:48.29	1:04.02
847	25.52	56.20	2:02.27	4:17.16	8:46.99	16:56.87	28.75	1:01.64	2:12.53	32.23	1:09.61	2:29.58	27.39	1:00.47	2:13.08	2:17.43	4:48.43	1:04.05
846	25.53	56.22	2:02.33	4:17.29	8:47.25	16:57.35	28.76	1:01.67	2:12.59	32.25	1:09.64	2:29.65	27.40	1:00.50	2:13.14	2:17.50	4:48.56	1:04.08
845	25.55	56.25	2:02.39	4:17.41	8:47.50	16:57.84	28.78	1:01.70	2:12.66	32.26	1:09.67	2:29.72	27.41	1:00.53	2:13.20	2:17.56	4:48.70	1:04.12
844	25.56	56.28	2:02.45	4:17.53	8:47.75	16:58.33	28.79	1:01.73	2:12.72	32.28	1:09.71	2:29.79	27.43	1:00.56	2:13.27	2:17.63	4:48.84	1:04.15
843	25.57	56.30	2:02.50	4:17.66	8:48.00	16:58.82	28.80	1:01.76	2:12.78	32.30	1:09.74	2:29.86	27.44	1:00.59	2:13.33	2:17.69	4:48.98	1:04.18
842	25.58	56.33	2:02.56	4:17.78	8:48.26	16:59.30	28.82	1:01.79	2:12.85	32.31	1:09.77	2:29.94	27.45	1:00.62	2:13.40	2:17.76	4:49.12	1:04.21
841	25.60	56.36	2:02.62	4:17.90	8:48.51	16:59.79	28.83	1:01.82	2:12.91	32.33	1:09.81	2:30.01	27.47	1:00.65	2:13.46	2:17.83	4:49.26	1:04.24
840	25.61	56.38	2:02.68	4:18.03	8:48.77	17:00.28	28.85	1:01.85	2:12.98	32.34	1:09.84	2:30.08	27.48	1:00.68	2:13.52	2:17.89	4:49.40	1:04.27
839	25.62	56.41	2:02.74	4:18.15	8:49.02	17:00.77	28.86	1:01.88	2:13.04	32.36	1:09.88	2:30.15	27.49	1:00.71	2:13.59	2:17.96	4:49.54	1:04.30
838	25.63	56.44	2:02.80	4:18.28	8:49.27	17:01.27	28.87	1:01.91	2:13.10	32.37	1:09.91	2:30.22	27.51	1:00.73	2:13.65	2:18.02	4:49.67	1:04.33
837	25.64	56.47	2:02.86	4:18.40	8:49.53	17:01.76	28.89	1:01.94	2:13.17	32.39	1:09.94	2:30.30	27.52	1:00.76	2:13.72	2:18.09	4:49.81	1:04.36
836	25.66	56.49	2:02.92	4:18.53	8:49.78	17:02.25	28.90	1:01.97	2:13.23	32.40	1:09.98	2:30.37	27.53	1:00.79	2:13.78	2:18.16	4:49.95	1:04.39
835	25.67	56.52	2:02.98	4:18.65	8:50.04	17:02.74	28.92	1:02.00	2:13.30	32.42	1:10.01	2:30.44	27.55	1:00.82	2:13.85	2:18.22	4:50.09	1:04.42
834	25.68	56.55	2:03.04	4:18.77	8:50.30	17:03.24	28.93	1:02.03	2:13.36	32.44	1:10.04	2:30.51	27.56	1:00.85	2:13.91	2:18.29	4:50.23	1:04.46
833	25.69	56.57	2:03.10	4:18.90	8:50.55	17:03.73	28.94	1:02.06	2:13.42	32.45	1:10.08	2:30.59	27.57	1:00.88	2:13.98	2:18.36	4:50.37	1:04.49
832	25.71	56.60	2:03.15	4:19.03	8:50.81	17:04.23	28.96	1:02.09	2:13.49	32.47	1:10.11	2:30.66	27.59	1:00.91	2:14.04	2:18.42	4:50.51	1:04.52
831	25.72	56.63	2:03.21	4:19.15	8:51.07	17:04.72	28.97	1:02.12	2:13.55	32.48	1:10.15	2:30.73	27.60	1:00.94	2:14.10	2:18.49	4:50.65	1:04.55
830	25.73	56.66	2:03.27	4:19.28	8:51.32	17:05.22	28.99	1:02.15	2:13.62	32.50	1:10.18	2:30.81	27.61	1:00.97	2:14.17	2:18.56	4:50.80	1:04.58
829	25.74	56.68	2:03.33	4:19.40	8:51.58	17:05.71	29.00	1:02.18	2:13.68	32.51	1:10.21	2:30.88	27.63	1:01.00	2:14.23	2:18.63	4:50.94	1:04.61
828	25.76	56.71	2:03.39	4:19.53	8:51.84	17:06.21	29.01	1:02.21	2:13.75	32.53	1:10.25	2:30.95	27.64	1:01.03	2:14.30	2:18.69	4:51.08	1:04.64
827	25.77	56.74	2:03.45	4:19.65	8:52.10	17:06.71	29.03	1:02.24	2:13.81	32.55	1:10.28	2:31.02	27.65	1:01.06	2:14.37	2:18.76	4:51.22	1:04.67
826	25.78	56.77	2:03.51	4:19.78	8:52.35	17:07.21	29.04	1:02.27	2:13.88	32.56	1:10.32	2:31.10	27.67	1:01.09	2:14.43	2:18.83	4:51.36	1:04.71
825	25.79	56.79	2:03.57	4:19.91	8:52.61	17:07.71	29.06	1:02.30	2:13.94	32.58	1:10.35	2:31.17	27.68	1:01.12	2:14.50	2:18.89	4:51.50	1:04.74
824	25.81	56.82	2:03.63	4:20.03	8:52.87	17:08.21	29.07	1:02.33	2:14.01	32.59	1:10.38	2:31.24	27.69	1:01.15	2:14.56	2:18.96	4:51.64	1:04.77
823	25.82	56.85	2:03.69	4:20.16	8:53.13	17:08.71	29.08	1:02.36	2:14.07	32.61	1:10.42	2:31.32	27.71	1:01.18	2:14.63	2:19.03	4:51.78	1:04.80
822	25.83	56.88	2:03.75	4:20.28	8:53.39	17:09.21	29.10	1:02.39	2:14.14	32.62	1:10.45	2:31.39	27.72	1:01.21	2:14.69	2:19.10	4:51.93	1:04.83
821	25.84	56.91	2:03.81	4:20.41	8:53.65	17:09.71	29.11	1:02.42	2:14.20	32.64	1:10.49	2:31.47	27.73	1:01.24	2:14.76	2:19.17	4:52.07	1:04.86

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
820	25.86	56.93	2:03.87	4:20.54	8:53.91	17:10.21	29.13	1:02.45	2:14.27	32.66	1:10.52	2:31.54	27.75	1:01.27	2:14.82	2:19.23	4:52.21	1:04.89
819	25.87	56.96	2:03.93	4:20.67	8:54.17	17:10.71	29.14	1:02.48	2:14.33	32.67	1:10.56	2:31.61	27.76	1:01.30	2:14.89	2:19.30	4:52.35	1:04.93
818	25.88	56.99	2:04.00	4:20.79	8:54.43	17:11.22	29.15	1:02.51	2:14.40	32.69	1:10.59	2:31.69	27.77	1:01.33	2:14.95	2:19.37	4:52.50	1:04.96
817	25.89	57.02	2:04.06	4:20.92	8:54.69	17:11.72	29.17	1:02.54	2:14.47	32.70	1:10.62	2:31.76	27.79	1:01.36	2:15.02	2:19.44	4:52.64	1:04.99
816	25.91	57.04	2:04.12	4:21.05	8:54.95	17:12.22	29.18	1:02.57	2:14.53	32.72	1:10.66	2:31.84	27.80	1:01.39	2:15.09	2:19.51	4:52.78	1:05.02
815	25.92	57.07	2:04.18	4:21.18	8:55.22	17:12.73	29.20	1:02.60	2:14.60	32.74	1:10.69	2:31.91	27.81	1:01.42	2:15.15	2:19.57	4:52.93	1:05.05
814	25.93	57.10	2:04.24	4:21.30	8:55.48	17:13.24	29.21	1:02.63	2:14.66	32.75	1:10.73	2:31.98	27.83	1:01.45	2:15.22	2:19.64	4:53.07	1:05.09
813	25.95	57.13	2:04.30	4:21.43	8:55.74	17:13.74	29.23	1:02.66	2:14.73	32.77	1:10.76	2:32.06	27.84	1:01.48	2:15.29	2:19.71	4:53.21	1:05.12
812	25.96	57.16	2:04.36	4:21.56	8:56.00	17:14.25	29.24	1:02.70	2:14.80	32.78	1:10.80	2:32.13	27.86	1:01.51	2:15.35	2:19.78	4:53.36	1:05.15
811	25.97	57.18	2:04.42	4:21.69	8:56.27	17:14.76	29.26	1:02.73	2:14.86	32.80	1:10.83	2:32.21	27.87	1:01.54	2:15.42	2:19.85	4:53.50	1:05.18
810	25.98	57.21	2:04.48	4:21.82	8:56.53	17:15.26	29.27	1:02.76	2:14.93	32.82	1:10.87	2:32.28	27.88	1:01.57	2:15.48	2:19.92	4:53.65	1:05.21
809	26.00	57.24	2:04.54	4:21.95	8:56.79	17:15.77	29.28	1:02.79	2:14.99	32.83	1:10.90	2:32.36	27.90	1:01.60	2:15.55	2:19.99	4:53.79	1:05.25
808	26.01	57.27	2:04.60	4:22.07	8:57.06	17:16.28	29.30	1:02.82	2:15.06	32.85	1:10.94	2:32.43	27.91	1:01.63	2:15.62	2:20.05	4:53.93	1:05.28
807	26.02	57.30	2:04.67	4:22.20	8:57.32	17:16.79	29.31	1:02.85	2:15.13	32.87	1:10.97	2:32.51	27.92	1:01.66	2:15.68	2:20.12	4:54.08	1:05.31
806	26.04	57.32	2:04.73	4:22.33	8:57.59	17:17.30	29.33	1:02.88	2:15.19	32.88	1:11.01	2:32.58	27.94	1:01.69	2:15.75	2:20.19	4:54.22	1:05.34
805	26.05	57.35	2:04.79	4:22.46	8:57.85	17:17.81	29.34	1:02.91	2:15.26	32.90	1:11.04	2:32.66	27.95	1:01.72	2:15.82	2:20.26	4:54.37	1:05.37
804	26.06	57.38	2:04.85	4:22.59	8:58.12	17:18.33	29.36	1:02.94	2:15.33	32.91	1:11.08	2:32.73	27.97	1:01.75	2:15.89	2:20.33	4:54.51	1:05.41
803	26.07	57.41	2:04.91	4:22.72	8:58.38	17:18.84	29.37	1:02.97	2:15.39	32.93	1:11.11	2:32.81	27.98	1:01.78	2:15.95	2:20.40	4:54.66	1:05.44
802	26.09	57.44	2:04.97	4:22.85	8:58.65	17:19.35	29.39	1:03.00	2:15.46	32.95	1:11.15	2:32.88	27.99	1:01.81	2:16.02	2:20.47	4:54.80	1:05.47
801	26.10	57.47	2:05.04	4:22.98	8:58.91	17:19.87	29.40	1:03.04	2:15.53	32.96	1:11.18	2:32.96	28.01	1:01.84	2:16.09	2:20.54	4:54.95	1:05.50
800	26.11	57.50	2:05.10	4:23.11	8:59.18	17:20.38	29.41	1:03.07	2:15.60	32.98	1:11.22	2:33.04	28.02	1:01.87	2:16.15	2:20.61	4:55.10	1:05.54
799	26.13	57.52	2:05.16	4:23.24	8:59.45	17:20.90	29.43	1:03.10	2:15.66	33.00	1:11.25	2:33.11	28.03	1:01.90	2:16.22	2:20.68	4:55.24	1:05.57
798	26.14	57.55	2:05.22	4:23.37	8:59.72	17:21.41	29.44	1:03.13	2:15.73	33.01	1:11.29	2:33.19	28.05	1:01.93	2:16.29	2:20.75	4:55.39	1:05.60
797	26.15	57.58	2:05.28	4:23.50	8:59.98	17:21.93	29.46	1:03.16	2:15.80	33.03	1:11.32	2:33.26	28.06	1:01.96	2:16.36	2:20.82	4:55.54	1:05.63
796	26.16	57.61	2:05.35	4:23.63	9:00.25	17:22.45	29.47	1:03.19	2:15.86	33.04	1:11.36	2:33.34	28.08	1:01.99	2:16.42	2:20.89	4:55.68	1:05.67
795	26.18	57.64	2:05.41	4:23.76	9:00.52	17:22.96	29.49	1:03.22	2:15.93	33.06	1:11.39	2:33.42	28.09	1:02.03	2:16.49	2:20.96	4:55.83	1:05.70
794	26.19	57.67	2:05.47	4:23.90	9:00.79	17:23.48	29.50	1:03.26	2:16.00	33.08	1:11.43	2:33.49	28.10	1:02.06	2:16.56	2:21.03	4:55.98	1:05.73
793	26.20	57.70	2:05.53	4:24.03	9:01.06	17:24.00	29.52	1:03.29	2:16.07	33.09	1:11.47	2:33.57	28.12	1:02.09	2:16.63	2:21.10	4:56.12	1:05.76
792	26.22	57.72	2:05.60	4:24.16	9:01.33	17:24.52	29.53	1:03.32	2:16.13	33.11	1:11.50	2:33.64	28.13	1:02.12	2:16.70	2:21.17	4:56.27	1:05.80
791	26.23	57.75	2:05.66	4:24.29	9:01.60	17:25.04	29.55	1:03.35	2:16.20	33.13	1:11.54	2:33.72	28.15	1:02.15	2:16.76	2:21.24	4:56.42	1:05.83
790	26.24	57.78	2:05.72	4:24.42	9:01.87	17:25.56	29.56	1:03.38	2:16.27	33.14	1:11.57	2:33.80	28.16	1:02.18	2:16.83	2:21.31	4:56.57	1:05.86
789	26.26	57.81	2:05.78	4:24.55	9:02.14	17:26.08	29.58	1:03.41	2:16.34	33.16	1:11.61	2:33.87	28.17	1:02.21	2:16.90	2:21.38	4:56.71	1:05.89
788	26.27	57.84	2:05.85	4:24.69	9:02.41	17:26.61	29.59	1:03.44	2:16.41	33.18	1:11.64	2:33.95	28.19	1:02.24	2:16.97	2:21.45	4:56.86	1:05.93
787	26.28	57.87	2:05.91	4:24.82	9:02.68	17:27.13	29.60	1:03.48	2:16.47	33.19	1:11.68	2:34.03	28.20	1:02.27	2:17.04	2:21.52	4:57.01	1:05.96
786	26.29	57.90	2:05.97	4:24.95	9:02.95	17:27.65	29.62	1:03.51	2:16.54	33.21	1:11.72	2:34.11	28.22	1:02.30	2:17.11	2:21.59	4:57.16	1:05.99

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
785	26.31	57.93	2:06.04	4:25.08	9:03.22	17:28.18	29.63	1:03.54	2:16.61	33.23	1:11.75	2:34.18	28.23	1:02.34	2:17.17	2:21.66	4:57.31	1:06.03
784	26.32	57.95	2:06.10	4:25.22	9:03.49	17:28.70	29.65	1:03.57	2:16.68	33.24	1:11.79	2:34.26	28.25	1:02.37	2:17.24	2:21.73	4:57.46	1:06.06
783	26.33	57.98	2:06.16	4:25.35	9:03.77	17:29.23	29.66	1:03.60	2:16.75	33.26	1:11.82	2:34.34	28.26	1:02.40	2:17.31	2:21.80	4:57.61	1:06.09
782	26.35	58.01	2:06.22	4:25.48	9:04.04	17:29.76	29.68	1:03.64	2:16.82	33.28	1:11.86	2:34.41	28.27	1:02.43	2:17.38	2:21.87	4:57.76	1:06.13
781	26.36	58.04	2:06.29	4:25.61	9:04.31	17:30.28	29.69	1:03.67	2:16.89	33.29	1:11.90	2:34.49	28.29	1:02.46	2:17.45	2:21.95	4:57.91	1:06.16
780	26.37	58.07	2:06.35	4:25.75	9:04.59	17:30.81	29.71	1:03.70	2:16.95	33.31	1:11.93	2:34.57	28.30	1:02.49	2:17.52	2:22.02	4:58.05	1:06.19
779	26.39	58.10	2:06.42	4:25.88	9:04.86	17:31.34	29.72	1:03.73	2:17.02	33.33	1:11.97	2:34.65	28.32	1:02.52	2:17.59	2:22.09	4:58.20	1:06.23
778	26.40	58.13	2:06.48	4:26.02	9:05.13	17:31.87	29.74	1:03.76	2:17.09	33.34	1:12.00	2:34.73	28.33	1:02.55	2:17.66	2:22.16	4:58.35	1:06.26
777	26.41	58.16	2:06.54	4:26.15	9:05.41	17:32.40	29.75	1:03.80	2:17.16	33.36	1:12.04	2:34.80	28.34	1:02.59	2:17.73	2:22.23	4:58.51	1:06.29
776	26.43	58.19	2:06.61	4:26.28	9:05.68	17:32.93	29.77	1:03.83	2:17.23	33.38	1:12.08	2:34.88	28.36	1:02.62	2:17.80	2:22.30	4:58.66	1:06.33
775	26.44	58.22	2:06.67	4:26.42	9:05.96	17:33.46	29.78	1:03.86	2:17.30	33.39	1:12.11	2:34.96	28.37	1:02.65	2:17.87	2:22.38	4:58.81	1:06.36
774	26.45	58.25	2:06.73	4:26.55	9:06.23	17:33.99	29.80	1:03.89	2:17.37	33.41	1:12.15	2:35.04	28.39	1:02.68	2:17.94	2:22.45	4:58.96	1:06.39
773	26.47	58.28	2:06.80	4:26.69	9:06.51	17:34.52	29.81	1:03.92	2:17.44	33.43	1:12.19	2:35.12	28.40	1:02.71	2:18.01	2:22.52	4:59.11	1:06.43
772	26.48	58.31	2:06.86	4:26.82	9:06.79	17:35.06	29.83	1:03.96	2:17.51	33.44	1:12.22	2:35.19	28.42	1:02.74	2:18.08	2:22.59	4:59.26	1:06.46
771	26.49	58.34	2:06.93	4:26.96	9:07.06	17:35.59	29.84	1:03.99	2:17.58	33.46	1:12.26	2:35.27	28.43	1:02.78	2:18.14	2:22.66	4:59.41	1:06.49
770	26.51	58.37	2:06.99	4:27.09	9:07.34	17:36.13	29.86	1:04.02	2:17.65	33.48	1:12.30	2:35.35	28.45	1:02.81	2:18.21	2:22.74	4:59.56	1:06.53
769	26.52	58.39	2:07.06	4:27.23	9:07.62	17:36.66	29.87	1:04.05	2:17.72	33.50	1:12.33	2:35.43	28.46	1:02.84	2:18.28	2:22.81	4:59.71	1:06.56
768	26.53	58.42	2:07.12	4:27.36	9:07.90	17:37.20	29.89	1:04.09	2:17.79	33.51	1:12.37	2:35.51	28.47	1:02.87	2:18.36	2:22.88	4:59.87	1:06.59
767	26.55	58.45	2:07.18	4:27.50	9:08.17	17:37.73	29.90	1:04.12	2:17.86	33.53	1:12.41	2:35.59	28.49	1:02.90	2:18.43	2:22.95	5:00.02	1:06.63
766	26.56	58.48	2:07.25	4:27.64	9:08.45	17:38.27	29.92	1:04.15	2:17.93	33.55	1:12.44	2:35.67	28.50	1:02.94	2:18.50	2:23.03	5:00.17	1:06.66
765	26.58	58.51	2:07.31	4:27.77	9:08.73	17:38.81	29.94	1:04.18	2:18.00	33.56	1:12.48	2:35.75	28.52	1:02.97	2:18.57	2:23.10	5:00.32	1:06.70
764	26.59	58.54	2:07.38	4:27.91	9:09.01	17:39.35	29.95	1:04.22	2:18.07	33.58	1:12.52	2:35.83	28.53	1:03.00	2:18.64	2:23.17	5:00.48	1:06.73
763	26.60	58.57	2:07.44	4:28.04	9:09.29	17:39.89	29.97	1:04.25	2:18.14	33.60	1:12.55	2:35.91	28.55	1:03.03	2:18.71	2:23.24	5:00.63	1:06.76
762	26.62	58.60	2:07.51	4:28.18	9:09.57	17:40.43	29.98	1:04.28	2:18.21	33.61	1:12.59	2:35.98	28.56	1:03.06	2:18.78	2:23.32	5:00.78	1:06.80
761	26.63	58.63	2:07.57	4:28.32	9:09.85	17:40.97	30.00	1:04.32	2:18.28	33.63	1:12.63	2:36.06	28.58	1:03.10	2:18.85	2:23.39	5:00.94	1:06.83
760	26.64	58.66	2:07.64	4:28.45	9:10.13	17:41.51	30.01	1:04.35	2:18.35	33.65	1:12.66	2:36.14	28.59	1:03.13	2:18.92	2:23.46	5:01.09	1:06.87
759	26.66	58.69	2:07.70	4:28.59	9:10.41	17:42.05	30.03	1:04.38	2:18.42	33.67	1:12.70	2:36.22	28.60	1:03.16	2:18.99	2:23.54	5:01.24	1:06.90
758	26.67	58.72	2:07.77	4:28.73	9:10.69	17:42.60	30.04	1:04.41	2:18.49	33.68	1:12.74	2:36.30	28.62	1:03.19	2:19.06	2:23.61	5:01.40	1:06.93
757	26.68	58.75	2:07.83	4:28.87	9:10.98	17:43.14	30.06	1:04.45	2:18.56	33.70	1:12.78	2:36.38	28.63	1:03.23	2:19.13	2:23.68	5:01.55	1:06.97
756	26.70	58.78	2:07.90	4:29.00	9:11.26	17:43.68	30.07	1:04.48	2:18.63	33.72	1:12.81	2:36.46	28.65	1:03.26	2:19.20	2:23.76	5:01.71	1:07.00
755	26.71	58.81	2:07.97	4:29.14	9:11.54	17:44.23	30.09	1:04.51	2:18.70	33.74	1:12.85	2:36.54	28.66	1:03.29	2:19.28	2:23.83	5:01.86	1:07.04
754	26.72	58.84	2:08.03	4:29.28	9:11.82	17:44.77	30.10	1:04.55	2:18.77	33.75	1:12.89	2:36.62	28.68	1:03.32	2:19.35	2:23.90	5:02.02	1:07.07
753	26.74	58.87	2:08.10	4:29.42	9:12.11	17:45.32	30.12	1:04.58	2:18.85	33.77	1:12.92	2:36.70	28.69	1:03.35	2:19.42	2:23.98	5:02.17	1:07.11
752	26.75	58.90	2:08.16	4:29.56	9:12.39	17:45.87	30.13	1:04.61	2:18.92	33.79	1:12.96	2:36.79	28.71	1:03.39	2:19.49	2:24.05	5:02.33	1:07.14
751	26.77	58.93	2:08.23	4:29.70	9:12.67	17:46.42	30.15	1:04.65	2:18.99	33.80	1:13.00	2:36.87	28.72	1:03.42	2:19.56	2:24.13	5:02.48	1:07.18

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
750	26.78	58.96	2:08.29	4:29.83	9:12.96	17:46.97	30.17	1:04.68	2:19.06	33.82	1:13.04	2:36.95	28.74	1:03.45	2:19.63	2:24.20	5:02.64	1:07.21
749	26.79	58.99	2:08.36	4:29.97	9:13.24	17:47.52	30.18	1:04.71	2:19.13	33.84	1:13.07	2:37.03	28.75	1:03.49	2:19.71	2:24.28	5:02.79	1:07.24
748	26.81	59.03	2:08.43	4:30.11	9:13.53	17:48.07	30.20	1:04.75	2:19.20	33.86	1:13.11	2:37.11	28.77	1:03.52	2:19.78	2:24.35	5:02.95	1:07.28
747	26.82	59.06	2:08.49	4:30.25	9:13.81	17:48.62	30.21	1:04.78	2:19.28	33.87	1:13.15	2:37.19	28.78	1:03.55	2:19.85	2:24.42	5:03.11	1:07.31
746	26.84	59.09	2:08.56	4:30.39	9:14.10	17:49.17	30.23	1:04.81	2:19.35	33.89	1:13.19	2:37.27	28.80	1:03.58	2:19.92	2:24.50	5:03.26	1:07.35
745	26.85	59.12	2:08.63	4:30.53	9:14.39	17:49.72	30.24	1:04.85	2:19.42	33.91	1:13.23	2:37.35	28.81	1:03.62	2:19.99	2:24.57	5:03.42	1:07.38
744	26.86	59.15	2:08.69	4:30.67	9:14.67	17:50.27	30.26	1:04.88	2:19.49	33.93	1:13.26	2:37.43	28.83	1:03.65	2:20.07	2:24.65	5:03.58	1:07.42
743	26.88	59.18	2:08.76	4:30.81	9:14.96	17:50.83	30.28	1:04.91	2:19.56	33.94	1:13.30	2:37.51	28.84	1:03.68	2:20.14	2:24.72	5:03.73	1:07.45
742	26.89	59.21	2:08.83	4:30.95	9:15.25	17:51.38	30.29	1:04.95	2:19.64	33.96	1:13.34	2:37.60	28.86	1:03.72	2:20.21	2:24.80	5:03.89	1:07.49
741	26.90	59.24	2:08.89	4:31.09	9:15.54	17:51.94	30.31	1:04.98	2:19.71	33.98	1:13.38	2:37.68	28.87	1:03.75	2:20.28	2:24.87	5:04.05	1:07.52
740	26.92	59.27	2:08.96	4:31.23	9:15.82	17:52.49	30.32	1:05.01	2:19.78	34.00	1:13.42	2:37.76	28.89	1:03.78	2:20.36	2:24.95	5:04.21	1:07.56
739	26.93	59.30	2:09.03	4:31.37	9:16.11	17:53.05	30.34	1:05.05	2:19.85	34.01	1:13.45	2:37.84	28.90	1:03.81	2:20.43	2:25.02	5:04.36	1:07.59
738	26.95	59.33	2:09.09	4:31.51	9:16.40	17:53.61	30.35	1:05.08	2:19.93	34.03	1:13.49	2:37.92	28.92	1:03.85	2:20.50	2:25.10	5:04.52	1:07.63
737	26.96	59.36	2:09.16	4:31.66	9:16.69	17:54.17	30.37	1:05.12	2:20.00	34.05	1:13.53	2:38.01	28.93	1:03.88	2:20.58	2:25.17	5:04.68	1:07.66
736	26.97	59.39	2:09.23	4:31.80	9:16.98	17:54.73	30.39	1:05.15	2:20.07	34.07	1:13.57	2:38.09	28.95	1:03.91	2:20.65	2:25.25	5:04.84	1:07.70
735	26.99	59.42	2:09.29	4:31.94	9:17.27	17:55.29	30.40	1:05.18	2:20.14	34.09	1:13.61	2:38.17	28.96	1:03.95	2:20.72	2:25.33	5:05.00	1:07.73
734	27.00	59.46	2:09.36	4:32.08	9:17.56	17:55.85	30.42	1:05.22	2:20.22	34.10	1:13.65	2:38.25	28.98	1:03.98	2:20.80	2:25.40	5:05.16	1:07.77
733	27.02	59.49	2:09.43	4:32.22	9:17.85	17:56.41	30.43	1:05.25	2:20.29	34.12	1:13.68	2:38.34	28.99	1:04.01	2:20.87	2:25.48	5:05.32	1:07.81
732	27.03	59.52	2:09.50	4:32.36	9:18.14	17:56.97	30.45	1:05.29	2:20.36	34.14	1:13.72	2:38.42	29.01	1:04.05	2:20.94	2:25.55	5:05.48	1:07.84
731	27.05	59.55	2:09.57	4:32.51	9:18.44	17:57.54	30.46	1:05.32	2:20.44	34.16	1:13.76	2:38.50	29.02	1:04.08	2:21.02	2:25.63	5:05.64	1:07.88
730	27.06	59.58	2:09.63	4:32.65	9:18.73	17:58.10	30.48	1:05.35	2:20.51	34.17	1:13.80	2:38.58	29.04	1:04.11	2:21.09	2:25.71	5:05.80	1:07.91
729	27.07	59.61	2:09.70	4:32.79	9:19.02	17:58.66	30.50	1:05.39	2:20.58	34.19	1:13.84	2:38.67	29.05	1:04.15	2:21.16	2:25.78	5:05.96	1:07.95
728	27.09	59.64	2:09.77	4:32.94	9:19.31	17:59.23	30.51	1:05.42	2:20.66	34.21	1:13.88	2:38.75	29.07	1:04.18	2:21.24	2:25.86	5:06.12	1:07.98
727	27.10	59.67	2:09.84	4:33.08	9:19.61	17:59.80	30.53	1:05.46	2:20.73	34.23	1:13.92	2:38.83	29.08	1:04.22	2:21.31	2:25.93	5:06.28	1:08.02
726	27.12	59.70	2:09.91	4:33.22	9:19.90	18:00.36	30.54	1:05.49	2:20.81	34.25	1:13.95	2:38.92	29.10	1:04.25	2:21.39	2:26.01	5:06.44	1:08.05
725	27.13	59.74	2:09.97	4:33.37	9:20.20	18:00.93	30.56	1:05.53	2:20.88	34.26	1:13.99	2:39.00	29.11	1:04.28	2:21.46	2:26.09	5:06.60	1:08.09
724	27.14	59.77	2:10.04	4:33.51	9:20.49	18:01.50	30.58	1:05.56	2:20.95	34.28	1:14.03	2:39.08	29.13	1:04.32	2:21.54	2:26.17	5:06.76	1:08.13
723	27.16	59.80	2:10.11	4:33.65	9:20.79	18:02.07	30.59	1:05.59	2:21.03	34.30	1:14.07	2:39.17	29.14	1:04.35	2:21.61	2:26.24	5:06.92	1:08.16
722	27.17	59.83	2:10.18	4:33.80	9:21.08	18:02.64	30.61	1:05.63	2:21.10	34.32	1:14.11	2:39.25	29.16	1:04.38	2:21.68	2:26.32	5:07.08	1:08.20
721	27.19	59.86	2:10.25	4:33.94	9:21.38	18:03.21	30.63	1:05.66	2:21.18	34.34	1:14.15	2:39.34	29.17	1:04.42	2:21.76	2:26.40	5:07.24	1:08.23
720	27.20	59.89	2:10.32	4:34.09	9:21.67	18:03.78	30.64	1:05.70	2:21.25	34.36	1:14.19	2:39.42	29.19	1:04.45	2:21.83	2:26.47	5:07.41	1:08.27
719	27.22	59.93	2:10.39	4:34.23	9:21.97	18:04.35	30.66	1:05.73	2:21.33	34.37	1:14.23	2:39.50	29.21	1:04.49	2:21.91	2:26.55	5:07.57	1:08.31
718	27.23	59.96	2:10.45	4:34.38	9:22.27	18:04.93	30.67	1:05.77	2:21.40	34.39	1:14.27	2:39.59	29.22	1:04.52	2:21.98	2:26.63	5:07.73	1:08.34
717	27.25	59.99	2:10.52	4:34.52	9:22.56	18:05.50	30.69	1:05.80	2:21.48	34.41	1:14.31	2:39.67	29.24	1:04.56	2:22.06	2:26.71	5:07.89	1:08.38
716	27.26	1:00.02	2:10.59	4:34.67	9:22.86	18:06.08	30.71	1:05.84	2:21.55	34.43	1:14.35	2:39.76	29.25	1:04.59	2:22.13	2:26.78	5:08.06	1:08.41

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
715	27.27	1:00.05	2:10.66	4:34.81	9:23.16	18:06.65	30.72	1:05.87	2:21.63	34.45	1:14.38	2:39.84	29.27	1:04.62	2:22.21	2:26.86	5:08.22	1:08.45
714	27.29	1:00.08	2:10.73	4:34.96	9:23.46	18:07.23	30.74	1:05.91	2:21.70	34.46	1:14.42	2:39.93	29.28	1:04.66	2:22.29	2:26.94	5:08.38	1:08.49
713	27.30	1:00.12	2:10.80	4:35.10	9:23.76	18:07.81	30.76	1:05.94	2:21.78	34.48	1:14.46	2:40.01	29.30	1:04.69	2:22.36	2:27.02	5:08.55	1:08.52
712	27.32	1:00.15	2:10.87	4:35.25	9:24.06	18:08.38	30.77	1:05.98	2:21.85	34.50	1:14.50	2:40.10	29.31	1:04.73	2:22.44	2:27.10	5:08.71	1:08.56
711	27.33	1:00.18	2:10.94	4:35.40	9:24.36	18:08.96	30.79	1:06.01	2:21.93	34.52	1:14.54	2:40.18	29.33	1:04.76	2:22.51	2:27.17	5:08.88	1:08.60
710	27.35	1:00.21	2:11.01	4:35.54	9:24.66	18:09.54	30.80	1:06.05	2:22.00	34.54	1:14.58	2:40.27	29.35	1:04.80	2:22.59	2:27.25	5:09.04	1:08.63
709	27.36	1:00.24	2:11.08	4:35.69	9:24.96	18:10.12	30.82	1:06.08	2:22.08	34.56	1:14.62	2:40.35	29.36	1:04.83	2:22.66	2:27.33	5:09.21	1:08.67
708	27.38	1:00.28	2:11.15	4:35.84	9:25.26	18:10.70	30.84	1:06.12	2:22.15	34.57	1:14.66	2:40.44	29.38	1:04.86	2:22.74	2:27.41	5:09.37	1:08.71
707	27.39	1:00.31	2:11.22	4:35.98	9:25.56	18:11.29	30.85	1:06.15	2:22.23	34.59	1:14.70	2:40.52	29.39	1:04.90	2:22.82	2:27.49	5:09.54	1:08.74
706	27.40	1:00.34	2:11.29	4:36.13	9:25.87	18:11.87	30.87	1:06.19	2:22.31	34.61	1:14.74	2:40.61	29.41	1:04.93	2:22.89	2:27.57	5:09.70	1:08.78
705	27.42	1:00.37	2:11.36	4:36.28	9:26.17	18:12.45	30.89	1:06.22	2:22.38	34.63	1:14.78	2:40.70	29.42	1:04.97	2:22.97	2:27.65	5:09.87	1:08.82
704	27.43	1:00.41	2:11.43	4:36.43	9:26.47	18:13.04	30.90	1:06.26	2:22.46	34.65	1:14.82	2:40.78	29.44	1:05.00	2:23.05	2:27.72	5:10.03	1:08.85
703	27.45	1:00.44	2:11.50	4:36.58	9:26.77	18:13.62	30.92	1:06.30	2:22.53	34.67	1:14.86	2:40.87	29.46	1:05.04	2:23.12	2:27.80	5:10.20	1:08.89
702	27.46	1:00.47	2:11.57	4:36.72	9:27.08	18:14.21	30.94	1:06.33	2:22.61	34.69	1:14.90	2:40.95	29.47	1:05.07	2:23.20	2:27.88	5:10.36	1:08.93
701	27.48	1:00.50	2:11.64	4:36.87	9:27.38	18:14.80	30.95	1:06.37	2:22.69	34.70	1:14.94	2:41.04	29.49	1:05.11	2:23.28	2:27.96	5:10.53	1:08.96
700	27.49	1:00.53	2:11.71	4:37.02	9:27.69	18:15.38	30.97	1:06.40	2:22.76	34.72	1:14.98	2:41.13	29.50	1:05.14	2:23.35	2:28.04	5:10.70	1:09.00
699	27.51	1:00.57	2:11.78	4:37.17	9:27.99	18:15.97	30.99	1:06.44	2:22.84	34.74	1:15.02	2:41.21	29.52	1:05.18	2:23.43	2:28.12	5:10.87	1:09.04
698	27.52	1:00.60	2:11.85	4:37.32	9:28.30	18:16.56	31.00	1:06.47	2:22.92	34.76	1:15.06	2:41.30	29.53	1:05.21	2:23.51	2:28.20	5:11.03	1:09.07
697	27.54	1:00.63	2:11.92	4:37.47	9:28.60	18:17.15	31.02	1:06.51	2:22.99	34.78	1:15.10	2:41.39	29.55	1:05.25	2:23.58	2:28.28	5:11.20	1:09.11
696	27.55	1:00.67	2:12.00	4:37.62	9:28.91	18:17.75	31.04	1:06.54	2:23.07	34.80	1:15.14	2:41.47	29.57	1:05.28	2:23.66	2:28.36	5:11.37	1:09.15
695	27.57	1:00.70	2:12.07	4:37.77	9:29.22	18:18.34	31.05	1:06.58	2:23.15	34.82	1:15.18	2:41.56	29.58	1:05.32	2:23.74	2:28.44	5:11.54	1:09.19
694	27.58	1:00.73	2:12.14	4:37.92	9:29.52	18:18.93	31.07	1:06.62	2:23.23	34.84	1:15.23	2:41.65	29.60	1:05.35	2:23.82	2:28.52	5:11.70	1:09.22
693	27.60	1:00.76	2:12.21	4:38.07	9:29.83	18:19.52	31.09	1:06.65	2:23.30	34.85	1:15.27	2:41.74	29.61	1:05.39	2:23.89	2:28.60	5:11.87	1:09.26
692	27.61	1:00.80	2:12.28	4:38.22	9:30.14	18:20.12	31.10	1:06.69	2:23.38	34.87	1:15.31	2:41.82	29.63	1:05.42	2:23.97	2:28.68	5:12.04	1:09.30
691	27.63	1:00.83	2:12.35	4:38.37	9:30.45	18:20.72	31.12	1:06.73	2:23.46	34.89	1:15.35	2:41.91	29.65	1:05.46	2:24.05	2:28.76	5:12.21	1:09.34
690	27.64	1:00.86	2:12.42	4:38.52	9:30.76	18:21.31	31.14	1:06.76	2:23.54	34.91	1:15.39	2:42.00	29.66	1:05.50	2:24.13	2:28.84	5:12.38	1:09.37
689	27.66	1:00.90	2:12.50	4:38.67	9:31.07	18:21.91	31.15	1:06.80	2:23.61	34.93	1:15.43	2:42.09	29.68	1:05.53	2:24.21	2:28.92	5:12.55	1:09.41
688	27.67	1:00.93	2:12.57	4:38.82	9:31.38	18:22.51	31.17	1:06.83	2:23.69	34.95	1:15.47	2:42.17	29.69	1:05.57	2:24.29	2:29.00	5:12.72	1:09.45
687	27.69	1:00.96	2:12.64	4:38.97	9:31.69	18:23.11	31.19	1:06.87	2:23.77	34.97	1:15.51	2:42.26	29.71	1:05.60	2:24.36	2:29.09	5:12.89	1:09.49
686	27.70	1:00.99	2:12.71	4:39.13	9:32.00	18:23.71	31.20	1:06.91	2:23.85	34.99	1:15.55	2:42.35	29.73	1:05.64	2:24.44	2:29.17	5:13.06	1:09.52
685	27.72	1:01.03	2:12.78	4:39.28	9:32.31	18:24.31	31.22	1:06.94	2:23.93	35.01	1:15.59	2:42.44	29.74	1:05.67	2:24.52	2:29.25	5:13.23	1:09.56
684	27.73	1:01.06	2:12.86	4:39.43	9:32.62	18:24.91	31.24	1:06.98	2:24.01	35.02	1:15.63	2:42.53	29.76	1:05.71	2:24.60	2:29.33	5:13.40	1:09.60
683	27.75	1:01.09	2:12.93	4:39.58	9:32.94	18:25.51	31.26	1:07.02	2:24.08	35.04	1:15.68	2:42.62	29.78	1:05.75	2:24.68	2:29.41	5:13.57	1:09.64
682	27.76	1:01.13	2:13.00	4:39.74	9:33.25	18:26.12	31.27	1:07.05	2:24.16	35.06	1:15.72	2:42.71	29.79	1:05.78	2:24.76	2:29.49	5:13.74	1:09.68
681	27.78	1:01.16	2:13.07	4:39.89	9:33.56	18:26.72	31.29	1:07.09	2:24.24	35.08	1:15.76	2:42.79	29.81	1:05.82	2:24.84	2:29.57	5:13.91	1:09.71

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
680	27.79	1:01.19	2:13.15	4:40.04	9:33.88	18:27.33	31.31	1:07.13	2:24.32	35.10	1:15.80	2:42.88	29.82	1:05.85	2:24.92	2:29.66	5:14.09	1:09.75
679	27.81	1:01.23	2:13.22	4:40.19	9:34.19	18:27.93	31.32	1:07.16	2:24.40	35.12	1:15.84	2:42.97	29.84	1:05.89	2:25.00	2:29.74	5:14.26	1:09.79
678	27.82	1:01.26	2:13.29	4:40.35	9:34.50	18:28.54	31.34	1:07.20	2:24.48	35.14	1:15.88	2:43.06	29.86	1:05.93	2:25.07	2:29.82	5:14.43	1:09.83
677	27.84	1:01.30	2:13.37	4:40.50	9:34.82	18:29.15	31.36	1:07.24	2:24.56	35.16	1:15.92	2:43.15	29.87	1:05.96	2:25.15	2:29.90	5:14.60	1:09.87
676	27.85	1:01.33	2:13.44	4:40.66	9:35.13	18:29.76	31.38	1:07.27	2:24.64	35.18	1:15.97	2:43.24	29.89	1:06.00	2:25.23	2:29.98	5:14.77	1:09.91
675	27.87	1:01.36	2:13.51	4:40.81	9:35.45	18:30.37	31.39	1:07.31	2:24.72	35.20	1:16.01	2:43.33	29.91	1:06.03	2:25.31	2:30.07	5:14.95	1:09.94
674	27.88	1:01.40	2:13.59	4:40.96	9:35.77	18:30.98	31.41	1:07.35	2:24.80	35.22	1:16.05	2:43.42	29.92	1:06.07	2:25.39	2:30.15	5:15.12	1:09.98
673	27.90	1:01.43	2:13.66	4:41.12	9:36.08	18:31.59	31.43	1:07.38	2:24.88	35.24	1:16.09	2:43.51	29.94	1:06.11	2:25.47	2:30.23	5:15.29	1:10.02
672	27.92	1:01.46	2:13.73	4:41.27	9:36.40	18:32.20	31.44	1:07.42	2:24.96	35.26	1:16.13	2:43.60	29.96	1:06.14	2:25.55	2:30.31	5:15.47	1:10.06
671	27.93	1:01.50	2:13.81	4:41.43	9:36.72	18:32.81	31.46	1:07.46	2:25.04	35.28	1:16.18	2:43.69	29.97	1:06.18	2:25.63	2:30.40	5:15.64	1:10.10
670	27.95	1:01.53	2:13.88	4:41.58	9:37.04	18:33.43	31.48	1:07.50	2:25.12	35.29	1:16.22	2:43.78	29.99	1:06.22	2:25.71	2:30.48	5:15.82	1:10.14
669	27.96	1:01.57	2:13.96	4:41.74	9:37.36	18:34.04	31.50	1:07.53	2:25.20	35.31	1:16.26	2:43.87	30.01	1:06.25	2:25.79	2:30.56	5:15.99	1:10.18
668	27.98	1:01.60	2:14.03	4:41.90	9:37.68	18:34.66	31.51	1:07.57	2:25.28	35.33	1:16.30	2:43.96	30.02	1:06.29	2:25.88	2:30.65	5:16.17	1:10.21
667	27.99	1:01.63	2:14.10	4:42.05	9:38.00	18:35.28	31.53	1:07.61	2:25.36	35.35	1:16.34	2:44.05	30.04	1:06.33	2:25.96	2:30.73	5:16.34	1:10.25
666	28.01	1:01.67	2:14.18	4:42.21	9:38.32	18:35.89	31.55	1:07.65	2:25.44	35.37	1:16.39	2:44.14	30.06	1:06.36	2:26.04	2:30.81	5:16.52	1:10.29
665	28.02	1:01.70	2:14.25	4:42.36	9:38.64	18:36.51	31.57	1:07.68	2:25.52	35.39	1:16.43	2:44.23	30.07	1:06.40	2:26.12	2:30.90	5:16.69	1:10.33
664	28.04	1:01.74	2:14.33	4:42.52	9:38.96	18:37.13	31.58	1:07.72	2:25.60	35.41	1:16.47	2:44.33	30.09	1:06.44	2:26.20	2:30.98	5:16.87	1:10.37
663	28.05	1:01.77	2:14.40	4:42.68	9:39.28	18:37.75	31.60	1:07.76	2:25.68	35.43	1:16.51	2:44.42	30.11	1:06.47	2:26.28	2:31.07	5:17.04	1:10.41
662	28.07	1:01.81	2:14.48	4:42.84	9:39.60	18:38.38	31.62	1:07.80	2:25.76	35.45	1:16.56	2:44.51	30.12	1:06.51	2:26.36	2:31.15	5:17.22	1:10.45
661	28.09	1:01.84	2:14.55	4:42.99	9:39.92	18:39.00	31.64	1:07.83	2:25.84	35.47	1:16.60	2:44.60	30.14	1:06.55	2:26.44	2:31.23	5:17.40	1:10.49
660	28.10	1:01.87	2:14.63	4:43.15	9:40.25	18:39.62	31.65	1:07.87	2:25.92	35.49	1:16.64	2:44.69	30.16	1:06.58	2:26.53	2:31.32	5:17.57	1:10.53
659	28.12	1:01.91	2:14.70	4:43.31	9:40.57	18:40.25	31.67	1:07.91	2:26.00	35.51	1:16.68	2:44.78	30.17	1:06.62	2:26.61	2:31.40	5:17.75	1:10.57
658	28.13	1:01.94	2:14.78	4:43.47	9:40.90	18:40.87	31.69	1:07.95	2:26.09	35.53	1:16.73	2:44.88	30.19	1:06.66	2:26.69	2:31.49	5:17.93	1:10.61
657	28.15	1:01.98	2:14.85	4:43.63	9:41.22	18:41.50	31.71	1:07.98	2:26.17	35.55	1:16.77	2:44.97	30.21	1:06.70	2:26.77	2:31.57	5:18.11	1:10.65
656	28.16	1:02.01	2:14.93	4:43.78	9:41.55	18:42.13	31.73	1:08.02	2:26.25	35.57	1:16.81	2:45.06	30.22	1:06.73	2:26.85	2:31.66	5:18.28	1:10.68
655	28.18	1:02.05	2:15.00	4:43.94	9:41.87	18:42.75	31.74	1:08.06	2:26.33	35.59	1:16.86	2:45.15	30.24	1:06.77	2:26.93	2:31.74	5:18.46	1:10.72
654	28.20	1:02.08	2:15.08	4:44.10	9:42.20	18:43.38	31.76	1:08.10	2:26.41	35.61	1:16.90	2:45.25	30.26	1:06.81	2:27.02	2:31.83	5:18.64	1:10.76
653	28.21	1:02.12	2:15.15	4:44.26	9:42.52	18:44.01	31.78	1:08.14	2:26.50	35.63	1:16.94	2:45.34	30.27	1:06.85	2:27.10	2:31.91	5:18.82	1:10.80
652	28.23	1:02.15	2:15.23	4:44.42	9:42.85	18:44.65	31.80	1:08.18	2:26.58	35.65	1:16.99	2:45.43	30.29	1:06.88	2:27.18	2:32.00	5:19.00	1:10.84
651	28.24	1:02.19	2:15.31	4:44.58	9:43.18	18:45.28	31.81	1:08.21	2:26.66	35.67	1:17.03	2:45.52	30.31	1:06.92	2:27.27	2:32.08	5:19.18	1:10.88
650	28.26	1:02.22	2:15.38	4:44.74	9:43.51	18:45.91	31.83	1:08.25	2:26.74	35.69	1:17.07	2:45.62	30.33	1:06.96	2:27.35	2:32.17	5:19.36	1:10.92
649	28.28	1:02.26	2:15.46	4:44.90	9:43.84	18:46.55	31.85	1:08.29	2:26.83	35.71	1:17.12	2:45.71	30.34	1:07.00	2:27.43	2:32.25	5:19.54	1:10.96
648	28.29	1:02.29	2:15.53	4:45.06	9:44.17	18:47.18	31.87	1:08.33	2:26.91	35.73	1:17.16	2:45.80	30.36	1:07.03	2:27.51	2:32.34	5:19.72	1:11.00
647	28.31	1:02.33	2:15.61	4:45.22	9:44.50	18:47.82	31.89	1:08.37	2:26.99	35.75	1:17.20	2:45.90	30.38	1:07.07	2:27.60	2:32.43	5:19.90	1:11.04
646	28.32	1:02.36	2:15.69	4:45.38	9:44.83	18:48.45	31.90	1:08.41	2:27.07	35.77	1:17.25	2:45.99	30.39	1:07.11	2:27.68	2:32.51	5:20.08	1:11.08

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
645	28.34	1:02.40	2:15.76	4:45.55	9:45.16	18:49.09	31.92	1:08.45	2:27.16	35.79	1:17.29	2:46.09	30.41	1:07.15	2:27.76	2:32.60	5:20.26	1:11.12
644	28.36	1:02.43	2:15.84	4:45.71	9:45.49	18:49.73	31.94	1:08.48	2:27.24	35.81	1:17.33	2:46.18	30.43	1:07.19	2:27.85	2:32.68	5:20.44	1:11.16
643	28.37	1:02.47	2:15.92	4:45.87	9:45.82	18:50.37	31.96	1:08.52	2:27.32	35.83	1:17.38	2:46.27	30.45	1:07.22	2:27.93	2:32.77	5:20.62	1:11.20
642	28.39	1:02.50	2:16.00	4:46.03	9:46.15	18:51.01	31.98	1:08.56	2:27.41	35.85	1:17.42	2:46.37	30.46	1:07.26	2:28.02	2:32.86	5:20.80	1:11.24
641	28.40	1:02.54	2:16.07	4:46.19	9:46.48	18:51.65	32.00	1:08.60	2:27.49	35.87	1:17.47	2:46.46	30.48	1:07.30	2:28.10	2:32.94	5:20.99	1:11.29
640	28.42	1:02.58	2:16.15	4:46.36	9:46.82	18:52.30	32.01	1:08.64	2:27.58	35.89	1:17.51	2:46.56	30.50	1:07.34	2:28.18	2:33.03	5:21.17	1:11.33
639	28.44	1:02.61	2:16.23	4:46.52	9:47.15	18:52.94	32.03	1:08.68	2:27.66	35.91	1:17.55	2:46.65	30.51	1:07.38	2:28.27	2:33.12	5:21.35	1:11.37
638	28.45	1:02.65	2:16.31	4:46.68	9:47.49	18:53.59	32.05	1:08.72	2:27.74	35.93	1:17.60	2:46.75	30.53	1:07.42	2:28.35	2:33.21	5:21.53	1:11.41
637	28.47	1:02.68	2:16.38	4:46.85	9:47.82	18:54.23	32.07	1:08.76	2:27.83	35.95	1:17.64	2:46.84	30.55	1:07.45	2:28.44	2:33.29	5:21.72	1:11.45
636	28.48	1:02.72	2:16.46	4:47.01	9:48.16	18:54.88	32.09	1:08.80	2:27.91	35.98	1:17.69	2:46.94	30.57	1:07.49	2:28.52	2:33.38	5:21.90	1:11.49
635	28.50	1:02.75	2:16.54	4:47.17	9:48.49	18:55.53	32.10	1:08.84	2:28.00	36.00	1:17.73	2:47.03	30.58	1:07.53	2:28.61	2:33.47	5:22.08	1:11.53
634	28.52	1:02.79	2:16.62	4:47.34	9:48.83	18:56.18	32.12	1:08.87	2:28.08	36.02	1:17.78	2:47.13	30.60	1:07.57	2:28.69	2:33.56	5:22.27	1:11.57
633	28.53	1:02.83	2:16.69	4:47.50	9:49.17	18:56.83	32.14	1:08.91	2:28.17	36.04	1:17.82	2:47.22	30.62	1:07.61	2:28.78	2:33.64	5:22.45	1:11.61
632	28.55	1:02.86	2:16.77	4:47.67	9:49.50	18:57.48	32.16	1:08.95	2:28.25	36.06	1:17.86	2:47.32	30.64	1:07.65	2:28.86	2:33.73	5:22.64	1:11.65
631	28.57	1:02.90	2:16.85	4:47.83	9:49.84	18:58.13	32.18	1:08.99	2:28.34	36.08	1:17.91	2:47.41	30.65	1:07.69	2:28.95	2:33.82	5:22.82	1:11.69
630	28.58	1:02.93	2:16.93	4:48.00	9:50.18	18:58.78	32.20	1:09.03	2:28.42	36.10	1:17.95	2:47.51	30.67	1:07.72	2:29.03	2:33.91	5:23.01	1:11.73
629	28.60	1:02.97	2:17.01	4:48.16	9:50.52	18:59.44	32.22	1:09.07	2:28.51	36.12	1:18.00	2:47.61	30.69	1:07.76	2:29.12	2:34.00	5:23.19	1:11.78
628	28.62	1:03.01	2:17.09	4:48.33	9:50.86	19:00.09	32.23	1:09.11	2:28.59	36.14	1:18.04	2:47.70	30.71	1:07.80	2:29.20	2:34.08	5:23.38	1:11.82
627	28.63	1:03.04	2:17.17	4:48.49	9:51.20	19:00.75	32.25	1:09.15	2:28.68	36.16	1:18.09	2:47.80	30.72	1:07.84	2:29.29	2:34.17	5:23.57	1:11.86
626	28.65	1:03.08	2:17.25	4:48.66	9:51.54	19:01.41	32.27	1:09.19	2:28.76	36.18	1:18.13	2:47.90	30.74	1:07.88	2:29.38	2:34.26	5:23.75	1:11.90
625	28.67	1:03.11	2:17.32	4:48.83	9:51.88	19:02.07	32.29	1:09.23	2:28.85	36.20	1:18.18	2:47.99	30.76	1:07.92	2:29.46	2:34.35	5:23.94	1:11.94
624	28.68	1:03.15	2:17.40	4:48.99	9:52.22	19:02.73	32.31	1:09.27	2:28.93	36.22	1:18.22	2:48.09	30.78	1:07.96	2:29.55	2:34.44	5:24.13	1:11.98
623	28.70	1:03.19	2:17.48	4:49.16	9:52.56	19:03.39	32.33	1:09.31	2:29.02	36.24	1:18.27	2:48.19	30.80	1:08.00	2:29.64	2:34.53	5:24.31	1:12.02
622	28.71	1:03.22	2:17.56	4:49.33	9:52.91	19:04.05	32.35	1:09.35	2:29.11	36.27	1:18.31	2:48.29	30.81	1:08.04	2:29.72	2:34.62	5:24.50	1:12.07
621	28.73	1:03.26	2:17.64	4:49.50	9:53.25	19:04.71	32.36	1:09.39	2:29.19	36.29	1:18.36	2:48.38	30.83	1:08.08	2:29.81	2:34.71	5:24.69	1:12.11
620	28.75	1:03.30	2:17.72	4:49.66	9:53.59	19:05.38	32.38	1:09.43	2:29.28	36.31	1:18.41	2:48.48	30.85	1:08.12	2:29.90	2:34.80	5:24.88	1:12.15
619	28.76	1:03.33	2:17.80	4:49.83	9:53.94	19:06.04	32.40	1:09.47	2:29.37	36.33	1:18.45	2:48.58	30.87	1:08.16	2:29.98	2:34.89	5:25.07	1:12.19
618	28.78	1:03.37	2:17.88	4:50.00	9:54.28	19:06.71	32.42	1:09.51	2:29.45	36.35	1:18.50	2:48.68	30.89	1:08.20	2:30.07	2:34.98	5:25.26	1:12.23
617	28.80	1:03.41	2:17.96	4:50.17	9:54.63	19:07.37	32.44	1:09.55	2:29.54	36.37	1:18.54	2:48.77	30.90	1:08.24	2:30.16	2:35.07	5:25.44	1:12.28
616	28.82	1:03.45	2:18.04	4:50.34	9:54.98	19:08.04	32.46	1:09.59	2:29.63	36.39	1:18.59	2:48.87	30.92	1:08.27	2:30.24	2:35.16	5:25.63	1:12.32
615	28.83	1:03.48	2:18.12	4:50.51	9:55.32	19:08.71	32.48	1:09.63	2:29.71	36.41	1:18.63	2:48.97	30.94	1:08.31	2:30.33	2:35.25	5:25.82	1:12.36
614	28.85	1:03.52	2:18.20	4:50.68	9:55.67	19:09.38	32.50	1:09.68	2:29.80	36.43	1:18.68	2:49.07	30.96	1:08.35	2:30.42	2:35.34	5:26.01	1:12.40
613	28.87	1:03.56	2:18.29	4:50.85	9:56.02	19:10.05	32.52	1:09.72	2:29.89	36.46	1:18.73	2:49.17	30.98	1:08.39	2:30.51	2:35.43	5:26.20	1:12.44
612	28.88	1:03.59	2:18.37	4:51.02	9:56.37	19:10.72	32.53	1:09.76	2:29.98	36.48	1:18.77	2:49.27	30.99	1:08.43	2:30.60	2:35.52	5:26.40	1:12.49
611	28.90	1:03.63	2:18.45	4:51.19	9:56.72	19:11.40	32.55	1:09.80	2:30.06	36.50	1:18.82	2:49.37	31.01	1:08.47	2:30.68	2:35.61	5:26.59	1:12.53

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
610	28.92	1:03.67	2:18.53	4:51.36	9:57.07	19:12.07	32.57	1:09.84	2:30.15	36.52	1:18.86	2:49.47	31.03	1:08.51	2:30.77	2:35.70	5:26.78	1:12.57
609	28.93	1:03.71	2:18.61	4:51.53	9:57.42	19:12.75	32.59	1:09.88	2:30.24	36.54	1:18.91	2:49.57	31.05	1:08.55	2:30.86	2:35.79	5:26.97	1:12.61
608	28.95	1:03.74	2:18.69	4:51.70	9:57.77	19:13.43	32.61	1:09.92	2:30.33	36.56	1:18.96	2:49.66	31.07	1:08.59	2:30.95	2:35.89	5:27.16	1:12.66
607	28.97	1:03.78	2:18.77	4:51.87	9:58.12	19:14.10	32.63	1:09.96	2:30.42	36.58	1:19.00	2:49.76	31.08	1:08.64	2:31.04	2:35.98	5:27.35	1:12.70
606	28.98	1:03.82	2:18.85	4:52.04	9:58.47	19:14.78	32.65	1:10.00	2:30.51	36.61	1:19.05	2:49.86	31.10	1:08.68	2:31.13	2:36.07	5:27.55	1:12.74
605	29.00	1:03.86	2:18.94	4:52.22	9:58.82	19:15.46	32.67	1:10.04	2:30.59	36.63	1:19.10	2:49.96	31.12	1:08.72	2:31.22	2:36.16	5:27.74	1:12.79
604	29.02	1:03.89	2:19.02	4:52.39	9:59.18	19:16.14	32.69	1:10.09	2:30.68	36.65	1:19.14	2:50.06	31.14	1:08.76	2:31.30	2:36.25	5:27.93	1:12.83
603	29.04	1:03.93	2:19.10	4:52.56	9:59.53	19:16.83	32.71	1:10.13	2:30.77	36.67	1:19.19	2:50.17	31.16	1:08.80	2:31.39	2:36.35	5:28.13	1:12.87
602	29.05	1:03.97	2:19.18	4:52.73	9:59.88	19:17.51	32.73	1:10.17	2:30.86	36.69	1:19.24	2:50.27	31.18	1:08.84	2:31.48	2:36.44	5:28.32	1:12.91
601	29.07	1:04.01	2:19.26	4:52.91	10:00.24	19:18.20	32.75	1:10.21	2:30.95	36.71	1:19.28	2:50.37	31.19	1:08.88	2:31.57	2:36.53	5:28.51	1:12.96
600	29.09	1:04.04	2:19.35	4:53.08	10:00.59	19:18.88	32.76	1:10.25	2:31.04	36.74	1:19.33	2:50.47	31.21	1:08.92	2:31.66	2:36.62	5:28.71	1:13.00
599	29.10	1:04.08	2:19.43	4:53.25	10:00.95	19:19.57	32.78	1:10.29	2:31.13	36.76	1:19.38	2:50.57	31.23	1:08.96	2:31.75	2:36.72	5:28.90	1:13.04
598	29.12	1:04.12	2:19.51	4:53.43	10:01.31	19:20.26	32.80	1:10.33	2:31.22	36.78	1:19.42	2:50.67	31.25	1:09.00	2:31.84	2:36.81	5:29.10	1:13.09
597	29.14	1:04.16	2:19.60	4:53.60	10:01.66	19:20.95	32.82	1:10.38	2:31.31	36.80	1:19.47	2:50.77	31.27	1:09.04	2:31.93	2:36.90	5:29.29	1:13.13
596	29.16	1:04.20	2:19.68	4:53.78	10:02.02	19:21.64	32.84	1:10.42	2:31.40	36.82	1:19.52	2:50.87	31.29	1:09.08	2:32.02	2:37.00	5:29.49	1:13.17
595	29.17	1:04.23	2:19.76	4:53.95	10:02.38	19:22.33	32.86	1:10.46	2:31.49	36.85	1:19.57	2:50.97	31.31	1:09.12	2:32.11	2:37.09	5:29.69	1:13.22
594	29.19	1:04.27	2:19.84	4:54.13	10:02.74	19:23.02	32.88	1:10.50	2:31.58	36.87	1:19.61	2:51.08	31.32	1:09.17	2:32.20	2:37.18	5:29.88	1:13.26
593	29.21	1:04.31	2:19.93	4:54.30	10:03.10	19:23.72	32.90	1:10.54	2:31.67	36.89	1:19.66	2:51.18	31.34	1:09.21	2:32.30	2:37.28	5:30.08	1:13.30
592	29.23	1:04.35	2:20.01	4:54.48	10:03.46	19:24.41	32.92	1:10.59	2:31.76	36.91	1:19.71	2:51.28	31.36	1:09.25	2:32.39	2:37.37	5:30.28	1:13.35
591	29.24	1:04.39	2:20.10	4:54.65	10:03.82	19:25.11	32.94	1:10.63	2:31.85	36.93	1:19.76	2:51.38	31.38	1:09.29	2:32.48	2:37.47	5:30.47	1:13.39
590	29.26	1:04.43	2:20.18	4:54.83	10:04.18	19:25.80	32.96	1:10.67	2:31.94	36.96	1:19.80	2:51.49	31.40	1:09.33	2:32.57	2:37.56	5:30.67	1:13.44
589	29.28	1:04.47	2:20.26	4:55.01	10:04.54	19:26.50	32.98	1:10.71	2:32.03	36.98	1:19.85	2:51.59	31.42	1:09.37	2:32.66	2:37.65	5:30.87	1:13.48
588	29.30	1:04.50	2:20.35	4:55.18	10:04.91	19:27.20	33.00	1:10.76	2:32.12	37.00	1:19.90	2:51.69	31.44	1:09.41	2:32.75	2:37.75	5:31.07	1:13.52
587	29.31	1:04.54	2:20.43	4:55.36	10:05.27	19:27.90	33.02	1:10.80	2:32.22	37.02	1:19.95	2:51.79	31.46	1:09.46	2:32.84	2:37.84	5:31.27	1:13.57
586	29.33	1:04.58	2:20.52	4:55.54	10:05.63	19:28.61	33.04	1:10.84	2:32.31	37.04	1:20.00	2:51.90	31.48	1:09.50	2:32.94	2:37.94	5:31.47	1:13.61
585	29.35	1:04.62	2:20.60	4:55.72	10:06.00	19:29.31	33.06	1:10.88	2:32.40	37.07	1:20.04	2:52.00	31.49	1:09.54	2:33.03	2:38.03	5:31.67	1:13.66
584	29.37	1:04.66	2:20.69	4:55.90	10:06.36	19:30.02	33.08	1:10.93	2:32.49	37.09	1:20.09	2:52.11	31.51	1:09.58	2:33.12	2:38.13	5:31.87	1:13.70
583	29.38	1:04.70	2:20.77	4:56.07	10:06.73	19:30.72	33.10	1:10.97	2:32.58	37.11	1:20.14	2:52.21	31.53	1:09.62	2:33.21	2:38.22	5:32.07	1:13.75
582	29.40	1:04.74	2:20.86	4:56.25	10:07.10	19:31.43	33.12	1:11.01	2:32.68	37.13	1:20.19	2:52.31	31.55	1:09.67	2:33.31	2:38.32	5:32.27	1:13.79
581	29.42	1:04.78	2:20.94	4:56.43	10:07.46	19:32.14	33.14	1:11.05	2:32.77	37.16	1:20.24	2:52.42	31.57	1:09.71	2:33.40	2:38.42	5:32.47	1:13.84
580	29.44	1:04.82	2:21.03	4:56.61	10:07.83	19:32.85	33.16	1:11.10	2:32.86	37.18	1:20.29	2:52.52	31.59	1:09.75	2:33.49	2:38.51	5:32.67	1:13.88
579	29.46	1:04.86	2:21.11	4:56.79	10:08.20	19:33.56	33.18	1:11.14	2:32.95	37.20	1:20.33	2:52.63	31.61	1:09.79	2:33.58	2:38.61	5:32.87	1:13.92
578	29.47	1:04.89	2:21.20	4:56.97	10:08.57	19:34.27	33.20	1:11.18	2:33.05	37.22	1:20.38	2:52.73	31.63	1:09.83	2:33.68	2:38.70	5:33.07	1:13.97
577	29.49	1:04.93	2:21.28	4:57.15	10:08.94	19:34.98	33.22	1:11.23	2:33.14	37.25	1:20.43	2:52.84	31.65	1:09.88	2:33.77	2:38.80	5:33.28	1:14.01
576	29.51	1:04.97	2:21.37	4:57.33	10:09.31	19:35.70	33.24	1:11.27	2:33.23	37.27	1:20.48	2:52.94	31.67	1:09.92	2:33.86	2:38.90	5:33.48	1:14.06

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
575	29.53	1:05.01	2:21.45	4:57.51	10:09.68	19:36.41	33.26	1:11.31	2:33.32	37.29	1:20.53	2:53.05	31.69	1:09.96	2:33.96	2:38.99	5:33.68	1:14.10
574	29.55	1:05.05	2:21.54	4:57.69	10:10.05	19:37.13	33.28	1:11.36	2:33.42	37.31	1:20.58	2:53.15	31.70	1:10.00	2:34.05	2:39.09	5:33.88	1:14.15
573	29.56	1:05.09	2:21.63	4:57.88	10:10.42	19:37.85	33.30	1:11.40	2:33.51	37.34	1:20.63	2:53.26	31.72	1:10.05	2:34.15	2:39.19	5:34.09	1:14.20
572	29.58	1:05.13	2:21.71	4:58.06	10:10.80	19:38.57	33.32	1:11.44	2:33.61	37.36	1:20.68	2:53.36	31.74	1:10.09	2:34.24	2:39.28	5:34.29	1:14.24
571	29.60	1:05.17	2:21.80	4:58.24	10:11.17	19:39.29	33.34	1:11.49	2:33.70	37.38	1:20.73	2:53.47	31.76	1:10.13	2:34.33	2:39.38	5:34.50	1:14.29
570	29.62	1:05.21	2:21.89	4:58.42	10:11.54	19:40.01	33.36	1:11.53	2:33.79	37.41	1:20.78	2:53.58	31.78	1:10.18	2:34.43	2:39.48	5:34.70	1:14.33
569	29.64	1:05.25	2:21.97	4:58.61	10:11.92	19:40.73	33.38	1:11.58	2:33.89	37.43	1:20.83	2:53.68	31.80	1:10.22	2:34.52	2:39.58	5:34.91	1:14.38
568	29.65	1:05.29	2:22.06	4:58.79	10:12.30	19:41.46	33.40	1:11.62	2:33.98	37.45	1:20.88	2:53.79	31.82	1:10.26	2:34.62	2:39.68	5:35.11	1:14.42
567	29.67	1:05.33	2:22.15	4:58.97	10:12.67	19:42.18	33.42	1:11.66	2:34.08	37.47	1:20.92	2:53.90	31.84	1:10.31	2:34.71	2:39.77	5:35.32	1:14.47
566	29.69	1:05.37	2:22.24	4:59.16	10:13.05	19:42.91	33.44	1:11.71	2:34.17	37.50	1:20.97	2:54.00	31.86	1:10.35	2:34.81	2:39.87	5:35.52	1:14.51
565	29.71	1:05.41	2:22.32	4:59.34	10:13.43	19:43.64	33.47	1:11.75	2:34.27	37.52	1:21.02	2:54.11	31.88	1:10.39	2:34.90	2:39.97	5:35.73	1:14.56
564	29.73	1:05.45	2:22.41	4:59.53	10:13.80	19:44.37	33.49	1:11.80	2:34.36	37.54	1:21.07	2:54.22	31.90	1:10.44	2:35.00	2:40.07	5:35.94	1:14.61
563	29.75	1:05.49	2:22.50	4:59.71	10:14.18	19:45.10	33.51	1:11.84	2:34.46	37.57	1:21.12	2:54.32	31.92	1:10.48	2:35.09	2:40.17	5:36.15	1:14.65
562	29.76	1:05.53	2:22.59	4:59.90	10:14.56	19:45.83	33.53	1:11.89	2:34.55	37.59	1:21.17	2:54.43	31.94	1:10.52	2:35.19	2:40.27	5:36.35	1:14.70
561	29.78	1:05.57	2:22.68	5:00.08	10:14.94	19:46.57	33.55	1:11.93	2:34.65	37.61	1:21.22	2:54.54	31.96	1:10.57	2:35.29	2:40.37	5:36.56	1:14.74
560	29.80	1:05.61	2:22.76	5:00.27	10:15.32	19:47.30	33.57	1:11.97	2:34.74	37.64	1:21.28	2:54.65	31.98	1:10.61	2:35.38	2:40.46	5:36.77	1:14.79
559	29.82	1:05.66	2:22.85	5:00.45	10:15.70	19:48.04	33.59	1:12.02	2:34.84	37.66	1:21.33	2:54.76	32.00	1:10.65	2:35.48	2:40.56	5:36.98	1:14.84
558	29.84	1:05.70	2:22.94	5:00.64	10:16.09	19:48.77	33.61	1:12.06	2:34.94	37.68	1:21.38	2:54.86	32.02	1:10.70	2:35.58	2:40.66	5:37.19	1:14.88
557	29.86	1:05.74	2:23.03	5:00.83	10:16.47	19:49.51	33.63	1:12.11	2:35.03	37.71	1:21.43	2:54.97	32.04	1:10.74	2:35.67	2:40.76	5:37.40	1:14.93
556	29.87	1:05.78	2:23.12	5:01.01	10:16.85	19:50.25	33.65	1:12.15	2:35.13	37.73	1:21.48	2:55.08	32.06	1:10.79	2:35.77	2:40.86	5:37.61	1:14.98
555	29.89	1:05.82	2:23.21	5:01.20	10:17.24	19:51.00	33.67	1:12.20	2:35.23	37.75	1:21.53	2:55.19	32.08	1:10.83	2:35.87	2:40.96	5:37.82	1:15.02
554	29.91	1:05.86	2:23.30	5:01.39	10:17.62	19:51.74	33.69	1:12.24	2:35.32	37.78	1:21.58	2:55.30	32.10	1:10.87	2:35.96	2:41.06	5:38.03	1:15.07
553	29.93	1:05.90	2:23.39	5:01.58	10:18.01	19:52.48	33.72	1:12.29	2:35.42	37.80	1:21.63	2:55.41	32.12	1:10.92	2:36.06	2:41.17	5:38.24	1:15.12
552	29.95	1:05.94	2:23.48	5:01.77	10:18.39	19:53.23	33.74	1:12.33	2:35.52	37.82	1:21.68	2:55.52	32.14	1:10.96	2:36.16	2:41.27	5:38.45	1:15.16
551	29.97	1:05.98	2:23.57	5:01.95	10:18.78	19:53.97	33.76	1:12.38	2:35.61	37.85	1:21.73	2:55.63	32.16	1:11.01	2:36.26	2:41.37	5:38.66	1:15.21
550	29.99	1:06.03	2:23.66	5:02.14	10:19.17	19:54.72	33.78	1:12.42	2:35.71	37.87	1:21.78	2:55.74	32.18	1:11.05	2:36.35	2:41.47	5:38.88	1:15.26
549	30.01	1:06.07	2:23.75	5:02.33	10:19.56	19:55.47	33.80	1:12.47	2:35.81	37.90	1:21.83	2:55.85	32.20	1:11.10	2:36.45	2:41.57	5:39.09	1:15.31
548	30.02	1:06.11	2:23.84	5:02.52	10:19.95	19:56.22	33.82	1:12.52	2:35.91	37.92	1:21.89	2:55.96	32.22	1:11.14	2:36.55	2:41.67	5:39.30	1:15.35
547	30.04	1:06.15	2:23.93	5:02.71	10:20.34	19:56.98	33.84	1:12.56	2:36.01	37.94	1:21.94	2:56.07	32.24	1:11.19	2:36.65	2:41.77	5:39.51	1:15.40
546	30.06	1:06.19	2:24.02	5:02.90	10:20.73	19:57.73	33.86	1:12.61	2:36.10	37.97	1:21.99	2:56.18	32.26	1:11.23	2:36.75	2:41.87	5:39.73	1:15.45
545	30.08	1:06.23	2:24.11	5:03.10	10:21.12	19:58.49	33.88	1:12.65	2:36.20	37.99	1:22.04	2:56.29	32.28	1:11.27	2:36.85	2:41.98	5:39.94	1:15.50
544	30.10	1:06.27	2:24.20	5:03.29	10:21.51	19:59.24	33.91	1:12.70	2:36.30	38.02	1:22.09	2:56.40	32.30	1:11.32	2:36.95	2:42.08	5:40.16	1:15.54
543	30.12	1:06.32	2:24.29	5:03.48	10:21.90	20:00.00	33.93	1:12.74	2:36.40	38.04	1:22.14	2:56.52	32.32	1:11.36	2:37.04	2:42.18	5:40.37	1:15.59
542	30.14	1:06.36	2:24.38	5:03.67	10:22.30	20:00.76	33.95	1:12.79	2:36.50	38.06	1:22.20	2:56.63	32.34	1:11.41	2:37.14	2:42.28	5:40.59	1:15.64
541	30.16	1:06.40	2:24.47	5:03.86	10:22.69	20:01.52	33.97	1:12.84	2:36.60	38.09	1:22.25	2:56.74	32.36	1:11.46	2:37.24	2:42.39	5:40.80	1:15.69

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
540	30.18	1:06.44	2:24.57	5:04.06	10:23.09	20:02.28	33.99	1:12.88	2:36.70	38.11	1:22.30	2:56.85	32.38	1:11.50	2:37.34	2:42.49	5:41.02	1:15.73
539	30.20	1:06.49	2:24.66	5:04.25	10:23.48	20:03.05	34.01	1:12.93	2:36.80	38.14	1:22.35	2:56.96	32.40	1:11.55	2:37.44	2:42.59	5:41.24	1:15.78
538	30.22	1:06.53	2:24.75	5:04.44	10:23.88	20:03.81	34.04	1:12.98	2:36.90	38.16	1:22.41	2:57.08	32.42	1:11.59	2:37.54	2:42.70	5:41.45	1:15.83
537	30.23	1:06.57	2:24.84	5:04.64	10:24.28	20:04.58	34.06	1:13.02	2:37.00	38.18	1:22.46	2:57.19	32.44	1:11.64	2:37.64	2:42.80	5:41.67	1:15.88
536	30.25	1:06.61	2:24.93	5:04.83	10:24.67	20:05.34	34.08	1:13.07	2:37.10	38.21	1:22.51	2:57.30	32.46	1:11.68	2:37.74	2:42.90	5:41.89	1:15.93
535	30.27	1:06.65	2:25.03	5:05.02	10:25.07	20:06.11	34.10	1:13.11	2:37.20	38.23	1:22.56	2:57.42	32.49	1:11.73	2:37.84	2:43.01	5:42.11	1:15.98
534	30.29	1:06.70	2:25.12	5:05.22	10:25.47	20:06.88	34.12	1:13.16	2:37.30	38.26	1:22.62	2:57.53	32.51	1:11.77	2:37.95	2:43.11	5:42.32	1:16.02
533	30.31	1:06.74	2:25.21	5:05.41	10:25.87	20:07.66	34.14	1:13.21	2:37.40	38.28	1:22.67	2:57.64	32.53	1:11.82	2:38.05	2:43.22	5:42.54	1:16.07
532	30.33	1:06.78	2:25.30	5:05.61	10:26.27	20:08.43	34.17	1:13.26	2:37.50	38.31	1:22.72	2:57.76	32.55	1:11.87	2:38.15	2:43.32	5:42.76	1:16.12
531	30.35	1:06.83	2:25.40	5:05.81	10:26.67	20:09.20	34.19	1:13.30	2:37.60	38.33	1:22.77	2:57.87	32.57	1:11.91	2:38.25	2:43.43	5:42.98	1:16.17
530	30.37	1:06.87	2:25.49	5:06.00	10:27.08	20:09.98	34.21	1:13.35	2:37.70	38.36	1:22.83	2:57.98	32.59	1:11.96	2:38.35	2:43.53	5:43.20	1:16.22
529	30.39	1:06.91	2:25.58	5:06.20	10:27.48	20:10.76	34.23	1:13.40	2:37.80	38.38	1:22.88	2:58.10	32.61	1:12.00	2:38.45	2:43.64	5:43.42	1:16.27
528	30.41	1:06.95	2:25.68	5:06.40	10:27.88	20:11.54	34.25	1:13.44	2:37.90	38.41	1:22.93	2:58.21	32.63	1:12.05	2:38.55	2:43.74	5:43.64	1:16.32
527	30.43	1:07.00	2:25.77	5:06.59	10:28.29	20:12.32	34.28	1:13.49	2:38.00	38.43	1:22.99	2:58.33	32.65	1:12.10	2:38.66	2:43.85	5:43.87	1:16.37
526	30.45	1:07.04	2:25.87	5:06.79	10:28.69	20:13.10	34.30	1:13.54	2:38.11	38.45	1:23.04	2:58.44	32.67	1:12.14	2:38.76	2:43.95	5:44.09	1:16.42
525	30.47	1:07.08	2:25.96	5:06.99	10:29.10	20:13.89	34.32	1:13.59	2:38.21	38.48	1:23.10	2:58.56	32.69	1:12.19	2:38.86	2:44.06	5:44.31	1:16.47
524	30.49	1:07.13	2:26.06	5:07.19	10:29.51	20:14.67	34.34	1:13.63	2:38.31	38.50	1:23.15	2:58.67	32.72	1:12.24	2:38.96	2:44.16	5:44.53	1:16.51
523	30.51	1:07.17	2:26.15	5:07.39	10:29.92	20:15.46	34.36	1:13.68	2:38.41	38.53	1:23.20	2:58.79	32.74	1:12.28	2:39.07	2:44.27	5:44.76	1:16.56
522	30.53	1:07.21	2:26.24	5:07.59	10:30.32	20:16.25	34.39	1:13.73	2:38.52	38.55	1:23.26	2:58.91	32.76	1:12.33	2:39.17	2:44.38	5:44.98	1:16.61
521	30.55	1:07.26	2:26.34	5:07.79	10:30.73	20:17.04	34.41	1:13.78	2:38.62	38.58	1:23.31	2:59.02	32.78	1:12.38	2:39.27	2:44.48	5:45.20	1:16.66
520	30.57	1:07.30	2:26.43	5:07.99	10:31.14	20:17.83	34.43	1:13.82	2:38.72	38.60	1:23.36	2:59.14	32.80	1:12.43	2:39.38	2:44.59	5:45.43	1:16.71
519	30.59	1:07.35	2:26.53	5:08.19	10:31.55	20:18.62	34.45	1:13.87	2:38.83	38.63	1:23.42	2:59.25	32.82	1:12.47	2:39.48	2:44.70	5:45.65	1:16.76
518	30.61	1:07.39	2:26.63	5:08.39	10:31.97	20:19.41	34.48	1:13.92	2:38.93	38.66	1:23.47	2:59.37	32.84	1:12.52	2:39.59	2:44.81	5:45.88	1:16.81
517	30.63	1:07.43	2:26.72	5:08.59	10:32.38	20:20.21	34.50	1:13.97	2:39.03	38.68	1:23.53	2:59.49	32.87	1:12.57	2:39.69	2:44.91	5:46.10	1:16.86
516	30.65	1:07.48	2:26.82	5:08.79	10:32.79	20:21.01	34.52	1:14.02	2:39.14	38.71	1:23.58	2:59.61	32.89	1:12.61	2:39.79	2:45.02	5:46.33	1:16.91
515	30.67	1:07.52	2:26.91	5:08.99	10:33.21	20:21.81	34.54	1:14.07	2:39.24	38.73	1:23.64	2:59.72	32.91	1:12.66	2:39.90	2:45.13	5:46.56	1:16.96
514	30.69	1:07.57	2:27.01	5:09.20	10:33.62	20:22.61	34.57	1:14.11	2:39.35	38.76	1:23.69	2:59.84	32.93	1:12.71	2:40.00	2:45.24	5:46.78	1:17.01
513	30.71	1:07.61	2:27.11	5:09.40	10:34.04	20:23.41	34.59	1:14.16	2:39.45	38.78	1:23.75	2:59.96	32.95	1:12.76	2:40.11	2:45.35	5:47.01	1:17.07
512	30.73	1:07.66	2:27.20	5:09.60	10:34.45	20:24.21	34.61	1:14.21	2:39.56	38.81	1:23.80	3:00.08	32.97	1:12.81	2:40.21	2:45.45	5:47.24	1:17.12
511	30.75	1:07.70	2:27.30	5:09.81	10:34.87	20:25.02	34.64	1:14.26	2:39.66	38.83	1:23.86	3:00.20	32.99	1:12.85	2:40.32	2:45.56	5:47.47	1:17.17
510	30.77	1:07.74	2:27.40	5:10.01	10:35.29	20:25.83	34.66	1:14.31	2:39.77	38.86	1:23.91	3:00.31	33.02	1:12.90	2:40.42	2:45.67	5:47.70	1:17.22
509	30.79	1:07.79	2:27.49	5:10.21	10:35.71	20:26.63	34.68	1:14.36	2:39.87	38.88	1:23.97	3:00.43	33.04	1:12.95	2:40.53	2:45.78	5:47.93	1:17.27
508	30.81	1:07.83	2:27.59	5:10.42	10:36.13	20:27.44	34.70	1:14.41	2:39.98	38.91	1:24.02	3:00.55	33.06	1:13.00	2:40.64	2:45.89	5:48.16	1:17.32
507	30.83	1:07.88	2:27.69	5:10.62	10:36.55	20:28.26	34.73	1:14.46	2:40.08	38.94	1:24.08	3:00.67	33.08	1:13.05	2:40.74	2:46.00	5:48.39	1:17.37
506	30.85	1:07.92	2:27.79	5:10.83	10:36.97	20:29.07	34.75	1:14.51	2:40.19	38.96	1:24.13	3:00.79	33.10	1:13.09	2:40.85	2:46.11	5:48.62	1:17.42

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
505	30.87	1:07.97	2:27.88	5:11.04	10:37.39	20:29.88	34.77	1:14.56	2:40.29	38.99	1:24.19	3:00.91	33.13	1:13.14	2:40.96	2:46.22	5:48.85	1:17.47
504	30.89	1:08.01	2:27.98	5:11.24	10:37.82	20:30.70	34.80	1:14.61	2:40.40	39.01	1:24.25	3:01.03	33.15	1:13.19	2:41.06	2:46.33	5:49.08	1:17.52
503	30.91	1:08.06	2:28.08	5:11.45	10:38.24	20:31.52	34.82	1:14.65	2:40.51	39.04	1:24.30	3:01.15	33.17	1:13.24	2:41.17	2:46.44	5:49.31	1:17.58
502	30.93	1:08.10	2:28.18	5:11.66	10:38.66	20:32.34	34.84	1:14.70	2:40.61	39.06	1:24.36	3:01.27	33.19	1:13.29	2:41.28	2:46.55	5:49.54	1:17.63
501	30.95	1:08.15	2:28.28	5:11.86	10:39.09	20:33.16	34.87	1:14.75	2:40.72	39.09	1:24.41	3:01.39	33.21	1:13.34	2:41.38	2:46.66	5:49.78	1:17.68
500	30.97	1:08.19	2:28.38	5:12.07	10:39.52	20:33.98	34.89	1:14.80	2:40.83	39.12	1:24.47	3:01.51	33.24	1:13.39	2:41.49	2:46.77	5:50.01	1:17.73
499	30.99	1:08.24	2:28.48	5:12.28	10:39.94	20:34.81	34.91	1:14.85	2:40.94	39.14	1:24.53	3:01.64	33.26	1:13.44	2:41.60	2:46.89	5:50.25	1:17.78
498	31.01	1:08.29	2:28.58	5:12.49	10:40.37	20:35.63	34.94	1:14.90	2:41.04	39.17	1:24.58	3:01.76	33.28	1:13.48	2:41.71	2:47.00	5:50.48	1:17.84
497	31.03	1:08.33	2:28.68	5:12.70	10:40.80	20:36.46	34.96	1:14.95	2:41.15	39.20	1:24.64	3:01.88	33.30	1:13.53	2:41.82	2:47.11	5:50.71	1:17.89
496	31.06	1:08.38	2:28.78	5:12.91	10:41.23	20:37.29	34.98	1:15.00	2:41.26	39.22	1:24.70	3:02.00	33.33	1:13.58	2:41.92	2:47.22	5:50.95	1:17.94
495	31.08	1:08.42	2:28.88	5:13.12	10:41.66	20:38.12	35.01	1:15.06	2:41.37	39.25	1:24.75	3:02.12	33.35	1:13.63	2:42.03	2:47.33	5:51.19	1:17.99
494	31.10	1:08.47	2:28.98	5:13.33	10:42.09	20:38.96	35.03	1:15.11	2:41.48	39.27	1:24.81	3:02.25	33.37	1:13.68	2:42.14	2:47.45	5:51.42	1:18.04
493	31.12	1:08.52	2:29.08	5:13.54	10:42.53	20:39.79	35.05	1:15.16	2:41.59	39.30	1:24.87	3:02.37	33.39	1:13.73	2:42.25	2:47.56	5:51.66	1:18.10
492	31.14	1:08.56	2:29.18	5:13.75	10:42.96	20:40.63	35.08	1:15.21	2:41.69	39.33	1:24.93	3:02.49	33.42	1:13.78	2:42.36	2:47.67	5:51.90	1:18.15
491	31.16	1:08.61	2:29.28	5:13.97	10:43.39	20:41.46	35.10	1:15.26	2:41.80	39.35	1:24.98	3:02.62	33.44	1:13.83	2:42.47	2:47.79	5:52.13	1:18.20
490	31.18	1:08.65	2:29.38	5:14.18	10:43.83	20:42.30	35.12	1:15.31	2:41.91	39.38	1:25.04	3:02.74	33.46	1:13.88	2:42.58	2:47.90	5:52.37	1:18.26
489	31.20	1:08.70	2:29.48	5:14.39	10:44.27	20:43.15	35.15	1:15.36	2:42.02	39.41	1:25.10	3:02.86	33.48	1:13.93	2:42.69	2:48.01	5:52.61	1:18.31
488	31.22	1:08.75	2:29.58	5:14.60	10:44.70	20:43.99	35.17	1:15.41	2:42.13	39.43	1:25.16	3:02.99	33.51	1:13.98	2:42.80	2:48.13	5:52.85	1:18.36
487	31.24	1:08.79	2:29.68	5:14.82	10:45.14	20:44.83	35.20	1:15.46	2:42.24	39.46	1:25.21	3:03.11	33.53	1:14.03	2:42.91	2:48.24	5:53.09	1:18.42
486	31.27	1:08.84	2:29.78	5:15.03	10:45.58	20:45.68	35.22	1:15.51	2:42.35	39.49	1:25.27	3:03.24	33.55	1:14.08	2:43.02	2:48.36	5:53.33	1:18.47
485	31.29	1:08.89	2:29.89	5:15.25	10:46.02	20:46.53	35.24	1:15.56	2:42.46	39.51	1:25.33	3:03.36	33.57	1:14.13	2:43.13	2:48.47	5:53.57	1:18.52
484	31.31	1:08.94	2:29.99	5:15.46	10:46.46	20:47.38	35.27	1:15.62	2:42.57	39.54	1:25.39	3:03.49	33.60	1:14.18	2:43.25	2:48.58	5:53.81	1:18.58
483	31.33	1:08.98	2:30.09	5:15.68	10:46.90	20:48.23	35.29	1:15.67	2:42.69	39.57	1:25.45	3:03.61	33.62	1:14.23	2:43.36	2:48.70	5:54.05	1:18.63
482	31.35	1:09.03	2:30.19	5:15.89	10:47.34	20:49.09	35.32	1:15.72	2:42.80	39.60	1:25.50	3:03.74	33.64	1:14.28	2:43.47	2:48.82	5:54.29	1:18.68
481	31.37	1:09.08	2:30.30	5:16.11	10:47.79	20:49.94	35.34	1:15.77	2:42.91	39.62	1:25.56	3:03.86	33.67	1:14.34	2:43.58	2:48.93	5:54.54	1:18.74
480	31.39	1:09.12	2:30.40	5:16.33	10:48.23	20:50.80	35.36	1:15.82	2:43.02	39.65	1:25.62	3:03.99	33.69	1:14.39	2:43.69	2:49.05	5:54.78	1:18.79
479	31.42	1:09.17	2:30.50	5:16.54	10:48.68	20:51.66	35.39	1:15.88	2:43.13	39.68	1:25.68	3:04.11	33.71	1:14.44	2:43.80	2:49.16	5:55.02	1:18.84
478	31.44	1:09.22	2:30.61	5:16.76	10:49.12	20:52.52	35.41	1:15.93	2:43.24	39.70	1:25.74	3:04.24	33.74	1:14.49	2:43.92	2:49.28	5:55.27	1:18.90
477	31.46	1:09.27	2:30.71	5:16.98	10:49.57	20:53.38	35.44	1:15.98	2:43.36	39.73	1:25.80	3:04.37	33.76	1:14.54	2:44.03	2:49.40	5:55.51	1:18.95
476	31.48	1:09.31	2:30.81	5:17.20	10:50.02	20:54.25	35.46	1:16.03	2:43.47	39.76	1:25.86	3:04.50	33.78	1:14.59	2:44.14	2:49.51	5:55.76	1:19.01
475	31.50	1:09.36	2:30.92	5:17.42	10:50.47	20:55.11	35.49	1:16.09	2:43.58	39.79	1:25.92	3:04.62	33.81	1:14.64	2:44.26	2:49.63	5:56.00	1:19.06
474	31.52	1:09.41	2:31.02	5:17.64	10:50.92	20:55.98	35.51	1:16.14	2:43.70	39.81	1:25.98	3:04.75	33.83	1:14.69	2:44.37	2:49.75	5:56.25	1:19.12
473	31.55	1:09.46	2:31.13	5:17.86	10:51.37	20:56.85	35.54	1:16.19	2:43.81	39.84	1:26.04	3:04.88	33.85	1:14.75	2:44.48	2:49.86	5:56.50	1:19.17
472	31.57	1:09.51	2:31.23	5:18.08	10:51.82	20:57.72	35.56	1:16.24	2:43.92	39.87	1:26.10	3:05.01	33.88	1:14.80	2:44.60	2:49.98	5:56.74	1:19.23
471	31.59	1:09.56	2:31.34	5:18.30	10:52.27	20:58.59	35.58	1:16.30	2:44.04	39.90	1:26.16	3:05.14	33.90	1:14.85	2:44.71	2:50.10	5:56.99	1:19.28

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
470	31.61	1:09.60	2:31.44	5:18.52	10:52.73	20:59.47	35.61	1:16.35	2:44.15	39.93	1:26.22	3:05.26	33.92	1:14.90	2:44.83	2:50.22	5:57.24	1:19.34
469	31.63	1:09.65	2:31.55	5:18.74	10:53.18	21:00.35	35.63	1:16.40	2:44.26	39.95	1:26.28	3:05.39	33.95	1:14.95	2:44.94	2:50.34	5:57.49	1:19.39
468	31.66	1:09.70	2:31.65	5:18.96	10:53.64	21:01.23	35.66	1:16.46	2:44.38	39.98	1:26.34	3:05.52	33.97	1:15.01	2:45.06	2:50.46	5:57.74	1:19.45
467	31.68	1:09.75	2:31.76	5:19.19	10:54.09	21:02.11	35.68	1:16.51	2:44.49	40.01	1:26.40	3:05.65	33.99	1:15.06	2:45.17	2:50.58	5:57.99	1:19.50
466	31.70	1:09.80	2:31.87	5:19.41	10:54.55	21:02.99	35.71	1:16.56	2:44.61	40.04	1:26.46	3:05.78	34.02	1:15.11	2:45.29	2:50.69	5:58.24	1:19.56
465	31.72	1:09.85	2:31.97	5:19.63	10:55.01	21:03.88	35.73	1:16.62	2:44.72	40.06	1:26.52	3:05.91	34.04	1:15.16	2:45.40	2:50.81	5:58.49	1:19.61
464	31.75	1:09.90	2:32.08	5:19.86	10:55.47	21:04.76	35.76	1:16.67	2:44.84	40.09	1:26.58	3:06.04	34.07	1:15.22	2:45.52	2:50.93	5:58.74	1:19.67
463	31.77	1:09.95	2:32.19	5:20.08	10:55.93	21:05.65	35.78	1:16.72	2:44.96	40.12	1:26.64	3:06.17	34.09	1:15.27	2:45.64	2:51.05	5:58.99	1:19.73
462	31.79	1:09.99	2:32.29	5:20.31	10:56.39	21:06.54	35.81	1:16.78	2:45.07	40.15	1:26.70	3:06.30	34.11	1:15.32	2:45.75	2:51.17	5:59.25	1:19.78
461	31.81	1:10.04	2:32.40	5:20.53	10:56.85	21:07.43	35.83	1:16.83	2:45.19	40.18	1:26.76	3:06.44	34.14	1:15.38	2:45.87	2:51.30	5:59.50	1:19.84
460	31.83	1:10.09	2:32.51	5:20.76	10:57.32	21:08.33	35.86	1:16.89	2:45.30	40.21	1:26.82	3:06.57	34.16	1:15.43	2:45.99	2:51.42	5:59.75	1:19.90
459	31.86	1:10.14	2:32.62	5:20.99	10:57.78	21:09.23	35.89	1:16.94	2:45.42	40.23	1:26.88	3:06.70	34.19	1:15.48	2:46.10	2:51.54	6:00.01	1:19.95
458	31.88	1:10.19	2:32.72	5:21.21	10:58.25	21:10.12	35.91	1:17.00	2:45.54	40.26	1:26.95	3:06.83	34.21	1:15.54	2:46.22	2:51.66	6:00.26	1:20.01
457	31.90	1:10.24	2:32.83	5:21.44	10:58.71	21:11.02	35.94	1:17.05	2:45.66	40.29	1:27.01	3:06.96	34.23	1:15.59	2:46.34	2:51.78	6:00.52	1:20.07
456	31.93	1:10.29	2:32.94	5:21.67	10:59.18	21:11.93	35.96	1:17.10	2:45.77	40.32	1:27.07	3:07.10	34.26	1:15.64	2:46.46	2:51.90	6:00.77	1:20.12
455	31.95	1:10.34	2:33.05	5:21.90	10:59.65	21:12.83	35.99	1:17.16	2:45.89	40.35	1:27.13	3:07.23	34.28	1:15.70	2:46.58	2:52.02	6:01.03	1:20.18
454	31.97	1:10.39	2:33.16	5:22.13	11:00.12	21:13.74	36.01	1:17.21	2:46.01	40.38	1:27.19	3:07.36	34.31	1:15.75	2:46.69	2:52.15	6:01.29	1:20.24
453	31.99	1:10.44	2:33.27	5:22.36	11:00.59	21:14.65	36.04	1:17.27	2:46.13	40.41	1:27.25	3:07.50	34.33	1:15.80	2:46.81	2:52.27	6:01.54	1:20.29
452	32.02	1:10.49	2:33.38	5:22.59	11:01.06	21:15.56	36.06	1:17.32	2:46.25	40.43	1:27.32	3:07.63	34.36	1:15.86	2:46.93	2:52.39	6:01.80	1:20.35
451	32.04	1:10.54	2:33.49	5:22.82	11:01.53	21:16.47	36.09	1:17.38	2:46.37	40.46	1:27.38	3:07.76	34.38	1:15.91	2:47.05	2:52.52	6:02.06	1:20.41
450	32.06	1:10.59	2:33.60	5:23.05	11:02.01	21:17.38	36.12	1:17.44	2:46.48	40.49	1:27.44	3:07.90	34.41	1:15.97	2:47.17	2:52.64	6:02.32	1:20.47
449	32.09	1:10.64	2:33.71	5:23.28	11:02.48	21:18.30	36.14	1:17.49	2:46.60	40.52	1:27.50	3:08.03	34.43	1:16.02	2:47.29	2:52.76	6:02.58	1:20.52
448	32.11	1:10.70	2:33.82	5:23.51	11:02.96	21:19.22	36.17	1:17.55	2:46.72	40.55	1:27.57	3:08.17	34.45	1:16.08	2:47.41	2:52.89	6:02.84	1:20.58
447	32.13	1:10.75	2:33.93	5:23.75	11:03.44	21:20.14	36.19	1:17.60	2:46.84	40.58	1:27.63	3:08.30	34.48	1:16.13	2:47.53	2:53.01	6:03.10	1:20.64
446	32.15	1:10.80	2:34.04	5:23.98	11:03.91	21:21.06	36.22	1:17.66	2:46.96	40.61	1:27.69	3:08.44	34.50	1:16.19	2:47.65	2:53.14	6:03.36	1:20.70
445	32.18	1:10.85	2:34.15	5:24.21	11:04.39	21:21.98	36.25	1:17.71	2:47.08	40.64	1:27.76	3:08.58	34.53	1:16.24	2:47.77	2:53.26	6:03.63	1:20.76
444	32.20	1:10.90	2:34.26	5:24.45	11:04.87	21:22.91	36.27	1:17.77	2:47.21	40.67	1:27.82	3:08.71	34.55	1:16.30	2:47.90	2:53.39	6:03.89	1:20.81
443	32.22	1:10.95	2:34.37	5:24.68	11:05.36	21:23.84	36.30	1:17.83	2:47.33	40.70	1:27.88	3:08.85	34.58	1:16.35	2:48.02	2:53.51	6:04.15	1:20.87
442	32.25	1:11.00	2:34.48	5:24.92	11:05.84	21:24.77	36.32	1:17.88	2:47.45	40.73	1:27.95	3:08.99	34.60	1:16.41	2:48.14	2:53.64	6:04.42	1:20.93
441	32.27	1:11.05	2:34.60	5:25.15	11:06.32	21:25.70	36.35	1:17.94	2:47.57	40.76	1:28.01	3:09.12	34.63	1:16.46	2:48.26	2:53.76	6:04.68	1:20.99
440	32.29	1:11.11	2:34.71	5:25.39	11:06.81	21:26.64	36.38	1:18.00	2:47.69	40.79	1:28.08	3:09.26	34.65	1:16.52	2:48.38	2:53.89	6:04.95	1:21.05
439	32.32	1:11.16	2:34.82	5:25.63	11:07.29	21:27.58	36.40	1:18.05	2:47.81	40.82	1:28.14	3:09.40	34.68	1:16.57	2:48.51	2:54.02	6:05.21	1:21.11
438	32.34	1:11.21	2:34.93	5:25.86	11:07.78	21:28.52	36.43	1:18.11	2:47.94	40.85	1:28.20	3:09.54	34.71	1:16.63	2:48.63	2:54.14	6:05.48	1:21.17
437	32.37	1:11.26	2:35.05	5:26.10	11:08.27	21:29.46	36.46	1:18.17	2:48.06	40.88	1:28.27	3:09.68	34.73	1:16.69	2:48.75	2:54.27	6:05.75	1:21.23
436	32.39	1:11.31	2:35.16	5:26.34	11:08.76	21:30.40	36.48	1:18.22	2:48.18	40.91	1:28.33	3:09.81	34.76	1:16.74	2:48.88	2:54.40	6:06.01	1:21.29

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
435	32.41	1:11.37	2:35.28	5:26.58	11:09.25	21:31.35	36.51	1:18.28	2:48.30	40.94	1:28.40	3:09.95	34.78	1:16.80	2:49.00	2:54.53	6:06.28	1:21.35
434	32.44	1:11.42	2:35.39	5:26.82	11:09.74	21:32.30	36.54	1:18.34	2:48.43	40.97	1:28.46	3:10.09	34.81	1:16.85	2:49.12	2:54.66	6:06.55	1:21.40
433	32.46	1:11.47	2:35.50	5:27.06	11:10.23	21:33.25	36.56	1:18.40	2:48.55	41.00	1:28.53	3:10.23	34.83	1:16.91	2:49.25	2:54.78	6:06.82	1:21.46
432	32.48	1:11.52	2:35.62	5:27.30	11:10.72	21:34.20	36.59	1:18.45	2:48.68	41.03	1:28.59	3:10.37	34.86	1:16.97	2:49.37	2:54.91	6:07.09	1:21.52
431	32.51	1:11.58	2:35.73	5:27.54	11:11.22	21:35.15	36.62	1:18.51	2:48.80	41.06	1:28.66	3:10.51	34.88	1:17.02	2:49.50	2:55.04	6:07.36	1:21.58
430	32.53	1:11.63	2:35.85	5:27.78	11:11.71	21:36.11	36.65	1:18.57	2:48.93	41.09	1:28.72	3:10.65	34.91	1:17.08	2:49.62	2:55.17	6:07.63	1:21.65
429	32.56	1:11.68	2:35.96	5:28.03	11:12.21	21:37.07	36.67	1:18.63	2:49.05	41.12	1:28.79	3:10.79	34.94	1:17.14	2:49.75	2:55.30	6:07.91	1:21.71
428	32.58	1:11.73	2:36.08	5:28.27	11:12.71	21:38.03	36.70	1:18.69	2:49.18	41.15	1:28.86	3:10.94	34.96	1:17.20	2:49.87	2:55.43	6:08.18	1:21.77
427	32.60	1:11.79	2:36.19	5:28.51	11:13.21	21:38.99	36.73	1:18.75	2:49.30	41.18	1:28.92	3:11.08	34.99	1:17.25	2:50.00	2:55.56	6:08.45	1:21.83
426	32.63	1:11.84	2:36.31	5:28.76	11:13.71	21:39.96	36.75	1:18.80	2:49.43	41.21	1:28.99	3:11.22	35.01	1:17.31	2:50.13	2:55.69	6:08.72	1:21.89
425	32.65	1:11.89	2:36.43	5:29.00	11:14.21	21:40.93	36.78	1:18.86	2:49.55	41.24	1:29.05	3:11.36	35.04	1:17.37	2:50.25	2:55.82	6:09.00	1:21.95
424	32.68	1:11.95	2:36.54	5:29.25	11:14.71	21:41.90	36.81	1:18.92	2:49.68	41.27	1:29.12	3:11.50	35.07	1:17.43	2:50.38	2:55.95	6:09.27	1:22.01
423	32.70	1:12.00	2:36.66	5:29.49	11:15.22	21:42.87	36.84	1:18.98	2:49.81	41.30	1:29.19	3:11.65	35.09	1:17.48	2:50.51	2:56.08	6:09.55	1:22.07
422	32.73	1:12.06	2:36.78	5:29.74	11:15.72	21:43.84	36.86	1:19.04	2:49.93	41.33	1:29.25	3:11.79	35.12	1:17.54	2:50.63	2:56.22	6:09.83	1:22.13
421	32.75	1:12.11	2:36.90	5:29.99	11:16.23	21:44.82	36.89	1:19.10	2:50.06	41.36	1:29.32	3:11.94	35.14	1:17.60	2:50.76	2:56.35	6:10.10	1:22.19
420	32.78	1:12.16	2:37.01	5:30.24	11:16.74	21:45.80	36.92	1:19.16	2:50.19	41.39	1:29.39	3:12.08	35.17	1:17.66	2:50.89	2:56.48	6:10.38	1:22.26
419	32.80	1:12.22	2:37.13	5:30.48	11:17.25	21:46.78	36.95	1:19.22	2:50.32	41.43	1:29.45	3:12.22	35.20	1:17.72	2:51.02	2:56.61	6:10.66	1:22.32
418	32.82	1:12.27	2:37.25	5:30.73	11:17.76	21:47.77	36.98	1:19.28	2:50.45	41.46	1:29.52	3:12.37	35.22	1:17.77	2:51.15	2:56.75	6:10.94	1:22.38
417	32.85	1:12.33	2:37.37	5:30.98	11:18.27	21:48.75	37.00	1:19.34	2:50.57	41.49	1:29.59	3:12.51	35.25	1:17.83	2:51.28	2:56.88	6:11.22	1:22.44
416	32.87	1:12.38	2:37.49	5:31.23	11:18.78	21:49.74	37.03	1:19.40	2:50.70	41.52	1:29.66	3:12.66	35.28	1:17.89	2:51.41	2:57.01	6:11.50	1:22.50
415	32.90	1:12.44	2:37.61	5:31.48	11:19.29	21:50.73	37.06	1:19.46	2:50.83	41.55	1:29.73	3:12.80	35.30	1:17.95	2:51.54	2:57.15	6:11.78	1:22.57
414	32.92	1:12.49	2:37.73	5:31.74	11:19.81	21:51.73	37.09	1:19.52	2:50.96	41.58	1:29.79	3:12.95	35.33	1:18.01	2:51.67	2:57.28	6:12.06	1:22.63
413	32.95	1:12.55	2:37.85	5:31.99	11:20.32	21:52.72	37.12	1:19.58	2:51.09	41.61	1:29.86	3:13.10	35.36	1:18.07	2:51.80	2:57.42	6:12.35	1:22.69
412	32.97	1:12.60	2:37.97	5:32.24	11:20.84	21:53.72	37.14	1:19.64	2:51.22	41.65	1:29.93	3:13.24	35.38	1:18.13	2:51.93	2:57.55	6:12.63	1:22.75
411	33.00	1:12.66	2:38.09	5:32.49	11:21.36	21:54.72	37.17	1:19.70	2:51.35	41.68	1:30.00	3:13.39	35.41	1:18.19	2:52.06	2:57.69	6:12.91	1:22.82
410	33.02	1:12.71	2:38.21	5:32.75	11:21.88	21:55.73	37.20	1:19.76	2:51.48	41.71	1:30.07	3:13.54	35.44	1:18.25	2:52.19	2:57.82	6:13.20	1:22.88
409	33.05	1:12.77	2:38.33	5:33.00	11:22.40	21:56.73	37.23	1:19.82	2:51.61	41.74	1:30.14	3:13.69	35.47	1:18.31	2:52.32	2:57.96	6:13.48	1:22.94
408	33.08	1:12.82	2:38.45	5:33.26	11:22.92	21:57.74	37.26	1:19.88	2:51.75	41.77	1:30.20	3:13.84	35.49	1:18.37	2:52.45	2:58.09	6:13.77	1:23.01
407	33.10	1:12.88	2:38.57	5:33.51	11:23.45	21:58.75	37.29	1:19.94	2:51.88	41.80	1:30.27	3:13.98	35.52	1:18.43	2:52.59	2:58.23	6:14.06	1:23.07
406	33.13	1:12.94	2:38.69	5:33.77	11:23.97	21:59.77	37.31	1:20.00	2:52.01	41.84	1:30.34	3:14.13	35.55	1:18.49	2:52.72	2:58.37	6:14.34	1:23.14
405	33.15	1:12.99	2:38.81	5:34.02	11:24.50	22:00.78	37.34	1:20.07	2:52.14	41.87	1:30.41	3:14.28	35.57	1:18.55	2:52.85	2:58.51	6:14.63	1:23.20
404	33.18	1:13.05	2:38.94	5:34.28	11:25.03	22:01.80	37.37	1:20.13	2:52.27	41.90	1:30.48	3:14.43	35.60	1:18.61	2:52.98	2:58.64	6:14.92	1:23.26
403	33.20	1:13.10	2:39.06	5:34.54	11:25.56	22:02.82	37.40	1:20.19	2:52.41	41.93	1:30.55	3:14.58	35.63	1:18.67	2:53.12	2:58.78	6:15.21	1:23.33
402	33.23	1:13.16	2:39.18	5:34.80	11:26.09	22:03.84	37.43	1:20.25	2:52.54	41.97	1:30.62	3:14.73	35.66	1:18.73	2:53.25	2:58.92	6:15.50	1:23.39
401	33.25	1:13.22	2:39.31	5:35.06	11:26.62	22:04.87	37.46	1:20.31	2:52.67	42.00	1:30.69	3:14.88	35.68	1:18.79	2:53.39	2:59.06	6:15.79	1:23.46

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
400	33.28	1:13.28	2:39.43	5:35.32	11:27.15	22:05.90	37.49	1:20.38	2:52.81	42.03	1:30.76	3:15.04	35.71	1:18.85	2:53.52	2:59.20	6:16.08	1:23.52
399	33.31	1:13.33	2:39.55	5:35.58	11:27.69	22:06.93	37.52	1:20.44	2:52.94	42.06	1:30.83	3:15.19	35.74	1:18.91	2:53.66	2:59.34	6:16.38	1:23.59
398	33.33	1:13.39	2:39.68	5:35.84	11:28.22	22:07.96	37.55	1:20.50	2:53.08	42.10	1:30.90	3:15.34	35.77	1:18.98	2:53.79	2:59.48	6:16.67	1:23.65
397	33.36	1:13.45	2:39.80	5:36.10	11:28.76	22:09.00	37.58	1:20.56	2:53.21	42.13	1:30.98	3:15.49	35.80	1:19.04	2:53.93	2:59.62	6:16.96	1:23.72
396	33.38	1:13.50	2:39.93	5:36.37	11:29.30	22:10.04	37.60	1:20.63	2:53.35	42.16	1:31.05	3:15.64	35.82	1:19.10	2:54.06	2:59.76	6:17.26	1:23.78
395	33.41	1:13.56	2:40.05	5:36.63	11:29.84	22:11.08	37.63	1:20.69	2:53.48	42.20	1:31.12	3:15.80	35.85	1:19.16	2:54.20	2:59.90	6:17.55	1:23.85
394	33.44	1:13.62	2:40.18	5:36.89	11:30.38	22:12.12	37.66	1:20.75	2:53.62	42.23	1:31.19	3:15.95	35.88	1:19.22	2:54.34	3:00.04	6:17.85	1:23.91
393	33.46	1:13.68	2:40.30	5:37.16	11:30.92	22:13.17	37.69	1:20.82	2:53.76	42.26	1:31.26	3:16.11	35.91	1:19.29	2:54.47	3:00.18	6:18.15	1:23.98
392	33.49	1:13.73	2:40.43	5:37.42	11:31.47	22:14.22	37.72	1:20.88	2:53.89	42.29	1:31.33	3:16.26	35.94	1:19.35	2:54.61	3:00.32	6:18.44	1:24.05
391	33.52	1:13.79	2:40.56	5:37.69	11:32.01	22:15.27	37.75	1:20.94	2:54.03	42.33	1:31.40	3:16.41	35.96	1:19.41	2:54.75	3:00.46	6:18.74	1:24.11
390	33.54	1:13.85	2:40.68	5:37.96	11:32.56	22:16.33	37.78	1:21.01	2:54.17	42.36	1:31.48	3:16.57	35.99	1:19.47	2:54.89	3:00.61	6:19.04	1:24.18
389	33.57	1:13.91	2:40.81	5:38.22	11:33.11	22:17.39	37.81	1:21.07	2:54.31	42.40	1:31.55	3:16.73	36.02	1:19.54	2:55.02	3:00.75	6:19.34	1:24.25
388	33.59	1:13.97	2:40.94	5:38.49	11:33.65	22:18.45	37.84	1:21.14	2:54.44	42.43	1:31.62	3:16.88	36.05	1:19.60	2:55.16	3:00.89	6:19.64	1:24.31
387	33.62	1:14.03	2:41.07	5:38.76	11:34.21	22:19.51	37.87	1:21.20	2:54.58	42.46	1:31.69	3:17.04	36.08	1:19.66	2:55.30	3:01.04	6:19.94	1:24.38
386	33.65	1:14.09	2:41.19	5:39.03	11:34.76	22:20.57	37.90	1:21.27	2:54.72	42.50	1:31.77	3:17.19	36.11	1:19.73	2:55.44	3:01.18	6:20.25	1:24.45
385	33.68	1:14.15	2:41.32	5:39.30	11:35.31	22:21.64	37.93	1:21.33	2:54.86	42.53	1:31.84	3:17.35	36.14	1:19.79	2:55.58	3:01.32	6:20.55	1:24.51
384	33.70	1:14.20	2:41.45	5:39.57	11:35.87	22:22.71	37.96	1:21.40	2:55.00	42.56	1:31.91	3:17.51	36.17	1:19.85	2:55.72	3:01.47	6:20.85	1:24.58
383	33.73	1:14.26	2:41.58	5:39.84	11:36.42	22:23.79	37.99	1:21.46	2:55.14	42.60	1:31.99	3:17.67	36.19	1:19.92	2:55.86	3:01.61	6:21.16	1:24.65
382	33.76	1:14.32	2:41.71	5:40.12	11:36.98	22:24.87	38.02	1:21.53	2:55.28	42.63	1:32.06	3:17.83	36.22	1:19.98	2:56.00	3:01.76	6:21.46	1:24.72
381	33.78	1:14.38	2:41.84	5:40.39	11:37.54	22:25.95	38.05	1:21.59	2:55.42	42.67	1:32.14	3:17.98	36.25	1:20.05	2:56.14	3:01.91	6:21.77	1:24.78
380	33.81	1:14.44	2:41.97	5:40.66	11:38.10	22:27.03	38.09	1:21.66	2:55.56	42.70	1:32.21	3:18.14	36.28	1:20.11	2:56.29	3:02.05	6:22.08	1:24.85
379	33.84	1:14.50	2:42.10	5:40.94	11:38.66	22:28.11	38.12	1:21.72	2:55.70	42.74	1:32.28	3:18.30	36.31	1:20.17	2:56.43	3:02.20	6:22.38	1:24.92
378	33.86	1:14.56	2:42.23	5:41.21	11:39.23	22:29.20	38.15	1:21.79	2:55.85	42.77	1:32.36	3:18.46	36.34	1:20.24	2:56.57	3:02.35	6:22.69	1:24.99
377	33.89	1:14.62	2:42.36	5:41.49	11:39.79	22:30.29	38.18	1:21.86	2:55.99	42.80	1:32.43	3:18.62	36.37	1:20.30	2:56.71	3:02.49	6:23.00	1:25.06
376	33.92	1:14.68	2:42.49	5:41.76	11:40.36	22:31.39	38.21	1:21.92	2:56.13	42.84	1:32.51	3:18.78	36.40	1:20.37	2:56.86	3:02.64	6:23.31	1:25.13
375	33.95	1:14.74	2:42.63	5:42.04	11:40.93	22:32.48	38.24	1:21.99	2:56.27	42.87	1:32.58	3:18.95	36.43	1:20.43	2:57.00	3:02.79	6:23.62	1:25.20
374	33.97	1:14.81	2:42.76	5:42.32	11:41.50	22:33.58	38.27	1:22.05	2:56.42	42.91	1:32.66	3:19.11	36.46	1:20.50	2:57.14	3:02.94	6:23.94	1:25.27
373	34.00	1:14.87	2:42.89	5:42.60	11:42.07	22:34.69	38.30	1:22.12	2:56.56	42.94	1:32.73	3:19.27	36.49	1:20.56	2:57.29	3:03.09	6:24.25	1:25.34
372	34.03	1:14.93	2:43.02	5:42.88	11:42.64	22:35.79	38.33	1:22.19	2:56.70	42.98	1:32.81	3:19.43	36.52	1:20.63	2:57.43	3:03.24	6:24.56	1:25.41
371	34.06	1:14.99	2:43.16	5:43.16	11:43.22	22:36.90	38.36	1:22.26	2:56.85	43.01	1:32.89	3:19.60	36.55	1:20.70	2:57.58	3:03.39	6:24.88	1:25.47
370	34.09	1:15.05	2:43.29	5:43.44	11:43.80	22:38.01	38.40	1:22.32	2:56.99	43.05	1:32.96	3:19.76	36.58	1:20.76	2:57.72	3:03.54	6:25.19	1:25.54
369	34.11	1:15.11	2:43.43	5:43.72	11:44.37	22:39.13	38.43	1:22.39	2:57.14	43.08	1:33.04	3:19.92	36.61	1:20.83	2:57.87	3:03.69	6:25.51	1:25.62
368	34.14	1:15.17	2:43.56	5:44.01	11:44.95	22:40.25	38.46	1:22.46	2:57.28	43.12	1:33.11	3:20.09	36.64	1:20.90	2:58.02	3:03.84	6:25.82	1:25.69
367	34.17	1:15.24	2:43.69	5:44.29	11:45.53	22:41.37	38.49	1:22.53	2:57.43	43.16	1:33.19	3:20.25	36.67	1:20.96	2:58.16	3:03.99	6:26.14	1:25.76
366	34.20	1:15.30	2:43.83	5:44.57	11:46.12	22:42.49	38.52	1:22.59	2:57.58	43.19	1:33.27	3:20.42	36.70	1:21.03	2:58.31	3:04.14	6:26.46	1:25.83

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
365	34.23	1:15.36	2:43.97	5:44.86	11:46.70	22:43.62	38.55	1:22.66	2:57.72	43.23	1:33.35	3:20.58	36.73	1:21.10	2:58.46	3:04.29	6:26.78	1:25.90
364	34.26	1:15.42	2:44.10	5:45.14	11:47.29	22:44.75	38.59	1:22.73	2:57.87	43.26	1:33.42	3:20.75	36.76	1:21.16	2:58.61	3:04.45	6:27.10	1:25.97
363	34.28	1:15.48	2:44.24	5:45.43	11:47.87	22:45.88	38.62	1:22.80	2:58.02	43.30	1:33.50	3:20.92	36.79	1:21.23	2:58.75	3:04.60	6:27.42	1:26.04
362	34.31	1:15.55	2:44.37	5:45.72	11:48.46	22:47.02	38.65	1:22.87	2:58.17	43.33	1:33.58	3:21.08	36.82	1:21.30	2:58.90	3:04.75	6:27.75	1:26.11
361	34.34	1:15.61	2:44.51	5:46.01	11:49.05	22:48.16	38.68	1:22.94	2:58.32	43.37	1:33.66	3:21.25	36.85	1:21.37	2:59.05	3:04.91	6:28.07	1:26.18
360	34.37	1:15.67	2:44.65	5:46.29	11:49.64	22:49.30	38.71	1:23.01	2:58.46	43.41	1:33.73	3:21.42	36.88	1:21.43	2:59.20	3:05.06	6:28.39	1:26.26
359	34.40	1:15.74	2:44.79	5:46.58	11:50.24	22:50.44	38.75	1:23.08	2:58.61	43.44	1:33.81	3:21.59	36.91	1:21.50	2:59.35	3:05.22	6:28.72	1:26.33
358	34.43	1:15.80	2:44.92	5:46.88	11:50.83	22:51.59	38.78	1:23.15	2:58.76	43.48	1:33.89	3:21.76	36.94	1:21.57	2:59.50	3:05.37	6:29.04	1:26.40
357	34.46	1:15.86	2:45.06	5:47.17	11:51.43	22:52.75	38.81	1:23.22	2:58.91	43.52	1:33.97	3:21.93	36.97	1:21.64	2:59.65	3:05.53	6:29.37	1:26.47
356	34.48	1:15.93	2:45.20	5:47.46	11:52.03	22:53.90	38.85	1:23.29	2:59.06	43.55	1:34.05	3:22.10	37.01	1:21.71	2:59.80	3:05.68	6:29.70	1:26.55
355	34.51	1:15.99	2:45.34	5:47.75	11:52.63	22:55.06	38.88	1:23.36	2:59.22	43.59	1:34.13	3:22.27	37.04	1:21.78	2:59.96	3:05.84	6:30.03	1:26.62
354	34.54	1:16.06	2:45.48	5:48.05	11:53.23	22:56.22	38.91	1:23.43	2:59.37	43.63	1:34.21	3:22.44	37.07	1:21.85	3:00.11	3:06.00	6:30.36	1:26.69
353	34.57	1:16.12	2:45.62	5:48.34	11:53.84	22:57.39	38.94	1:23.50	2:59.52	43.66	1:34.29	3:22.61	37.10	1:21.92	3:00.26	3:06.16	6:30.69	1:26.77
352	34.60	1:16.19	2:45.76	5:48.64	11:54.44	22:58.56	38.98	1:23.57	2:59.67	43.70	1:34.37	3:22.78	37.13	1:21.98	3:00.41	3:06.31	6:31.02	1:26.84
351	34.63	1:16.25	2:45.90	5:48.93	11:55.05	22:59.73	39.01	1:23.64	2:59.82	43.74	1:34.45	3:22.95	37.16	1:22.05	3:00.57	3:06.47	6:31.35	1:26.91
350	34.66	1:16.31	2:46.04	5:49.23	11:55.66	23:00.90	39.04	1:23.71	2:59.98	43.77	1:34.53	3:23.13	37.19	1:22.12	3:00.72	3:06.63	6:31.68	1:26.99
349	34.69	1:16.38	2:46.19	5:49.53	11:56.27	23:02.08	39.08	1:23.78	3:00.13	43.81	1:34.61	3:23.30	37.23	1:22.19	3:00.87	3:06.79	6:32.02	1:27.06
348	34.72	1:16.45	2:46.33	5:49.83	11:56.88	23:03.26	39.11	1:23.85	3:00.28	43.85	1:34.69	3:23.47	37.26	1:22.26	3:01.03	3:06.95	6:32.35	1:27.14
347	34.75	1:16.51	2:46.47	5:50.13	11:57.50	23:04.45	39.14	1:23.93	3:00.44	43.89	1:34.77	3:23.65	37.29	1:22.34	3:01.18	3:07.11	6:32.69	1:27.21
346	34.78	1:16.58	2:46.61	5:50.43	11:58.11	23:05.64	39.18	1:24.00	3:00.59	43.92	1:34.85	3:23.82	37.32	1:22.41	3:01.34	3:07.27	6:33.03	1:27.29
345	34.81	1:16.64	2:46.76	5:50.73	11:58.73	23:06.83	39.21	1:24.07	3:00.75	43.96	1:34.93	3:24.00	37.35	1:22.48	3:01.50	3:07.43	6:33.37	1:27.36
344	34.84	1:16.71	2:46.90	5:51.03	11:59.35	23:08.03	39.24	1:24.14	3:00.91	44.00	1:35.02	3:24.17	37.39	1:22.55	3:01.65	3:07.59	6:33.70	1:27.44
343	34.87	1:16.77	2:47.04	5:51.33	11:59.97	23:09.22	39.28	1:24.22	3:01.06	44.04	1:35.10	3:24.35	37.42	1:22.62	3:01.81	3:07.76	6:34.04	1:27.51
342	34.90	1:16.84	2:47.19	5:51.64	12:00.59	23:10.43	39.31	1:24.29	3:01.22	44.08	1:35.18	3:24.53	37.45	1:22.69	3:01.97	3:07.92	6:34.39	1:27.59
341	34.93	1:16.91	2:47.33	5:51.94	12:01.22	23:11.63	39.35	1:24.36	3:01.38	44.12	1:35.26	3:24.71	37.48	1:22.76	3:02.12	3:08.08	6:34.73	1:27.66
340	34.96	1:16.97	2:47.48	5:52.25	12:01.85	23:12.84	39.38	1:24.43	3:01.53	44.15	1:35.35	3:24.88	37.52	1:22.83	3:02.28	3:08.24	6:35.07	1:27.74
339	34.99	1:17.04	2:47.63	5:52.56	12:02.48	23:14.06	39.42	1:24.51	3:01.69	44.19	1:35.43	3:25.06	37.55	1:22.91	3:02.44	3:08.41	6:35.42	1:27.82
338	35.02	1:17.11	2:47.77	5:52.86	12:03.11	23:15.27	39.45	1:24.58	3:01.85	44.23	1:35.51	3:25.24	37.58	1:22.98	3:02.60	3:08.57	6:35.76	1:27.89
337	35.05	1:17.18	2:47.92	5:53.17	12:03.74	23:16.49	39.48	1:24.66	3:02.01	44.27	1:35.60	3:25.42	37.61	1:23.05	3:02.76	3:08.74	6:36.11	1:27.97
336	35.08	1:17.24	2:48.07	5:53.48	12:04.37	23:17.72	39.52	1:24.73	3:02.17	44.31	1:35.68	3:25.60	37.65	1:23.12	3:02.92	3:08.90	6:36.45	1:28.05
335	35.11	1:17.31	2:48.21	5:53.79	12:05.01	23:18.95	39.55	1:24.80	3:02.33	44.35	1:35.76	3:25.78	37.68	1:23.20	3:03.08	3:09.07	6:36.80	1:28.12
334	35.14	1:17.38	2:48.36	5:54.10	12:05.65	23:20.18	39.59	1:24.88	3:02.49	44.39	1:35.85	3:25.96	37.71	1:23.27	3:03.24	3:09.24	6:37.15	1:28.20
333	35.18	1:17.45	2:48.51	5:54.42	12:06.29	23:21.41	39.62	1:24.95	3:02.65	44.43	1:35.93	3:26.14	37.75	1:23.34	3:03.40	3:09.40	6:37.50	1:28.28
332	35.21	1:17.52	2:48.66	5:54.73	12:06.93	23:22.65	39.66	1:25.03	3:02.81	44.46	1:36.02	3:26.33	37.78	1:23.42	3:03.57	3:09.57	6:37.85	1:28.36
331	35.24	1:17.59	2:48.81	5:55.04	12:07.57	23:23.89	39.69	1:25.10	3:02.97	44.50	1:36.10	3:26.51	37.81	1:23.49	3:03.73	3:09.74	6:38.21	1:28.44

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
330	35.27	1:17.65	2:48.96	5:55.36	12:08.22	23:25.14	39.73	1:25.18	3:03.14	44.54	1:36.19	3:26.69	37.85	1:23.57	3:03.89	3:09.91	6:38.56	1:28.51
329	35.30	1:17.72	2:49.11	5:55.68	12:08.87	23:26.39	39.76	1:25.26	3:03.30	44.58	1:36.27	3:26.88	37.88	1:23.64	3:04.06	3:10.08	6:38.91	1:28.59
328	35.33	1:17.79	2:49.26	5:55.99	12:09.52	23:27.64	39.80	1:25.33	3:03.46	44.62	1:36.36	3:27.06	37.91	1:23.71	3:04.22	3:10.25	6:39.27	1:28.67
327	35.36	1:17.86	2:49.41	5:56.31	12:10.17	23:28.90	39.83	1:25.41	3:03.63	44.66	1:36.45	3:27.25	37.95	1:23.79	3:04.38	3:10.42	6:39.63	1:28.75
326	35.40	1:17.93	2:49.56	5:56.63	12:10.82	23:30.16	39.87	1:25.48	3:03.79	44.70	1:36.53	3:27.43	37.98	1:23.86	3:04.55	3:10.59	6:39.98	1:28.83
325	35.43	1:18.00	2:49.71	5:56.95	12:11.48	23:31.43	39.91	1:25.56	3:03.96	44.74	1:36.62	3:27.62	38.02	1:23.94	3:04.71	3:10.76	6:40.34	1:28.91
324	35.46	1:18.07	2:49.87	5:57.27	12:12.14	23:32.70	39.94	1:25.64	3:04.12	44.78	1:36.71	3:27.80	38.05	1:24.02	3:04.88	3:10.93	6:40.70	1:28.99
323	35.49	1:18.14	2:50.02	5:57.59	12:12.80	23:33.97	39.98	1:25.72	3:04.29	44.82	1:36.79	3:27.99	38.08	1:24.09	3:05.05	3:11.10	6:41.06	1:29.07
322	35.52	1:18.21	2:50.17	5:57.92	12:13.46	23:35.25	40.01	1:25.79	3:04.45	44.86	1:36.88	3:28.18	38.12	1:24.17	3:05.21	3:11.27	6:41.43	1:29.15
321	35.56	1:18.28	2:50.33	5:58.24	12:14.12	23:36.53	40.05	1:25.87	3:04.62	44.90	1:36.97	3:28.37	38.15	1:24.24	3:05.38	3:11.45	6:41.79	1:29.23
320	35.59	1:18.36	2:50.48	5:58.56	12:14.79	23:37.82	40.09	1:25.95	3:04.79	44.95	1:37.06	3:28.56	38.19	1:24.32	3:05.55	3:11.62	6:42.15	1:29.31
319	35.62	1:18.43	2:50.64	5:58.89	12:15.46	23:39.10	40.12	1:26.03	3:04.96	44.99	1:37.14	3:28.75	38.22	1:24.40	3:05.72	3:11.79	6:42.52	1:29.39
318	35.65	1:18.50	2:50.79	5:59.22	12:16.13	23:40.40	40.16	1:26.11	3:05.12	45.03	1:37.23	3:28.94	38.26	1:24.47	3:05.89	3:11.97	6:42.89	1:29.47
317	35.68	1:18.57	2:50.95	5:59.55	12:16.80	23:41.70	40.20	1:26.18	3:05.29	45.07	1:37.32	3:29.13	38.29	1:24.55	3:06.06	3:12.14	6:43.26	1:29.56
316	35.72	1:18.64	2:51.11	5:59.88	12:17.47	23:43.00	40.23	1:26.26	3:05.46	45.11	1:37.41	3:29.32	38.33	1:24.63	3:06.23	3:12.32	6:43.62	1:29.64
315	35.75	1:18.71	2:51.26	6:00.21	12:18.15	23:44.30	40.27	1:26.34	3:05.63	45.15	1:37.50	3:29.51	38.36	1:24.71	3:06.40	3:12.50	6:43.99	1:29.72
314	35.78	1:18.79	2:51.42	6:00.54	12:18.83	23:45.61	40.31	1:26.42	3:05.80	45.19	1:37.59	3:29.70	38.40	1:24.78	3:06.57	3:12.67	6:44.37	1:29.80
313	35.82	1:18.86	2:51.58	6:00.87	12:19.51	23:46.93	40.34	1:26.50	3:05.98	45.23	1:37.68	3:29.90	38.43	1:24.86	3:06.74	3:12.85	6:44.74	1:29.89
312	35.85	1:18.93	2:51.74	6:01.20	12:20.19	23:48.24	40.38	1:26.58	3:06.15	45.28	1:37.77	3:30.09	38.47	1:24.94	3:06.92	3:13.03	6:45.11	1:29.97
311	35.88	1:19.00	2:51.90	6:01.54	12:20.88	23:49.57	40.42	1:26.66	3:06.32	45.32	1:37.86	3:30.29	38.50	1:25.02	3:07.09	3:13.21	6:45.49	1:30.05
310	35.92	1:19.08	2:52.06	6:01.87	12:21.57	23:50.89	40.46	1:26.74	3:06.49	45.36	1:37.95	3:30.48	38.54	1:25.10	3:07.26	3:13.39	6:45.86	1:30.14
309	35.95	1:19.15	2:52.22	6:02.21	12:22.26	23:52.22	40.49	1:26.82	3:06.67	45.40	1:38.04	3:30.68	38.58	1:25.18	3:07.44	3:13.57	6:46.24	1:30.22
308	35.98	1:19.23	2:52.38	6:02.55	12:22.95	23:53.56	40.53	1:26.90	3:06.84	45.44	1:38.13	3:30.87	38.61	1:25.26	3:07.61	3:13.75	6:46.62	1:30.30
307	36.02	1:19.30	2:52.54	6:02.89	12:23.64	23:54.90	40.57	1:26.98	3:07.01	45.49	1:38.23	3:31.07	38.65	1:25.34	3:07.79	3:13.93	6:47.00	1:30.39
306	36.05	1:19.37	2:52.70	6:03.23	12:24.34	23:56.24	40.61	1:27.07	3:07.19	45.53	1:38.32	3:31.27	38.68	1:25.42	3:07.96	3:14.11	6:47.38	1:30.47
305	36.08	1:19.45	2:52.86	6:03.57	12:25.04	23:57.59	40.65	1:27.15	3:07.37	45.57	1:38.41	3:31.47	38.72	1:25.50	3:08.14	3:14.29	6:47.76	1:30.56
304	36.12	1:19.52	2:53.02	6:03.91	12:25.74	23:58.94	40.68	1:27.23	3:07.54	45.61	1:38.50	3:31.66	38.76	1:25.58	3:08.32	3:14.48	6:48.15	1:30.64
303	36.15	1:19.60	2:53.19	6:04.25	12:26.44	24:00.30	40.72	1:27.31	3:07.72	45.66	1:38.59	3:31.86	38.79	1:25.66	3:08.49	3:14.66	6:48.53	1:30.73
302	36.19	1:19.67	2:53.35	6:04.60	12:27.15	24:01.66	40.76	1:27.39	3:07.90	45.70	1:38.69	3:32.06	38.83	1:25.74	3:08.67	3:14.84	6:48.92	1:30.81
301	36.22	1:19.75	2:53.51	6:04.94	12:27.86	24:03.03	40.80	1:27.48	3:08.07	45.74	1:38.78	3:32.27	38.87	1:25.82	3:08.85	3:15.03	6:49.31	1:30.90
300	36.25	1:19.82	2:53.68	6:05.29	12:28.57	24:04.40	40.84	1:27.56	3:08.25	45.79	1:38.88	3:32.47	38.90	1:25.90	3:09.03	3:15.21	6:49.70	1:30.99
299	36.29	1:19.90	2:53.84	6:05.64	12:29.28	24:05.78	40.88	1:27.64	3:08.43	45.83	1:38.97	3:32.67	38.94	1:25.98	3:09.21	3:15.40	6:50.09	1:31.07
298	36.32	1:19.98	2:54.01	6:05.98	12:29.99	24:07.16	40.92	1:27.73	3:08.61	45.88	1:39.06	3:32.87	38.98	1:26.06	3:09.39	3:15.59	6:50.48	1:31.16
297	36.36	1:20.05	2:54.18	6:06.33	12:30.71	24:08.54	40.96	1:27.81	3:08.79	45.92	1:39.16	3:33.08	39.02	1:26.15	3:09.57	3:15.77	6:50.87	1:31.25
296	36.39	1:20.13	2:54.34	6:06.69	12:31.43	24:09.93	40.99	1:27.90	3:08.97	45.96	1:39.25	3:33.28	39.05	1:26.23	3:09.75	3:15.96	6:51.26	1:31.34

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
295	36.43	1:20.21	2:54.51	6:07.04	12:32.15	24:11.32	41.03	1:27.98	3:09.16	46.01	1:39.35	3:33.49	39.09	1:26.31	3:09.94	3:16.15	6:51.66	1:31.42
294	36.46	1:20.28	2:54.68	6:07.39	12:32.88	24:12.72	41.07	1:28.07	3:09.34	46.05	1:39.45	3:33.69	39.13	1:26.40	3:10.12	3:16.34	6:52.06	1:31.51
293	36.50	1:20.36	2:54.85	6:07.75	12:33.61	24:14.13	41.11	1:28.15	3:09.52	46.10	1:39.54	3:33.90	39.17	1:26.48	3:10.30	3:16.53	6:52.45	1:31.60
292	36.53	1:20.44	2:55.02	6:08.10	12:34.34	24:15.53	41.15	1:28.24	3:09.70	46.14	1:39.64	3:34.10	39.20	1:26.56	3:10.49	3:16.72	6:52.85	1:31.69
291	36.57	1:20.52	2:55.19	6:08.46	12:35.07	24:16.95	41.19	1:28.32	3:09.89	46.19	1:39.73	3:34.31	39.24	1:26.65	3:10.67	3:16.91	6:53.25	1:31.78
290	36.61	1:20.60	2:55.36	6:08.82	12:35.80	24:18.36	41.23	1:28.41	3:10.07	46.23	1:39.83	3:34.52	39.28	1:26.73	3:10.86	3:17.10	6:53.66	1:31.87
289	36.64	1:20.67	2:55.53	6:09.18	12:36.54	24:19.79	41.27	1:28.49	3:10.26	46.28	1:39.93	3:34.73	39.32	1:26.82	3:11.04	3:17.29	6:54.06	1:31.96
288	36.68	1:20.75	2:55.70	6:09.54	12:37.28	24:21.22	41.31	1:28.58	3:10.44	46.32	1:40.03	3:34.94	39.36	1:26.90	3:11.23	3:17.49	6:54.46	1:32.05
287	36.71	1:20.83	2:55.87	6:09.90	12:38.02	24:22.65	41.35	1:28.67	3:10.63	46.37	1:40.12	3:35.15	39.40	1:26.99	3:11.42	3:17.68	6:54.87	1:32.14
286	36.75	1:20.91	2:56.05	6:10.27	12:38.77	24:24.09	41.40	1:28.75	3:10.82	46.41	1:40.22	3:35.36	39.43	1:27.07	3:11.61	3:17.87	6:55.28	1:32.23
285	36.79	1:20.99	2:56.22	6:10.63	12:39.52	24:25.53	41.44	1:28.84	3:11.01	46.46	1:40.32	3:35.58	39.47	1:27.16	3:11.80	3:18.07	6:55.69	1:32.32
284	36.82	1:21.07	2:56.39	6:11.00	12:40.27	24:26.98	41.48	1:28.93	3:11.20	46.50	1:40.42	3:35.79	39.51	1:27.24	3:11.98	3:18.26	6:56.10	1:32.41
283	36.86	1:21.15	2:56.57	6:11.36	12:41.02	24:28.43	41.52	1:29.02	3:11.39	46.55	1:40.52	3:36.00	39.55	1:27.33	3:12.17	3:18.46	6:56.51	1:32.50
282	36.89	1:21.23	2:56.74	6:11.73	12:41.78	24:29.89	41.56	1:29.11	3:11.58	46.60	1:40.62	3:36.22	39.59	1:27.42	3:12.37	3:18.66	6:56.92	1:32.59
281	36.93	1:21.31	2:56.92	6:12.10	12:42.53	24:31.35	41.60	1:29.19	3:11.77	46.64	1:40.72	3:36.43	39.63	1:27.50	3:12.56	3:18.86	6:57.34	1:32.68
280	36.97	1:21.39	2:57.10	6:12.48	12:43.29	24:32.82	41.64	1:29.28	3:11.96	46.69	1:40.82	3:36.65	39.67	1:27.59	3:12.75	3:19.05	6:57.76	1:32.78
279	37.01	1:21.48	2:57.27	6:12.85	12:44.06	24:34.29	41.68	1:29.37	3:12.15	46.74	1:40.92	3:36.86	39.71	1:27.68	3:12.94	3:19.25	6:58.17	1:32.87
278	37.04	1:21.56	2:57.45	6:13.22	12:44.82	24:35.77	41.73	1:29.46	3:12.34	46.78	1:41.02	3:37.08	39.75	1:27.77	3:13.14	3:19.45	6:58.59	1:32.96
277	37.08	1:21.64	2:57.63	6:13.60	12:45.59	24:37.26	41.77	1:29.55	3:12.54	46.83	1:41.12	3:37.30	39.79	1:27.85	3:13.33	3:19.65	6:59.01	1:33.06
276	37.12	1:21.72	2:57.81	6:13.97	12:46.37	24:38.75	41.81	1:29.64	3:12.73	46.88	1:41.23	3:37.52	39.83	1:27.94	3:13.52	3:19.85	6:59.44	1:33.15
275	37.15	1:21.81	2:57.99	6:14.35	12:47.14	24:40.24	41.85	1:29.73	3:12.92	46.92	1:41.33	3:37.74	39.87	1:28.03	3:13.72	3:20.06	6:59.86	1:33.24
274	37.19	1:21.89	2:58.17	6:14.73	12:47.92	24:41.74	41.89	1:29.82	3:13.12	46.97	1:41.43	3:37.96	39.91	1:28.12	3:13.92	3:20.26	7:00.29	1:33.34
273	37.23	1:21.97	2:58.35	6:15.11	12:48.70	24:43.25	41.94	1:29.92	3:13.32	47.02	1:41.53	3:38.18	39.95	1:28.21	3:14.11	3:20.46	7:00.71	1:33.43
272	37.27	1:22.05	2:58.53	6:15.49	12:49.48	24:44.76	41.98	1:30.01	3:13.51	47.07	1:41.64	3:38.40	39.99	1:28.30	3:14.31	3:20.67	7:01.14	1:33.53
271	37.31	1:22.14	2:58.71	6:15.88	12:50.27	24:46.28	42.02	1:30.10	3:13.71	47.12	1:41.74	3:38.63	40.03	1:28.39	3:14.51	3:20.87	7:01.57	1:33.63
270	37.34	1:22.22	2:58.90	6:16.26	12:51.06	24:47.80	42.07	1:30.19	3:13.91	47.16	1:41.85	3:38.85	40.07	1:28.48	3:14.71	3:21.08	7:02.01	1:33.72
269	37.38	1:22.31	2:59.08	6:16.65	12:51.85	24:49.33	42.11	1:30.28	3:14.11	47.21	1:41.95	3:39.08	40.11	1:28.57	3:14.91	3:21.29	7:02.44	1:33.82
268	37.42	1:22.39	2:59.27	6:17.04	12:52.65	24:50.86	42.15	1:30.38	3:14.31	47.26	1:42.06	3:39.30	40.16	1:28.66	3:15.11	3:21.49	7:02.87	1:33.91
267	37.46	1:22.48	2:59.45	6:17.43	12:53.44	24:52.40	42.20	1:30.47	3:14.51	47.31	1:42.16	3:39.53	40.20	1:28.76	3:15.31	3:21.70	7:03.31	1:34.01
266	37.50	1:22.56	2:59.64	6:17.82	12:54.24	24:53.95	42.24	1:30.56	3:14.71	47.36	1:42.27	3:39.76	40.24	1:28.85	3:15.51	3:21.91	7:03.75	1:34.11
265	37.54	1:22.65	2:59.82	6:18.21	12:55.05	24:55.50	42.28	1:30.66	3:14.91	47.41	1:42.37	3:39.98	40.28	1:28.94	3:15.72	3:22.12	7:04.19	1:34.21
264	37.58	1:22.73	3:00.01	6:18.60	12:55.86	24:57.06	42.33	1:30.75	3:15.12	47.46	1:42.48	3:40.21	40.32	1:29.03	3:15.92	3:22.33	7:04.63	1:34.30
263	37.62	1:22.82	3:00.20	6:19.00	12:56.67	24:58.62	42.37	1:30.85	3:15.32	47.51	1:42.59	3:40.44	40.37	1:29.13	3:16.13	3:22.54	7:05.07	1:34.40
262	37.66	1:22.91	3:00.39	6:19.40	12:57.48	25:00.19	42.42	1:30.94	3:15.52	47.56	1:42.69	3:40.67	40.41	1:29.22	3:16.33	3:22.75	7:05.52	1:34.50
261	37.69	1:22.99	3:00.58	6:19.80	12:58.30	25:01.76	42.46	1:31.04	3:15.73	47.61	1:42.80	3:40.91	40.45	1:29.31	3:16.54	3:22.97	7:05.97	1:34.60

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
260	37.73	1:23.08	3:00.77	6:20.20	12:59.11	25:03.35	42.51	1:31.13	3:15.94	47.66	1:42.91	3:41.14	40.49	1:29.41	3:16.74	3:23.18	7:06.41	1:34.70
259	37.77	1:23.17	3:00.96	6:20.60	12:59.94	25:04.93	42.55	1:31.23	3:16.14	47.71	1:43.02	3:41.37	40.54	1:29.50	3:16.95	3:23.39	7:06.86	1:34.80
258	37.81	1:23.26	3:01.15	6:21.00	13:00.76	25:06.53	42.60	1:31.33	3:16.35	47.76	1:43.13	3:41.61	40.58	1:29.60	3:17.16	3:23.61	7:07.32	1:34.90
257	37.85	1:23.35	3:01.34	6:21.40	13:01.59	25:08.13	42.64	1:31.42	3:16.56	47.81	1:43.24	3:41.84	40.62	1:29.69	3:17.37	3:23.83	7:07.77	1:35.00
256	37.89	1:23.44	3:01.54	6:21.81	13:02.42	25:09.73	42.69	1:31.52	3:16.77	47.86	1:43.35	3:42.08	40.66	1:29.79	3:17.58	3:24.04	7:08.23	1:35.10
255	37.94	1:23.52	3:01.73	6:22.22	13:03.26	25:11.34	42.73	1:31.62	3:16.98	47.91	1:43.46	3:42.31	40.71	1:29.88	3:17.79	3:24.26	7:08.68	1:35.20
254	37.98	1:23.61	3:01.92	6:22.63	13:04.10	25:12.96	42.78	1:31.72	3:17.19	47.96	1:43.57	3:42.55	40.75	1:29.98	3:18.00	3:24.48	7:09.14	1:35.31
253	38.02	1:23.70	3:02.12	6:23.04	13:04.94	25:14.59	42.82	1:31.82	3:17.40	48.01	1:43.68	3:42.79	40.80	1:30.07	3:18.22	3:24.70	7:09.60	1:35.41
252	38.06	1:23.79	3:02.32	6:23.45	13:05.79	25:16.22	42.87	1:31.91	3:17.61	48.06	1:43.79	3:43.03	40.84	1:30.17	3:18.43	3:24.92	7:10.07	1:35.51
251	38.10	1:23.88	3:02.51	6:23.87	13:06.64	25:17.86	42.92	1:32.01	3:17.83	48.12	1:43.90	3:43.27	40.88	1:30.27	3:18.64	3:25.14	7:10.53	1:35.61
250	38.14	1:23.97	3:02.71	6:24.28	13:07.49	25:19.50	42.96	1:32.11	3:18.04	48.17	1:44.02	3:43.51	40.93	1:30.37	3:18.86	3:25.36	7:11.00	1:35.72
249	38.18	1:24.07	3:02.91	6:24.70	13:08.34	25:21.15	43.01	1:32.21	3:18.26	48.22	1:44.13	3:43.76	40.97	1:30.47	3:19.07	3:25.59	7:11.47	1:35.82
248	38.22	1:24.16	3:03.11	6:25.12	13:09.20	25:22.81	43.06	1:32.31	3:18.47	48.27	1:44.24	3:44.00	41.02	1:30.56	3:19.29	3:25.81	7:11.94	1:35.93
247	38.26	1:24.25	3:03.31	6:25.54	13:10.06	25:24.47	43.10	1:32.41	3:18.69	48.33	1:44.36	3:44.25	41.06	1:30.66	3:19.51	3:26.04	7:12.41	1:36.03
246	38.31	1:24.34	3:03.51	6:25.96	13:10.93	25:26.14	43.15	1:32.52	3:18.91	48.38	1:44.47	3:44.49	41.11	1:30.76	3:19.73	3:26.26	7:12.88	1:36.14
245	38.35	1:24.43	3:03.71	6:26.39	13:11.80	25:27.82	43.20	1:32.62	3:19.13	48.43	1:44.59	3:44.74	41.15	1:30.86	3:19.95	3:26.49	7:13.36	1:36.24
244	38.39	1:24.53	3:03.91	6:26.81	13:12.67	25:29.51	43.25	1:32.72	3:19.35	48.49	1:44.70	3:44.99	41.20	1:30.96	3:20.17	3:26.72	7:13.84	1:36.35
243	38.43	1:24.62	3:04.12	6:27.24	13:13.55	25:31.20	43.29	1:32.82	3:19.57	48.54	1:44.82	3:45.24	41.24	1:31.06	3:20.39	3:26.94	7:14.32	1:36.46
242	38.48	1:24.72	3:04.32	6:27.67	13:14.43	25:32.90	43.34	1:32.93	3:19.79	48.59	1:44.93	3:45.49	41.29	1:31.16	3:20.61	3:27.17	7:14.80	1:36.56
241	38.52	1:24.81	3:04.53	6:28.10	13:15.31	25:34.60	43.39	1:33.03	3:20.01	48.65	1:45.05	3:45.74	41.33	1:31.27	3:20.84	3:27.40	7:15.28	1:36.67
240	38.56	1:24.90	3:04.73	6:28.53	13:16.20	25:36.32	43.44	1:33.13	3:20.23	48.70	1:45.17	3:45.99	41.38	1:31.37	3:21.06	3:27.64	7:15.77	1:36.78
239	38.61	1:25.00	3:04.94	6:28.97	13:17.09	25:38.04	43.49	1:33.24	3:20.46	48.76	1:45.29	3:46.24	41.43	1:31.47	3:21.28	3:27.87	7:16.25	1:36.89
238	38.65	1:25.09	3:05.15	6:29.41	13:17.99	25:39.76	43.54	1:33.34	3:20.68	48.81	1:45.40	3:46.49	41.47	1:31.57	3:21.51	3:28.10	7:16.74	1:36.99
237	38.69	1:25.19	3:05.35	6:29.84	13:18.89	25:41.50	43.58	1:33.45	3:20.91	48.87	1:45.52	3:46.75	41.52	1:31.68	3:21.74	3:28.34	7:17.24	1:37.10
236	38.74	1:25.29	3:05.56	6:30.28	13:19.79	25:43.24	43.63	1:33.55	3:21.14	48.92	1:45.64	3:47.01	41.57	1:31.78	3:21.97	3:28.57	7:17.73	1:37.21
235	38.78	1:25.38	3:05.77	6:30.73	13:20.70	25:44.99	43.68	1:33.66	3:21.36	48.98	1:45.76	3:47.26	41.61	1:31.88	3:22.19	3:28.81	7:18.23	1:37.32
234	38.82	1:25.48	3:05.99	6:31.17	13:21.61	25:46.74	43.73	1:33.77	3:21.59	49.03	1:45.88	3:47.52	41.66	1:31.99	3:22.42	3:29.05	7:18.72	1:37.43
233	38.87	1:25.58	3:06.20	6:31.62	13:22.52	25:48.51	43.78	1:33.87	3:21.82	49.09	1:46.00	3:47.78	41.71	1:32.09	3:22.66	3:29.28	7:19.23	1:37.55
232	38.91	1:25.68	3:06.41	6:32.07	13:23.44	25:50.28	43.83	1:33.98	3:22.05	49.14	1:46.12	3:48.04	41.76	1:32.20	3:22.89	3:29.52	7:19.73	1:37.66
231	38.96	1:25.77	3:06.63	6:32.52	13:24.36	25:52.06	43.88	1:34.09	3:22.29	49.20	1:46.25	3:48.30	41.80	1:32.30	3:23.12	3:29.76	7:20.23	1:37.77
230	39.00	1:25.87	3:06.84	6:32.97	13:25.29	25:53.85	43.93	1:34.20	3:22.52	49.26	1:46.37	3:48.57	41.85	1:32.41	3:23.35	3:30.01	7:20.74	1:37.88
229	39.05	1:25.97	3:07.06	6:33.42	13:26.22	25:55.64	43.98	1:34.30	3:22.75	49.31	1:46.49	3:48.83	41.90	1:32.52	3:23.59	3:30.25	7:21.25	1:37.99
228	39.09	1:26.07	3:07.27	6:33.88	13:27.15	25:57.44	44.04	1:34.41	3:22.99	49.37	1:46.61	3:49.10	41.95	1:32.62	3:23.82	3:30.49	7:21.76	1:38.11
227	39.14	1:26.17	3:07.49	6:34.34	13:28.09	25:59.26	44.09	1:34.52	3:23.22	49.43	1:46.74	3:49.36	42.00	1:32.73	3:24.06	3:30.74	7:22.27	1:38.22
226	39.18	1:26.27	3:07.71	6:34.80	13:29.03	26:01.07	44.14	1:34.63	3:23.46	49.49	1:46.86	3:49.63	42.05	1:32.84	3:24.30	3:30.98	7:22.79	1:38.34

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
225	39.23	1:26.37	3:07.93	6:35.26	13:29.98	26:02.90	44.19	1:34.74	3:23.70	49.54	1:46.99	3:49.90	42.10	1:32.95	3:24.54	3:31.23	7:23.31	1:38.45
224	39.28	1:26.47	3:08.15	6:35.72	13:30.93	26:04.74	44.24	1:34.86	3:23.94	49.60	1:47.11	3:50.17	42.15	1:33.06	3:24.78	3:31.48	7:23.83	1:38.57
223	39.32	1:26.58	3:08.37	6:36.19	13:31.89	26:06.58	44.29	1:34.97	3:24.18	49.66	1:47.24	3:50.44	42.20	1:33.17	3:25.02	3:31.73	7:24.35	1:38.68
222	39.37	1:26.68	3:08.59	6:36.66	13:32.85	26:08.43	44.35	1:35.08	3:24.42	49.72	1:47.37	3:50.71	42.25	1:33.28	3:25.26	3:31.98	7:24.88	1:38.80
221	39.42	1:26.78	3:08.82	6:37.13	13:33.81	26:10.29	44.40	1:35.19	3:24.66	49.78	1:47.49	3:50.99	42.30	1:33.39	3:25.51	3:32.23	7:25.40	1:38.92
220	39.46	1:26.89	3:09.04	6:37.60	13:34.78	26:12.16	44.45	1:35.31	3:24.90	49.84	1:47.62	3:51.26	42.35	1:33.50	3:25.75	3:32.48	7:25.93	1:39.04
219	39.51	1:26.99	3:09.27	6:38.07	13:35.75	26:14.03	44.50	1:35.42	3:25.15	49.90	1:47.75	3:51.54	42.40	1:33.61	3:26.00	3:32.73	7:26.47	1:39.15
218	39.56	1:27.09	3:09.49	6:38.55	13:36.73	26:15.92	44.56	1:35.53	3:25.40	49.96	1:47.88	3:51.81	42.45	1:33.72	3:26.24	3:32.99	7:27.00	1:39.27
217	39.60	1:27.20	3:09.72	6:39.03	13:37.71	26:17.81	44.61	1:35.65	3:25.64	50.02	1:48.01	3:52.09	42.50	1:33.84	3:26.49	3:33.24	7:27.54	1:39.39
216	39.65	1:27.30	3:09.95	6:39.51	13:38.69	26:19.72	44.66	1:35.76	3:25.89	50.08	1:48.14	3:52.37	42.55	1:33.95	3:26.74	3:33.50	7:28.08	1:39.51
215	39.70	1:27.41	3:10.18	6:39.99	13:39.68	26:21.63	44.72	1:35.88	3:26.14	50.14	1:48.27	3:52.65	42.60	1:34.06	3:26.99	3:33.76	7:28.62	1:39.63
214	39.75	1:27.51	3:10.41	6:40.48	13:40.68	26:23.55	44.77	1:36.00	3:26.39	50.20	1:48.40	3:52.94	42.65	1:34.18	3:27.24	3:34.02	7:29.16	1:39.75
213	39.80	1:27.62	3:10.64	6:40.97	13:41.68	26:25.48	44.83	1:36.11	3:26.64	50.26	1:48.53	3:53.22	42.70	1:34.29	3:27.49	3:34.28	7:29.71	1:39.87
212	39.84	1:27.73	3:10.88	6:41.46	13:42.68	26:27.42	44.88	1:36.23	3:26.89	50.32	1:48.67	3:53.50	42.76	1:34.41	3:27.75	3:34.54	7:30.26	1:40.00
211	39.89	1:27.84	3:11.11	6:41.95	13:43.69	26:29.36	44.94	1:36.35	3:27.15	50.38	1:48.80	3:53.79	42.81	1:34.52	3:28.00	3:34.81	7:30.81	1:40.12
210	39.94	1:27.94	3:11.35	6:42.44	13:44.71	26:31.32	44.99	1:36.47	3:27.40	50.45	1:48.93	3:54.08	42.86	1:34.64	3:28.26	3:35.07	7:31.37	1:40.24
209	39.99	1:28.05	3:11.58	6:42.94	13:45.73	26:33.29	45.05	1:36.59	3:27.66	50.51	1:49.07	3:54.37	42.92	1:34.76	3:28.52	3:35.34	7:31.93	1:40.37
208	40.04	1:28.16	3:11.82	6:43.44	13:46.75	26:35.26	45.10	1:36.71	3:27.92	50.57	1:49.20	3:54.66	42.97	1:34.87	3:28.77	3:35.60	7:32.49	1:40.49
207	40.09	1:28.27	3:12.06	6:43.94	13:47.78	26:37.25	45.16	1:36.83	3:28.17	50.63	1:49.34	3:54.95	43.02	1:34.99	3:29.03	3:35.87	7:33.05	1:40.62
206	40.14	1:28.38	3:12.30	6:44.45	13:48.81	26:39.24	45.22	1:36.95	3:28.43	50.70	1:49.48	3:55.24	43.08	1:35.11	3:29.29	3:36.14	7:33.62	1:40.74
205	40.19	1:28.49	3:12.54	6:44.95	13:49.85	26:41.25	45.27	1:37.07	3:28.70	50.76	1:49.61	3:55.54	43.13	1:35.23	3:29.56	3:36.41	7:34.18	1:40.87
204	40.24	1:28.60	3:12.78	6:45.46	13:50.90	26:43.26	45.33	1:37.19	3:28.96	50.82	1:49.75	3:55.84	43.18	1:35.35	3:29.82	3:36.68	7:34.76	1:40.99
203	40.29	1:28.72	3:13.03	6:45.98	13:51.95	26:45.28	45.39	1:37.31	3:29.22	50.89	1:49.89	3:56.13	43.24	1:35.47	3:30.09	3:36.96	7:35.33	1:41.12
202	40.34	1:28.83	3:13.27	6:46.49	13:53.00	26:47.32	45.45	1:37.44	3:29.49	50.95	1:50.03	3:56.43	43.29	1:35.59	3:30.35	3:37.23	7:35.91	1:41.25
201	40.40	1:28.94	3:13.52	6:47.01	13:54.06	26:49.36	45.50	1:37.56	3:29.75	51.02	1:50.17	3:56.73	43.35	1:35.71	3:30.62	3:37.51	7:36.49	1:41.38
200	40.45	1:29.06	3:13.76	6:47.53	13:55.12	26:51.42	45.56	1:37.69	3:30.02	51.08	1:50.31	3:57.04	43.40	1:35.83	3:30.89	3:37.79	7:37.07	1:41.51
199	40.50	1:29.17	3:14.01	6:48.05	13:56.19	26:53.48	45.62	1:37.81	3:30.29	51.15	1:50.45	3:57.34	43.46	1:35.96	3:31.16	3:38.07	7:37.65	1:41.64
198	40.55	1:29.28	3:14.26	6:48.57	13:57.27	26:55.56	45.68	1:37.94	3:30.56	51.21	1:50.59	3:57.64	43.52	1:36.08	3:31.43	3:38.35	7:38.24	1:41.77
197	40.60	1:29.40	3:14.51	6:49.10	13:58.35	26:57.64	45.74	1:38.06	3:30.83	51.28	1:50.74	3:57.95	43.57	1:36.20	3:31.70	3:38.63	7:38.83	1:41.90
196	40.66	1:29.51	3:14.76	6:49.63	13:59.44	26:59.74	45.80	1:38.19	3:31.11	51.35	1:50.88	3:58.26	43.63	1:36.33	3:31.98	3:38.91	7:39.43	1:42.03
195	40.71	1:29.63	3:15.02	6:50.16	14:00.53	27:01.85	45.86	1:38.32	3:31.38	51.41	1:51.02	3:58.57	43.68	1:36.45	3:32.25	3:39.20	7:40.03	1:42.17
194	40.76	1:29.75	3:15.27	6:50.70	14:01.63	27:03.96	45.92	1:38.45	3:31.66	51.48	1:51.17	3:58.88	43.74	1:36.58	3:32.53	3:39.48	7:40.63	1:42.30
193	40.82	1:29.87	3:15.53	6:51.24	14:02.73	27:06.09	45.98	1:38.58	3:31.93	51.55	1:51.31	3:59.19	43.80	1:36.71	3:32.81	3:39.77	7:41.23	1:42.43
192	40.87	1:29.98	3:15.78	6:51.78	14:03.84	27:08.23	46.04	1:38.71	3:32.21	51.62	1:51.46	3:59.51	43.86	1:36.83	3:33.09	3:40.06	7:41.84	1:42.57
191	40.92	1:30.10	3:16.04	6:52.32	14:04.95	27:10.38	46.10	1:38.84	3:32.49	51.68	1:51.61	3:59.83	43.91	1:36.96	3:33.37	3:40.35	7:42.45	1:42.70

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Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
190	40.98	1:30.22	3:16.30	6:52.87	14:06.07	27:12.55	46.16	1:38.97	3:32.78	51.75	1:51.76	4:00.14	43.97	1:37.09	3:33.65	3:40.64	7:43.06	1:42.84
189	41.03	1:30.34	3:16.56	6:53.42	14:07.20	27:14.72	46.22	1:39.10	3:33.06	51.82	1:51.90	4:00.46	44.03	1:37.22	3:33.94	3:40.94	7:43.68	1:42.98
188	41.09	1:30.46	3:16.83	6:53.97	14:08.33	27:16.90	46.28	1:39.23	3:33.34	51.89	1:52.05	4:00.78	44.09	1:37.35	3:34.22	3:41.23	7:44.30	1:43.11
187	41.14	1:30.59	3:17.09	6:54.53	14:09.47	27:19.10	46.34	1:39.36	3:33.63	51.96	1:52.20	4:01.11	44.15	1:37.48	3:34.51	3:41.53	7:44.92	1:43.25
186	41.20	1:30.71	3:17.36	6:55.09	14:10.62	27:21.31	46.41	1:39.50	3:33.92	52.03	1:52.36	4:01.43	44.21	1:37.61	3:34.80	3:41.83	7:45.55	1:43.39
185	41.25	1:30.83	3:17.62	6:55.65	14:11.77	27:23.53	46.47	1:39.63	3:34.21	52.10	1:52.51	4:01.76	44.27	1:37.74	3:35.09	3:42.13	7:46.18	1:43.53
184	41.31	1:30.95	3:17.89	6:56.21	14:12.92	27:25.76	46.53	1:39.77	3:34.50	52.17	1:52.66	4:02.09	44.33	1:37.88	3:35.38	3:42.43	7:46.81	1:43.67
183	41.37	1:31.08	3:18.16	6:56.78	14:14.09	27:28.01	46.60	1:39.90	3:34.79	52.24	1:52.81	4:02.42	44.39	1:38.01	3:35.68	3:42.73	7:47.45	1:43.81
182	41.42	1:31.20	3:18.43	6:57.35	14:15.26	27:30.27	46.66	1:40.04	3:35.08	52.31	1:52.97	4:02.75	44.45	1:38.14	3:35.97	3:43.04	7:48.09	1:43.96
181	41.48	1:31.33	3:18.71	6:57.93	14:16.43	27:32.53	46.72	1:40.18	3:35.38	52.39	1:53.12	4:03.08	44.51	1:38.28	3:36.27	3:43.34	7:48.73	1:44.10
180	41.54	1:31.45	3:18.98	6:58.50	14:17.62	27:34.82	46.79	1:40.32	3:35.68	52.46	1:53.28	4:03.42	44.57	1:38.42	3:36.57	3:43.65	7:49.38	1:44.24
179	41.59	1:31.58	3:19.26	6:59.08	14:18.81	27:37.11	46.85	1:40.46	3:35.98	52.53	1:53.44	4:03.76	44.63	1:38.55	3:36.87	3:43.96	7:50.03	1:44.39
178	41.65	1:31.71	3:19.53	6:59.67	14:20.00	27:39.42	46.92	1:40.60	3:36.28	52.60	1:53.60	4:04.10	44.70	1:38.69	3:37.17	3:44.27	7:50.68	1:44.53
177	41.71	1:31.84	3:19.81	7:00.25	14:21.20	27:41.74	46.98	1:40.74	3:36.58	52.68	1:53.75	4:04.44	44.76	1:38.83	3:37.47	3:44.59	7:51.34	1:44.68
176	41.77	1:31.97	3:20.09	7:00.84	14:22.41	27:44.07	47.05	1:40.88	3:36.88	52.75	1:53.91	4:04.78	44.82	1:38.97	3:37.78	3:44.90	7:52.00	1:44.83
175	41.83	1:32.09	3:20.38	7:01.44	14:23.63	27:46.42	47.12	1:41.02	3:37.19	52.83	1:54.07	4:05.13	44.89	1:39.11	3:38.09	3:45.22	7:52.67	1:44.97
174	41.89	1:32.23	3:20.66	7:02.03	14:24.85	27:48.78	47.18	1:41.16	3:37.50	52.90	1:54.24	4:05.47	44.95	1:39.25	3:38.40	3:45.54	7:53.34	1:45.12
173	41.95	1:32.36	3:20.95	7:02.63	14:26.08	27:51.16	47.25	1:41.31	3:37.81	52.98	1:54.40	4:05.82	45.01	1:39.39	3:38.71	3:45.86	7:54.01	1:45.27
172	42.01	1:32.49	3:21.23	7:03.24	14:27.32	27:53.54	47.32	1:41.45	3:38.12	53.05	1:54.56	4:06.17	45.08	1:39.53	3:39.02	3:46.18	7:54.69	1:45.42
171	42.07	1:32.62	3:21.52	7:03.85	14:28.57	27:55.95	47.39	1:41.60	3:38.43	53.13	1:54.73	4:06.53	45.14	1:39.67	3:39.33	3:46.51	7:55.37	1:45.57
170	42.13	1:32.75	3:21.81	7:04.46	14:29.82	27:58.36	47.45	1:41.74	3:38.75	53.21	1:54.89	4:06.88	45.21	1:39.82	3:39.65	3:46.83	7:56.06	1:45.73
169	42.19	1:32.89	3:22.10	7:05.07	14:31.08	28:00.79	47.52	1:41.89	3:39.06	53.28	1:55.06	4:07.24	45.27	1:39.96	3:39.97	3:47.16	7:56.75	1:45.88
168	42.25	1:33.02	3:22.40	7:05.69	14:32.34	28:03.24	47.59	1:42.04	3:39.38	53.36	1:55.23	4:07.60	45.34	1:40.11	3:40.29	3:47.49	7:57.44	1:46.03
167	42.31	1:33.16	3:22.69	7:06.31	14:33.62	28:05.70	47.66	1:42.19	3:39.70	53.44	1:55.39	4:07.96	45.40	1:40.25	3:40.61	3:47.82	7:58.14	1:46.19
166	42.37	1:33.30	3:22.99	7:06.94	14:34.90	28:08.17	47.73	1:42.34	3:40.03	53.52	1:55.56	4:08.33	45.47	1:40.40	3:40.93	3:48.16	7:58.84	1:46.34
165	42.44	1:33.43	3:23.29	7:07.57	14:36.19	28:10.66	47.80	1:42.49	3:40.35	53.60	1:55.73	4:08.69	45.54	1:40.55	3:41.26	3:48.50	7:59.55	1:46.50
164	42.50	1:33.57	3:23.59	7:08.20	14:37.49	28:13.16	47.87	1:42.64	3:40.68	53.67	1:55.91	4:09.06	45.61	1:40.70	3:41.59	3:48.83	8:00.26	1:46.66
163	42.56	1:33.71	3:23.90	7:08.84	14:38.79	28:15.68	47.94	1:42.79	3:41.00	53.75	1:56.08	4:09.43	45.67	1:40.85	3:41.92	3:49.17	8:00.97	1:46.82
162	42.63	1:33.85	3:24.20	7:09.48	14:40.11	28:18.22	48.02	1:42.95	3:41.33	53.83	1:56.25	4:09.80	45.74	1:41.00	3:42.25	3:49.52	8:01.69	1:46.98
161	42.69	1:33.99	3:24.51	7:10.12	14:41.43	28:20.77	48.09	1:43.10	3:41.67	53.92	1:56.43	4:10.18	45.81	1:41.15	3:42.58	3:49.86	8:02.41	1:47.14
160	42.75	1:34.14	3:24.82	7:10.77	14:42.76	28:23.33	48.16	1:43.26	3:42.00	54.00	1:56.60	4:10.56	45.88	1:41.30	3:42.92	3:50.21	8:03.14	1:47.30
159	42.82	1:34.28	3:25.13	7:11.43	14:44.10	28:25.92	48.23	1:43.41	3:42.34	54.08	1:56.78	4:10.94	45.95	1:41.45	3:43.26	3:50.56	8:03.87	1:47.46
158	42.88	1:34.42	3:25.44	7:12.08	14:45.45	28:28.51	48.31	1:43.57	3:42.68	54.16	1:56.96	4:11.32	46.02	1:41.61	3:43.60	3:50.91	8:04.61	1:47.63
157	42.95	1:34.57	3:25.75	7:12.74	14:46.80	28:31.13	48.38	1:43.73	3:43.02	54.24	1:57.14	4:11.70	46.09	1:41.76	3:43.94	3:51.26	8:05.35	1:47.79
156	43.02	1:34.71	3:26.07	7:13.41	14:48.16	28:33.76	48.46	1:43.89	3:43.36	54.33	1:57.32	4:12.09	46.16	1:41.92	3:44.28	3:51.62	8:06.10	1:47.96

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
155	43.08	1:34.86	3:26.39	7:14.08	14:49.54	28:36.41	48.53	1:44.05	3:43.71	54.41	1:57.50	4:12.48	46.23	1:42.08	3:44.63	3:51.98	8:06.85	1:48.12
154	43.15	1:35.01	3:26.71	7:14.75	14:50.92	28:39.08	48.61	1:44.21	3:44.05	54.50	1:57.68	4:12.87	46.30	1:42.24	3:44.98	3:52.34	8:07.61	1:48.29
153	43.22	1:35.15	3:27.03	7:15.43	14:52.31	28:41.76	48.68	1:44.38	3:44.40	54.58	1:57.86	4:13.27	46.38	1:42.40	3:45.33	3:52.70	8:08.37	1:48.46
152	43.29	1:35.30	3:27.36	7:16.12	14:53.71	28:44.46	48.76	1:44.54	3:44.76	54.67	1:58.05	4:13.66	46.45	1:42.56	3:45.68	3:53.06	8:09.13	1:48.63
151	43.35	1:35.45	3:27.68	7:16.80	14:55.12	28:47.18	48.83	1:44.70	3:45.11	54.75	1:58.23	4:14.06	46.52	1:42.72	3:46.04	3:53.43	8:09.90	1:48.80
150	43.42	1:35.60	3:28.01	7:17.50	14:56.54	28:49.92	48.91	1:44.87	3:45.47	54.84	1:58.42	4:14.47	46.60	1:42.88	3:46.40	3:53.80	8:10.68	1:48.97
149	43.49	1:35.76	3:28.34	7:18.19	14:57.97	28:52.67	48.99	1:45.04	3:45.83	54.93	1:58.61	4:14.87	46.67	1:43.05	3:46.76	3:54.17	8:11.46	1:49.15
148	43.56	1:35.91	3:28.68	7:18.89	14:59.40	28:55.45	49.07	1:45.20	3:46.19	55.02	1:58.80	4:15.28	46.74	1:43.21	3:47.12	3:54.55	8:12.25	1:49.32
147	43.63	1:36.06	3:29.01	7:19.60	15:00.85	28:58.24	49.15	1:45.37	3:46.55	55.10	1:58.99	4:15.69	46.82	1:43.38	3:47.49	3:54.93	8:13.04	1:49.50
146	43.70	1:36.22	3:29.35	7:20.31	15:02.31	29:01.05	49.23	1:45.54	3:46.92	55.19	1:59.18	4:16.10	46.90	1:43.54	3:47.85	3:55.31	8:13.84	1:49.67
145	43.77	1:36.38	3:29.69	7:21.03	15:03.77	29:03.88	49.31	1:45.72	3:47.29	55.28	1:59.38	4:16.52	46.97	1:43.71	3:48.22	3:55.69	8:14.64	1:49.85
144	43.84	1:36.53	3:30.03	7:21.75	15:05.25	29:06.73	49.39	1:45.89	3:47.66	55.37	1:59.57	4:16.94	47.05	1:43.88	3:48.60	3:56.07	8:15.45	1:50.03
143	43.92	1:36.69	3:30.38	7:22.47	15:06.74	29:09.60	49.47	1:46.06	3:48.03	55.46	1:59.77	4:17.36	47.13	1:44.05	3:48.97	3:56.46	8:16.26	1:50.21
142	43.99	1:36.85	3:30.73	7:23.21	15:08.24	29:12.49	49.55	1:46.24	3:48.41	55.56	1:59.97	4:17.79	47.20	1:44.22	3:49.35	3:56.85	8:17.08	1:50.40
141	44.06	1:37.01	3:31.08	7:23.94	15:09.75	29:15.41	49.63	1:46.41	3:48.79	55.65	2:00.17	4:18.22	47.28	1:44.40	3:49.73	3:57.25	8:17.91	1:50.58
140	44.14	1:37.17	3:31.43	7:24.68	15:11.27	29:18.34	49.72	1:46.59	3:49.17	55.74	2:00.37	4:18.65	47.36	1:44.57	3:50.12	3:57.64	8:18.74	1:50.76
139	44.21	1:37.34	3:31.78	7:25.43	15:12.80	29:21.29	49.80	1:46.77	3:49.56	55.83	2:00.57	4:19.08	47.44	1:44.75	3:50.50	3:58.04	8:19.58	1:50.95
138	44.28	1:37.50	3:32.14	7:26.18	15:14.34	29:24.26	49.88	1:46.95	3:49.94	55.93	2:00.77	4:19.52	47.52	1:44.92	3:50.89	3:58.44	8:20.42	1:51.14
137	44.36	1:37.67	3:32.50	7:26.94	15:15.89	29:27.26	49.97	1:47.13	3:50.33	56.02	2:00.98	4:19.96	47.60	1:45.10	3:51.28	3:58.85	8:21.27	1:51.33
136	44.44	1:37.83	3:32.86	7:27.70	15:17.45	29:30.28	50.05	1:47.32	3:50.73	56.12	2:01.18	4:20.40	47.68	1:45.28	3:51.68	3:59.26	8:22.13	1:51.52
135	44.51	1:38.00	3:33.23	7:28.47	15:19.03	29:33.32	50.14	1:47.50	3:51.12	56.22	2:01.39	4:20.85	47.76	1:45.46	3:52.08	3:59.67	8:22.99	1:51.71
134	44.59	1:38.17	3:33.60	7:29.25	15:20.62	29:36.38	50.23	1:47.69	3:51.52	56.31	2:01.60	4:21.30	47.85	1:45.65	3:52.48	4:00.08	8:23.86	1:51.90
133	44.67	1:38.34	3:33.97	7:30.03	15:22.22	29:39.47	50.31	1:47.87	3:51.92	56.41	2:01.81	4:21.76	47.93	1:45.83	3:52.88	4:00.50	8:24.74	1:52.09
132	44.74	1:38.51	3:34.34	7:30.81	15:23.83	29:42.57	50.40	1:48.06	3:52.33	56.51	2:02.03	4:22.21	48.01	1:46.01	3:53.29	4:00.92	8:25.62	1:52.29
131	44.82	1:38.69	3:34.72	7:31.61	15:25.45	29:45.71	50.49	1:48.25	3:52.74	56.61	2:02.24	4:22.67	48.10	1:46.20	3:53.70	4:01.34	8:26.51	1:52.49
130	44.90	1:38.86	3:35.10	7:32.40	15:27.09	29:48.86	50.58	1:48.44	3:53.15	56.71	2:02.46	4:23.14	48.18	1:46.39	3:54.11	4:01.77	8:27.40	1:52.69
129	44.98	1:39.04	3:35.48	7:33.21	15:28.73	29:52.04	50.67	1:48.64	3:53.56	56.81	2:02.67	4:23.61	48.27	1:46.58	3:54.53	4:02.20	8:28.30	1:52.89
128	45.06	1:39.22	3:35.87	7:34.02	15:30.40	29:55.25	50.76	1:48.83	3:53.98	56.91	2:02.89	4:24.08	48.36	1:46.77	3:54.95	4:02.63	8:29.21	1:53.09
127	45.14	1:39.39	3:36.26	7:34.84	15:32.07	29:58.48	50.85	1:49.03	3:54.40	57.01	2:03.12	4:24.55	48.44	1:46.96	3:55.37	4:03.07	8:30.13	1:53.29
126	45.23	1:39.57	3:36.65	7:35.66	15:33.76	30:01.74	50.94	1:49.22	3:54.83	57.12	2:03.34	4:25.03	48.53	1:47.15	3:55.80	4:03.51	8:31.05	1:53.50
125	45.31	1:39.75	3:37.04	7:36.49	15:35.46	30:05.02	51.04	1:49.42	3:55.25	57.22	2:03.56	4:25.51	48.62	1:47.35	3:56.23	4:03.95	8:31.98	1:53.70
124	45.39	1:39.94	3:37.44	7:37.33	15:37.17	30:08.33	51.13	1:49.62	3:55.69	57.33	2:03.79	4:26.00	48.71	1:47.55	3:56.66	4:04.40	8:32.92	1:53.91
123	45.47	1:40.12	3:37.84	7:38.17	15:38.90	30:11.66	51.22	1:49.83	3:56.12	57.43	2:04.02	4:26.49	48.80	1:47.74	3:57.10	4:04.85	8:33.87	1:54.12
122	45.56	1:40.31	3:38.25	7:39.02	15:40.64	30:15.03	51.32	1:50.03	3:56.56	57.54	2:04.25	4:26.99	48.89	1:47.94	3:57.54	4:05.30	8:34.82	1:54.34
121	45.64	1:40.50	3:38.65	7:39.88	15:42.40	30:18.42	51.41	1:50.23	3:57.00	57.65	2:04.48	4:27.48	48.98	1:48.15	3:57.98	4:05.76	8:35.78	1:54.55

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
120	45.73	1:40.68	3:39.06	7:40.74	15:44.17	30:21.83	51.51	1:50.44	3:57.45	57.75	2:04.71	4:27.99	49.07	1:48.35	3:58.43	4:06.22	8:36.75	1:54.76
119	45.82	1:40.87	3:39.48	7:41.61	15:45.96	30:25.28	51.61	1:50.65	3:57.90	57.86	2:04.95	4:28.49	49.16	1:48.55	3:58.88	4:06.69	8:37.73	1:54.98
118	45.90	1:41.07	3:39.90	7:42.49	15:47.76	30:28.76	51.71	1:50.86	3:58.35	57.97	2:05.19	4:29.01	49.26	1:48.76	3:59.33	4:07.16	8:38.72	1:55.20
117	45.99	1:41.26	3:40.32	7:43.38	15:49.58	30:32.26	51.81	1:51.07	3:58.81	58.08	2:05.43	4:29.52	49.35	1:48.97	3:59.79	4:07.63	8:39.71	1:55.42
116	46.08	1:41.46	3:40.74	7:44.27	15:51.41	30:35.80	51.91	1:51.29	3:59.27	58.20	2:05.67	4:30.04	49.45	1:49.18	4:00.25	4:08.11	8:40.71	1:55.64
115	46.17	1:41.65	3:41.17	7:45.18	15:53.26	30:39.36	52.01	1:51.50	3:59.73	58.31	2:05.91	4:30.57	49.54	1:49.39	4:00.72	4:08.59	8:41.73	1:55.87
114	46.26	1:41.85	3:41.61	7:46.09	15:55.12	30:42.96	52.11	1:51.72	4:00.20	58.42	2:06.16	4:31.10	49.64	1:49.60	4:01.19	4:09.08	8:42.75	1:56.09
113	46.35	1:42.05	3:42.04	7:47.00	15:57.00	30:46.59	52.21	1:51.94	4:00.67	58.54	2:06.41	4:31.63	49.74	1:49.82	4:01.67	4:09.57	8:43.78	1:56.32
112	46.44	1:42.25	3:42.48	7:47.93	15:58.90	30:50.25	52.31	1:52.16	4:01.15	58.66	2:06.66	4:32.17	49.84	1:50.04	4:02.15	4:10.07	8:44.81	1:56.55
111	46.54	1:42.46	3:42.93	7:48.86	16:00.82	30:53.95	52.42	1:52.39	4:01.63	58.77	2:06.91	4:32.71	49.94	1:50.26	4:02.63	4:10.57	8:45.86	1:56.79
110	46.63	1:42.67	3:43.37	7:49.81	16:02.75	30:57.68	52.52	1:52.61	4:02.12	58.89	2:07.17	4:33.26	50.04	1:50.48	4:03.12	4:11.07	8:46.92	1:57.02
109	46.72	1:42.87	3:43.83	7:50.76	16:04.70	31:01.44	52.63	1:52.84	4:02.61	59.01	2:07.42	4:33.81	50.14	1:50.70	4:03.61	4:11.58	8:47.99	1:57.26
108	46.82	1:43.08	3:44.28	7:51.72	16:06.67	31:05.23	52.74	1:53.07	4:03.10	59.13	2:07.68	4:34.37	50.24	1:50.93	4:04.11	4:12.09	8:49.06	1:57.50
107	46.92	1:43.29	3:44.74	7:52.69	16:08.65	31:09.07	52.85	1:53.31	4:03.60	59.25	2:07.95	4:34.94	50.34	1:51.16	4:04.61	4:12.61	8:50.15	1:57.74
106	47.01	1:43.51	3:45.21	7:53.66	16:10.66	31:12.93	52.96	1:53.54	4:04.11	59.37	2:08.21	4:35.50	50.45	1:51.39	4:05.11	4:13.13	8:51.25	1:57.98
105	47.11	1:43.72	3:45.68	7:54.65	16:12.68	31:16.84	53.07	1:53.78	4:04.62	59.50	2:08.48	4:36.08	50.55	1:51.62	4:05.62	4:13.66	8:52.35	1:58.23
104	47.21	1:43.94	3:46.15	7:55.65	16:14.72	31:20.78	53.18	1:54.02	4:05.13	59.62	2:08.75	4:36.66	50.66	1:51.85	4:06.14	4:14.19	8:53.47	1:58.48
103	47.31	1:44.16	3:46.63	7:56.66	16:16.78	31:24.76	53.29	1:54.26	4:05.65	59.75	2:09.02	4:37.24	50.77	1:52.09	4:06.66	4:14.73	8:54.60	1:58.73
102	47.41	1:44.38	3:47.11	7:57.67	16:18.87	31:28.78	53.40	1:54.50	4:06.17	59.88	2:09.30	4:37.84	50.88	1:52.33	4:07.19	4:15.27	8:55.74	1:58.98
101	47.51	1:44.61	3:47.60	7:58.70	16:20.97	31:32.84	53.52	1:54.75	4:06.70	1:00.01	2:09.57	4:38.43	50.98	1:52.57	4:07.72	4:15.82	8:56.89	1:59.24
100	47.62	1:44.84	3:48.10	7:59.74	16:23.10	31:36.94	53.64	1:55.00	4:07.24	1:00.14	2:09.86	4:39.04	51.10	1:52.82	4:08.26	4:16.38	8:58.06	1:59.50
99	47.72	1:45.06	3:48.59	8:00.78	16:25.24	31:41.07	53.75	1:55.25	4:07.77	1:00.27	2:10.14	4:39.64	51.21	1:53.06	4:08.80	4:16.93	8:59.23	1:59.76
98	47.82	1:45.29	3:49.10	8:01.84	16:27.41	31:45.26	53.87	1:55.50	4:08.32	1:00.40	2:10.42	4:40.26	51.32	1:53.31	4:09.34	4:17.50	9:00.42	2:00.02
97	47.93	1:45.53	3:49.60	8:02.91	16:29.60	31:49.48	53.99	1:55.76	4:08.87	1:00.53	2:10.71	4:40.88	51.43	1:53.56	4:09.90	4:18.07	9:01.61	2:00.29
96	48.04	1:45.76	3:50.12	8:03.99	16:31.81	31:53.75	54.11	1:56.01	4:09.43	1:00.67	2:11.01	4:41.51	51.55	1:53.82	4:10.46	4:18.65	9:02.82	2:00.55
95	48.15	1:46.00	3:50.64	8:05.08	16:34.04	31:58.06	54.23	1:56.28	4:09.99	1:00.80	2:11.30	4:42.14	51.66	1:54.07	4:11.02	4:19.23	9:04.05	2:00.83
94	48.25	1:46.24	3:51.16	8:06.18	16:36.30	32:02.42	54.36	1:56.54	4:10.56	1:00.94	2:11.60	4:42.78	51.78	1:54.33	4:11.59	4:19.82	9:05.28	2:01.10
93	48.37	1:46.49	3:51.69	8:07.29	16:38.59	32:06.83	54.48	1:56.81	4:11.13	1:01.08	2:11.90	4:43.43	51.90	1:54.59	4:12.17	4:20.42	9:06.53	2:01.38
92	48.48	1:46.73	3:52.22	8:08.42	16:40.90	32:11.28	54.61	1:57.08	4:11.71	1:01.22	2:12.21	4:44.09	52.02	1:54.86	4:12.75	4:21.02	9:07.80	2:01.66
91	48.59	1:46.98	3:52.77	8:09.56	16:43.23	32:15.78	54.73	1:57.35	4:12.30	1:01.37	2:12.51	4:44.75	52.14	1:55.13	4:13.34	4:21.63	9:09.07	2:01.94
90	48.70	1:47.23	3:53.31	8:10.71	16:45.59	32:20.33	54.86	1:57.63	4:12.89	1:01.51	2:12.83	4:45.42	52.26	1:55.40	4:13.93	4:22.24	9:10.37	2:02.23
89	48.82	1:47.49	3:53.87	8:11.87	16:47.97	32:24.94	54.99	1:57.91	4:13.49	1:01.66	2:13.14	4:46.10	52.39	1:55.67	4:14.54	4:22.86	9:11.67	2:02.52
88	48.94	1:47.75	3:54.43	8:13.05	16:50.38	32:29.59	55.12	1:58.19	4:14.10	1:01.80	2:13.46	4:46.78	52.51	1:55.95	4:15.15	4:23.49	9:12.99	2:02.81
87	49.06	1:48.01	3:54.99	8:14.24	16:52.82	32:34.30	55.26	1:58.47	4:14.71	1:01.95	2:13.78	4:47.47	52.64	1:56.23	4:15.76	4:24.13	9:14.33	2:03.11
86	49.17	1:48.27	3:55.57	8:15.45	16:55.29	32:39.06	55.39	1:58.76	4:15.33	1:02.10	2:14.11	4:48.17	52.77	1:56.51	4:16.39	4:24.77	9:15.68	2:03.41

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
85	49.30	1:48.53	3:56.14	8:16.67	16:57.79	32:43.88	55.53	1:59.05	4:15.96	1:02.26	2:14.44	4:48.88	52.90	1:56.80	4:17.02	4:25.42	9:17.04	2:03.71
84	49.42	1:48.80	3:56.73	8:17.90	17:00.32	32:48.75	55.67	1:59.35	4:16.60	1:02.41	2:14.77	4:49.60	53.03	1:57.09	4:17.65	4:26.08	9:18.43	2:04.02
83	49.54	1:49.08	3:57.32	8:19.15	17:02.87	32:53.69	55.81	1:59.65	4:17.24	1:02.57	2:15.11	4:50.33	53.16	1:57.38	4:18.30	4:26.75	9:19.83	2:04.33
82	49.67	1:49.35	3:57.92	8:20.41	17:05.46	32:58.68	55.95	1:59.95	4:17.89	1:02.73	2:15.45	4:51.06	53.30	1:57.68	4:18.95	4:27.42	9:21.24	2:04.64
81	49.79	1:49.63	3:58.53	8:21.69	17:08.08	33:03.73	56.09	2:00.26	4:18.55	1:02.89	2:15.80	4:51.80	53.43	1:57.98	4:19.61	4:28.11	9:22.68	2:04.96
80	49.92	1:49.92	3:59.15	8:22.98	17:10.73	33:08.85	56.23	2:00.57	4:19.22	1:03.05	2:16.15	4:52.56	53.57	1:58.28	4:20.28	4:28.80	9:24.13	2:05.29
79	50.05	1:50.20	3:59.77	8:24.29	17:13.42	33:14.03	56.38	2:00.88	4:19.89	1:03.21	2:16.50	4:53.32	53.71	1:58.59	4:20.96	4:29.50	9:25.60	2:05.61
78	50.18	1:50.49	4:00.40	8:25.62	17:16.14	33:19.28	56.53	2:01.20	4:20.57	1:03.38	2:16.86	4:54.09	53.85	1:58.90	4:21.65	4:30.21	9:27.08	2:05.94
77	50.32	1:50.79	4:01.04	8:26.96	17:18.89	33:24.60	56.68	2:01.52	4:21.27	1:03.55	2:17.23	4:54.87	54.00	1:59.22	4:22.34	4:30.93	9:28.59	2:06.28
76	50.45	1:51.08	4:01.69	8:28.32	17:21.68	33:29.98	56.83	2:01.85	4:21.97	1:03.72	2:17.59	4:55.66	54.14	1:59.54	4:23.05	4:31.65	9:30.12	2:06.62
75	50.59	1:51.38	4:02.34	8:29.70	17:24.51	33:35.44	56.99	2:02.18	4:22.68	1:03.89	2:17.97	4:56.47	54.29	1:59.86	4:23.76	4:32.39	9:31.67	2:06.96
74	50.73	1:51.69	4:03.01	8:31.10	17:27.37	33:40.96	57.14	2:02.51	4:23.40	1:04.07	2:18.35	4:57.28	54.44	2:00.19	4:24.49	4:33.14	9:33.24	2:07.31
73	50.87	1:52.00	4:03.68	8:32.52	17:30.28	33:46.57	57.30	2:02.85	4:24.13	1:04.24	2:18.73	4:58.10	54.59	2:00.52	4:25.22	4:33.90	9:34.83	2:07.66
72	51.01	1:52.31	4:04.37	8:33.96	17:33.22	33:52.25	57.46	2:03.20	4:24.87	1:04.43	2:19.12	4:58.94	54.74	2:00.86	4:25.96	4:34.66	9:36.44	2:08.02
71	51.16	1:52.63	4:05.06	8:35.41	17:36.21	33:58.01	57.62	2:03.55	4:25.62	1:04.61	2:19.51	4:59.79	54.90	2:01.21	4:26.72	4:35.44	9:38.07	2:08.38
70	51.30	1:52.95	4:05.76	8:36.89	17:39.24	34:03.85	57.79	2:03.90	4:26.38	1:04.79	2:19.91	5:00.65	55.05	2:01.55	4:27.48	4:36.23	9:39.73	2:08.75
69	51.45	1:53.28	4:06.47	8:38.39	17:42.31	34:09.78	57.96	2:04.26	4:27.16	1:04.98	2:20.32	5:01.52	55.21	2:01.91	4:28.26	4:37.03	9:41.41	2:09.12
68	51.60	1:53.61	4:07.20	8:39.91	17:45.43	34:15.80	58.13	2:04.63	4:27.94	1:05.17	2:20.73	5:02.40	55.37	2:02.26	4:29.05	4:37.85	9:43.12	2:09.50
67	51.76	1:53.95	4:07.93	8:41.45	17:48.59	34:21.90	58.30	2:05.00	4:28.74	1:05.36	2:21.15	5:03.30	55.54	2:02.63	4:29.84	4:38.67	9:44.85	2:09.89
66	51.91	1:54.29	4:08.68	8:43.02	17:51.80	34:28.09	58.47	2:05.37	4:29.54	1:05.56	2:21.57	5:04.21	55.71	2:02.99	4:30.66	4:39.51	9:46.60	2:10.28
65	52.07	1:54.64	4:09.43	8:44.61	17:55.06	34:34.38	58.65	2:05.75	4:30.36	1:05.76	2:22.00	5:05.14	55.88	2:03.37	4:31.48	4:40.36	9:48.39	2:10.67
64	52.23	1:55.00	4:10.20	8:46.23	17:58.37	34:40.77	58.83	2:06.14	4:31.20	1:05.96	2:22.44	5:06.08	56.05	2:03.75	4:32.31	4:41.22	9:50.20	2:11.08
63	52.39	1:55.35	4:10.98	8:47.87	18:01.73	34:47.25	59.02	2:06.53	4:32.04	1:06.17	2:22.88	5:07.03	56.22	2:04.13	4:33.16	4:42.10	9:52.04	2:11.48
62	52.56	1:55.72	4:11.77	8:49.53	18:05.14	34:53.85	59.20	2:06.93	4:32.90	1:06.38	2:23.34	5:08.00	56.40	2:04.53	4:34.03	4:42.99	9:53.91	2:11.90
61	52.73	1:56.09	4:12.58	8:51.23	18:08.62	35:00.54	59.39	2:07.34	4:33.77	1:06.59	2:23.79	5:08.99	56.58	2:04.92	4:34.90	4:43.89	9:55.81	2:12.32
60	52.90	1:56.46	4:13.40	8:52.95	18:12.14	35:07.35	59.58	2:07.75	4:34.66	1:06.81	2:24.26	5:09.99	56.76	2:05.33	4:35.79	4:44.81	9:57.74	2:12.75
59	53.07	1:56.85	4:14.23	8:54.70	18:15.73	35:14.27	59.78	2:08.17	4:35.56	1:07.03	2:24.73	5:11.01	56.95	2:05.74	4:36.70	4:45.75	9:59.70	2:13.19
58	53.25	1:57.24	4:15.08	8:56.48	18:19.38	35:21.32	59.98	2:08.60	4:36.48	1:07.25	2:25.22	5:12.04	57.14	2:06.16	4:37.62	4:46.70	10:01.70	2:13.63
57	53.43	1:57.63	4:15.94	8:58.29	18:23.09	35:28.48	1:00.18	2:09.03	4:37.41	1:07.48	2:25.71	5:13.10	57.33	2:06.59	4:38.56	4:47.67	10:03.73	2:14.08
56	53.61	1:58.03	4:16.81	9:00.14	18:26.87	35:35.77	1:00.39	2:09.47	4:38.36	1:07.71	2:26.21	5:14.17	57.53	2:07.02	4:39.51	4:48.65	10:05.80	2:14.54
55	53.80	1:58.45	4:17.71	9:02.01	18:30.72	35:43.19	1:00.60	2:09.92	4:39.33	1:07.94	2:26.71	5:15.26	57.73	2:07.46	4:40.48	4:49.66	10:07.91	2:15.01
54	53.99	1:58.86	4:18.62	9:03.93	18:34.64	35:50.75	1:00.81	2:10.38	4:40.32	1:08.18	2:27.23	5:16.37	57.93	2:07.91	4:41.47	4:50.68	10:10.05	2:15.48
53	54.18	1:59.29	4:19.54	9:05.87	18:38.63	35:58.45	1:01.03	2:10.85	4:41.32	1:08.43	2:27.76	5:17.50	58.14	2:08.37	4:42.48	4:51.72	10:12.23	2:15.97
52	54.38	1:59.72	4:20.48	9:07.86	18:42.69	36:06.30	1:01.25	2:11.32	4:42.34	1:08.67	2:28.29	5:18.66	58.35	2:08.84	4:43.51	4:52.78	10:14.46	2:16.46
51	54.58	2:00.16	4:21.45	9:09.88	18:46.84	36:14.30	1:01.48	2:11.81	4:43.39	1:08.93	2:28.84	5:19.83	58.57	2:09.31	4:44.55	4:53.86	10:16.73	2:16.97

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
50	54.78	2:00.61	4:22.43	9:11.94	18:51.07	36:22.45	1:01.71	2:12.30	4:44.45	1:09.19	2:29.40	5:21.03	58.79	2:09.80	4:45.62	4:54.96	10:19.04	2:17.48
49	54.99	2:01.07	4:23.43	9:14.05	18:55.38	36:30.77	1:01.94	2:12.81	4:45.53	1:09.45	2:29.97	5:22.26	59.01	2:10.29	4:46.71	4:56.09	10:21.40	2:18.01
48	55.20	2:01.54	4:24.45	9:16.20	18:59.78	36:39.27	1:02.18	2:13.32	4:46.64	1:09.72	2:30.55	5:23.51	59.24	2:10.80	4:47.82	4:57.24	10:23.81	2:18.54
47	55.42	2:02.02	4:25.49	9:18.39	19:04.28	36:47.94	1:02.43	2:13.85	4:47.77	1:10.00	2:31.15	5:24.78	59.47	2:11.31	4:48.96	4:58.41	10:26.27	2:19.09
46	55.64	2:02.51	4:26.56	9:20.63	19:08.87	36:56.80	1:02.68	2:14.39	4:48.92	1:10.28	2:31.75	5:26.09	59.71	2:11.84	4:50.12	4:59.61	10:28.78	2:19.65
45	55.87	2:03.01	4:27.65	9:22.92	19:13.56	37:05.85	1:02.94	2:14.94	4:50.10	1:10.56	2:32.37	5:27.42	59.96	2:12.38	4:51.30	5:00.83	10:31.35	2:20.22
44	56.10	2:03.53	4:28.76	9:25.26	19:18.36	37:15.11	1:03.20	2:15.50	4:51.31	1:10.86	2:33.01	5:28.78	1:00.20	2:12.93	4:52.51	5:02.08	10:33.98	2:20.80
43	56.34	2:04.05	4:29.90	9:27.65	19:23.26	37:24.58	1:03.47	2:16.07	4:52.55	1:11.16	2:33.65	5:30.17	1:00.46	2:13.49	4:53.75	5:03.36	10:36.66	2:21.40
42	56.59	2:04.58	4:31.06	9:30.11	19:28.29	37:34.27	1:03.74	2:16.66	4:53.81	1:11.46	2:34.32	5:31.60	1:00.72	2:14.07	4:55.02	5:04.67	10:39.41	2:22.01
41	56.83	2:05.13	4:32.26	9:32.62	19:33.43	37:44.20	1:04.02	2:17.26	4:55.10	1:11.78	2:35.00	5:33.06	1:00.99	2:14.66	4:56.32	5:06.01	10:42.23	2:22.63
40	57.09	2:05.70	4:33.48	9:35.19	19:38.70	37:54.37	1:04.31	2:17.88	4:56.43	1:12.10	2:35.69	5:34.56	1:01.26	2:15.26	4:57.65	5:07.39	10:45.11	2:23.27
39	57.35	2:06.27	4:34.73	9:37.83	19:44.11	38:04.80	1:04.60	2:18.51	4:57.79	1:12.43	2:36.41	5:36.09	1:01.54	2:15.88	4:59.02	5:08.80	10:48.07	2:23.93
38	57.62	2:06.86	4:36.02	9:40.53	19:49.65	38:15.50	1:04.91	2:19.16	4:59.18	1:12.77	2:37.14	5:37.66	1:01.83	2:16.52	5:00.42	5:10.24	10:51.11	2:24.60
37	57.90	2:07.47	4:37.34	9:43.31	19:55.35	38:26.48	1:05.22	2:19.82	5:00.61	1:13.12	2:37.89	5:39.28	1:02.13	2:17.17	5:01.85	5:11.73	10:54.22	2:25.29
36	58.18	2:08.09	4:38.70	9:46.16	20:01.19	38:37.77	1:05.53	2:20.51	5:02.08	1:13.48	2:38.66	5:40.94	1:02.43	2:17.84	5:03.33	5:13.25	10:57.42	2:26.01
35	58.47	2:08.73	4:40.09	9:49.10	20:07.21	38:49.37	1:05.86	2:21.21	5:03.60	1:13.84	2:39.46	5:42.65	1:02.74	2:18.53	5:04.85	5:14.82	11:00.71	2:26.74
34	58.77	2:09.39	4:41.53	9:52.12	20:13.40	39:01.31	1:06.20	2:21.93	5:05.15	1:14.22	2:40.28	5:44.40	1:03.07	2:19.24	5:06.41	5:16.43	11:04.10	2:27.49
33	59.08	2:10.07	4:43.01	9:55.23	20:19.77	39:13.61	1:06.55	2:22.68	5:06.76	1:14.61	2:41.12	5:46.21	1:03.40	2:19.98	5:08.02	5:18.10	11:07.59	2:28.26
32	59.40	2:10.78	4:44.53	9:58.43	20:26.34	39:26.29	1:06.91	2:23.45	5:08.41	1:15.02	2:41.99	5:48.08	1:03.74	2:20.73	5:09.68	5:19.81	11:11.18	2:29.06
31	59.73	2:11.50	4:46.11	10:01.74	20:33.12	39:39.36	1:07.28	2:24.24	5:10.11	1:15.43	2:42.88	5:50.00	1:04.09	2:21.51	5:11.39	5:21.58	11:14.89	2:29.89
30	1:00.06	2:12.24	4:47.73	10:05.16	20:40.12	39:52.87	1:07.66	2:25.06	5:11.87	1:15.86	2:43.81	5:51.99	1:04.45	2:22.31	5:13.16	5:23.40	11:18.73	2:30.74
29	1:00.42	2:13.02	4:49.41	10:08.69	20:47.35	40:06.83	1:08.05	2:25.91	5:13.69	1:16.30	2:44.76	5:54.04	1:04.83	2:23.14	5:14.99	5:25.29	11:22.69	2:31.62
28	1:00.78	2:13.81	4:51.15	10:12.35	20:54.84	40:21.29	1:08.46	2:26.78	5:15.58	1:16.76	2:45.75	5:56.17	1:05.22	2:24.00	5:16.88	5:27.24	11:26.79	2:32.53
27	1:01.15	2:14.64	4:52.95	10:16.13	21:02.61	40:36.27	1:08.89	2:27.69	5:17.53	1:17.23	2:46.78	5:58.37	1:05.62	2:24.89	5:18.84	5:29.27	11:31.04	2:33.47
26	1:01.54	2:15.50	4:54.82	10:20.07	21:10.66	40:51.82	1:09.33	2:28.63	5:19.56	1:17.73	2:47.84	6:00.66	1:06.04	2:25.82	5:20.87	5:31.37	11:35.44	2:34.45
25	1:01.95	2:16.39	4:56.76	10:24.15	21:19.04	41:07.97	1:09.78	2:29.61	5:21.66	1:18.24	2:48.95	6:03.03	1:06.48	2:26.78	5:22.99	5:33.55	11:40.03	2:35.47
24	1:02.37	2:17.32	4:58.78	10:28.40	21:27.75	41:24.79	1:10.26	2:30.63	5:23.85	1:18.77	2:50.10	6:05.51	1:06.93	2:27.78	5:25.19	5:35.83	11:44.80	2:36.53
23	1:02.81	2:18.29	5:00.89	10:32.84	21:36.84	41:42.32	1:10.75	2:31.70	5:26.14	1:19.33	2:51.30	6:08.09	1:07.40	2:28.82	5:27.48	5:38.20	11:49.77	2:37.63
22	1:03.27	2:19.31	5:03.09	10:37.47	21:46.33	42:00.63	1:11.27	2:32.81	5:28.52	1:19.91	2:52.55	6:10.78	1:07.90	2:29.91	5:29.88	5:40.67	11:54.96	2:38.79
21	1:03.75	2:20.36	5:05.40	10:42.31	21:56.26	42:19.79	1:11.81	2:33.97	5:31.02	1:20.52	2:53.86	6:13.60	1:08.41	2:31.05	5:32.39	5:43.26	12:00.40	2:39.99
20	1:04.26	2:21.48	5:07.81	10:47.40	22:06.67	42:39.89	1:12.38	2:35.19	5:33.64	1:21.15	2:55.24	6:16.56	1:08.95	2:32.24	5:35.02	5:45.98	12:06.10	2:41.26
19	1:04.79	2:22.64	5:10.35	10:52.74	22:17.62	43:01.02	1:12.98	2:36.47	5:36.40	1:21.82	2:56.69	6:19.66	1:09.52	2:33.50	5:37.78	5:48.83	12:12.09	2:42.59
18	1:05.35	2:23.87	5:13.03	10:58.37	22:29.17	43:23.29	1:13.61	2:37.82	5:39.30	1:22.53	2:58.21	6:22.94	1:10.12	2:34.83	5:40.70	5:51.84	12:18.41	2:43.99
17	1:05.94	2:25.17	5:15.86	11:04.33	22:41.37	43:46.83	1:14.27	2:39.24	5:42.37	1:23.28	2:59.82	6:26.40	1:10.76	2:36.23	5:43.78	5:55.02	12:25.09	2:45.48
16	1:06.56	2:26.56	5:18.87	11:10.64	22:54.31	44:11.80	1:14.98	2:40.76	5:45.62	1:24.07	3:01.53	6:30.08	1:11.43	2:37.71	5:47.05	5:58.40	12:32.17	2:47.05

BRITISH WOMEN SHORT COURSE - COMPARATIVE PERFORMANCE TABLES - 2009																		
Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	100m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM	IM
15	1:07.23	2:28.02	5:22.06	11:17.37	23:08.09	44:38.39	1:15.73	2:42.37	5:49.09	1:24.91	3:03.35	6:33.99	1:12.15	2:39.29	5:50.53	6:01.99	12:39.71	2:48.72
14	1:07.95	2:29.59	5:25.48	11:24.55	23:22.82	45:06.81	1:16.54	2:44.09	5:52.79	1:25.81	3:05.30	6:38.17	1:12.91	2:40.98	5:54.25	6:05.83	12:47.77	2:50.51
13	1:08.71	2:31.28	5:29.15	11:32.27	23:38.64	45:37.33	1:17.40	2:45.94	5:56.77	1:26.78	3:07.39	6:42.66	1:13.73	2:42.80	5:58.24	6:09.96	12:56.43	2:52.44
12	1:09.54	2:33.10	5:33.11	11:40.61	23:55.72	46:10.30	1:18.33	2:47.94	6:01.07	1:27.82	3:09.64	6:47.51	1:14.62	2:44.76	6:02.56	6:14.41	13:05.78	2:54.51
11	1:10.44	2:35.09	5:37.42	11:49.68	24:14.30	46:46.15	1:19.34	2:50.11	6:05.74	1:28.96	3:12.10	6:52.78	1:15.59	2:46.89	6:07.25	6:19.26	13:15.95	2:56.77
10	1:11.43	2:37.26	5:42.15	11:59.61	24:34.65	47:25.41	1:20.46	2:52.50	6:10.86	1:30.21	3:14.79	6:58.56	1:16.65	2:49.23	6:12.39	6:24.57	13:27.09	2:59.25
9	1:12.51	2:39.65	5:47.36	12:10.58	24:57.14	48:08.80	1:21.68	2:55.13	6:16.51	1:31.58	3:17.76	7:04.94	1:17.81	2:51.81	6:18.06	6:30.43	13:39.40	3:01.98
8	1:13.73	2:42.34	5:53.20	12:22.85	25:22.28	48:57.32	1:23.05	2:58.07	6:22.84	1:33.12	3:21.08	7:12.08	1:19.12	2:54.69	6:24.41	6:36.99	13:53.16	3:05.04
7	1:15.11	2:45.37	5:59.81	12:36.76	25:50.79	49:52.32	1:24.61	3:01.40	6:30.00	1:34.86	3:24.84	7:20.17	1:20.60	2:57.96	6:31.61	6:44.42	14:08.76	3:08.50
6	1:16.71	2:48.88	6:07.45	12:52.82	26:23.69	50:55.82	1:26.40	3:05.25	6:38.28	1:36.88	3:29.19	7:29.51	1:22.31	3:01.74	6:39.92	6:53.00	14:26.77	3:12.50
5	1:18.59	2:53.03	6:16.48	13:11.81	27:02.62	52:10.92	1:28.53	3:09.80	6:48.07	1:39.26	3:34.33	7:40.55	1:24.34	3:06.21	6:49.75	7:03.15	14:48.07	3:17.23
4	1:20.90	2:58.12	6:27.53	13:35.06	27:50.25	53:42.84	1:31.13	3:15.38	7:00.05	1:42.17	3:40.62	7:54.08	1:26.81	3:11.67	7:01.78	7:15.58	15:14.14	3:23.02
3	1:23.87	3:04.66	6:41.78	14:05.03	28:51.67	55:41.34	1:34.48	3:22.56	7:15.49	1:45.93	3:48.74	8:11.51	1:30.00	3:18.72	7:17.29	7:31.59	15:47.76	3:30.49
2	1:28.07	3:13.90	7:01.86	14:47.27	30:18.22	58:28.36	1:39.20	3:32.69	7:37.26	1:51.22	4:00.17	8:36.08	1:34.50	3:28.65	7:39.15	7:54.17	16:35.13	3:41.01
1	1:35.24	3:29.68	7:36.20	15:59.48	32:46.20	63:13.88	1:47.28	3:50.00	8:14.48	2:00.28	4:19.72	9:18.08	1:42.20	3:45.64	8:16.52	8:32.76	17:56.12	3:59.00