

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
1100	23.20	51.22	1:50.93	3:53.06	7:58.17	15:17.12	26.86	56.73	2:01.69	29.40	1:03.62	2:16.83	24.81	54.84	2:00.43	2:04.59	4:21.69
1099	23.21	51.24	1:50.98	3:53.16	7:58.36	15:17.50	26.87	56.76	2:01.74	29.41	1:03.64	2:16.88	24.82	54.86	2:00.48	2:04.64	4:21.79
1098	23.22	51.27	1:51.03	3:53.25	7:58.56	15:17.88	26.88	56.78	2:01.79	29.42	1:03.67	2:16.94	24.83	54.88	2:00.53	2:04.69	4:21.90
1097	23.23	51.29	1:51.07	3:53.35	7:58.76	15:18.26	26.89	56.81	2:01.84	29.43	1:03.70	2:17.00	24.84	54.90	2:00.58	2:04.74	4:22.01
1096	23.24	51.31	1:51.12	3:53.45	7:58.96	15:18.64	26.90	56.83	2:01.89	29.44	1:03.72	2:17.05	24.85	54.93	2:00.63	2:04.79	4:22.12
1095	23.25	51.33	1:51.16	3:53.54	7:59.15	15:19.02	26.91	56.85	2:01.94	29.46	1:03.75	2:17.11	24.86	54.95	2:00.68	2:04.84	4:22.23
1094	23.26	51.35	1:51.21	3:53.64	7:59.35	15:19.40	26.92	56.88	2:01.99	29.47	1:03.78	2:17.17	24.87	54.97	2:00.73	2:04.89	4:22.33
1093	23.27	51.37	1:51.26	3:53.74	7:59.55	15:19.78	26.93	56.90	2:02.04	29.48	1:03.80	2:17.22	24.89	55.00	2:00.78	2:04.95	4:22.44
1092	23.28	51.39	1:51.30	3:53.83	7:59.75	15:20.16	26.94	56.92	2:02.09	29.49	1:03.83	2:17.28	24.90	55.02	2:00.83	2:05.00	4:22.55
1091	23.29	51.41	1:51.35	3:53.93	7:59.95	15:20.54	26.96	56.95	2:02.14	29.50	1:03.85	2:17.34	24.91	55.04	2:00.88	2:05.05	4:22.66
1090	23.30	51.43	1:51.39	3:54.03	8:00.15	15:20.92	26.97	56.97	2:02.19	29.52	1:03.88	2:17.39	24.92	55.06	2:00.93	2:05.10	4:22.77
1089	23.31	51.46	1:51.44	3:54.12	8:00.34	15:21.30	26.98	56.99	2:02.24	29.53	1:03.91	2:17.45	24.93	55.09	2:00.98	2:05.15	4:22.88
1088	23.32	51.48	1:51.49	3:54.22	8:00.54	15:21.68	26.99	57.02	2:02.29	29.54	1:03.93	2:17.51	24.94	55.11	2:01.03	2:05.20	4:22.99
1087	23.33	51.50	1:51.53	3:54.32	8:00.74	15:22.06	27.00	57.04	2:02.35	29.55	1:03.96	2:17.56	24.95	55.13	2:01.08	2:05.26	4:23.09
1086	23.34	51.52	1:51.58	3:54.41	8:00.94	15:22.45	27.01	57.06	2:02.40	29.57	1:03.99	2:17.62	24.96	55.16	2:01.13	2:05.31	4:23.20
1085	23.35	51.54	1:51.62	3:54.51	8:01.14	15:22.83	27.02	57.09	2:02.45	29.58	1:04.01	2:17.68	24.97	55.18	2:01.18	2:05.36	4:23.31
1084	23.36	51.56	1:51.67	3:54.61	8:01.34	15:23.21	27.03	57.11	2:02.50	29.59	1:04.04	2:17.73	24.98	55.20	2:01.23	2:05.41	4:23.42
1083	23.37	51.58	1:51.72	3:54.71	8:01.54	15:23.59	27.04	57.14	2:02.55	29.60	1:04.07	2:17.79	24.99	55.22	2:01.28	2:05.46	4:23.53
1082	23.38	51.61	1:51.76	3:54.80	8:01.74	15:23.98	27.06	57.16	2:02.60	29.62	1:04.09	2:17.85	25.00	55.25	2:01.33	2:05.52	4:23.64
1081	23.39	51.63	1:51.81	3:54.90	8:01.94	15:24.36	27.07	57.18	2:02.65	29.63	1:04.12	2:17.91	25.01	55.27	2:01.39	2:05.57	4:23.75
1080	23.40	51.65	1:51.86	3:55.00	8:02.14	15:24.75	27.08	57.21	2:02.70	29.64	1:04.15	2:17.96	25.02	55.29	2:01.44	2:05.62	4:23.86
1079	23.41	51.67	1:51.90	3:55.10	8:02.34	15:25.13	27.09	57.23	2:02.75	29.65	1:04.17	2:18.02	25.03	55.32	2:01.49	2:05.67	4:23.97
1078	23.42	51.69	1:51.95	3:55.19	8:02.54	15:25.52	27.10	57.25	2:02.80	29.66	1:04.20	2:18.08	25.04	55.34	2:01.54	2:05.73	4:24.08
1077	23.43	51.71	1:52.00	3:55.29	8:02.75	15:25.90	27.11	57.28	2:02.86	29.68	1:04.23	2:18.14	25.05	55.36	2:01.59	2:05.78	4:24.19
1076	23.43	51.73	1:52.04	3:55.39	8:02.95	15:26.29	27.12	57.30	2:02.91	29.69	1:04.25	2:18.19	25.06	55.39	2:01.64	2:05.83	4:24.30
1075	23.44	51.76	1:52.09	3:55.49	8:03.15	15:26.68	27.13	57.33	2:02.96	29.70	1:04.28	2:18.25	25.07	55.41	2:01.69	2:05.88	4:24.41
1074	23.45	51.78	1:52.14	3:55.59	8:03.35	15:27.06	27.15	57.35	2:03.01	29.71	1:04.31	2:18.31	25.08	55.43	2:01.74	2:05.94	4:24.52
1073	23.46	51.80	1:52.18	3:55.69	8:03.55	15:27.45	27.16	57.37	2:03.06	29.73	1:04.33	2:18.37	25.09	55.45	2:01.79	2:05.99	4:24.63
1072	23.47	51.82	1:52.23	3:55.78	8:03.75	15:27.84	27.17	57.40	2:03.11	29.74	1:04.36	2:18.42	25.10	55.48	2:01.84	2:06.04	4:24.74
1071	23.48	51.84	1:52.28	3:55.88	8:03.96	15:28.22	27.18	57.42	2:03.16	29.75	1:04.39	2:18.48	25.11	55.50	2:01.89	2:06.09	4:24.85
1070	23.49	51.86	1:52.32	3:55.98	8:04.16	15:28.61	27.19	57.45	2:03.21	29.76	1:04.41	2:18.54	25.12	55.52	2:01.94	2:06.15	4:24.96
1069	23.50	51.89	1:52.37	3:56.08	8:04.36	15:29.00	27.20	57.47	2:03.27	29.78	1:04.44	2:18.60	25.13	55.55	2:01.99	2:06.20	4:25.07
1068	23.51	51.91	1:52.42	3:56.18	8:04.56	15:29.39	27.21	57.49	2:03.32	29.79	1:04.47	2:18.66	25.15	55.57	2:02.05	2:06.25	4:25.19
1067	23.52	51.93	1:52.47	3:56.28	8:04.77	15:29.78	27.23	57.52	2:03.37	29.80	1:04.50	2:18.71	25.16	55.59	2:02.10	2:06.30	4:25.30
1066	23.53	51.95	1:52.51	3:56.38	8:04.97	15:30.17	27.24	57.54	2:03.42	29.81	1:04.52	2:18.77	25.17	55.62	2:02.15	2:06.36	4:25.41

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Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
1065	23.54	51.97	1:52.56	3:56.48	8:05.17	15:30.56	27.25	57.57	2:03.47	29.83	1:04.55	2:18.83	25.18	55.64	2:02.20	2:06.41	4:25.52
1064	23.55	52.00	1:52.61	3:56.57	8:05.38	15:30.95	27.26	57.59	2:03.52	29.84	1:04.58	2:18.89	25.19	55.66	2:02.25	2:06.46	4:25.63
1063	23.56	52.02	1:52.65	3:56.67	8:05.58	15:31.34	27.27	57.61	2:03.58	29.85	1:04.60	2:18.95	25.20	55.69	2:02.30	2:06.52	4:25.74
1062	23.57	52.04	1:52.70	3:56.77	8:05.78	15:31.73	27.28	57.64	2:03.63	29.86	1:04.63	2:19.01	25.21	55.71	2:02.35	2:06.57	4:25.85
1061	23.58	52.06	1:52.75	3:56.87	8:05.99	15:32.12	27.29	57.66	2:03.68	29.88	1:04.66	2:19.06	25.22	55.73	2:02.40	2:06.62	4:25.96
1060	23.59	52.08	1:52.80	3:56.97	8:06.19	15:32.51	27.31	57.69	2:03.73	29.89	1:04.69	2:19.12	25.23	55.76	2:02.46	2:06.68	4:26.08
1059	23.60	52.10	1:52.84	3:57.07	8:06.40	15:32.91	27.32	57.71	2:03.78	29.90	1:04.71	2:19.18	25.24	55.78	2:02.51	2:06.73	4:26.19
1058	23.61	52.13	1:52.89	3:57.17	8:06.60	15:33.30	27.33	57.74	2:03.84	29.91	1:04.74	2:19.24	25.25	55.80	2:02.56	2:06.78	4:26.30
1057	23.62	52.15	1:52.94	3:57.27	8:06.81	15:33.69	27.34	57.76	2:03.89	29.93	1:04.77	2:19.30	25.26	55.83	2:02.61	2:06.84	4:26.41
1056	23.63	52.17	1:52.99	3:57.37	8:07.01	15:34.09	27.35	57.78	2:03.94	29.94	1:04.79	2:19.36	25.27	55.85	2:02.66	2:06.89	4:26.52
1055	23.64	52.19	1:53.03	3:57.47	8:07.22	15:34.48	27.36	57.81	2:03.99	29.95	1:04.82	2:19.42	25.28	55.87	2:02.71	2:06.94	4:26.64
1054	23.65	52.21	1:53.08	3:57.57	8:07.42	15:34.87	27.38	57.83	2:04.05	29.96	1:04.85	2:19.47	25.29	55.90	2:02.77	2:07.00	4:26.75
1053	23.66	52.24	1:53.13	3:57.67	8:07.63	15:35.27	27.39	57.86	2:04.10	29.98	1:04.88	2:19.53	25.30	55.92	2:02.82	2:07.05	4:26.86
1052	23.67	52.26	1:53.18	3:57.77	8:07.83	15:35.66	27.40	57.88	2:04.15	29.99	1:04.90	2:19.59	25.32	55.95	2:02.87	2:07.10	4:26.97
1051	23.68	52.28	1:53.22	3:57.87	8:08.04	15:36.06	27.41	57.91	2:04.20	30.00	1:04.93	2:19.65	25.33	55.97	2:02.92	2:07.16	4:27.09
1050	23.69	52.30	1:53.27	3:57.97	8:08.25	15:36.45	27.42	57.93	2:04.26	30.02	1:04.96	2:19.71	25.34	55.99	2:02.97	2:07.21	4:27.20
1049	23.70	52.32	1:53.32	3:58.07	8:08.45	15:36.85	27.43	57.96	2:04.31	30.03	1:04.99	2:19.77	25.35	56.02	2:03.02	2:07.26	4:27.31
1048	23.71	52.35	1:53.37	3:58.17	8:08.66	15:37.24	27.44	57.98	2:04.36	30.04	1:05.01	2:19.83	25.36	56.04	2:03.08	2:07.32	4:27.43
1047	23.72	52.37	1:53.42	3:58.28	8:08.87	15:37.64	27.46	58.00	2:04.41	30.05	1:05.04	2:19.89	25.37	56.06	2:03.13	2:07.37	4:27.54
1046	23.73	52.39	1:53.46	3:58.38	8:09.07	15:38.04	27.47	58.03	2:04.47	30.07	1:05.07	2:19.95	25.38	56.09	2:03.18	2:07.43	4:27.65
1045	23.74	52.41	1:53.51	3:58.48	8:09.28	15:38.44	27.48	58.05	2:04.52	30.08	1:05.10	2:20.01	25.39	56.11	2:03.23	2:07.48	4:27.77
1044	23.75	52.44	1:53.56	3:58.58	8:09.49	15:38.83	27.49	58.08	2:04.57	30.09	1:05.12	2:20.07	25.40	56.14	2:03.29	2:07.53	4:27.88
1043	23.76	52.46	1:53.61	3:58.68	8:09.69	15:39.23	27.50	58.10	2:04.62	30.10	1:05.15	2:20.13	25.41	56.16	2:03.34	2:07.59	4:27.99
1042	23.77	52.48	1:53.66	3:58.78	8:09.90	15:39.63	27.51	58.13	2:04.68	30.12	1:05.18	2:20.18	25.42	56.18	2:03.39	2:07.64	4:28.11
1041	23.78	52.50	1:53.71	3:58.88	8:10.11	15:40.03	27.53	58.15	2:04.73	30.13	1:05.21	2:20.24	25.43	56.21	2:03.44	2:07.70	4:28.22
1040	23.79	52.52	1:53.75	3:58.98	8:10.32	15:40.43	27.54	58.18	2:04.78	30.14	1:05.23	2:20.30	25.44	56.23	2:03.49	2:07.75	4:28.34
1039	23.80	52.55	1:53.80	3:59.09	8:10.53	15:40.83	27.55	58.20	2:04.84	30.16	1:05.26	2:20.36	25.45	56.25	2:03.55	2:07.81	4:28.45
1038	23.81	52.57	1:53.85	3:59.19	8:10.74	15:41.23	27.56	58.23	2:04.89	30.17	1:05.29	2:20.42	25.47	56.28	2:03.60	2:07.86	4:28.56
1037	23.82	52.59	1:53.90	3:59.29	8:10.94	15:41.63	27.57	58.25	2:04.94	30.18	1:05.32	2:20.48	25.48	56.30	2:03.65	2:07.91	4:28.68
1036	23.83	52.61	1:53.95	3:59.39	8:11.15	15:42.03	27.58	58.28	2:05.00	30.19	1:05.35	2:20.54	25.49	56.33	2:03.71	2:07.97	4:28.79
1035	23.84	52.64	1:54.00	3:59.49	8:11.36	15:42.43	27.60	58.30	2:05.05	30.21	1:05.37	2:20.60	25.50	56.35	2:03.76	2:08.02	4:28.91
1034	23.85	52.66	1:54.04	3:59.59	8:11.57	15:42.83	27.61	58.33	2:05.10	30.22	1:05.40	2:20.66	25.51	56.37	2:03.81	2:08.08	4:29.02
1033	23.86	52.68	1:54.09	3:59.70	8:11.78	15:43.23	27.62	58.35	2:05.15	30.23	1:05.43	2:20.72	25.52	56.40	2:03.86	2:08.13	4:29.14
1032	23.87	52.70	1:54.14	3:59.80	8:11.99	15:43.64	27.63	58.38	2:05.21	30.25	1:05.46	2:20.78	25.53	56.42	2:03.92	2:08.19	4:29.25
1031	23.88	52.73	1:54.19	3:59.90	8:12.20	15:44.04	27.64	58.40	2:05.26	30.26	1:05.49	2:20.84	25.54	56.45	2:03.97	2:08.24	4:29.37

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Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
1030	23.89	52.75	1:54.24	4:00.00	8:12.41	15:44.44	27.66	58.43	2:05.32	30.27	1:05.51	2:20.90	25.55	56.47	2:04.02	2:08.30	4:29.48
1029	23.90	52.77	1:54.29	4:00.11	8:12.62	15:44.85	27.67	58.45	2:05.37	30.28	1:05.54	2:20.96	25.56	56.49	2:04.08	2:08.35	4:29.60
1028	23.91	52.79	1:54.34	4:00.21	8:12.83	15:45.25	27.68	58.48	2:05.42	30.30	1:05.57	2:21.02	25.57	56.52	2:04.13	2:08.41	4:29.71
1027	23.92	52.82	1:54.39	4:00.31	8:13.04	15:45.66	27.69	58.50	2:05.48	30.31	1:05.60	2:21.08	25.59	56.54	2:04.18	2:08.46	4:29.83
1026	23.94	52.84	1:54.43	4:00.41	8:13.25	15:46.06	27.70	58.53	2:05.53	30.32	1:05.63	2:21.14	25.60	56.57	2:04.23	2:08.52	4:29.94
1025	23.95	52.86	1:54.48	4:00.52	8:13.47	15:46.47	27.71	58.55	2:05.58	30.34	1:05.65	2:21.20	25.61	56.59	2:04.29	2:08.57	4:30.06
1024	23.96	52.88	1:54.53	4:00.62	8:13.68	15:46.87	27.73	58.58	2:05.64	30.35	1:05.68	2:21.26	25.62	56.62	2:04.34	2:08.63	4:30.17
1023	23.97	52.91	1:54.58	4:00.72	8:13.89	15:47.28	27.74	58.60	2:05.69	30.36	1:05.71	2:21.33	25.63	56.64	2:04.39	2:08.68	4:30.29
1022	23.98	52.93	1:54.63	4:00.83	8:14.10	15:47.68	27.75	58.63	2:05.75	30.38	1:05.74	2:21.39	25.64	56.66	2:04.45	2:08.74	4:30.41
1021	23.99	52.95	1:54.68	4:00.93	8:14.31	15:48.09	27.76	58.65	2:05.80	30.39	1:05.77	2:21.45	25.65	56.69	2:04.50	2:08.79	4:30.52
1020	24.00	52.98	1:54.73	4:01.03	8:14.53	15:48.50	27.77	58.68	2:05.85	30.40	1:05.79	2:21.51	25.66	56.71	2:04.55	2:08.85	4:30.64
1019	24.01	53.00	1:54.78	4:01.14	8:14.74	15:48.90	27.79	58.70	2:05.91	30.41	1:05.82	2:21.57	25.67	56.74	2:04.61	2:08.90	4:30.75
1018	24.02	53.02	1:54.83	4:01.24	8:14.95	15:49.31	27.80	58.73	2:05.96	30.43	1:05.85	2:21.63	25.68	56.76	2:04.66	2:08.96	4:30.87
1017	24.03	53.04	1:54.88	4:01.35	8:15.16	15:49.72	27.81	58.75	2:06.02	30.44	1:05.88	2:21.69	25.70	56.79	2:04.72	2:09.01	4:30.99
1016	24.04	53.07	1:54.93	4:01.45	8:15.38	15:50.13	27.82	58.78	2:06.07	30.45	1:05.91	2:21.75	25.71	56.81	2:04.77	2:09.07	4:31.10
1015	24.05	53.09	1:54.98	4:01.55	8:15.59	15:50.54	27.83	58.80	2:06.12	30.47	1:05.94	2:21.81	25.72	56.84	2:04.82	2:09.12	4:31.22
1014	24.06	53.11	1:55.03	4:01.66	8:15.80	15:50.95	27.85	58.83	2:06.18	30.48	1:05.96	2:21.87	25.73	56.86	2:04.88	2:09.18	4:31.34
1013	24.07	53.14	1:55.08	4:01.76	8:16.02	15:51.36	27.86	58.85	2:06.23	30.49	1:05.99	2:21.93	25.74	56.88	2:04.93	2:09.24	4:31.45
1012	24.08	53.16	1:55.13	4:01.87	8:16.23	15:51.77	27.87	58.88	2:06.29	30.51	1:06.02	2:22.00	25.75	56.91	2:04.98	2:09.29	4:31.57
1011	24.09	53.18	1:55.18	4:01.97	8:16.45	15:52.18	27.88	58.90	2:06.34	30.52	1:06.05	2:22.06	25.76	56.93	2:05.04	2:09.35	4:31.69
1010	24.10	53.20	1:55.22	4:02.07	8:16.66	15:52.59	27.89	58.93	2:06.40	30.53	1:06.08	2:22.12	25.77	56.96	2:05.09	2:09.40	4:31.81
1009	24.11	53.23	1:55.27	4:02.18	8:16.87	15:53.00	27.91	58.95	2:06.45	30.55	1:06.11	2:22.18	25.78	56.98	2:05.15	2:09.46	4:31.92
1008	24.12	53.25	1:55.32	4:02.28	8:17.09	15:53.41	27.92	58.98	2:06.51	30.56	1:06.14	2:22.24	25.80	57.01	2:05.20	2:09.52	4:32.04
1007	24.13	53.27	1:55.37	4:02.39	8:17.30	15:53.83	27.93	59.01	2:06.56	30.57	1:06.16	2:22.30	25.81	57.03	2:05.25	2:09.57	4:32.16
1006	24.14	53.30	1:55.42	4:02.49	8:17.52	15:54.24	27.94	59.03	2:06.62	30.59	1:06.19	2:22.36	25.82	57.06	2:05.31	2:09.63	4:32.28
1005	24.15	53.32	1:55.47	4:02.60	8:17.73	15:54.65	27.95	59.06	2:06.67	30.60	1:06.22	2:22.43	25.83	57.08	2:05.36	2:09.68	4:32.39
1004	24.16	53.34	1:55.52	4:02.70	8:17.95	15:55.07	27.97	59.08	2:06.72	30.61	1:06.25	2:22.49	25.84	57.11	2:05.42	2:09.74	4:32.51
1003	24.17	53.37	1:55.57	4:02.81	8:18.17	15:55.48	27.98	59.11	2:06.78	30.63	1:06.28	2:22.55	25.85	57.13	2:05.47	2:09.80	4:32.63
1002	24.18	53.39	1:55.62	4:02.91	8:18.38	15:55.89	27.99	59.13	2:06.83	30.64	1:06.31	2:22.61	25.86	57.16	2:05.53	2:09.85	4:32.75
1001	24.19	53.41	1:55.67	4:03.02	8:18.60	15:56.31	28.00	59.16	2:06.89	30.65	1:06.34	2:22.67	25.87	57.18	2:05.58	2:09.91	4:32.87
1000	24.21	53.44	1:55.73	4:03.13	8:18.82	15:56.73	28.02	59.19	2:06.95	30.67	1:06.37	2:22.74	25.89	57.21	2:05.64	2:09.97	4:32.99
999	24.22	53.46	1:55.78	4:03.23	8:19.03	15:57.14	28.03	59.21	2:07.00	30.68	1:06.39	2:22.80	25.90	57.23	2:05.69	2:10.02	4:33.10
998	24.23	53.48	1:55.83	4:03.34	8:19.25	15:57.56	28.04	59.24	2:07.06	30.69	1:06.42	2:22.86	25.91	57.25	2:05.74	2:10.08	4:33.22
997	24.24	53.50	1:55.88	4:03.44	8:19.47	15:57.97	28.05	59.26	2:07.11	30.71	1:06.45	2:22.92	25.92	57.28	2:05.80	2:10.13	4:33.34
996	24.25	53.53	1:55.93	4:03.55	8:19.68	15:58.39	28.06	59.29	2:07.17	30.72	1:06.48	2:22.98	25.93	57.30	2:05.85	2:10.19	4:33.46

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
995	24.26	53.55	1:55.98	4:03.65	8:19.90	15:58.81	28.08	59.31	2:07.22	30.73	1:06.51	2:23.05	25.94	57.33	2:05.91	2:10.25	4:33.58
994	24.27	53.57	1:56.03	4:03.76	8:20.12	15:59.23	28.09	59.34	2:07.28	30.75	1:06.54	2:23.11	25.95	57.35	2:05.96	2:10.30	4:33.70
993	24.28	53.60	1:56.08	4:03.87	8:20.34	15:59.64	28.10	59.37	2:07.33	30.76	1:06.57	2:23.17	25.96	57.38	2:06.02	2:10.36	4:33.82
992	24.29	53.62	1:56.13	4:03.97	8:20.56	16:00.06	28.11	59.39	2:07.39	30.77	1:06.60	2:23.23	25.98	57.40	2:06.07	2:10.42	4:33.94
991	24.30	53.64	1:56.18	4:04.08	8:20.77	16:00.48	28.13	59.42	2:07.44	30.79	1:06.63	2:23.30	25.99	57.43	2:06.13	2:10.48	4:34.06
990	24.31	53.67	1:56.23	4:04.19	8:20.99	16:00.90	28.14	59.44	2:07.50	30.80	1:06.65	2:23.36	26.00	57.45	2:06.18	2:10.53	4:34.18
989	24.32	53.69	1:56.28	4:04.29	8:21.21	16:01.32	28.15	59.47	2:07.55	30.81	1:06.68	2:23.42	26.01	57.48	2:06.24	2:10.59	4:34.30
988	24.33	53.72	1:56.33	4:04.40	8:21.43	16:01.74	28.16	59.50	2:07.61	30.83	1:06.71	2:23.48	26.02	57.50	2:06.29	2:10.65	4:34.42
987	24.34	53.74	1:56.38	4:04.51	8:21.65	16:02.16	28.17	59.52	2:07.67	30.84	1:06.74	2:23.55	26.03	57.53	2:06.35	2:10.70	4:34.54
986	24.35	53.76	1:56.43	4:04.61	8:21.87	16:02.58	28.19	59.55	2:07.72	30.85	1:06.77	2:23.61	26.04	57.56	2:06.40	2:10.76	4:34.66
985	24.36	53.79	1:56.48	4:04.72	8:22.09	16:03.00	28.20	59.57	2:07.78	30.87	1:06.80	2:23.67	26.05	57.58	2:06.46	2:10.82	4:34.78
984	24.37	53.81	1:56.54	4:04.83	8:22.31	16:03.43	28.21	59.60	2:07.83	30.88	1:06.83	2:23.73	26.07	57.61	2:06.52	2:10.88	4:34.90
983	24.39	53.83	1:56.59	4:04.94	8:22.53	16:03.85	28.22	59.63	2:07.89	30.89	1:06.86	2:23.80	26.08	57.63	2:06.57	2:10.93	4:35.02
982	24.40	53.86	1:56.64	4:05.04	8:22.75	16:04.27	28.24	59.65	2:07.95	30.91	1:06.89	2:23.86	26.09	57.66	2:06.63	2:10.99	4:35.14
981	24.41	53.88	1:56.69	4:05.15	8:22.97	16:04.70	28.25	59.68	2:08.00	30.92	1:06.92	2:23.92	26.10	57.68	2:06.68	2:11.05	4:35.26
980	24.42	53.90	1:56.74	4:05.26	8:23.19	16:05.12	28.26	59.70	2:08.06	30.93	1:06.95	2:23.99	26.11	57.71	2:06.74	2:11.11	4:35.38
979	24.43	53.93	1:56.79	4:05.37	8:23.41	16:05.54	28.27	59.73	2:08.12	30.95	1:06.98	2:24.05	26.12	57.73	2:06.79	2:11.16	4:35.50
978	24.44	53.95	1:56.84	4:05.47	8:23.63	16:05.97	28.29	59.76	2:08.17	30.96	1:07.01	2:24.11	26.14	57.76	2:06.85	2:11.22	4:35.62
977	24.45	53.98	1:56.89	4:05.58	8:23.86	16:06.39	28.30	59.78	2:08.23	30.97	1:07.04	2:24.18	26.15	57.78	2:06.90	2:11.28	4:35.74
976	24.46	54.00	1:56.95	4:05.69	8:24.08	16:06.82	28.31	59.81	2:08.28	30.99	1:07.07	2:24.24	26.16	57.81	2:06.96	2:11.34	4:35.87
975	24.47	54.02	1:57.00	4:05.80	8:24.30	16:07.24	28.32	59.84	2:08.34	31.00	1:07.09	2:24.30	26.17	57.83	2:07.02	2:11.39	4:35.99
974	24.48	54.05	1:57.05	4:05.91	8:24.52	16:07.67	28.34	59.86	2:08.40	31.02	1:07.12	2:24.37	26.18	57.86	2:07.07	2:11.45	4:36.11
973	24.49	54.07	1:57.10	4:06.02	8:24.74	16:08.10	28.35	59.89	2:08.45	31.03	1:07.15	2:24.43	26.19	57.89	2:07.13	2:11.51	4:36.23
972	24.50	54.09	1:57.15	4:06.12	8:24.97	16:08.53	28.36	59.92	2:08.51	31.04	1:07.18	2:24.50	26.20	57.91	2:07.18	2:11.57	4:36.35
971	24.51	54.12	1:57.20	4:06.23	8:25.19	16:08.95	28.37	59.94	2:08.57	31.06	1:07.21	2:24.56	26.22	57.94	2:07.24	2:11.63	4:36.47
970	24.53	54.14	1:57.26	4:06.34	8:25.41	16:09.38	28.39	59.97	2:08.62	31.07	1:07.24	2:24.62	26.23	57.96	2:07.30	2:11.68	4:36.60
969	24.54	54.17	1:57.31	4:06.45	8:25.64	16:09.81	28.40	59.99	2:08.68	31.08	1:07.27	2:24.69	26.24	57.99	2:07.35	2:11.74	4:36.72
968	24.55	54.19	1:57.36	4:06.56	8:25.86	16:10.24	28.41	1:00.02	2:08.74	31.10	1:07.30	2:24.75	26.25	58.01	2:07.41	2:11.80	4:36.84
967	24.56	54.21	1:57.41	4:06.67	8:26.08	16:10.67	28.42	1:00.05	2:08.80	31.11	1:07.33	2:24.82	26.26	58.04	2:07.47	2:11.86	4:36.96
966	24.57	54.24	1:57.46	4:06.78	8:26.31	16:11.10	28.44	1:00.07	2:08.85	31.13	1:07.36	2:24.88	26.27	58.06	2:07.52	2:11.92	4:37.09
965	24.58	54.26	1:57.52	4:06.89	8:26.53	16:11.53	28.45	1:00.10	2:08.91	31.14	1:07.39	2:24.94	26.29	58.09	2:07.58	2:11.98	4:37.21
964	24.59	54.29	1:57.57	4:07.00	8:26.76	16:11.96	28.46	1:00.13	2:08.97	31.15	1:07.42	2:25.01	26.30	58.12	2:07.64	2:12.03	4:37.33
963	24.60	54.31	1:57.62	4:07.11	8:26.98	16:12.39	28.47	1:00.15	2:09.02	31.17	1:07.45	2:25.07	26.31	58.14	2:07.69	2:12.09	4:37.45
962	24.61	54.33	1:57.67	4:07.22	8:27.21	16:12.82	28.49	1:00.18	2:09.08	31.18	1:07.48	2:25.14	26.32	58.17	2:07.75	2:12.15	4:37.58
961	24.62	54.36	1:57.72	4:07.33	8:27.43	16:13.25	28.50	1:00.21	2:09.14	31.19	1:07.51	2:25.20	26.33	58.19	2:07.81	2:12.21	4:37.70

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
960	24.63	54.38	1:57.78	4:07.44	8:27.66	16:13.69	28.51	1:00.23	2:09.20	31.21	1:07.54	2:25.27	26.34	58.22	2:07.86	2:12.27	4:37.82
959	24.65	54.41	1:57.83	4:07.55	8:27.88	16:14.12	28.52	1:00.26	2:09.25	31.22	1:07.57	2:25.33	26.36	58.25	2:07.92	2:12.33	4:37.95
958	24.66	54.43	1:57.88	4:07.66	8:28.11	16:14.55	28.54	1:00.29	2:09.31	31.24	1:07.60	2:25.39	26.37	58.27	2:07.98	2:12.39	4:38.07
957	24.67	54.46	1:57.93	4:07.77	8:28.34	16:14.99	28.55	1:00.31	2:09.37	31.25	1:07.63	2:25.46	26.38	58.30	2:08.03	2:12.45	4:38.20
956	24.68	54.48	1:57.99	4:07.88	8:28.56	16:15.42	28.56	1:00.34	2:09.43	31.26	1:07.66	2:25.52	26.39	58.32	2:08.09	2:12.50	4:38.32
955	24.69	54.50	1:58.04	4:07.99	8:28.79	16:15.86	28.58	1:00.37	2:09.48	31.28	1:07.69	2:25.59	26.40	58.35	2:08.15	2:12.56	4:38.44
954	24.70	54.53	1:58.09	4:08.10	8:29.02	16:16.29	28.59	1:00.40	2:09.54	31.29	1:07.72	2:25.65	26.41	58.38	2:08.20	2:12.62	4:38.57
953	24.71	54.55	1:58.14	4:08.21	8:29.24	16:16.73	28.60	1:00.42	2:09.60	31.31	1:07.75	2:25.72	26.43	58.40	2:08.26	2:12.68	4:38.69
952	24.72	54.58	1:58.20	4:08.32	8:29.47	16:17.16	28.61	1:00.45	2:09.66	31.32	1:07.78	2:25.78	26.44	58.43	2:08.32	2:12.74	4:38.82
951	24.73	54.60	1:58.25	4:08.43	8:29.70	16:17.60	28.63	1:00.48	2:09.71	31.33	1:07.81	2:25.85	26.45	58.45	2:08.38	2:12.80	4:38.94
950	24.74	54.63	1:58.30	4:08.54	8:29.93	16:18.04	28.64	1:00.50	2:09.77	31.35	1:07.84	2:25.91	26.46	58.48	2:08.43	2:12.86	4:39.07
949	24.76	54.65	1:58.36	4:08.65	8:30.16	16:18.48	28.65	1:00.53	2:09.83	31.36	1:07.87	2:25.98	26.47	58.51	2:08.49	2:12.92	4:39.19
948	24.77	54.67	1:58.41	4:08.76	8:30.38	16:18.91	28.66	1:00.56	2:09.89	31.38	1:07.90	2:26.05	26.49	58.53	2:08.55	2:12.98	4:39.32
947	24.78	54.70	1:58.46	4:08.88	8:30.61	16:19.35	28.68	1:00.58	2:09.95	31.39	1:07.93	2:26.11	26.50	58.56	2:08.61	2:13.04	4:39.44
946	24.79	54.72	1:58.52	4:08.99	8:30.84	16:19.79	28.69	1:00.61	2:10.01	31.40	1:07.97	2:26.18	26.51	58.58	2:08.66	2:13.10	4:39.57
945	24.80	54.75	1:58.57	4:09.10	8:31.07	16:20.23	28.70	1:00.64	2:10.06	31.42	1:08.00	2:26.24	26.52	58.61	2:08.72	2:13.16	4:39.69
944	24.81	54.77	1:58.62	4:09.21	8:31.30	16:20.67	28.72	1:00.67	2:10.12	31.43	1:08.03	2:26.31	26.53	58.64	2:08.78	2:13.22	4:39.82
943	24.82	54.80	1:58.67	4:09.32	8:31.53	16:21.11	28.73	1:00.69	2:10.18	31.45	1:08.06	2:26.37	26.54	58.66	2:08.84	2:13.28	4:39.94
942	24.83	54.82	1:58.73	4:09.43	8:31.76	16:21.55	28.74	1:00.72	2:10.24	31.46	1:08.09	2:26.44	26.56	58.69	2:08.90	2:13.34	4:40.07
941	24.84	54.85	1:58.78	4:09.55	8:31.99	16:21.99	28.76	1:00.75	2:10.30	31.48	1:08.12	2:26.50	26.57	58.72	2:08.95	2:13.40	4:40.19
940	24.86	54.87	1:58.83	4:09.66	8:32.22	16:22.43	28.77	1:00.78	2:10.36	31.49	1:08.15	2:26.57	26.58	58.74	2:09.01	2:13.46	4:40.32
939	24.87	54.90	1:58.89	4:09.77	8:32.45	16:22.88	28.78	1:00.80	2:10.42	31.50	1:08.18	2:26.64	26.59	58.77	2:09.07	2:13.52	4:40.45
938	24.88	54.92	1:58.94	4:09.88	8:32.68	16:23.32	28.79	1:00.83	2:10.47	31.52	1:08.21	2:26.70	26.60	58.80	2:09.13	2:13.58	4:40.57
937	24.89	54.95	1:59.00	4:10.00	8:32.91	16:23.76	28.81	1:00.86	2:10.53	31.53	1:08.24	2:26.77	26.62	58.82	2:09.19	2:13.64	4:40.70
936	24.90	54.97	1:59.05	4:10.11	8:33.14	16:24.21	28.82	1:00.89	2:10.59	31.55	1:08.27	2:26.84	26.63	58.85	2:09.24	2:13.70	4:40.83
935	24.91	54.99	1:59.10	4:10.22	8:33.37	16:24.65	28.83	1:00.91	2:10.65	31.56	1:08.30	2:26.90	26.64	58.87	2:09.30	2:13.76	4:40.95
934	24.92	55.02	1:59.16	4:10.33	8:33.61	16:25.10	28.85	1:00.94	2:10.71	31.57	1:08.33	2:26.97	26.65	58.90	2:09.36	2:13.82	4:41.08
933	24.93	55.04	1:59.21	4:10.45	8:33.84	16:25.54	28.86	1:00.97	2:10.77	31.59	1:08.36	2:27.03	26.66	58.93	2:09.42	2:13.88	4:41.21
932	24.95	55.07	1:59.26	4:10.56	8:34.07	16:25.99	28.87	1:01.00	2:10.83	31.60	1:08.39	2:27.10	26.68	58.95	2:09.48	2:13.94	4:41.33
931	24.96	55.09	1:59.32	4:10.67	8:34.30	16:26.43	28.89	1:01.02	2:10.89	31.62	1:08.43	2:27.17	26.69	58.98	2:09.54	2:14.00	4:41.46
930	24.97	55.12	1:59.37	4:10.79	8:34.54	16:26.88	28.90	1:01.05	2:10.95	31.63	1:08.46	2:27.23	26.70	59.01	2:09.59	2:14.06	4:41.59
929	24.98	55.14	1:59.43	4:10.90	8:34.77	16:27.33	28.91	1:01.08	2:11.01	31.65	1:08.49	2:27.30	26.71	59.03	2:09.65	2:14.12	4:41.72
928	24.99	55.17	1:59.48	4:11.02	8:35.00	16:27.77	28.92	1:01.11	2:11.06	31.66	1:08.52	2:27.37	26.73	59.06	2:09.71	2:14.18	4:41.84
927	25.00	55.19	1:59.53	4:11.13	8:35.24	16:28.22	28.94	1:01.13	2:11.12	31.67	1:08.55	2:27.43	26.74	59.09	2:09.77	2:14.24	4:41.97
926	25.01	55.22	1:59.59	4:11.24	8:35.47	16:28.67	28.95	1:01.16	2:11.18	31.69	1:08.58	2:27.50	26.75	59.12	2:09.83	2:14.30	4:42.10

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
925	25.02	55.24	1:59.64	4:11.36	8:35.70	16:29.12	28.96	1:01.19	2:11.24	31.70	1:08.61	2:27.57	26.76	59.14	2:09.89	2:14.37	4:42.23
924	25.04	55.27	1:59.70	4:11.47	8:35.94	16:29.57	28.98	1:01.22	2:11.30	31.72	1:08.64	2:27.63	26.77	59.17	2:09.95	2:14.43	4:42.36
923	25.05	55.29	1:59.75	4:11.59	8:36.17	16:30.02	28.99	1:01.24	2:11.36	31.73	1:08.67	2:27.70	26.79	59.20	2:10.01	2:14.49	4:42.48
922	25.06	55.32	1:59.81	4:11.70	8:36.41	16:30.47	29.00	1:01.27	2:11.42	31.75	1:08.71	2:27.77	26.80	59.22	2:10.07	2:14.55	4:42.61
921	25.07	55.34	1:59.86	4:11.81	8:36.64	16:30.92	29.02	1:01.30	2:11.48	31.76	1:08.74	2:27.84	26.81	59.25	2:10.13	2:14.61	4:42.74
920	25.08	55.37	1:59.92	4:11.93	8:36.88	16:31.37	29.03	1:01.33	2:11.54	31.78	1:08.77	2:27.90	26.82	59.28	2:10.18	2:14.67	4:42.87
919	25.09	55.40	1:59.97	4:12.04	8:37.11	16:31.82	29.04	1:01.36	2:11.60	31.79	1:08.80	2:27.97	26.83	59.30	2:10.24	2:14.73	4:43.00
918	25.10	55.42	2:00.03	4:12.16	8:37.35	16:32.27	29.06	1:01.38	2:11.66	31.80	1:08.83	2:28.04	26.85	59.33	2:10.30	2:14.79	4:43.13
917	25.12	55.45	2:00.08	4:12.27	8:37.59	16:32.73	29.07	1:01.41	2:11.72	31.82	1:08.86	2:28.11	26.86	59.36	2:10.36	2:14.86	4:43.26
916	25.13	55.47	2:00.13	4:12.39	8:37.82	16:33.18	29.08	1:01.44	2:11.78	31.83	1:08.89	2:28.17	26.87	59.38	2:10.42	2:14.92	4:43.39
915	25.14	55.50	2:00.19	4:12.50	8:38.06	16:33.63	29.10	1:01.47	2:11.84	31.85	1:08.93	2:28.24	26.88	59.41	2:10.48	2:14.98	4:43.52
914	25.15	55.52	2:00.24	4:12.62	8:38.30	16:34.09	29.11	1:01.50	2:11.90	31.86	1:08.96	2:28.31	26.90	59.44	2:10.54	2:15.04	4:43.65
913	25.16	55.55	2:00.30	4:12.74	8:38.53	16:34.54	29.12	1:01.52	2:11.96	31.88	1:08.99	2:28.38	26.91	59.47	2:10.60	2:15.10	4:43.78
912	25.17	55.57	2:00.35	4:12.85	8:38.77	16:35.00	29.14	1:01.55	2:12.02	31.89	1:09.02	2:28.45	26.92	59.49	2:10.66	2:15.16	4:43.91
911	25.19	55.60	2:00.41	4:12.97	8:39.01	16:35.45	29.15	1:01.58	2:12.08	31.91	1:09.05	2:28.51	26.93	59.52	2:10.72	2:15.23	4:44.04
910	25.20	55.62	2:00.47	4:13.08	8:39.25	16:35.91	29.16	1:01.61	2:12.14	31.92	1:09.08	2:28.58	26.95	59.55	2:10.78	2:15.29	4:44.17
909	25.21	55.65	2:00.52	4:13.20	8:39.48	16:36.37	29.18	1:01.64	2:12.21	31.94	1:09.12	2:28.65	26.96	59.58	2:10.84	2:15.35	4:44.30
908	25.22	55.67	2:00.58	4:13.32	8:39.72	16:36.83	29.19	1:01.67	2:12.27	31.95	1:09.15	2:28.72	26.97	59.60	2:10.90	2:15.41	4:44.43
907	25.23	55.70	2:00.63	4:13.43	8:39.96	16:37.28	29.20	1:01.69	2:12.33	31.97	1:09.18	2:28.79	26.98	59.63	2:10.96	2:15.47	4:44.56
906	25.24	55.73	2:00.69	4:13.55	8:40.20	16:37.74	29.22	1:01.72	2:12.39	31.98	1:09.21	2:28.85	26.99	59.66	2:11.02	2:15.54	4:44.69
905	25.25	55.75	2:00.74	4:13.67	8:40.44	16:38.20	29.23	1:01.75	2:12.45	31.99	1:09.24	2:28.92	27.01	59.69	2:11.08	2:15.60	4:44.82
904	25.27	55.78	2:00.80	4:13.78	8:40.68	16:38.66	29.24	1:01.78	2:12.51	32.01	1:09.27	2:28.99	27.02	59.71	2:11.14	2:15.66	4:44.95
903	25.28	55.80	2:00.85	4:13.90	8:40.92	16:39.12	29.26	1:01.81	2:12.57	32.02	1:09.31	2:29.06	27.03	59.74	2:11.20	2:15.72	4:45.08
902	25.29	55.83	2:00.91	4:14.02	8:41.16	16:39.58	29.27	1:01.84	2:12.63	32.04	1:09.34	2:29.13	27.04	59.77	2:11.26	2:15.79	4:45.21
901	25.30	55.85	2:00.96	4:14.13	8:41.40	16:40.04	29.28	1:01.86	2:12.69	32.05	1:09.37	2:29.20	27.06	59.80	2:11.32	2:15.85	4:45.34
900	25.31	55.88	2:01.02	4:14.25	8:41.64	16:40.50	29.30	1:01.89	2:12.75	32.07	1:09.40	2:29.27	27.07	59.82	2:11.38	2:15.91	4:45.48
899	25.32	55.91	2:01.08	4:14.37	8:41.88	16:40.96	29.31	1:01.92	2:12.82	32.08	1:09.43	2:29.34	27.08	59.85	2:11.44	2:15.97	4:45.61
898	25.34	55.93	2:01.13	4:14.48	8:42.12	16:41.43	29.32	1:01.95	2:12.88	32.10	1:09.47	2:29.40	27.09	59.88	2:11.51	2:16.04	4:45.74
897	25.35	55.96	2:01.19	4:14.60	8:42.36	16:41.89	29.34	1:01.98	2:12.94	32.11	1:09.50	2:29.47	27.11	59.91	2:11.57	2:16.10	4:45.87
896	25.36	55.98	2:01.24	4:14.72	8:42.60	16:42.35	29.35	1:02.01	2:13.00	32.13	1:09.53	2:29.54	27.12	59.93	2:11.63	2:16.16	4:46.00
895	25.37	56.01	2:01.30	4:14.84	8:42.85	16:42.82	29.36	1:02.04	2:13.06	32.14	1:09.56	2:29.61	27.13	59.96	2:11.69	2:16.23	4:46.14
894	25.38	56.04	2:01.36	4:14.96	8:43.09	16:43.28	29.38	1:02.07	2:13.12	32.16	1:09.59	2:29.68	27.14	59.99	2:11.75	2:16.29	4:46.27
893	25.39	56.06	2:01.41	4:15.07	8:43.33	16:43.75	29.39	1:02.09	2:13.18	32.17	1:09.63	2:29.75	27.16	1:00.02	2:11.81	2:16.35	4:46.40
892	25.41	56.09	2:01.47	4:15.19	8:43.57	16:44.21	29.41	1:02.12	2:13.25	32.19	1:09.66	2:29.82	27.17	1:00.04	2:11.87	2:16.42	4:46.53
891	25.42	56.11	2:01.53	4:15.31	8:43.82	16:44.68	29.42	1:02.15	2:13.31	32.20	1:09.69	2:29.89	27.18	1:00.07	2:11.93	2:16.48	4:46.67

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
890	25.43	56.14	2:01.58	4:15.43	8:44.06	16:45.15	29.43	1:02.18	2:13.37	32.22	1:09.72	2:29.96	27.20	1:00.10	2:11.99	2:16.54	4:46.80
889	25.44	56.17	2:01.64	4:15.55	8:44.30	16:45.61	29.45	1:02.21	2:13.43	32.23	1:09.76	2:30.03	27.21	1:00.13	2:12.05	2:16.61	4:46.93
888	25.45	56.19	2:01.70	4:15.67	8:44.55	16:46.08	29.46	1:02.24	2:13.49	32.25	1:09.79	2:30.10	27.22	1:00.16	2:12.12	2:16.67	4:47.07
887	25.47	56.22	2:01.75	4:15.79	8:44.79	16:46.55	29.47	1:02.27	2:13.56	32.26	1:09.82	2:30.17	27.23	1:00.18	2:12.18	2:16.73	4:47.20
886	25.48	56.24	2:01.81	4:15.91	8:45.04	16:47.02	29.49	1:02.30	2:13.62	32.28	1:09.85	2:30.24	27.25	1:00.21	2:12.24	2:16.80	4:47.34
885	25.49	56.27	2:01.87	4:16.02	8:45.28	16:47.49	29.50	1:02.33	2:13.68	32.29	1:09.89	2:30.31	27.26	1:00.24	2:12.30	2:16.86	4:47.47
884	25.50	56.30	2:01.92	4:16.14	8:45.53	16:47.96	29.52	1:02.35	2:13.74	32.31	1:09.92	2:30.38	27.27	1:00.27	2:12.36	2:16.92	4:47.60
883	25.51	56.32	2:01.98	4:16.26	8:45.77	16:48.43	29.53	1:02.38	2:13.81	32.32	1:09.95	2:30.45	27.28	1:00.30	2:12.42	2:16.99	4:47.74
882	25.53	56.35	2:02.04	4:16.38	8:46.02	16:48.90	29.54	1:02.41	2:13.87	32.34	1:09.98	2:30.52	27.30	1:00.32	2:12.49	2:17.05	4:47.87
881	25.54	56.38	2:02.09	4:16.50	8:46.26	16:49.37	29.56	1:02.44	2:13.93	32.35	1:10.02	2:30.59	27.31	1:00.35	2:12.55	2:17.12	4:48.01
880	25.55	56.40	2:02.15	4:16.62	8:46.51	16:49.84	29.57	1:02.47	2:13.99	32.37	1:10.05	2:30.66	27.32	1:00.38	2:12.61	2:17.18	4:48.14
879	25.56	56.43	2:02.21	4:16.74	8:46.75	16:50.31	29.58	1:02.50	2:14.06	32.38	1:10.08	2:30.73	27.34	1:00.41	2:12.67	2:17.24	4:48.28
878	25.57	56.45	2:02.26	4:16.86	8:47.00	16:50.79	29.60	1:02.53	2:14.12	32.40	1:10.12	2:30.80	27.35	1:00.44	2:12.73	2:17.31	4:48.41
877	25.58	56.48	2:02.32	4:16.98	8:47.25	16:51.26	29.61	1:02.56	2:14.18	32.41	1:10.15	2:30.87	27.36	1:00.47	2:12.80	2:17.37	4:48.55
876	25.60	56.51	2:02.38	4:17.10	8:47.50	16:51.73	29.63	1:02.59	2:14.24	32.43	1:10.18	2:30.94	27.37	1:00.49	2:12.86	2:17.44	4:48.68
875	25.61	56.53	2:02.44	4:17.22	8:47.74	16:52.21	29.64	1:02.62	2:14.31	32.44	1:10.21	2:31.01	27.39	1:00.52	2:12.92	2:17.50	4:48.82
874	25.62	56.56	2:02.49	4:17.35	8:47.99	16:52.68	29.65	1:02.65	2:14.37	32.46	1:10.25	2:31.08	27.40	1:00.55	2:12.98	2:17.57	4:48.95
873	25.63	56.59	2:02.55	4:17.47	8:48.24	16:53.16	29.67	1:02.68	2:14.43	32.47	1:10.28	2:31.15	27.41	1:00.58	2:13.05	2:17.63	4:49.09
872	25.65	56.61	2:02.61	4:17.59	8:48.49	16:53.63	29.68	1:02.71	2:14.50	32.49	1:10.31	2:31.23	27.43	1:00.61	2:13.11	2:17.70	4:49.22
871	25.66	56.64	2:02.67	4:17.71	8:48.74	16:54.11	29.70	1:02.74	2:14.56	32.50	1:10.35	2:31.30	27.44	1:00.64	2:13.17	2:17.76	4:49.36
870	25.67	56.67	2:02.72	4:17.83	8:48.98	16:54.59	29.71	1:02.76	2:14.62	32.52	1:10.38	2:31.37	27.45	1:00.67	2:13.23	2:17.83	4:49.50
869	25.68	56.69	2:02.78	4:17.95	8:49.23	16:55.07	29.72	1:02.79	2:14.69	32.54	1:10.41	2:31.44	27.46	1:00.69	2:13.30	2:17.89	4:49.63
868	25.69	56.72	2:02.84	4:18.07	8:49.48	16:55.55	29.74	1:02.82	2:14.75	32.55	1:10.45	2:31.51	27.48	1:00.72	2:13.36	2:17.96	4:49.77
867	25.71	56.75	2:02.90	4:18.19	8:49.73	16:56.02	29.75	1:02.85	2:14.81	32.57	1:10.48	2:31.58	27.49	1:00.75	2:13.42	2:18.02	4:49.91
866	25.72	56.77	2:02.96	4:18.32	8:49.98	16:56.50	29.77	1:02.88	2:14.88	32.58	1:10.51	2:31.65	27.50	1:00.78	2:13.49	2:18.09	4:50.04
865	25.73	56.80	2:03.01	4:18.44	8:50.23	16:56.98	29.78	1:02.91	2:14.94	32.60	1:10.55	2:31.73	27.52	1:00.81	2:13.55	2:18.15	4:50.18
864	25.74	56.83	2:03.07	4:18.56	8:50.48	16:57.46	29.79	1:02.94	2:15.00	32.61	1:10.58	2:31.80	27.53	1:00.84	2:13.61	2:18.22	4:50.32
863	25.75	56.85	2:03.13	4:18.68	8:50.73	16:57.95	29.81	1:02.97	2:15.07	32.63	1:10.61	2:31.87	27.54	1:00.87	2:13.67	2:18.28	4:50.45
862	25.77	56.88	2:03.19	4:18.81	8:50.99	16:58.43	29.82	1:03.00	2:15.13	32.64	1:10.65	2:31.94	27.55	1:00.89	2:13.74	2:18.35	4:50.59
861	25.78	56.91	2:03.25	4:18.93	8:51.24	16:58.91	29.84	1:03.03	2:15.20	32.66	1:10.68	2:32.01	27.57	1:00.92	2:13.80	2:18.41	4:50.73
860	25.79	56.94	2:03.31	4:19.05	8:51.49	16:59.39	29.85	1:03.06	2:15.26	32.67	1:10.71	2:32.08	27.58	1:00.95	2:13.86	2:18.48	4:50.87
859	25.80	56.96	2:03.36	4:19.17	8:51.74	16:59.88	29.86	1:03.09	2:15.32	32.69	1:10.75	2:32.16	27.59	1:00.98	2:13.93	2:18.54	4:51.00
858	25.82	56.99	2:03.42	4:19.30	8:51.99	17:00.36	29.88	1:03.12	2:15.39	32.70	1:10.78	2:32.23	27.61	1:01.01	2:13.99	2:18.61	4:51.14
857	25.83	57.02	2:03.48	4:19.42	8:52.25	17:00.84	29.89	1:03.15	2:15.45	32.72	1:10.81	2:32.30	27.62	1:01.04	2:14.06	2:18.68	4:51.28
856	25.84	57.04	2:03.54	4:19.54	8:52.50	17:01.33	29.91	1:03.18	2:15.52	32.74	1:10.85	2:32.37	27.63	1:01.07	2:14.12	2:18.74	4:51.42

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
855	25.85	57.07	2:03.60	4:19.67	8:52.75	17:01.82	29.92	1:03.21	2:15.58	32.75	1:10.88	2:32.45	27.65	1:01.10	2:14.18	2:18.81	4:51.56
854	25.86	57.10	2:03.66	4:19.79	8:53.01	17:02.30	29.94	1:03.24	2:15.65	32.77	1:10.91	2:32.52	27.66	1:01.13	2:14.25	2:18.87	4:51.70
853	25.88	57.13	2:03.72	4:19.91	8:53.26	17:02.79	29.95	1:03.27	2:15.71	32.78	1:10.95	2:32.59	27.67	1:01.16	2:14.31	2:18.94	4:51.84
852	25.89	57.15	2:03.78	4:20.04	8:53.51	17:03.28	29.96	1:03.30	2:15.78	32.80	1:10.98	2:32.66	27.69	1:01.18	2:14.37	2:19.01	4:51.97
851	25.90	57.18	2:03.83	4:20.16	8:53.77	17:03.76	29.98	1:03.33	2:15.84	32.81	1:11.02	2:32.74	27.70	1:01.21	2:14.44	2:19.07	4:52.11
850	25.91	57.21	2:03.89	4:20.29	8:54.02	17:04.25	29.99	1:03.36	2:15.91	32.83	1:11.05	2:32.81	27.71	1:01.24	2:14.50	2:19.14	4:52.25
849	25.93	57.23	2:03.95	4:20.41	8:54.28	17:04.74	30.01	1:03.39	2:15.97	32.85	1:11.08	2:32.88	27.73	1:01.27	2:14.57	2:19.20	4:52.39
848	25.94	57.26	2:04.01	4:20.53	8:54.53	17:05.23	30.02	1:03.42	2:16.04	32.86	1:11.12	2:32.96	27.74	1:01.30	2:14.63	2:19.27	4:52.53
847	25.95	57.29	2:04.07	4:20.66	8:54.79	17:05.72	30.04	1:03.45	2:16.10	32.88	1:11.15	2:33.03	27.75	1:01.33	2:14.70	2:19.34	4:52.67
846	25.96	57.32	2:04.13	4:20.78	8:55.04	17:06.21	30.05	1:03.48	2:16.17	32.89	1:11.19	2:33.10	27.77	1:01.36	2:14.76	2:19.40	4:52.81
845	25.98	57.34	2:04.19	4:20.91	8:55.30	17:06.70	30.06	1:03.51	2:16.23	32.91	1:11.22	2:33.18	27.78	1:01.39	2:14.82	2:19.47	4:52.95
844	25.99	57.37	2:04.25	4:21.03	8:55.56	17:07.20	30.08	1:03.54	2:16.30	32.92	1:11.25	2:33.25	27.79	1:01.42	2:14.89	2:19.54	4:53.09
843	26.00	57.40	2:04.31	4:21.16	8:55.81	17:07.69	30.09	1:03.58	2:16.36	32.94	1:11.29	2:33.32	27.81	1:01.45	2:14.95	2:19.61	4:53.23
842	26.01	57.43	2:04.37	4:21.28	8:56.07	17:08.18	30.11	1:03.61	2:16.43	32.96	1:11.32	2:33.40	27.82	1:01.48	2:15.02	2:19.67	4:53.37
841	26.03	57.45	2:04.43	4:21.41	8:56.33	17:08.67	30.12	1:03.64	2:16.49	32.97	1:11.36	2:33.47	27.83	1:01.51	2:15.08	2:19.74	4:53.51
840	26.04	57.48	2:04.49	4:21.53	8:56.59	17:09.17	30.14	1:03.67	2:16.56	32.99	1:11.39	2:33.54	27.85	1:01.54	2:15.15	2:19.81	4:53.66
839	26.05	57.51	2:04.55	4:21.66	8:56.84	17:09.66	30.15	1:03.70	2:16.62	33.00	1:11.42	2:33.62	27.86	1:01.57	2:15.21	2:19.87	4:53.80
838	26.06	57.54	2:04.61	4:21.79	8:57.10	17:10.16	30.17	1:03.73	2:16.69	33.02	1:11.46	2:33.69	27.87	1:01.60	2:15.28	2:19.94	4:53.94
837	26.08	57.56	2:04.67	4:21.91	8:57.36	17:10.66	30.18	1:03.76	2:16.76	33.04	1:11.49	2:33.77	27.89	1:01.63	2:15.34	2:20.01	4:54.08
836	26.09	57.59	2:04.73	4:22.04	8:57.62	17:11.15	30.19	1:03.79	2:16.82	33.05	1:11.53	2:33.84	27.90	1:01.66	2:15.41	2:20.08	4:54.22
835	26.10	57.62	2:04.79	4:22.17	8:57.88	17:11.65	30.21	1:03.82	2:16.89	33.07	1:11.56	2:33.91	27.91	1:01.69	2:15.47	2:20.14	4:54.36
834	26.11	57.65	2:04.85	4:22.29	8:58.14	17:12.15	30.22	1:03.85	2:16.95	33.08	1:11.60	2:33.99	27.93	1:01.72	2:15.54	2:20.21	4:54.51
833	26.13	57.68	2:04.91	4:22.42	8:58.40	17:12.65	30.24	1:03.88	2:17.02	33.10	1:11.63	2:34.06	27.94	1:01.74	2:15.61	2:20.28	4:54.65
832	26.14	57.70	2:04.97	4:22.55	8:58.66	17:13.15	30.25	1:03.91	2:17.09	33.11	1:11.67	2:34.14	27.95	1:01.77	2:15.67	2:20.35	4:54.79
831	26.15	57.73	2:05.03	4:22.67	8:58.92	17:13.65	30.27	1:03.94	2:17.15	33.13	1:11.70	2:34.21	27.97	1:01.80	2:15.74	2:20.41	4:54.93
830	26.16	57.76	2:05.09	4:22.80	8:59.18	17:14.15	30.28	1:03.97	2:17.22	33.15	1:11.74	2:34.29	27.98	1:01.83	2:15.80	2:20.48	4:55.08
829	26.18	57.79	2:05.15	4:22.93	8:59.44	17:14.65	30.30	1:04.01	2:17.28	33.16	1:11.77	2:34.36	27.99	1:01.86	2:15.87	2:20.55	4:55.22
828	26.19	57.82	2:05.21	4:23.05	8:59.70	17:15.15	30.31	1:04.04	2:17.35	33.18	1:11.81	2:34.44	28.01	1:01.89	2:15.93	2:20.62	4:55.36
827	26.20	57.84	2:05.27	4:23.18	8:59.96	17:15.65	30.33	1:04.07	2:17.42	33.20	1:11.84	2:34.51	28.02	1:01.92	2:16.00	2:20.69	4:55.51
826	26.21	57.87	2:05.33	4:23.31	9:00.23	17:16.15	30.34	1:04.10	2:17.48	33.21	1:11.88	2:34.59	28.03	1:01.95	2:16.07	2:20.76	4:55.65
825	26.23	57.90	2:05.39	4:23.44	9:00.49	17:16.66	30.36	1:04.13	2:17.55	33.23	1:11.91	2:34.66	28.05	1:01.98	2:16.13	2:20.82	4:55.79
824	26.24	57.93	2:05.45	4:23.57	9:00.75	17:17.16	30.37	1:04.16	2:17.62	33.24	1:11.94	2:34.74	28.06	1:02.01	2:16.20	2:20.89	4:55.94
823	26.25	57.96	2:05.52	4:23.69	9:01.02	17:17.66	30.39	1:04.19	2:17.68	33.26	1:11.98	2:34.81	28.08	1:02.04	2:16.26	2:20.96	4:56.08
822	26.27	57.98	2:05.58	4:23.82	9:01.28	17:18.17	30.40	1:04.22	2:17.75	33.28	1:12.01	2:34.89	28.09	1:02.08	2:16.33	2:21.03	4:56.22
821	26.28	58.01	2:05.64	4:23.95	9:01.54	17:18.68	30.42	1:04.26	2:17.82	33.29	1:12.05	2:34.96	28.10	1:02.11	2:16.40	2:21.10	4:56.37

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
820	26.29	58.04	2:05.70	4:24.08	9:01.81	17:19.18	30.43	1:04.29	2:17.89	33.31	1:12.09	2:35.04	28.12	1:02.14	2:16.46	2:21.17	4:56.51
819	26.30	58.07	2:05.76	4:24.21	9:02.07	17:19.69	30.44	1:04.32	2:17.95	33.32	1:12.12	2:35.11	28.13	1:02.17	2:16.53	2:21.24	4:56.66
818	26.32	58.10	2:05.82	4:24.34	9:02.34	17:20.20	30.46	1:04.35	2:18.02	33.34	1:12.16	2:35.19	28.14	1:02.20	2:16.60	2:21.30	4:56.80
817	26.33	58.13	2:05.88	4:24.47	9:02.60	17:20.70	30.47	1:04.38	2:18.09	33.36	1:12.19	2:35.26	28.16	1:02.23	2:16.66	2:21.37	4:56.95
816	26.34	58.15	2:05.95	4:24.60	9:02.87	17:21.21	30.49	1:04.41	2:18.16	33.37	1:12.23	2:35.34	28.17	1:02.26	2:16.73	2:21.44	4:57.09
815	26.36	58.18	2:06.01	4:24.73	9:03.13	17:21.72	30.50	1:04.44	2:18.22	33.39	1:12.26	2:35.42	28.19	1:02.29	2:16.80	2:21.51	4:57.24
814	26.37	58.21	2:06.07	4:24.85	9:03.40	17:22.23	30.52	1:04.48	2:18.29	33.41	1:12.30	2:35.49	28.20	1:02.32	2:16.86	2:21.58	4:57.38
813	26.38	58.24	2:06.13	4:24.98	9:03.66	17:22.74	30.53	1:04.51	2:18.36	33.42	1:12.33	2:35.57	28.21	1:02.35	2:16.93	2:21.65	4:57.53
812	26.39	58.27	2:06.19	4:25.11	9:03.93	17:23.26	30.55	1:04.54	2:18.43	33.44	1:12.37	2:35.64	28.23	1:02.38	2:17.00	2:21.72	4:57.68
811	26.41	58.30	2:06.25	4:25.24	9:04.20	17:23.77	30.56	1:04.57	2:18.49	33.46	1:12.40	2:35.72	28.24	1:02.41	2:17.07	2:21.79	4:57.82
810	26.42	58.33	2:06.32	4:25.38	9:04.46	17:24.28	30.58	1:04.60	2:18.56	33.47	1:12.44	2:35.80	28.25	1:02.44	2:17.13	2:21.86	4:57.97
809	26.43	58.35	2:06.38	4:25.51	9:04.73	17:24.79	30.59	1:04.63	2:18.63	33.49	1:12.47	2:35.87	28.27	1:02.47	2:17.20	2:21.93	4:58.11
808	26.45	58.38	2:06.44	4:25.64	9:05.00	17:25.31	30.61	1:04.67	2:18.70	33.50	1:12.51	2:35.95	28.28	1:02.50	2:17.27	2:22.00	4:58.26
807	26.46	58.41	2:06.50	4:25.77	9:05.27	17:25.82	30.62	1:04.70	2:18.77	33.52	1:12.55	2:36.03	28.30	1:02.53	2:17.34	2:22.07	4:58.41
806	26.47	58.44	2:06.56	4:25.90	9:05.54	17:26.34	30.64	1:04.73	2:18.84	33.54	1:12.58	2:36.10	28.31	1:02.56	2:17.40	2:22.14	4:58.55
805	26.49	58.47	2:06.63	4:26.03	9:05.81	17:26.85	30.65	1:04.76	2:18.90	33.55	1:12.62	2:36.18	28.32	1:02.59	2:17.47	2:22.21	4:58.70
804	26.50	58.50	2:06.69	4:26.16	9:06.08	17:27.37	30.67	1:04.79	2:18.97	33.57	1:12.65	2:36.26	28.34	1:02.63	2:17.54	2:22.28	4:58.85
803	26.51	58.53	2:06.75	4:26.29	9:06.34	17:27.89	30.68	1:04.82	2:19.04	33.59	1:12.69	2:36.34	28.35	1:02.66	2:17.61	2:22.35	4:59.00
802	26.52	58.56	2:06.81	4:26.42	9:06.61	17:28.40	30.70	1:04.86	2:19.11	33.60	1:12.72	2:36.41	28.37	1:02.69	2:17.67	2:22.42	4:59.14
801	26.54	58.58	2:06.88	4:26.55	9:06.89	17:28.92	30.72	1:04.89	2:19.18	33.62	1:12.76	2:36.49	28.38	1:02.72	2:17.74	2:22.49	4:59.29
800	26.55	58.61	2:06.94	4:26.69	9:07.16	17:29.44	30.73	1:04.92	2:19.25	33.64	1:12.80	2:36.57	28.39	1:02.75	2:17.81	2:22.56	4:59.44
799	26.56	58.64	2:07.00	4:26.82	9:07.43	17:29.96	30.75	1:04.95	2:19.32	33.65	1:12.83	2:36.65	28.41	1:02.78	2:17.88	2:22.63	4:59.59
798	26.58	58.67	2:07.07	4:26.95	9:07.70	17:30.48	30.76	1:04.99	2:19.39	33.67	1:12.87	2:36.72	28.42	1:02.81	2:17.95	2:22.70	4:59.74
797	26.59	58.70	2:07.13	4:27.08	9:07.97	17:31.00	30.78	1:05.02	2:19.45	33.69	1:12.91	2:36.80	28.44	1:02.84	2:18.02	2:22.77	4:59.89
796	26.60	58.73	2:07.19	4:27.22	9:08.24	17:31.52	30.79	1:05.05	2:19.52	33.70	1:12.94	2:36.88	28.45	1:02.87	2:18.08	2:22.84	5:00.03
795	26.62	58.76	2:07.26	4:27.35	9:08.51	17:32.05	30.81	1:05.08	2:19.59	33.72	1:12.98	2:36.96	28.46	1:02.90	2:18.15	2:22.91	5:00.18
794	26.63	58.79	2:07.32	4:27.48	9:08.79	17:32.57	30.82	1:05.11	2:19.66	33.74	1:13.01	2:37.03	28.48	1:02.94	2:18.22	2:22.99	5:00.33
793	26.64	58.82	2:07.38	4:27.61	9:09.06	17:33.09	30.84	1:05.15	2:19.73	33.75	1:13.05	2:37.11	28.49	1:02.97	2:18.29	2:23.06	5:00.48
792	26.66	58.85	2:07.45	4:27.75	9:09.33	17:33.62	30.85	1:05.18	2:19.80	33.77	1:13.09	2:37.19	28.51	1:03.00	2:18.36	2:23.13	5:00.63
791	26.67	58.88	2:07.51	4:27.88	9:09.61	17:34.14	30.87	1:05.21	2:19.87	33.79	1:13.12	2:37.27	28.52	1:03.03	2:18.43	2:23.20	5:00.78
790	26.68	58.91	2:07.57	4:28.01	9:09.88	17:34.67	30.88	1:05.24	2:19.94	33.80	1:13.16	2:37.35	28.54	1:03.06	2:18.50	2:23.27	5:00.93
789	26.70	58.94	2:07.64	4:28.15	9:10.16	17:35.19	30.90	1:05.28	2:20.01	33.82	1:13.20	2:37.43	28.55	1:03.09	2:18.57	2:23.34	5:01.08
788	26.71	58.96	2:07.70	4:28.28	9:10.43	17:35.72	30.91	1:05.31	2:20.08	33.84	1:13.23	2:37.50	28.56	1:03.12	2:18.64	2:23.41	5:01.23
787	26.72	58.99	2:07.76	4:28.42	9:10.70	17:36.25	30.93	1:05.34	2:20.15	33.86	1:13.27	2:37.58	28.58	1:03.16	2:18.70	2:23.49	5:01.38
786	26.74	59.02	2:07.83	4:28.55	9:10.98	17:36.78	30.95	1:05.37	2:20.22	33.87	1:13.31	2:37.66	28.59	1:03.19	2:18.77	2:23.56	5:01.53

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
785	26.75	59.05	2:07.89	4:28.69	9:11.26	17:37.31	30.96	1:05.41	2:20.29	33.89	1:13.34	2:37.74	28.61	1:03.22	2:18.84	2:23.63	5:01.68
784	26.76	59.08	2:07.96	4:28.82	9:11.53	17:37.84	30.98	1:05.44	2:20.36	33.91	1:13.38	2:37.82	28.62	1:03.25	2:18.91	2:23.70	5:01.84
783	26.78	59.11	2:08.02	4:28.95	9:11.81	17:38.37	30.99	1:05.47	2:20.43	33.92	1:13.42	2:37.90	28.64	1:03.28	2:18.98	2:23.77	5:01.99
782	26.79	59.14	2:08.08	4:29.09	9:12.09	17:38.90	31.01	1:05.51	2:20.50	33.94	1:13.45	2:37.98	28.65	1:03.31	2:19.05	2:23.84	5:02.14
781	26.80	59.17	2:08.15	4:29.22	9:12.36	17:39.43	31.02	1:05.54	2:20.57	33.96	1:13.49	2:38.06	28.66	1:03.35	2:19.12	2:23.92	5:02.29
780	26.82	59.20	2:08.21	4:29.36	9:12.64	17:39.96	31.04	1:05.57	2:20.64	33.97	1:13.53	2:38.14	28.68	1:03.38	2:19.19	2:23.99	5:02.44
779	26.83	59.23	2:08.28	4:29.50	9:12.92	17:40.49	31.05	1:05.60	2:20.71	33.99	1:13.56	2:38.22	28.69	1:03.41	2:19.26	2:24.06	5:02.59
778	26.84	59.26	2:08.34	4:29.63	9:13.20	17:41.03	31.07	1:05.64	2:20.79	34.01	1:13.60	2:38.30	28.71	1:03.44	2:19.33	2:24.13	5:02.75
777	26.86	59.29	2:08.41	4:29.77	9:13.48	17:41.56	31.09	1:05.67	2:20.86	34.03	1:13.64	2:38.38	28.72	1:03.47	2:19.40	2:24.21	5:02.90
776	26.87	59.32	2:08.47	4:29.90	9:13.75	17:42.10	31.10	1:05.70	2:20.93	34.04	1:13.67	2:38.46	28.74	1:03.51	2:19.47	2:24.28	5:03.05
775	26.89	59.35	2:08.54	4:30.04	9:14.03	17:42.63	31.12	1:05.74	2:21.00	34.06	1:13.71	2:38.54	28.75	1:03.54	2:19.54	2:24.35	5:03.20
774	26.90	59.38	2:08.60	4:30.18	9:14.31	17:43.17	31.13	1:05.77	2:21.07	34.08	1:13.75	2:38.62	28.77	1:03.57	2:19.61	2:24.43	5:03.36
773	26.91	59.41	2:08.67	4:30.31	9:14.59	17:43.71	31.15	1:05.80	2:21.14	34.09	1:13.79	2:38.70	28.78	1:03.60	2:19.68	2:24.50	5:03.51
772	26.93	59.44	2:08.73	4:30.45	9:14.87	17:44.24	31.16	1:05.84	2:21.21	34.11	1:13.82	2:38.78	28.79	1:03.63	2:19.75	2:24.57	5:03.66
771	26.94	59.47	2:08.80	4:30.59	9:15.15	17:44.78	31.18	1:05.87	2:21.28	34.13	1:13.86	2:38.86	28.81	1:03.67	2:19.83	2:24.64	5:03.82
770	26.95	59.50	2:08.86	4:30.72	9:15.44	17:45.32	31.20	1:05.90	2:21.36	34.15	1:13.90	2:38.94	28.82	1:03.70	2:19.90	2:24.72	5:03.97
769	26.97	59.53	2:08.93	4:30.86	9:15.72	17:45.86	31.21	1:05.94	2:21.43	34.16	1:13.94	2:39.02	28.84	1:03.73	2:19.97	2:24.79	5:04.13
768	26.98	59.56	2:08.99	4:31.00	9:16.00	17:46.40	31.23	1:05.97	2:21.50	34.18	1:13.97	2:39.10	28.85	1:03.76	2:20.04	2:24.86	5:04.28
767	26.99	59.59	2:09.06	4:31.13	9:16.28	17:46.94	31.24	1:06.00	2:21.57	34.20	1:14.01	2:39.18	28.87	1:03.80	2:20.11	2:24.94	5:04.43
766	27.01	59.62	2:09.12	4:31.27	9:16.56	17:47.49	31.26	1:06.04	2:21.64	34.22	1:14.05	2:39.26	28.88	1:03.83	2:20.18	2:25.01	5:04.59
765	27.02	59.65	2:09.19	4:31.41	9:16.85	17:48.03	31.27	1:06.07	2:21.71	34.23	1:14.09	2:39.34	28.90	1:03.86	2:20.25	2:25.09	5:04.74
764	27.04	59.68	2:09.25	4:31.55	9:17.13	17:48.57	31.29	1:06.10	2:21.79	34.25	1:14.12	2:39.42	28.91	1:03.89	2:20.32	2:25.16	5:04.90
763	27.05	59.71	2:09.32	4:31.69	9:17.41	17:49.12	31.31	1:06.14	2:21.86	34.27	1:14.16	2:39.50	28.93	1:03.93	2:20.39	2:25.23	5:05.05
762	27.06	59.74	2:09.39	4:31.83	9:17.70	17:49.66	31.32	1:06.17	2:21.93	34.29	1:14.20	2:39.58	28.94	1:03.96	2:20.47	2:25.31	5:05.21
761	27.08	59.77	2:09.45	4:31.96	9:17.98	17:50.21	31.34	1:06.21	2:22.00	34.30	1:14.24	2:39.67	28.96	1:03.99	2:20.54	2:25.38	5:05.37
760	27.09	59.80	2:09.52	4:32.10	9:18.27	17:50.75	31.35	1:06.24	2:22.08	34.32	1:14.28	2:39.75	28.97	1:04.02	2:20.61	2:25.46	5:05.52
759	27.10	59.83	2:09.58	4:32.24	9:18.55	17:51.30	31.37	1:06.27	2:22.15	34.34	1:14.31	2:39.83	28.99	1:04.06	2:20.68	2:25.53	5:05.68
758	27.12	59.87	2:09.65	4:32.38	9:18.84	17:51.85	31.39	1:06.31	2:22.22	34.36	1:14.35	2:39.91	29.00	1:04.09	2:20.75	2:25.60	5:05.83
757	27.13	59.90	2:09.72	4:32.52	9:19.12	17:52.40	31.40	1:06.34	2:22.29	34.37	1:14.39	2:39.99	29.02	1:04.12	2:20.83	2:25.68	5:05.99
756	27.15	59.93	2:09.78	4:32.66	9:19.41	17:52.95	31.42	1:06.38	2:22.37	34.39	1:14.43	2:40.07	29.03	1:04.15	2:20.90	2:25.75	5:06.15
755	27.16	59.96	2:09.85	4:32.80	9:19.70	17:53.50	31.43	1:06.41	2:22.44	34.41	1:14.47	2:40.16	29.04	1:04.19	2:20.97	2:25.83	5:06.30
754	27.17	59.99	2:09.92	4:32.94	9:19.98	17:54.05	31.45	1:06.44	2:22.51	34.43	1:14.50	2:40.24	29.06	1:04.22	2:21.04	2:25.90	5:06.46
753	27.19	1:00.02	2:09.98	4:33.08	9:20.27	17:54.60	31.47	1:06.48	2:22.59	34.44	1:14.54	2:40.32	29.07	1:04.25	2:21.11	2:25.98	5:06.62
752	27.20	1:00.05	2:10.05	4:33.22	9:20.56	17:55.15	31.48	1:06.51	2:22.66	34.46	1:14.58	2:40.40	29.09	1:04.29	2:21.19	2:26.05	5:06.78
751	27.22	1:00.08	2:10.12	4:33.36	9:20.85	17:55.70	31.50	1:06.55	2:22.73	34.48	1:14.62	2:40.49	29.10	1:04.32	2:21.26	2:26.13	5:06.93

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
750	27.23	1:00.11	2:10.18	4:33.50	9:21.14	17:56.26	31.52	1:06.58	2:22.81	34.50	1:14.66	2:40.57	29.12	1:04.35	2:21.33	2:26.20	5:07.09
749	27.24	1:00.14	2:10.25	4:33.64	9:21.43	17:56.81	31.53	1:06.61	2:22.88	34.51	1:14.70	2:40.65	29.13	1:04.39	2:21.41	2:26.28	5:07.25
748	27.26	1:00.17	2:10.32	4:33.78	9:21.72	17:57.37	31.55	1:06.65	2:22.95	34.53	1:14.73	2:40.73	29.15	1:04.42	2:21.48	2:26.35	5:07.41
747	27.27	1:00.20	2:10.39	4:33.92	9:22.01	17:57.92	31.56	1:06.68	2:23.03	34.55	1:14.77	2:40.82	29.16	1:04.45	2:21.55	2:26.43	5:07.57
746	27.29	1:00.24	2:10.45	4:34.07	9:22.30	17:58.48	31.58	1:06.72	2:23.10	34.57	1:14.81	2:40.90	29.18	1:04.49	2:21.62	2:26.51	5:07.73
745	27.30	1:00.27	2:10.52	4:34.21	9:22.59	17:59.04	31.60	1:06.75	2:23.17	34.59	1:14.85	2:40.98	29.19	1:04.52	2:21.70	2:26.58	5:07.89
744	27.31	1:00.30	2:10.59	4:34.35	9:22.88	17:59.60	31.61	1:06.79	2:23.25	34.60	1:14.89	2:41.07	29.21	1:04.55	2:21.77	2:26.66	5:08.04
743	27.33	1:00.33	2:10.66	4:34.49	9:23.17	18:00.15	31.63	1:06.82	2:23.32	34.62	1:14.93	2:41.15	29.23	1:04.59	2:21.84	2:26.73	5:08.20
742	27.34	1:00.36	2:10.72	4:34.63	9:23.46	18:00.71	31.65	1:06.86	2:23.40	34.64	1:14.97	2:41.23	29.24	1:04.62	2:21.92	2:26.81	5:08.36
741	27.36	1:00.39	2:10.79	4:34.78	9:23.75	18:01.27	31.66	1:06.89	2:23.47	34.66	1:15.01	2:41.32	29.26	1:04.65	2:21.99	2:26.88	5:08.52
740	27.37	1:00.42	2:10.86	4:34.92	9:24.04	18:01.83	31.68	1:06.93	2:23.55	34.68	1:15.04	2:41.40	29.27	1:04.69	2:22.06	2:26.96	5:08.68
739	27.39	1:00.45	2:10.93	4:35.06	9:24.34	18:02.40	31.70	1:06.96	2:23.62	34.69	1:15.08	2:41.48	29.29	1:04.72	2:22.14	2:27.04	5:08.84
738	27.40	1:00.49	2:10.99	4:35.20	9:24.63	18:02.96	31.71	1:06.99	2:23.70	34.71	1:15.12	2:41.57	29.30	1:04.75	2:22.21	2:27.11	5:09.00
737	27.41	1:00.52	2:11.06	4:35.35	9:24.92	18:03.52	31.73	1:07.03	2:23.77	34.73	1:15.16	2:41.65	29.32	1:04.79	2:22.29	2:27.19	5:09.17
736	27.43	1:00.55	2:11.13	4:35.49	9:25.22	18:04.09	31.75	1:07.06	2:23.84	34.75	1:15.20	2:41.74	29.33	1:04.82	2:22.36	2:27.27	5:09.33
735	27.44	1:00.58	2:11.20	4:35.63	9:25.51	18:04.65	31.76	1:07.10	2:23.92	34.77	1:15.24	2:41.82	29.35	1:04.85	2:22.43	2:27.34	5:09.49
734	27.46	1:00.61	2:11.27	4:35.78	9:25.81	18:05.22	31.78	1:07.13	2:23.99	34.78	1:15.28	2:41.91	29.36	1:04.89	2:22.51	2:27.42	5:09.65
733	27.47	1:00.64	2:11.34	4:35.92	9:26.10	18:05.78	31.79	1:07.17	2:24.07	34.80	1:15.32	2:41.99	29.38	1:04.92	2:22.58	2:27.50	5:09.81
732	27.49	1:00.68	2:11.41	4:36.07	9:26.40	18:06.35	31.81	1:07.20	2:24.15	34.82	1:15.36	2:42.07	29.39	1:04.96	2:22.66	2:27.57	5:09.97
731	27.50	1:00.71	2:11.47	4:36.21	9:26.70	18:06.92	31.83	1:07.24	2:24.22	34.84	1:15.40	2:42.16	29.41	1:04.99	2:22.73	2:27.65	5:10.13
730	27.51	1:00.74	2:11.54	4:36.36	9:26.99	18:07.49	31.84	1:07.27	2:24.30	34.86	1:15.44	2:42.24	29.42	1:05.02	2:22.81	2:27.73	5:10.30
729	27.53	1:00.77	2:11.61	4:36.50	9:27.29	18:08.06	31.86	1:07.31	2:24.37	34.88	1:15.48	2:42.33	29.44	1:05.06	2:22.88	2:27.81	5:10.46
728	27.54	1:00.80	2:11.68	4:36.64	9:27.59	18:08.63	31.88	1:07.35	2:24.45	34.89	1:15.52	2:42.41	29.45	1:05.09	2:22.96	2:27.88	5:10.62
727	27.56	1:00.83	2:11.75	4:36.79	9:27.88	18:09.20	31.89	1:07.38	2:24.52	34.91	1:15.55	2:42.50	29.47	1:05.13	2:23.03	2:27.96	5:10.78
726	27.57	1:00.87	2:11.82	4:36.94	9:28.18	18:09.77	31.91	1:07.42	2:24.60	34.93	1:15.59	2:42.58	29.49	1:05.16	2:23.11	2:28.04	5:10.95
725	27.59	1:00.90	2:11.89	4:37.08	9:28.48	18:10.34	31.93	1:07.45	2:24.68	34.95	1:15.63	2:42.67	29.50	1:05.20	2:23.18	2:28.12	5:11.11
724	27.60	1:00.93	2:11.96	4:37.23	9:28.78	18:10.92	31.95	1:07.49	2:24.75	34.97	1:15.67	2:42.76	29.52	1:05.23	2:23.26	2:28.19	5:11.27
723	27.62	1:00.96	2:12.03	4:37.37	9:29.08	18:11.49	31.96	1:07.52	2:24.83	34.99	1:15.71	2:42.84	29.53	1:05.26	2:23.33	2:28.27	5:11.44
722	27.63	1:00.99	2:12.10	4:37.52	9:29.38	18:12.07	31.98	1:07.56	2:24.90	35.00	1:15.75	2:42.93	29.55	1:05.30	2:23.41	2:28.35	5:11.60
721	27.64	1:01.03	2:12.17	4:37.67	9:29.68	18:12.64	32.00	1:07.59	2:24.98	35.02	1:15.79	2:43.01	29.56	1:05.33	2:23.48	2:28.43	5:11.77
720	27.66	1:01.06	2:12.24	4:37.81	9:29.98	18:13.22	32.01	1:07.63	2:25.06	35.04	1:15.83	2:43.10	29.58	1:05.37	2:23.56	2:28.51	5:11.93
719	27.67	1:01.09	2:12.31	4:37.96	9:30.28	18:13.80	32.03	1:07.67	2:25.13	35.06	1:15.87	2:43.19	29.59	1:05.40	2:23.64	2:28.59	5:12.10
718	27.69	1:01.12	2:12.38	4:38.11	9:30.58	18:14.38	32.05	1:07.70	2:25.21	35.08	1:15.91	2:43.27	29.61	1:05.44	2:23.71	2:28.66	5:12.26
717	27.70	1:01.16	2:12.45	4:38.25	9:30.88	18:14.95	32.06	1:07.74	2:25.29	35.10	1:15.95	2:43.36	29.63	1:05.47	2:23.79	2:28.74	5:12.43
716	27.72	1:01.19	2:12.52	4:38.40	9:31.19	18:15.53	32.08	1:07.77	2:25.36	35.11	1:15.99	2:43.44	29.64	1:05.51	2:23.86	2:28.82	5:12.59

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
715	27.73	1:01.22	2:12.59	4:38.55	9:31.49	18:16.11	32.10	1:07.81	2:25.44	35.13	1:16.03	2:43.53	29.66	1:05.54	2:23.94	2:28.90	5:12.76
714	27.75	1:01.25	2:12.66	4:38.70	9:31.79	18:16.70	32.11	1:07.84	2:25.52	35.15	1:16.08	2:43.62	29.67	1:05.57	2:24.02	2:28.98	5:12.92
713	27.76	1:01.29	2:12.73	4:38.84	9:32.10	18:17.28	32.13	1:07.88	2:25.60	35.17	1:16.12	2:43.71	29.69	1:05.61	2:24.09	2:29.06	5:13.09
712	27.78	1:01.32	2:12.80	4:38.99	9:32.40	18:17.86	32.15	1:07.92	2:25.67	35.19	1:16.16	2:43.79	29.70	1:05.64	2:24.17	2:29.14	5:13.26
711	27.79	1:01.35	2:12.87	4:39.14	9:32.71	18:18.45	32.17	1:07.95	2:25.75	35.21	1:16.20	2:43.88	29.72	1:05.68	2:24.25	2:29.22	5:13.42
710	27.81	1:01.38	2:12.94	4:39.29	9:33.01	18:19.03	32.18	1:07.99	2:25.83	35.23	1:16.24	2:43.97	29.74	1:05.71	2:24.32	2:29.30	5:13.59
709	27.82	1:01.42	2:13.01	4:39.44	9:33.32	18:19.62	32.20	1:08.03	2:25.91	35.25	1:16.28	2:44.05	29.75	1:05.75	2:24.40	2:29.38	5:13.76
708	27.84	1:01.45	2:13.08	4:39.59	9:33.62	18:20.20	32.22	1:08.06	2:25.98	35.26	1:16.32	2:44.14	29.77	1:05.78	2:24.48	2:29.46	5:13.92
707	27.85	1:01.48	2:13.15	4:39.74	9:33.93	18:20.79	32.23	1:08.10	2:26.06	35.28	1:16.36	2:44.23	29.78	1:05.82	2:24.55	2:29.54	5:14.09
706	27.87	1:01.51	2:13.22	4:39.89	9:34.23	18:21.38	32.25	1:08.13	2:26.14	35.30	1:16.40	2:44.32	29.80	1:05.85	2:24.63	2:29.62	5:14.26
705	27.88	1:01.55	2:13.29	4:40.03	9:34.54	18:21.97	32.27	1:08.17	2:26.22	35.32	1:16.44	2:44.40	29.82	1:05.89	2:24.71	2:29.70	5:14.43
704	27.90	1:01.58	2:13.37	4:40.18	9:34.85	18:22.56	32.29	1:08.21	2:26.30	35.34	1:16.48	2:44.49	29.83	1:05.93	2:24.79	2:29.78	5:14.60
703	27.91	1:01.61	2:13.44	4:40.33	9:35.16	18:23.15	32.30	1:08.24	2:26.37	35.36	1:16.52	2:44.58	29.85	1:05.96	2:24.86	2:29.86	5:14.76
702	27.93	1:01.65	2:13.51	4:40.49	9:35.47	18:23.74	32.32	1:08.28	2:26.45	35.38	1:16.56	2:44.67	29.86	1:06.00	2:24.94	2:29.94	5:14.93
701	27.94	1:01.68	2:13.58	4:40.64	9:35.77	18:24.33	32.34	1:08.32	2:26.53	35.40	1:16.60	2:44.76	29.88	1:06.03	2:25.02	2:30.02	5:15.10
700	27.96	1:01.71	2:13.65	4:40.79	9:36.08	18:24.92	32.36	1:08.35	2:26.61	35.42	1:16.65	2:44.85	29.90	1:06.07	2:25.10	2:30.10	5:15.27
699	27.97	1:01.75	2:13.72	4:40.94	9:36.39	18:25.52	32.37	1:08.39	2:26.69	35.43	1:16.69	2:44.93	29.91	1:06.10	2:25.17	2:30.18	5:15.44
698	27.99	1:01.78	2:13.80	4:41.09	9:36.70	18:26.11	32.39	1:08.43	2:26.77	35.45	1:16.73	2:45.02	29.93	1:06.14	2:25.25	2:30.26	5:15.61
697	28.00	1:01.81	2:13.87	4:41.24	9:37.01	18:26.71	32.41	1:08.46	2:26.85	35.47	1:16.77	2:45.11	29.94	1:06.17	2:25.33	2:30.34	5:15.78
696	28.02	1:01.85	2:13.94	4:41.39	9:37.32	18:27.31	32.43	1:08.50	2:26.93	35.49	1:16.81	2:45.20	29.96	1:06.21	2:25.41	2:30.42	5:15.95
695	28.03	1:01.88	2:14.01	4:41.54	9:37.64	18:27.90	32.44	1:08.54	2:27.01	35.51	1:16.85	2:45.29	29.98	1:06.25	2:25.49	2:30.50	5:16.12
694	28.05	1:01.91	2:14.08	4:41.70	9:37.95	18:28.50	32.46	1:08.57	2:27.08	35.53	1:16.89	2:45.38	29.99	1:06.28	2:25.57	2:30.58	5:16.29
693	28.06	1:01.95	2:14.16	4:41.85	9:38.26	18:29.10	32.48	1:08.61	2:27.16	35.55	1:16.94	2:45.47	30.01	1:06.32	2:25.65	2:30.66	5:16.46
692	28.08	1:01.98	2:14.23	4:42.00	9:38.57	18:29.70	32.50	1:08.65	2:27.24	35.57	1:16.98	2:45.56	30.02	1:06.35	2:25.72	2:30.75	5:16.63
691	28.09	1:02.01	2:14.30	4:42.15	9:38.89	18:30.30	32.51	1:08.69	2:27.32	35.59	1:17.02	2:45.65	30.04	1:06.39	2:25.80	2:30.83	5:16.81
690	28.11	1:02.05	2:14.37	4:42.31	9:39.20	18:30.90	32.53	1:08.72	2:27.40	35.61	1:17.06	2:45.74	30.06	1:06.42	2:25.88	2:30.91	5:16.98
689	28.12	1:02.08	2:14.45	4:42.46	9:39.51	18:31.51	32.55	1:08.76	2:27.48	35.63	1:17.10	2:45.83	30.07	1:06.46	2:25.96	2:30.99	5:17.15
688	28.14	1:02.11	2:14.52	4:42.61	9:39.83	18:32.11	32.57	1:08.80	2:27.56	35.65	1:17.14	2:45.92	30.09	1:06.50	2:26.04	2:31.07	5:17.32
687	28.15	1:02.15	2:14.59	4:42.77	9:40.14	18:32.71	32.58	1:08.84	2:27.64	35.67	1:17.19	2:46.01	30.11	1:06.53	2:26.12	2:31.16	5:17.49
686	28.17	1:02.18	2:14.67	4:42.92	9:40.46	18:33.32	32.60	1:08.87	2:27.72	35.68	1:17.23	2:46.10	30.12	1:06.57	2:26.20	2:31.24	5:17.67
685	28.18	1:02.22	2:14.74	4:43.07	9:40.78	18:33.92	32.62	1:08.91	2:27.80	35.70	1:17.27	2:46.19	30.14	1:06.61	2:26.28	2:31.32	5:17.84
684	28.20	1:02.25	2:14.81	4:43.23	9:41.09	18:34.53	32.64	1:08.95	2:27.88	35.72	1:17.31	2:46.28	30.16	1:06.64	2:26.36	2:31.40	5:18.01
683	28.21	1:02.28	2:14.89	4:43.38	9:41.41	18:35.14	32.65	1:08.99	2:27.97	35.74	1:17.35	2:46.37	30.17	1:06.68	2:26.44	2:31.49	5:18.19
682	28.23	1:02.32	2:14.96	4:43.54	9:41.73	18:35.75	32.67	1:09.02	2:28.05	35.76	1:17.40	2:46.46	30.19	1:06.71	2:26.52	2:31.57	5:18.36
681	28.24	1:02.35	2:15.03	4:43.69	9:42.04	18:36.36	32.69	1:09.06	2:28.13	35.78	1:17.44	2:46.55	30.20	1:06.75	2:26.60	2:31.65	5:18.53

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
680	28.26	1:02.39	2:15.11	4:43.85	9:42.36	18:36.97	32.71	1:09.10	2:28.21	35.80	1:17.48	2:46.64	30.22	1:06.79	2:26.68	2:31.73	5:18.71
679	28.28	1:02.42	2:15.18	4:44.00	9:42.68	18:37.58	32.73	1:09.14	2:28.29	35.82	1:17.52	2:46.73	30.24	1:06.82	2:26.76	2:31.82	5:18.88
678	28.29	1:02.45	2:15.26	4:44.16	9:43.00	18:38.19	32.74	1:09.17	2:28.37	35.84	1:17.57	2:46.83	30.25	1:06.86	2:26.84	2:31.90	5:19.06
677	28.31	1:02.49	2:15.33	4:44.31	9:43.32	18:38.81	32.76	1:09.21	2:28.45	35.86	1:17.61	2:46.92	30.27	1:06.90	2:26.92	2:31.98	5:19.23
676	28.32	1:02.52	2:15.41	4:44.47	9:43.64	18:39.42	32.78	1:09.25	2:28.53	35.88	1:17.65	2:47.01	30.29	1:06.93	2:27.00	2:32.07	5:19.41
675	28.34	1:02.56	2:15.48	4:44.63	9:43.96	18:40.04	32.80	1:09.29	2:28.61	35.90	1:17.69	2:47.10	30.30	1:06.97	2:27.08	2:32.15	5:19.58
674	28.35	1:02.59	2:15.55	4:44.78	9:44.28	18:40.65	32.82	1:09.33	2:28.70	35.92	1:17.74	2:47.19	30.32	1:07.01	2:27.16	2:32.23	5:19.76
673	28.37	1:02.63	2:15.63	4:44.94	9:44.60	18:41.27	32.83	1:09.36	2:28.78	35.94	1:17.78	2:47.28	30.34	1:07.04	2:27.24	2:32.32	5:19.94
672	28.38	1:02.66	2:15.70	4:45.10	9:44.93	18:41.89	32.85	1:09.40	2:28.86	35.96	1:17.82	2:47.38	30.35	1:07.08	2:27.32	2:32.40	5:20.11
671	28.40	1:02.69	2:15.78	4:45.25	9:45.25	18:42.50	32.87	1:09.44	2:28.94	35.98	1:17.87	2:47.47	30.37	1:07.12	2:27.41	2:32.49	5:20.29
670	28.42	1:02.73	2:15.85	4:45.41	9:45.57	18:43.12	32.89	1:09.48	2:29.02	36.00	1:17.91	2:47.56	30.39	1:07.16	2:27.49	2:32.57	5:20.46
669	28.43	1:02.76	2:15.93	4:45.57	9:45.90	18:43.75	32.91	1:09.52	2:29.11	36.02	1:17.95	2:47.65	30.40	1:07.19	2:27.57	2:32.65	5:20.64
668	28.45	1:02.80	2:16.00	4:45.73	9:46.22	18:44.37	32.92	1:09.56	2:29.19	36.04	1:17.99	2:47.75	30.42	1:07.23	2:27.65	2:32.74	5:20.82
667	28.46	1:02.83	2:16.08	4:45.89	9:46.54	18:44.99	32.94	1:09.59	2:29.27	36.06	1:18.04	2:47.84	30.44	1:07.27	2:27.73	2:32.82	5:21.00
666	28.48	1:02.87	2:16.15	4:46.04	9:46.87	18:45.61	32.96	1:09.63	2:29.35	36.08	1:18.08	2:47.93	30.46	1:07.30	2:27.81	2:32.91	5:21.17
665	28.49	1:02.90	2:16.23	4:46.20	9:47.20	18:46.24	32.98	1:09.67	2:29.44	36.10	1:18.12	2:48.03	30.47	1:07.34	2:27.90	2:32.99	5:21.35
664	28.51	1:02.94	2:16.31	4:46.36	9:47.52	18:46.86	33.00	1:09.71	2:29.52	36.12	1:18.17	2:48.12	30.49	1:07.38	2:27.98	2:33.08	5:21.53
663	28.53	1:02.97	2:16.38	4:46.52	9:47.85	18:47.49	33.02	1:09.75	2:29.60	36.14	1:18.21	2:48.21	30.51	1:07.42	2:28.06	2:33.16	5:21.71
662	28.54	1:03.01	2:16.46	4:46.68	9:48.17	18:48.12	33.03	1:09.79	2:29.69	36.16	1:18.25	2:48.31	30.52	1:07.45	2:28.14	2:33.25	5:21.89
661	28.56	1:03.04	2:16.53	4:46.84	9:48.50	18:48.74	33.05	1:09.83	2:29.77	36.18	1:18.30	2:48.40	30.54	1:07.49	2:28.22	2:33.33	5:22.07
660	28.57	1:03.08	2:16.61	4:47.00	9:48.83	18:49.37	33.07	1:09.87	2:29.85	36.20	1:18.34	2:48.49	30.56	1:07.53	2:28.31	2:33.42	5:22.25
659	28.59	1:03.11	2:16.69	4:47.16	9:49.16	18:50.00	33.09	1:09.91	2:29.94	36.22	1:18.39	2:48.59	30.57	1:07.57	2:28.39	2:33.50	5:22.43
658	28.61	1:03.15	2:16.76	4:47.32	9:49.49	18:50.63	33.11	1:09.94	2:30.02	36.24	1:18.43	2:48.68	30.59	1:07.60	2:28.47	2:33.59	5:22.61
657	28.62	1:03.18	2:16.84	4:47.48	9:49.82	18:51.27	33.13	1:09.98	2:30.11	36.26	1:18.47	2:48.78	30.61	1:07.64	2:28.56	2:33.68	5:22.79
656	28.64	1:03.22	2:16.91	4:47.64	9:50.15	18:51.90	33.15	1:10.02	2:30.19	36.28	1:18.52	2:48.87	30.63	1:07.68	2:28.64	2:33.76	5:22.97
655	28.65	1:03.26	2:16.99	4:47.80	9:50.48	18:52.53	33.16	1:10.06	2:30.27	36.30	1:18.56	2:48.96	30.64	1:07.72	2:28.72	2:33.85	5:23.15
654	28.67	1:03.29	2:17.07	4:47.96	9:50.81	18:53.17	33.18	1:10.10	2:30.36	36.32	1:18.61	2:49.06	30.66	1:07.76	2:28.81	2:33.93	5:23.33
653	28.69	1:03.33	2:17.15	4:48.13	9:51.14	18:53.80	33.20	1:10.14	2:30.44	36.34	1:18.65	2:49.15	30.68	1:07.79	2:28.89	2:34.02	5:23.51
652	28.70	1:03.36	2:17.22	4:48.29	9:51.47	18:54.44	33.22	1:10.18	2:30.53	36.36	1:18.69	2:49.25	30.69	1:07.83	2:28.97	2:34.11	5:23.69
651	28.72	1:03.40	2:17.30	4:48.45	9:51.80	18:55.08	33.24	1:10.22	2:30.61	36.38	1:18.74	2:49.34	30.71	1:07.87	2:29.06	2:34.19	5:23.88
650	28.73	1:03.43	2:17.38	4:48.61	9:52.14	18:55.72	33.26	1:10.26	2:30.70	36.40	1:18.78	2:49.44	30.73	1:07.91	2:29.14	2:34.28	5:24.06
649	28.75	1:03.47	2:17.45	4:48.77	9:52.47	18:56.36	33.28	1:10.30	2:30.78	36.42	1:18.83	2:49.54	30.75	1:07.95	2:29.22	2:34.37	5:24.24
648	28.77	1:03.50	2:17.53	4:48.94	9:52.81	18:57.00	33.29	1:10.34	2:30.87	36.44	1:18.87	2:49.63	30.76	1:07.98	2:29.31	2:34.45	5:24.42
647	28.78	1:03.54	2:17.61	4:49.10	9:53.14	18:57.64	33.31	1:10.38	2:30.95	36.46	1:18.92	2:49.73	30.78	1:08.02	2:29.39	2:34.54	5:24.61
646	28.80	1:03.58	2:17.69	4:49.26	9:53.47	18:58.28	33.33	1:10.42	2:31.04	36.49	1:18.96	2:49.82	30.80	1:08.06	2:29.48	2:34.63	5:24.79

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
645	28.82	1:03.61	2:17.76	4:49.43	9:53.81	18:58.92	33.35	1:10.46	2:31.12	36.51	1:19.00	2:49.92	30.82	1:08.10	2:29.56	2:34.72	5:24.97
644	28.83	1:03.65	2:17.84	4:49.59	9:54.15	18:59.57	33.37	1:10.50	2:31.21	36.53	1:19.05	2:50.01	30.83	1:08.14	2:29.65	2:34.80	5:25.16
643	28.85	1:03.68	2:17.92	4:49.75	9:54.48	19:00.22	33.39	1:10.54	2:31.29	36.55	1:19.09	2:50.11	30.85	1:08.18	2:29.73	2:34.89	5:25.34
642	28.86	1:03.72	2:18.00	4:49.92	9:54.82	19:00.86	33.41	1:10.58	2:31.38	36.57	1:19.14	2:50.21	30.87	1:08.22	2:29.82	2:34.98	5:25.53
641	28.88	1:03.76	2:18.08	4:50.08	9:55.16	19:01.51	33.43	1:10.62	2:31.46	36.59	1:19.18	2:50.30	30.89	1:08.25	2:29.90	2:35.07	5:25.71
640	28.90	1:03.79	2:18.16	4:50.25	9:55.50	19:02.16	33.45	1:10.66	2:31.55	36.61	1:19.23	2:50.40	30.90	1:08.29	2:29.99	2:35.16	5:25.90
639	28.91	1:03.83	2:18.23	4:50.41	9:55.84	19:02.81	33.46	1:10.70	2:31.64	36.63	1:19.27	2:50.50	30.92	1:08.33	2:30.07	2:35.24	5:26.08
638	28.93	1:03.87	2:18.31	4:50.58	9:56.17	19:03.46	33.48	1:10.74	2:31.72	36.65	1:19.32	2:50.59	30.94	1:08.37	2:30.16	2:35.33	5:26.27
637	28.95	1:03.90	2:18.39	4:50.74	9:56.51	19:04.11	33.50	1:10.78	2:31.81	36.67	1:19.36	2:50.69	30.96	1:08.41	2:30.24	2:35.42	5:26.45
636	28.96	1:03.94	2:18.47	4:50.91	9:56.85	19:04.76	33.52	1:10.82	2:31.90	36.69	1:19.41	2:50.79	30.97	1:08.45	2:30.33	2:35.51	5:26.64
635	28.98	1:03.97	2:18.55	4:51.08	9:57.20	19:05.42	33.54	1:10.86	2:31.98	36.71	1:19.45	2:50.89	30.99	1:08.49	2:30.41	2:35.60	5:26.83
634	29.00	1:04.01	2:18.63	4:51.24	9:57.54	19:06.07	33.56	1:10.90	2:32.07	36.73	1:19.50	2:50.98	31.01	1:08.53	2:30.50	2:35.69	5:27.01
633	29.01	1:04.05	2:18.71	4:51.41	9:57.88	19:06.73	33.58	1:10.94	2:32.16	36.76	1:19.55	2:51.08	31.03	1:08.57	2:30.59	2:35.78	5:27.20
632	29.03	1:04.08	2:18.79	4:51.58	9:58.22	19:07.38	33.60	1:10.98	2:32.24	36.78	1:19.59	2:51.18	31.04	1:08.61	2:30.67	2:35.87	5:27.39
631	29.05	1:04.12	2:18.87	4:51.74	9:58.56	19:08.04	33.62	1:11.02	2:32.33	36.80	1:19.64	2:51.28	31.06	1:08.65	2:30.76	2:35.96	5:27.57
630	29.06	1:04.16	2:18.95	4:51.91	9:58.91	19:08.70	33.64	1:11.06	2:32.42	36.82	1:19.68	2:51.38	31.08	1:08.68	2:30.85	2:36.04	5:27.76
629	29.08	1:04.20	2:19.03	4:52.08	9:59.25	19:09.36	33.66	1:11.10	2:32.51	36.84	1:19.73	2:51.48	31.10	1:08.72	2:30.93	2:36.13	5:27.95
628	29.10	1:04.23	2:19.11	4:52.25	9:59.60	19:10.02	33.68	1:11.14	2:32.59	36.86	1:19.77	2:51.57	31.12	1:08.76	2:31.02	2:36.22	5:28.14
627	29.11	1:04.27	2:19.19	4:52.42	9:59.94	19:10.69	33.70	1:11.18	2:32.68	36.88	1:19.82	2:51.67	31.13	1:08.80	2:31.11	2:36.31	5:28.33
626	29.13	1:04.31	2:19.27	4:52.58	10:00.29	19:11.35	33.71	1:11.23	2:32.77	36.90	1:19.87	2:51.77	31.15	1:08.84	2:31.19	2:36.40	5:28.52
625	29.15	1:04.34	2:19.35	4:52.75	10:00.63	19:12.01	33.73	1:11.27	2:32.86	36.93	1:19.91	2:51.87	31.17	1:08.88	2:31.28	2:36.49	5:28.71
624	29.16	1:04.38	2:19.43	4:52.92	10:00.98	19:12.68	33.75	1:11.31	2:32.95	36.95	1:19.96	2:51.97	31.19	1:08.92	2:31.37	2:36.58	5:28.90
623	29.18	1:04.42	2:19.51	4:53.09	10:01.33	19:13.34	33.77	1:11.35	2:33.03	36.97	1:20.00	2:52.07	31.21	1:08.96	2:31.46	2:36.68	5:29.09
622	29.20	1:04.45	2:19.59	4:53.26	10:01.68	19:14.01	33.79	1:11.39	2:33.12	36.99	1:20.05	2:52.17	31.22	1:09.00	2:31.54	2:36.77	5:29.28
621	29.21	1:04.49	2:19.67	4:53.43	10:02.03	19:14.68	33.81	1:11.43	2:33.21	37.01	1:20.10	2:52.27	31.24	1:09.04	2:31.63	2:36.86	5:29.47
620	29.23	1:04.53	2:19.75	4:53.60	10:02.37	19:15.35	33.83	1:11.47	2:33.30	37.03	1:20.14	2:52.37	31.26	1:09.08	2:31.72	2:36.95	5:29.66
619	29.25	1:04.57	2:19.83	4:53.77	10:02.72	19:16.02	33.85	1:11.51	2:33.39	37.05	1:20.19	2:52.47	31.28	1:09.12	2:31.81	2:37.04	5:29.85
618	29.27	1:04.60	2:19.91	4:53.94	10:03.07	19:16.69	33.87	1:11.56	2:33.48	37.08	1:20.24	2:52.57	31.30	1:09.16	2:31.90	2:37.13	5:30.04
617	29.28	1:04.64	2:20.00	4:54.11	10:03.42	19:17.37	33.89	1:11.60	2:33.57	37.10	1:20.28	2:52.67	31.31	1:09.20	2:31.98	2:37.22	5:30.24
616	29.30	1:04.68	2:20.08	4:54.28	10:03.78	19:18.04	33.91	1:11.64	2:33.66	37.12	1:20.33	2:52.77	31.33	1:09.24	2:32.07	2:37.31	5:30.43
615	29.32	1:04.72	2:20.16	4:54.46	10:04.13	19:18.71	33.93	1:11.68	2:33.75	37.14	1:20.38	2:52.87	31.35	1:09.28	2:32.16	2:37.40	5:30.62
614	29.33	1:04.76	2:20.24	4:54.63	10:04.48	19:19.39	33.95	1:11.72	2:33.84	37.16	1:20.42	2:52.97	31.37	1:09.32	2:32.25	2:37.50	5:30.81
613	29.35	1:04.79	2:20.32	4:54.80	10:04.83	19:20.07	33.97	1:11.77	2:33.93	37.18	1:20.47	2:53.07	31.39	1:09.36	2:32.34	2:37.59	5:31.01
612	29.37	1:04.83	2:20.40	4:54.97	10:05.19	19:20.75	33.99	1:11.81	2:34.02	37.21	1:20.52	2:53.17	31.41	1:09.40	2:32.43	2:37.68	5:31.20
611	29.38	1:04.87	2:20.49	4:55.14	10:05.54	19:21.43	34.01	1:11.85	2:34.11	37.23	1:20.57	2:53.28	31.42	1:09.45	2:32.52	2:37.77	5:31.39

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
610	29.40	1:04.91	2:20.57	4:55.32	10:05.90	19:22.11	34.03	1:11.89	2:34.20	37.25	1:20.61	2:53.38	31.44	1:09.49	2:32.61	2:37.87	5:31.59
609	29.42	1:04.95	2:20.65	4:55.49	10:06.25	19:22.79	34.05	1:11.93	2:34.29	37.27	1:20.66	2:53.48	31.46	1:09.53	2:32.70	2:37.96	5:31.78
608	29.44	1:04.98	2:20.73	4:55.66	10:06.61	19:23.47	34.07	1:11.98	2:34.38	37.29	1:20.71	2:53.58	31.48	1:09.57	2:32.79	2:38.05	5:31.98
607	29.45	1:05.02	2:20.82	4:55.84	10:06.96	19:24.15	34.09	1:12.02	2:34.47	37.31	1:20.75	2:53.68	31.50	1:09.61	2:32.88	2:38.14	5:32.17
606	29.47	1:05.06	2:20.90	4:56.01	10:07.32	19:24.84	34.11	1:12.06	2:34.56	37.34	1:20.80	2:53.78	31.52	1:09.65	2:32.97	2:38.24	5:32.37
605	29.49	1:05.10	2:20.98	4:56.19	10:07.68	19:25.53	34.13	1:12.10	2:34.65	37.36	1:20.85	2:53.89	31.54	1:09.69	2:33.06	2:38.33	5:32.56
604	29.51	1:05.14	2:21.07	4:56.36	10:08.04	19:26.21	34.15	1:12.15	2:34.74	37.38	1:20.90	2:53.99	31.55	1:09.73	2:33.15	2:38.42	5:32.76
603	29.52	1:05.17	2:21.15	4:56.54	10:08.40	19:26.90	34.17	1:12.19	2:34.83	37.40	1:20.95	2:54.09	31.57	1:09.77	2:33.24	2:38.52	5:32.96
602	29.54	1:05.21	2:21.23	4:56.71	10:08.76	19:27.59	34.19	1:12.23	2:34.93	37.42	1:20.99	2:54.20	31.59	1:09.81	2:33.33	2:38.61	5:33.15
601	29.56	1:05.25	2:21.32	4:56.89	10:09.12	19:28.28	34.21	1:12.27	2:35.02	37.45	1:21.04	2:54.30	31.61	1:09.86	2:33.42	2:38.70	5:33.35
600	29.58	1:05.29	2:21.40	4:57.06	10:09.48	19:28.97	34.23	1:12.32	2:35.11	37.47	1:21.09	2:54.40	31.63	1:09.90	2:33.51	2:38.80	5:33.55
599	29.59	1:05.33	2:21.48	4:57.24	10:09.84	19:29.67	34.25	1:12.36	2:35.20	37.49	1:21.14	2:54.51	31.65	1:09.94	2:33.60	2:38.89	5:33.75
598	29.61	1:05.37	2:21.57	4:57.42	10:10.20	19:30.36	34.27	1:12.40	2:35.29	37.51	1:21.19	2:54.61	31.67	1:09.98	2:33.69	2:38.99	5:33.94
597	29.63	1:05.41	2:21.65	4:57.59	10:10.56	19:31.06	34.29	1:12.45	2:35.39	37.54	1:21.23	2:54.71	31.69	1:10.02	2:33.78	2:39.08	5:34.14
596	29.65	1:05.45	2:21.74	4:57.77	10:10.93	19:31.75	34.31	1:12.49	2:35.48	37.56	1:21.28	2:54.82	31.70	1:10.06	2:33.87	2:39.18	5:34.34
595	29.66	1:05.48	2:21.82	4:57.95	10:11.29	19:32.45	34.33	1:12.53	2:35.57	37.58	1:21.33	2:54.92	31.72	1:10.10	2:33.96	2:39.27	5:34.54
594	29.68	1:05.52	2:21.90	4:58.12	10:11.65	19:33.15	34.35	1:12.57	2:35.66	37.60	1:21.38	2:55.02	31.74	1:10.15	2:34.06	2:39.37	5:34.74
593	29.70	1:05.56	2:21.99	4:58.30	10:12.02	19:33.85	34.37	1:12.62	2:35.76	37.63	1:21.43	2:55.13	31.76	1:10.19	2:34.15	2:39.46	5:34.94
592	29.72	1:05.60	2:22.07	4:58.48	10:12.39	19:34.55	34.39	1:12.66	2:35.85	37.65	1:21.48	2:55.23	31.78	1:10.23	2:34.24	2:39.56	5:35.14
591	29.73	1:05.64	2:22.16	4:58.66	10:12.75	19:35.25	34.42	1:12.70	2:35.94	37.67	1:21.52	2:55.34	31.80	1:10.27	2:34.33	2:39.65	5:35.34
590	29.75	1:05.68	2:22.24	4:58.84	10:13.12	19:35.96	34.44	1:12.75	2:36.04	37.69	1:21.57	2:55.44	31.82	1:10.31	2:34.43	2:39.75	5:35.54
589	29.77	1:05.72	2:22.33	4:59.02	10:13.49	19:36.66	34.46	1:12.79	2:36.13	37.72	1:21.62	2:55.55	31.84	1:10.36	2:34.52	2:39.84	5:35.74
588	29.79	1:05.76	2:22.41	4:59.20	10:13.85	19:37.37	34.48	1:12.84	2:36.22	37.74	1:21.67	2:55.65	31.86	1:10.40	2:34.61	2:39.94	5:35.94
587	29.81	1:05.80	2:22.50	4:59.38	10:14.22	19:38.08	34.50	1:12.88	2:36.32	37.76	1:21.72	2:55.76	31.87	1:10.44	2:34.70	2:40.04	5:36.14
586	29.82	1:05.84	2:22.59	4:59.56	10:14.59	19:38.78	34.52	1:12.92	2:36.41	37.78	1:21.77	2:55.87	31.89	1:10.48	2:34.80	2:40.13	5:36.35
585	29.84	1:05.88	2:22.67	4:59.74	10:14.96	19:39.49	34.54	1:12.97	2:36.50	37.81	1:21.82	2:55.97	31.91	1:10.53	2:34.89	2:40.23	5:36.55
584	29.86	1:05.92	2:22.76	4:59.92	10:15.33	19:40.20	34.56	1:13.01	2:36.60	37.83	1:21.87	2:56.08	31.93	1:10.57	2:34.98	2:40.32	5:36.75
583	29.88	1:05.96	2:22.84	5:00.10	10:15.70	19:40.92	34.58	1:13.06	2:36.69	37.85	1:21.92	2:56.18	31.95	1:10.61	2:35.08	2:40.42	5:36.96
582	29.90	1:06.00	2:22.93	5:00.28	10:16.08	19:41.63	34.60	1:13.10	2:36.79	37.87	1:21.97	2:56.29	31.97	1:10.65	2:35.17	2:40.52	5:37.16
581	29.91	1:06.04	2:23.02	5:00.46	10:16.45	19:42.34	34.62	1:13.14	2:36.88	37.90	1:22.02	2:56.40	31.99	1:10.70	2:35.26	2:40.62	5:37.36
580	29.93	1:06.08	2:23.10	5:00.64	10:16.82	19:43.06	34.64	1:13.19	2:36.98	37.92	1:22.07	2:56.50	32.01	1:10.74	2:35.36	2:40.71	5:37.57
579	29.95	1:06.12	2:23.19	5:00.82	10:17.20	19:43.78	34.66	1:13.23	2:37.07	37.94	1:22.12	2:56.61	32.03	1:10.78	2:35.45	2:40.81	5:37.77
578	29.97	1:06.16	2:23.28	5:01.01	10:17.57	19:44.50	34.69	1:13.28	2:37.17	37.97	1:22.17	2:56.72	32.05	1:10.83	2:35.55	2:40.91	5:37.98
577	29.99	1:06.20	2:23.36	5:01.19	10:17.95	19:45.22	34.71	1:13.32	2:37.26	37.99	1:22.22	2:56.82	32.07	1:10.87	2:35.64	2:41.00	5:38.18
576	30.01	1:06.24	2:23.45	5:01.37	10:18.32	19:45.94	34.73	1:13.37	2:37.36	38.01	1:22.27	2:56.93	32.09	1:10.91	2:35.74	2:41.10	5:38.39

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
575	30.02	1:06.28	2:23.54	5:01.56	10:18.70	19:46.66	34.75	1:13.41	2:37.46	38.04	1:22.32	2:57.04	32.11	1:10.95	2:35.83	2:41.20	5:38.59
574	30.04	1:06.32	2:23.63	5:01.74	10:19.07	19:47.38	34.77	1:13.46	2:37.55	38.06	1:22.37	2:57.15	32.13	1:11.00	2:35.93	2:41.30	5:38.80
573	30.06	1:06.36	2:23.71	5:01.92	10:19.45	19:48.11	34.79	1:13.50	2:37.65	38.08	1:22.42	2:57.26	32.15	1:11.04	2:36.02	2:41.40	5:39.01
572	30.08	1:06.40	2:23.80	5:02.11	10:19.83	19:48.83	34.81	1:13.54	2:37.74	38.11	1:22.47	2:57.36	32.17	1:11.08	2:36.12	2:41.50	5:39.21
571	30.10	1:06.44	2:23.89	5:02.29	10:20.21	19:49.56	34.83	1:13.59	2:37.84	38.13	1:22.52	2:57.47	32.19	1:11.13	2:36.21	2:41.60	5:39.42
570	30.12	1:06.48	2:23.98	5:02.48	10:20.59	19:50.29	34.86	1:13.63	2:37.94	38.15	1:22.57	2:57.58	32.21	1:11.17	2:36.31	2:41.69	5:39.63
569	30.13	1:06.52	2:24.07	5:02.66	10:20.97	19:51.02	34.88	1:13.68	2:38.03	38.18	1:22.62	2:57.69	32.23	1:11.22	2:36.40	2:41.79	5:39.84
568	30.15	1:06.56	2:24.15	5:02.85	10:21.35	19:51.75	34.90	1:13.73	2:38.13	38.20	1:22.67	2:57.80	32.24	1:11.26	2:36.50	2:41.89	5:40.05
567	30.17	1:06.60	2:24.24	5:03.04	10:21.73	19:52.48	34.92	1:13.77	2:38.23	38.22	1:22.72	2:57.91	32.26	1:11.30	2:36.59	2:41.99	5:40.25
566	30.19	1:06.64	2:24.33	5:03.22	10:22.12	19:53.21	34.94	1:13.82	2:38.32	38.25	1:22.77	2:58.02	32.28	1:11.35	2:36.69	2:42.09	5:40.46
565	30.21	1:06.69	2:24.42	5:03.41	10:22.50	19:53.95	34.96	1:13.86	2:38.42	38.27	1:22.82	2:58.13	32.30	1:11.39	2:36.79	2:42.19	5:40.67
564	30.23	1:06.73	2:24.51	5:03.60	10:22.88	19:54.68	34.98	1:13.91	2:38.52	38.29	1:22.87	2:58.24	32.32	1:11.43	2:36.88	2:42.29	5:40.88
563	30.25	1:06.77	2:24.60	5:03.78	10:23.27	19:55.42	35.01	1:13.95	2:38.62	38.32	1:22.92	2:58.35	32.34	1:11.48	2:36.98	2:42.39	5:41.09
562	30.26	1:06.81	2:24.69	5:03.97	10:23.65	19:56.16	35.03	1:14.00	2:38.72	38.34	1:22.98	2:58.46	32.36	1:11.52	2:37.08	2:42.49	5:41.30
561	30.28	1:06.85	2:24.78	5:04.16	10:24.04	19:56.90	35.05	1:14.04	2:38.81	38.36	1:23.03	2:58.57	32.38	1:11.57	2:37.18	2:42.59	5:41.52
560	30.30	1:06.89	2:24.87	5:04.35	10:24.42	19:57.64	35.07	1:14.09	2:38.91	38.39	1:23.08	2:58.68	32.40	1:11.61	2:37.27	2:42.69	5:41.73
559	30.32	1:06.93	2:24.96	5:04.54	10:24.81	19:58.38	35.09	1:14.14	2:39.01	38.41	1:23.13	2:58.79	32.42	1:11.66	2:37.37	2:42.79	5:41.94
558	30.34	1:06.97	2:25.05	5:04.73	10:25.20	19:59.13	35.11	1:14.18	2:39.11	38.44	1:23.18	2:58.90	32.44	1:11.70	2:37.47	2:42.89	5:42.15
557	30.36	1:07.02	2:25.14	5:04.92	10:25.59	19:59.87	35.14	1:14.23	2:39.21	38.46	1:23.23	2:59.01	32.46	1:11.74	2:37.57	2:43.00	5:42.36
556	30.38	1:07.06	2:25.23	5:05.10	10:25.98	20:00.62	35.16	1:14.27	2:39.31	38.48	1:23.28	2:59.12	32.49	1:11.79	2:37.66	2:43.10	5:42.58
555	30.40	1:07.10	2:25.32	5:05.30	10:26.37	20:01.37	35.18	1:14.32	2:39.41	38.51	1:23.34	2:59.23	32.51	1:11.83	2:37.76	2:43.20	5:42.79
554	30.41	1:07.14	2:25.41	5:05.49	10:26.76	20:02.12	35.20	1:14.37	2:39.51	38.53	1:23.39	2:59.35	32.53	1:11.88	2:37.86	2:43.30	5:43.00
553	30.43	1:07.18	2:25.50	5:05.68	10:27.15	20:02.87	35.22	1:14.41	2:39.61	38.56	1:23.44	2:59.46	32.55	1:11.92	2:37.96	2:43.40	5:43.22
552	30.45	1:07.23	2:25.59	5:05.87	10:27.54	20:03.62	35.25	1:14.46	2:39.71	38.58	1:23.49	2:59.57	32.57	1:11.97	2:38.06	2:43.51	5:43.43
551	30.47	1:07.27	2:25.68	5:06.06	10:27.93	20:04.37	35.27	1:14.51	2:39.81	38.60	1:23.54	2:59.68	32.59	1:12.01	2:38.16	2:43.61	5:43.65
550	30.49	1:07.31	2:25.77	5:06.25	10:28.33	20:05.13	35.29	1:14.55	2:39.91	38.63	1:23.60	2:59.80	32.61	1:12.06	2:38.26	2:43.71	5:43.86
549	30.51	1:07.35	2:25.86	5:06.44	10:28.72	20:05.88	35.31	1:14.60	2:40.01	38.65	1:23.65	2:59.91	32.63	1:12.10	2:38.36	2:43.81	5:44.08
548	30.53	1:07.39	2:25.96	5:06.64	10:29.12	20:06.64	35.33	1:14.65	2:40.11	38.68	1:23.70	3:00.02	32.65	1:12.15	2:38.45	2:43.92	5:44.30
547	30.55	1:07.44	2:26.05	5:06.83	10:29.51	20:07.40	35.36	1:14.69	2:40.21	38.70	1:23.75	3:00.13	32.67	1:12.19	2:38.55	2:44.02	5:44.51
546	30.57	1:07.48	2:26.14	5:07.02	10:29.91	20:08.16	35.38	1:14.74	2:40.31	38.73	1:23.81	3:00.25	32.69	1:12.24	2:38.65	2:44.12	5:44.73
545	30.59	1:07.52	2:26.23	5:07.21	10:30.31	20:08.92	35.40	1:14.79	2:40.41	38.75	1:23.86	3:00.36	32.71	1:12.29	2:38.75	2:44.23	5:44.95
544	30.61	1:07.56	2:26.32	5:07.41	10:30.70	20:09.69	35.42	1:14.83	2:40.51	38.77	1:23.91	3:00.48	32.73	1:12.33	2:38.85	2:44.33	5:45.16
543	30.63	1:07.61	2:26.42	5:07.60	10:31.10	20:10.45	35.45	1:14.88	2:40.61	38.80	1:23.97	3:00.59	32.75	1:12.38	2:38.95	2:44.43	5:45.38
542	30.64	1:07.65	2:26.51	5:07.80	10:31.50	20:11.22	35.47	1:14.93	2:40.71	38.82	1:24.02	3:00.70	32.77	1:12.42	2:39.06	2:44.54	5:45.60
541	30.66	1:07.69	2:26.60	5:07.99	10:31.90	20:11.98	35.49	1:14.98	2:40.82	38.85	1:24.07	3:00.82	32.79	1:12.47	2:39.16	2:44.64	5:45.82

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Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
540	30.68	1:07.74	2:26.70	5:08.19	10:32.30	20:12.75	35.51	1:15.02	2:40.92	38.87	1:24.13	3:00.93	32.81	1:12.51	2:39.26	2:44.75	5:46.04
539	30.70	1:07.78	2:26.79	5:08.38	10:32.70	20:13.52	35.54	1:15.07	2:41.02	38.90	1:24.18	3:01.05	32.83	1:12.56	2:39.36	2:44.85	5:46.26
538	30.72	1:07.82	2:26.88	5:08.58	10:33.11	20:14.29	35.56	1:15.12	2:41.12	38.92	1:24.23	3:01.16	32.86	1:12.61	2:39.46	2:44.96	5:46.48
537	30.74	1:07.87	2:26.98	5:08.78	10:33.51	20:15.07	35.58	1:15.17	2:41.22	38.95	1:24.29	3:01.28	32.88	1:12.65	2:39.56	2:45.06	5:46.70
536	30.76	1:07.91	2:27.07	5:08.97	10:33.91	20:15.84	35.60	1:15.22	2:41.33	38.97	1:24.34	3:01.39	32.90	1:12.70	2:39.66	2:45.17	5:46.92
535	30.78	1:07.95	2:27.16	5:09.17	10:34.32	20:16.62	35.63	1:15.26	2:41.43	39.00	1:24.39	3:01.51	32.92	1:12.75	2:39.76	2:45.27	5:47.14
534	30.80	1:08.00	2:27.26	5:09.37	10:34.72	20:17.39	35.65	1:15.31	2:41.53	39.02	1:24.45	3:01.63	32.94	1:12.79	2:39.87	2:45.38	5:47.36
533	30.82	1:08.04	2:27.35	5:09.57	10:35.13	20:18.17	35.67	1:15.36	2:41.64	39.05	1:24.50	3:01.74	32.96	1:12.84	2:39.97	2:45.48	5:47.59
532	30.84	1:08.08	2:27.45	5:09.76	10:35.54	20:18.95	35.69	1:15.41	2:41.74	39.07	1:24.56	3:01.86	32.98	1:12.89	2:40.07	2:45.59	5:47.81
531	30.86	1:08.13	2:27.54	5:09.96	10:35.94	20:19.74	35.72	1:15.46	2:41.84	39.10	1:24.61	3:01.98	33.00	1:12.93	2:40.17	2:45.69	5:48.03
530	30.88	1:08.17	2:27.63	5:10.16	10:36.35	20:20.52	35.74	1:15.51	2:41.95	39.12	1:24.66	3:02.09	33.02	1:12.98	2:40.28	2:45.80	5:48.25
529	30.90	1:08.21	2:27.73	5:10.36	10:36.76	20:21.30	35.76	1:15.55	2:42.05	39.15	1:24.72	3:02.21	33.04	1:13.03	2:40.38	2:45.91	5:48.48
528	30.92	1:08.26	2:27.82	5:10.56	10:37.17	20:22.09	35.79	1:15.60	2:42.16	39.17	1:24.77	3:02.33	33.07	1:13.07	2:40.48	2:46.01	5:48.70
527	30.94	1:08.30	2:27.92	5:10.76	10:37.58	20:22.88	35.81	1:15.65	2:42.26	39.20	1:24.83	3:02.44	33.09	1:13.12	2:40.59	2:46.12	5:48.93
526	30.96	1:08.35	2:28.02	5:10.96	10:37.99	20:23.67	35.83	1:15.70	2:42.37	39.22	1:24.88	3:02.56	33.11	1:13.17	2:40.69	2:46.23	5:49.15
525	30.98	1:08.39	2:28.11	5:11.16	10:38.41	20:24.46	35.86	1:15.75	2:42.47	39.25	1:24.94	3:02.68	33.13	1:13.21	2:40.79	2:46.34	5:49.38
524	31.00	1:08.43	2:28.21	5:11.36	10:38.82	20:25.25	35.88	1:15.80	2:42.58	39.27	1:24.99	3:02.80	33.15	1:13.26	2:40.90	2:46.44	5:49.60
523	31.02	1:08.48	2:28.30	5:11.57	10:39.23	20:26.04	35.90	1:15.85	2:42.68	39.30	1:25.05	3:02.92	33.17	1:13.31	2:41.00	2:46.55	5:49.83
522	31.04	1:08.52	2:28.40	5:11.77	10:39.65	20:26.84	35.93	1:15.90	2:42.79	39.32	1:25.10	3:03.03	33.19	1:13.36	2:41.11	2:46.66	5:50.06
521	31.06	1:08.57	2:28.50	5:11.97	10:40.06	20:27.63	35.95	1:15.95	2:42.89	39.35	1:25.16	3:03.15	33.22	1:13.40	2:41.21	2:46.77	5:50.29
520	31.08	1:08.61	2:28.59	5:12.17	10:40.48	20:28.43	35.97	1:15.99	2:43.00	39.38	1:25.21	3:03.27	33.24	1:13.45	2:41.32	2:46.88	5:50.51
519	31.10	1:08.66	2:28.69	5:12.38	10:40.90	20:29.23	36.00	1:16.04	2:43.10	39.40	1:25.27	3:03.39	33.26	1:13.50	2:41.42	2:46.98	5:50.74
518	31.12	1:08.70	2:28.79	5:12.58	10:41.31	20:30.03	36.02	1:16.09	2:43.21	39.43	1:25.32	3:03.51	33.28	1:13.55	2:41.53	2:47.09	5:50.97
517	31.14	1:08.75	2:28.88	5:12.78	10:41.73	20:30.84	36.04	1:16.14	2:43.32	39.45	1:25.38	3:03.63	33.30	1:13.60	2:41.63	2:47.20	5:51.20
516	31.16	1:08.79	2:28.98	5:12.99	10:42.15	20:31.64	36.07	1:16.19	2:43.42	39.48	1:25.44	3:03.75	33.32	1:13.64	2:41.74	2:47.31	5:51.43
515	31.18	1:08.84	2:29.08	5:13.19	10:42.57	20:32.45	36.09	1:16.24	2:43.53	39.50	1:25.49	3:03.87	33.35	1:13.69	2:41.84	2:47.42	5:51.66
514	31.20	1:08.88	2:29.18	5:13.40	10:42.99	20:33.26	36.11	1:16.29	2:43.64	39.53	1:25.55	3:03.99	33.37	1:13.74	2:41.95	2:47.53	5:51.89
513	31.22	1:08.93	2:29.27	5:13.60	10:43.41	20:34.06	36.14	1:16.34	2:43.75	39.56	1:25.60	3:04.11	33.39	1:13.79	2:42.06	2:47.64	5:52.12
512	31.24	1:08.97	2:29.37	5:13.81	10:43.84	20:34.88	36.16	1:16.39	2:43.85	39.58	1:25.66	3:04.23	33.41	1:13.84	2:42.16	2:47.75	5:52.35
511	31.26	1:09.02	2:29.47	5:14.02	10:44.26	20:35.69	36.19	1:16.44	2:43.96	39.61	1:25.72	3:04.36	33.43	1:13.89	2:42.27	2:47.86	5:52.58
510	31.28	1:09.06	2:29.57	5:14.22	10:44.68	20:36.50	36.21	1:16.49	2:44.07	39.63	1:25.77	3:04.48	33.46	1:13.93	2:42.38	2:47.97	5:52.82
509	31.31	1:09.11	2:29.67	5:14.43	10:45.11	20:37.32	36.23	1:16.54	2:44.18	39.66	1:25.83	3:04.60	33.48	1:13.98	2:42.48	2:48.08	5:53.05
508	31.33	1:09.15	2:29.77	5:14.64	10:45.54	20:38.13	36.26	1:16.59	2:44.29	39.69	1:25.89	3:04.72	33.50	1:14.03	2:42.59	2:48.19	5:53.28
507	31.35	1:09.20	2:29.86	5:14.85	10:45.96	20:38.95	36.28	1:16.65	2:44.39	39.71	1:25.94	3:04.84	33.52	1:14.08	2:42.70	2:48.31	5:53.51
506	31.37	1:09.25	2:29.96	5:15.05	10:46.39	20:39.77	36.30	1:16.70	2:44.50	39.74	1:26.00	3:04.96	33.54	1:14.13	2:42.81	2:48.42	5:53.75

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
505	31.39	1:09.29	2:30.06	5:15.26	10:46.82	20:40.60	36.33	1:16.75	2:44.61	39.77	1:26.06	3:05.09	33.57	1:14.18	2:42.91	2:48.53	5:53.98
504	31.41	1:09.34	2:30.16	5:15.47	10:47.25	20:41.42	36.35	1:16.80	2:44.72	39.79	1:26.11	3:05.21	33.59	1:14.23	2:43.02	2:48.64	5:54.22
503	31.43	1:09.38	2:30.26	5:15.68	10:47.68	20:42.24	36.38	1:16.85	2:44.83	39.82	1:26.17	3:05.33	33.61	1:14.28	2:43.13	2:48.75	5:54.45
502	31.45	1:09.43	2:30.36	5:15.89	10:48.11	20:43.07	36.40	1:16.90	2:44.94	39.84	1:26.23	3:05.46	33.63	1:14.33	2:43.24	2:48.86	5:54.69
501	31.47	1:09.48	2:30.46	5:16.10	10:48.54	20:43.90	36.43	1:16.95	2:45.05	39.87	1:26.29	3:05.58	33.66	1:14.38	2:43.35	2:48.98	5:54.93
500	31.49	1:09.52	2:30.56	5:16.31	10:48.97	20:44.73	36.45	1:17.00	2:45.16	39.90	1:26.34	3:05.70	33.68	1:14.43	2:43.46	2:49.09	5:55.16
499	31.51	1:09.57	2:30.66	5:16.53	10:49.41	20:45.56	36.47	1:17.05	2:45.27	39.92	1:26.40	3:05.83	33.70	1:14.48	2:43.57	2:49.20	5:55.40
498	31.54	1:09.62	2:30.76	5:16.74	10:49.84	20:46.39	36.50	1:17.11	2:45.38	39.95	1:26.46	3:05.95	33.72	1:14.53	2:43.68	2:49.32	5:55.64
497	31.56	1:09.66	2:30.87	5:16.95	10:50.28	20:47.23	36.52	1:17.16	2:45.49	39.98	1:26.52	3:06.08	33.75	1:14.58	2:43.78	2:49.43	5:55.88
496	31.58	1:09.71	2:30.97	5:17.16	10:50.71	20:48.07	36.55	1:17.21	2:45.60	40.00	1:26.58	3:06.20	33.77	1:14.63	2:43.89	2:49.54	5:56.12
495	31.60	1:09.76	2:31.07	5:17.38	10:51.15	20:48.91	36.57	1:17.26	2:45.71	40.03	1:26.63	3:06.33	33.79	1:14.68	2:44.00	2:49.66	5:56.35
494	31.62	1:09.80	2:31.17	5:17.59	10:51.59	20:49.75	36.60	1:17.31	2:45.83	40.06	1:26.69	3:06.45	33.81	1:14.73	2:44.12	2:49.77	5:56.59
493	31.64	1:09.85	2:31.27	5:17.80	10:52.03	20:50.59	36.62	1:17.37	2:45.94	40.09	1:26.75	3:06.58	33.84	1:14.78	2:44.23	2:49.89	5:56.83
492	31.66	1:09.90	2:31.37	5:18.02	10:52.47	20:51.43	36.65	1:17.42	2:46.05	40.11	1:26.81	3:06.70	33.86	1:14.83	2:44.34	2:50.00	5:57.08
491	31.68	1:09.94	2:31.48	5:18.23	10:52.91	20:52.28	36.67	1:17.47	2:46.16	40.14	1:26.87	3:06.83	33.88	1:14.88	2:44.45	2:50.12	5:57.32
490	31.71	1:09.99	2:31.58	5:18.45	10:53.35	20:53.12	36.70	1:17.52	2:46.27	40.17	1:26.93	3:06.96	33.91	1:14.93	2:44.56	2:50.23	5:57.56
489	31.73	1:10.04	2:31.68	5:18.66	10:53.79	20:53.97	36.72	1:17.57	2:46.39	40.19	1:26.99	3:07.08	33.93	1:14.98	2:44.67	2:50.35	5:57.80
488	31.75	1:10.09	2:31.78	5:18.88	10:54.24	20:54.82	36.75	1:17.63	2:46.50	40.22	1:27.04	3:07.21	33.95	1:15.03	2:44.78	2:50.46	5:58.04
487	31.77	1:10.13	2:31.89	5:19.10	10:54.68	20:55.68	36.77	1:17.68	2:46.61	40.25	1:27.10	3:07.34	33.97	1:15.08	2:44.89	2:50.58	5:58.29
486	31.79	1:10.18	2:31.99	5:19.31	10:55.13	20:56.53	36.80	1:17.73	2:46.73	40.28	1:27.16	3:07.46	34.00	1:15.13	2:45.01	2:50.69	5:58.53
485	31.81	1:10.23	2:32.09	5:19.53	10:55.57	20:57.39	36.82	1:17.79	2:46.84	40.30	1:27.22	3:07.59	34.02	1:15.18	2:45.12	2:50.81	5:58.77
484	31.83	1:10.28	2:32.20	5:19.75	10:56.02	20:58.24	36.85	1:17.84	2:46.95	40.33	1:27.28	3:07.72	34.04	1:15.23	2:45.23	2:50.93	5:59.02
483	31.86	1:10.32	2:32.30	5:19.97	10:56.47	20:59.10	36.87	1:17.89	2:47.07	40.36	1:27.34	3:07.85	34.07	1:15.29	2:45.34	2:51.04	5:59.26
482	31.88	1:10.37	2:32.41	5:20.19	10:56.92	20:59.96	36.90	1:17.95	2:47.18	40.39	1:27.40	3:07.98	34.09	1:15.34	2:45.46	2:51.16	5:59.51
481	31.90	1:10.42	2:32.51	5:20.41	10:57.37	21:00.83	36.92	1:18.00	2:47.30	40.41	1:27.46	3:08.11	34.11	1:15.39	2:45.57	2:51.28	5:59.76
480	31.92	1:10.47	2:32.61	5:20.62	10:57.82	21:01.69	36.95	1:18.05	2:47.41	40.44	1:27.52	3:08.23	34.14	1:15.44	2:45.68	2:51.39	6:00.00
479	31.94	1:10.52	2:32.72	5:20.85	10:58.27	21:02.56	36.97	1:18.11	2:47.53	40.47	1:27.58	3:08.36	34.16	1:15.49	2:45.80	2:51.51	6:00.25
478	31.97	1:10.57	2:32.82	5:21.07	10:58.72	21:03.43	37.00	1:18.16	2:47.64	40.50	1:27.64	3:08.49	34.18	1:15.54	2:45.91	2:51.63	6:00.50
477	31.99	1:10.61	2:32.93	5:21.29	10:59.18	21:04.30	37.02	1:18.21	2:47.76	40.52	1:27.70	3:08.62	34.21	1:15.60	2:46.03	2:51.75	6:00.75
476	32.01	1:10.66	2:33.04	5:21.51	10:59.63	21:05.17	37.05	1:18.27	2:47.87	40.55	1:27.76	3:08.75	34.23	1:15.65	2:46.14	2:51.87	6:01.00
475	32.03	1:10.71	2:33.14	5:21.73	11:00.09	21:06.04	37.07	1:18.32	2:47.99	40.58	1:27.82	3:08.88	34.26	1:15.70	2:46.26	2:51.99	6:01.24
474	32.05	1:10.76	2:33.25	5:21.95	11:00.54	21:06.92	37.10	1:18.38	2:48.10	40.61	1:27.88	3:09.01	34.28	1:15.75	2:46.37	2:52.10	6:01.49
473	32.08	1:10.81	2:33.35	5:22.18	11:01.00	21:07.80	37.13	1:18.43	2:48.22	40.64	1:27.94	3:09.15	34.30	1:15.81	2:46.49	2:52.22	6:01.74
472	32.10	1:10.86	2:33.46	5:22.40	11:01.46	21:08.67	37.15	1:18.48	2:48.34	40.67	1:28.01	3:09.28	34.33	1:15.86	2:46.60	2:52.34	6:02.00
471	32.12	1:10.91	2:33.57	5:22.62	11:01.92	21:09.56	37.18	1:18.54	2:48.45	40.69	1:28.07	3:09.41	34.35	1:15.91	2:46.72	2:52.46	6:02.25

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
470	32.14	1:10.96	2:33.67	5:22.85	11:02.38	21:10.44	37.20	1:18.59	2:48.57	40.72	1:28.13	3:09.54	34.37	1:15.96	2:46.83	2:52.58	6:02.50
469	32.17	1:11.01	2:33.78	5:23.07	11:02.84	21:11.32	37.23	1:18.65	2:48.69	40.75	1:28.19	3:09.67	34.40	1:16.02	2:46.95	2:52.70	6:02.75
468	32.19	1:11.06	2:33.89	5:23.30	11:03.30	21:12.21	37.25	1:18.70	2:48.81	40.78	1:28.25	3:09.80	34.42	1:16.07	2:47.07	2:52.82	6:03.00
467	32.21	1:11.11	2:33.99	5:23.52	11:03.77	21:13.10	37.28	1:18.76	2:48.93	40.81	1:28.31	3:09.94	34.45	1:16.12	2:47.18	2:52.94	6:03.26
466	32.23	1:11.16	2:34.10	5:23.75	11:04.23	21:13.99	37.31	1:18.81	2:49.04	40.84	1:28.37	3:10.07	34.47	1:16.18	2:47.30	2:53.06	6:03.51
465	32.26	1:11.21	2:34.21	5:23.98	11:04.70	21:14.88	37.33	1:18.87	2:49.16	40.86	1:28.44	3:10.20	34.49	1:16.23	2:47.42	2:53.19	6:03.77
464	32.28	1:11.26	2:34.32	5:24.20	11:05.16	21:15.78	37.36	1:18.92	2:49.28	40.89	1:28.50	3:10.34	34.52	1:16.28	2:47.53	2:53.31	6:04.02
463	32.30	1:11.31	2:34.43	5:24.43	11:05.63	21:16.67	37.39	1:18.98	2:49.40	40.92	1:28.56	3:10.47	34.54	1:16.34	2:47.65	2:53.43	6:04.28
462	32.32	1:11.36	2:34.54	5:24.66	11:06.10	21:17.57	37.41	1:19.03	2:49.52	40.95	1:28.62	3:10.60	34.57	1:16.39	2:47.77	2:53.55	6:04.53
461	32.35	1:11.41	2:34.64	5:24.89	11:06.57	21:18.47	37.44	1:19.09	2:49.64	40.98	1:28.69	3:10.74	34.59	1:16.44	2:47.89	2:53.67	6:04.79
460	32.37	1:11.46	2:34.75	5:25.12	11:07.04	21:19.37	37.46	1:19.15	2:49.76	41.01	1:28.75	3:10.87	34.62	1:16.50	2:48.01	2:53.80	6:05.05
459	32.39	1:11.51	2:34.86	5:25.35	11:07.51	21:20.28	37.49	1:19.20	2:49.88	41.04	1:28.81	3:11.01	34.64	1:16.55	2:48.12	2:53.92	6:05.31
458	32.42	1:11.56	2:34.97	5:25.58	11:07.98	21:21.19	37.52	1:19.26	2:50.00	41.07	1:28.87	3:11.14	34.67	1:16.61	2:48.24	2:54.04	6:05.57
457	32.44	1:11.61	2:35.08	5:25.81	11:08.46	21:22.09	37.54	1:19.31	2:50.12	41.10	1:28.94	3:11.28	34.69	1:16.66	2:48.36	2:54.17	6:05.82
456	32.46	1:11.66	2:35.19	5:26.04	11:08.93	21:23.00	37.57	1:19.37	2:50.24	41.12	1:29.00	3:11.41	34.71	1:16.72	2:48.48	2:54.29	6:06.08
455	32.48	1:11.71	2:35.30	5:26.27	11:09.41	21:23.92	37.60	1:19.43	2:50.36	41.15	1:29.06	3:11.55	34.74	1:16.77	2:48.60	2:54.41	6:06.34
454	32.51	1:11.76	2:35.41	5:26.51	11:09.88	21:24.83	37.62	1:19.48	2:50.48	41.18	1:29.13	3:11.69	34.76	1:16.82	2:48.72	2:54.54	6:06.61
453	32.53	1:11.81	2:35.52	5:26.74	11:10.36	21:25.75	37.65	1:19.54	2:50.60	41.21	1:29.19	3:11.82	34.79	1:16.88	2:48.84	2:54.66	6:06.87
452	32.55	1:11.86	2:35.64	5:26.97	11:10.84	21:26.66	37.68	1:19.60	2:50.73	41.24	1:29.25	3:11.96	34.81	1:16.93	2:48.96	2:54.79	6:07.13
451	32.58	1:11.92	2:35.75	5:27.21	11:11.32	21:27.58	37.70	1:19.65	2:50.85	41.27	1:29.32	3:12.10	34.84	1:16.99	2:49.08	2:54.91	6:07.39
450	32.60	1:11.97	2:35.86	5:27.44	11:11.80	21:28.51	37.73	1:19.71	2:50.97	41.30	1:29.38	3:12.24	34.86	1:17.04	2:49.21	2:55.04	6:07.65
449	32.62	1:12.02	2:35.97	5:27.67	11:12.28	21:29.43	37.76	1:19.77	2:51.09	41.33	1:29.45	3:12.37	34.89	1:17.10	2:49.33	2:55.16	6:07.92
448	32.65	1:12.07	2:36.08	5:27.91	11:12.76	21:30.36	37.79	1:19.83	2:51.22	41.36	1:29.51	3:12.51	34.91	1:17.16	2:49.45	2:55.29	6:08.18
447	32.67	1:12.12	2:36.19	5:28.15	11:13.25	21:31.29	37.81	1:19.88	2:51.34	41.39	1:29.57	3:12.65	34.94	1:17.21	2:49.57	2:55.41	6:08.45
446	32.69	1:12.17	2:36.31	5:28.38	11:13.73	21:32.22	37.84	1:19.94	2:51.46	41.42	1:29.64	3:12.79	34.96	1:17.27	2:49.69	2:55.54	6:08.71
445	32.72	1:12.23	2:36.42	5:28.62	11:14.22	21:33.15	37.87	1:20.00	2:51.59	41.45	1:29.70	3:12.93	34.99	1:17.32	2:49.82	2:55.67	6:08.98
444	32.74	1:12.28	2:36.53	5:28.86	11:14.71	21:34.08	37.90	1:20.06	2:51.71	41.48	1:29.77	3:13.07	35.01	1:17.38	2:49.94	2:55.79	6:09.25
443	32.77	1:12.33	2:36.65	5:29.09	11:15.20	21:35.02	37.92	1:20.11	2:51.83	41.51	1:29.83	3:13.21	35.04	1:17.43	2:50.06	2:55.92	6:09.51
442	32.79	1:12.38	2:36.76	5:29.33	11:15.69	21:35.96	37.95	1:20.17	2:51.96	41.54	1:29.90	3:13.35	35.07	1:17.49	2:50.18	2:56.05	6:09.78
441	32.81	1:12.44	2:36.87	5:29.57	11:16.18	21:36.90	37.98	1:20.23	2:52.08	41.57	1:29.96	3:13.49	35.09	1:17.55	2:50.31	2:56.18	6:10.05
440	32.84	1:12.49	2:36.99	5:29.81	11:16.67	21:37.84	38.01	1:20.29	2:52.21	41.60	1:30.03	3:13.63	35.12	1:17.60	2:50.43	2:56.31	6:10.32
439	32.86	1:12.54	2:37.10	5:30.05	11:17.16	21:38.79	38.03	1:20.35	2:52.33	41.63	1:30.09	3:13.77	35.14	1:17.66	2:50.56	2:56.43	6:10.59
438	32.88	1:12.59	2:37.22	5:30.29	11:17.65	21:39.74	38.06	1:20.41	2:52.46	41.66	1:30.16	3:13.91	35.17	1:17.72	2:50.68	2:56.56	6:10.86
437	32.91	1:12.65	2:37.33	5:30.53	11:18.15	21:40.69	38.09	1:20.46	2:52.59	41.69	1:30.23	3:14.05	35.19	1:17.77	2:50.80	2:56.69	6:11.13
436	32.93	1:12.70	2:37.45	5:30.78	11:18.65	21:41.64	38.12	1:20.52	2:52.71	41.72	1:30.29	3:14.19	35.22	1:17.83	2:50.93	2:56.82	6:11.40

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
435	32.96	1:12.75	2:37.56	5:31.02	11:19.14	21:42.59	38.14	1:20.58	2:52.84	41.75	1:30.36	3:14.34	35.24	1:17.89	2:51.06	2:56.95	6:11.67
434	32.98	1:12.81	2:37.68	5:31.26	11:19.64	21:43.55	38.17	1:20.64	2:52.97	41.78	1:30.42	3:14.48	35.27	1:17.94	2:51.18	2:57.08	6:11.95
433	33.01	1:12.86	2:37.79	5:31.51	11:20.14	21:44.51	38.20	1:20.70	2:53.09	41.81	1:30.49	3:14.62	35.30	1:18.00	2:51.31	2:57.21	6:12.22
432	33.03	1:12.91	2:37.91	5:31.75	11:20.64	21:45.47	38.23	1:20.76	2:53.22	41.84	1:30.56	3:14.77	35.32	1:18.06	2:51.43	2:57.34	6:12.49
431	33.05	1:12.97	2:38.03	5:31.99	11:21.15	21:46.43	38.26	1:20.82	2:53.35	41.88	1:30.62	3:14.91	35.35	1:18.12	2:51.56	2:57.47	6:12.77
430	33.08	1:13.02	2:38.14	5:32.24	11:21.65	21:47.40	38.29	1:20.88	2:53.48	41.91	1:30.69	3:15.05	35.37	1:18.17	2:51.69	2:57.60	6:13.04
429	33.10	1:13.08	2:38.26	5:32.49	11:22.15	21:48.36	38.31	1:20.94	2:53.60	41.94	1:30.76	3:15.20	35.40	1:18.23	2:51.81	2:57.73	6:13.32
428	33.13	1:13.13	2:38.38	5:32.73	11:22.66	21:49.33	38.34	1:21.00	2:53.73	41.97	1:30.83	3:15.34	35.43	1:18.29	2:51.94	2:57.87	6:13.60
427	33.15	1:13.18	2:38.50	5:32.98	11:23.16	21:50.31	38.37	1:21.06	2:53.86	42.00	1:30.89	3:15.49	35.45	1:18.35	2:52.07	2:58.00	6:13.87
426	33.18	1:13.24	2:38.61	5:33.23	11:23.67	21:51.28	38.40	1:21.12	2:53.99	42.03	1:30.96	3:15.63	35.48	1:18.41	2:52.20	2:58.13	6:14.15
425	33.20	1:13.29	2:38.73	5:33.47	11:24.18	21:52.26	38.43	1:21.18	2:54.12	42.06	1:31.03	3:15.78	35.51	1:18.46	2:52.32	2:58.26	6:14.43
424	33.23	1:13.35	2:38.85	5:33.72	11:24.69	21:53.24	38.46	1:21.24	2:54.25	42.09	1:31.10	3:15.92	35.53	1:18.52	2:52.45	2:58.40	6:14.71
423	33.25	1:13.40	2:38.97	5:33.97	11:25.20	21:54.22	38.48	1:21.30	2:54.38	42.13	1:31.16	3:16.07	35.56	1:18.58	2:52.58	2:58.53	6:14.99
422	33.28	1:13.46	2:39.09	5:34.22	11:25.72	21:55.20	38.51	1:21.36	2:54.51	42.16	1:31.23	3:16.22	35.59	1:18.64	2:52.71	2:58.66	6:15.27
421	33.30	1:13.51	2:39.21	5:34.47	11:26.23	21:56.19	38.54	1:21.42	2:54.64	42.19	1:31.30	3:16.36	35.61	1:18.70	2:52.84	2:58.80	6:15.55
420	33.33	1:13.57	2:39.33	5:34.72	11:26.75	21:57.17	38.57	1:21.48	2:54.77	42.22	1:31.37	3:16.51	35.64	1:18.76	2:52.97	2:58.93	6:15.83
419	33.35	1:13.62	2:39.45	5:34.98	11:27.26	21:58.16	38.60	1:21.55	2:54.90	42.25	1:31.44	3:16.66	35.67	1:18.82	2:53.10	2:59.07	6:16.12
418	33.38	1:13.68	2:39.57	5:35.23	11:27.78	21:59.16	38.63	1:21.61	2:55.04	42.28	1:31.51	3:16.81	35.69	1:18.88	2:53.23	2:59.20	6:16.40
417	33.40	1:13.73	2:39.69	5:35.48	11:28.30	22:00.15	38.66	1:21.67	2:55.17	42.32	1:31.58	3:16.96	35.72	1:18.94	2:53.36	2:59.34	6:16.68
416	33.43	1:13.79	2:39.81	5:35.73	11:28.82	22:01.15	38.69	1:21.73	2:55.30	42.35	1:31.65	3:17.11	35.75	1:19.00	2:53.49	2:59.47	6:16.97
415	33.45	1:13.85	2:39.93	5:35.99	11:29.34	22:02.15	38.72	1:21.79	2:55.43	42.38	1:31.72	3:17.25	35.77	1:19.06	2:53.62	2:59.61	6:17.25
414	33.48	1:13.90	2:40.05	5:36.24	11:29.86	22:03.15	38.75	1:21.85	2:55.57	42.41	1:31.78	3:17.40	35.80	1:19.12	2:53.76	2:59.74	6:17.54
413	33.50	1:13.96	2:40.17	5:36.50	11:30.39	22:04.16	38.78	1:21.92	2:55.70	42.44	1:31.85	3:17.55	35.83	1:19.18	2:53.89	2:59.88	6:17.83
412	33.53	1:14.01	2:40.29	5:36.76	11:30.91	22:05.16	38.81	1:21.98	2:55.83	42.48	1:31.92	3:17.70	35.86	1:19.24	2:54.02	3:00.02	6:18.11
411	33.55	1:14.07	2:40.42	5:37.01	11:31.44	22:06.17	38.84	1:22.04	2:55.97	42.51	1:31.99	3:17.86	35.88	1:19.30	2:54.15	3:00.15	6:18.40
410	33.58	1:14.13	2:40.54	5:37.27	11:31.97	22:07.19	38.86	1:22.10	2:56.10	42.54	1:32.06	3:18.01	35.91	1:19.36	2:54.28	3:00.29	6:18.69
409	33.61	1:14.18	2:40.66	5:37.53	11:32.50	22:08.20	38.89	1:22.17	2:56.24	42.57	1:32.13	3:18.16	35.94	1:19.42	2:54.42	3:00.43	6:18.98
408	33.63	1:14.24	2:40.78	5:37.79	11:33.03	22:09.22	38.92	1:22.23	2:56.37	42.61	1:32.21	3:18.31	35.97	1:19.48	2:54.55	3:00.57	6:19.27
407	33.66	1:14.30	2:40.91	5:38.04	11:33.56	22:10.24	38.95	1:22.29	2:56.51	42.64	1:32.28	3:18.46	35.99	1:19.54	2:54.69	3:00.71	6:19.56
406	33.68	1:14.36	2:41.03	5:38.30	11:34.09	22:11.26	38.98	1:22.36	2:56.64	42.67	1:32.35	3:18.61	36.02	1:19.60	2:54.82	3:00.84	6:19.85
405	33.71	1:14.41	2:41.15	5:38.56	11:34.62	22:12.28	39.01	1:22.42	2:56.78	42.70	1:32.42	3:18.77	36.05	1:19.66	2:54.95	3:00.98	6:20.15
404	33.73	1:14.47	2:41.28	5:38.83	11:35.16	22:13.31	39.04	1:22.48	2:56.91	42.74	1:32.49	3:18.92	36.08	1:19.72	2:55.09	3:01.12	6:20.44
403	33.76	1:14.53	2:41.40	5:39.09	11:35.70	22:14.34	39.07	1:22.55	2:57.05	42.77	1:32.56	3:19.07	36.10	1:19.79	2:55.22	3:01.26	6:20.73
402	33.79	1:14.59	2:41.53	5:39.35	11:36.23	22:15.37	39.10	1:22.61	2:57.19	42.80	1:32.63	3:19.23	36.13	1:19.85	2:55.36	3:01.40	6:21.03
401	33.81	1:14.64	2:41.65	5:39.61	11:36.77	22:16.41	39.13	1:22.67	2:57.33	42.84	1:32.70	3:19.38	36.16	1:19.91	2:55.50	3:01.54	6:21.32

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
400	33.84	1:14.70	2:41.78	5:39.88	11:37.32	22:17.45	39.17	1:22.74	2:57.46	42.87	1:32.78	3:19.54	36.19	1:19.97	2:55.63	3:01.69	6:21.62
399	33.87	1:14.76	2:41.90	5:40.14	11:37.86	22:18.49	39.20	1:22.80	2:57.60	42.90	1:32.85	3:19.69	36.22	1:20.03	2:55.77	3:01.83	6:21.92
398	33.89	1:14.82	2:42.03	5:40.41	11:38.40	22:19.53	39.23	1:22.87	2:57.74	42.94	1:32.92	3:19.85	36.24	1:20.10	2:55.91	3:01.97	6:22.21
397	33.92	1:14.88	2:42.16	5:40.67	11:38.95	22:20.57	39.26	1:22.93	2:57.88	42.97	1:32.99	3:20.00	36.27	1:20.16	2:56.04	3:02.11	6:22.51
396	33.94	1:14.93	2:42.28	5:40.94	11:39.49	22:21.62	39.29	1:23.00	2:58.02	43.00	1:33.07	3:20.16	36.30	1:20.22	2:56.18	3:02.25	6:22.81
395	33.97	1:14.99	2:42.41	5:41.20	11:40.04	22:22.67	39.32	1:23.06	2:58.16	43.04	1:33.14	3:20.32	36.33	1:20.28	2:56.32	3:02.40	6:23.11
394	34.00	1:15.05	2:42.54	5:41.47	11:40.59	22:23.73	39.35	1:23.13	2:58.30	43.07	1:33.21	3:20.47	36.36	1:20.35	2:56.46	3:02.54	6:23.41
393	34.02	1:15.11	2:42.67	5:41.74	11:41.14	22:24.78	39.38	1:23.19	2:58.44	43.10	1:33.29	3:20.63	36.39	1:20.41	2:56.60	3:02.68	6:23.71
392	34.05	1:15.17	2:42.79	5:42.01	11:41.69	22:25.84	39.41	1:23.26	2:58.58	43.14	1:33.36	3:20.79	36.41	1:20.47	2:56.73	3:02.83	6:24.01
391	34.08	1:15.23	2:42.92	5:42.28	11:42.25	22:26.90	39.44	1:23.32	2:58.72	43.17	1:33.43	3:20.95	36.44	1:20.54	2:56.87	3:02.97	6:24.32
390	34.11	1:15.29	2:43.05	5:42.55	11:42.80	22:27.97	39.47	1:23.39	2:58.86	43.21	1:33.51	3:21.11	36.47	1:20.60	2:57.01	3:03.11	6:24.62
389	34.13	1:15.35	2:43.18	5:42.82	11:43.36	22:29.03	39.50	1:23.46	2:59.00	43.24	1:33.58	3:21.27	36.50	1:20.66	2:57.15	3:03.26	6:24.92
388	34.16	1:15.41	2:43.31	5:43.09	11:43.91	22:30.10	39.54	1:23.52	2:59.14	43.28	1:33.65	3:21.43	36.53	1:20.73	2:57.29	3:03.40	6:25.23
387	34.19	1:15.47	2:43.44	5:43.36	11:44.47	22:31.17	39.57	1:23.59	2:59.29	43.31	1:33.73	3:21.59	36.56	1:20.79	2:57.43	3:03.55	6:25.54
386	34.21	1:15.53	2:43.57	5:43.64	11:45.03	22:32.25	39.60	1:23.65	2:59.43	43.34	1:33.80	3:21.75	36.59	1:20.86	2:57.58	3:03.70	6:25.84
385	34.24	1:15.59	2:43.70	5:43.91	11:45.60	22:33.33	39.63	1:23.72	2:59.57	43.38	1:33.88	3:21.91	36.62	1:20.92	2:57.72	3:03.84	6:26.15
384	34.27	1:15.65	2:43.83	5:44.19	11:46.16	22:34.41	39.66	1:23.79	2:59.71	43.41	1:33.95	3:22.07	36.65	1:20.99	2:57.86	3:03.99	6:26.46
383	34.30	1:15.71	2:43.96	5:44.46	11:46.72	22:35.49	39.69	1:23.86	2:59.86	43.45	1:34.03	3:22.23	36.68	1:21.05	2:58.00	3:04.14	6:26.77
382	34.32	1:15.77	2:44.09	5:44.74	11:47.29	22:36.58	39.73	1:23.92	3:00.00	43.48	1:34.10	3:22.39	36.71	1:21.12	2:58.14	3:04.28	6:27.08
381	34.35	1:15.83	2:44.22	5:45.01	11:47.86	22:37.67	39.76	1:23.99	3:00.15	43.52	1:34.18	3:22.55	36.73	1:21.18	2:58.29	3:04.43	6:27.39
380	34.38	1:15.89	2:44.36	5:45.29	11:48.43	22:38.76	39.79	1:24.06	3:00.29	43.55	1:34.25	3:22.72	36.76	1:21.25	2:58.43	3:04.58	6:27.70
379	34.41	1:15.95	2:44.49	5:45.57	11:49.00	22:39.85	39.82	1:24.13	3:00.44	43.59	1:34.33	3:22.88	36.79	1:21.31	2:58.57	3:04.73	6:28.01
378	34.43	1:16.01	2:44.62	5:45.85	11:49.57	22:40.95	39.85	1:24.19	3:00.58	43.62	1:34.41	3:23.04	36.82	1:21.38	2:58.72	3:04.88	6:28.33
377	34.46	1:16.08	2:44.76	5:46.13	11:50.14	22:42.05	39.89	1:24.26	3:00.73	43.66	1:34.48	3:23.21	36.85	1:21.44	2:58.86	3:05.03	6:28.64
376	34.49	1:16.14	2:44.89	5:46.41	11:50.72	22:43.16	39.92	1:24.33	3:00.87	43.69	1:34.56	3:23.37	36.88	1:21.51	2:59.01	3:05.18	6:28.95
375	34.52	1:16.20	2:45.02	5:46.69	11:51.30	22:44.26	39.95	1:24.40	3:01.02	43.73	1:34.64	3:23.54	36.91	1:21.57	2:59.15	3:05.33	6:29.27
374	34.55	1:16.26	2:45.16	5:46.97	11:51.88	22:45.37	39.98	1:24.47	3:01.17	43.77	1:34.71	3:23.70	36.94	1:21.64	2:59.30	3:05.48	6:29.59
373	34.57	1:16.32	2:45.29	5:47.26	11:52.46	22:46.48	40.02	1:24.54	3:01.32	43.80	1:34.79	3:23.87	36.97	1:21.71	2:59.45	3:05.63	6:29.90
372	34.60	1:16.39	2:45.43	5:47.54	11:53.04	22:47.60	40.05	1:24.60	3:01.46	43.84	1:34.87	3:24.04	37.00	1:21.77	2:59.59	3:05.78	6:30.22
371	34.63	1:16.45	2:45.56	5:47.82	11:53.62	22:48.72	40.08	1:24.67	3:01.61	43.87	1:34.95	3:24.20	37.03	1:21.84	2:59.74	3:05.93	6:30.54
370	34.66	1:16.51	2:45.70	5:48.11	11:54.20	22:49.84	40.11	1:24.74	3:01.76	43.91	1:35.02	3:24.37	37.06	1:21.91	2:59.89	3:06.09	6:30.86
369	34.69	1:16.57	2:45.83	5:48.39	11:54.79	22:50.96	40.15	1:24.81	3:01.91	43.94	1:35.10	3:24.54	37.09	1:21.98	3:00.03	3:06.24	6:31.18
368	34.72	1:16.64	2:45.97	5:48.68	11:55.38	22:52.09	40.18	1:24.88	3:02.06	43.98	1:35.18	3:24.71	37.13	1:22.04	3:00.18	3:06.39	6:31.50
367	34.74	1:16.70	2:46.11	5:48.97	11:55.97	22:53.22	40.21	1:24.95	3:02.21	44.02	1:35.26	3:24.87	37.16	1:22.11	3:00.33	3:06.55	6:31.83
366	34.77	1:16.76	2:46.24	5:49.26	11:56.56	22:54.36	40.25	1:25.02	3:02.36	44.05	1:35.34	3:25.04	37.19	1:22.18	3:00.48	3:06.70	6:32.15

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
365	34.80	1:16.83	2:46.38	5:49.54	11:57.15	22:55.49	40.28	1:25.09	3:02.51	44.09	1:35.42	3:25.21	37.22	1:22.25	3:00.63	3:06.85	6:32.47
364	34.83	1:16.89	2:46.52	5:49.83	11:57.75	22:56.63	40.31	1:25.16	3:02.66	44.13	1:35.49	3:25.38	37.25	1:22.31	3:00.78	3:07.01	6:32.80
363	34.86	1:16.95	2:46.66	5:50.12	11:58.34	22:57.78	40.35	1:25.23	3:02.81	44.16	1:35.57	3:25.55	37.28	1:22.38	3:00.93	3:07.16	6:33.13
362	34.89	1:17.02	2:46.80	5:50.42	11:58.94	22:58.92	40.38	1:25.31	3:02.97	44.20	1:35.65	3:25.72	37.31	1:22.45	3:01.08	3:07.32	6:33.45
361	34.92	1:17.08	2:46.93	5:50.71	11:59.54	23:00.07	40.41	1:25.38	3:03.12	44.24	1:35.73	3:25.90	37.34	1:22.52	3:01.23	3:07.48	6:33.78
360	34.95	1:17.15	2:47.07	5:51.00	12:00.14	23:01.22	40.45	1:25.45	3:03.27	44.27	1:35.81	3:26.07	37.37	1:22.59	3:01.38	3:07.63	6:34.11
359	34.98	1:17.21	2:47.21	5:51.29	12:00.74	23:02.38	40.48	1:25.52	3:03.43	44.31	1:35.89	3:26.24	37.40	1:22.66	3:01.53	3:07.79	6:34.44
358	35.01	1:17.28	2:47.35	5:51.59	12:01.35	23:03.54	40.52	1:25.59	3:03.58	44.35	1:35.97	3:26.41	37.43	1:22.73	3:01.69	3:07.95	6:34.77
357	35.03	1:17.34	2:47.49	5:51.88	12:01.95	23:04.70	40.55	1:25.66	3:03.73	44.38	1:36.05	3:26.59	37.47	1:22.80	3:01.84	3:08.10	6:35.10
356	35.06	1:17.41	2:47.64	5:52.18	12:02.56	23:05.87	40.58	1:25.73	3:03.89	44.42	1:36.14	3:26.76	37.50	1:22.87	3:01.99	3:08.26	6:35.43
355	35.09	1:17.47	2:47.78	5:52.48	12:03.17	23:07.04	40.62	1:25.81	3:04.04	44.46	1:36.22	3:26.94	37.53	1:22.94	3:02.14	3:08.42	6:35.77
354	35.12	1:17.54	2:47.92	5:52.78	12:03.78	23:08.21	40.65	1:25.88	3:04.20	44.50	1:36.30	3:27.11	37.56	1:23.01	3:02.30	3:08.58	6:36.10
353	35.15	1:17.60	2:48.06	5:53.07	12:04.39	23:09.38	40.69	1:25.95	3:04.36	44.53	1:36.38	3:27.29	37.59	1:23.08	3:02.45	3:08.74	6:36.44
352	35.18	1:17.67	2:48.20	5:53.37	12:05.01	23:10.56	40.72	1:26.03	3:04.51	44.57	1:36.46	3:27.46	37.63	1:23.15	3:02.61	3:08.90	6:36.77
351	35.21	1:17.73	2:48.35	5:53.67	12:05.62	23:11.74	40.76	1:26.10	3:04.67	44.61	1:36.54	3:27.64	37.66	1:23.22	3:02.76	3:09.06	6:37.11
350	35.24	1:17.80	2:48.49	5:53.98	12:06.24	23:12.93	40.79	1:26.17	3:04.83	44.65	1:36.63	3:27.81	37.69	1:23.29	3:02.92	3:09.22	6:37.45
349	35.27	1:17.87	2:48.63	5:54.28	12:06.86	23:14.12	40.83	1:26.25	3:04.98	44.69	1:36.71	3:27.99	37.72	1:23.36	3:03.07	3:09.38	6:37.79
348	35.30	1:17.93	2:48.78	5:54.58	12:07.48	23:15.31	40.86	1:26.32	3:05.14	44.72	1:36.79	3:28.17	37.75	1:23.43	3:03.23	3:09.55	6:38.13
347	35.33	1:18.00	2:48.92	5:54.88	12:08.11	23:16.51	40.89	1:26.39	3:05.30	44.76	1:36.87	3:28.35	37.79	1:23.50	3:03.39	3:09.71	6:38.47
346	35.36	1:18.07	2:49.07	5:55.19	12:08.73	23:17.70	40.93	1:26.47	3:05.46	44.80	1:36.96	3:28.53	37.82	1:23.57	3:03.55	3:09.87	6:38.81
345	35.39	1:18.13	2:49.21	5:55.50	12:09.36	23:18.91	40.97	1:26.54	3:05.62	44.84	1:37.04	3:28.71	37.85	1:23.65	3:03.70	3:10.03	6:39.16
344	35.42	1:18.20	2:49.36	5:55.80	12:09.99	23:20.11	41.00	1:26.62	3:05.78	44.88	1:37.12	3:28.89	37.88	1:23.72	3:03.86	3:10.20	6:39.50
343	35.46	1:18.27	2:49.51	5:56.11	12:10.62	23:21.32	41.04	1:26.69	3:05.94	44.92	1:37.21	3:29.07	37.92	1:23.79	3:04.02	3:10.36	6:39.85
342	35.49	1:18.34	2:49.65	5:56.42	12:11.25	23:22.54	41.07	1:26.77	3:06.10	44.96	1:37.29	3:29.25	37.95	1:23.86	3:04.18	3:10.53	6:40.19
341	35.52	1:18.40	2:49.80	5:56.73	12:11.89	23:23.75	41.11	1:26.84	3:06.26	45.00	1:37.38	3:29.43	37.98	1:23.94	3:04.34	3:10.69	6:40.54
340	35.55	1:18.47	2:49.95	5:57.04	12:12.52	23:24.97	41.14	1:26.92	3:06.42	45.03	1:37.46	3:29.61	38.02	1:24.01	3:04.50	3:10.86	6:40.89
339	35.58	1:18.54	2:50.09	5:57.35	12:13.16	23:26.20	41.18	1:26.99	3:06.59	45.07	1:37.55	3:29.79	38.05	1:24.08	3:04.66	3:11.02	6:41.24
338	35.61	1:18.61	2:50.24	5:57.66	12:13.80	23:27.42	41.21	1:27.07	3:06.75	45.11	1:37.63	3:29.98	38.08	1:24.16	3:04.82	3:11.19	6:41.59
337	35.64	1:18.68	2:50.39	5:57.97	12:14.44	23:28.66	41.25	1:27.14	3:06.91	45.15	1:37.72	3:30.16	38.11	1:24.23	3:04.98	3:11.36	6:41.94
336	35.67	1:18.75	2:50.54	5:58.29	12:15.09	23:29.89	41.29	1:27.22	3:07.08	45.19	1:37.80	3:30.35	38.15	1:24.30	3:05.15	3:11.53	6:42.29
335	35.70	1:18.82	2:50.69	5:58.60	12:15.73	23:31.13	41.32	1:27.30	3:07.24	45.23	1:37.89	3:30.53	38.18	1:24.38	3:05.31	3:11.69	6:42.64
334	35.74	1:18.89	2:50.84	5:58.92	12:16.38	23:32.37	41.36	1:27.37	3:07.41	45.27	1:37.97	3:30.72	38.22	1:24.45	3:05.47	3:11.86	6:43.00
333	35.77	1:18.96	2:50.99	5:59.23	12:17.03	23:33.62	41.40	1:27.45	3:07.57	45.31	1:38.06	3:30.90	38.25	1:24.53	3:05.64	3:12.03	6:43.35
332	35.80	1:19.03	2:51.14	5:59.55	12:17.68	23:34.87	41.43	1:27.53	3:07.74	45.35	1:38.15	3:31.09	38.28	1:24.60	3:05.80	3:12.20	6:43.71
331	35.83	1:19.10	2:51.30	5:59.87	12:18.33	23:36.12	41.47	1:27.61	3:07.90	45.39	1:38.23	3:31.27	38.32	1:24.68	3:05.96	3:12.37	6:44.07

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
330	35.86	1:19.17	2:51.45	6:00.19	12:18.99	23:37.38	41.51	1:27.68	3:08.07	45.43	1:38.32	3:31.46	38.35	1:24.75	3:06.13	3:12.54	6:44.43
329	35.89	1:19.24	2:51.60	6:00.51	12:19.65	23:38.64	41.54	1:27.76	3:08.24	45.47	1:38.41	3:31.65	38.38	1:24.83	3:06.29	3:12.72	6:44.79
328	35.93	1:19.31	2:51.75	6:00.83	12:20.31	23:39.90	41.58	1:27.84	3:08.40	45.51	1:38.50	3:31.84	38.42	1:24.90	3:06.46	3:12.89	6:45.15
327	35.96	1:19.38	2:51.91	6:01.15	12:20.97	23:41.17	41.62	1:27.92	3:08.57	45.55	1:38.58	3:32.03	38.45	1:24.98	3:06.63	3:13.06	6:45.51
326	35.99	1:19.45	2:52.06	6:01.48	12:21.63	23:42.44	41.65	1:28.00	3:08.74	45.59	1:38.67	3:32.22	38.49	1:25.05	3:06.79	3:13.23	6:45.87
325	36.02	1:19.52	2:52.21	6:01.80	12:22.30	23:43.72	41.69	1:28.08	3:08.91	45.64	1:38.76	3:32.41	38.52	1:25.13	3:06.96	3:13.41	6:46.24
324	36.05	1:19.59	2:52.37	6:02.13	12:22.96	23:45.00	41.73	1:28.16	3:09.08	45.68	1:38.85	3:32.60	38.56	1:25.21	3:07.13	3:13.58	6:46.60
323	36.09	1:19.66	2:52.52	6:02.45	12:23.63	23:46.29	41.77	1:28.24	3:09.25	45.72	1:38.94	3:32.79	38.59	1:25.28	3:07.30	3:13.75	6:46.97
322	36.12	1:19.74	2:52.68	6:02.78	12:24.31	23:47.57	41.80	1:28.32	3:09.42	45.76	1:39.03	3:32.98	38.63	1:25.36	3:07.47	3:13.93	6:47.34
321	36.15	1:19.81	2:52.84	6:03.11	12:24.98	23:48.87	41.84	1:28.39	3:09.59	45.80	1:39.12	3:33.18	38.66	1:25.44	3:07.64	3:14.10	6:47.70
320	36.19	1:19.88	2:52.99	6:03.44	12:25.66	23:50.16	41.88	1:28.48	3:09.77	45.84	1:39.21	3:33.37	38.70	1:25.52	3:07.81	3:14.28	6:48.07
319	36.22	1:19.95	2:53.15	6:03.77	12:26.33	23:51.46	41.92	1:28.56	3:09.94	45.88	1:39.30	3:33.56	38.73	1:25.59	3:07.98	3:14.46	6:48.45
318	36.25	1:20.03	2:53.31	6:04.10	12:27.01	23:52.77	41.96	1:28.64	3:10.11	45.93	1:39.39	3:33.76	38.77	1:25.67	3:08.15	3:14.63	6:48.82
317	36.28	1:20.10	2:53.47	6:04.43	12:27.70	23:54.08	42.00	1:28.72	3:10.29	45.97	1:39.48	3:33.95	38.80	1:25.75	3:08.32	3:14.81	6:49.19
316	36.32	1:20.17	2:53.63	6:04.77	12:28.38	23:55.39	42.03	1:28.80	3:10.46	46.01	1:39.57	3:34.15	38.84	1:25.83	3:08.49	3:14.99	6:49.57
315	36.35	1:20.25	2:53.79	6:05.10	12:29.07	23:56.71	42.07	1:28.88	3:10.63	46.05	1:39.66	3:34.35	38.87	1:25.91	3:08.67	3:15.17	6:49.94
314	36.38	1:20.32	2:53.95	6:05.44	12:29.76	23:58.03	42.11	1:28.96	3:10.81	46.09	1:39.75	3:34.54	38.91	1:25.99	3:08.84	3:15.35	6:50.32
313	36.42	1:20.39	2:54.11	6:05.77	12:30.45	23:59.35	42.15	1:29.04	3:10.99	46.14	1:39.85	3:34.74	38.95	1:26.06	3:09.01	3:15.53	6:50.70
312	36.45	1:20.47	2:54.27	6:06.11	12:31.14	24:00.68	42.19	1:29.13	3:11.16	46.18	1:39.94	3:34.94	38.98	1:26.14	3:09.19	3:15.71	6:51.08
311	36.49	1:20.54	2:54.43	6:06.45	12:31.84	24:02.02	42.23	1:29.21	3:11.34	46.22	1:40.03	3:35.14	39.02	1:26.22	3:09.36	3:15.89	6:51.46
310	36.52	1:20.62	2:54.59	6:06.79	12:32.53	24:03.35	42.27	1:29.29	3:11.52	46.26	1:40.12	3:35.34	39.05	1:26.30	3:09.54	3:16.07	6:51.84
309	36.55	1:20.69	2:54.75	6:07.13	12:33.23	24:04.70	42.31	1:29.37	3:11.69	46.31	1:40.22	3:35.54	39.09	1:26.38	3:09.72	3:16.26	6:52.22
308	36.59	1:20.77	2:54.92	6:07.47	12:33.94	24:06.04	42.35	1:29.46	3:11.87	46.35	1:40.31	3:35.74	39.13	1:26.47	3:09.89	3:16.44	6:52.61
307	36.62	1:20.84	2:55.08	6:07.82	12:34.64	24:07.40	42.39	1:29.54	3:12.05	46.39	1:40.40	3:35.94	39.16	1:26.55	3:10.07	3:16.62	6:52.99
306	36.66	1:20.92	2:55.24	6:08.16	12:35.35	24:08.75	42.43	1:29.63	3:12.23	46.44	1:40.50	3:36.14	39.20	1:26.63	3:10.25	3:16.81	6:53.38
305	36.69	1:20.99	2:55.41	6:08.51	12:36.06	24:10.11	42.46	1:29.71	3:12.41	46.48	1:40.59	3:36.35	39.24	1:26.71	3:10.43	3:16.99	6:53.77
304	36.72	1:21.07	2:55.57	6:08.85	12:36.77	24:11.48	42.50	1:29.79	3:12.59	46.53	1:40.69	3:36.55	39.27	1:26.79	3:10.61	3:17.18	6:54.16
303	36.76	1:21.15	2:55.74	6:09.20	12:37.48	24:12.84	42.54	1:29.88	3:12.78	46.57	1:40.78	3:36.75	39.31	1:26.87	3:10.79	3:17.36	6:54.55
302	36.79	1:21.22	2:55.90	6:09.55	12:38.20	24:14.22	42.59	1:29.96	3:12.96	46.61	1:40.88	3:36.96	39.35	1:26.95	3:10.97	3:17.55	6:54.94
301	36.83	1:21.30	2:56.07	6:09.90	12:38.92	24:15.60	42.63	1:30.05	3:13.14	46.66	1:40.97	3:37.16	39.38	1:27.04	3:11.15	3:17.74	6:55.33
300	36.86	1:21.38	2:56.24	6:10.25	12:39.64	24:16.98	42.67	1:30.13	3:13.32	46.70	1:41.07	3:37.37	39.42	1:27.12	3:11.33	3:17.92	6:55.73
299	36.90	1:21.46	2:56.41	6:10.61	12:40.36	24:18.37	42.71	1:30.22	3:13.51	46.75	1:41.16	3:37.58	39.46	1:27.20	3:11.51	3:18.11	6:56.12
298	36.93	1:21.53	2:56.57	6:10.96	12:41.09	24:19.76	42.75	1:30.31	3:13.69	46.79	1:41.26	3:37.79	39.50	1:27.29	3:11.69	3:18.30	6:56.52
297	36.97	1:21.61	2:56.74	6:11.31	12:41.81	24:21.15	42.79	1:30.39	3:13.88	46.84	1:41.36	3:37.99	39.54	1:27.37	3:11.88	3:18.49	6:56.92
296	37.01	1:21.69	2:56.91	6:11.67	12:42.55	24:22.56	42.83	1:30.48	3:14.06	46.88	1:41.46	3:38.20	39.57	1:27.45	3:12.06	3:18.68	6:57.32

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
295	37.04	1:21.77	2:57.08	6:12.03	12:43.28	24:23.96	42.87	1:30.57	3:14.25	46.93	1:41.55	3:38.41	39.61	1:27.54	3:12.25	3:18.87	6:57.72
294	37.08	1:21.85	2:57.25	6:12.39	12:44.01	24:25.37	42.91	1:30.65	3:14.44	46.97	1:41.65	3:38.62	39.65	1:27.62	3:12.43	3:19.06	6:58.12
293	37.11	1:21.93	2:57.42	6:12.75	12:44.75	24:26.79	42.95	1:30.74	3:14.63	47.02	1:41.75	3:38.83	39.69	1:27.71	3:12.62	3:19.26	6:58.52
292	37.15	1:22.00	2:57.60	6:13.11	12:45.49	24:28.21	42.99	1:30.83	3:14.81	47.06	1:41.85	3:39.05	39.73	1:27.79	3:12.80	3:19.45	6:58.93
291	37.18	1:22.08	2:57.77	6:13.47	12:46.24	24:29.63	43.04	1:30.92	3:15.00	47.11	1:41.95	3:39.26	39.76	1:27.88	3:12.99	3:19.64	6:59.34
290	37.22	1:22.16	2:57.94	6:13.83	12:46.98	24:31.06	43.08	1:31.01	3:15.19	47.15	1:42.05	3:39.47	39.80	1:27.96	3:13.18	3:19.84	6:59.74
289	37.26	1:22.24	2:58.12	6:14.20	12:47.73	24:32.50	43.12	1:31.09	3:15.38	47.20	1:42.15	3:39.69	39.84	1:28.05	3:13.37	3:20.03	7:00.15
288	37.29	1:22.33	2:58.29	6:14.56	12:48.48	24:33.94	43.16	1:31.18	3:15.58	47.25	1:42.25	3:39.90	39.88	1:28.13	3:13.56	3:20.23	7:00.57
287	37.33	1:22.41	2:58.46	6:14.93	12:49.23	24:35.39	43.21	1:31.27	3:15.77	47.29	1:42.35	3:40.12	39.92	1:28.22	3:13.75	3:20.42	7:00.98
286	37.37	1:22.49	2:58.64	6:15.30	12:49.99	24:36.84	43.25	1:31.36	3:15.96	47.34	1:42.45	3:40.33	39.96	1:28.31	3:13.94	3:20.62	7:01.39
285	37.40	1:22.57	2:58.82	6:15.67	12:50.75	24:38.29	43.29	1:31.45	3:16.15	47.38	1:42.55	3:40.55	40.00	1:28.39	3:14.13	3:20.82	7:01.81
284	37.44	1:22.65	2:58.99	6:16.04	12:51.51	24:39.75	43.33	1:31.54	3:16.35	47.43	1:42.65	3:40.77	40.04	1:28.48	3:14.32	3:21.02	7:02.22
283	37.48	1:22.73	2:59.17	6:16.41	12:52.27	24:41.22	43.38	1:31.63	3:16.54	47.48	1:42.75	3:40.99	40.08	1:28.57	3:14.51	3:21.22	7:02.64
282	37.51	1:22.81	2:59.35	6:16.79	12:53.04	24:42.69	43.42	1:31.72	3:16.74	47.53	1:42.85	3:41.21	40.12	1:28.66	3:14.71	3:21.42	7:03.06
281	37.55	1:22.90	2:59.53	6:17.16	12:53.81	24:44.16	43.46	1:31.82	3:16.93	47.57	1:42.95	3:41.43	40.16	1:28.74	3:14.90	3:21.62	7:03.48
280	37.59	1:22.98	2:59.71	6:17.54	12:54.58	24:45.65	43.51	1:31.91	3:17.13	47.62	1:43.06	3:41.65	40.20	1:28.83	3:15.09	3:21.82	7:03.91
279	37.63	1:23.06	2:59.89	6:17.92	12:55.36	24:47.13	43.55	1:32.00	3:17.33	47.67	1:43.16	3:41.87	40.24	1:28.92	3:15.29	3:22.02	7:04.33
278	37.66	1:23.15	3:00.07	6:18.29	12:56.14	24:48.62	43.59	1:32.09	3:17.52	47.72	1:43.26	3:42.09	40.28	1:29.01	3:15.49	3:22.22	7:04.76
277	37.70	1:23.23	3:00.25	6:18.67	12:56.92	24:50.12	43.64	1:32.18	3:17.72	47.76	1:43.37	3:42.32	40.32	1:29.10	3:15.68	3:22.43	7:05.18
276	37.74	1:23.31	3:00.43	6:19.06	12:57.70	24:51.62	43.68	1:32.28	3:17.92	47.81	1:43.47	3:42.54	40.36	1:29.19	3:15.88	3:22.63	7:05.61
275	37.78	1:23.40	3:00.61	6:19.44	12:58.49	24:53.13	43.72	1:32.37	3:18.12	47.86	1:43.58	3:42.76	40.40	1:29.28	3:16.08	3:22.83	7:06.04
274	37.82	1:23.48	3:00.79	6:19.82	12:59.28	24:54.65	43.77	1:32.46	3:18.32	47.91	1:43.68	3:42.99	40.44	1:29.37	3:16.28	3:23.04	7:06.47
273	37.86	1:23.57	3:00.98	6:20.21	13:00.07	24:56.17	43.81	1:32.56	3:18.52	47.96	1:43.79	3:43.22	40.48	1:29.46	3:16.48	3:23.25	7:06.91
272	37.89	1:23.65	3:01.16	6:20.60	13:00.86	24:57.69	43.86	1:32.65	3:18.73	48.01	1:43.89	3:43.44	40.52	1:29.55	3:16.68	3:23.45	7:07.34
271	37.93	1:23.74	3:01.35	6:20.99	13:01.66	24:59.22	43.90	1:32.75	3:18.93	48.06	1:44.00	3:43.67	40.57	1:29.64	3:16.88	3:23.66	7:07.78
270	37.97	1:23.82	3:01.53	6:21.38	13:02.46	25:00.76	43.95	1:32.84	3:19.13	48.11	1:44.11	3:43.90	40.61	1:29.74	3:17.08	3:23.87	7:08.22
269	38.01	1:23.91	3:01.72	6:21.77	13:03.27	25:02.30	43.99	1:32.94	3:19.34	48.15	1:44.21	3:44.13	40.65	1:29.83	3:17.28	3:24.08	7:08.66
268	38.05	1:24.00	3:01.91	6:22.16	13:04.07	25:03.85	44.04	1:33.03	3:19.54	48.20	1:44.32	3:44.36	40.69	1:29.92	3:17.48	3:24.29	7:09.10
267	38.09	1:24.08	3:02.09	6:22.56	13:04.88	25:05.40	44.08	1:33.13	3:19.75	48.25	1:44.43	3:44.59	40.73	1:30.01	3:17.69	3:24.50	7:09.54
266	38.13	1:24.17	3:02.28	6:22.95	13:05.70	25:06.96	44.13	1:33.23	3:19.96	48.30	1:44.54	3:44.83	40.77	1:30.11	3:17.89	3:24.71	7:09.99
265	38.17	1:24.26	3:02.47	6:23.35	13:06.51	25:08.52	44.18	1:33.32	3:20.16	48.35	1:44.64	3:45.06	40.82	1:30.20	3:18.10	3:24.93	7:10.43
264	38.21	1:24.34	3:02.66	6:23.75	13:07.33	25:10.09	44.22	1:33.42	3:20.37	48.40	1:44.75	3:45.30	40.86	1:30.30	3:18.30	3:25.14	7:10.88
263	38.25	1:24.43	3:02.85	6:24.15	13:08.15	25:11.67	44.27	1:33.52	3:20.58	48.45	1:44.86	3:45.53	40.90	1:30.39	3:18.51	3:25.35	7:11.33
262	38.29	1:24.52	3:03.04	6:24.55	13:08.98	25:13.25	44.31	1:33.62	3:20.79	48.51	1:44.97	3:45.77	40.95	1:30.48	3:18.72	3:25.57	7:11.78
261	38.33	1:24.61	3:03.24	6:24.96	13:09.81	25:14.84	44.36	1:33.71	3:21.00	48.56	1:45.08	3:46.00	40.99	1:30.58	3:18.93	3:25.78	7:12.24

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
260	38.37	1:24.70	3:03.43	6:25.36	13:10.64	25:16.44	44.41	1:33.81	3:21.21	48.61	1:45.19	3:46.24	41.03	1:30.67	3:19.14	3:26.00	7:12.69
259	38.41	1:24.79	3:03.62	6:25.77	13:11.47	25:18.04	44.45	1:33.91	3:21.43	48.66	1:45.30	3:46.48	41.07	1:30.77	3:19.35	3:26.22	7:13.15
258	38.45	1:24.88	3:03.82	6:26.18	13:12.31	25:19.65	44.50	1:34.01	3:21.64	48.71	1:45.42	3:46.72	41.12	1:30.87	3:19.56	3:26.44	7:13.61
257	38.49	1:24.97	3:04.01	6:26.59	13:13.15	25:21.26	44.55	1:34.11	3:21.85	48.76	1:45.53	3:46.96	41.16	1:30.96	3:19.77	3:26.66	7:14.07
256	38.53	1:25.06	3:04.21	6:27.00	13:14.00	25:22.88	44.60	1:34.21	3:22.07	48.81	1:45.64	3:47.20	41.21	1:31.06	3:19.98	3:26.88	7:14.53
255	38.57	1:25.15	3:04.41	6:27.41	13:14.84	25:24.51	44.64	1:34.31	3:22.28	48.87	1:45.75	3:47.45	41.25	1:31.16	3:20.20	3:27.10	7:14.99
254	38.61	1:25.24	3:04.60	6:27.83	13:15.70	25:26.14	44.69	1:34.41	3:22.50	48.92	1:45.87	3:47.69	41.29	1:31.25	3:20.41	3:27.32	7:15.46
253	38.66	1:25.33	3:04.80	6:28.24	13:16.55	25:27.78	44.74	1:34.51	3:22.72	48.97	1:45.98	3:47.93	41.34	1:31.35	3:20.63	3:27.54	7:15.93
252	38.70	1:25.42	3:05.00	6:28.66	13:17.41	25:29.42	44.79	1:34.62	3:22.94	49.02	1:46.09	3:48.18	41.38	1:31.45	3:20.84	3:27.76	7:16.40
251	38.74	1:25.52	3:05.20	6:29.08	13:18.27	25:31.08	44.84	1:34.72	3:23.16	49.08	1:46.21	3:48.43	41.43	1:31.55	3:21.06	3:27.99	7:16.87
250	38.78	1:25.61	3:05.40	6:29.50	13:19.13	25:32.73	44.88	1:34.82	3:23.38	49.13	1:46.32	3:48.67	41.47	1:31.65	3:21.28	3:28.21	7:17.34
249	38.82	1:25.70	3:05.60	6:29.93	13:20.00	25:34.40	44.93	1:34.92	3:23.60	49.18	1:46.44	3:48.92	41.52	1:31.75	3:21.50	3:28.44	7:17.82
248	38.87	1:25.80	3:05.81	6:30.35	13:20.87	25:36.07	44.98	1:35.03	3:23.82	49.24	1:46.56	3:49.17	41.56	1:31.85	3:21.72	3:28.67	7:18.29
247	38.91	1:25.89	3:06.01	6:30.78	13:21.75	25:37.75	45.03	1:35.13	3:24.04	49.29	1:46.67	3:49.42	41.61	1:31.95	3:21.94	3:28.90	7:18.77
246	38.95	1:25.98	3:06.21	6:31.21	13:22.63	25:39.44	45.08	1:35.24	3:24.27	49.35	1:46.79	3:49.67	41.65	1:32.05	3:22.16	3:29.13	7:19.25
245	38.99	1:26.08	3:06.42	6:31.64	13:23.51	25:41.13	45.13	1:35.34	3:24.49	49.40	1:46.91	3:49.93	41.70	1:32.15	3:22.38	3:29.36	7:19.74
244	39.04	1:26.17	3:06.62	6:32.07	13:24.40	25:42.83	45.18	1:35.45	3:24.72	49.45	1:47.02	3:50.18	41.75	1:32.25	3:22.60	3:29.59	7:20.22
243	39.08	1:26.27	3:06.83	6:32.50	13:25.29	25:44.53	45.23	1:35.55	3:24.94	49.51	1:47.14	3:50.43	41.79	1:32.35	3:22.83	3:29.82	7:20.71
242	39.12	1:26.36	3:07.04	6:32.94	13:26.18	25:46.25	45.28	1:35.66	3:25.17	49.56	1:47.26	3:50.69	41.84	1:32.46	3:23.05	3:30.05	7:21.20
241	39.17	1:26.46	3:07.24	6:33.38	13:27.08	25:47.97	45.33	1:35.76	3:25.40	49.62	1:47.38	3:50.95	41.88	1:32.56	3:23.28	3:30.28	7:21.69
240	39.21	1:26.56	3:07.45	6:33.81	13:27.98	25:49.70	45.38	1:35.87	3:25.63	49.67	1:47.50	3:51.20	41.93	1:32.66	3:23.51	3:30.52	7:22.18
239	39.25	1:26.65	3:07.66	6:34.26	13:28.88	25:51.43	45.43	1:35.98	3:25.86	49.73	1:47.62	3:51.46	41.98	1:32.77	3:23.73	3:30.75	7:22.68
238	39.30	1:26.75	3:07.87	6:34.70	13:29.79	25:53.17	45.48	1:36.09	3:26.09	49.79	1:47.74	3:51.72	42.03	1:32.87	3:23.96	3:30.99	7:23.17
237	39.34	1:26.85	3:08.09	6:35.14	13:30.70	25:54.92	45.53	1:36.19	3:26.32	49.84	1:47.86	3:51.98	42.07	1:32.98	3:24.19	3:31.23	7:23.67
236	39.39	1:26.95	3:08.30	6:35.59	13:31.62	25:56.68	45.59	1:36.30	3:26.55	49.90	1:47.98	3:52.25	42.12	1:33.08	3:24.42	3:31.47	7:24.17
235	39.43	1:27.05	3:08.51	6:36.04	13:32.54	25:58.44	45.64	1:36.41	3:26.79	49.95	1:48.11	3:52.51	42.17	1:33.19	3:24.65	3:31.71	7:24.68
234	39.48	1:27.14	3:08.73	6:36.49	13:33.46	26:00.22	45.69	1:36.52	3:27.02	50.01	1:48.23	3:52.77	42.22	1:33.29	3:24.89	3:31.95	7:25.18
233	39.52	1:27.24	3:08.94	6:36.94	13:34.39	26:01.99	45.74	1:36.63	3:27.26	50.07	1:48.35	3:53.04	42.26	1:33.40	3:25.12	3:32.19	7:25.69
232	39.57	1:27.34	3:09.16	6:37.39	13:35.32	26:03.78	45.79	1:36.74	3:27.50	50.13	1:48.48	3:53.31	42.31	1:33.51	3:25.36	3:32.43	7:26.20
231	39.61	1:27.44	3:09.37	6:37.85	13:36.26	26:05.58	45.85	1:36.85	3:27.73	50.18	1:48.60	3:53.57	42.36	1:33.61	3:25.59	3:32.68	7:26.71
230	39.66	1:27.54	3:09.59	6:38.31	13:37.20	26:07.38	45.90	1:36.96	3:27.97	50.24	1:48.73	3:53.84	42.41	1:33.72	3:25.83	3:32.92	7:27.23
229	39.70	1:27.65	3:09.81	6:38.77	13:38.14	26:09.19	45.95	1:37.08	3:28.21	50.30	1:48.85	3:54.11	42.46	1:33.83	3:26.07	3:33.17	7:27.74
228	39.75	1:27.75	3:10.03	6:39.23	13:39.09	26:11.01	46.01	1:37.19	3:28.46	50.36	1:48.98	3:54.38	42.51	1:33.94	3:26.30	3:33.41	7:28.26
227	39.80	1:27.85	3:10.25	6:39.69	13:40.04	26:12.83	46.06	1:37.30	3:28.70	50.42	1:49.11	3:54.66	42.56	1:34.05	3:26.54	3:33.66	7:28.78
226	39.84	1:27.95	3:10.47	6:40.16	13:41.00	26:14.67	46.11	1:37.42	3:28.94	50.47	1:49.23	3:54.93	42.61	1:34.16	3:26.78	3:33.91	7:29.31

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
225	39.89	1:28.05	3:10.70	6:40.63	13:41.96	26:16.51	46.17	1:37.53	3:29.19	50.53	1:49.36	3:55.20	42.66	1:34.27	3:27.03	3:34.16	7:29.83
224	39.94	1:28.16	3:10.92	6:41.10	13:42.92	26:18.36	46.22	1:37.64	3:29.43	50.59	1:49.49	3:55.48	42.71	1:34.38	3:27.27	3:34.41	7:30.36
223	39.98	1:28.26	3:11.15	6:41.57	13:43.89	26:20.22	46.28	1:37.76	3:29.68	50.65	1:49.62	3:55.76	42.76	1:34.49	3:27.51	3:34.67	7:30.89
222	40.03	1:28.37	3:11.37	6:42.05	13:44.87	26:22.09	46.33	1:37.87	3:29.93	50.71	1:49.75	3:56.04	42.81	1:34.60	3:27.76	3:34.92	7:31.42
221	40.08	1:28.47	3:11.60	6:42.52	13:45.85	26:23.96	46.39	1:37.99	3:30.17	50.77	1:49.88	3:56.32	42.86	1:34.71	3:28.01	3:35.17	7:31.96
220	40.12	1:28.58	3:11.83	6:43.00	13:46.83	26:25.85	46.44	1:38.11	3:30.42	50.83	1:50.01	3:56.60	42.91	1:34.82	3:28.25	3:35.43	7:32.50
219	40.17	1:28.68	3:12.06	6:43.48	13:47.81	26:27.74	46.50	1:38.22	3:30.68	50.89	1:50.14	3:56.88	42.96	1:34.94	3:28.50	3:35.69	7:33.04
218	40.22	1:28.79	3:12.29	6:43.97	13:48.81	26:29.64	46.55	1:38.34	3:30.93	50.95	1:50.27	3:57.16	43.01	1:35.05	3:28.75	3:35.95	7:33.58
217	40.27	1:28.89	3:12.52	6:44.45	13:49.80	26:31.55	46.61	1:38.46	3:31.18	51.02	1:50.40	3:57.45	43.06	1:35.17	3:29.00	3:36.21	7:34.12
216	40.32	1:29.00	3:12.75	6:44.94	13:50.80	26:33.47	46.66	1:38.58	3:31.44	51.08	1:50.54	3:57.74	43.12	1:35.28	3:29.25	3:36.47	7:34.67
215	40.37	1:29.11	3:12.98	6:45.43	13:51.81	26:35.40	46.72	1:38.70	3:31.69	51.14	1:50.67	3:58.02	43.17	1:35.40	3:29.51	3:36.73	7:35.22
214	40.42	1:29.22	3:13.22	6:45.92	13:52.82	26:37.34	46.78	1:38.82	3:31.95	51.20	1:50.81	3:58.31	43.22	1:35.51	3:29.76	3:36.99	7:35.78
213	40.46	1:29.33	3:13.45	6:46.42	13:53.83	26:39.28	46.83	1:38.94	3:32.21	51.26	1:50.94	3:58.60	43.27	1:35.63	3:30.02	3:37.26	7:36.33
212	40.51	1:29.44	3:13.69	6:46.91	13:54.85	26:41.24	46.89	1:39.06	3:32.47	51.33	1:51.08	3:58.89	43.33	1:35.75	3:30.27	3:37.52	7:36.89
211	40.56	1:29.55	3:13.93	6:47.41	13:55.88	26:43.20	46.95	1:39.18	3:32.73	51.39	1:51.21	3:59.19	43.38	1:35.86	3:30.53	3:37.79	7:37.45
210	40.61	1:29.66	3:14.16	6:47.91	13:56.91	26:45.18	47.01	1:39.30	3:32.99	51.45	1:51.35	3:59.48	43.43	1:35.98	3:30.79	3:38.06	7:38.01
209	40.66	1:29.77	3:14.40	6:48.42	13:57.94	26:47.16	47.06	1:39.43	3:33.25	51.52	1:51.49	3:59.78	43.49	1:36.10	3:31.05	3:38.33	7:38.58
208	40.71	1:29.88	3:14.65	6:48.92	13:58.98	26:49.15	47.12	1:39.55	3:33.52	51.58	1:51.63	4:00.07	43.54	1:36.22	3:31.31	3:38.60	7:39.15
207	40.77	1:29.99	3:14.89	6:49.43	14:00.02	26:51.16	47.18	1:39.67	3:33.78	51.64	1:51.76	4:00.37	43.59	1:36.34	3:31.58	3:38.87	7:39.72
206	40.82	1:30.10	3:15.13	6:49.94	14:01.07	26:53.17	47.24	1:39.80	3:34.05	51.71	1:51.90	4:00.67	43.65	1:36.46	3:31.84	3:39.14	7:40.29
205	40.87	1:30.21	3:15.38	6:50.46	14:02.13	26:55.19	47.30	1:39.92	3:34.32	51.77	1:52.04	4:00.98	43.70	1:36.58	3:32.11	3:39.42	7:40.87
204	40.92	1:30.33	3:15.62	6:50.97	14:03.19	26:57.22	47.36	1:40.05	3:34.59	51.84	1:52.18	4:01.28	43.76	1:36.70	3:32.37	3:39.69	7:41.45
203	40.97	1:30.44	3:15.87	6:51.49	14:04.25	26:59.26	47.42	1:40.17	3:34.86	51.90	1:52.33	4:01.58	43.81	1:36.82	3:32.64	3:39.97	7:42.03
202	41.02	1:30.56	3:16.12	6:52.01	14:05.32	27:01.32	47.48	1:40.30	3:35.13	51.97	1:52.47	4:01.89	43.87	1:36.95	3:32.91	3:40.25	7:42.62
201	41.07	1:30.67	3:16.37	6:52.54	14:06.39	27:03.38	47.54	1:40.43	3:35.40	52.04	1:52.61	4:02.20	43.93	1:37.07	3:33.18	3:40.53	7:43.21
200	41.13	1:30.79	3:16.62	6:53.07	14:07.48	27:05.45	47.60	1:40.56	3:35.68	52.10	1:52.76	4:02.51	43.98	1:37.19	3:33.45	3:40.81	7:43.80
199	41.18	1:30.90	3:16.87	6:53.59	14:08.56	27:07.53	47.66	1:40.69	3:35.96	52.17	1:52.90	4:02.82	44.04	1:37.32	3:33.73	3:41.09	7:44.39
198	41.23	1:31.02	3:17.12	6:54.13	14:09.65	27:09.63	47.72	1:40.82	3:36.23	52.24	1:53.05	4:03.13	44.09	1:37.44	3:34.00	3:41.38	7:44.99
197	41.29	1:31.14	3:17.38	6:54.66	14:10.75	27:11.73	47.78	1:40.95	3:36.51	52.30	1:53.19	4:03.44	44.15	1:37.57	3:34.28	3:41.66	7:45.59
196	41.34	1:31.26	3:17.63	6:55.20	14:11.85	27:13.84	47.85	1:41.08	3:36.79	52.37	1:53.34	4:03.76	44.21	1:37.70	3:34.56	3:41.95	7:46.19
195	41.39	1:31.38	3:17.89	6:55.74	14:12.96	27:15.97	47.91	1:41.21	3:37.08	52.44	1:53.49	4:04.08	44.27	1:37.82	3:34.84	3:42.24	7:46.80
194	41.45	1:31.49	3:18.15	6:56.28	14:14.07	27:18.11	47.97	1:41.34	3:37.36	52.51	1:53.63	4:04.39	44.32	1:37.95	3:35.12	3:42.53	7:47.41
193	41.50	1:31.61	3:18.41	6:56.83	14:15.19	27:20.25	48.03	1:41.47	3:37.64	52.58	1:53.78	4:04.71	44.38	1:38.08	3:35.40	3:42.82	7:48.02
192	41.56	1:31.74	3:18.67	6:57.38	14:16.32	27:22.41	48.10	1:41.61	3:37.93	52.65	1:53.93	4:05.04	44.44	1:38.21	3:35.68	3:43.11	7:48.64
191	41.61	1:31.86	3:18.93	6:57.93	14:17.45	27:24.58	48.16	1:41.74	3:38.22	52.72	1:54.08	4:05.36	44.50	1:38.34	3:35.97	3:43.41	7:49.26

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
190	41.67	1:31.98	3:19.19	6:58.48	14:18.59	27:26.76	48.22	1:41.88	3:38.51	52.79	1:54.23	4:05.69	44.56	1:38.47	3:36.25	3:43.71	7:49.88
189	41.72	1:32.10	3:19.46	6:59.04	14:19.73	27:28.96	48.29	1:42.01	3:38.80	52.86	1:54.39	4:06.01	44.62	1:38.60	3:36.54	3:44.00	7:50.50
188	41.78	1:32.22	3:19.73	6:59.60	14:20.88	27:31.16	48.35	1:42.15	3:39.09	52.93	1:54.54	4:06.34	44.68	1:38.73	3:36.83	3:44.30	7:51.13
187	41.83	1:32.35	3:19.99	7:00.16	14:22.03	27:33.38	48.42	1:42.28	3:39.38	53.00	1:54.69	4:06.67	44.74	1:38.86	3:37.12	3:44.60	7:51.76
186	41.89	1:32.47	3:20.26	7:00.73	14:23.20	27:35.60	48.48	1:42.42	3:39.68	53.07	1:54.85	4:07.00	44.80	1:39.00	3:37.41	3:44.91	7:52.40
185	41.95	1:32.60	3:20.54	7:01.30	14:24.36	27:37.84	48.55	1:42.56	3:39.98	53.14	1:55.00	4:07.34	44.86	1:39.13	3:37.71	3:45.21	7:53.04
184	42.00	1:32.72	3:20.81	7:01.87	14:25.54	27:40.10	48.61	1:42.70	3:40.28	53.21	1:55.16	4:07.67	44.92	1:39.26	3:38.00	3:45.52	7:53.68
183	42.06	1:32.85	3:21.08	7:02.45	14:26.72	27:42.36	48.68	1:42.84	3:40.58	53.29	1:55.32	4:08.01	44.98	1:39.40	3:38.30	3:45.82	7:54.33
182	42.12	1:32.98	3:21.36	7:03.02	14:27.91	27:44.64	48.75	1:42.98	3:40.88	53.36	1:55.47	4:08.35	45.04	1:39.54	3:38.60	3:46.13	7:54.98
181	42.18	1:33.10	3:21.63	7:03.61	14:29.10	27:46.93	48.81	1:43.12	3:41.18	53.43	1:55.63	4:08.69	45.10	1:39.67	3:38.90	3:46.44	7:55.63
180	42.23	1:33.23	3:21.91	7:04.19	14:30.30	27:49.23	48.88	1:43.27	3:41.49	53.51	1:55.79	4:09.04	45.17	1:39.81	3:39.20	3:46.76	7:56.29
179	42.29	1:33.36	3:22.19	7:04.78	14:31.51	27:51.54	48.95	1:43.41	3:41.80	53.58	1:55.95	4:09.38	45.23	1:39.95	3:39.51	3:47.07	7:56.95
178	42.35	1:33.49	3:22.47	7:05.37	14:32.72	27:53.87	49.02	1:43.55	3:42.10	53.65	1:56.11	4:09.73	45.29	1:40.09	3:39.81	3:47.39	7:57.61
177	42.41	1:33.62	3:22.76	7:05.97	14:33.94	27:56.21	49.09	1:43.70	3:42.41	53.73	1:56.28	4:10.08	45.35	1:40.23	3:40.12	3:47.71	7:58.28
176	42.47	1:33.75	3:23.04	7:06.56	14:35.17	27:58.57	49.16	1:43.84	3:42.73	53.81	1:56.44	4:10.43	45.42	1:40.37	3:40.43	3:48.03	7:58.95
175	42.53	1:33.89	3:23.33	7:07.17	14:36.40	28:00.93	49.23	1:43.99	3:43.04	53.88	1:56.60	4:10.78	45.48	1:40.51	3:40.74	3:48.35	7:59.63
174	42.59	1:34.02	3:23.62	7:07.77	14:37.64	28:03.31	49.29	1:44.14	3:43.36	53.96	1:56.77	4:11.14	45.55	1:40.65	3:41.05	3:48.67	8:00.31
173	42.65	1:34.15	3:23.91	7:08.38	14:38.89	28:05.71	49.36	1:44.29	3:43.68	54.03	1:56.94	4:11.50	45.61	1:40.80	3:41.37	3:49.00	8:00.99
172	42.71	1:34.29	3:24.20	7:08.99	14:40.15	28:08.12	49.44	1:44.43	3:43.99	54.11	1:57.10	4:11.86	45.68	1:40.94	3:41.68	3:49.32	8:01.68
171	42.77	1:34.42	3:24.49	7:09.61	14:41.41	28:10.54	49.51	1:44.58	3:44.32	54.19	1:57.27	4:12.22	45.74	1:41.09	3:42.00	3:49.65	8:02.37
170	42.84	1:34.56	3:24.79	7:10.23	14:42.68	28:12.98	49.58	1:44.73	3:44.64	54.27	1:57.44	4:12.58	45.81	1:41.23	3:42.32	3:49.98	8:03.06
169	42.90	1:34.70	3:25.08	7:10.85	14:43.96	28:15.43	49.65	1:44.89	3:44.96	54.35	1:57.61	4:12.95	45.88	1:41.38	3:42.64	3:50.32	8:03.76
168	42.96	1:34.83	3:25.38	7:11.48	14:45.25	28:17.89	49.72	1:45.04	3:45.29	54.42	1:57.78	4:13.31	45.94	1:41.53	3:42.97	3:50.65	8:04.47
167	43.02	1:34.97	3:25.68	7:12.11	14:46.54	28:20.38	49.79	1:45.19	3:45.62	54.50	1:57.95	4:13.68	46.01	1:41.67	3:43.29	3:50.99	8:05.18
166	43.09	1:35.11	3:25.98	7:12.74	14:47.84	28:22.87	49.87	1:45.35	3:45.95	54.58	1:58.13	4:14.06	46.08	1:41.82	3:43.62	3:51.33	8:05.89
165	43.15	1:35.25	3:26.29	7:13.38	14:49.15	28:25.38	49.94	1:45.50	3:46.29	54.66	1:58.30	4:14.43	46.14	1:41.97	3:43.95	3:51.67	8:06.60
164	43.21	1:35.39	3:26.59	7:14.02	14:50.47	28:27.91	50.02	1:45.66	3:46.62	54.75	1:58.48	4:14.81	46.21	1:42.12	3:44.28	3:52.01	8:07.32
163	43.28	1:35.54	3:26.90	7:14.67	14:51.79	28:30.45	50.09	1:45.82	3:46.96	54.83	1:58.65	4:15.19	46.28	1:42.28	3:44.62	3:52.36	8:08.05
162	43.34	1:35.68	3:27.21	7:15.32	14:53.12	28:33.01	50.16	1:45.97	3:47.30	54.91	1:58.83	4:15.57	46.35	1:42.43	3:44.95	3:52.70	8:08.78
161	43.41	1:35.82	3:27.52	7:15.97	14:54.47	28:35.58	50.24	1:46.13	3:47.64	54.99	1:59.01	4:15.95	46.42	1:42.58	3:45.29	3:53.05	8:09.51
160	43.47	1:35.97	3:27.83	7:16.63	14:55.82	28:38.17	50.32	1:46.29	3:47.98	55.07	1:59.19	4:16.34	46.49	1:42.74	3:45.63	3:53.41	8:10.25
159	43.54	1:36.11	3:28.15	7:17.29	14:57.17	28:40.77	50.39	1:46.45	3:48.33	55.16	1:59.37	4:16.73	46.56	1:42.89	3:45.97	3:53.76	8:11.00
158	43.61	1:36.26	3:28.46	7:17.96	14:58.54	28:43.39	50.47	1:46.62	3:48.68	55.24	1:59.55	4:17.12	46.63	1:43.05	3:46.32	3:54.12	8:11.74
157	43.67	1:36.41	3:28.78	7:18.63	14:59.92	28:46.03	50.55	1:46.78	3:49.03	55.33	1:59.73	4:17.51	46.70	1:43.21	3:46.66	3:54.47	8:12.50
156	43.74	1:36.55	3:29.10	7:19.30	15:01.30	28:48.69	50.62	1:46.94	3:49.38	55.41	1:59.92	4:17.91	46.78	1:43.37	3:47.01	3:54.83	8:13.25

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
155	43.81	1:36.70	3:29.43	7:19.98	15:02.69	28:51.36	50.70	1:47.11	3:49.73	55.50	2:00.10	4:18.31	46.85	1:43.53	3:47.36	3:55.20	8:14.02
154	43.88	1:36.85	3:29.75	7:20.66	15:04.10	28:54.05	50.78	1:47.28	3:50.09	55.58	2:00.29	4:18.71	46.92	1:43.69	3:47.71	3:55.56	8:14.78
153	43.94	1:37.01	3:30.08	7:21.35	15:05.51	28:56.76	50.86	1:47.44	3:50.45	55.67	2:00.48	4:19.11	46.99	1:43.85	3:48.07	3:55.93	8:15.56
152	44.01	1:37.16	3:30.41	7:22.04	15:06.93	28:59.48	50.94	1:47.61	3:50.81	55.76	2:00.67	4:19.52	47.07	1:44.01	3:48.43	3:56.30	8:16.33
151	44.08	1:37.31	3:30.74	7:22.74	15:08.36	29:02.22	51.02	1:47.78	3:51.17	55.85	2:00.86	4:19.93	47.14	1:44.18	3:48.79	3:56.67	8:17.12
150	44.15	1:37.46	3:31.08	7:23.44	15:09.80	29:04.98	51.10	1:47.95	3:51.54	55.93	2:01.05	4:20.34	47.22	1:44.34	3:49.15	3:57.05	8:17.90
149	44.22	1:37.62	3:31.41	7:24.15	15:11.25	29:07.76	51.18	1:48.12	3:51.91	56.02	2:01.24	4:20.75	47.29	1:44.51	3:49.52	3:57.43	8:18.70
148	44.29	1:37.78	3:31.75	7:24.86	15:12.71	29:10.56	51.26	1:48.30	3:52.28	56.11	2:01.43	4:21.17	47.37	1:44.67	3:49.88	3:57.81	8:19.50
147	44.36	1:37.93	3:32.09	7:25.58	15:14.17	29:13.38	51.35	1:48.47	3:52.65	56.20	2:01.63	4:21.59	47.44	1:44.84	3:50.25	3:58.19	8:20.30
146	44.44	1:38.09	3:32.43	7:26.30	15:15.65	29:16.21	51.43	1:48.65	3:53.03	56.29	2:01.83	4:22.02	47.52	1:45.01	3:50.63	3:58.57	8:21.11
145	44.51	1:38.25	3:32.78	7:27.02	15:17.14	29:19.07	51.51	1:48.82	3:53.41	56.39	2:02.03	4:22.44	47.60	1:45.18	3:51.00	3:58.96	8:21.92
144	44.58	1:38.41	3:33.13	7:27.75	15:18.64	29:21.94	51.60	1:49.00	3:53.79	56.48	2:02.22	4:22.87	47.67	1:45.36	3:51.38	3:59.35	8:22.74
143	44.65	1:38.57	3:33.48	7:28.49	15:20.15	29:24.84	51.68	1:49.18	3:54.18	56.57	2:02.43	4:23.30	47.75	1:45.53	3:51.76	3:59.75	8:23.57
142	44.73	1:38.74	3:33.83	7:29.23	15:21.67	29:27.76	51.77	1:49.36	3:54.56	56.66	2:02.63	4:23.74	47.83	1:45.70	3:52.14	4:00.14	8:24.40
141	44.80	1:38.90	3:34.19	7:29.98	15:23.20	29:30.69	51.85	1:49.54	3:54.95	56.76	2:02.83	4:24.18	47.91	1:45.88	3:52.53	4:00.54	8:25.24
140	44.88	1:39.07	3:34.54	7:30.73	15:24.74	29:33.65	51.94	1:49.73	3:55.34	56.85	2:03.04	4:24.62	47.99	1:46.06	3:52.92	4:00.94	8:26.08
139	44.95	1:39.23	3:34.90	7:31.48	15:26.30	29:36.63	52.03	1:49.91	3:55.74	56.95	2:03.24	4:25.06	48.07	1:46.23	3:53.31	4:01.35	8:26.93
138	45.03	1:39.40	3:35.27	7:32.25	15:27.86	29:39.63	52.12	1:50.10	3:56.14	57.04	2:03.45	4:25.51	48.15	1:46.41	3:53.70	4:01.75	8:27.79
137	45.10	1:39.57	3:35.63	7:33.01	15:29.44	29:42.65	52.20	1:50.28	3:56.54	57.14	2:03.66	4:25.96	48.24	1:46.59	3:54.10	4:02.17	8:28.65
136	45.18	1:39.74	3:36.00	7:33.79	15:31.02	29:45.69	52.29	1:50.47	3:56.94	57.24	2:03.87	4:26.41	48.32	1:46.78	3:54.50	4:02.58	8:29.52
135	45.26	1:39.91	3:36.37	7:34.57	15:32.62	29:48.76	52.38	1:50.66	3:57.35	57.34	2:04.08	4:26.87	48.40	1:46.96	3:54.90	4:03.00	8:30.40
134	45.34	1:40.08	3:36.75	7:35.35	15:34.23	29:51.85	52.47	1:50.85	3:57.76	57.44	2:04.30	4:27.33	48.48	1:47.14	3:55.31	4:03.42	8:31.28
133	45.42	1:40.26	3:37.12	7:36.14	15:35.86	29:54.96	52.56	1:51.04	3:58.17	57.54	2:04.51	4:27.80	48.57	1:47.33	3:55.71	4:03.84	8:32.16
132	45.50	1:40.43	3:37.50	7:36.94	15:37.49	29:58.10	52.66	1:51.24	3:58.59	57.64	2:04.73	4:28.26	48.65	1:47.52	3:56.13	4:04.26	8:33.06
131	45.58	1:40.61	3:37.88	7:37.74	15:39.14	30:01.26	52.75	1:51.43	3:59.01	57.74	2:04.95	4:28.74	48.74	1:47.71	3:56.54	4:04.69	8:33.96
130	45.66	1:40.79	3:38.27	7:38.55	15:40.80	30:04.44	52.84	1:51.63	3:59.43	57.84	2:05.17	4:29.21	48.83	1:47.90	3:56.96	4:05.13	8:34.87
129	45.74	1:40.97	3:38.66	7:39.37	15:42.47	30:07.65	52.94	1:51.83	3:59.86	57.94	2:05.40	4:29.69	48.91	1:48.09	3:57.38	4:05.56	8:35.79
128	45.82	1:41.15	3:39.05	7:40.19	15:44.16	30:10.88	53.03	1:52.03	4:00.28	58.05	2:05.62	4:30.17	49.00	1:48.28	3:57.81	4:06.00	8:36.71
127	45.90	1:41.33	3:39.44	7:41.02	15:45.86	30:14.14	53.13	1:52.23	4:00.72	58.15	2:05.85	4:30.66	49.09	1:48.48	3:58.23	4:06.44	8:37.64
126	45.99	1:41.51	3:39.84	7:41.85	15:47.57	30:17.43	53.22	1:52.43	4:01.15	58.26	2:06.07	4:31.15	49.18	1:48.67	3:58.66	4:06.89	8:38.57
125	46.07	1:41.70	3:40.24	7:42.69	15:49.29	30:20.74	53.32	1:52.64	4:01.59	58.36	2:06.30	4:31.64	49.27	1:48.87	3:59.10	4:07.34	8:39.52
124	46.15	1:41.88	3:40.64	7:43.54	15:51.03	30:24.08	53.42	1:52.85	4:02.04	58.47	2:06.53	4:32.14	49.36	1:49.07	3:59.54	4:07.79	8:40.47
123	46.24	1:42.07	3:41.05	7:44.40	15:52.79	30:27.44	53.52	1:53.05	4:02.48	58.58	2:06.77	4:32.64	49.45	1:49.27	3:59.98	4:08.25	8:41.43
122	46.32	1:42.26	3:41.46	7:45.26	15:54.56	30:30.83	53.62	1:53.26	4:02.93	58.69	2:07.00	4:33.15	49.54	1:49.47	4:00.42	4:08.71	8:42.40
121	46.41	1:42.45	3:41.87	7:46.13	15:56.34	30:34.25	53.72	1:53.47	4:03.39	58.80	2:07.24	4:33.66	49.63	1:49.68	4:00.87	4:09.18	8:43.38

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
120	46.50	1:42.64	3:42.29	7:47.00	15:58.14	30:37.70	53.82	1:53.69	4:03.84	58.91	2:07.48	4:34.17	49.72	1:49.89	4:01.33	4:09.64	8:44.36
119	46.59	1:42.84	3:42.71	7:47.89	15:59.95	30:41.18	53.92	1:53.90	4:04.30	59.02	2:07.72	4:34.69	49.82	1:50.09	4:01.78	4:10.12	8:45.35
118	46.67	1:43.03	3:43.14	7:48.78	16:01.78	30:44.68	54.02	1:54.12	4:04.77	59.13	2:07.96	4:35.21	49.91	1:50.30	4:02.24	4:10.59	8:46.35
117	46.76	1:43.23	3:43.56	7:49.68	16:03.62	30:48.22	54.12	1:54.34	4:05.24	59.24	2:08.21	4:35.74	50.01	1:50.51	4:02.71	4:11.07	8:47.36
116	46.85	1:43.43	3:44.00	7:50.58	16:05.48	30:51.79	54.23	1:54.56	4:05.71	59.36	2:08.46	4:36.27	50.11	1:50.73	4:03.18	4:11.56	8:48.38
115	46.95	1:43.63	3:44.43	7:51.50	16:07.36	30:55.38	54.33	1:54.78	4:06.19	59.47	2:08.71	4:36.81	50.20	1:50.94	4:03.65	4:12.05	8:49.41
114	47.04	1:43.83	3:44.87	7:52.42	16:09.25	30:59.01	54.44	1:55.01	4:06.67	59.59	2:08.96	4:37.35	50.30	1:51.16	4:04.13	4:12.54	8:50.44
113	47.13	1:44.04	3:45.31	7:53.35	16:11.16	31:02.67	54.55	1:55.23	4:07.16	59.71	2:09.21	4:37.90	50.40	1:51.38	4:04.61	4:13.04	8:51.49
112	47.22	1:44.24	3:45.76	7:54.29	16:13.08	31:06.37	54.66	1:55.46	4:07.65	59.83	2:09.47	4:38.45	50.50	1:51.60	4:05.09	4:13.54	8:52.54
111	47.32	1:44.45	3:46.21	7:55.24	16:15.03	31:10.09	54.77	1:55.69	4:08.14	59.94	2:09.73	4:39.01	50.60	1:51.82	4:05.58	4:14.04	8:53.60
110	47.41	1:44.66	3:46.66	7:56.19	16:16.99	31:13.85	54.88	1:55.92	4:08.64	1:00.07	2:09.99	4:39.57	50.70	1:52.05	4:06.07	4:14.56	8:54.68
109	47.51	1:44.87	3:47.12	7:57.16	16:18.97	31:17.65	54.99	1:56.16	4:09.14	1:00.19	2:10.25	4:40.13	50.81	1:52.27	4:06.57	4:15.07	8:55.76
108	47.61	1:45.09	3:47.59	7:58.13	16:20.96	31:21.48	55.10	1:56.40	4:09.65	1:00.31	2:10.52	4:40.70	50.91	1:52.50	4:07.08	4:15.59	8:56.85
107	47.70	1:45.30	3:48.05	7:59.11	16:22.98	31:25.34	55.21	1:56.64	4:10.16	1:00.43	2:10.78	4:41.28	51.01	1:52.73	4:07.58	4:16.12	8:57.95
106	47.80	1:45.52	3:48.53	8:00.10	16:25.01	31:29.24	55.33	1:56.88	4:10.68	1:00.56	2:11.06	4:41.86	51.12	1:52.97	4:08.10	4:16.65	8:59.07
105	47.90	1:45.74	3:49.00	8:01.10	16:27.07	31:33.18	55.44	1:57.12	4:11.21	1:00.69	2:11.33	4:42.45	51.23	1:53.20	4:08.61	4:17.18	9:00.19
104	48.00	1:45.96	3:49.48	8:02.11	16:29.14	31:37.16	55.56	1:57.37	4:11.73	1:00.81	2:11.60	4:43.04	51.33	1:53.44	4:09.13	4:17.72	9:01.33
103	48.10	1:46.19	3:49.97	8:03.13	16:31.23	31:41.17	55.68	1:57.62	4:12.27	1:00.94	2:11.88	4:43.64	51.44	1:53.68	4:09.66	4:18.27	9:02.47
102	48.21	1:46.42	3:50.46	8:04.16	16:33.35	31:45.23	55.79	1:57.87	4:12.80	1:01.07	2:12.16	4:44.25	51.55	1:53.92	4:10.19	4:18.82	9:03.63
101	48.31	1:46.64	3:50.95	8:05.20	16:35.48	31:49.32	55.91	1:58.12	4:13.35	1:01.20	2:12.45	4:44.86	51.66	1:54.17	4:10.73	4:19.37	9:04.80
100	48.42	1:46.88	3:51.46	8:06.26	16:37.64	31:53.46	56.04	1:58.38	4:13.90	1:01.34	2:12.74	4:45.48	51.78	1:54.42	4:11.28	4:19.94	9:05.98
99	48.52	1:47.11	3:51.96	8:07.32	16:39.81	31:57.63	56.16	1:58.63	4:14.45	1:01.47	2:13.02	4:46.10	51.89	1:54.66	4:11.82	4:20.50	9:07.17
98	48.63	1:47.34	3:52.47	8:08.39	16:42.01	32:01.85	56.28	1:58.89	4:15.01	1:01.60	2:13.32	4:46.73	52.00	1:54.92	4:12.38	4:21.08	9:08.37
97	48.74	1:47.58	3:52.99	8:09.47	16:44.23	32:06.11	56.41	1:59.16	4:15.57	1:01.74	2:13.61	4:47.36	52.12	1:55.17	4:12.94	4:21.65	9:09.59
96	48.84	1:47.82	3:53.51	8:10.57	16:46.48	32:10.42	56.53	1:59.42	4:16.15	1:01.88	2:13.91	4:48.01	52.23	1:55.43	4:13.50	4:22.24	9:10.81
95	48.95	1:48.07	3:54.03	8:11.67	16:48.75	32:14.77	56.66	1:59.69	4:16.72	1:02.02	2:14.21	4:48.65	52.35	1:55.69	4:14.07	4:22.83	9:12.06
94	49.07	1:48.31	3:54.56	8:12.79	16:51.04	32:19.16	56.79	1:59.97	4:17.31	1:02.16	2:14.52	4:49.31	52.47	1:55.95	4:14.65	4:23.43	9:13.31
93	49.18	1:48.56	3:55.10	8:13.92	16:53.36	32:23.61	56.92	2:00.24	4:17.90	1:02.30	2:14.83	4:49.97	52.59	1:56.22	4:15.23	4:24.03	9:14.58
92	49.29	1:48.81	3:55.65	8:15.06	16:55.70	32:28.10	57.05	2:00.52	4:18.49	1:02.45	2:15.14	4:50.64	52.71	1:56.49	4:15.82	4:24.64	9:15.86
91	49.41	1:49.06	3:56.20	8:16.21	16:58.07	32:32.64	57.18	2:00.80	4:19.09	1:02.59	2:15.45	4:51.32	52.84	1:56.76	4:16.42	4:25.26	9:17.16
90	49.52	1:49.32	3:56.75	8:17.38	17:00.46	32:37.23	57.32	2:01.08	4:19.70	1:02.74	2:15.77	4:52.01	52.96	1:57.03	4:17.02	4:25.88	9:18.47
89	49.64	1:49.58	3:57.31	8:18.56	17:02.88	32:41.88	57.45	2:01.37	4:20.32	1:02.89	2:16.09	4:52.70	53.09	1:57.31	4:17.63	4:26.51	9:19.79
88	49.76	1:49.84	3:57.88	8:19.75	17:05.33	32:46.57	57.59	2:01.66	4:20.94	1:03.04	2:16.42	4:53.40	53.21	1:57.59	4:18.25	4:27.15	9:21.13
87	49.88	1:50.11	3:58.45	8:20.96	17:07.80	32:51.32	57.73	2:01.95	4:21.57	1:03.19	2:16.75	4:54.11	53.34	1:57.88	4:18.87	4:27.80	9:22.49
86	50.00	1:50.38	3:59.04	8:22.18	17:10.31	32:56.12	57.87	2:02.25	4:22.21	1:03.34	2:17.08	4:54.82	53.47	1:58.16	4:19.50	4:28.45	9:23.86

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
85	50.12	1:50.65	3:59.62	8:23.42	17:12.84	33:00.98	58.01	2:02.55	4:22.86	1:03.50	2:17.42	4:55.55	53.60	1:58.45	4:20.14	4:29.11	9:25.24
84	50.25	1:50.92	4:00.22	8:24.66	17:15.41	33:05.90	58.16	2:02.86	4:23.51	1:03.66	2:17.76	4:56.28	53.74	1:58.75	4:20.79	4:29.78	9:26.65
83	50.37	1:51.20	4:00.82	8:25.93	17:18.00	33:10.88	58.30	2:03.16	4:24.17	1:03.82	2:18.11	4:57.03	53.87	1:59.04	4:21.44	4:30.45	9:28.07
82	50.50	1:51.48	4:01.43	8:27.21	17:20.63	33:15.91	58.45	2:03.48	4:24.84	1:03.98	2:18.46	4:57.78	54.01	1:59.35	4:22.10	4:31.14	9:29.50
81	50.63	1:51.77	4:02.05	8:28.51	17:23.28	33:21.01	58.60	2:03.79	4:25.51	1:04.14	2:18.81	4:58.54	54.14	1:59.65	4:22.77	4:31.83	9:30.96
80	50.76	1:52.05	4:02.67	8:29.82	17:25.98	33:26.17	58.75	2:04.11	4:26.20	1:04.31	2:19.17	4:59.31	54.28	1:59.96	4:23.45	4:32.53	9:32.43
79	50.89	1:52.35	4:03.30	8:31.14	17:28.70	33:31.40	58.90	2:04.43	4:26.89	1:04.47	2:19.53	5:00.09	54.43	2:00.27	4:24.14	4:33.24	9:33.92
78	51.03	1:52.64	4:03.94	8:32.49	17:31.46	33:36.69	59.06	2:04.76	4:27.59	1:04.64	2:19.90	5:00.88	54.57	2:00.59	4:24.83	4:33.96	9:35.43
77	51.16	1:52.94	4:04.59	8:33.85	17:34.26	33:42.05	59.22	2:05.09	4:28.31	1:04.82	2:20.27	5:01.68	54.71	2:00.91	4:25.54	4:34.69	9:36.96
76	51.30	1:53.24	4:05.25	8:35.23	17:37.09	33:47.48	59.37	2:05.43	4:29.03	1:04.99	2:20.65	5:02.49	54.86	2:01.23	4:26.25	4:35.43	9:38.51
75	51.44	1:53.55	4:05.91	8:36.63	17:39.96	33:52.99	59.54	2:05.77	4:29.76	1:05.17	2:21.03	5:03.31	55.01	2:01.56	4:26.97	4:36.17	9:40.08
74	51.58	1:53.86	4:06.59	8:38.05	17:42.86	33:58.56	59.70	2:06.12	4:30.50	1:05.35	2:21.41	5:04.14	55.16	2:01.90	4:27.70	4:36.93	9:41.67
73	51.72	1:54.18	4:07.27	8:39.49	17:45.81	34:04.22	59.86	2:06.46	4:31.25	1:05.53	2:21.81	5:04.98	55.31	2:02.23	4:28.45	4:37.70	9:43.29
72	51.87	1:54.50	4:07.97	8:40.94	17:48.80	34:09.95	1:00.03	2:06.82	4:32.01	1:05.71	2:22.20	5:05.84	55.47	2:02.58	4:29.20	4:38.48	9:44.92
71	52.02	1:54.82	4:08.67	8:42.42	17:51.83	34:15.76	1:00.20	2:07.18	4:32.78	1:05.90	2:22.61	5:06.71	55.63	2:02.92	4:29.96	4:39.27	9:46.58
70	52.17	1:55.15	4:09.38	8:43.92	17:54.90	34:21.65	1:00.38	2:07.54	4:33.56	1:06.09	2:23.02	5:07.59	55.79	2:03.28	4:30.74	4:40.07	9:48.26
69	52.32	1:55.49	4:10.10	8:45.44	17:58.02	34:27.63	1:00.55	2:07.91	4:34.35	1:06.28	2:23.43	5:08.48	55.95	2:03.63	4:31.52	4:40.88	9:49.97
68	52.47	1:55.83	4:10.84	8:46.98	18:01.18	34:33.70	1:00.73	2:08.29	4:35.16	1:06.47	2:23.85	5:09.38	56.11	2:04.00	4:32.32	4:41.70	9:51.70
67	52.63	1:56.17	4:11.58	8:48.54	18:04.39	34:39.85	1:00.91	2:08.67	4:35.97	1:06.67	2:24.28	5:10.30	56.28	2:04.37	4:33.13	4:42.54	9:53.45
66	52.78	1:56.52	4:12.34	8:50.13	18:07.65	34:46.10	1:01.09	2:09.06	4:36.80	1:06.87	2:24.71	5:11.23	56.45	2:04.74	4:33.95	4:43.39	9:55.24
65	52.94	1:56.87	4:13.11	8:51.74	18:10.96	34:52.45	1:01.28	2:09.45	4:37.65	1:07.07	2:25.15	5:12.18	56.62	2:05.12	4:34.78	4:44.25	9:57.05
64	53.11	1:57.23	4:13.89	8:53.38	18:14.32	34:58.89	1:01.47	2:09.85	4:38.50	1:07.28	2:25.60	5:13.14	56.79	2:05.50	4:35.63	4:45.13	9:58.89
63	53.27	1:57.60	4:14.68	8:55.04	18:17.73	35:05.43	1:01.66	2:10.25	4:39.37	1:07.49	2:26.05	5:14.12	56.97	2:05.89	4:36.49	4:46.01	10:00.75
62	53.44	1:57.97	4:15.48	8:56.73	18:21.19	35:12.08	1:01.85	2:10.66	4:40.25	1:07.70	2:26.51	5:15.11	57.15	2:06.29	4:37.36	4:46.92	10:02.65
61	53.61	1:58.35	4:16.30	8:58.45	18:24.72	35:18.84	1:02.05	2:11.08	4:41.15	1:07.92	2:26.98	5:16.12	57.33	2:06.70	4:38.25	4:47.84	10:04.58
60	53.79	1:58.73	4:17.13	9:00.19	18:28.30	35:25.70	1:02.25	2:11.51	4:42.06	1:08.14	2:27.46	5:17.14	57.52	2:07.11	4:39.15	4:48.77	10:06.54
59	53.96	1:59.12	4:17.97	9:01.97	18:31.94	35:32.69	1:02.46	2:11.94	4:42.99	1:08.36	2:27.94	5:18.18	57.71	2:07.52	4:40.07	4:49.72	10:08.53
58	54.14	1:59.52	4:18.83	9:03.77	18:35.64	35:39.79	1:02.66	2:12.38	4:43.93	1:08.59	2:28.44	5:19.24	57.90	2:07.95	4:41.00	4:50.68	10:10.56
57	54.33	1:59.92	4:19.71	9:05.61	18:39.41	35:47.02	1:02.88	2:12.82	4:44.89	1:08.82	2:28.94	5:20.32	58.10	2:08.38	4:41.95	4:51.66	10:12.62
56	54.51	2:00.33	4:20.60	9:07.48	18:43.24	35:54.37	1:03.09	2:13.28	4:45.86	1:09.06	2:29.45	5:21.42	58.29	2:08.82	4:42.91	4:52.66	10:14.72
55	54.70	2:00.75	4:21.50	9:09.38	18:47.15	36:01.86	1:03.31	2:13.74	4:46.86	1:09.30	2:29.97	5:22.54	58.50	2:09.27	4:43.90	4:53.68	10:16.85
54	54.89	2:01.18	4:22.43	9:11.32	18:51.12	36:09.48	1:03.53	2:14.21	4:47.87	1:09.54	2:30.50	5:23.67	58.70	2:09.72	4:44.90	4:54.72	10:19.03
53	55.09	2:01.61	4:23.36	9:13.29	18:55.17	36:17.25	1:03.76	2:14.70	4:48.90	1:09.79	2:31.03	5:24.83	58.91	2:10.19	4:45.92	4:55.77	10:21.24
52	55.29	2:02.05	4:24.32	9:15.30	18:59.30	36:25.16	1:03.99	2:15.18	4:49.95	1:10.05	2:31.58	5:26.01	59.13	2:10.66	4:46.96	4:56.85	10:23.50
51	55.49	2:02.50	4:25.30	9:17.35	19:03.50	36:33.23	1:04.23	2:15.68	4:51.02	1:10.30	2:32.14	5:27.22	59.35	2:11.14	4:48.02	4:57.94	10:25.81

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009

Points	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
50	55.70	2:02.96	4:26.29	9:19.44	19:07.79	36:41.46	1:04.47	2:16.19	4:52.11	1:10.57	2:32.71	5:28.44	59.57	2:11.64	4:49.10	4:59.06	10:28.15
49	55.92	2:03.43	4:27.31	9:21.58	19:12.17	36:49.85	1:04.72	2:16.71	4:53.22	1:10.84	2:33.30	5:29.70	59.80	2:12.14	4:50.20	5:00.20	10:30.55
48	56.13	2:03.91	4:28.34	9:23.75	19:16.64	36:58.42	1:04.97	2:17.24	4:54.36	1:11.11	2:33.89	5:30.97	1:00.03	2:12.65	4:51.32	5:01.36	10:32.99
47	56.35	2:04.40	4:29.40	9:25.98	19:21.20	37:07.17	1:05.22	2:17.78	4:55.52	1:11.39	2:34.50	5:32.28	1:00.26	2:13.17	4:52.47	5:02.55	10:35.49
46	56.58	2:04.90	4:30.48	9:28.25	19:25.86	37:16.10	1:05.48	2:18.34	4:56.71	1:11.68	2:35.12	5:33.61	1:00.51	2:13.71	4:53.65	5:03.77	10:38.04
45	56.81	2:05.41	4:31.59	9:30.57	19:30.62	37:25.24	1:05.75	2:18.90	4:57.92	1:11.97	2:35.75	5:34.98	1:00.75	2:14.25	4:54.85	5:05.01	10:40.64
44	57.05	2:05.93	4:32.72	9:32.94	19:35.49	37:34.57	1:06.03	2:19.48	4:59.16	1:12.27	2:36.40	5:36.37	1:01.01	2:14.81	4:56.07	5:06.28	10:43.31
43	57.29	2:06.46	4:33.87	9:35.37	19:40.47	37:44.13	1:06.31	2:20.07	5:00.43	1:12.58	2:37.06	5:37.79	1:01.26	2:15.38	4:57.33	5:07.57	10:46.03
42	57.54	2:07.01	4:35.06	9:37.85	19:45.57	37:53.90	1:06.59	2:20.67	5:01.72	1:12.89	2:37.74	5:39.25	1:01.53	2:15.97	4:58.61	5:08.90	10:48.82
41	57.79	2:07.57	4:36.27	9:40.40	19:50.79	38:03.92	1:06.88	2:21.29	5:03.05	1:13.21	2:38.43	5:40.75	1:01.80	2:16.57	4:59.92	5:10.26	10:51.68
40	58.05	2:08.14	4:37.51	9:43.01	19:56.14	38:14.18	1:07.19	2:21.93	5:04.41	1:13.54	2:39.15	5:42.28	1:02.08	2:17.18	5:01.27	5:11.66	10:54.61
39	58.32	2:08.73	4:38.78	9:45.68	20:01.62	38:24.70	1:07.49	2:22.58	5:05.81	1:13.88	2:39.88	5:43.85	1:02.36	2:17.81	5:02.65	5:13.08	10:57.61
38	58.59	2:09.33	4:40.09	9:48.42	20:07.25	38:35.49	1:07.81	2:23.25	5:07.24	1:14.22	2:40.62	5:45.46	1:02.65	2:18.46	5:04.07	5:14.55	11:00.69
37	58.87	2:09.95	4:41.43	9:51.24	20:13.02	38:46.57	1:08.13	2:23.93	5:08.71	1:14.58	2:41.39	5:47.11	1:02.95	2:19.12	5:05.53	5:16.06	11:03.85
36	59.16	2:10.59	4:42.80	9:54.13	20:18.96	38:57.95	1:08.47	2:24.64	5:10.22	1:14.94	2:42.18	5:48.81	1:03.26	2:19.80	5:07.02	5:17.60	11:07.10
35	59.45	2:11.24	4:44.22	9:57.11	20:25.06	39:09.66	1:08.81	2:25.36	5:11.78	1:15.32	2:43.00	5:50.55	1:03.58	2:20.50	5:08.56	5:19.19	11:10.44
34	59.76	2:11.91	4:45.68	10:00.17	20:31.34	39:21.70	1:09.16	2:26.11	5:13.37	1:15.70	2:43.83	5:52.35	1:03.91	2:21.22	5:10.14	5:20.83	11:13.88
33	1:00.07	2:12.61	4:47.18	10:03.32	20:37.81	39:34.11	1:09.53	2:26.87	5:15.02	1:16.10	2:44.69	5:54.20	1:04.24	2:21.96	5:11.77	5:22.51	11:17.42
32	1:00.40	2:13.32	4:48.72	10:06.57	20:44.48	39:46.89	1:09.90	2:27.67	5:16.72	1:16.51	2:45.58	5:56.11	1:04.59	2:22.73	5:13.45	5:24.25	11:21.06
31	1:00.73	2:14.06	4:50.32	10:09.92	20:51.35	40:00.08	1:10.29	2:28.48	5:18.47	1:16.93	2:46.49	5:58.08	1:04.94	2:23.51	5:15.18	5:26.04	11:24.83
30	1:01.07	2:14.82	4:51.97	10:13.38	20:58.46	40:13.71	1:10.69	2:29.32	5:20.27	1:17.37	2:47.44	6:00.11	1:05.31	2:24.33	5:16.97	5:27.89	11:28.72
29	1:01.43	2:15.60	4:53.67	10:16.96	21:05.80	40:27.79	1:11.10	2:30.20	5:22.14	1:17.82	2:48.42	6:02.21	1:05.69	2:25.17	5:18.82	5:29.81	11:32.73
28	1:01.80	2:16.42	4:55.44	10:20.67	21:13.40	40:42.38	1:11.53	2:31.10	5:24.08	1:18.29	2:49.43	6:04.39	1:06.09	2:26.04	5:20.73	5:31.79	11:36.90
27	1:02.18	2:17.26	4:57.26	10:24.51	21:21.28	40:57.49	1:11.97	2:32.03	5:26.08	1:18.78	2:50.48	6:06.64	1:06.50	2:26.95	5:22.72	5:33.84	11:41.21
26	1:02.58	2:18.14	4:59.16	10:28.49	21:29.46	41:13.17	1:12.43	2:33.00	5:28.16	1:19.28	2:51.56	6:08.98	1:06.92	2:27.88	5:24.78	5:35.97	11:45.68
25	1:02.99	2:19.05	5:01.13	10:32.63	21:37.95	41:29.46	1:12.90	2:34.01	5:30.33	1:19.80	2:52.69	6:11.41	1:07.36	2:28.86	5:26.92	5:38.18	11:50.33
24	1:03.42	2:20.00	5:03.18	10:36.94	21:46.80	41:46.43	1:13.40	2:35.06	5:32.58	1:20.34	2:53.87	6:13.94	1:07.82	2:29.87	5:29.15	5:40.49	11:55.17
23	1:03.87	2:20.98	5:05.32	10:41.44	21:56.02	42:04.11	1:13.92	2:36.15	5:34.92	1:20.91	2:55.10	6:16.58	1:08.30	2:30.93	5:31.47	5:42.89	12:00.22
22	1:04.33	2:22.02	5:07.56	10:46.13	22:05.65	42:22.58	1:14.46	2:37.30	5:37.37	1:21.50	2:56.38	6:19.34	1:08.80	2:32.03	5:33.89	5:45.40	12:05.49
21	1:04.82	2:23.10	5:09.89	10:51.04	22:15.73	42:41.91	1:15.03	2:38.49	5:39.94	1:22.12	2:57.72	6:22.22	1:09.32	2:33.19	5:36.43	5:48.03	12:11.00
20	1:05.34	2:24.23	5:12.35	10:56.20	22:26.30	43:02.18	1:15.62	2:39.75	5:42.63	1:22.77	2:59.13	6:25.25	1:09.87	2:34.40	5:39.09	5:50.78	12:16.79
19	1:05.88	2:25.42	5:14.92	11:01.61	22:37.41	43:23.49	1:16.24	2:41.07	5:45.46	1:23.46	3:00.60	6:28.43	1:10.45	2:35.68	5:41.89	5:53.68	12:22.87
18	1:06.44	2:26.67	5:17.64	11:07.32	22:49.12	43:45.96	1:16.90	2:42.46	5:48.44	1:24.18	3:02.16	6:31.78	1:11.06	2:37.02	5:44.84	5:56.73	12:29.28
17	1:07.05	2:28.00	5:20.52	11:13.36	23:01.50	44:09.71	1:17.60	2:43.92	5:51.59	1:24.94	3:03.81	6:35.32	1:11.70	2:38.44	5:47.96	5:59.95	12:36.05
16	1:07.68	2:29.41	5:23.56	11:19.76	23:14.64	44:34.90	1:18.34	2:45.48	5:54.93	1:25.74	3:05.56	6:39.08	1:12.38	2:39.95	5:51.27	6:03.38	12:43.24

BRITISH WOMEN LONG COURSE - COMPARATIVE PERFORMANCE TABLES - 2009																	
Points	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m
	Free	Free	Free	Free	Free	Free	Back	Back	Back	Breast	Breast	Breast	Fly	Fly	Fly	IM	IM
15	1:08.36	2:30.90	5:26.81	11:26.57	23:28.62	45:01.71	1:19.12	2:47.14	5:58.49	1:26.60	3:07.42	6:43.08	1:13.11	2:41.55	5:54.79	6:07.02	12:50.89
14	1:09.09	2:32.51	5:30.27	11:33.86	23:43.56	45:30.38	1:19.96	2:48.92	6:02.29	1:27.52	3:09.41	6:47.36	1:13.88	2:43.27	5:58.56	6:10.91	12:59.07
13	1:09.87	2:34.23	5:34.00	11:41.68	23:59.62	46:01.17	1:20.86	2:50.82	6:06.38	1:28.51	3:11.54	6:51.95	1:14.72	2:45.11	6:02.60	6:15.10	13:07.86
12	1:10.71	2:36.08	5:38.02	11:50.13	24:16.96	46:34.43	1:21.84	2:52.88	6:10.79	1:29.58	3:13.85	6:56.91	1:15.61	2:47.10	6:06.97	6:19.61	13:17.35
11	1:11.62	2:38.10	5:42.39	11:59.32	24:35.81	47:10.58	1:22.90	2:55.11	6:15.59	1:30.74	3:16.36	7:02.31	1:16.59	2:49.26	6:11.71	6:24.53	13:27.67
10	1:12.63	2:40.32	5:47.19	12:09.39	24:56.46	47:50.19	1:24.06	2:57.57	6:20.85	1:32.01	3:19.11	7:08.22	1:17.67	2:51.63	6:16.92	6:29.91	13:38.97
9	1:13.73	2:42.76	5:52.48	12:20.51	25:19.28	48:33.96	1:25.34	3:00.27	6:26.65	1:33.41	3:22.14	7:14.75	1:18.85	2:54.24	6:22.66	6:35.85	13:51.46
8	1:14.97	2:45.49	5:58.40	12:32.95	25:44.80	49:22.90	1:26.77	3:03.30	6:33.15	1:34.98	3:25.54	7:22.05	1:20.17	2:57.17	6:29.09	6:42.50	14:05.42
7	1:16.38	2:48.59	6:05.11	12:47.05	26:13.72	50:18.38	1:28.40	3:06.73	6:40.51	1:36.76	3:29.39	7:30.33	1:21.68	3:00.49	6:36.38	6:50.04	14:21.25
6	1:18.00	2:52.17	6:12.86	13:03.32	26:47.12	51:22.43	1:30.27	3:10.70	6:49.01	1:38.81	3:33.83	7:39.88	1:23.41	3:04.32	6:44.79	6:58.74	14:39.53
5	1:19.91	2:56.40	6:22.02	13:22.57	27:26.61	52:38.19	1:32.49	3:15.38	6:59.06	1:41.24	3:39.08	7:51.18	1:25.46	3:08.85	6:54.74	7:09.03	15:01.14
4	1:22.26	3:01.58	6:33.24	13:46.14	28:14.96	54:10.91	1:35.21	3:21.12	7:11.36	1:44.21	3:45.52	8:05.02	1:27.97	3:14.39	7:06.91	7:21.63	15:27.60
3	1:25.28	3:08.26	6:47.70	14:16.51	29:17.28	56:10.44	1:38.71	3:28.51	7:27.22	1:48.04	3:53.81	8:22.85	1:31.20	3:21.54	7:22.61	7:37.86	16:01.71
2	1:29.55	3:17.67	7:08.08	14:59.33	30:45.12	58:58.91	1:43.64	3:38.94	7:49.58	1:53.44	4:05.50	8:47.99	1:35.76	3:31.61	7:44.73	8:00.75	16:49.78
1	1:36.84	3:33.76	7:42.92	16:12.52	33:15.28	63:46.92	1:52.08	3:56.76	8:27.80	2:02.68	4:25.48	9:30.96	1:43.56	3:48.84	8:22.56	8:39.88	18:11.96