

BRITISH MEN 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	20.60	45.59	1:40.72	3:33.46	7:26.35	14:06.21	23.88	50.83	1:50.50	26.28	57.13	2:03.46	22.36	48.95	1:49.04	1:52.36	3:58.96
1099	20.60	45.61	1:40.76	3:33.55	7:26.54	14:06.55	23.89	50.85	1:50.55	26.29	57.15	2:03.51	22.37	48.97	1:49.08	1:52.41	3:59.06
1098	20.61	45.62	1:40.80	3:33.63	7:26.72	14:06.90	23.90	50.87	1:50.59	26.30	57.18	2:03.57	22.38	48.99	1:49.13	1:52.46	3:59.15
1097	20.62	45.64	1:40.84	3:33.72	7:26.90	14:07.25	23.91	50.89	1:50.64	26.31	57.20	2:03.62	22.39	49.01	1:49.17	1:52.50	3:59.25
1096	20.63	45.66	1:40.88	3:33.81	7:27.09	14:07.60	23.92	50.91	1:50.69	26.32	57.22	2:03.67	22.40	49.03	1:49.22	1:52.55	3:59.35
1095	20.64	45.68	1:40.92	3:33.90	7:27.27	14:07.95	23.93	50.93	1:50.73	26.33	57.25	2:03.72	22.41	49.05	1:49.26	1:52.59	3:59.45
1094	20.65	45.70	1:40.97	3:33.99	7:27.46	14:08.30	23.94	50.96	1:50.78	26.35	57.27	2:03.77	22.41	49.07	1:49.31	1:52.64	3:59.55
1093	20.66	45.72	1:41.01	3:34.08	7:27.64	14:08.65	23.95	50.98	1:50.82	26.36	57.29	2:03.82	22.42	49.09	1:49.35	1:52.69	3:59.65
1092	20.66	45.74	1:41.05	3:34.16	7:27.83	14:09.00	23.96	51.00	1:50.87	26.37	57.32	2:03.87	22.43	49.11	1:49.40	1:52.73	3:59.75
1091	20.67	45.76	1:41.09	3:34.25	7:28.01	14:09.36	23.97	51.02	1:50.91	26.38	57.34	2:03.92	22.44	49.13	1:49.44	1:52.78	3:59.85
1090	20.68	45.77	1:41.13	3:34.34	7:28.20	14:09.71	23.98	51.04	1:50.96	26.39	57.36	2:03.97	22.45	49.15	1:49.49	1:52.83	3:59.95
1089	20.69	45.79	1:41.17	3:34.43	7:28.38	14:10.06	23.99	51.06	1:51.01	26.40	57.39	2:04.03	22.46	49.17	1:49.53	1:52.87	4:00.04
1088	20.70	45.81	1:41.22	3:34.52	7:28.57	14:10.41	24.00	51.08	1:51.05	26.41	57.41	2:04.08	22.47	49.19	1:49.58	1:52.92	4:00.14
1087	20.71	45.83	1:41.26	3:34.61	7:28.76	14:10.76	24.01	51.10	1:51.10	26.42	57.44	2:04.13	22.48	49.21	1:49.62	1:52.97	4:00.24
1086	20.72	45.85	1:41.30	3:34.70	7:28.94	14:11.12	24.02	51.12	1:51.14	26.43	57.46	2:04.18	22.49	49.24	1:49.67	1:53.02	4:00.34
1085	20.72	45.87	1:41.34	3:34.79	7:29.13	14:11.47	24.03	51.15	1:51.19	26.44	57.48	2:04.23	22.50	49.26	1:49.71	1:53.06	4:00.44
1084	20.73	45.89	1:41.38	3:34.87	7:29.31	14:11.82	24.04	51.17	1:51.24	26.45	57.51	2:04.28	22.51	49.28	1:49.76	1:53.11	4:00.54
1083	20.74	45.91	1:41.43	3:34.96	7:29.50	14:12.18	24.05	51.19	1:51.28	26.47	57.53	2:04.33	22.52	49.30	1:49.81	1:53.16	4:00.64
1082	20.75	45.93	1:41.47	3:35.05	7:29.69	14:12.53	24.06	51.21	1:51.33	26.48	57.56	2:04.39	22.53	49.32	1:49.85	1:53.20	4:00.74
1081	20.76	45.95	1:41.51	3:35.14	7:29.87	14:12.89	24.07	51.23	1:51.38	26.49	57.58	2:04.44	22.54	49.34	1:49.90	1:53.25	4:00.84
1080	20.77	45.97	1:41.55	3:35.23	7:30.06	14:13.24	24.08	51.25	1:51.42	26.50	57.60	2:04.49	22.55	49.36	1:49.94	1:53.30	4:00.94
1079	20.78	45.98	1:41.60	3:35.32	7:30.25	14:13.60	24.09	51.27	1:51.47	26.51	57.63	2:04.54	22.55	49.38	1:49.99	1:53.34	4:01.04
1078	20.78	46.00	1:41.64	3:35.41	7:30.44	14:13.95	24.10	51.30	1:51.51	26.52	57.65	2:04.59	22.56	49.40	1:50.03	1:53.39	4:01.14
1077	20.79	46.02	1:41.68	3:35.50	7:30.62	14:14.31	24.11	51.32	1:51.56	26.53	57.67	2:04.65	22.57	49.42	1:50.08	1:53.44	4:01.24
1076	20.80	46.04	1:41.72	3:35.59	7:30.81	14:14.66	24.12	51.34	1:51.61	26.54	57.70	2:04.70	22.58	49.44	1:50.13	1:53.49	4:01.34
1075	20.81	46.06	1:41.76	3:35.68	7:31.00	14:15.02	24.13	51.36	1:51.65	26.55	57.72	2:04.75	22.59	49.46	1:50.17	1:53.53	4:01.45
1074	20.82	46.08	1:41.81	3:35.77	7:31.19	14:15.38	24.14	51.38	1:51.70	26.56	57.75	2:04.80	22.60	49.48	1:50.22	1:53.58	4:01.55
1073	20.83	46.10	1:41.85	3:35.86	7:31.38	14:15.73	24.15	51.40	1:51.75	26.58	57.77	2:04.85	22.61	49.50	1:50.26	1:53.63	4:01.65
1072	20.84	46.12	1:41.89	3:35.95	7:31.57	14:16.09	24.16	51.42	1:51.79	26.59	57.80	2:04.91	22.62	49.52	1:50.31	1:53.68	4:01.75
1071	20.84	46.14	1:41.94	3:36.04	7:31.75	14:16.45	24.17	51.45	1:51.84	26.60	57.82	2:04.96	22.63	49.54	1:50.36	1:53.72	4:01.85
1070	20.85	46.16	1:41.98	3:36.13	7:31.94	14:16.81	24.18	51.47	1:51.89	26.61	57.84	2:05.01	22.64	49.56	1:50.40	1:53.77	4:01.95
1069	20.86	46.18	1:42.02	3:36.22	7:32.13	14:17.16	24.19	51.49	1:51.93	26.62	57.87	2:05.06	22.65	49.59	1:50.45	1:53.82	4:02.05
1068	20.87	46.20	1:42.06	3:36.31	7:32.32	14:17.52	24.20	51.51	1:51.98	26.63	57.89	2:05.12	22.66	49.61	1:50.50	1:53.87	4:02.15
1067	20.88	46.22	1:42.11	3:36.40	7:32.51	14:17.88	24.21	51.53	1:52.03	26.64	57.92	2:05.17	22.67	49.63	1:50.54	1:53.91	4:02.25
1066	20.89	46.23	1:42.15	3:36.49	7:32.70	14:18.24	24.22	51.55	1:52.08	26.65	57.94	2:05.22	22.68	49.65	1:50.59	1:53.96	4:02.36

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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	20.90	46.25	1:42.19	3:36.58	7:32.89	14:18.60	24.23	51.57	1:52.12	26.67	57.96	2:05.27	22.69	49.67	1:50.63	1:54.01	4:02.46
1064	20.91	46.27	1:42.23	3:36.68	7:33.08	14:18.96	24.24	51.60	1:52.17	26.68	57.99	2:05.32	22.70	49.69	1:50.68	1:54.06	4:02.56
1063	20.91	46.29	1:42.28	3:36.77	7:33.27	14:19.32	24.25	51.62	1:52.22	26.69	58.01	2:05.38	22.71	49.71	1:50.73	1:54.10	4:02.66
1062	20.92	46.31	1:42.32	3:36.86	7:33.46	14:19.68	24.26	51.64	1:52.26	26.70	58.04	2:05.43	22.72	49.73	1:50.77	1:54.15	4:02.76
1061	20.93	46.33	1:42.36	3:36.95	7:33.65	14:20.04	24.27	51.66	1:52.31	26.71	58.06	2:05.48	22.73	49.75	1:50.82	1:54.20	4:02.86
1060	20.94	46.35	1:42.41	3:37.04	7:33.84	14:20.41	24.28	51.68	1:52.36	26.72	58.09	2:05.54	22.73	49.77	1:50.87	1:54.25	4:02.97
1059	20.95	46.37	1:42.45	3:37.13	7:34.03	14:20.77	24.29	51.70	1:52.40	26.73	58.11	2:05.59	22.74	49.79	1:50.91	1:54.30	4:03.07
1058	20.96	46.39	1:42.49	3:37.22	7:34.22	14:21.13	24.30	51.73	1:52.45	26.74	58.14	2:05.64	22.75	49.81	1:50.96	1:54.34	4:03.17
1057	20.97	46.41	1:42.54	3:37.31	7:34.41	14:21.49	24.32	51.75	1:52.50	26.75	58.16	2:05.69	22.76	49.84	1:51.01	1:54.39	4:03.27
1056	20.98	46.43	1:42.58	3:37.41	7:34.61	14:21.86	24.33	51.77	1:52.55	26.77	58.18	2:05.75	22.77	49.86	1:51.05	1:54.44	4:03.38
1055	20.99	46.45	1:42.62	3:37.50	7:34.80	14:22.22	24.34	51.79	1:52.59	26.78	58.21	2:05.80	22.78	49.88	1:51.10	1:54.49	4:03.48
1054	20.99	46.47	1:42.67	3:37.59	7:34.99	14:22.58	24.35	51.81	1:52.64	26.79	58.23	2:05.85	22.79	49.90	1:51.15	1:54.54	4:03.58
1053	21.00	46.49	1:42.71	3:37.68	7:35.18	14:22.95	24.36	51.84	1:52.69	26.80	58.26	2:05.91	22.80	49.92	1:51.19	1:54.59	4:03.68
1052	21.01	46.51	1:42.75	3:37.77	7:35.37	14:23.31	24.37	51.86	1:52.74	26.81	58.28	2:05.96	22.81	49.94	1:51.24	1:54.63	4:03.79
1051	21.02	46.53	1:42.80	3:37.86	7:35.57	14:23.68	24.38	51.88	1:52.78	26.82	58.31	2:06.01	22.82	49.96	1:51.29	1:54.68	4:03.89
1050	21.03	46.55	1:42.84	3:37.96	7:35.76	14:24.04	24.39	51.90	1:52.83	26.83	58.33	2:06.07	22.83	49.98	1:51.33	1:54.73	4:03.99
1049	21.04	46.57	1:42.88	3:38.05	7:35.95	14:24.41	24.40	51.92	1:52.88	26.85	58.36	2:06.12	22.84	50.00	1:51.38	1:54.78	4:04.10
1048	21.05	46.59	1:42.93	3:38.14	7:36.14	14:24.77	24.41	51.95	1:52.93	26.86	58.38	2:06.17	22.85	50.03	1:51.43	1:54.83	4:04.20
1047	21.06	46.61	1:42.97	3:38.23	7:36.34	14:25.14	24.42	51.97	1:52.98	26.87	58.41	2:06.23	22.86	50.05	1:51.48	1:54.88	4:04.30
1046	21.07	46.63	1:43.01	3:38.33	7:36.53	14:25.50	24.43	51.99	1:53.02	26.88	58.43	2:06.28	22.87	50.07	1:51.52	1:54.93	4:04.41
1045	21.07	46.65	1:43.06	3:38.42	7:36.72	14:25.87	24.44	52.01	1:53.07	26.89	58.46	2:06.33	22.88	50.09	1:51.57	1:54.97	4:04.51
1044	21.08	46.67	1:43.10	3:38.51	7:36.92	14:26.24	24.45	52.03	1:53.12	26.90	58.48	2:06.39	22.89	50.11	1:51.62	1:55.02	4:04.61
1043	21.09	46.69	1:43.14	3:38.60	7:37.11	14:26.60	24.46	52.06	1:53.17	26.91	58.51	2:06.44	22.90	50.13	1:51.67	1:55.07	4:04.72
1042	21.10	46.71	1:43.19	3:38.70	7:37.31	14:26.97	24.47	52.08	1:53.22	26.93	58.53	2:06.49	22.91	50.15	1:51.71	1:55.12	4:04.82
1041	21.11	46.73	1:43.23	3:38.79	7:37.50	14:27.34	24.48	52.10	1:53.26	26.94	58.55	2:06.55	22.92	50.17	1:51.76	1:55.17	4:04.92
1040	21.12	46.74	1:43.28	3:38.88	7:37.69	14:27.71	24.49	52.12	1:53.31	26.95	58.58	2:06.60	22.93	50.20	1:51.81	1:55.22	4:05.03
1039	21.13	46.76	1:43.32	3:38.98	7:37.89	14:28.08	24.50	52.14	1:53.36	26.96	58.60	2:06.65	22.94	50.22	1:51.85	1:55.27	4:05.13
1038	21.14	46.78	1:43.36	3:39.07	7:38.08	14:28.45	24.51	52.17	1:53.41	26.97	58.63	2:06.71	22.95	50.24	1:51.90	1:55.32	4:05.24
1037	21.15	46.80	1:43.41	3:39.16	7:38.28	14:28.82	24.52	52.19	1:53.46	26.98	58.65	2:06.76	22.96	50.26	1:51.95	1:55.37	4:05.34
1036	21.15	46.82	1:43.45	3:39.25	7:38.47	14:29.19	24.53	52.21	1:53.50	26.99	58.68	2:06.82	22.97	50.28	1:52.00	1:55.41	4:05.45
1035	21.16	46.84	1:43.50	3:39.35	7:38.67	14:29.56	24.54	52.23	1:53.55	27.01	58.70	2:06.87	22.98	50.30	1:52.05	1:55.46	4:05.55
1034	21.17	46.86	1:43.54	3:39.44	7:38.86	14:29.93	24.55	52.25	1:53.60	27.02	58.73	2:06.92	22.99	50.32	1:52.09	1:55.51	4:05.66
1033	21.18	46.88	1:43.58	3:39.54	7:39.06	14:30.30	24.56	52.28	1:53.65	27.03	58.75	2:06.98	23.00	50.34	1:52.14	1:55.56	4:05.76
1032	21.19	46.90	1:43.63	3:39.63	7:39.26	14:30.67	24.57	52.30	1:53.70	27.04	58.78	2:07.03	23.01	50.37	1:52.19	1:55.61	4:05.86
1031	21.20	46.92	1:43.67	3:39.72	7:39.45	14:31.04	24.58	52.32	1:53.75	27.05	58.80	2:07.09	23.02	50.39	1:52.24	1:55.66	4:05.97

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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	21.21	46.94	1:43.72	3:39.82	7:39.65	14:31.41	24.60	52.34	1:53.80	27.06	58.83	2:07.14	23.03	50.41	1:52.28	1:55.71	4:06.07
1029	21.22	46.96	1:43.76	3:39.91	7:39.84	14:31.79	24.61	52.37	1:53.84	27.07	58.86	2:07.20	23.04	50.43	1:52.33	1:55.76	4:06.18
1028	21.23	46.98	1:43.80	3:40.00	7:40.04	14:32.16	24.62	52.39	1:53.89	27.09	58.88	2:07.25	23.05	50.45	1:52.38	1:55.81	4:06.29
1027	21.24	47.00	1:43.85	3:40.10	7:40.24	14:32.53	24.63	52.41	1:53.94	27.10	58.91	2:07.30	23.06	50.47	1:52.43	1:55.86	4:06.39
1026	21.25	47.02	1:43.89	3:40.19	7:40.43	14:32.90	24.64	52.43	1:53.99	27.11	58.93	2:07.36	23.06	50.50	1:52.48	1:55.91	4:06.50
1025	21.25	47.04	1:43.94	3:40.29	7:40.63	14:33.28	24.65	52.46	1:54.04	27.12	58.96	2:07.41	23.07	50.52	1:52.53	1:55.96	4:06.60
1024	21.26	47.07	1:43.98	3:40.38	7:40.83	14:33.65	24.66	52.48	1:54.09	27.13	58.98	2:07.47	23.08	50.54	1:52.57	1:56.01	4:06.71
1023	21.27	47.09	1:44.03	3:40.48	7:41.03	14:34.03	24.67	52.50	1:54.14	27.14	59.01	2:07.52	23.09	50.56	1:52.62	1:56.06	4:06.81
1022	21.28	47.11	1:44.07	3:40.57	7:41.22	14:34.40	24.68	52.52	1:54.19	27.16	59.03	2:07.58	23.10	50.58	1:52.67	1:56.11	4:06.92
1021	21.29	47.13	1:44.12	3:40.67	7:41.42	14:34.78	24.69	52.55	1:54.23	27.17	59.06	2:07.63	23.11	50.60	1:52.72	1:56.16	4:07.03
1020	21.30	47.15	1:44.16	3:40.76	7:41.62	14:35.15	24.70	52.57	1:54.28	27.18	59.08	2:07.69	23.12	50.63	1:52.77	1:56.21	4:07.13
1019	21.31	47.17	1:44.21	3:40.85	7:41.82	14:35.53	24.71	52.59	1:54.33	27.19	59.11	2:07.74	23.13	50.65	1:52.82	1:56.26	4:07.24
1018	21.32	47.19	1:44.25	3:40.95	7:42.02	14:35.91	24.72	52.61	1:54.38	27.20	59.13	2:07.80	23.14	50.67	1:52.86	1:56.31	4:07.34
1017	21.33	47.21	1:44.30	3:41.04	7:42.22	14:36.28	24.73	52.64	1:54.43	27.21	59.16	2:07.85	23.15	50.69	1:52.91	1:56.36	4:07.45
1016	21.34	47.23	1:44.34	3:41.14	7:42.42	14:36.66	24.74	52.66	1:54.48	27.23	59.18	2:07.91	23.16	50.71	1:52.96	1:56.41	4:07.56
1015	21.35	47.25	1:44.39	3:41.24	7:42.61	14:37.04	24.75	52.68	1:54.53	27.24	59.21	2:07.96	23.17	50.73	1:53.01	1:56.46	4:07.66
1014	21.36	47.27	1:44.43	3:41.33	7:42.81	14:37.41	24.76	52.70	1:54.58	27.25	59.24	2:08.02	23.18	50.76	1:53.06	1:56.51	4:07.77
1013	21.36	47.29	1:44.48	3:41.43	7:43.01	14:37.79	24.78	52.73	1:54.63	27.26	59.26	2:08.07	23.19	50.78	1:53.11	1:56.56	4:07.88
1012	21.37	47.31	1:44.52	3:41.52	7:43.21	14:38.17	24.79	52.75	1:54.68	27.27	59.29	2:08.13	23.20	50.80	1:53.16	1:56.61	4:07.98
1011	21.38	47.33	1:44.57	3:41.62	7:43.41	14:38.55	24.80	52.77	1:54.73	27.28	59.31	2:08.18	23.21	50.82	1:53.20	1:56.66	4:08.09
1010	21.39	47.35	1:44.61	3:41.71	7:43.61	14:38.93	24.81	52.80	1:54.78	27.30	59.34	2:08.24	23.22	50.84	1:53.25	1:56.71	4:08.20
1009	21.40	47.37	1:44.66	3:41.81	7:43.81	14:39.31	24.82	52.82	1:54.83	27.31	59.36	2:08.29	23.23	50.87	1:53.30	1:56.76	4:08.31
1008	21.41	47.39	1:44.70	3:41.90	7:44.01	14:39.69	24.83	52.84	1:54.88	27.32	59.39	2:08.35	23.24	50.89	1:53.35	1:56.81	4:08.41
1007	21.42	47.41	1:44.75	3:42.00	7:44.21	14:40.07	24.84	52.86	1:54.93	27.33	59.41	2:08.40	23.25	50.91	1:53.40	1:56.86	4:08.52
1006	21.43	47.43	1:44.79	3:42.10	7:44.42	14:40.45	24.85	52.89	1:54.98	27.34	59.44	2:08.46	23.26	50.93	1:53.45	1:56.91	4:08.63
1005	21.44	47.45	1:44.84	3:42.19	7:44.62	14:40.83	24.86	52.91	1:55.03	27.36	59.47	2:08.52	23.27	50.95	1:53.50	1:56.96	4:08.74
1004	21.45	47.47	1:44.88	3:42.29	7:44.82	14:41.21	24.87	52.93	1:55.08	27.37	59.49	2:08.57	23.28	50.98	1:53.55	1:57.01	4:08.84
1003	21.46	47.49	1:44.93	3:42.39	7:45.02	14:41.60	24.88	52.96	1:55.13	27.38	59.52	2:08.63	23.29	51.00	1:53.60	1:57.06	4:08.95
1002	21.47	47.51	1:44.97	3:42.48	7:45.22	14:41.98	24.89	52.98	1:55.17	27.39	59.54	2:08.68	23.30	51.02	1:53.65	1:57.11	4:09.06
1001	21.48	47.53	1:45.02	3:42.58	7:45.42	14:42.36	24.90	53.00	1:55.22	27.40	59.57	2:08.74	23.31	51.04	1:53.70	1:57.16	4:09.17
1000	21.49	47.56	1:45.07	3:42.68	7:45.63	14:42.75	24.92	53.03	1:55.28	27.42	59.60	2:08.80	23.33	51.07	1:53.75	1:57.22	4:09.28
999	21.49	47.58	1:45.11	3:42.77	7:45.83	14:43.13	24.93	53.05	1:55.33	27.43	59.62	2:08.85	23.34	51.09	1:53.79	1:57.27	4:09.38
998	21.50	47.60	1:45.16	3:42.87	7:46.03	14:43.51	24.94	53.07	1:55.38	27.44	59.65	2:08.91	23.35	51.11	1:53.84	1:57.32	4:09.49
997	21.51	47.62	1:45.20	3:42.97	7:46.23	14:43.90	24.95	53.09	1:55.43	27.45	59.67	2:08.96	23.36	51.13	1:53.89	1:57.37	4:09.60
996	21.52	47.64	1:45.25	3:43.06	7:46.44	14:44.28	24.96	53.12	1:55.48	27.46	59.70	2:09.02	23.37	51.15	1:53.94	1:57.42	4:09.71

BRITISH MEN 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	21.53	47.66	1:45.29	3:43.16	7:46.64	14:44.67	24.97	53.14	1:55.53	27.47	59.72	2:09.08	23.38	51.18	1:53.99	1:57.47	4:09.82
994	21.54	47.68	1:45.34	3:43.26	7:46.84	14:45.05	24.98	53.16	1:55.58	27.49	59.75	2:09.13	23.39	51.20	1:54.04	1:57.52	4:09.93
993	21.55	47.70	1:45.39	3:43.35	7:47.05	14:45.44	24.99	53.19	1:55.63	27.50	59.78	2:09.19	23.40	51.22	1:54.09	1:57.57	4:10.04
992	21.56	47.72	1:45.43	3:43.45	7:47.25	14:45.82	25.00	53.21	1:55.68	27.51	59.80	2:09.24	23.41	51.24	1:54.14	1:57.62	4:10.14
991	21.57	47.74	1:45.48	3:43.55	7:47.45	14:46.21	25.01	53.23	1:55.73	27.52	59.83	2:09.30	23.42	51.27	1:54.19	1:57.68	4:10.25
990	21.58	47.76	1:45.52	3:43.65	7:47.66	14:46.60	25.02	53.26	1:55.78	27.53	59.86	2:09.36	23.43	51.29	1:54.24	1:57.73	4:10.36
989	21.59	47.78	1:45.57	3:43.74	7:47.86	14:46.99	25.03	53.28	1:55.83	27.55	59.88	2:09.41	23.44	51.31	1:54.29	1:57.78	4:10.47
988	21.60	47.80	1:45.62	3:43.84	7:48.07	14:47.37	25.05	53.30	1:55.88	27.56	59.91	2:09.47	23.45	51.33	1:54.34	1:57.83	4:10.58
987	21.61	47.83	1:45.66	3:43.94	7:48.27	14:47.76	25.06	53.33	1:55.93	27.57	59.93	2:09.53	23.46	51.36	1:54.39	1:57.88	4:10.69
986	21.62	47.85	1:45.71	3:44.04	7:48.48	14:48.15	25.07	53.35	1:55.98	27.58	59.96	2:09.58	23.47	51.38	1:54.44	1:57.93	4:10.80
985	21.63	47.87	1:45.75	3:44.14	7:48.68	14:48.54	25.08	53.37	1:56.03	27.59	59.99	2:09.64	23.48	51.40	1:54.49	1:57.98	4:10.91
984	21.64	47.89	1:45.80	3:44.23	7:48.89	14:48.93	25.09	53.40	1:56.08	27.61	1:00.01	2:09.70	23.49	51.42	1:54.54	1:58.04	4:11.02
983	21.65	47.91	1:45.85	3:44.33	7:49.09	14:49.32	25.10	53.42	1:56.13	27.62	1:00.04	2:09.75	23.50	51.45	1:54.59	1:58.09	4:11.13
982	21.65	47.93	1:45.89	3:44.43	7:49.30	14:49.71	25.11	53.44	1:56.18	27.63	1:00.07	2:09.81	23.51	51.47	1:54.64	1:58.14	4:11.24
981	21.66	47.95	1:45.94	3:44.53	7:49.50	14:50.10	25.12	53.47	1:56.24	27.64	1:00.09	2:09.87	23.52	51.49	1:54.69	1:58.19	4:11.35
980	21.67	47.97	1:45.99	3:44.63	7:49.71	14:50.49	25.13	53.49	1:56.29	27.66	1:00.12	2:09.93	23.53	51.51	1:54.74	1:58.24	4:11.46
979	21.68	47.99	1:46.03	3:44.73	7:49.92	14:50.88	25.14	53.51	1:56.34	27.67	1:00.14	2:09.98	23.54	51.54	1:54.79	1:58.30	4:11.57
978	21.69	48.01	1:46.08	3:44.83	7:50.12	14:51.27	25.16	53.54	1:56.39	27.68	1:00.17	2:10.04	23.55	51.56	1:54.84	1:58.35	4:11.68
977	21.70	48.04	1:46.13	3:44.93	7:50.33	14:51.67	25.17	53.56	1:56.44	27.69	1:00.20	2:10.10	23.56	51.58	1:54.89	1:58.40	4:11.79
976	21.71	48.06	1:46.17	3:45.02	7:50.54	14:52.06	25.18	53.58	1:56.49	27.70	1:00.22	2:10.15	23.57	51.60	1:54.95	1:58.45	4:11.90
975	21.72	48.08	1:46.22	3:45.12	7:50.74	14:52.45	25.19	53.61	1:56.54	27.72	1:00.25	2:10.21	23.58	51.63	1:55.00	1:58.50	4:12.02
974	21.73	48.10	1:46.27	3:45.22	7:50.95	14:52.84	25.20	53.63	1:56.59	27.73	1:00.28	2:10.27	23.59	51.65	1:55.05	1:58.56	4:12.13
973	21.74	48.12	1:46.31	3:45.32	7:51.16	14:53.24	25.21	53.66	1:56.65	27.74	1:00.30	2:10.33	23.60	51.67	1:55.10	1:58.61	4:12.24
972	21.75	48.14	1:46.36	3:45.42	7:51.37	14:53.63	25.22	53.68	1:56.70	27.75	1:00.33	2:10.38	23.61	51.69	1:55.15	1:58.66	4:12.35
971	21.76	48.16	1:46.41	3:45.52	7:51.58	14:54.03	25.23	53.70	1:56.75	27.77	1:00.36	2:10.44	23.62	51.72	1:55.20	1:58.71	4:12.46
970	21.77	48.18	1:46.45	3:45.62	7:51.78	14:54.42	25.24	53.73	1:56.80	27.78	1:00.38	2:10.50	23.63	51.74	1:55.25	1:58.77	4:12.57
969	21.78	48.21	1:46.50	3:45.72	7:51.99	14:54.82	25.26	53.75	1:56.85	27.79	1:00.41	2:10.56	23.64	51.76	1:55.30	1:58.82	4:12.68
968	21.79	48.23	1:46.55	3:45.82	7:52.20	14:55.21	25.27	53.77	1:56.90	27.80	1:00.44	2:10.61	23.65	51.79	1:55.35	1:58.87	4:12.80
967	21.80	48.25	1:46.60	3:45.92	7:52.41	14:55.61	25.28	53.80	1:56.96	27.81	1:00.46	2:10.67	23.67	51.81	1:55.40	1:58.92	4:12.91
966	21.81	48.27	1:46.64	3:46.02	7:52.62	14:56.01	25.29	53.82	1:57.01	27.83	1:00.49	2:10.73	23.68	51.83	1:55.45	1:58.98	4:13.02
965	21.82	48.29	1:46.69	3:46.12	7:52.83	14:56.40	25.30	53.85	1:57.06	27.84	1:00.52	2:10.79	23.69	51.86	1:55.51	1:59.03	4:13.13
964	21.83	48.31	1:46.74	3:46.22	7:53.04	14:56.80	25.31	53.87	1:57.11	27.85	1:00.54	2:10.85	23.70	51.88	1:55.56	1:59.08	4:13.24
963	21.84	48.33	1:46.79	3:46.32	7:53.25	14:57.20	25.32	53.89	1:57.16	27.86	1:00.57	2:10.90	23.71	51.90	1:55.61	1:59.13	4:13.36
962	21.85	48.36	1:46.83	3:46.42	7:53.46	14:57.60	25.33	53.92	1:57.21	27.88	1:00.60	2:10.96	23.72	51.92	1:55.66	1:59.19	4:13.47
961	21.86	48.38	1:46.88	3:46.52	7:53.67	14:58.00	25.35	53.94	1:57.27	27.89	1:00.62	2:11.02	23.73	51.95	1:55.71	1:59.24	4:13.58

BRITISH MEN 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	21.87	48.40	1:46.93	3:46.62	7:53.88	14:58.40	25.36	53.97	1:57.32	27.90	1:00.65	2:11.08	23.74	51.97	1:55.76	1:59.29	4:13.69
959	21.88	48.42	1:46.98	3:46.72	7:54.09	14:58.79	25.37	53.99	1:57.37	27.91	1:00.68	2:11.14	23.75	51.99	1:55.81	1:59.35	4:13.81
958	21.89	48.44	1:47.02	3:46.82	7:54.30	14:59.19	25.38	54.01	1:57.42	27.93	1:00.71	2:11.20	23.76	52.02	1:55.86	1:59.40	4:13.92
957	21.90	48.46	1:47.07	3:46.93	7:54.51	14:59.59	25.39	54.04	1:57.48	27.94	1:00.73	2:11.25	23.77	52.04	1:55.92	1:59.45	4:14.03
956	21.90	48.48	1:47.12	3:47.03	7:54.72	15:00.00	25.40	54.06	1:57.53	27.95	1:00.76	2:11.31	23.78	52.06	1:55.97	1:59.51	4:14.15
955	21.91	48.51	1:47.17	3:47.13	7:54.94	15:00.40	25.41	54.09	1:57.58	27.96	1:00.79	2:11.37	23.79	52.09	1:56.02	1:59.56	4:14.26
954	21.92	48.53	1:47.21	3:47.23	7:55.15	15:00.80	25.42	54.11	1:57.63	27.98	1:00.81	2:11.43	23.80	52.11	1:56.07	1:59.61	4:14.37
953	21.93	48.55	1:47.26	3:47.33	7:55.36	15:01.20	25.44	54.13	1:57.69	27.99	1:00.84	2:11.49	23.81	52.13	1:56.12	1:59.67	4:14.49
952	21.94	48.57	1:47.31	3:47.43	7:55.57	15:01.60	25.45	54.16	1:57.74	28.00	1:00.87	2:11.55	23.82	52.16	1:56.18	1:59.72	4:14.60
951	21.95	48.59	1:47.36	3:47.53	7:55.78	15:02.01	25.46	54.18	1:57.79	28.01	1:00.90	2:11.61	23.83	52.18	1:56.23	1:59.77	4:14.71
950	21.96	48.61	1:47.41	3:47.64	7:56.00	15:02.41	25.47	54.21	1:57.84	28.03	1:00.92	2:11.66	23.84	52.20	1:56.28	1:59.83	4:14.83
949	21.97	48.64	1:47.45	3:47.74	7:56.21	15:02.81	25.48	54.23	1:57.90	28.04	1:00.95	2:11.72	23.86	52.23	1:56.33	1:59.88	4:14.94
948	21.98	48.66	1:47.50	3:47.84	7:56.42	15:03.22	25.49	54.25	1:57.95	28.05	1:00.98	2:11.78	23.87	52.25	1:56.38	1:59.93	4:15.06
947	21.99	48.68	1:47.55	3:47.94	7:56.64	15:03.62	25.50	54.28	1:58.00	28.06	1:01.00	2:11.84	23.88	52.27	1:56.44	1:59.99	4:15.17
946	22.00	48.70	1:47.60	3:48.04	7:56.85	15:04.03	25.52	54.30	1:58.05	28.08	1:01.03	2:11.90	23.89	52.30	1:56.49	2:00.04	4:15.28
945	22.01	48.72	1:47.65	3:48.15	7:57.06	15:04.43	25.53	54.33	1:58.11	28.09	1:01.06	2:11.96	23.90	52.32	1:56.54	2:00.09	4:15.40
944	22.02	48.75	1:47.69	3:48.25	7:57.28	15:04.84	25.54	54.35	1:58.16	28.10	1:01.09	2:12.02	23.91	52.34	1:56.59	2:00.15	4:15.51
943	22.03	48.77	1:47.74	3:48.35	7:57.49	15:05.24	25.55	54.38	1:58.21	28.11	1:01.11	2:12.08	23.92	52.37	1:56.64	2:00.20	4:15.63
942	22.04	48.79	1:47.79	3:48.45	7:57.71	15:05.65	25.56	54.40	1:58.27	28.13	1:01.14	2:12.14	23.93	52.39	1:56.70	2:00.26	4:15.74
941	22.05	48.81	1:47.84	3:48.56	7:57.92	15:06.06	25.57	54.43	1:58.32	28.14	1:01.17	2:12.20	23.94	52.41	1:56.75	2:00.31	4:15.86
940	22.06	48.83	1:47.89	3:48.66	7:58.14	15:06.47	25.58	54.45	1:58.37	28.15	1:01.20	2:12.26	23.95	52.44	1:56.80	2:00.36	4:15.97
939	22.07	48.86	1:47.94	3:48.76	7:58.35	15:06.87	25.60	54.47	1:58.43	28.16	1:01.22	2:12.32	23.96	52.46	1:56.85	2:00.42	4:16.09
938	22.08	48.88	1:47.99	3:48.86	7:58.57	15:07.28	25.61	54.50	1:58.48	28.18	1:01.25	2:12.38	23.97	52.48	1:56.91	2:00.47	4:16.20
937	22.09	48.90	1:48.03	3:48.97	7:58.78	15:07.69	25.62	54.52	1:58.53	28.19	1:01.28	2:12.43	23.98	52.51	1:56.96	2:00.53	4:16.32
936	22.10	48.92	1:48.08	3:49.07	7:59.00	15:08.10	25.63	54.55	1:58.59	28.20	1:01.31	2:12.49	24.00	52.53	1:57.01	2:00.58	4:16.44
935	22.11	48.94	1:48.13	3:49.17	7:59.22	15:08.51	25.64	54.57	1:58.64	28.22	1:01.33	2:12.55	24.01	52.56	1:57.07	2:00.64	4:16.55
934	22.12	48.97	1:48.18	3:49.28	7:59.43	15:08.92	25.65	54.60	1:58.69	28.23	1:01.36	2:12.61	24.02	52.58	1:57.12	2:00.69	4:16.67
933	22.13	48.99	1:48.23	3:49.38	7:59.65	15:09.33	25.67	54.62	1:58.75	28.24	1:01.39	2:12.67	24.03	52.60	1:57.17	2:00.75	4:16.78
932	22.14	49.01	1:48.28	3:49.49	7:59.87	15:09.74	25.68	54.65	1:58.80	28.25	1:01.42	2:12.73	24.04	52.63	1:57.22	2:00.80	4:16.90
931	22.15	49.03	1:48.33	3:49.59	8:00.08	15:10.15	25.69	54.67	1:58.85	28.27	1:01.45	2:12.79	24.05	52.65	1:57.28	2:00.85	4:17.02
930	22.16	49.05	1:48.38	3:49.69	8:00.30	15:10.57	25.70	54.70	1:58.91	28.28	1:01.47	2:12.85	24.06	52.67	1:57.33	2:00.91	4:17.13
929	22.17	49.08	1:48.43	3:49.80	8:00.52	15:10.98	25.71	54.72	1:58.96	28.29	1:01.50	2:12.91	24.07	52.70	1:57.38	2:00.96	4:17.25
928	22.18	49.10	1:48.47	3:49.90	8:00.74	15:11.39	25.72	54.75	1:59.02	28.30	1:01.53	2:12.97	24.08	52.72	1:57.44	2:01.02	4:17.36
927	22.19	49.12	1:48.52	3:50.01	8:00.95	15:11.81	25.74	54.77	1:59.07	28.32	1:01.56	2:13.04	24.09	52.75	1:57.49	2:01.07	4:17.48
926	22.20	49.14	1:48.57	3:50.11	8:01.17	15:12.22	25.75	54.80	1:59.12	28.33	1:01.58	2:13.10	24.10	52.77	1:57.54	2:01.13	4:17.60

BRITISH MEN 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	22.21	49.17	1:48.62	3:50.21	8:01.39	15:12.63	25.76	54.82	1:59.18	28.34	1:01.61	2:13.16	24.11	52.79	1:57.60	2:01.18	4:17.72
924	22.22	49.19	1:48.67	3:50.32	8:01.61	15:13.05	25.77	54.85	1:59.23	28.36	1:01.64	2:13.22	24.13	52.82	1:57.65	2:01.24	4:17.83
923	22.23	49.21	1:48.72	3:50.42	8:01.83	15:13.46	25.78	54.87	1:59.29	28.37	1:01.67	2:13.28	24.14	52.84	1:57.70	2:01.29	4:17.95
922	22.24	49.23	1:48.77	3:50.53	8:02.05	15:13.88	25.79	54.90	1:59.34	28.38	1:01.70	2:13.34	24.15	52.87	1:57.76	2:01.35	4:18.07
921	22.25	49.25	1:48.82	3:50.63	8:02.27	15:14.29	25.81	54.92	1:59.40	28.40	1:01.73	2:13.40	24.16	52.89	1:57.81	2:01.40	4:18.18
920	22.26	49.28	1:48.87	3:50.74	8:02.49	15:14.71	25.82	54.95	1:59.45	28.41	1:01.75	2:13.46	24.17	52.91	1:57.86	2:01.46	4:18.30
919	22.27	49.30	1:48.92	3:50.84	8:02.71	15:15.13	25.83	54.97	1:59.50	28.42	1:01.78	2:13.52	24.18	52.94	1:57.92	2:01.52	4:18.42
918	22.28	49.32	1:48.97	3:50.95	8:02.93	15:15.55	25.84	55.00	1:59.56	28.43	1:01.81	2:13.58	24.19	52.96	1:57.97	2:01.57	4:18.54
917	22.29	49.34	1:49.02	3:51.05	8:03.15	15:15.96	25.85	55.02	1:59.61	28.45	1:01.84	2:13.64	24.20	52.99	1:58.03	2:01.63	4:18.66
916	22.30	49.37	1:49.07	3:51.16	8:03.37	15:16.38	25.86	55.05	1:59.67	28.46	1:01.87	2:13.70	24.21	53.01	1:58.08	2:01.68	4:18.77
915	22.31	49.39	1:49.12	3:51.27	8:03.59	15:16.80	25.88	55.07	1:59.72	28.47	1:01.89	2:13.76	24.23	53.04	1:58.13	2:01.74	4:18.89
914	22.32	49.41	1:49.17	3:51.37	8:03.81	15:17.22	25.89	55.10	1:59.78	28.49	1:01.92	2:13.83	24.24	53.06	1:58.19	2:01.79	4:19.01
913	22.33	49.44	1:49.22	3:51.48	8:04.03	15:17.64	25.90	55.12	1:59.83	28.50	1:01.95	2:13.89	24.25	53.08	1:58.24	2:01.85	4:19.13
912	22.34	49.46	1:49.27	3:51.58	8:04.25	15:18.06	25.91	55.15	1:59.89	28.51	1:01.98	2:13.95	24.26	53.11	1:58.30	2:01.90	4:19.25
911	22.35	49.48	1:49.32	3:51.69	8:04.47	15:18.48	25.92	55.17	1:59.94	28.53	1:02.01	2:14.01	24.27	53.13	1:58.35	2:01.96	4:19.37
910	22.37	49.50	1:49.37	3:51.80	8:04.70	15:18.90	25.94	55.20	2:00.00	28.54	1:02.04	2:14.07	24.28	53.16	1:58.40	2:02.02	4:19.49
909	22.38	49.53	1:49.42	3:51.90	8:04.92	15:19.32	25.95	55.22	2:00.05	28.55	1:02.06	2:14.13	24.29	53.18	1:58.46	2:02.07	4:19.60
908	22.39	49.55	1:49.47	3:52.01	8:05.14	15:19.74	25.96	55.25	2:00.11	28.56	1:02.09	2:14.19	24.30	53.21	1:58.51	2:02.13	4:19.72
907	22.40	49.57	1:49.52	3:52.12	8:05.36	15:20.17	25.97	55.27	2:00.16	28.58	1:02.12	2:14.26	24.31	53.23	1:58.57	2:02.18	4:19.84
906	22.41	49.59	1:49.57	3:52.22	8:05.59	15:20.59	25.98	55.30	2:00.22	28.59	1:02.15	2:14.32	24.33	53.25	1:58.62	2:02.24	4:19.96
905	22.42	49.62	1:49.62	3:52.33	8:05.81	15:21.01	26.00	55.32	2:00.27	28.60	1:02.18	2:14.38	24.34	53.28	1:58.68	2:02.30	4:20.08
904	22.43	49.64	1:49.67	3:52.44	8:06.03	15:21.44	26.01	55.35	2:00.33	28.62	1:02.21	2:14.44	24.35	53.30	1:58.73	2:02.35	4:20.20
903	22.44	49.66	1:49.72	3:52.54	8:06.26	15:21.86	26.02	55.37	2:00.38	28.63	1:02.24	2:14.50	24.36	53.33	1:58.79	2:02.41	4:20.32
902	22.45	49.69	1:49.77	3:52.65	8:06.48	15:22.29	26.03	55.40	2:00.44	28.64	1:02.26	2:14.56	24.37	53.35	1:58.84	2:02.47	4:20.44
901	22.46	49.71	1:49.82	3:52.76	8:06.71	15:22.71	26.04	55.43	2:00.49	28.66	1:02.29	2:14.63	24.38	53.38	1:58.90	2:02.52	4:20.56
900	22.47	49.73	1:49.87	3:52.86	8:06.93	15:23.14	26.06	55.45	2:00.55	28.67	1:02.32	2:14.69	24.39	53.40	1:58.95	2:02.58	4:20.68
899	22.48	49.75	1:49.92	3:52.97	8:07.16	15:23.56	26.07	55.48	2:00.61	28.68	1:02.35	2:14.75	24.40	53.43	1:59.00	2:02.64	4:20.80
898	22.49	49.78	1:49.97	3:53.08	8:07.38	15:23.99	26.08	55.50	2:00.66	28.70	1:02.38	2:14.81	24.42	53.45	1:59.06	2:02.69	4:20.92
897	22.50	49.80	1:50.03	3:53.19	8:07.61	15:24.42	26.09	55.53	2:00.72	28.71	1:02.41	2:14.88	24.43	53.48	1:59.11	2:02.75	4:21.04
896	22.51	49.82	1:50.08	3:53.30	8:07.83	15:24.85	26.10	55.55	2:00.77	28.72	1:02.44	2:14.94	24.44	53.50	1:59.17	2:02.81	4:21.16
895	22.52	49.85	1:50.13	3:53.40	8:08.06	15:25.27	26.12	55.58	2:00.83	28.74	1:02.47	2:15.00	24.45	53.53	1:59.23	2:02.86	4:21.28
894	22.53	49.87	1:50.18	3:53.51	8:08.28	15:25.70	26.13	55.61	2:00.88	28.75	1:02.50	2:15.06	24.46	53.55	1:59.28	2:02.92	4:21.41
893	22.54	49.89	1:50.23	3:53.62	8:08.51	15:26.13	26.14	55.63	2:00.94	28.76	1:02.52	2:15.13	24.47	53.58	1:59.34	2:02.98	4:21.53
892	22.55	49.92	1:50.28	3:53.73	8:08.74	15:26.56	26.15	55.66	2:01.00	28.78	1:02.55	2:15.19	24.48	53.60	1:59.39	2:03.03	4:21.65
891	22.56	49.94	1:50.33	3:53.84	8:08.96	15:26.99	26.16	55.68	2:01.05	28.79	1:02.58	2:15.25	24.49	53.62	1:59.45	2:03.09	4:21.77

BRITISH MEN 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	22.57	49.96	1:50.38	3:53.94	8:09.19	15:27.42	26.18	55.71	2:01.11	28.80	1:02.61	2:15.31	24.51	53.65	1:59.50	2:03.15	4:21.89
889	22.58	49.99	1:50.43	3:54.05	8:09.42	15:27.85	26.19	55.73	2:01.17	28.82	1:02.64	2:15.38	24.52	53.67	1:59.56	2:03.20	4:22.01
888	22.59	50.01	1:50.49	3:54.16	8:09.65	15:28.28	26.20	55.76	2:01.22	28.83	1:02.67	2:15.44	24.53	53.70	1:59.61	2:03.26	4:22.13
887	22.60	50.03	1:50.54	3:54.27	8:09.87	15:28.72	26.21	55.79	2:01.28	28.84	1:02.70	2:15.50	24.54	53.72	1:59.67	2:03.32	4:22.26
886	22.61	50.06	1:50.59	3:54.38	8:10.10	15:29.15	26.22	55.81	2:01.33	28.86	1:02.73	2:15.57	24.55	53.75	1:59.72	2:03.38	4:22.38
885	22.63	50.08	1:50.64	3:54.49	8:10.33	15:29.58	26.24	55.84	2:01.39	28.87	1:02.76	2:15.63	24.56	53.77	1:59.78	2:03.43	4:22.50
884	22.64	50.10	1:50.69	3:54.60	8:10.56	15:30.01	26.25	55.86	2:01.45	28.88	1:02.79	2:15.69	24.57	53.80	1:59.84	2:03.49	4:22.62
883	22.65	50.13	1:50.74	3:54.71	8:10.79	15:30.45	26.26	55.89	2:01.50	28.90	1:02.82	2:15.76	24.59	53.82	1:59.89	2:03.55	4:22.75
882	22.66	50.15	1:50.79	3:54.82	8:11.02	15:30.88	26.27	55.92	2:01.56	28.91	1:02.85	2:15.82	24.60	53.85	1:59.95	2:03.61	4:22.87
881	22.67	50.17	1:50.85	3:54.93	8:11.25	15:31.32	26.29	55.94	2:01.62	28.92	1:02.87	2:15.88	24.61	53.88	2:00.00	2:03.66	4:22.99
880	22.68	50.20	1:50.90	3:55.04	8:11.48	15:31.75	26.30	55.97	2:01.68	28.94	1:02.90	2:15.95	24.62	53.90	2:00.06	2:03.72	4:23.11
879	22.69	50.22	1:50.95	3:55.15	8:11.71	15:32.19	26.31	56.00	2:01.73	28.95	1:02.93	2:16.01	24.63	53.93	2:00.12	2:03.78	4:23.24
878	22.70	50.24	1:51.00	3:55.26	8:11.94	15:32.63	26.32	56.02	2:01.79	28.96	1:02.96	2:16.07	24.64	53.95	2:00.17	2:03.84	4:23.36
877	22.71	50.27	1:51.05	3:55.37	8:12.17	15:33.06	26.34	56.05	2:01.85	28.98	1:02.99	2:16.14	24.65	53.98	2:00.23	2:03.90	4:23.48
876	22.72	50.29	1:51.11	3:55.48	8:12.40	15:33.50	26.35	56.07	2:01.90	28.99	1:03.02	2:16.20	24.67	54.00	2:00.29	2:03.95	4:23.61
875	22.73	50.31	1:51.16	3:55.59	8:12.63	15:33.94	26.36	56.10	2:01.96	29.01	1:03.05	2:16.26	24.68	54.03	2:00.34	2:04.01	4:23.73
874	22.74	50.34	1:51.21	3:55.70	8:12.86	15:34.38	26.37	56.13	2:02.02	29.02	1:03.08	2:16.33	24.69	54.05	2:00.40	2:04.07	4:23.86
873	22.75	50.36	1:51.26	3:55.81	8:13.09	15:34.81	26.38	56.15	2:02.07	29.03	1:03.11	2:16.39	24.70	54.08	2:00.45	2:04.13	4:23.98
872	22.76	50.38	1:51.31	3:55.92	8:13.32	15:35.25	26.40	56.18	2:02.13	29.05	1:03.14	2:16.46	24.71	54.10	2:00.51	2:04.19	4:24.10
871	22.77	50.41	1:51.37	3:56.03	8:13.55	15:35.69	26.41	56.21	2:02.19	29.06	1:03.17	2:16.52	24.72	54.13	2:00.57	2:04.25	4:24.23
870	22.78	50.43	1:51.42	3:56.14	8:13.79	15:36.13	26.42	56.23	2:02.25	29.07	1:03.20	2:16.58	24.74	54.15	2:00.62	2:04.30	4:24.35
869	22.80	50.46	1:51.47	3:56.25	8:14.02	15:36.58	26.43	56.26	2:02.30	29.09	1:03.23	2:16.65	24.75	54.18	2:00.68	2:04.36	4:24.48
868	22.81	50.48	1:51.52	3:56.37	8:14.25	15:37.02	26.45	56.29	2:02.36	29.10	1:03.26	2:16.71	24.76	54.20	2:00.74	2:04.42	4:24.60
867	22.82	50.50	1:51.58	3:56.48	8:14.49	15:37.46	26.46	56.31	2:02.42	29.11	1:03.29	2:16.78	24.77	54.23	2:00.80	2:04.48	4:24.73
866	22.83	50.53	1:51.63	3:56.59	8:14.72	15:37.90	26.47	56.34	2:02.48	29.13	1:03.32	2:16.84	24.78	54.26	2:00.85	2:04.54	4:24.85
865	22.84	50.55	1:51.68	3:56.70	8:14.95	15:38.34	26.48	56.37	2:02.54	29.14	1:03.35	2:16.91	24.79	54.28	2:00.91	2:04.60	4:24.98
864	22.85	50.57	1:51.74	3:56.81	8:15.19	15:38.79	26.50	56.39	2:02.59	29.16	1:03.38	2:16.97	24.81	54.31	2:00.97	2:04.66	4:25.10
863	22.86	50.60	1:51.79	3:56.92	8:15.42	15:39.23	26.51	56.42	2:02.65	29.17	1:03.41	2:17.04	24.82	54.33	2:01.02	2:04.72	4:25.23
862	22.87	50.62	1:51.84	3:57.04	8:15.65	15:39.68	26.52	56.45	2:02.71	29.18	1:03.44	2:17.10	24.83	54.36	2:01.08	2:04.77	4:25.35
861	22.88	50.65	1:51.89	3:57.15	8:15.89	15:40.12	26.53	56.47	2:02.77	29.20	1:03.47	2:17.17	24.84	54.38	2:01.14	2:04.83	4:25.48
860	22.89	50.67	1:51.95	3:57.26	8:16.12	15:40.57	26.55	56.50	2:02.83	29.21	1:03.50	2:17.23	24.85	54.41	2:01.20	2:04.89	4:25.60
859	22.90	50.69	1:52.00	3:57.37	8:16.36	15:41.01	26.56	56.53	2:02.88	29.22	1:03.53	2:17.30	24.86	54.44	2:01.25	2:04.95	4:25.73
858	22.91	50.72	1:52.05	3:57.49	8:16.60	15:41.46	26.57	56.55	2:02.94	29.24	1:03.56	2:17.36	24.88	54.46	2:01.31	2:05.01	4:25.86
857	22.93	50.74	1:52.11	3:57.60	8:16.83	15:41.91	26.59	56.58	2:03.00	29.25	1:03.59	2:17.43	24.89	54.49	2:01.37	2:05.07	4:25.98
856	22.94	50.77	1:52.16	3:57.71	8:17.07	15:42.35	26.60	56.61	2:03.06	29.27	1:03.62	2:17.49	24.90	54.51	2:01.43	2:05.13	4:26.11

BRITISH MEN 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	22.95	50.79	1:52.21	3:57.82	8:17.30	15:42.80	26.61	56.63	2:03.12	29.28	1:03.65	2:17.56	24.91	54.54	2:01.48	2:05.19	4:26.23
854	22.96	50.81	1:52.27	3:57.94	8:17.54	15:43.25	26.62	56.66	2:03.18	29.29	1:03.68	2:17.62	24.92	54.57	2:01.54	2:05.25	4:26.36
853	22.97	50.84	1:52.32	3:58.05	8:17.78	15:43.70	26.64	56.69	2:03.24	29.31	1:03.71	2:17.69	24.94	54.59	2:01.60	2:05.31	4:26.49
852	22.98	50.86	1:52.37	3:58.16	8:18.01	15:44.15	26.65	56.71	2:03.29	29.32	1:03.74	2:17.75	24.95	54.62	2:01.66	2:05.37	4:26.62
851	22.99	50.89	1:52.43	3:58.28	8:18.25	15:44.60	26.66	56.74	2:03.35	29.34	1:03.77	2:17.82	24.96	54.64	2:01.72	2:05.43	4:26.74
850	23.00	50.91	1:52.48	3:58.39	8:18.49	15:45.05	26.67	56.77	2:03.41	29.35	1:03.80	2:17.89	24.97	54.67	2:01.77	2:05.49	4:26.87
849	23.01	50.94	1:52.53	3:58.51	8:18.73	15:45.50	26.69	56.80	2:03.47	29.36	1:03.83	2:17.95	24.98	54.70	2:01.83	2:05.55	4:27.00
848	23.02	50.96	1:52.59	3:58.62	8:18.97	15:45.95	26.70	56.82	2:03.53	29.38	1:03.86	2:18.02	25.00	54.72	2:01.89	2:05.61	4:27.12
847	23.03	50.98	1:52.64	3:58.73	8:19.20	15:46.41	26.71	56.85	2:03.59	29.39	1:03.89	2:18.08	25.01	54.75	2:01.95	2:05.67	4:27.25
846	23.05	51.01	1:52.70	3:58.85	8:19.44	15:46.86	26.72	56.88	2:03.65	29.41	1:03.92	2:18.15	25.02	54.77	2:02.01	2:05.73	4:27.38
845	23.06	51.03	1:52.75	3:58.96	8:19.68	15:47.31	26.74	56.90	2:03.71	29.42	1:03.95	2:18.22	25.03	54.80	2:02.07	2:05.79	4:27.51
844	23.07	51.06	1:52.80	3:59.08	8:19.92	15:47.77	26.75	56.93	2:03.77	29.43	1:03.98	2:18.28	25.04	54.83	2:02.12	2:05.85	4:27.64
843	23.08	51.08	1:52.86	3:59.19	8:20.16	15:48.22	26.76	56.96	2:03.83	29.45	1:04.02	2:18.35	25.06	54.85	2:02.18	2:05.91	4:27.76
842	23.09	51.11	1:52.91	3:59.31	8:20.40	15:48.68	26.78	56.99	2:03.89	29.46	1:04.05	2:18.41	25.07	54.88	2:02.24	2:05.97	4:27.89
841	23.10	51.13	1:52.97	3:59.42	8:20.64	15:49.13	26.79	57.01	2:03.94	29.48	1:04.08	2:18.48	25.08	54.91	2:02.30	2:06.03	4:28.02
840	23.11	51.16	1:53.02	3:59.54	8:20.88	15:49.59	26.80	57.04	2:04.00	29.49	1:04.11	2:18.55	25.09	54.93	2:02.36	2:06.09	4:28.15
839	23.12	51.18	1:53.08	3:59.65	8:21.12	15:50.04	26.81	57.07	2:04.06	29.51	1:04.14	2:18.61	25.10	54.96	2:02.42	2:06.15	4:28.28
838	23.13	51.21	1:53.13	3:59.77	8:21.36	15:50.50	26.83	57.10	2:04.12	29.52	1:04.17	2:18.68	25.12	54.98	2:02.48	2:06.21	4:28.41
837	23.15	51.23	1:53.18	3:59.88	8:21.61	15:50.96	26.84	57.12	2:04.18	29.53	1:04.20	2:18.75	25.13	55.01	2:02.53	2:06.27	4:28.54
836	23.16	51.25	1:53.24	4:00.00	8:21.85	15:51.42	26.85	57.15	2:04.24	29.55	1:04.23	2:18.81	25.14	55.04	2:02.59	2:06.33	4:28.67
835	23.17	51.28	1:53.29	4:00.11	8:22.09	15:51.88	26.87	57.18	2:04.30	29.56	1:04.26	2:18.88	25.15	55.06	2:02.65	2:06.39	4:28.80
834	23.18	51.30	1:53.35	4:00.23	8:22.33	15:52.34	26.88	57.21	2:04.36	29.58	1:04.29	2:18.95	25.16	55.09	2:02.71	2:06.46	4:28.93
833	23.19	51.33	1:53.40	4:00.35	8:22.58	15:52.80	26.89	57.23	2:04.42	29.59	1:04.32	2:19.02	25.18	55.12	2:02.77	2:06.52	4:29.06
832	23.20	51.35	1:53.46	4:00.46	8:22.82	15:53.26	26.91	57.26	2:04.48	29.61	1:04.36	2:19.08	25.19	55.14	2:02.83	2:06.58	4:29.19
831	23.21	51.38	1:53.51	4:00.58	8:23.06	15:53.72	26.92	57.29	2:04.54	29.62	1:04.39	2:19.15	25.20	55.17	2:02.89	2:06.64	4:29.32
830	23.22	51.40	1:53.57	4:00.69	8:23.30	15:54.18	26.93	57.32	2:04.60	29.63	1:04.42	2:19.22	25.21	55.20	2:02.95	2:06.70	4:29.45
829	23.24	51.43	1:53.62	4:00.81	8:23.55	15:54.64	26.94	57.34	2:04.66	29.65	1:04.45	2:19.29	25.23	55.22	2:03.01	2:06.76	4:29.58
828	23.25	51.45	1:53.68	4:00.93	8:23.79	15:55.10	26.96	57.37	2:04.72	29.66	1:04.48	2:19.35	25.24	55.25	2:03.07	2:06.82	4:29.71
827	23.26	51.48	1:53.73	4:01.04	8:24.04	15:55.57	26.97	57.40	2:04.78	29.68	1:04.51	2:19.42	25.25	55.28	2:03.13	2:06.89	4:29.84
826	23.27	51.50	1:53.79	4:01.16	8:24.28	15:56.03	26.98	57.43	2:04.85	29.69	1:04.54	2:19.49	25.26	55.30	2:03.19	2:06.95	4:29.97
825	23.28	51.53	1:53.84	4:01.28	8:24.53	15:56.50	27.00	57.46	2:04.91	29.71	1:04.57	2:19.56	25.27	55.33	2:03.25	2:07.01	4:30.10
824	23.29	51.55	1:53.90	4:01.40	8:24.77	15:56.96	27.01	57.48	2:04.97	29.72	1:04.61	2:19.62	25.29	55.36	2:03.31	2:07.07	4:30.23
823	23.30	51.58	1:53.95	4:01.51	8:25.02	15:57.43	27.02	57.51	2:05.03	29.73	1:04.64	2:19.69	25.30	55.39	2:03.37	2:07.13	4:30.36
822	23.31	51.60	1:54.01	4:01.63	8:25.26	15:57.89	27.04	57.54	2:05.09	29.75	1:04.67	2:19.76	25.31	55.41	2:03.43	2:07.19	4:30.50
821	23.33	51.63	1:54.06	4:01.75	8:25.51	15:58.36	27.05	57.57	2:05.15	29.76	1:04.70	2:19.83	25.32	55.44	2:03.49	2:07.26	4:30.63

BRITISH MEN 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	23.34	51.65	1:54.12	4:01.87	8:25.76	15:58.83	27.06	57.60	2:05.21	29.78	1:04.73	2:19.90	25.34	55.47	2:03.55	2:07.32	4:30.76
819	23.35	51.68	1:54.18	4:01.98	8:26.00	15:59.29	27.08	57.62	2:05.27	29.79	1:04.76	2:19.96	25.35	55.49	2:03.61	2:07.38	4:30.89
818	23.36	51.70	1:54.23	4:02.10	8:26.25	15:59.76	27.09	57.65	2:05.33	29.81	1:04.79	2:20.03	25.36	55.52	2:03.67	2:07.44	4:31.02
817	23.37	51.73	1:54.29	4:02.22	8:26.50	16:00.23	27.10	57.68	2:05.39	29.82	1:04.83	2:20.10	25.37	55.55	2:03.73	2:07.50	4:31.16
816	23.38	51.76	1:54.34	4:02.34	8:26.74	16:00.70	27.12	57.71	2:05.46	29.84	1:04.86	2:20.17	25.39	55.57	2:03.79	2:07.57	4:31.29
815	23.39	51.78	1:54.40	4:02.46	8:26.99	16:01.17	27.13	57.74	2:05.52	29.85	1:04.89	2:20.24	25.40	55.60	2:03.85	2:07.63	4:31.42
814	23.41	51.81	1:54.46	4:02.58	8:27.24	16:01.64	27.14	57.76	2:05.58	29.87	1:04.92	2:20.31	25.41	55.63	2:03.91	2:07.69	4:31.55
813	23.42	51.83	1:54.51	4:02.70	8:27.49	16:02.11	27.16	57.79	2:05.64	29.88	1:04.95	2:20.38	25.42	55.66	2:03.97	2:07.75	4:31.69
812	23.43	51.86	1:54.57	4:02.82	8:27.74	16:02.58	27.17	57.82	2:05.70	29.89	1:04.99	2:20.44	25.44	55.68	2:04.03	2:07.82	4:31.82
811	23.44	51.88	1:54.62	4:02.93	8:27.99	16:03.06	27.18	57.85	2:05.76	29.91	1:05.02	2:20.51	25.45	55.71	2:04.09	2:07.88	4:31.95
810	23.45	51.91	1:54.68	4:03.05	8:28.24	16:03.53	27.20	57.88	2:05.82	29.92	1:05.05	2:20.58	25.46	55.74	2:04.15	2:07.94	4:32.09
809	23.46	51.93	1:54.74	4:03.17	8:28.49	16:04.00	27.21	57.91	2:05.89	29.94	1:05.08	2:20.65	25.47	55.77	2:04.22	2:08.01	4:32.22
808	23.47	51.96	1:54.79	4:03.29	8:28.74	16:04.48	27.22	57.93	2:05.95	29.95	1:05.11	2:20.72	25.49	55.79	2:04.28	2:08.07	4:32.36
807	23.49	51.98	1:54.85	4:03.41	8:28.99	16:04.95	27.24	57.96	2:06.01	29.97	1:05.15	2:20.79	25.50	55.82	2:04.34	2:08.13	4:32.49
806	23.50	52.01	1:54.91	4:03.53	8:29.24	16:05.43	27.25	57.99	2:06.07	29.98	1:05.18	2:20.86	25.51	55.85	2:04.40	2:08.19	4:32.62
805	23.51	52.04	1:54.96	4:03.65	8:29.49	16:05.90	27.26	58.02	2:06.13	30.00	1:05.21	2:20.93	25.52	55.88	2:04.46	2:08.26	4:32.76
804	23.52	52.06	1:55.02	4:03.77	8:29.74	16:06.38	27.28	58.05	2:06.20	30.01	1:05.24	2:21.00	25.54	55.90	2:04.52	2:08.32	4:32.89
803	23.53	52.09	1:55.08	4:03.89	8:29.99	16:06.86	27.29	58.08	2:06.26	30.03	1:05.27	2:21.07	25.55	55.93	2:04.58	2:08.38	4:33.03
802	23.54	52.11	1:55.13	4:04.01	8:30.24	16:07.34	27.30	58.11	2:06.32	30.04	1:05.31	2:21.14	25.56	55.96	2:04.65	2:08.45	4:33.16
801	23.56	52.14	1:55.19	4:04.13	8:30.50	16:07.81	27.32	58.14	2:06.38	30.06	1:05.34	2:21.21	25.57	55.99	2:04.71	2:08.51	4:33.30
800	23.57	52.16	1:55.25	4:04.25	8:30.75	16:08.29	27.33	58.16	2:06.45	30.07	1:05.37	2:21.28	25.59	56.01	2:04.77	2:08.57	4:33.43
799	23.58	52.19	1:55.30	4:04.38	8:31.00	16:08.77	27.34	58.19	2:06.51	30.09	1:05.40	2:21.35	25.60	56.04	2:04.83	2:08.64	4:33.57
798	23.59	52.22	1:55.36	4:04.50	8:31.26	16:09.25	27.36	58.22	2:06.57	30.10	1:05.44	2:21.42	25.61	56.07	2:04.89	2:08.70	4:33.70
797	23.60	52.24	1:55.42	4:04.62	8:31.51	16:09.73	27.37	58.25	2:06.63	30.12	1:05.47	2:21.49	25.62	56.10	2:04.95	2:08.77	4:33.84
796	23.61	52.27	1:55.48	4:04.74	8:31.76	16:10.21	27.38	58.28	2:06.70	30.13	1:05.50	2:21.56	25.64	56.13	2:05.02	2:08.83	4:33.98
795	23.63	52.29	1:55.53	4:04.86	8:32.02	16:10.70	27.40	58.31	2:06.76	30.15	1:05.53	2:21.63	25.65	56.15	2:05.08	2:08.89	4:34.11
794	23.64	52.32	1:55.59	4:04.98	8:32.27	16:11.18	27.41	58.34	2:06.82	30.16	1:05.57	2:21.70	25.66	56.18	2:05.14	2:08.96	4:34.25
793	23.65	52.35	1:55.65	4:05.10	8:32.53	16:11.66	27.43	58.37	2:06.89	30.18	1:05.60	2:21.77	25.67	56.21	2:05.20	2:09.02	4:34.38
792	23.66	52.37	1:55.71	4:05.23	8:32.78	16:12.15	27.44	58.40	2:06.95	30.19	1:05.63	2:21.84	25.69	56.24	2:05.27	2:09.09	4:34.52
791	23.67	52.40	1:55.76	4:05.35	8:33.04	16:12.63	27.45	58.42	2:07.01	30.21	1:05.66	2:21.91	25.70	56.27	2:05.33	2:09.15	4:34.66
790	23.68	52.42	1:55.82	4:05.47	8:33.29	16:13.11	27.47	58.45	2:07.08	30.22	1:05.70	2:21.98	25.71	56.29	2:05.39	2:09.22	4:34.79
789	23.70	52.45	1:55.88	4:05.59	8:33.55	16:13.60	27.48	58.48	2:07.14	30.24	1:05.73	2:22.05	25.73	56.32	2:05.45	2:09.28	4:34.93
788	23.71	52.48	1:55.94	4:05.72	8:33.81	16:14.09	27.49	58.51	2:07.20	30.25	1:05.76	2:22.12	25.74	56.35	2:05.52	2:09.34	4:35.07
787	23.72	52.50	1:55.99	4:05.84	8:34.06	16:14.57	27.51	58.54	2:07.27	30.27	1:05.79	2:22.19	25.75	56.38	2:05.58	2:09.41	4:35.21
786	23.73	52.53	1:56.05	4:05.96	8:34.32	16:15.06	27.52	58.57	2:07.33	30.28	1:05.83	2:22.26	25.76	56.41	2:05.64	2:09.47	4:35.34

BRITISH MEN 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	23.74	52.55	1:56.11	4:06.09	8:34.58	16:15.55	27.53	58.60	2:07.39	30.30	1:05.86	2:22.34	25.78	56.43	2:05.70	2:09.54	4:35.48
784	23.76	52.58	1:56.17	4:06.21	8:34.83	16:16.04	27.55	58.63	2:07.46	30.31	1:05.89	2:22.41	25.79	56.46	2:05.77	2:09.60	4:35.62
783	23.77	52.61	1:56.23	4:06.33	8:35.09	16:16.53	27.56	58.66	2:07.52	30.33	1:05.93	2:22.48	25.80	56.49	2:05.83	2:09.67	4:35.76
782	23.78	52.63	1:56.29	4:06.46	8:35.35	16:17.02	27.58	58.69	2:07.59	30.34	1:05.96	2:22.55	25.82	56.52	2:05.89	2:09.73	4:35.90
781	23.79	52.66	1:56.34	4:06.58	8:35.61	16:17.51	27.59	58.72	2:07.65	30.36	1:05.99	2:22.62	25.83	56.55	2:05.96	2:09.80	4:36.03
780	23.80	52.69	1:56.40	4:06.70	8:35.87	16:18.00	27.60	58.75	2:07.71	30.37	1:06.03	2:22.69	25.84	56.58	2:06.02	2:09.86	4:36.17
779	23.82	52.71	1:56.46	4:06.83	8:36.13	16:18.49	27.62	58.78	2:07.78	30.39	1:06.06	2:22.76	25.86	56.60	2:06.08	2:09.93	4:36.31
778	23.83	52.74	1:56.52	4:06.95	8:36.39	16:18.98	27.63	58.81	2:07.84	30.40	1:06.09	2:22.84	25.87	56.63	2:06.15	2:09.99	4:36.45
777	23.84	52.77	1:56.58	4:07.08	8:36.65	16:19.48	27.65	58.84	2:07.91	30.42	1:06.13	2:22.91	25.88	56.66	2:06.21	2:10.06	4:36.59
776	23.85	52.79	1:56.64	4:07.20	8:36.91	16:19.97	27.66	58.87	2:07.97	30.43	1:06.16	2:22.98	25.89	56.69	2:06.27	2:10.13	4:36.73
775	23.86	52.82	1:56.70	4:07.33	8:37.17	16:20.46	27.67	58.90	2:08.04	30.45	1:06.19	2:23.05	25.91	56.72	2:06.34	2:10.19	4:36.87
774	23.88	52.85	1:56.75	4:07.45	8:37.43	16:20.96	27.69	58.93	2:08.10	30.47	1:06.23	2:23.13	25.92	56.75	2:06.40	2:10.26	4:37.01
773	23.89	52.87	1:56.81	4:07.58	8:37.69	16:21.45	27.70	58.95	2:08.17	30.48	1:06.26	2:23.20	25.93	56.78	2:06.46	2:10.32	4:37.15
772	23.90	52.90	1:56.87	4:07.70	8:37.95	16:21.95	27.72	58.98	2:08.23	30.50	1:06.29	2:23.27	25.95	56.80	2:06.53	2:10.39	4:37.29
771	23.91	52.93	1:56.93	4:07.83	8:38.22	16:22.45	27.73	59.01	2:08.30	30.51	1:06.33	2:23.34	25.96	56.83	2:06.59	2:10.45	4:37.43
770	23.92	52.95	1:56.99	4:07.95	8:38.48	16:22.95	27.74	59.04	2:08.36	30.53	1:06.36	2:23.41	25.97	56.86	2:06.66	2:10.52	4:37.57
769	23.94	52.98	1:57.05	4:08.08	8:38.74	16:23.44	27.76	59.07	2:08.43	30.54	1:06.39	2:23.49	25.99	56.89	2:06.72	2:10.59	4:37.71
768	23.95	53.01	1:57.11	4:08.20	8:39.00	16:23.94	27.77	59.10	2:08.49	30.56	1:06.43	2:23.56	26.00	56.92	2:06.79	2:10.65	4:37.85
767	23.96	53.03	1:57.17	4:08.33	8:39.27	16:24.44	27.79	59.13	2:08.56	30.57	1:06.46	2:23.63	26.01	56.95	2:06.85	2:10.72	4:37.99
766	23.97	53.06	1:57.23	4:08.45	8:39.53	16:24.94	27.80	59.16	2:08.62	30.59	1:06.49	2:23.71	26.03	56.98	2:06.91	2:10.79	4:38.13
765	23.99	53.09	1:57.29	4:08.58	8:39.80	16:25.44	27.81	59.19	2:08.69	30.61	1:06.53	2:23.78	26.04	57.01	2:06.98	2:10.85	4:38.28
764	24.00	53.12	1:57.35	4:08.71	8:40.06	16:25.94	27.83	59.22	2:08.75	30.62	1:06.56	2:23.85	26.05	57.04	2:07.04	2:10.92	4:38.42
763	24.01	53.14	1:57.41	4:08.83	8:40.33	16:26.45	27.84	59.25	2:08.82	30.64	1:06.60	2:23.93	26.07	57.06	2:07.11	2:10.99	4:38.56
762	24.02	53.17	1:57.47	4:08.96	8:40.59	16:26.95	27.86	59.28	2:08.88	30.65	1:06.63	2:24.00	26.08	57.09	2:07.17	2:11.05	4:38.70
761	24.03	53.20	1:57.53	4:09.09	8:40.86	16:27.45	27.87	59.32	2:08.95	30.67	1:06.66	2:24.07	26.09	57.12	2:07.24	2:11.12	4:38.84
760	24.05	53.22	1:57.59	4:09.22	8:41.12	16:27.96	27.89	59.35	2:09.01	30.68	1:06.70	2:24.15	26.11	57.15	2:07.30	2:11.19	4:38.99
759	24.06	53.25	1:57.65	4:09.34	8:41.39	16:28.46	27.90	59.38	2:09.08	30.70	1:06.73	2:24.22	26.12	57.18	2:07.37	2:11.25	4:39.13
758	24.07	53.28	1:57.71	4:09.47	8:41.65	16:28.97	27.91	59.41	2:09.15	30.71	1:06.77	2:24.29	26.13	57.21	2:07.43	2:11.32	4:39.27
757	24.08	53.31	1:57.77	4:09.60	8:41.92	16:29.47	27.93	59.44	2:09.21	30.73	1:06.80	2:24.37	26.15	57.24	2:07.50	2:11.39	4:39.41
756	24.10	53.33	1:57.83	4:09.73	8:42.19	16:29.98	27.94	59.47	2:09.28	30.75	1:06.84	2:24.44	26.16	57.27	2:07.56	2:11.45	4:39.56
755	24.11	53.36	1:57.89	4:09.85	8:42.46	16:30.49	27.96	59.50	2:09.35	30.76	1:06.87	2:24.52	26.17	57.30	2:07.63	2:11.52	4:39.70
754	24.12	53.39	1:57.95	4:09.98	8:42.72	16:31.00	27.97	59.53	2:09.41	30.78	1:06.90	2:24.59	26.19	57.33	2:07.69	2:11.59	4:39.84
753	24.13	53.41	1:58.01	4:10.11	8:42.99	16:31.50	27.99	59.56	2:09.48	30.79	1:06.94	2:24.66	26.20	57.36	2:07.76	2:11.66	4:39.99
752	24.15	53.44	1:58.07	4:10.24	8:43.26	16:32.01	28.00	59.59	2:09.54	30.81	1:06.97	2:24.74	26.21	57.39	2:07.83	2:11.72	4:40.13
751	24.16	53.47	1:58.13	4:10.37	8:43.53	16:32.52	28.01	59.62	2:09.61	30.82	1:07.01	2:24.81	26.23	57.42	2:07.89	2:11.79	4:40.28

BRITISH MEN 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	24.17	53.50	1:58.19	4:10.50	8:43.80	16:33.03	28.03	59.65	2:09.68	30.84	1:07.04	2:24.89	26.24	57.45	2:07.96	2:11.86	4:40.42
749	24.18	53.52	1:58.25	4:10.63	8:44.07	16:33.55	28.04	59.68	2:09.74	30.86	1:07.08	2:24.96	26.25	57.48	2:08.02	2:11.93	4:40.56
748	24.19	53.55	1:58.31	4:10.75	8:44.34	16:34.06	28.06	59.71	2:09.81	30.87	1:07.11	2:25.04	26.27	57.50	2:08.09	2:12.00	4:40.71
747	24.21	53.58	1:58.38	4:10.88	8:44.61	16:34.57	28.07	59.74	2:09.88	30.89	1:07.15	2:25.11	26.28	57.53	2:08.15	2:12.06	4:40.85
746	24.22	53.61	1:58.44	4:11.01	8:44.88	16:35.08	28.09	59.77	2:09.95	30.90	1:07.18	2:25.19	26.29	57.56	2:08.22	2:12.13	4:41.00
745	24.23	53.64	1:58.50	4:11.14	8:45.15	16:35.60	28.10	59.80	2:10.01	30.92	1:07.21	2:25.26	26.31	57.59	2:08.29	2:12.20	4:41.14
744	24.24	53.66	1:58.56	4:11.27	8:45.42	16:36.11	28.12	59.84	2:10.08	30.94	1:07.25	2:25.34	26.32	57.62	2:08.35	2:12.27	4:41.29
743	24.26	53.69	1:58.62	4:11.40	8:45.70	16:36.63	28.13	59.87	2:10.15	30.95	1:07.28	2:25.41	26.33	57.65	2:08.42	2:12.34	4:41.43
742	24.27	53.72	1:58.68	4:11.53	8:45.97	16:37.15	28.14	59.90	2:10.21	30.97	1:07.32	2:25.49	26.35	57.68	2:08.49	2:12.41	4:41.58
741	24.28	53.75	1:58.74	4:11.66	8:46.24	16:37.66	28.16	59.93	2:10.28	30.98	1:07.35	2:25.56	26.36	57.71	2:08.55	2:12.47	4:41.73
740	24.30	53.77	1:58.80	4:11.79	8:46.51	16:38.18	28.17	59.96	2:10.35	31.00	1:07.39	2:25.64	26.38	57.74	2:08.62	2:12.54	4:41.87
739	24.31	53.80	1:58.87	4:11.93	8:46.79	16:38.70	28.19	59.99	2:10.42	31.02	1:07.42	2:25.71	26.39	57.77	2:08.69	2:12.61	4:42.02
738	24.32	53.83	1:58.93	4:12.06	8:47.06	16:39.22	28.20	1:00.02	2:10.49	31.03	1:07.46	2:25.79	26.40	57.80	2:08.75	2:12.68	4:42.17
737	24.33	53.86	1:58.99	4:12.19	8:47.34	16:39.74	28.22	1:00.05	2:10.55	31.05	1:07.49	2:25.87	26.42	57.83	2:08.82	2:12.75	4:42.31
736	24.35	53.89	1:59.05	4:12.32	8:47.61	16:40.26	28.23	1:00.08	2:10.62	31.07	1:07.53	2:25.94	26.43	57.86	2:08.89	2:12.82	4:42.46
735	24.36	53.91	1:59.11	4:12.45	8:47.89	16:40.78	28.25	1:00.12	2:10.69	31.08	1:07.56	2:26.02	26.44	57.89	2:08.95	2:12.89	4:42.61
734	24.37	53.94	1:59.18	4:12.58	8:48.16	16:41.30	28.26	1:00.15	2:10.76	31.10	1:07.60	2:26.09	26.46	57.92	2:09.02	2:12.96	4:42.75
733	24.38	53.97	1:59.24	4:12.71	8:48.44	16:41.82	28.28	1:00.18	2:10.83	31.11	1:07.63	2:26.17	26.47	57.95	2:09.09	2:13.03	4:42.90
732	24.40	54.00	1:59.30	4:12.85	8:48.71	16:42.35	28.29	1:00.21	2:10.89	31.13	1:07.67	2:26.25	26.49	57.98	2:09.16	2:13.10	4:43.05
731	24.41	54.03	1:59.36	4:12.98	8:48.99	16:42.87	28.31	1:00.24	2:10.96	31.15	1:07.71	2:26.32	26.50	58.01	2:09.22	2:13.17	4:43.20
730	24.42	54.06	1:59.43	4:13.11	8:49.27	16:43.40	28.32	1:00.27	2:11.03	31.16	1:07.74	2:26.40	26.51	58.05	2:09.29	2:13.24	4:43.35
729	24.43	54.08	1:59.49	4:13.24	8:49.54	16:43.92	28.34	1:00.30	2:11.10	31.18	1:07.78	2:26.48	26.53	58.08	2:09.36	2:13.31	4:43.49
728	24.45	54.11	1:59.55	4:13.38	8:49.82	16:44.45	28.35	1:00.34	2:11.17	31.20	1:07.81	2:26.55	26.54	58.11	2:09.43	2:13.38	4:43.64
727	24.46	54.14	1:59.61	4:13.51	8:50.10	16:44.98	28.37	1:00.37	2:11.24	31.21	1:07.85	2:26.63	26.56	58.14	2:09.50	2:13.45	4:43.79
726	24.47	54.17	1:59.68	4:13.64	8:50.38	16:45.50	28.38	1:00.40	2:11.31	31.23	1:07.88	2:26.71	26.57	58.17	2:09.56	2:13.52	4:43.94
725	24.49	54.20	1:59.74	4:13.77	8:50.66	16:46.03	28.40	1:00.43	2:11.38	31.24	1:07.92	2:26.78	26.58	58.20	2:09.63	2:13.59	4:44.09
724	24.50	54.23	1:59.80	4:13.91	8:50.93	16:46.56	28.41	1:00.46	2:11.44	31.26	1:07.95	2:26.86	26.60	58.23	2:09.70	2:13.66	4:44.24
723	24.51	54.25	1:59.87	4:14.04	8:51.21	16:47.09	28.43	1:00.49	2:11.51	31.28	1:07.99	2:26.94	26.61	58.26	2:09.77	2:13.73	4:44.39
722	24.53	54.28	1:59.93	4:14.18	8:51.49	16:47.62	28.44	1:00.53	2:11.58	31.29	1:08.03	2:27.02	26.63	58.29	2:09.84	2:13.80	4:44.54
721	24.54	54.31	1:59.99	4:14.31	8:51.77	16:48.15	28.46	1:00.56	2:11.65	31.31	1:08.06	2:27.09	26.64	58.32	2:09.90	2:13.87	4:44.69
720	24.55	54.34	2:00.06	4:14.44	8:52.06	16:48.68	28.47	1:00.59	2:11.72	31.33	1:08.10	2:27.17	26.65	58.35	2:09.97	2:13.94	4:44.84
719	24.56	54.37	2:00.12	4:14.58	8:52.34	16:49.22	28.49	1:00.62	2:11.79	31.34	1:08.13	2:27.25	26.67	58.38	2:10.04	2:14.01	4:44.99
718	24.58	54.40	2:00.18	4:14.71	8:52.62	16:49.75	28.50	1:00.65	2:11.86	31.36	1:08.17	2:27.33	26.68	58.41	2:10.11	2:14.08	4:45.14
717	24.59	54.43	2:00.25	4:14.85	8:52.90	16:50.29	28.52	1:00.69	2:11.93	31.38	1:08.21	2:27.40	26.70	58.44	2:10.18	2:14.15	4:45.29
716	24.60	54.46	2:00.31	4:14.98	8:53.18	16:50.82	28.53	1:00.72	2:12.00	31.39	1:08.24	2:27.48	26.71	58.47	2:10.25	2:14.22	4:45.44

BRITISH MEN 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	24.62	54.48	2:00.37	4:15.12	8:53.46	16:51.36	28.55	1:00.75	2:12.07	31.41	1:08.28	2:27.56	26.72	58.51	2:10.32	2:14.29	4:45.59
714	24.63	54.51	2:00.44	4:15.25	8:53.75	16:51.89	28.56	1:00.78	2:12.14	31.43	1:08.31	2:27.64	26.74	58.54	2:10.39	2:14.36	4:45.75
713	24.64	54.54	2:00.50	4:15.39	8:54.03	16:52.43	28.58	1:00.82	2:12.21	31.44	1:08.35	2:27.72	26.75	58.57	2:10.46	2:14.44	4:45.90
712	24.66	54.57	2:00.56	4:15.52	8:54.31	16:52.97	28.59	1:00.85	2:12.28	31.46	1:08.39	2:27.80	26.77	58.60	2:10.53	2:14.51	4:46.05
711	24.67	54.60	2:00.63	4:15.66	8:54.60	16:53.51	28.61	1:00.88	2:12.35	31.48	1:08.42	2:27.87	26.78	58.63	2:10.59	2:14.58	4:46.20
710	24.68	54.63	2:00.69	4:15.80	8:54.88	16:54.05	28.62	1:00.91	2:12.42	31.49	1:08.46	2:27.95	26.80	58.66	2:10.66	2:14.65	4:46.35
709	24.69	54.66	2:00.76	4:15.93	8:55.17	16:54.59	28.64	1:00.95	2:12.49	31.51	1:08.50	2:28.03	26.81	58.69	2:10.73	2:14.72	4:46.51
708	24.71	54.69	2:00.82	4:16.07	8:55.45	16:55.13	28.65	1:00.98	2:12.56	31.53	1:08.53	2:28.11	26.82	58.72	2:10.80	2:14.79	4:46.66
707	24.72	54.72	2:00.89	4:16.21	8:55.74	16:55.67	28.67	1:01.01	2:12.63	31.54	1:08.57	2:28.19	26.84	58.76	2:10.87	2:14.87	4:46.81
706	24.73	54.75	2:00.95	4:16.34	8:56.03	16:56.21	28.68	1:01.04	2:12.70	31.56	1:08.61	2:28.27	26.85	58.79	2:10.94	2:14.94	4:46.96
705	24.75	54.78	2:01.02	4:16.48	8:56.31	16:56.76	28.70	1:01.08	2:12.78	31.58	1:08.64	2:28.35	26.87	58.82	2:11.01	2:15.01	4:47.12
704	24.76	54.80	2:01.08	4:16.62	8:56.60	16:57.30	28.71	1:01.11	2:12.85	31.59	1:08.68	2:28.43	26.88	58.85	2:11.08	2:15.08	4:47.27
703	24.77	54.83	2:01.15	4:16.75	8:56.89	16:57.85	28.73	1:01.14	2:12.92	31.61	1:08.72	2:28.51	26.90	58.88	2:11.15	2:15.15	4:47.43
702	24.79	54.86	2:01.21	4:16.89	8:57.18	16:58.39	28.74	1:01.17	2:12.99	31.63	1:08.75	2:28.59	26.91	58.91	2:11.22	2:15.23	4:47.58
701	24.80	54.89	2:01.28	4:17.03	8:57.46	16:58.94	28.76	1:01.21	2:13.06	31.65	1:08.79	2:28.67	26.92	58.94	2:11.29	2:15.30	4:47.73
700	24.81	54.92	2:01.34	4:17.17	8:57.75	16:59.48	28.78	1:01.24	2:13.13	31.66	1:08.83	2:28.75	26.94	58.98	2:11.37	2:15.37	4:47.89
699	24.83	54.95	2:01.41	4:17.31	8:58.04	17:00.03	28.79	1:01.27	2:13.20	31.68	1:08.86	2:28.83	26.95	59.01	2:11.44	2:15.45	4:48.04
698	24.84	54.98	2:01.47	4:17.45	8:58.33	17:00.58	28.81	1:01.31	2:13.28	31.70	1:08.90	2:28.91	26.97	59.04	2:11.51	2:15.52	4:48.20
697	24.85	55.01	2:01.54	4:17.58	8:58.62	17:01.13	28.82	1:01.34	2:13.35	31.71	1:08.94	2:28.99	26.98	59.07	2:11.58	2:15.59	4:48.35
696	24.87	55.04	2:01.60	4:17.72	8:58.91	17:01.68	28.84	1:01.37	2:13.42	31.73	1:08.98	2:29.07	27.00	59.10	2:11.65	2:15.66	4:48.51
695	24.88	55.07	2:01.67	4:17.86	8:59.20	17:02.23	28.85	1:01.40	2:13.49	31.75	1:09.01	2:29.15	27.01	59.13	2:11.72	2:15.74	4:48.67
694	24.89	55.10	2:01.73	4:18.00	8:59.49	17:02.78	28.87	1:01.44	2:13.56	31.76	1:09.05	2:29.23	27.03	59.17	2:11.79	2:15.81	4:48.82
693	24.91	55.13	2:01.80	4:18.14	8:59.78	17:03.34	28.88	1:01.47	2:13.64	31.78	1:09.09	2:29.31	27.04	59.20	2:11.86	2:15.88	4:48.98
692	24.92	55.16	2:01.87	4:18.28	9:00.08	17:03.89	28.90	1:01.50	2:13.71	31.80	1:09.12	2:29.39	27.06	59.23	2:11.93	2:15.96	4:49.13
691	24.93	55.19	2:01.93	4:18.42	9:00.37	17:04.45	28.92	1:01.54	2:13.78	31.82	1:09.16	2:29.47	27.07	59.26	2:12.00	2:16.03	4:49.29
690	24.95	55.22	2:02.00	4:18.56	9:00.66	17:05.00	28.93	1:01.57	2:13.85	31.83	1:09.20	2:29.55	27.08	59.29	2:12.08	2:16.11	4:49.45
689	24.96	55.25	2:02.06	4:18.70	9:00.95	17:05.56	28.95	1:01.60	2:13.93	31.85	1:09.24	2:29.63	27.10	59.33	2:12.15	2:16.18	4:49.60
688	24.98	55.28	2:02.13	4:18.84	9:01.25	17:06.11	28.96	1:01.64	2:14.00	31.87	1:09.27	2:29.71	27.11	59.36	2:12.22	2:16.25	4:49.76
687	24.99	55.31	2:02.20	4:18.98	9:01.54	17:06.67	28.98	1:01.67	2:14.07	31.89	1:09.31	2:29.79	27.13	59.39	2:12.29	2:16.33	4:49.92
686	25.00	55.34	2:02.26	4:19.12	9:01.84	17:07.23	28.99	1:01.70	2:14.14	31.90	1:09.35	2:29.88	27.14	59.42	2:12.36	2:16.40	4:50.08
685	25.02	55.37	2:02.33	4:19.26	9:02.13	17:07.79	29.01	1:01.74	2:14.22	31.92	1:09.39	2:29.96	27.16	59.46	2:12.44	2:16.48	4:50.23
684	25.03	55.40	2:02.40	4:19.40	9:02.43	17:08.35	29.03	1:01.77	2:14.29	31.94	1:09.43	2:30.04	27.17	59.49	2:12.51	2:16.55	4:50.39
683	25.04	55.43	2:02.46	4:19.55	9:02.72	17:08.91	29.04	1:01.81	2:14.36	31.96	1:09.46	2:30.12	27.19	59.52	2:12.58	2:16.62	4:50.55
682	25.06	55.46	2:02.53	4:19.69	9:03.02	17:09.47	29.06	1:01.84	2:14.44	31.97	1:09.50	2:30.20	27.20	59.55	2:12.65	2:16.70	4:50.71
681	25.07	55.49	2:02.60	4:19.83	9:03.32	17:10.03	29.07	1:01.87	2:14.51	31.99	1:09.54	2:30.29	27.22	59.59	2:12.72	2:16.77	4:50.87

BRITISH MEN 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	25.08	55.52	2:02.66	4:19.97	9:03.61	17:10.60	29.09	1:01.91	2:14.58	32.01	1:09.58	2:30.37	27.23	59.62	2:12.80	2:16.85	4:51.03
679	25.10	55.55	2:02.73	4:20.11	9:03.91	17:11.16	29.10	1:01.94	2:14.66	32.03	1:09.62	2:30.45	27.25	59.65	2:12.87	2:16.92	4:51.19
678	25.11	55.58	2:02.80	4:20.26	9:04.21	17:11.73	29.12	1:01.97	2:14.73	32.04	1:09.65	2:30.53	27.26	59.68	2:12.94	2:17.00	4:51.35
677	25.13	55.61	2:02.87	4:20.40	9:04.51	17:12.29	29.14	1:02.01	2:14.80	32.06	1:09.69	2:30.62	27.28	59.72	2:13.02	2:17.07	4:51.51
676	25.14	55.64	2:02.93	4:20.54	9:04.81	17:12.86	29.15	1:02.04	2:14.88	32.08	1:09.73	2:30.70	27.29	59.75	2:13.09	2:17.15	4:51.67
675	25.15	55.67	2:03.00	4:20.69	9:05.11	17:13.43	29.17	1:02.08	2:14.95	32.10	1:09.77	2:30.78	27.31	59.78	2:13.16	2:17.22	4:51.83
674	25.17	55.70	2:03.07	4:20.83	9:05.41	17:14.00	29.18	1:02.11	2:15.03	32.11	1:09.81	2:30.86	27.32	59.82	2:13.23	2:17.30	4:51.99
673	25.18	55.73	2:03.14	4:20.97	9:05.71	17:14.56	29.20	1:02.15	2:15.10	32.13	1:09.85	2:30.95	27.34	59.85	2:13.31	2:17.38	4:52.15
672	25.19	55.77	2:03.20	4:21.12	9:06.01	17:15.13	29.22	1:02.18	2:15.18	32.15	1:09.88	2:31.03	27.35	59.88	2:13.38	2:17.45	4:52.31
671	25.21	55.80	2:03.27	4:21.26	9:06.31	17:15.71	29.23	1:02.21	2:15.25	32.17	1:09.92	2:31.11	27.37	59.91	2:13.46	2:17.53	4:52.47
670	25.22	55.83	2:03.34	4:21.40	9:06.61	17:16.28	29.25	1:02.25	2:15.33	32.18	1:09.96	2:31.20	27.38	59.95	2:13.53	2:17.60	4:52.63
669	25.24	55.86	2:03.41	4:21.55	9:06.91	17:16.85	29.27	1:02.28	2:15.40	32.20	1:10.00	2:31.28	27.40	59.98	2:13.60	2:17.68	4:52.79
668	25.25	55.89	2:03.48	4:21.69	9:07.21	17:17.42	29.28	1:02.32	2:15.47	32.22	1:10.04	2:31.36	27.41	1:00.01	2:13.68	2:17.75	4:52.95
667	25.26	55.92	2:03.54	4:21.84	9:07.52	17:18.00	29.30	1:02.35	2:15.55	32.24	1:10.08	2:31.45	27.43	1:00.05	2:13.75	2:17.83	4:53.12
666	25.28	55.95	2:03.61	4:21.98	9:07.82	17:18.57	29.31	1:02.39	2:15.62	32.26	1:10.12	2:31.53	27.44	1:00.08	2:13.82	2:17.91	4:53.28
665	25.29	55.98	2:03.68	4:22.13	9:08.12	17:19.15	29.33	1:02.42	2:15.70	32.27	1:10.15	2:31.62	27.46	1:00.11	2:13.90	2:17.98	4:53.44
664	25.31	56.01	2:03.75	4:22.27	9:08.43	17:19.73	29.35	1:02.46	2:15.78	32.29	1:10.19	2:31.70	27.47	1:00.15	2:13.97	2:18.06	4:53.60
663	25.32	56.04	2:03.82	4:22.42	9:08.73	17:20.30	29.36	1:02.49	2:15.85	32.31	1:10.23	2:31.78	27.49	1:00.18	2:14.05	2:18.14	4:53.77
662	25.33	56.07	2:03.89	4:22.57	9:09.04	17:20.88	29.38	1:02.52	2:15.93	32.33	1:10.27	2:31.87	27.50	1:00.21	2:14.12	2:18.21	4:53.93
661	25.35	56.11	2:03.96	4:22.71	9:09.34	17:21.46	29.40	1:02.56	2:16.00	32.35	1:10.31	2:31.95	27.52	1:00.25	2:14.20	2:18.29	4:54.10
660	25.36	56.14	2:04.03	4:22.86	9:09.65	17:22.04	29.41	1:02.59	2:16.08	32.36	1:10.35	2:32.04	27.54	1:00.28	2:14.27	2:18.37	4:54.26
659	25.38	56.17	2:04.09	4:23.01	9:09.96	17:22.62	29.43	1:02.63	2:16.15	32.38	1:10.39	2:32.12	27.55	1:00.31	2:14.35	2:18.45	4:54.42
658	25.39	56.20	2:04.16	4:23.15	9:10.26	17:23.21	29.44	1:02.66	2:16.23	32.40	1:10.43	2:32.21	27.57	1:00.35	2:14.42	2:18.52	4:54.59
657	25.41	56.23	2:04.23	4:23.30	9:10.57	17:23.79	29.46	1:02.70	2:16.31	32.42	1:10.47	2:32.29	27.58	1:00.38	2:14.50	2:18.60	4:54.75
656	25.42	56.26	2:04.30	4:23.45	9:10.88	17:24.37	29.48	1:02.73	2:16.38	32.44	1:10.51	2:32.38	27.60	1:00.42	2:14.57	2:18.68	4:54.92
655	25.43	56.29	2:04.37	4:23.59	9:11.19	17:24.96	29.49	1:02.77	2:16.46	32.45	1:10.55	2:32.46	27.61	1:00.45	2:14.65	2:18.76	4:55.08
654	25.45	56.33	2:04.44	4:23.74	9:11.50	17:25.54	29.51	1:02.80	2:16.54	32.47	1:10.59	2:32.55	27.63	1:00.48	2:14.72	2:18.83	4:55.25
653	25.46	56.36	2:04.51	4:23.89	9:11.81	17:26.13	29.53	1:02.84	2:16.61	32.49	1:10.63	2:32.63	27.64	1:00.52	2:14.80	2:18.91	4:55.41
652	25.48	56.39	2:04.58	4:24.04	9:12.12	17:26.72	29.54	1:02.88	2:16.69	32.51	1:10.67	2:32.72	27.66	1:00.55	2:14.87	2:18.99	4:55.58
651	25.49	56.42	2:04.65	4:24.19	9:12.43	17:27.31	29.56	1:02.91	2:16.77	32.53	1:10.71	2:32.81	27.67	1:00.59	2:14.95	2:19.07	4:55.75
650	25.51	56.45	2:04.72	4:24.34	9:12.74	17:27.90	29.58	1:02.95	2:16.84	32.54	1:10.75	2:32.89	27.69	1:00.62	2:15.03	2:19.15	4:55.91
649	25.52	56.48	2:04.79	4:24.48	9:13.05	17:28.49	29.59	1:02.98	2:16.92	32.56	1:10.79	2:32.98	27.71	1:00.65	2:15.10	2:19.22	4:56.08
648	25.53	56.52	2:04.86	4:24.63	9:13.36	17:29.08	29.61	1:03.02	2:17.00	32.58	1:10.83	2:33.06	27.72	1:00.69	2:15.18	2:19.30	4:56.25
647	25.55	56.55	2:04.93	4:24.78	9:13.67	17:29.67	29.63	1:03.05	2:17.07	32.60	1:10.87	2:33.15	27.74	1:00.72	2:15.25	2:19.38	4:56.41
646	25.56	56.58	2:05.00	4:24.93	9:13.99	17:30.26	29.64	1:03.09	2:17.15	32.62	1:10.91	2:33.24	27.75	1:00.76	2:15.33	2:19.46	4:56.58

BRITISH MEN 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	25.58	56.61	2:05.07	4:25.08	9:14.30	17:30.86	29.66	1:03.12	2:17.23	32.64	1:10.95	2:33.32	27.77	1:00.79	2:15.41	2:19.54	4:56.75
644	25.59	56.64	2:05.15	4:25.23	9:14.61	17:31.45	29.68	1:03.16	2:17.31	32.66	1:10.99	2:33.41	27.78	1:00.83	2:15.48	2:19.62	4:56.92
643	25.61	56.68	2:05.22	4:25.38	9:14.93	17:32.05	29.69	1:03.20	2:17.38	32.67	1:11.03	2:33.50	27.80	1:00.86	2:15.56	2:19.70	4:57.08
642	25.62	56.71	2:05.29	4:25.53	9:15.24	17:32.64	29.71	1:03.23	2:17.46	32.69	1:11.07	2:33.58	27.82	1:00.89	2:15.64	2:19.78	4:57.25
641	25.64	56.74	2:05.36	4:25.68	9:15.56	17:33.24	29.73	1:03.27	2:17.54	32.71	1:11.11	2:33.67	27.83	1:00.93	2:15.71	2:19.86	4:57.42
640	25.65	56.77	2:05.43	4:25.83	9:15.87	17:33.84	29.74	1:03.30	2:17.62	32.73	1:11.15	2:33.76	27.85	1:00.96	2:15.79	2:19.93	4:57.59
639	25.66	56.81	2:05.50	4:25.99	9:16.19	17:34.44	29.76	1:03.34	2:17.70	32.75	1:11.19	2:33.85	27.86	1:01.00	2:15.87	2:20.01	4:57.76
638	25.68	56.84	2:05.57	4:26.14	9:16.51	17:35.04	29.78	1:03.38	2:17.78	32.77	1:11.23	2:33.93	27.88	1:01.03	2:15.95	2:20.09	4:57.93
637	25.69	56.87	2:05.64	4:26.29	9:16.82	17:35.64	29.80	1:03.41	2:17.85	32.79	1:11.27	2:34.02	27.89	1:01.07	2:16.02	2:20.17	4:58.10
636	25.71	56.90	2:05.72	4:26.44	9:17.14	17:36.24	29.81	1:03.45	2:17.93	32.80	1:11.31	2:34.11	27.91	1:01.10	2:16.10	2:20.25	4:58.27
635	25.72	56.94	2:05.79	4:26.59	9:17.46	17:36.85	29.83	1:03.48	2:18.01	32.82	1:11.35	2:34.20	27.93	1:01.14	2:16.18	2:20.33	4:58.44
634	25.74	56.97	2:05.86	4:26.75	9:17.78	17:37.45	29.85	1:03.52	2:18.09	32.84	1:11.39	2:34.29	27.94	1:01.17	2:16.26	2:20.41	4:58.61
633	25.75	57.00	2:05.93	4:26.90	9:18.10	17:38.06	29.86	1:03.56	2:18.17	32.86	1:11.43	2:34.37	27.96	1:01.21	2:16.34	2:20.49	4:58.78
632	25.77	57.03	2:06.00	4:27.05	9:18.42	17:38.66	29.88	1:03.59	2:18.25	32.88	1:11.47	2:34.46	27.97	1:01.24	2:16.41	2:20.57	4:58.95
631	25.78	57.07	2:06.08	4:27.20	9:18.74	17:39.27	29.90	1:03.63	2:18.33	32.90	1:11.51	2:34.55	27.99	1:01.28	2:16.49	2:20.66	4:59.12
630	25.80	57.10	2:06.15	4:27.36	9:19.06	17:39.88	29.92	1:03.67	2:18.41	32.92	1:11.55	2:34.64	28.01	1:01.31	2:16.57	2:20.74	4:59.30
629	25.81	57.13	2:06.22	4:27.51	9:19.38	17:40.49	29.93	1:03.70	2:18.49	32.94	1:11.60	2:34.73	28.02	1:01.35	2:16.65	2:20.82	4:59.47
628	25.83	57.16	2:06.29	4:27.67	9:19.70	17:41.10	29.95	1:03.74	2:18.57	32.95	1:11.64	2:34.82	28.04	1:01.38	2:16.73	2:20.90	4:59.64
627	25.84	57.20	2:06.37	4:27.82	9:20.02	17:41.71	29.97	1:03.78	2:18.65	32.97	1:11.68	2:34.91	28.05	1:01.42	2:16.81	2:20.98	4:59.81
626	25.86	57.23	2:06.44	4:27.97	9:20.35	17:42.32	29.98	1:03.81	2:18.73	32.99	1:11.72	2:35.00	28.07	1:01.45	2:16.88	2:21.06	4:59.98
625	25.87	57.26	2:06.51	4:28.13	9:20.67	17:42.93	30.00	1:03.85	2:18.81	33.01	1:11.76	2:35.09	28.09	1:01.49	2:16.96	2:21.14	5:00.16
624	25.89	57.30	2:06.58	4:28.28	9:20.99	17:43.55	30.02	1:03.89	2:18.89	33.03	1:11.80	2:35.18	28.10	1:01.52	2:17.04	2:21.22	5:00.33
623	25.90	57.33	2:06.66	4:28.44	9:21.32	17:44.16	30.04	1:03.92	2:18.97	33.05	1:11.84	2:35.26	28.12	1:01.56	2:17.12	2:21.31	5:00.51
622	25.92	57.36	2:06.73	4:28.59	9:21.64	17:44.78	30.05	1:03.96	2:19.05	33.07	1:11.89	2:35.35	28.14	1:01.60	2:17.20	2:21.39	5:00.68
621	25.93	57.40	2:06.80	4:28.75	9:21.97	17:45.39	30.07	1:04.00	2:19.13	33.09	1:11.93	2:35.44	28.15	1:01.63	2:17.28	2:21.47	5:00.85
620	25.95	57.43	2:06.88	4:28.91	9:22.29	17:46.01	30.09	1:04.03	2:19.21	33.11	1:11.97	2:35.53	28.17	1:01.67	2:17.36	2:21.55	5:01.03
619	25.96	57.46	2:06.95	4:29.06	9:22.62	17:46.63	30.11	1:04.07	2:19.29	33.13	1:12.01	2:35.63	28.18	1:01.70	2:17.44	2:21.63	5:01.20
618	25.98	57.50	2:07.03	4:29.22	9:22.95	17:47.25	30.12	1:04.11	2:19.37	33.15	1:12.05	2:35.72	28.20	1:01.74	2:17.52	2:21.72	5:01.38
617	25.99	57.53	2:07.10	4:29.37	9:23.27	17:47.87	30.14	1:04.15	2:19.45	33.17	1:12.09	2:35.81	28.22	1:01.78	2:17.60	2:21.80	5:01.55
616	26.01	57.56	2:07.17	4:29.53	9:23.60	17:48.49	30.16	1:04.18	2:19.53	33.18	1:12.14	2:35.90	28.23	1:01.81	2:17.68	2:21.88	5:01.73
615	26.02	57.60	2:07.25	4:29.69	9:23.93	17:49.12	30.18	1:04.22	2:19.61	33.20	1:12.18	2:35.99	28.25	1:01.85	2:17.76	2:21.96	5:01.90
614	26.04	57.63	2:07.32	4:29.85	9:24.26	17:49.74	30.19	1:04.26	2:19.69	33.22	1:12.22	2:36.08	28.27	1:01.88	2:17.84	2:22.05	5:02.08
613	26.05	57.66	2:07.40	4:30.00	9:24.59	17:50.36	30.21	1:04.30	2:19.78	33.24	1:12.26	2:36.17	28.28	1:01.92	2:17.92	2:22.13	5:02.26
612	26.07	57.70	2:07.47	4:30.16	9:24.92	17:50.99	30.23	1:04.33	2:19.86	33.26	1:12.30	2:36.26	28.30	1:01.96	2:18.00	2:22.21	5:02.43
611	26.08	57.73	2:07.55	4:30.32	9:25.25	17:51.62	30.25	1:04.37	2:19.94	33.28	1:12.35	2:36.35	28.32	1:01.99	2:18.08	2:22.30	5:02.61

BRITISH MEN 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	26.10	57.76	2:07.62	4:30.48	9:25.58	17:52.25	30.26	1:04.41	2:20.02	33.30	1:12.39	2:36.44	28.33	1:02.03	2:18.16	2:22.38	5:02.79
609	26.11	57.80	2:07.70	4:30.64	9:25.91	17:52.87	30.28	1:04.45	2:20.10	33.32	1:12.43	2:36.54	28.35	1:02.06	2:18.24	2:22.46	5:02.97
608	26.13	57.83	2:07.77	4:30.80	9:26.25	17:53.50	30.30	1:04.48	2:20.19	33.34	1:12.47	2:36.63	28.37	1:02.10	2:18.33	2:22.55	5:03.14
607	26.14	57.87	2:07.85	4:30.95	9:26.58	17:54.14	30.32	1:04.52	2:20.27	33.36	1:12.52	2:36.72	28.38	1:02.14	2:18.41	2:22.63	5:03.32
606	26.16	57.90	2:07.92	4:31.11	9:26.91	17:54.77	30.34	1:04.56	2:20.35	33.38	1:12.56	2:36.81	28.40	1:02.17	2:18.49	2:22.71	5:03.50
605	26.18	57.93	2:08.00	4:31.27	9:27.25	17:55.40	30.35	1:04.60	2:20.43	33.40	1:12.60	2:36.90	28.42	1:02.21	2:18.57	2:22.80	5:03.68
604	26.19	57.97	2:08.07	4:31.43	9:27.58	17:56.03	30.37	1:04.64	2:20.52	33.42	1:12.65	2:37.00	28.43	1:02.25	2:18.65	2:22.88	5:03.86
603	26.21	58.00	2:08.15	4:31.59	9:27.92	17:56.67	30.39	1:04.67	2:20.60	33.44	1:12.69	2:37.09	28.45	1:02.28	2:18.73	2:22.97	5:04.04
602	26.22	58.04	2:08.22	4:31.75	9:28.25	17:57.31	30.41	1:04.71	2:20.68	33.46	1:12.73	2:37.18	28.47	1:02.32	2:18.82	2:23.05	5:04.22
601	26.24	58.07	2:08.30	4:31.92	9:28.59	17:57.94	30.43	1:04.75	2:20.77	33.48	1:12.77	2:37.28	28.48	1:02.36	2:18.90	2:23.14	5:04.40
600	26.25	58.11	2:08.37	4:32.08	9:28.92	17:58.58	30.44	1:04.79	2:20.85	33.50	1:12.82	2:37.37	28.50	1:02.39	2:18.98	2:23.22	5:04.58
599	26.27	58.14	2:08.45	4:32.24	9:29.26	17:59.22	30.46	1:04.83	2:20.93	33.52	1:12.86	2:37.46	28.52	1:02.43	2:19.06	2:23.31	5:04.76
598	26.28	58.18	2:08.53	4:32.40	9:29.60	17:59.86	30.48	1:04.87	2:21.02	33.54	1:12.90	2:37.56	28.53	1:02.47	2:19.15	2:23.39	5:04.94
597	26.30	58.21	2:08.60	4:32.56	9:29.94	18:00.50	30.50	1:04.91	2:21.10	33.56	1:12.95	2:37.65	28.55	1:02.51	2:19.23	2:23.48	5:05.12
596	26.31	58.24	2:08.68	4:32.72	9:30.28	18:01.15	30.52	1:04.94	2:21.18	33.58	1:12.99	2:37.74	28.57	1:02.54	2:19.31	2:23.56	5:05.30
595	26.33	58.28	2:08.76	4:32.89	9:30.62	18:01.79	30.53	1:04.98	2:21.27	33.60	1:13.03	2:37.84	28.59	1:02.58	2:19.39	2:23.65	5:05.48
594	26.35	58.31	2:08.83	4:33.05	9:30.96	18:02.44	30.55	1:05.02	2:21.35	33.62	1:13.08	2:37.93	28.60	1:02.62	2:19.48	2:23.73	5:05.67
593	26.36	58.35	2:08.91	4:33.21	9:31.30	18:03.08	30.57	1:05.06	2:21.44	33.64	1:13.12	2:38.03	28.62	1:02.66	2:19.56	2:23.82	5:05.85
592	26.38	58.38	2:08.99	4:33.37	9:31.64	18:03.73	30.59	1:05.10	2:21.52	33.66	1:13.16	2:38.12	28.64	1:02.69	2:19.64	2:23.90	5:06.03
591	26.39	58.42	2:09.06	4:33.54	9:31.98	18:04.38	30.61	1:05.14	2:21.61	33.68	1:13.21	2:38.21	28.65	1:02.73	2:19.73	2:23.99	5:06.21
590	26.41	58.45	2:09.14	4:33.70	9:32.32	18:05.03	30.63	1:05.18	2:21.69	33.70	1:13.25	2:38.31	28.67	1:02.77	2:19.81	2:24.08	5:06.40
589	26.43	58.49	2:09.22	4:33.87	9:32.67	18:05.68	30.64	1:05.22	2:21.78	33.72	1:13.30	2:38.40	28.69	1:02.81	2:19.89	2:24.16	5:06.58
588	26.44	58.52	2:09.30	4:34.03	9:33.01	18:06.33	30.66	1:05.25	2:21.86	33.74	1:13.34	2:38.50	28.71	1:02.84	2:19.98	2:24.25	5:06.76
587	26.46	58.56	2:09.37	4:34.19	9:33.35	18:06.98	30.68	1:05.29	2:21.95	33.76	1:13.38	2:38.59	28.72	1:02.88	2:20.06	2:24.34	5:06.95
586	26.47	58.59	2:09.45	4:34.36	9:33.70	18:07.63	30.70	1:05.33	2:22.03	33.78	1:13.43	2:38.69	28.74	1:02.92	2:20.15	2:24.42	5:07.13
585	26.49	58.63	2:09.53	4:34.52	9:34.04	18:08.29	30.72	1:05.37	2:22.12	33.80	1:13.47	2:38.79	28.76	1:02.96	2:20.23	2:24.51	5:07.32
584	26.50	58.66	2:09.61	4:34.69	9:34.39	18:08.94	30.74	1:05.41	2:22.20	33.82	1:13.52	2:38.88	28.77	1:02.99	2:20.32	2:24.60	5:07.50
583	26.52	58.70	2:09.69	4:34.86	9:34.74	18:09.60	30.75	1:05.45	2:22.29	33.84	1:13.56	2:38.98	28.79	1:03.03	2:20.40	2:24.68	5:07.69
582	26.54	58.74	2:09.76	4:35.02	9:35.08	18:10.26	30.77	1:05.49	2:22.37	33.86	1:13.61	2:39.07	28.81	1:03.07	2:20.49	2:24.77	5:07.87
581	26.55	58.77	2:09.84	4:35.19	9:35.43	18:10.92	30.79	1:05.53	2:22.46	33.88	1:13.65	2:39.17	28.83	1:03.11	2:20.57	2:24.86	5:08.06
580	26.57	58.81	2:09.92	4:35.35	9:35.78	18:11.58	30.81	1:05.57	2:22.55	33.90	1:13.69	2:39.27	28.84	1:03.15	2:20.66	2:24.95	5:08.25
579	26.59	58.84	2:10.00	4:35.52	9:36.13	18:12.24	30.83	1:05.61	2:22.63	33.92	1:13.74	2:39.36	28.86	1:03.19	2:20.74	2:25.03	5:08.43
578	26.60	58.88	2:10.08	4:35.69	9:36.48	18:12.90	30.85	1:05.65	2:22.72	33.94	1:13.78	2:39.46	28.88	1:03.22	2:20.83	2:25.12	5:08.62
577	26.62	58.91	2:10.16	4:35.86	9:36.83	18:13.57	30.87	1:05.69	2:22.81	33.96	1:13.83	2:39.56	28.90	1:03.26	2:20.91	2:25.21	5:08.81
576	26.63	58.95	2:10.24	4:36.02	9:37.18	18:14.23	30.89	1:05.73	2:22.89	33.98	1:13.87	2:39.65	28.91	1:03.30	2:21.00	2:25.30	5:09.00

BRITISH MEN 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	26.65	58.99	2:10.32	4:36.19	9:37.53	18:14.90	30.90	1:05.77	2:22.98	34.00	1:13.92	2:39.75	28.93	1:03.34	2:21.08	2:25.39	5:09.18
574	26.67	59.02	2:10.40	4:36.36	9:37.88	18:15.57	30.92	1:05.81	2:23.07	34.03	1:13.96	2:39.85	28.95	1:03.38	2:21.17	2:25.48	5:09.37
573	26.68	59.06	2:10.48	4:36.53	9:38.24	18:16.23	30.94	1:05.85	2:23.15	34.05	1:14.01	2:39.94	28.97	1:03.42	2:21.25	2:25.56	5:09.56
572	26.70	59.09	2:10.56	4:36.70	9:38.59	18:16.90	30.96	1:05.89	2:23.24	34.07	1:14.05	2:40.04	28.98	1:03.45	2:21.34	2:25.65	5:09.75
571	26.71	59.13	2:10.64	4:36.87	9:38.94	18:17.57	30.98	1:05.93	2:23.33	34.09	1:14.10	2:40.14	29.00	1:03.49	2:21.43	2:25.74	5:09.94
570	26.73	59.17	2:10.72	4:37.04	9:39.30	18:18.25	31.00	1:05.97	2:23.42	34.11	1:14.14	2:40.24	29.02	1:03.53	2:21.51	2:25.83	5:10.13
569	26.75	59.20	2:10.80	4:37.21	9:39.65	18:18.92	31.02	1:06.01	2:23.51	34.13	1:14.19	2:40.34	29.04	1:03.57	2:21.60	2:25.92	5:10.32
568	26.76	59.24	2:10.88	4:37.38	9:40.01	18:19.59	31.04	1:06.05	2:23.59	34.15	1:14.24	2:40.43	29.06	1:03.61	2:21.69	2:26.01	5:10.51
567	26.78	59.27	2:10.96	4:37.55	9:40.36	18:20.27	31.06	1:06.09	2:23.68	34.17	1:14.28	2:40.53	29.07	1:03.65	2:21.77	2:26.10	5:10.70
566	26.80	59.31	2:11.04	4:37.72	9:40.72	18:20.95	31.07	1:06.13	2:23.77	34.19	1:14.33	2:40.63	29.09	1:03.69	2:21.86	2:26.19	5:10.89
565	26.81	59.35	2:11.12	4:37.89	9:41.08	18:21.62	31.09	1:06.17	2:23.86	34.21	1:14.37	2:40.73	29.11	1:03.73	2:21.95	2:26.28	5:11.08
564	26.83	59.38	2:11.20	4:38.06	9:41.44	18:22.30	31.11	1:06.21	2:23.95	34.23	1:14.42	2:40.83	29.13	1:03.77	2:22.04	2:26.37	5:11.28
563	26.85	59.42	2:11.28	4:38.23	9:41.80	18:22.98	31.13	1:06.26	2:24.04	34.26	1:14.46	2:40.93	29.15	1:03.81	2:22.12	2:26.46	5:11.47
562	26.86	59.46	2:11.36	4:38.40	9:42.16	18:23.67	31.15	1:06.30	2:24.13	34.28	1:14.51	2:41.03	29.16	1:03.85	2:22.21	2:26.55	5:11.66
561	26.88	59.49	2:11.44	4:38.58	9:42.52	18:24.35	31.17	1:06.34	2:24.21	34.30	1:14.56	2:41.13	29.18	1:03.89	2:22.30	2:26.64	5:11.85
560	26.90	59.53	2:11.52	4:38.75	9:42.88	18:25.03	31.19	1:06.38	2:24.30	34.32	1:14.60	2:41.23	29.20	1:03.93	2:22.39	2:26.73	5:12.05
559	26.91	59.57	2:11.60	4:38.92	9:43.24	18:25.72	31.21	1:06.42	2:24.39	34.34	1:14.65	2:41.33	29.22	1:03.96	2:22.48	2:26.82	5:12.24
558	26.93	59.61	2:11.69	4:39.09	9:43.60	18:26.40	31.23	1:06.46	2:24.48	34.36	1:14.70	2:41.43	29.24	1:04.00	2:22.57	2:26.91	5:12.43
557	26.95	59.64	2:11.77	4:39.27	9:43.96	18:27.09	31.25	1:06.50	2:24.57	34.38	1:14.74	2:41.53	29.25	1:04.04	2:22.65	2:27.01	5:12.63
556	26.96	59.68	2:11.85	4:39.44	9:44.33	18:27.78	31.27	1:06.54	2:24.66	34.41	1:14.79	2:41.63	29.27	1:04.08	2:22.74	2:27.10	5:12.82
555	26.98	59.72	2:11.93	4:39.62	9:44.69	18:28.47	31.29	1:06.59	2:24.75	34.43	1:14.84	2:41.73	29.29	1:04.12	2:22.83	2:27.19	5:13.02
554	27.00	59.75	2:12.01	4:39.79	9:45.05	18:29.16	31.31	1:06.63	2:24.84	34.45	1:14.88	2:41.83	29.31	1:04.16	2:22.92	2:27.28	5:13.21
553	27.01	59.79	2:12.10	4:39.96	9:45.42	18:29.85	31.33	1:06.67	2:24.93	34.47	1:14.93	2:41.93	29.33	1:04.20	2:23.01	2:27.37	5:13.41
552	27.03	59.83	2:12.18	4:40.14	9:45.79	18:30.55	31.35	1:06.71	2:25.02	34.49	1:14.98	2:42.03	29.35	1:04.24	2:23.10	2:27.46	5:13.60
551	27.05	59.87	2:12.26	4:40.32	9:46.15	18:31.24	31.37	1:06.75	2:25.12	34.51	1:15.02	2:42.13	29.36	1:04.28	2:23.19	2:27.56	5:13.80
550	27.06	59.90	2:12.35	4:40.49	9:46.52	18:31.94	31.39	1:06.79	2:25.21	34.53	1:15.07	2:42.24	29.38	1:04.32	2:23.28	2:27.65	5:14.00
549	27.08	59.94	2:12.43	4:40.67	9:46.89	18:32.64	31.40	1:06.84	2:25.30	34.56	1:15.12	2:42.34	29.40	1:04.37	2:23.37	2:27.74	5:14.19
548	27.10	59.98	2:12.51	4:40.84	9:47.26	18:33.34	31.42	1:06.88	2:25.39	34.58	1:15.16	2:42.44	29.42	1:04.41	2:23.46	2:27.84	5:14.39
547	27.12	1:00.02	2:12.59	4:41.02	9:47.63	18:34.04	31.44	1:06.92	2:25.48	34.60	1:15.21	2:42.54	29.44	1:04.45	2:23.55	2:27.93	5:14.59
546	27.13	1:00.05	2:12.68	4:41.20	9:48.00	18:34.74	31.46	1:06.96	2:25.57	34.62	1:15.26	2:42.64	29.46	1:04.49	2:23.64	2:28.02	5:14.79
545	27.15	1:00.09	2:12.76	4:41.37	9:48.37	18:35.44	31.48	1:07.00	2:25.66	34.64	1:15.31	2:42.75	29.47	1:04.53	2:23.73	2:28.11	5:14.99
544	27.17	1:00.13	2:12.85	4:41.55	9:48.74	18:36.15	31.50	1:07.05	2:25.76	34.66	1:15.35	2:42.85	29.49	1:04.57	2:23.82	2:28.21	5:15.18
543	27.18	1:00.17	2:12.93	4:41.73	9:49.11	18:36.85	31.52	1:07.09	2:25.85	34.69	1:15.40	2:42.95	29.51	1:04.61	2:23.91	2:28.30	5:15.38
542	27.20	1:00.21	2:13.01	4:41.91	9:49.48	18:37.56	31.54	1:07.13	2:25.94	34.71	1:15.45	2:43.06	29.53	1:04.65	2:24.00	2:28.40	5:15.58
541	27.22	1:00.24	2:13.10	4:42.09	9:49.86	18:38.27	31.56	1:07.17	2:26.03	34.73	1:15.50	2:43.16	29.55	1:04.69	2:24.09	2:28.49	5:15.78

BRITISH MEN 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
540	27.24	1:00.28	2:13.18	4:42.27	9:50.23	18:38.97	31.58	1:07.22	2:26.12	34.75	1:15.54	2:43.26	29.57	1:04.73	2:24.19	2:28.58	5:15.98
539	27.25	1:00.32	2:13.27	4:42.44	9:50.61	18:39.69	31.60	1:07.26	2:26.22	34.77	1:15.59	2:43.37	29.59	1:04.77	2:24.28	2:28.68	5:16.18
538	27.27	1:00.36	2:13.35	4:42.62	9:50.98	18:40.40	31.62	1:07.30	2:26.31	34.80	1:15.64	2:43.47	29.61	1:04.81	2:24.37	2:28.77	5:16.39
537	27.29	1:00.40	2:13.44	4:42.80	9:51.36	18:41.11	31.64	1:07.34	2:26.40	34.82	1:15.69	2:43.57	29.62	1:04.86	2:24.46	2:28.87	5:16.59
536	27.31	1:00.44	2:13.52	4:42.98	9:51.73	18:41.82	31.66	1:07.39	2:26.50	34.84	1:15.74	2:43.68	29.64	1:04.90	2:24.55	2:28.96	5:16.79
535	27.32	1:00.47	2:13.61	4:43.17	9:52.11	18:42.54	31.68	1:07.43	2:26.59	34.86	1:15.79	2:43.78	29.66	1:04.94	2:24.64	2:29.06	5:16.99
534	27.34	1:00.51	2:13.69	4:43.35	9:52.49	18:43.26	31.70	1:07.47	2:26.68	34.89	1:15.83	2:43.89	29.68	1:04.98	2:24.74	2:29.15	5:17.19
533	27.36	1:00.55	2:13.78	4:43.53	9:52.87	18:43.98	31.72	1:07.52	2:26.78	34.91	1:15.88	2:43.99	29.70	1:05.02	2:24.83	2:29.25	5:17.40
532	27.38	1:00.59	2:13.86	4:43.71	9:53.25	18:44.70	31.75	1:07.56	2:26.87	34.93	1:15.93	2:44.10	29.72	1:05.06	2:24.92	2:29.34	5:17.60
531	27.39	1:00.63	2:13.95	4:43.89	9:53.63	18:45.42	31.77	1:07.60	2:26.97	34.95	1:15.98	2:44.20	29.74	1:05.10	2:25.02	2:29.44	5:17.80
530	27.41	1:00.67	2:14.04	4:44.07	9:54.01	18:46.14	31.79	1:07.65	2:27.06	34.98	1:16.03	2:44.31	29.76	1:05.15	2:25.11	2:29.54	5:18.01
529	27.43	1:00.71	2:14.12	4:44.26	9:54.39	18:46.86	31.81	1:07.69	2:27.16	35.00	1:16.08	2:44.41	29.78	1:05.19	2:25.20	2:29.63	5:18.21
528	27.45	1:00.75	2:14.21	4:44.44	9:54.77	18:47.59	31.83	1:07.73	2:27.25	35.02	1:16.13	2:44.52	29.80	1:05.23	2:25.30	2:29.73	5:18.42
527	27.46	1:00.79	2:14.29	4:44.62	9:55.16	18:48.32	31.85	1:07.78	2:27.34	35.04	1:16.18	2:44.63	29.82	1:05.27	2:25.39	2:29.82	5:18.62
526	27.48	1:00.82	2:14.38	4:44.81	9:55.54	18:49.04	31.87	1:07.82	2:27.44	35.07	1:16.22	2:44.73	29.83	1:05.31	2:25.48	2:29.92	5:18.83
525	27.50	1:00.86	2:14.47	4:44.99	9:55.93	18:49.77	31.89	1:07.86	2:27.54	35.09	1:16.27	2:44.84	29.85	1:05.36	2:25.58	2:30.02	5:19.03
524	27.52	1:00.90	2:14.55	4:45.17	9:56.31	18:50.51	31.91	1:07.91	2:27.63	35.11	1:16.32	2:44.95	29.87	1:05.40	2:25.67	2:30.11	5:19.24
523	27.53	1:00.94	2:14.64	4:45.36	9:56.70	18:51.24	31.93	1:07.95	2:27.73	35.13	1:16.37	2:45.05	29.89	1:05.44	2:25.77	2:30.21	5:19.45
522	27.55	1:00.98	2:14.73	4:45.54	9:57.09	18:51.97	31.95	1:08.00	2:27.82	35.16	1:16.42	2:45.16	29.91	1:05.48	2:25.86	2:30.31	5:19.65
521	27.57	1:01.02	2:14.82	4:45.73	9:57.47	18:52.71	31.97	1:08.04	2:27.92	35.18	1:16.47	2:45.27	29.93	1:05.53	2:25.95	2:30.41	5:19.86
520	27.59	1:01.06	2:14.90	4:45.92	9:57.86	18:53.44	31.99	1:08.09	2:28.01	35.20	1:16.52	2:45.37	29.95	1:05.57	2:26.05	2:30.51	5:20.07
519	27.61	1:01.10	2:14.99	4:46.10	9:58.25	18:54.18	32.01	1:08.13	2:28.11	35.23	1:16.57	2:45.48	29.97	1:05.61	2:26.14	2:30.60	5:20.28
518	27.62	1:01.14	2:15.08	4:46.29	9:58.64	18:54.92	32.03	1:08.17	2:28.21	35.25	1:16.62	2:45.59	29.99	1:05.65	2:26.24	2:30.70	5:20.49
517	27.64	1:01.18	2:15.17	4:46.47	9:59.03	18:55.66	32.05	1:08.22	2:28.30	35.27	1:16.67	2:45.70	30.01	1:05.70	2:26.34	2:30.80	5:20.70
516	27.66	1:01.22	2:15.26	4:46.66	9:59.42	18:56.40	32.08	1:08.26	2:28.40	35.29	1:16.72	2:45.81	30.03	1:05.74	2:26.43	2:30.90	5:20.91
515	27.68	1:01.26	2:15.35	4:46.85	9:59.82	18:57.15	32.10	1:08.31	2:28.50	35.32	1:16.77	2:45.91	30.05	1:05.78	2:26.53	2:31.00	5:21.12
514	27.70	1:01.30	2:15.43	4:47.04	10:00.21	18:57.89	32.12	1:08.35	2:28.60	35.34	1:16.82	2:46.02	30.07	1:05.83	2:26.62	2:31.10	5:21.33
513	27.71	1:01.34	2:15.52	4:47.23	10:00.60	18:58.64	32.14	1:08.40	2:28.69	35.36	1:16.87	2:46.13	30.09	1:05.87	2:26.72	2:31.20	5:21.54
512	27.73	1:01.38	2:15.61	4:47.41	10:01.00	18:59.39	32.16	1:08.44	2:28.79	35.39	1:16.92	2:46.24	30.11	1:05.91	2:26.82	2:31.29	5:21.75
511	27.75	1:01.42	2:15.70	4:47.60	10:01.39	19:00.14	32.18	1:08.49	2:28.89	35.41	1:16.97	2:46.35	30.13	1:05.96	2:26.91	2:31.39	5:21.96
510	27.77	1:01.46	2:15.79	4:47.79	10:01.79	19:00.89	32.20	1:08.53	2:28.99	35.43	1:17.02	2:46.46	30.15	1:06.00	2:27.01	2:31.49	5:22.17
509	27.79	1:01.50	2:15.88	4:47.98	10:02.19	19:01.64	32.22	1:08.58	2:29.08	35.46	1:17.07	2:46.57	30.17	1:06.04	2:27.11	2:31.59	5:22.38
508	27.81	1:01.54	2:15.97	4:48.17	10:02.58	19:02.39	32.24	1:08.62	2:29.18	35.48	1:17.13	2:46.68	30.19	1:06.09	2:27.20	2:31.69	5:22.60
507	27.82	1:01.58	2:16.06	4:48.36	10:02.98	19:03.15	32.27	1:08.67	2:29.28	35.50	1:17.18	2:46.79	30.21	1:06.13	2:27.30	2:31.79	5:22.81
506	27.84	1:01.63	2:16.15	4:48.55	10:03.38	19:03.91	32.29	1:08.71	2:29.38	35.53	1:17.23	2:46.90	30.23	1:06.17	2:27.40	2:31.89	5:23.02

BRITISH MEN 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	27.86	1:01.67	2:16.24	4:48.75	10:03.78	19:04.66	32.31	1:08.76	2:29.48	35.55	1:17.28	2:47.01	30.25	1:06.22	2:27.50	2:32.00	5:23.24
504	27.88	1:01.71	2:16.33	4:48.94	10:04.18	19:05.42	32.33	1:08.81	2:29.58	35.57	1:17.33	2:47.12	30.27	1:06.26	2:27.59	2:32.10	5:23.45
503	27.90	1:01.75	2:16.42	4:49.13	10:04.58	19:06.19	32.35	1:08.85	2:29.68	35.60	1:17.38	2:47.23	30.29	1:06.31	2:27.69	2:32.20	5:23.67
502	27.92	1:01.79	2:16.51	4:49.32	10:04.99	19:06.95	32.37	1:08.90	2:29.78	35.62	1:17.43	2:47.34	30.31	1:06.35	2:27.79	2:32.30	5:23.88
501	27.94	1:01.83	2:16.60	4:49.52	10:05.39	19:07.71	32.40	1:08.94	2:29.88	35.65	1:17.48	2:47.46	30.33	1:06.39	2:27.89	2:32.40	5:24.10
500	27.95	1:01.87	2:16.69	4:49.71	10:05.79	19:08.48	32.42	1:08.99	2:29.98	35.67	1:17.54	2:47.57	30.35	1:06.44	2:27.99	2:32.50	5:24.32
499	27.97	1:01.91	2:16.79	4:49.90	10:06.20	19:09.25	32.44	1:09.03	2:30.08	35.69	1:17.59	2:47.68	30.37	1:06.48	2:28.09	2:32.60	5:24.53
498	27.99	1:01.95	2:16.88	4:50.10	10:06.60	19:10.02	32.46	1:09.08	2:30.18	35.72	1:17.64	2:47.79	30.39	1:06.53	2:28.19	2:32.71	5:24.75
497	28.01	1:02.00	2:16.97	4:50.29	10:07.01	19:10.79	32.48	1:09.13	2:30.28	35.74	1:17.69	2:47.90	30.41	1:06.57	2:28.28	2:32.81	5:24.97
496	28.03	1:02.04	2:17.06	4:50.49	10:07.42	19:11.56	32.50	1:09.17	2:30.38	35.76	1:17.74	2:48.02	30.43	1:06.62	2:28.38	2:32.91	5:25.19
495	28.05	1:02.08	2:17.15	4:50.68	10:07.83	19:12.33	32.53	1:09.22	2:30.48	35.79	1:17.80	2:48.13	30.45	1:06.66	2:28.48	2:33.01	5:25.40
494	28.07	1:02.12	2:17.25	4:50.88	10:08.23	19:13.11	32.55	1:09.27	2:30.58	35.81	1:17.85	2:48.24	30.47	1:06.71	2:28.58	2:33.12	5:25.62
493	28.09	1:02.16	2:17.34	4:51.07	10:08.64	19:13.88	32.57	1:09.31	2:30.68	35.84	1:17.90	2:48.36	30.49	1:06.75	2:28.68	2:33.22	5:25.84
492	28.10	1:02.21	2:17.43	4:51.27	10:09.06	19:14.66	32.59	1:09.36	2:30.79	35.86	1:17.95	2:48.47	30.51	1:06.80	2:28.78	2:33.32	5:26.06
491	28.12	1:02.25	2:17.52	4:51.46	10:09.47	19:15.44	32.61	1:09.41	2:30.89	35.89	1:18.01	2:48.58	30.53	1:06.84	2:28.88	2:33.43	5:26.28
490	28.14	1:02.29	2:17.62	4:51.66	10:09.88	19:16.22	32.64	1:09.45	2:30.99	35.91	1:18.06	2:48.70	30.55	1:06.89	2:28.99	2:33.53	5:26.50
489	28.16	1:02.33	2:17.71	4:51.86	10:10.29	19:17.01	32.66	1:09.50	2:31.09	35.93	1:18.11	2:48.81	30.57	1:06.93	2:29.09	2:33.63	5:26.72
488	28.18	1:02.37	2:17.80	4:52.06	10:10.71	19:17.79	32.68	1:09.55	2:31.19	35.96	1:18.17	2:48.93	30.59	1:06.98	2:29.19	2:33.74	5:26.95
487	28.20	1:02.42	2:17.90	4:52.26	10:11.12	19:18.58	32.70	1:09.60	2:31.30	35.98	1:18.22	2:49.04	30.61	1:07.02	2:29.29	2:33.84	5:27.17
486	28.22	1:02.46	2:17.99	4:52.45	10:11.54	19:19.37	32.72	1:09.64	2:31.40	36.01	1:18.27	2:49.16	30.64	1:07.07	2:29.39	2:33.95	5:27.39
485	28.24	1:02.50	2:18.08	4:52.65	10:11.95	19:20.16	32.75	1:09.69	2:31.50	36.03	1:18.32	2:49.27	30.66	1:07.11	2:29.49	2:34.05	5:27.61
484	28.26	1:02.54	2:18.18	4:52.85	10:12.37	19:20.95	32.77	1:09.74	2:31.61	36.06	1:18.38	2:49.39	30.68	1:07.16	2:29.59	2:34.16	5:27.84
483	28.28	1:02.59	2:18.27	4:53.05	10:12.79	19:21.74	32.79	1:09.79	2:31.71	36.08	1:18.43	2:49.50	30.70	1:07.21	2:29.70	2:34.26	5:28.06
482	28.30	1:02.63	2:18.37	4:53.25	10:13.21	19:22.54	32.81	1:09.83	2:31.81	36.11	1:18.49	2:49.62	30.72	1:07.25	2:29.80	2:34.37	5:28.29
481	28.32	1:02.67	2:18.46	4:53.45	10:13.63	19:23.33	32.84	1:09.88	2:31.92	36.13	1:18.54	2:49.73	30.74	1:07.30	2:29.90	2:34.47	5:28.51
480	28.34	1:02.72	2:18.56	4:53.66	10:14.05	19:24.13	32.86	1:09.93	2:32.02	36.16	1:18.59	2:49.85	30.76	1:07.34	2:30.00	2:34.58	5:28.74
479	28.35	1:02.76	2:18.65	4:53.86	10:14.47	19:24.93	32.88	1:09.98	2:32.13	36.18	1:18.65	2:49.97	30.78	1:07.39	2:30.11	2:34.69	5:28.96
478	28.37	1:02.80	2:18.75	4:54.06	10:14.89	19:25.73	32.90	1:10.02	2:32.23	36.21	1:18.70	2:50.08	30.80	1:07.44	2:30.21	2:34.79	5:29.19
477	28.39	1:02.84	2:18.84	4:54.26	10:15.32	19:26.53	32.93	1:10.07	2:32.34	36.23	1:18.76	2:50.20	30.83	1:07.48	2:30.31	2:34.90	5:29.41
476	28.41	1:02.89	2:18.94	4:54.47	10:15.74	19:27.34	32.95	1:10.12	2:32.44	36.26	1:18.81	2:50.32	30.85	1:07.53	2:30.42	2:35.01	5:29.64
475	28.43	1:02.93	2:19.03	4:54.67	10:16.17	19:28.14	32.97	1:10.17	2:32.55	36.28	1:18.86	2:50.44	30.87	1:07.58	2:30.52	2:35.11	5:29.87
474	28.45	1:02.97	2:19.13	4:54.87	10:16.59	19:28.95	32.99	1:10.22	2:32.65	36.31	1:18.92	2:50.55	30.89	1:07.62	2:30.63	2:35.22	5:30.10
473	28.47	1:03.02	2:19.23	4:55.08	10:17.02	19:29.76	33.02	1:10.27	2:32.76	36.33	1:18.97	2:50.67	30.91	1:07.67	2:30.73	2:35.33	5:30.33
472	28.49	1:03.06	2:19.32	4:55.28	10:17.45	19:30.57	33.04	1:10.32	2:32.86	36.36	1:19.03	2:50.79	30.93	1:07.72	2:30.83	2:35.44	5:30.55
471	28.51	1:03.11	2:19.42	4:55.49	10:17.88	19:31.39	33.06	1:10.36	2:32.97	36.38	1:19.08	2:50.91	30.95	1:07.76	2:30.94	2:35.54	5:30.78

BRITISH MEN 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	28.53	1:03.15	2:19.52	4:55.69	10:18.31	19:32.20	33.09	1:10.41	2:33.08	36.41	1:19.14	2:51.03	30.97	1:07.81	2:31.04	2:35.65	5:31.01
469	28.55	1:03.19	2:19.61	4:55.90	10:18.74	19:33.02	33.11	1:10.46	2:33.18	36.43	1:19.19	2:51.15	31.00	1:07.86	2:31.15	2:35.76	5:31.25
468	28.57	1:03.24	2:19.71	4:56.10	10:19.17	19:33.84	33.13	1:10.51	2:33.29	36.46	1:19.25	2:51.27	31.02	1:07.91	2:31.25	2:35.87	5:31.48
467	28.59	1:03.28	2:19.81	4:56.31	10:19.60	19:34.66	33.16	1:10.56	2:33.40	36.48	1:19.30	2:51.39	31.04	1:07.95	2:31.36	2:35.98	5:31.71
466	28.61	1:03.33	2:19.91	4:56.52	10:20.03	19:35.48	33.18	1:10.61	2:33.50	36.51	1:19.36	2:51.51	31.06	1:08.00	2:31.47	2:36.09	5:31.94
465	28.63	1:03.37	2:20.01	4:56.73	10:20.47	19:36.30	33.20	1:10.66	2:33.61	36.53	1:19.41	2:51.63	31.08	1:08.05	2:31.57	2:36.20	5:32.17
464	28.65	1:03.42	2:20.10	4:56.93	10:20.90	19:37.13	33.23	1:10.71	2:33.72	36.56	1:19.47	2:51.75	31.11	1:08.10	2:31.68	2:36.31	5:32.41
463	28.67	1:03.46	2:20.20	4:57.14	10:21.34	19:37.95	33.25	1:10.76	2:33.83	36.58	1:19.53	2:51.87	31.13	1:08.14	2:31.79	2:36.42	5:32.64
462	28.69	1:03.50	2:20.30	4:57.35	10:21.78	19:38.78	33.27	1:10.81	2:33.94	36.61	1:19.58	2:51.99	31.15	1:08.19	2:31.89	2:36.53	5:32.87
461	28.71	1:03.55	2:20.40	4:57.56	10:22.22	19:39.61	33.30	1:10.86	2:34.04	36.64	1:19.64	2:52.11	31.17	1:08.24	2:32.00	2:36.64	5:33.11
460	28.73	1:03.59	2:20.50	4:57.77	10:22.66	19:40.45	33.32	1:10.91	2:34.15	36.66	1:19.69	2:52.23	31.19	1:08.29	2:32.11	2:36.75	5:33.34
459	28.75	1:03.64	2:20.60	4:57.98	10:23.10	19:41.28	33.34	1:10.96	2:34.26	36.69	1:19.75	2:52.35	31.21	1:08.34	2:32.21	2:36.86	5:33.58
458	28.77	1:03.68	2:20.70	4:58.19	10:23.54	19:42.12	33.37	1:11.01	2:34.37	36.71	1:19.81	2:52.48	31.24	1:08.38	2:32.32	2:36.97	5:33.81
457	28.79	1:03.73	2:20.80	4:58.40	10:23.98	19:42.95	33.39	1:11.06	2:34.48	36.74	1:19.86	2:52.60	31.26	1:08.43	2:32.43	2:37.08	5:34.05
456	28.81	1:03.77	2:20.90	4:58.62	10:24.42	19:43.79	33.41	1:11.11	2:34.59	36.77	1:19.92	2:52.72	31.28	1:08.48	2:32.54	2:37.19	5:34.29
455	28.83	1:03.82	2:21.00	4:58.83	10:24.87	19:44.64	33.44	1:11.16	2:34.70	36.79	1:19.98	2:52.84	31.30	1:08.53	2:32.65	2:37.30	5:34.53
454	28.85	1:03.87	2:21.10	4:59.04	10:25.31	19:45.48	33.46	1:11.21	2:34.81	36.82	1:20.03	2:52.97	31.33	1:08.58	2:32.75	2:37.41	5:34.76
453	28.88	1:03.91	2:21.20	4:59.26	10:25.76	19:46.32	33.49	1:11.26	2:34.92	36.84	1:20.09	2:53.09	31.35	1:08.63	2:32.86	2:37.53	5:35.00
452	28.90	1:03.96	2:21.30	4:59.47	10:26.20	19:47.17	33.51	1:11.31	2:35.03	36.87	1:20.15	2:53.21	31.37	1:08.68	2:32.97	2:37.64	5:35.24
451	28.92	1:04.00	2:21.40	4:59.68	10:26.65	19:48.02	33.53	1:11.36	2:35.14	36.90	1:20.21	2:53.34	31.39	1:08.73	2:33.08	2:37.75	5:35.48
450	28.94	1:04.05	2:21.50	4:59.90	10:27.10	19:48.87	33.56	1:11.42	2:35.25	36.92	1:20.26	2:53.46	31.42	1:08.78	2:33.19	2:37.87	5:35.72
449	28.96	1:04.09	2:21.60	5:00.11	10:27.55	19:49.72	33.58	1:11.47	2:35.36	36.95	1:20.32	2:53.59	31.44	1:08.82	2:33.30	2:37.98	5:35.96
448	28.98	1:04.14	2:21.71	5:00.33	10:28.00	19:50.58	33.61	1:11.52	2:35.48	36.98	1:20.38	2:53.71	31.46	1:08.87	2:33.41	2:38.09	5:36.20
447	29.00	1:04.19	2:21.81	5:00.54	10:28.45	19:51.44	33.63	1:11.57	2:35.59	37.00	1:20.44	2:53.84	31.48	1:08.92	2:33.52	2:38.21	5:36.45
446	29.02	1:04.23	2:21.91	5:00.76	10:28.91	19:52.29	33.65	1:11.62	2:35.70	37.03	1:20.49	2:53.96	31.51	1:08.97	2:33.63	2:38.32	5:36.69
445	29.04	1:04.28	2:22.01	5:00.98	10:29.36	19:53.16	33.68	1:11.67	2:35.81	37.06	1:20.55	2:54.09	31.53	1:09.02	2:33.74	2:38.43	5:36.93
444	29.06	1:04.33	2:22.11	5:01.20	10:29.81	19:54.02	33.70	1:11.72	2:35.92	37.08	1:20.61	2:54.21	31.55	1:09.07	2:33.86	2:38.55	5:37.18
443	29.08	1:04.37	2:22.22	5:01.41	10:30.27	19:54.88	33.73	1:11.78	2:36.04	37.11	1:20.67	2:54.34	31.57	1:09.12	2:33.97	2:38.66	5:37.42
442	29.10	1:04.42	2:22.32	5:01.63	10:30.73	19:55.75	33.75	1:11.83	2:36.15	37.14	1:20.73	2:54.46	31.60	1:09.17	2:34.08	2:38.78	5:37.66
441	29.13	1:04.47	2:22.42	5:01.85	10:31.19	19:56.62	33.78	1:11.88	2:36.26	37.16	1:20.79	2:54.59	31.62	1:09.22	2:34.19	2:38.89	5:37.91
440	29.15	1:04.51	2:22.53	5:02.07	10:31.64	19:57.49	33.80	1:11.93	2:36.38	37.19	1:20.85	2:54.72	31.64	1:09.27	2:34.30	2:39.01	5:38.16
439	29.17	1:04.56	2:22.63	5:02.29	10:32.10	19:58.36	33.82	1:11.99	2:36.49	37.22	1:20.90	2:54.85	31.67	1:09.32	2:34.41	2:39.13	5:38.40
438	29.19	1:04.61	2:22.74	5:02.51	10:32.57	19:59.23	33.85	1:12.04	2:36.61	37.25	1:20.96	2:54.97	31.69	1:09.37	2:34.53	2:39.24	5:38.65
437	29.21	1:04.65	2:22.84	5:02.73	10:33.03	20:00.11	33.87	1:12.09	2:36.72	37.27	1:21.02	2:55.10	31.71	1:09.43	2:34.64	2:39.36	5:38.90
436	29.23	1:04.70	2:22.94	5:02.95	10:33.49	20:00.99	33.90	1:12.14	2:36.83	37.30	1:21.08	2:55.23	31.74	1:09.48	2:34.75	2:39.47	5:39.14

BRITISH MEN 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	29.25	1:04.75	2:23.05	5:03.18	10:33.96	20:01.87	33.92	1:12.20	2:36.95	37.33	1:21.14	2:55.36	31.76	1:09.53	2:34.87	2:39.59	5:39.39
434	29.28	1:04.80	2:23.15	5:03.40	10:34.42	20:02.75	33.95	1:12.25	2:37.07	37.36	1:21.20	2:55.49	31.78	1:09.58	2:34.98	2:39.71	5:39.64
433	29.30	1:04.84	2:23.26	5:03.62	10:34.89	20:03.64	33.97	1:12.30	2:37.18	37.38	1:21.26	2:55.62	31.81	1:09.63	2:35.09	2:39.83	5:39.89
432	29.32	1:04.89	2:23.36	5:03.85	10:35.35	20:04.52	34.00	1:12.36	2:37.30	37.41	1:21.32	2:55.74	31.83	1:09.68	2:35.21	2:39.94	5:40.14
431	29.34	1:04.94	2:23.47	5:04.07	10:35.82	20:05.41	34.02	1:12.41	2:37.41	37.44	1:21.38	2:55.87	31.85	1:09.73	2:35.32	2:40.06	5:40.39
430	29.36	1:04.99	2:23.58	5:04.29	10:36.29	20:06.30	34.05	1:12.46	2:37.53	37.47	1:21.44	2:56.00	31.88	1:09.78	2:35.44	2:40.18	5:40.64
429	29.38	1:05.04	2:23.68	5:04.52	10:36.76	20:07.19	34.07	1:12.52	2:37.65	37.49	1:21.50	2:56.13	31.90	1:09.84	2:35.55	2:40.30	5:40.90
428	29.41	1:05.08	2:23.79	5:04.75	10:37.24	20:08.09	34.10	1:12.57	2:37.76	37.52	1:21.56	2:56.27	31.92	1:09.89	2:35.67	2:40.42	5:41.15
427	29.43	1:05.13	2:23.90	5:04.97	10:37.71	20:08.98	34.12	1:12.62	2:37.88	37.55	1:21.62	2:56.40	31.95	1:09.94	2:35.78	2:40.54	5:41.40
426	29.45	1:05.18	2:24.00	5:05.20	10:38.18	20:09.88	34.15	1:12.68	2:38.00	37.58	1:21.68	2:56.53	31.97	1:09.99	2:35.90	2:40.66	5:41.66
425	29.47	1:05.23	2:24.11	5:05.43	10:38.66	20:10.78	34.18	1:12.73	2:38.11	37.60	1:21.74	2:56.66	31.99	1:10.04	2:36.02	2:40.78	5:41.91
424	29.49	1:05.28	2:24.22	5:05.65	10:39.13	20:11.69	34.20	1:12.79	2:38.23	37.63	1:21.80	2:56.79	32.02	1:10.10	2:36.13	2:40.90	5:42.17
423	29.51	1:05.33	2:24.33	5:05.88	10:39.61	20:12.59	34.23	1:12.84	2:38.35	37.66	1:21.87	2:56.92	32.04	1:10.15	2:36.25	2:41.02	5:42.42
422	29.54	1:05.38	2:24.43	5:06.11	10:40.09	20:13.50	34.25	1:12.89	2:38.47	37.69	1:21.93	2:57.05	32.07	1:10.20	2:36.37	2:41.14	5:42.68
421	29.56	1:05.42	2:24.54	5:06.34	10:40.57	20:14.41	34.28	1:12.95	2:38.59	37.72	1:21.99	2:57.19	32.09	1:10.25	2:36.48	2:41.26	5:42.93
420	29.58	1:05.47	2:24.65	5:06.57	10:41.05	20:15.32	34.30	1:13.00	2:38.71	37.75	1:22.05	2:57.32	32.11	1:10.31	2:36.60	2:41.38	5:43.19
419	29.60	1:05.52	2:24.76	5:06.80	10:41.53	20:16.24	34.33	1:13.06	2:38.83	37.77	1:22.11	2:57.45	32.14	1:10.36	2:36.72	2:41.50	5:43.45
418	29.63	1:05.57	2:24.87	5:07.03	10:42.02	20:17.15	34.36	1:13.11	2:38.95	37.80	1:22.17	2:57.59	32.16	1:10.41	2:36.84	2:41.62	5:43.71
417	29.65	1:05.62	2:24.98	5:07.26	10:42.50	20:18.07	34.38	1:13.17	2:39.07	37.83	1:22.23	2:57.72	32.19	1:10.46	2:36.95	2:41.74	5:43.97
416	29.67	1:05.67	2:25.09	5:07.50	10:42.99	20:18.99	34.41	1:13.22	2:39.19	37.86	1:22.30	2:57.86	32.21	1:10.52	2:37.07	2:41.86	5:44.23
415	29.69	1:05.72	2:25.20	5:07.73	10:43.47	20:19.91	34.43	1:13.28	2:39.31	37.89	1:22.36	2:57.99	32.24	1:10.57	2:37.19	2:41.99	5:44.49
414	29.72	1:05.77	2:25.31	5:07.96	10:43.96	20:20.84	34.46	1:13.34	2:39.43	37.92	1:22.42	2:58.13	32.26	1:10.62	2:37.31	2:42.11	5:44.75
413	29.74	1:05.82	2:25.42	5:08.20	10:44.45	20:21.77	34.49	1:13.39	2:39.55	37.95	1:22.48	2:58.26	32.28	1:10.68	2:37.43	2:42.23	5:45.01
412	29.76	1:05.87	2:25.53	5:08.43	10:44.94	20:22.69	34.51	1:13.45	2:39.67	37.97	1:22.55	2:58.40	32.31	1:10.73	2:37.55	2:42.36	5:45.27
411	29.78	1:05.92	2:25.64	5:08.66	10:45.43	20:23.63	34.54	1:13.50	2:39.79	38.00	1:22.61	2:58.53	32.33	1:10.79	2:37.67	2:42.48	5:45.54
410	29.81	1:05.97	2:25.75	5:08.90	10:45.92	20:24.56	34.56	1:13.56	2:39.91	38.03	1:22.67	2:58.67	32.36	1:10.84	2:37.79	2:42.60	5:45.80
409	29.83	1:06.02	2:25.86	5:09.14	10:46.42	20:25.50	34.59	1:13.62	2:40.04	38.06	1:22.74	2:58.81	32.38	1:10.89	2:37.91	2:42.73	5:46.06
408	29.85	1:06.07	2:25.97	5:09.37	10:46.91	20:26.43	34.62	1:13.67	2:40.16	38.09	1:22.80	2:58.94	32.41	1:10.95	2:38.03	2:42.85	5:46.33
407	29.87	1:06.12	2:26.08	5:09.61	10:47.41	20:27.38	34.64	1:13.73	2:40.28	38.12	1:22.86	2:59.08	32.43	1:11.00	2:38.15	2:42.98	5:46.60
406	29.90	1:06.17	2:26.20	5:09.85	10:47.91	20:28.32	34.67	1:13.78	2:40.40	38.15	1:22.93	2:59.22	32.46	1:11.06	2:38.28	2:43.10	5:46.86
405	29.92	1:06.22	2:26.31	5:10.09	10:48.41	20:29.26	34.70	1:13.84	2:40.53	38.18	1:22.99	2:59.35	32.48	1:11.11	2:38.40	2:43.23	5:47.13
404	29.94	1:06.28	2:26.42	5:10.33	10:48.91	20:30.21	34.72	1:13.90	2:40.65	38.21	1:23.05	2:59.49	32.51	1:11.17	2:38.52	2:43.35	5:47.40
403	29.97	1:06.33	2:26.54	5:10.57	10:49.41	20:31.16	34.75	1:13.96	2:40.78	38.24	1:23.12	2:59.63	32.53	1:11.22	2:38.64	2:43.48	5:47.66
402	29.99	1:06.38	2:26.65	5:10.81	10:49.91	20:32.11	34.78	1:14.01	2:40.90	38.27	1:23.18	2:59.77	32.56	1:11.28	2:38.76	2:43.61	5:47.93
401	30.01	1:06.43	2:26.76	5:11.05	10:50.41	20:33.07	34.80	1:14.07	2:41.02	38.30	1:23.25	2:59.91	32.58	1:11.33	2:38.89	2:43.73	5:48.20

BRITISH MEN 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	30.04	1:06.48	2:26.88	5:11.29	10:50.92	20:34.03	34.83	1:14.13	2:41.15	38.33	1:23.31	3:00.05	32.61	1:11.39	2:39.01	2:43.86	5:48.47
399	30.06	1:06.53	2:26.99	5:11.53	10:51.42	20:34.99	34.86	1:14.19	2:41.27	38.36	1:23.38	3:00.19	32.63	1:11.44	2:39.13	2:43.99	5:48.74
398	30.08	1:06.58	2:27.11	5:11.77	10:51.93	20:35.95	34.89	1:14.24	2:41.40	38.39	1:23.44	3:00.33	32.66	1:11.50	2:39.26	2:44.12	5:49.02
397	30.11	1:06.64	2:27.22	5:12.02	10:52.44	20:36.91	34.91	1:14.30	2:41.53	38.42	1:23.51	3:00.47	32.69	1:11.55	2:39.38	2:44.24	5:49.29
396	30.13	1:06.69	2:27.34	5:12.26	10:52.95	20:37.88	34.94	1:14.36	2:41.65	38.45	1:23.57	3:00.61	32.71	1:11.61	2:39.51	2:44.37	5:49.56
395	30.15	1:06.74	2:27.45	5:12.50	10:53.46	20:38.85	34.97	1:14.42	2:41.78	38.48	1:23.64	3:00.75	32.74	1:11.67	2:39.63	2:44.50	5:49.84
394	30.18	1:06.79	2:27.57	5:12.75	10:53.97	20:39.82	35.00	1:14.48	2:41.91	38.51	1:23.70	3:00.90	32.76	1:11.72	2:39.76	2:44.63	5:50.11
393	30.20	1:06.85	2:27.68	5:13.00	10:54.49	20:40.79	35.02	1:14.53	2:42.03	38.54	1:23.77	3:01.04	32.79	1:11.78	2:39.88	2:44.76	5:50.38
392	30.23	1:06.90	2:27.80	5:13.24	10:55.00	20:41.77	35.05	1:14.59	2:42.16	38.57	1:23.84	3:01.18	32.81	1:11.84	2:40.01	2:44.89	5:50.66
391	30.25	1:06.95	2:27.91	5:13.49	10:55.52	20:42.75	35.08	1:14.65	2:42.29	38.60	1:23.90	3:01.32	32.84	1:11.89	2:40.13	2:45.02	5:50.94
390	30.27	1:07.00	2:28.03	5:13.74	10:56.04	20:43.73	35.11	1:14.71	2:42.42	38.63	1:23.97	3:01.47	32.87	1:11.95	2:40.26	2:45.15	5:51.21
389	30.30	1:07.06	2:28.15	5:13.99	10:56.56	20:44.72	35.13	1:14.77	2:42.55	38.66	1:24.03	3:01.61	32.89	1:12.01	2:40.39	2:45.28	5:51.49
388	30.32	1:07.11	2:28.27	5:14.23	10:57.08	20:45.70	35.16	1:14.83	2:42.67	38.69	1:24.10	3:01.75	32.92	1:12.06	2:40.52	2:45.41	5:51.77
387	30.35	1:07.16	2:28.38	5:14.48	10:57.60	20:46.69	35.19	1:14.89	2:42.80	38.72	1:24.17	3:01.90	32.94	1:12.12	2:40.64	2:45.54	5:52.05
386	30.37	1:07.22	2:28.50	5:14.73	10:58.12	20:47.69	35.22	1:14.95	2:42.93	38.75	1:24.23	3:02.04	32.97	1:12.18	2:40.77	2:45.68	5:52.33
385	30.39	1:07.27	2:28.62	5:14.98	10:58.65	20:48.68	35.25	1:15.01	2:43.06	38.78	1:24.30	3:02.19	33.00	1:12.24	2:40.90	2:45.81	5:52.61
384	30.42	1:07.32	2:28.74	5:15.24	10:59.17	20:49.68	35.27	1:15.07	2:43.19	38.81	1:24.37	3:02.33	33.02	1:12.29	2:41.03	2:45.94	5:52.89
383	30.44	1:07.38	2:28.86	5:15.49	10:59.70	20:50.68	35.30	1:15.13	2:43.32	38.84	1:24.44	3:02.48	33.05	1:12.35	2:41.16	2:46.07	5:53.18
382	30.47	1:07.43	2:28.98	5:15.74	11:00.23	20:51.68	35.33	1:15.19	2:43.45	38.87	1:24.50	3:02.63	33.08	1:12.41	2:41.29	2:46.21	5:53.46
381	30.49	1:07.49	2:29.10	5:15.99	11:00.76	20:52.68	35.36	1:15.25	2:43.59	38.91	1:24.57	3:02.77	33.10	1:12.47	2:41.41	2:46.34	5:53.74
380	30.52	1:07.54	2:29.22	5:16.25	11:01.29	20:53.69	35.39	1:15.31	2:43.72	38.94	1:24.64	3:02.92	33.13	1:12.53	2:41.54	2:46.47	5:54.03
379	30.54	1:07.59	2:29.34	5:16.50	11:01.82	20:54.70	35.42	1:15.37	2:43.85	38.97	1:24.71	3:03.07	33.16	1:12.58	2:41.67	2:46.61	5:54.31
378	30.56	1:07.65	2:29.46	5:16.76	11:02.36	20:55.71	35.44	1:15.43	2:43.98	39.00	1:24.78	3:03.21	33.18	1:12.64	2:41.81	2:46.74	5:54.60
377	30.59	1:07.70	2:29.58	5:17.02	11:02.89	20:56.73	35.47	1:15.49	2:44.11	39.03	1:24.85	3:03.36	33.21	1:12.70	2:41.94	2:46.88	5:54.88
376	30.61	1:07.76	2:29.70	5:17.27	11:03.43	20:57.75	35.50	1:15.55	2:44.25	39.06	1:24.91	3:03.51	33.24	1:12.76	2:42.07	2:47.01	5:55.17
375	30.64	1:07.81	2:29.82	5:17.53	11:03.97	20:58.77	35.53	1:15.61	2:44.38	39.10	1:24.98	3:03.66	33.26	1:12.82	2:42.20	2:47.15	5:55.46
374	30.66	1:07.87	2:29.94	5:17.79	11:04.51	20:59.79	35.56	1:15.68	2:44.51	39.13	1:25.05	3:03.81	33.29	1:12.88	2:42.33	2:47.28	5:55.75
373	30.69	1:07.92	2:30.07	5:18.05	11:05.05	21:00.82	35.59	1:15.74	2:44.65	39.16	1:25.12	3:03.96	33.32	1:12.94	2:42.46	2:47.42	5:56.04
372	30.71	1:07.98	2:30.19	5:18.31	11:05.59	21:01.85	35.62	1:15.80	2:44.78	39.19	1:25.19	3:04.11	33.34	1:13.00	2:42.60	2:47.56	5:56.33
371	30.74	1:08.04	2:30.31	5:18.57	11:06.14	21:02.88	35.65	1:15.86	2:44.92	39.22	1:25.26	3:04.26	33.37	1:13.06	2:42.73	2:47.69	5:56.62
370	30.76	1:08.09	2:30.43	5:18.83	11:06.68	21:03.91	35.68	1:15.92	2:45.05	39.25	1:25.33	3:04.41	33.40	1:13.12	2:42.86	2:47.83	5:56.91
369	30.79	1:08.15	2:30.56	5:19.09	11:07.23	21:04.95	35.70	1:15.99	2:45.19	39.29	1:25.40	3:04.56	33.43	1:13.18	2:43.00	2:47.97	5:57.21
368	30.81	1:08.20	2:30.68	5:19.35	11:07.78	21:05.99	35.73	1:16.05	2:45.32	39.32	1:25.47	3:04.71	33.45	1:13.24	2:43.13	2:48.11	5:57.50
367	30.84	1:08.26	2:30.81	5:19.62	11:08.33	21:07.04	35.76	1:16.11	2:45.46	39.35	1:25.54	3:04.87	33.48	1:13.30	2:43.26	2:48.24	5:57.80
366	30.87	1:08.32	2:30.93	5:19.88	11:08.88	21:08.08	35.79	1:16.17	2:45.60	39.38	1:25.61	3:05.02	33.51	1:13.36	2:43.40	2:48.38	5:58.09

BRITISH MEN 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	30.89	1:08.37	2:31.05	5:20.14	11:09.43	21:09.13	35.82	1:16.24	2:45.73	39.42	1:25.68	3:05.17	33.54	1:13.42	2:43.53	2:48.52	5:58.39
364	30.92	1:08.43	2:31.18	5:20.41	11:09.99	21:10.18	35.85	1:16.30	2:45.87	39.45	1:25.75	3:05.33	33.56	1:13.48	2:43.67	2:48.66	5:58.68
363	30.94	1:08.49	2:31.31	5:20.67	11:10.55	21:11.24	35.88	1:16.36	2:46.01	39.48	1:25.82	3:05.48	33.59	1:13.54	2:43.81	2:48.80	5:58.98
362	30.97	1:08.54	2:31.43	5:20.94	11:11.10	21:12.30	35.91	1:16.43	2:46.15	39.52	1:25.90	3:05.63	33.62	1:13.60	2:43.94	2:48.94	5:59.28
361	30.99	1:08.60	2:31.56	5:21.21	11:11.66	21:13.36	35.94	1:16.49	2:46.29	39.55	1:25.97	3:05.79	33.65	1:13.66	2:44.08	2:49.08	5:59.58
360	31.02	1:08.66	2:31.68	5:21.48	11:12.22	21:14.42	35.97	1:16.55	2:46.42	39.58	1:26.04	3:05.94	33.68	1:13.72	2:44.22	2:49.23	5:59.88
359	31.05	1:08.71	2:31.81	5:21.75	11:12.79	21:15.49	36.00	1:16.62	2:46.56	39.61	1:26.11	3:06.10	33.70	1:13.79	2:44.35	2:49.37	6:00.18
358	31.07	1:08.77	2:31.94	5:22.02	11:13.35	21:16.55	36.03	1:16.68	2:46.70	39.65	1:26.18	3:06.25	33.73	1:13.85	2:44.49	2:49.51	6:00.48
357	31.10	1:08.83	2:32.07	5:22.29	11:13.92	21:17.63	36.06	1:16.75	2:46.84	39.68	1:26.26	3:06.41	33.76	1:13.91	2:44.63	2:49.65	6:00.79
356	31.12	1:08.89	2:32.19	5:22.56	11:14.48	21:18.70	36.09	1:16.81	2:46.98	39.71	1:26.33	3:06.57	33.79	1:13.97	2:44.77	2:49.79	6:01.09
355	31.15	1:08.95	2:32.32	5:22.83	11:15.05	21:19.78	36.12	1:16.88	2:47.12	39.75	1:26.40	3:06.73	33.82	1:14.03	2:44.91	2:49.94	6:01.39
354	31.18	1:09.00	2:32.45	5:23.10	11:15.62	21:20.86	36.15	1:16.94	2:47.27	39.78	1:26.47	3:06.88	33.85	1:14.10	2:45.05	2:50.08	6:01.70
353	31.20	1:09.06	2:32.58	5:23.38	11:16.19	21:21.95	36.18	1:17.01	2:47.41	39.82	1:26.55	3:07.04	33.88	1:14.16	2:45.19	2:50.22	6:02.01
352	31.23	1:09.12	2:32.71	5:23.65	11:16.77	21:23.03	36.22	1:17.07	2:47.55	39.85	1:26.62	3:07.20	33.90	1:14.22	2:45.33	2:50.37	6:02.31
351	31.26	1:09.18	2:32.84	5:23.93	11:17.34	21:24.13	36.25	1:17.14	2:47.69	39.88	1:26.69	3:07.36	33.93	1:14.29	2:45.47	2:50.51	6:02.62
350	31.28	1:09.24	2:32.97	5:24.20	11:17.92	21:25.22	36.28	1:17.20	2:47.83	39.92	1:26.77	3:07.52	33.96	1:14.35	2:45.61	2:50.66	6:02.93
349	31.31	1:09.30	2:33.10	5:24.48	11:18.50	21:26.32	36.31	1:17.27	2:47.98	39.95	1:26.84	3:07.68	33.99	1:14.41	2:45.75	2:50.81	6:03.24
348	31.34	1:09.36	2:33.23	5:24.76	11:19.08	21:27.42	36.34	1:17.34	2:48.12	39.98	1:26.92	3:07.84	34.02	1:14.48	2:45.89	2:50.95	6:03.55
347	31.36	1:09.42	2:33.36	5:25.03	11:19.66	21:28.52	36.37	1:17.40	2:48.27	40.02	1:26.99	3:08.00	34.05	1:14.54	2:46.03	2:51.10	6:03.86
346	31.39	1:09.48	2:33.49	5:25.31	11:20.24	21:29.63	36.40	1:17.47	2:48.41	40.05	1:27.07	3:08.16	34.08	1:14.60	2:46.18	2:51.24	6:04.17
345	31.42	1:09.54	2:33.63	5:25.59	11:20.83	21:30.74	36.43	1:17.53	2:48.56	40.09	1:27.14	3:08.32	34.11	1:14.67	2:46.32	2:51.39	6:04.49
344	31.44	1:09.60	2:33.76	5:25.87	11:21.42	21:31.85	36.46	1:17.60	2:48.70	40.12	1:27.22	3:08.49	34.14	1:14.73	2:46.46	2:51.54	6:04.80
343	31.47	1:09.66	2:33.89	5:26.16	11:22.01	21:32.96	36.50	1:17.67	2:48.85	40.16	1:27.29	3:08.65	34.17	1:14.80	2:46.61	2:51.69	6:05.12
342	31.50	1:09.72	2:34.02	5:26.44	11:22.60	21:34.08	36.53	1:17.74	2:48.99	40.19	1:27.37	3:08.81	34.20	1:14.86	2:46.75	2:51.84	6:05.43
341	31.53	1:09.78	2:34.16	5:26.72	11:23.19	21:35.21	36.56	1:17.80	2:49.14	40.23	1:27.44	3:08.98	34.23	1:14.93	2:46.89	2:51.99	6:05.75
340	31.55	1:09.84	2:34.29	5:27.01	11:23.78	21:36.33	36.59	1:17.87	2:49.29	40.26	1:27.52	3:09.14	34.26	1:14.99	2:47.04	2:52.14	6:06.07
339	31.58	1:09.90	2:34.43	5:27.29	11:24.38	21:37.46	36.62	1:17.94	2:49.43	40.30	1:27.60	3:09.31	34.29	1:15.06	2:47.18	2:52.28	6:06.39
338	31.61	1:09.96	2:34.56	5:27.58	11:24.98	21:38.59	36.65	1:18.01	2:49.58	40.33	1:27.67	3:09.47	34.32	1:15.12	2:47.33	2:52.44	6:06.71
337	31.64	1:10.02	2:34.70	5:27.86	11:25.57	21:39.73	36.69	1:18.07	2:49.73	40.37	1:27.75	3:09.64	34.35	1:15.19	2:47.48	2:52.59	6:07.03
336	31.66	1:10.08	2:34.83	5:28.15	11:26.18	21:40.87	36.72	1:18.14	2:49.88	40.40	1:27.83	3:09.80	34.38	1:15.25	2:47.62	2:52.74	6:07.35
335	31.69	1:10.14	2:34.97	5:28.44	11:26.78	21:42.01	36.75	1:18.21	2:50.03	40.44	1:27.90	3:09.97	34.41	1:15.32	2:47.77	2:52.89	6:07.67
334	31.72	1:10.21	2:35.10	5:28.73	11:27.38	21:43.16	36.78	1:18.28	2:50.18	40.47	1:27.98	3:10.14	34.44	1:15.39	2:47.92	2:53.04	6:08.00
333	31.75	1:10.27	2:35.24	5:29.02	11:27.99	21:44.31	36.82	1:18.35	2:50.33	40.51	1:28.06	3:10.30	34.47	1:15.45	2:48.07	2:53.19	6:08.32
332	31.78	1:10.33	2:35.38	5:29.31	11:28.60	21:45.46	36.85	1:18.42	2:50.48	40.55	1:28.14	3:10.47	34.50	1:15.52	2:48.22	2:53.35	6:08.65
331	31.80	1:10.39	2:35.52	5:29.60	11:29.21	21:46.62	36.88	1:18.49	2:50.63	40.58	1:28.21	3:10.64	34.53	1:15.59	2:48.36	2:53.50	6:08.97

BRITISH MEN 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	31.83	1:10.45	2:35.65	5:29.89	11:29.82	21:47.78	36.91	1:18.56	2:50.78	40.62	1:28.29	3:10.81	34.56	1:15.65	2:48.51	2:53.65	6:09.30
329	31.86	1:10.52	2:35.79	5:30.19	11:30.43	21:48.94	36.95	1:18.63	2:50.93	40.65	1:28.37	3:10.98	34.59	1:15.72	2:48.66	2:53.81	6:09.63
328	31.89	1:10.58	2:35.93	5:30.48	11:31.05	21:50.11	36.98	1:18.70	2:51.09	40.69	1:28.45	3:11.15	34.62	1:15.79	2:48.81	2:53.96	6:09.96
327	31.92	1:10.64	2:36.07	5:30.78	11:31.67	21:51.28	37.01	1:18.77	2:51.24	40.73	1:28.53	3:11.32	34.65	1:15.86	2:48.97	2:54.12	6:10.29
326	31.95	1:10.71	2:36.21	5:31.07	11:32.29	21:52.45	37.05	1:18.84	2:51.39	40.76	1:28.61	3:11.49	34.68	1:15.92	2:49.12	2:54.28	6:10.62
325	31.97	1:10.77	2:36.35	5:31.37	11:32.91	21:53.63	37.08	1:18.91	2:51.55	40.80	1:28.69	3:11.66	34.71	1:15.99	2:49.27	2:54.43	6:10.95
324	32.00	1:10.83	2:36.49	5:31.67	11:33.53	21:54.81	37.11	1:18.98	2:51.70	40.84	1:28.77	3:11.84	34.74	1:16.06	2:49.42	2:54.59	6:11.29
323	32.03	1:10.90	2:36.63	5:31.97	11:34.16	21:56.00	37.15	1:19.05	2:51.85	40.87	1:28.85	3:12.01	34.78	1:16.13	2:49.57	2:54.75	6:11.62
322	32.06	1:10.96	2:36.77	5:32.27	11:34.78	21:57.19	37.18	1:19.12	2:52.01	40.91	1:28.93	3:12.18	34.81	1:16.20	2:49.73	2:54.90	6:11.96
321	32.09	1:11.03	2:36.92	5:32.57	11:35.41	21:58.38	37.21	1:19.20	2:52.17	40.95	1:29.01	3:12.36	34.84	1:16.27	2:49.88	2:55.06	6:12.29
320	32.12	1:11.09	2:37.06	5:32.87	11:36.04	21:59.57	37.25	1:19.27	2:52.32	40.98	1:29.09	3:12.53	34.87	1:16.34	2:50.03	2:55.22	6:12.63
319	32.15	1:11.15	2:37.20	5:33.17	11:36.67	22:00.77	37.28	1:19.34	2:52.48	41.02	1:29.17	3:12.71	34.90	1:16.41	2:50.19	2:55.38	6:12.97
318	32.18	1:11.22	2:37.34	5:33.47	11:37.31	22:01.98	37.31	1:19.41	2:52.64	41.06	1:29.25	3:12.88	34.93	1:16.48	2:50.34	2:55.54	6:13.31
317	32.21	1:11.28	2:37.49	5:33.78	11:37.95	22:03.18	37.35	1:19.48	2:52.79	41.10	1:29.33	3:13.06	34.97	1:16.55	2:50.50	2:55.70	6:13.65
316	32.24	1:11.35	2:37.63	5:34.08	11:38.59	22:04.40	37.38	1:19.56	2:52.95	41.13	1:29.41	3:13.24	35.00	1:16.62	2:50.66	2:55.86	6:13.99
315	32.27	1:11.42	2:37.78	5:34.39	11:39.23	22:05.61	37.42	1:19.63	2:53.11	41.17	1:29.50	3:13.41	35.03	1:16.69	2:50.81	2:56.02	6:14.34
314	32.30	1:11.48	2:37.92	5:34.70	11:39.87	22:06.83	37.45	1:19.70	2:53.27	41.21	1:29.58	3:13.59	35.06	1:16.76	2:50.97	2:56.18	6:14.68
313	32.33	1:11.55	2:38.07	5:35.01	11:40.51	22:08.05	37.49	1:19.78	2:53.43	41.25	1:29.66	3:13.77	35.09	1:16.83	2:51.13	2:56.35	6:15.03
312	32.36	1:11.61	2:38.21	5:35.32	11:41.16	22:09.28	37.52	1:19.85	2:53.59	41.29	1:29.74	3:13.95	35.13	1:16.90	2:51.28	2:56.51	6:15.37
311	32.39	1:11.68	2:38.36	5:35.63	11:41.81	22:10.51	37.56	1:19.92	2:53.75	41.32	1:29.83	3:14.13	35.16	1:16.97	2:51.44	2:56.67	6:15.72
310	32.42	1:11.75	2:38.51	5:35.94	11:42.46	22:11.75	37.59	1:20.00	2:53.91	41.36	1:29.91	3:14.31	35.19	1:17.04	2:51.60	2:56.84	6:16.07
309	32.45	1:11.81	2:38.66	5:36.25	11:43.12	22:12.98	37.63	1:20.07	2:54.07	41.40	1:29.99	3:14.49	35.22	1:17.11	2:51.76	2:57.00	6:16.42
308	32.48	1:11.88	2:38.80	5:36.56	11:43.77	22:14.23	37.66	1:20.15	2:54.23	41.44	1:30.08	3:14.67	35.26	1:17.18	2:51.92	2:57.17	6:16.77
307	32.51	1:11.95	2:38.95	5:36.88	11:44.43	22:15.47	37.70	1:20.22	2:54.40	41.48	1:30.16	3:14.85	35.29	1:17.26	2:52.08	2:57.33	6:17.12
306	32.54	1:12.01	2:39.10	5:37.19	11:45.09	22:16.72	37.73	1:20.30	2:54.56	41.52	1:30.25	3:15.03	35.32	1:17.33	2:52.24	2:57.50	6:17.47
305	32.57	1:12.08	2:39.25	5:37.51	11:45.75	22:17.98	37.77	1:20.37	2:54.72	41.56	1:30.33	3:15.22	35.36	1:17.40	2:52.41	2:57.67	6:17.83
304	32.60	1:12.15	2:39.40	5:37.83	11:46.41	22:19.24	37.80	1:20.45	2:54.89	41.59	1:30.42	3:15.40	35.39	1:17.47	2:52.57	2:57.83	6:18.18
303	32.63	1:12.22	2:39.55	5:38.15	11:47.08	22:20.50	37.84	1:20.52	2:55.05	41.63	1:30.50	3:15.59	35.42	1:17.55	2:52.73	2:58.00	6:18.54
302	32.66	1:12.29	2:39.70	5:38.47	11:47.75	22:21.77	37.87	1:20.60	2:55.22	41.67	1:30.59	3:15.77	35.46	1:17.62	2:52.89	2:58.17	6:18.90
301	32.69	1:12.35	2:39.85	5:38.79	11:48.42	22:23.04	37.91	1:20.68	2:55.39	41.71	1:30.67	3:15.96	35.49	1:17.69	2:53.06	2:58.34	6:19.26
300	32.72	1:12.42	2:40.00	5:39.11	11:49.09	22:24.32	37.95	1:20.75	2:55.55	41.75	1:30.76	3:16.14	35.52	1:17.77	2:53.22	2:58.51	6:19.62
299	32.75	1:12.49	2:40.16	5:39.43	11:49.77	22:25.60	37.98	1:20.83	2:55.72	41.79	1:30.84	3:16.33	35.56	1:17.84	2:53.39	2:58.68	6:19.98
298	32.78	1:12.56	2:40.31	5:39.76	11:50.45	22:26.88	38.02	1:20.91	2:55.89	41.83	1:30.93	3:16.52	35.59	1:17.92	2:53.55	2:58.85	6:20.34
297	32.82	1:12.63	2:40.46	5:40.08	11:51.13	22:28.17	38.05	1:20.98	2:56.06	41.87	1:31.02	3:16.70	35.63	1:17.99	2:53.72	2:59.02	6:20.71
296	32.85	1:12.70	2:40.62	5:40.41	11:51.81	22:29.46	38.09	1:21.06	2:56.22	41.91	1:31.11	3:16.89	35.66	1:18.07	2:53.89	2:59.19	6:21.07

BRITISH MEN 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	32.88	1:12.77	2:40.77	5:40.74	11:52.49	22:30.76	38.13	1:21.14	2:56.39	41.95	1:31.19	3:17.08	35.69	1:18.14	2:54.05	2:59.36	6:21.44
294	32.91	1:12.84	2:40.93	5:41.06	11:53.18	22:32.06	38.16	1:21.22	2:56.56	41.99	1:31.28	3:17.27	35.73	1:18.22	2:54.22	2:59.54	6:21.81
293	32.94	1:12.91	2:41.08	5:41.39	11:53.87	22:33.37	38.20	1:21.30	2:56.73	42.03	1:31.37	3:17.46	35.76	1:18.29	2:54.39	2:59.71	6:22.17
292	32.97	1:12.98	2:41.24	5:41.72	11:54.56	22:34.68	38.24	1:21.38	2:56.91	42.07	1:31.46	3:17.65	35.80	1:18.37	2:54.56	2:59.88	6:22.54
291	33.01	1:13.05	2:41.39	5:42.06	11:55.25	22:35.99	38.27	1:21.45	2:57.08	42.12	1:31.55	3:17.85	35.83	1:18.44	2:54.73	3:00.06	6:22.92
290	33.04	1:13.12	2:41.55	5:42.39	11:55.95	22:37.31	38.31	1:21.53	2:57.25	42.16	1:31.64	3:18.04	35.87	1:18.52	2:54.90	3:00.23	6:23.29
289	33.07	1:13.19	2:41.71	5:42.72	11:56.65	22:38.64	38.35	1:21.61	2:57.42	42.20	1:31.73	3:18.23	35.90	1:18.60	2:55.07	3:00.41	6:23.66
288	33.10	1:13.27	2:41.87	5:43.06	11:57.35	22:39.97	38.39	1:21.69	2:57.60	42.24	1:31.82	3:18.43	35.94	1:18.67	2:55.24	3:00.59	6:24.04
287	33.14	1:13.34	2:42.03	5:43.39	11:58.05	22:41.30	38.42	1:21.77	2:57.77	42.28	1:31.91	3:18.62	35.97	1:18.75	2:55.41	3:00.76	6:24.41
286	33.17	1:13.41	2:42.18	5:43.73	11:58.76	22:42.64	38.46	1:21.85	2:57.95	42.32	1:32.00	3:18.82	36.01	1:18.83	2:55.58	3:00.94	6:24.79
285	33.20	1:13.48	2:42.34	5:44.07	11:59.47	22:43.98	38.50	1:21.93	2:58.12	42.36	1:32.09	3:19.01	36.04	1:18.91	2:55.76	3:01.12	6:25.17
284	33.23	1:13.56	2:42.50	5:44.41	12:00.18	22:45.33	38.54	1:22.02	2:58.30	42.41	1:32.18	3:19.21	36.08	1:18.98	2:55.93	3:01.30	6:25.55
283	33.27	1:13.63	2:42.67	5:44.75	12:00.89	22:46.68	38.58	1:22.10	2:58.47	42.45	1:32.27	3:19.40	36.11	1:19.06	2:56.10	3:01.48	6:25.93
282	33.30	1:13.70	2:42.83	5:45.09	12:01.61	22:48.04	38.61	1:22.18	2:58.65	42.49	1:32.36	3:19.60	36.15	1:19.14	2:56.28	3:01.66	6:26.32
281	33.33	1:13.77	2:42.99	5:45.44	12:02.32	22:49.40	38.65	1:22.26	2:58.83	42.53	1:32.45	3:19.80	36.19	1:19.22	2:56.45	3:01.84	6:26.70
280	33.37	1:13.85	2:43.15	5:45.78	12:03.04	22:50.77	38.69	1:22.34	2:59.01	42.57	1:32.54	3:20.00	36.22	1:19.30	2:56.63	3:02.02	6:27.09
279	33.40	1:13.92	2:43.32	5:46.13	12:03.77	22:52.14	38.73	1:22.42	2:59.19	42.62	1:32.64	3:20.20	36.26	1:19.38	2:56.81	3:02.20	6:27.47
278	33.43	1:14.00	2:43.48	5:46.48	12:04.49	22:53.51	38.77	1:22.51	2:59.37	42.66	1:32.73	3:20.40	36.30	1:19.46	2:56.98	3:02.38	6:27.86
277	33.47	1:14.07	2:43.64	5:46.82	12:05.22	22:54.90	38.81	1:22.59	2:59.55	42.70	1:32.82	3:20.60	36.33	1:19.54	2:57.16	3:02.57	6:28.25
276	33.50	1:14.15	2:43.81	5:47.17	12:05.95	22:56.28	38.85	1:22.67	2:59.73	42.75	1:32.92	3:20.81	36.37	1:19.62	2:57.34	3:02.75	6:28.65
275	33.53	1:14.22	2:43.97	5:47.52	12:06.69	22:57.67	38.89	1:22.76	2:59.91	42.79	1:33.01	3:21.01	36.41	1:19.70	2:57.52	3:02.94	6:29.04
274	33.57	1:14.30	2:44.14	5:47.88	12:07.43	22:59.07	38.93	1:22.84	3:00.09	42.83	1:33.11	3:21.21	36.44	1:19.78	2:57.70	3:03.12	6:29.43
273	33.60	1:14.37	2:44.31	5:48.23	12:08.16	23:00.47	38.97	1:22.93	3:00.27	42.88	1:33.20	3:21.42	36.48	1:19.86	2:57.88	3:03.31	6:29.83
272	33.64	1:14.45	2:44.47	5:48.59	12:08.91	23:01.88	39.01	1:23.01	3:00.46	42.92	1:33.29	3:21.62	36.52	1:19.94	2:58.06	3:03.49	6:30.23
271	33.67	1:14.52	2:44.64	5:48.94	12:09.65	23:03.29	39.05	1:23.09	3:00.64	42.96	1:33.39	3:21.83	36.55	1:20.02	2:58.24	3:03.68	6:30.62
270	33.70	1:14.60	2:44.81	5:49.30	12:10.40	23:04.71	39.09	1:23.18	3:00.83	43.01	1:33.49	3:22.04	36.59	1:20.11	2:58.43	3:03.87	6:31.02
269	33.74	1:14.68	2:44.98	5:49.66	12:11.15	23:06.13	39.13	1:23.27	3:01.01	43.05	1:33.58	3:22.24	36.63	1:20.19	2:58.61	3:04.06	6:31.43
268	33.77	1:14.75	2:45.15	5:50.02	12:11.90	23:07.56	39.17	1:23.35	3:01.20	43.10	1:33.68	3:22.45	36.67	1:20.27	2:58.79	3:04.25	6:31.83
267	33.81	1:14.83	2:45.32	5:50.38	12:12.66	23:08.99	39.21	1:23.44	3:01.39	43.14	1:33.77	3:22.66	36.70	1:20.35	2:58.98	3:04.44	6:32.23
266	33.84	1:14.91	2:45.49	5:50.74	12:13.42	23:10.43	39.25	1:23.52	3:01.57	43.18	1:33.87	3:22.87	36.74	1:20.44	2:59.16	3:04.63	6:32.64
265	33.88	1:14.99	2:45.66	5:51.11	12:14.18	23:11.87	39.29	1:23.61	3:01.76	43.23	1:33.97	3:23.08	36.78	1:20.52	2:59.35	3:04.82	6:33.05
264	33.91	1:15.06	2:45.84	5:51.47	12:14.94	23:13.32	39.33	1:23.70	3:01.95	43.27	1:34.07	3:23.29	36.82	1:20.60	2:59.54	3:05.01	6:33.46
263	33.95	1:15.14	2:46.01	5:51.84	12:15.71	23:14.78	39.37	1:23.78	3:02.14	43.32	1:34.17	3:23.50	36.86	1:20.69	2:59.73	3:05.21	6:33.87
262	33.99	1:15.22	2:46.18	5:52.21	12:16.48	23:16.24	39.41	1:23.87	3:02.33	43.37	1:34.26	3:23.72	36.90	1:20.77	2:59.91	3:05.40	6:34.28
261	34.02	1:15.30	2:46.36	5:52.58	12:17.25	23:17.71	39.45	1:23.96	3:02.52	43.41	1:34.36	3:23.93	36.93	1:20.86	3:00.10	3:05.60	6:34.69

BRITISH MEN 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	34.06	1:15.38	2:46.53	5:52.95	12:18.03	23:19.18	39.49	1:24.05	3:02.72	43.46	1:34.46	3:24.15	36.97	1:20.94	3:00.29	3:05.79	6:35.11
259	34.09	1:15.46	2:46.71	5:53.32	12:18.81	23:20.65	39.54	1:24.14	3:02.91	43.50	1:34.56	3:24.36	37.01	1:21.03	3:00.48	3:05.99	6:35.53
258	34.13	1:15.54	2:46.89	5:53.70	12:19.59	23:22.14	39.58	1:24.23	3:03.10	43.55	1:34.66	3:24.58	37.05	1:21.11	3:00.67	3:06.18	6:35.95
257	34.17	1:15.62	2:47.06	5:54.07	12:20.38	23:23.63	39.62	1:24.32	3:03.30	43.59	1:34.76	3:24.80	37.09	1:21.20	3:00.87	3:06.38	6:36.37
256	34.20	1:15.70	2:47.24	5:54.45	12:21.17	23:25.12	39.66	1:24.41	3:03.49	43.64	1:34.86	3:25.01	37.13	1:21.29	3:01.06	3:06.58	6:36.79
255	34.24	1:15.78	2:47.42	5:54.83	12:21.96	23:26.62	39.70	1:24.50	3:03.69	43.69	1:34.97	3:25.23	37.17	1:21.37	3:01.25	3:06.78	6:37.21
254	34.28	1:15.86	2:47.60	5:55.21	12:22.75	23:28.13	39.75	1:24.59	3:03.89	43.73	1:35.07	3:25.45	37.21	1:21.46	3:01.45	3:06.98	6:37.64
253	34.31	1:15.94	2:47.78	5:55.59	12:23.55	23:29.64	39.79	1:24.68	3:04.08	43.78	1:35.17	3:25.67	37.25	1:21.55	3:01.64	3:07.18	6:38.07
252	34.35	1:16.02	2:47.96	5:55.97	12:24.35	23:31.16	39.83	1:24.77	3:04.28	43.83	1:35.27	3:25.89	37.29	1:21.64	3:01.84	3:07.38	6:38.49
251	34.39	1:16.11	2:48.14	5:56.36	12:25.15	23:32.68	39.88	1:24.86	3:04.48	43.88	1:35.37	3:26.12	37.33	1:21.72	3:02.03	3:07.59	6:38.92
250	34.42	1:16.19	2:48.32	5:56.74	12:25.96	23:34.21	39.92	1:24.95	3:04.68	43.92	1:35.48	3:26.34	37.37	1:21.81	3:02.23	3:07.79	6:39.36
249	34.46	1:16.27	2:48.51	5:57.13	12:26.77	23:35.75	39.96	1:25.04	3:04.88	43.97	1:35.58	3:26.56	37.41	1:21.90	3:02.43	3:07.99	6:39.79
248	34.50	1:16.35	2:48.69	5:57.52	12:27.59	23:37.29	40.01	1:25.14	3:05.08	44.02	1:35.69	3:26.79	37.45	1:21.99	3:02.63	3:08.20	6:40.23
247	34.54	1:16.44	2:48.87	5:57.91	12:28.40	23:38.84	40.05	1:25.23	3:05.28	44.07	1:35.79	3:27.02	37.49	1:22.08	3:02.83	3:08.40	6:40.66
246	34.57	1:16.52	2:49.06	5:58.30	12:29.22	23:40.40	40.09	1:25.32	3:05.49	44.12	1:35.90	3:27.24	37.53	1:22.17	3:03.03	3:08.61	6:41.10
245	34.61	1:16.61	2:49.25	5:58.70	12:30.05	23:41.96	40.14	1:25.42	3:05.69	44.16	1:36.00	3:27.47	37.58	1:22.26	3:03.23	3:08.82	6:41.54
244	34.65	1:16.69	2:49.43	5:59.09	12:30.87	23:43.53	40.18	1:25.51	3:05.90	44.21	1:36.11	3:27.70	37.62	1:22.35	3:03.43	3:09.03	6:41.99
243	34.69	1:16.78	2:49.62	5:59.49	12:31.71	23:45.10	40.23	1:25.61	3:06.10	44.26	1:36.21	3:27.93	37.66	1:22.44	3:03.63	3:09.23	6:42.43
242	34.73	1:16.86	2:49.81	5:59.89	12:32.54	23:46.68	40.27	1:25.70	3:06.31	44.31	1:36.32	3:28.16	37.70	1:22.53	3:03.84	3:09.44	6:42.88
241	34.77	1:16.95	2:50.00	6:00.29	12:33.38	23:48.27	40.32	1:25.80	3:06.52	44.36	1:36.43	3:28.39	37.74	1:22.63	3:04.04	3:09.65	6:43.33
240	34.80	1:17.03	2:50.19	6:00.69	12:34.22	23:49.86	40.36	1:25.89	3:06.72	44.41	1:36.53	3:28.62	37.78	1:22.72	3:04.25	3:09.87	6:43.78
239	34.84	1:17.12	2:50.38	6:01.09	12:35.06	23:51.46	40.41	1:25.99	3:06.93	44.46	1:36.64	3:28.86	37.83	1:22.81	3:04.45	3:10.08	6:44.23
238	34.88	1:17.21	2:50.57	6:01.50	12:35.91	23:53.07	40.45	1:26.09	3:07.14	44.51	1:36.75	3:29.09	37.87	1:22.90	3:04.66	3:10.29	6:44.68
237	34.92	1:17.29	2:50.76	6:01.91	12:36.76	23:54.69	40.50	1:26.18	3:07.35	44.56	1:36.86	3:29.33	37.91	1:23.00	3:04.87	3:10.51	6:45.14
236	34.96	1:17.38	2:50.95	6:02.31	12:37.62	23:56.31	40.54	1:26.28	3:07.57	44.61	1:36.97	3:29.56	37.95	1:23.09	3:05.08	3:10.72	6:45.60
235	35.00	1:17.47	2:51.15	6:02.73	12:38.47	23:57.93	40.59	1:26.38	3:07.78	44.66	1:37.08	3:29.80	38.00	1:23.18	3:05.29	3:10.94	6:46.06
234	35.04	1:17.56	2:51.34	6:03.14	12:39.34	23:59.57	40.63	1:26.48	3:07.99	44.71	1:37.19	3:30.04	38.04	1:23.28	3:05.50	3:11.16	6:46.52
233	35.08	1:17.64	2:51.54	6:03.55	12:40.20	24:01.21	40.68	1:26.57	3:08.21	44.76	1:37.30	3:30.28	38.08	1:23.37	3:05.71	3:11.37	6:46.98
232	35.12	1:17.73	2:51.73	6:03.97	12:41.07	24:02.86	40.73	1:26.67	3:08.42	44.81	1:37.41	3:30.52	38.13	1:23.47	3:05.92	3:11.59	6:47.45
231	35.16	1:17.82	2:51.93	6:04.39	12:41.95	24:04.52	40.77	1:26.77	3:08.64	44.86	1:37.52	3:30.76	38.17	1:23.57	3:06.13	3:11.81	6:47.91
230	35.20	1:17.91	2:52.13	6:04.81	12:42.82	24:06.18	40.82	1:26.87	3:08.86	44.92	1:37.64	3:31.00	38.22	1:23.66	3:06.35	3:12.03	6:48.38
229	35.24	1:18.00	2:52.33	6:05.23	12:43.70	24:07.85	40.87	1:26.97	3:09.07	44.97	1:37.75	3:31.25	38.26	1:23.76	3:06.56	3:12.26	6:48.86
228	35.28	1:18.09	2:52.53	6:05.65	12:44.59	24:09.53	40.92	1:27.07	3:09.29	45.02	1:37.86	3:31.49	38.30	1:23.86	3:06.78	3:12.48	6:49.33
227	35.32	1:18.18	2:52.73	6:06.08	12:45.48	24:11.21	40.96	1:27.17	3:09.51	45.07	1:37.98	3:31.74	38.35	1:23.95	3:07.00	3:12.70	6:49.80
226	35.37	1:18.27	2:52.93	6:06.50	12:46.37	24:12.91	41.01	1:27.28	3:09.73	45.13	1:38.09	3:31.99	38.39	1:24.05	3:07.22	3:12.93	6:50.28

BRITISH MEN 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	35.41	1:18.37	2:53.13	6:06.93	12:47.27	24:14.61	41.06	1:27.38	3:09.96	45.18	1:38.20	3:32.23	38.44	1:24.15	3:07.43	3:13.15	6:50.76
224	35.45	1:18.46	2:53.33	6:07.36	12:48.17	24:16.31	41.11	1:27.48	3:10.18	45.23	1:38.32	3:32.48	38.48	1:24.25	3:07.65	3:13.38	6:51.25
223	35.49	1:18.55	2:53.54	6:07.79	12:49.07	24:18.03	41.16	1:27.58	3:10.40	45.28	1:38.44	3:32.73	38.53	1:24.35	3:07.88	3:13.61	6:51.73
222	35.53	1:18.64	2:53.74	6:08.23	12:49.98	24:19.75	41.20	1:27.69	3:10.63	45.34	1:38.55	3:32.98	38.57	1:24.45	3:08.10	3:13.84	6:52.22
221	35.57	1:18.74	2:53.95	6:08.67	12:50.90	24:21.48	41.25	1:27.79	3:10.85	45.39	1:38.67	3:33.24	38.62	1:24.55	3:08.32	3:14.07	6:52.70
220	35.62	1:18.83	2:54.16	6:09.10	12:51.81	24:23.22	41.30	1:27.90	3:11.08	45.45	1:38.79	3:33.49	38.67	1:24.65	3:08.54	3:14.30	6:53.20
219	35.66	1:18.92	2:54.36	6:09.54	12:52.73	24:24.97	41.35	1:28.00	3:11.31	45.50	1:38.90	3:33.75	38.71	1:24.75	3:08.77	3:14.53	6:53.69
218	35.70	1:19.02	2:54.57	6:09.99	12:53.66	24:26.72	41.40	1:28.11	3:11.54	45.55	1:39.02	3:34.00	38.76	1:24.85	3:09.00	3:14.76	6:54.18
217	35.74	1:19.11	2:54.78	6:10.43	12:54.59	24:28.49	41.45	1:28.21	3:11.77	45.61	1:39.14	3:34.26	38.81	1:24.95	3:09.22	3:15.00	6:54.68
216	35.79	1:19.21	2:54.99	6:10.88	12:55.52	24:30.26	41.50	1:28.32	3:12.00	45.66	1:39.26	3:34.52	38.85	1:25.05	3:09.45	3:15.23	6:55.18
215	35.83	1:19.30	2:55.21	6:11.33	12:56.46	24:32.03	41.55	1:28.43	3:12.23	45.72	1:39.38	3:34.78	38.90	1:25.16	3:09.68	3:15.47	6:55.68
214	35.87	1:19.40	2:55.42	6:11.78	12:57.40	24:33.82	41.60	1:28.53	3:12.46	45.78	1:39.50	3:35.04	38.95	1:25.26	3:09.91	3:15.70	6:56.19
213	35.92	1:19.50	2:55.63	6:12.23	12:58.35	24:35.62	41.65	1:28.64	3:12.70	45.83	1:39.62	3:35.30	38.99	1:25.36	3:10.14	3:15.94	6:56.70
212	35.96	1:19.59	2:55.85	6:12.69	12:59.30	24:37.42	41.70	1:28.75	3:12.94	45.89	1:39.75	3:35.56	39.04	1:25.47	3:10.37	3:16.18	6:57.21
211	36.01	1:19.69	2:56.06	6:13.14	13:00.26	24:39.23	41.75	1:28.86	3:13.17	45.94	1:39.87	3:35.83	39.09	1:25.57	3:10.61	3:16.42	6:57.72
210	36.05	1:19.79	2:56.28	6:13.60	13:01.22	24:41.06	41.81	1:28.97	3:13.41	46.00	1:39.99	3:36.09	39.14	1:25.68	3:10.84	3:16.66	6:58.23
209	36.10	1:19.89	2:56.50	6:14.06	13:02.19	24:42.89	41.86	1:29.08	3:13.65	46.06	1:40.11	3:36.36	39.19	1:25.79	3:11.08	3:16.91	6:58.75
208	36.14	1:19.99	2:56.72	6:14.53	13:03.16	24:44.72	41.91	1:29.19	3:13.89	46.11	1:40.24	3:36.63	39.23	1:25.89	3:11.32	3:17.15	6:59.27
207	36.18	1:20.09	2:56.94	6:14.99	13:04.13	24:46.57	41.96	1:29.30	3:14.13	46.17	1:40.36	3:36.90	39.28	1:26.00	3:11.55	3:17.40	6:59.79
206	36.23	1:20.19	2:57.16	6:15.46	13:05.11	24:48.43	42.01	1:29.41	3:14.37	46.23	1:40.49	3:37.17	39.33	1:26.11	3:11.79	3:17.64	7:00.31
205	36.28	1:20.29	2:57.38	6:15.93	13:06.09	24:50.29	42.07	1:29.52	3:14.62	46.29	1:40.61	3:37.44	39.38	1:26.21	3:12.03	3:17.89	7:00.84
204	36.32	1:20.39	2:57.60	6:16.41	13:07.08	24:52.17	42.12	1:29.64	3:14.86	46.34	1:40.74	3:37.71	39.43	1:26.32	3:12.27	3:18.14	7:01.37
203	36.37	1:20.49	2:57.83	6:16.88	13:08.08	24:54.05	42.17	1:29.75	3:15.11	46.40	1:40.87	3:37.99	39.48	1:26.43	3:12.52	3:18.39	7:01.90
202	36.41	1:20.59	2:58.05	6:17.36	13:09.07	24:55.95	42.23	1:29.86	3:15.35	46.46	1:41.00	3:38.27	39.53	1:26.54	3:12.76	3:18.64	7:02.44
201	36.46	1:20.69	2:58.28	6:17.84	13:10.08	24:57.85	42.28	1:29.98	3:15.60	46.52	1:41.12	3:38.54	39.58	1:26.65	3:13.01	3:18.89	7:02.97
200	36.51	1:20.80	2:58.51	6:18.32	13:11.09	24:59.76	42.33	1:30.09	3:15.85	46.58	1:41.25	3:38.82	39.63	1:26.76	3:13.25	3:19.15	7:03.51
199	36.55	1:20.90	2:58.73	6:18.81	13:12.10	25:01.68	42.39	1:30.21	3:16.10	46.64	1:41.38	3:39.10	39.68	1:26.87	3:13.50	3:19.40	7:04.06
198	36.60	1:21.01	2:58.96	6:19.29	13:13.12	25:03.61	42.44	1:30.32	3:16.36	46.70	1:41.51	3:39.38	39.73	1:26.98	3:13.75	3:19.66	7:04.60
197	36.65	1:21.11	2:59.20	6:19.78	13:14.14	25:05.55	42.50	1:30.44	3:16.61	46.76	1:41.64	3:39.67	39.79	1:27.10	3:14.00	3:19.92	7:05.15
196	36.69	1:21.22	2:59.43	6:20.28	13:15.17	25:07.51	42.55	1:30.56	3:16.86	46.82	1:41.78	3:39.95	39.84	1:27.21	3:14.25	3:20.18	7:05.70
195	36.74	1:21.32	2:59.66	6:20.77	13:16.21	25:09.47	42.61	1:30.67	3:17.12	46.88	1:41.91	3:40.24	39.89	1:27.32	3:14.50	3:20.44	7:06.26
194	36.79	1:21.43	2:59.90	6:21.27	13:17.25	25:11.44	42.66	1:30.79	3:17.38	46.94	1:42.04	3:40.53	39.94	1:27.44	3:14.76	3:20.70	7:06.81
193	36.84	1:21.53	3:00.13	6:21.77	13:18.29	25:13.42	42.72	1:30.91	3:17.64	47.01	1:42.18	3:40.82	39.99	1:27.55	3:15.01	3:20.96	7:07.37
192	36.89	1:21.64	3:00.37	6:22.27	13:19.34	25:15.41	42.78	1:31.03	3:17.90	47.07	1:42.31	3:41.11	40.05	1:27.67	3:15.27	3:21.23	7:07.93
191	36.94	1:21.75	3:00.61	6:22.77	13:20.40	25:17.41	42.83	1:31.15	3:18.16	47.13	1:42.45	3:41.40	40.10	1:27.78	3:15.53	3:21.49	7:08.50

BRITISH MEN 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	36.98	1:21.86	3:00.85	6:23.28	13:21.46	25:19.43	42.89	1:31.27	3:18.42	47.19	1:42.58	3:41.69	40.15	1:27.90	3:15.79	3:21.76	7:09.07
189	37.03	1:21.97	3:01.09	6:23.79	13:22.53	25:21.45	42.95	1:31.39	3:18.68	47.25	1:42.72	3:41.99	40.21	1:28.02	3:16.05	3:22.03	7:09.64
188	37.08	1:22.08	3:01.33	6:24.31	13:23.60	25:23.48	43.00	1:31.52	3:18.95	47.32	1:42.86	3:42.28	40.26	1:28.13	3:16.31	3:22.30	7:10.21
187	37.13	1:22.19	3:01.57	6:24.82	13:24.68	25:25.53	43.06	1:31.64	3:19.22	47.38	1:42.99	3:42.58	40.31	1:28.25	3:16.57	3:22.57	7:10.79
186	37.18	1:22.30	3:01.82	6:25.34	13:25.76	25:27.58	43.12	1:31.76	3:19.49	47.44	1:43.13	3:42.88	40.37	1:28.37	3:16.84	3:22.84	7:11.37
185	37.23	1:22.41	3:02.06	6:25.86	13:26.85	25:29.65	43.18	1:31.89	3:19.76	47.51	1:43.27	3:43.18	40.42	1:28.49	3:17.10	3:23.12	7:11.95
184	37.28	1:22.52	3:02.31	6:26.39	13:27.95	25:31.73	43.24	1:32.01	3:20.03	47.57	1:43.41	3:43.49	40.48	1:28.61	3:17.37	3:23.39	7:12.54
183	37.33	1:22.63	3:02.56	6:26.91	13:29.05	25:33.82	43.29	1:32.14	3:20.30	47.64	1:43.55	3:43.79	40.53	1:28.73	3:17.64	3:23.67	7:13.13
182	37.39	1:22.75	3:02.81	6:27.44	13:30.16	25:35.92	43.35	1:32.26	3:20.57	47.70	1:43.69	3:44.10	40.59	1:28.85	3:17.91	3:23.95	7:13.72
181	37.44	1:22.86	3:03.06	6:27.98	13:31.27	25:38.03	43.41	1:32.39	3:20.85	47.77	1:43.84	3:44.41	40.64	1:28.98	3:18.18	3:24.23	7:14.32
180	37.49	1:22.97	3:03.31	6:28.51	13:32.39	25:40.15	43.47	1:32.52	3:21.13	47.84	1:43.98	3:44.72	40.70	1:29.10	3:18.46	3:24.51	7:14.92
179	37.54	1:23.09	3:03.57	6:29.05	13:33.52	25:42.29	43.53	1:32.65	3:21.41	47.90	1:44.12	3:45.03	40.76	1:29.22	3:18.73	3:24.80	7:15.52
178	37.59	1:23.21	3:03.82	6:29.59	13:34.65	25:44.44	43.59	1:32.78	3:21.69	47.97	1:44.27	3:45.34	40.81	1:29.35	3:19.01	3:25.08	7:16.13
177	37.65	1:23.32	3:04.08	6:30.14	13:35.79	25:46.60	43.66	1:32.90	3:21.97	48.04	1:44.42	3:45.66	40.87	1:29.47	3:19.29	3:25.37	7:16.74
176	37.70	1:23.44	3:04.34	6:30.68	13:36.94	25:48.77	43.72	1:33.04	3:22.25	48.10	1:44.56	3:45.97	40.93	1:29.60	3:19.57	3:25.66	7:17.35
175	37.75	1:23.56	3:04.60	6:31.24	13:38.09	25:50.95	43.78	1:33.17	3:22.54	48.17	1:44.71	3:46.29	40.98	1:29.72	3:19.85	3:25.95	7:17.97
174	37.81	1:23.67	3:04.86	6:31.79	13:39.25	25:53.15	43.84	1:33.30	3:22.82	48.24	1:44.86	3:46.61	41.04	1:29.85	3:20.13	3:26.24	7:18.59
173	37.86	1:23.79	3:05.12	6:32.35	13:40.41	25:55.36	43.90	1:33.43	3:23.11	48.31	1:45.01	3:46.93	41.10	1:29.98	3:20.42	3:26.53	7:19.21
172	37.91	1:23.91	3:05.39	6:32.91	13:41.59	25:57.58	43.97	1:33.56	3:23.40	48.38	1:45.16	3:47.26	41.16	1:30.11	3:20.70	3:26.83	7:19.84
171	37.97	1:24.03	3:05.65	6:33.47	13:42.77	25:59.82	44.03	1:33.70	3:23.70	48.45	1:45.31	3:47.59	41.22	1:30.24	3:20.99	3:27.12	7:20.47
170	38.02	1:24.15	3:05.92	6:34.04	13:43.95	26:02.07	44.09	1:33.83	3:23.99	48.52	1:45.46	3:47.91	41.28	1:30.37	3:21.28	3:27.42	7:21.11
169	38.08	1:24.28	3:06.19	6:34.61	13:45.14	26:04.33	44.16	1:33.97	3:24.28	48.59	1:45.61	3:48.24	41.34	1:30.50	3:21.57	3:27.72	7:21.75
168	38.13	1:24.40	3:06.46	6:35.18	13:46.34	26:06.60	44.22	1:34.11	3:24.58	48.66	1:45.77	3:48.58	41.40	1:30.63	3:21.87	3:28.02	7:22.39
167	38.19	1:24.52	3:06.73	6:35.76	13:47.55	26:08.89	44.28	1:34.24	3:24.88	48.73	1:45.92	3:48.91	41.46	1:30.76	3:22.16	3:28.33	7:23.04
166	38.24	1:24.65	3:07.01	6:36.34	13:48.77	26:11.19	44.35	1:34.38	3:25.18	48.80	1:46.08	3:49.25	41.52	1:30.89	3:22.46	3:28.63	7:23.69
165	38.30	1:24.77	3:07.28	6:36.93	13:49.99	26:13.51	44.42	1:34.52	3:25.48	48.87	1:46.23	3:49.58	41.58	1:31.03	3:22.76	3:28.94	7:24.34
164	38.36	1:24.90	3:07.56	6:37.51	13:51.22	26:15.84	44.48	1:34.66	3:25.79	48.94	1:46.39	3:49.92	41.64	1:31.16	3:23.06	3:29.25	7:25.00
163	38.42	1:25.02	3:07.84	6:38.11	13:52.45	26:18.19	44.55	1:34.80	3:26.09	49.02	1:46.55	3:50.27	41.70	1:31.30	3:23.36	3:29.56	7:25.66
162	38.47	1:25.15	3:08.12	6:38.70	13:53.70	26:20.55	44.61	1:34.94	3:26.40	49.09	1:46.71	3:50.61	41.77	1:31.44	3:23.66	3:29.88	7:26.33
161	38.53	1:25.28	3:08.40	6:39.30	13:54.95	26:22.92	44.68	1:35.09	3:26.71	49.16	1:46.87	3:50.96	41.83	1:31.57	3:23.97	3:30.19	7:27.00
160	38.59	1:25.41	3:08.69	6:39.90	13:56.21	26:25.31	44.75	1:35.23	3:27.02	49.24	1:47.03	3:51.30	41.89	1:31.71	3:24.28	3:30.51	7:27.67
159	38.65	1:25.54	3:08.97	6:40.51	13:57.48	26:27.71	44.82	1:35.37	3:27.34	49.31	1:47.19	3:51.66	41.96	1:31.85	3:24.59	3:30.83	7:28.35
158	38.71	1:25.67	3:09.26	6:41.12	13:58.75	26:30.13	44.88	1:35.52	3:27.65	49.39	1:47.36	3:52.01	42.02	1:31.99	3:24.90	3:31.15	7:29.03
157	38.77	1:25.80	3:09.55	6:41.73	14:00.04	26:32.56	44.95	1:35.67	3:27.97	49.46	1:47.52	3:52.36	42.08	1:32.13	3:25.21	3:31.47	7:29.72
156	38.82	1:25.93	3:09.84	6:42.35	14:01.33	26:35.01	45.02	1:35.81	3:28.29	49.54	1:47.68	3:52.72	42.15	1:32.27	3:25.53	3:31.80	7:30.41

BRITISH MEN 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	38.88	1:26.06	3:10.14	6:42.97	14:02.63	26:37.48	45.09	1:35.96	3:28.61	49.62	1:47.85	3:53.08	42.21	1:32.41	3:25.84	3:32.12	7:31.11
154	38.95	1:26.20	3:10.43	6:43.60	14:03.94	26:39.96	45.16	1:36.11	3:28.94	49.69	1:48.02	3:53.44	42.28	1:32.56	3:26.16	3:32.45	7:31.81
153	39.01	1:26.33	3:10.73	6:44.23	14:05.26	26:42.46	45.23	1:36.26	3:29.26	49.77	1:48.19	3:53.81	42.35	1:32.70	3:26.49	3:32.79	7:32.52
152	39.07	1:26.47	3:11.03	6:44.86	14:06.58	26:44.97	45.30	1:36.41	3:29.59	49.85	1:48.36	3:54.17	42.41	1:32.85	3:26.81	3:33.12	7:33.23
151	39.13	1:26.60	3:11.33	6:45.50	14:07.92	26:47.50	45.37	1:36.56	3:29.92	49.93	1:48.53	3:54.54	42.48	1:32.99	3:27.14	3:33.46	7:33.94
150	39.19	1:26.74	3:11.63	6:46.14	14:09.26	26:50.05	45.45	1:36.72	3:30.26	50.01	1:48.70	3:54.91	42.55	1:33.14	3:27.46	3:33.79	7:34.66
149	39.25	1:26.88	3:11.94	6:46.79	14:10.61	26:52.61	45.52	1:36.87	3:30.59	50.09	1:48.87	3:55.29	42.61	1:33.29	3:27.80	3:34.13	7:35.38
148	39.32	1:27.02	3:12.25	6:47.44	14:11.98	26:55.20	45.59	1:37.03	3:30.93	50.17	1:49.05	3:55.67	42.68	1:33.44	3:28.13	3:34.48	7:36.11
147	39.38	1:27.16	3:12.55	6:48.10	14:13.35	26:57.80	45.67	1:37.18	3:31.27	50.25	1:49.22	3:56.04	42.75	1:33.59	3:28.46	3:34.82	7:36.85
146	39.44	1:27.30	3:12.87	6:48.76	14:14.73	27:00.41	45.74	1:37.34	3:31.61	50.33	1:49.40	3:56.43	42.82	1:33.74	3:28.80	3:35.17	7:37.59
145	39.51	1:27.44	3:13.18	6:49.42	14:16.12	27:03.05	45.81	1:37.50	3:31.95	50.41	1:49.58	3:56.81	42.89	1:33.89	3:29.14	3:35.52	7:38.33
144	39.57	1:27.58	3:13.50	6:50.09	14:17.52	27:05.70	45.89	1:37.66	3:32.30	50.49	1:49.76	3:57.20	42.96	1:34.05	3:29.48	3:35.87	7:39.08
143	39.64	1:27.73	3:13.81	6:50.76	14:18.93	27:08.37	45.96	1:37.82	3:32.65	50.58	1:49.94	3:57.59	43.03	1:34.20	3:29.83	3:36.23	7:39.83
142	39.70	1:27.87	3:14.13	6:51.44	14:20.34	27:11.06	46.04	1:37.98	3:33.00	50.66	1:50.12	3:57.98	43.10	1:34.36	3:30.17	3:36.58	7:40.59
141	39.77	1:28.02	3:14.46	6:52.13	14:21.77	27:13.77	46.12	1:38.14	3:33.35	50.74	1:50.30	3:58.38	43.17	1:34.51	3:30.52	3:36.94	7:41.36
140	39.83	1:28.17	3:14.78	6:52.82	14:23.21	27:16.50	46.19	1:38.31	3:33.71	50.83	1:50.49	3:58.77	43.25	1:34.67	3:30.87	3:37.31	7:42.13
139	39.90	1:28.31	3:15.11	6:53.51	14:24.66	27:19.25	46.27	1:38.47	3:34.07	50.91	1:50.67	3:59.17	43.32	1:34.83	3:31.23	3:37.67	7:42.90
138	39.97	1:28.46	3:15.44	6:54.21	14:26.12	27:22.02	46.35	1:38.64	3:34.43	51.00	1:50.86	3:59.58	43.39	1:34.99	3:31.58	3:38.04	7:43.69
137	40.04	1:28.61	3:15.77	6:54.91	14:27.59	27:24.80	46.43	1:38.80	3:34.79	51.09	1:51.05	3:59.99	43.47	1:35.15	3:31.94	3:38.41	7:44.47
136	40.11	1:28.76	3:16.10	6:55.62	14:29.08	27:27.61	46.51	1:38.97	3:35.16	51.17	1:51.24	4:00.40	43.54	1:35.32	3:32.30	3:38.78	7:45.27
135	40.17	1:28.92	3:16.44	6:56.33	14:30.57	27:30.44	46.59	1:39.14	3:35.53	51.26	1:51.43	4:00.81	43.61	1:35.48	3:32.67	3:39.16	7:46.07
134	40.24	1:29.07	3:16.78	6:57.05	14:32.07	27:33.29	46.67	1:39.31	3:35.90	51.35	1:51.62	4:01.22	43.69	1:35.64	3:33.04	3:39.54	7:46.87
133	40.31	1:29.22	3:17.12	6:57.78	14:33.59	27:36.16	46.75	1:39.49	3:36.28	51.44	1:51.81	4:01.64	43.77	1:35.81	3:33.41	3:39.92	7:47.68
132	40.38	1:29.38	3:17.47	6:58.51	14:35.11	27:39.06	46.83	1:39.66	3:36.66	51.53	1:52.01	4:02.07	43.84	1:35.98	3:33.78	3:40.30	7:48.50
131	40.45	1:29.54	3:17.81	6:59.24	14:36.65	27:41.97	46.91	1:39.84	3:37.04	51.62	1:52.21	4:02.49	43.92	1:36.15	3:34.16	3:40.69	7:49.32
130	40.53	1:29.70	3:18.16	6:59.98	14:38.20	27:44.91	47.00	1:40.01	3:37.42	51.71	1:52.40	4:02.92	44.00	1:36.32	3:34.53	3:41.08	7:50.15
129	40.60	1:29.86	3:18.52	7:00.73	14:39.76	27:47.87	47.08	1:40.19	3:37.81	51.80	1:52.60	4:03.35	44.07	1:36.49	3:34.92	3:41.47	7:50.99
128	40.67	1:30.02	3:18.87	7:01.48	14:41.33	27:50.86	47.16	1:40.37	3:38.20	51.90	1:52.81	4:03.79	44.15	1:36.66	3:35.30	3:41.87	7:51.83
127	40.74	1:30.18	3:19.23	7:02.24	14:42.92	27:53.86	47.25	1:40.55	3:38.59	51.99	1:53.01	4:04.23	44.23	1:36.83	3:35.69	3:42.27	7:52.68
126	40.82	1:30.34	3:19.59	7:03.00	14:44.52	27:56.89	47.33	1:40.73	3:38.98	52.08	1:53.21	4:04.67	44.31	1:37.01	3:36.08	3:42.67	7:53.53
125	40.89	1:30.51	3:19.95	7:03.78	14:46.13	27:59.95	47.42	1:40.92	3:39.38	52.18	1:53.42	4:05.11	44.39	1:37.19	3:36.47	3:43.08	7:54.40
124	40.97	1:30.67	3:20.32	7:04.55	14:47.76	28:03.03	47.51	1:41.10	3:39.79	52.27	1:53.63	4:05.56	44.48	1:37.36	3:36.87	3:43.48	7:55.27
123	41.04	1:30.84	3:20.69	7:05.33	14:49.39	28:06.13	47.59	1:41.29	3:40.19	52.37	1:53.84	4:06.02	44.56	1:37.54	3:37.27	3:43.90	7:56.14
122	41.12	1:31.01	3:21.06	7:06.12	14:51.04	28:09.26	47.68	1:41.48	3:40.60	52.47	1:54.05	4:06.47	44.64	1:37.72	3:37.67	3:44.31	7:57.03
121	41.20	1:31.18	3:21.44	7:06.92	14:52.71	28:12.42	47.77	1:41.66	3:41.01	52.57	1:54.26	4:06.93	44.72	1:37.91	3:38.08	3:44.73	7:57.92

BRITISH MEN 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	41.27	1:31.35	3:21.82	7:07.72	14:54.39	28:15.60	47.86	1:41.86	3:41.43	52.66	1:54.48	4:07.40	44.81	1:38.09	3:38.49	3:45.15	7:58.82
119	41.35	1:31.52	3:22.20	7:08.53	14:56.08	28:18.81	47.95	1:42.05	3:41.85	52.76	1:54.69	4:07.86	44.89	1:38.28	3:38.90	3:45.58	7:59.72
118	41.43	1:31.70	3:22.58	7:09.35	14:57.78	28:22.04	48.04	1:42.24	3:42.27	52.86	1:54.91	4:08.34	44.98	1:38.46	3:39.32	3:46.01	8:00.64
117	41.51	1:31.87	3:22.97	7:10.17	14:59.51	28:25.30	48.14	1:42.44	3:42.69	52.97	1:55.13	4:08.81	45.06	1:38.65	3:39.74	3:46.44	8:01.56
116	41.59	1:32.05	3:23.36	7:11.00	15:01.24	28:28.59	48.23	1:42.64	3:43.12	53.07	1:55.35	4:09.29	45.15	1:38.84	3:40.16	3:46.88	8:02.49
115	41.67	1:32.23	3:23.76	7:11.84	15:02.99	28:31.91	48.32	1:42.84	3:43.56	53.17	1:55.58	4:09.78	45.24	1:39.04	3:40.59	3:47.32	8:03.42
114	41.75	1:32.41	3:24.16	7:12.68	15:04.76	28:35.26	48.42	1:43.04	3:44.00	53.27	1:55.80	4:10.27	45.33	1:39.23	3:41.02	3:47.76	8:04.37
113	41.83	1:32.59	3:24.56	7:13.54	15:06.54	28:38.64	48.51	1:43.24	3:44.44	53.38	1:56.03	4:10.76	45.42	1:39.42	3:41.46	3:48.21	8:05.32
112	41.92	1:32.77	3:24.96	7:14.40	15:08.34	28:42.05	48.61	1:43.44	3:44.88	53.49	1:56.26	4:11.26	45.51	1:39.62	3:41.90	3:48.67	8:06.29
111	42.00	1:32.96	3:25.37	7:15.26	15:10.15	28:45.49	48.71	1:43.65	3:45.33	53.59	1:56.49	4:11.76	45.60	1:39.82	3:42.34	3:49.12	8:07.26
110	42.09	1:33.15	3:25.79	7:16.14	15:11.98	28:48.96	48.80	1:43.86	3:45.78	53.70	1:56.73	4:12.26	45.69	1:40.02	3:42.79	3:49.58	8:08.24
109	42.17	1:33.33	3:26.20	7:17.02	15:13.83	28:52.46	48.90	1:44.07	3:46.24	53.81	1:56.96	4:12.77	45.78	1:40.22	3:43.24	3:50.05	8:09.23
108	42.26	1:33.53	3:26.62	7:17.91	15:15.69	28:55.99	49.00	1:44.28	3:46.70	53.92	1:57.20	4:13.29	45.88	1:40.43	3:43.69	3:50.52	8:10.22
107	42.34	1:33.72	3:27.05	7:18.81	15:17.57	28:59.56	49.10	1:44.50	3:47.17	54.03	1:57.44	4:13.81	45.97	1:40.63	3:44.15	3:50.99	8:11.23
106	42.43	1:33.91	3:27.48	7:19.72	15:19.47	29:03.16	49.20	1:44.71	3:47.64	54.14	1:57.69	4:14.34	46.06	1:40.84	3:44.62	3:51.47	8:12.25
105	42.52	1:34.11	3:27.91	7:20.64	15:21.39	29:06.79	49.31	1:44.93	3:48.11	54.25	1:57.93	4:14.87	46.16	1:41.05	3:45.08	3:51.95	8:13.27
104	42.61	1:34.30	3:28.35	7:21.56	15:23.32	29:10.46	49.41	1:45.15	3:48.59	54.37	1:58.18	4:15.40	46.26	1:41.27	3:45.56	3:52.44	8:14.31
103	42.70	1:34.50	3:28.79	7:22.50	15:25.28	29:14.16	49.52	1:45.37	3:49.08	54.48	1:58.43	4:15.94	46.36	1:41.48	3:46.03	3:52.93	8:15.35
102	42.79	1:34.71	3:29.23	7:23.44	15:27.25	29:17.90	49.62	1:45.60	3:49.56	54.60	1:58.68	4:16.49	46.45	1:41.70	3:46.52	3:53.43	8:16.41
101	42.88	1:34.91	3:29.68	7:24.39	15:29.24	29:21.68	49.73	1:45.83	3:50.06	54.72	1:58.94	4:17.04	46.55	1:41.91	3:47.00	3:53.93	8:17.48
100	42.98	1:35.12	3:30.14	7:25.36	15:31.26	29:25.50	49.84	1:46.06	3:50.56	54.84	1:59.20	4:17.60	46.66	1:42.14	3:47.50	3:54.44	8:18.56
99	43.07	1:35.32	3:30.59	7:26.33	15:33.29	29:29.35	49.94	1:46.29	3:51.06	54.95	1:59.46	4:18.16	46.76	1:42.36	3:47.99	3:54.95	8:19.64
98	43.16	1:35.53	3:31.06	7:27.31	15:35.34	29:33.24	50.05	1:46.52	3:51.57	55.08	1:59.72	4:18.73	46.86	1:42.58	3:48.49	3:55.46	8:20.74
97	43.26	1:35.74	3:31.52	7:28.30	15:37.41	29:37.17	50.16	1:46.76	3:52.08	55.20	1:59.98	4:19.30	46.96	1:42.81	3:49.00	3:55.99	8:21.85
96	43.36	1:35.96	3:32.00	7:29.30	15:39.51	29:41.15	50.28	1:47.00	3:52.60	55.32	2:00.25	4:19.88	47.07	1:43.04	3:49.51	3:56.51	8:22.97
95	43.45	1:36.17	3:32.48	7:30.32	15:41.63	29:45.16	50.39	1:47.24	3:53.12	55.45	2:00.52	4:20.46	47.17	1:43.27	3:50.03	3:57.05	8:24.11
94	43.55	1:36.39	3:32.96	7:31.34	15:43.77	29:49.22	50.50	1:47.48	3:53.65	55.57	2:00.80	4:21.06	47.28	1:43.51	3:50.55	3:57.58	8:25.25
93	43.65	1:36.61	3:33.45	7:32.37	15:45.93	29:53.32	50.62	1:47.73	3:54.19	55.70	2:01.07	4:21.65	47.39	1:43.74	3:51.08	3:58.13	8:26.41
92	43.75	1:36.84	3:33.94	7:33.42	15:48.12	29:57.46	50.74	1:47.98	3:54.73	55.83	2:01.35	4:22.26	47.50	1:43.98	3:51.61	3:58.68	8:27.58
91	43.86	1:37.06	3:34.44	7:34.48	15:50.33	30:01.65	50.86	1:48.23	3:55.28	55.96	2:01.64	4:22.87	47.61	1:44.23	3:52.15	3:59.24	8:28.77
90	43.96	1:37.29	3:34.94	7:35.54	15:52.56	30:05.89	50.98	1:48.48	3:55.83	56.09	2:01.92	4:23.49	47.72	1:44.47	3:52.70	3:59.80	8:29.96
89	44.06	1:37.52	3:35.45	7:36.62	15:54.82	30:10.17	51.10	1:48.74	3:56.39	56.22	2:02.21	4:24.11	47.84	1:44.72	3:53.25	4:00.37	8:31.17
88	44.17	1:37.76	3:35.97	7:37.72	15:57.11	30:14.50	51.22	1:49.00	3:56.96	56.36	2:02.50	4:24.75	47.95	1:44.97	3:53.81	4:00.94	8:32.39
87	44.27	1:37.99	3:36.49	7:38.82	15:59.42	30:18.88	51.34	1:49.26	3:57.53	56.49	2:02.80	4:25.38	48.07	1:45.22	3:54.37	4:01.52	8:33.63
86	44.38	1:38.23	3:37.02	7:39.94	16:01.75	30:23.32	51.47	1:49.53	3:58.11	56.63	2:03.10	4:26.03	48.18	1:45.48	3:54.95	4:02.11	8:34.88

BRITISH MEN 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	44.49	1:38.47	3:37.55	7:41.07	16:04.12	30:27.80	51.59	1:49.80	3:58.69	56.77	2:03.40	4:26.69	48.30	1:45.74	3:55.52	4:02.71	8:36.15
84	44.60	1:38.72	3:38.09	7:42.22	16:06.51	30:32.34	51.72	1:50.07	3:59.28	56.91	2:03.71	4:27.35	48.42	1:46.00	3:56.11	4:03.31	8:37.43
83	44.71	1:38.96	3:38.64	7:43.37	16:08.93	30:36.93	51.85	1:50.35	3:59.88	57.05	2:04.02	4:28.02	48.54	1:46.27	3:56.70	4:03.92	8:38.73
82	44.83	1:39.21	3:39.19	7:44.55	16:11.39	30:41.58	51.98	1:50.63	4:00.49	57.20	2:04.33	4:28.70	48.67	1:46.54	3:57.30	4:04.54	8:40.04
81	44.94	1:39.47	3:39.75	7:45.73	16:13.87	30:46.28	52.12	1:50.91	4:01.10	57.34	2:04.65	4:29.38	48.79	1:46.81	3:57.90	4:05.16	8:41.37
80	45.06	1:39.72	3:40.32	7:46.93	16:16.38	30:51.04	52.25	1:51.19	4:01.73	57.49	2:04.97	4:30.08	48.92	1:47.08	3:58.52	4:05.79	8:42.71
79	45.17	1:39.98	3:40.89	7:48.15	16:18.92	30:55.86	52.39	1:51.48	4:02.36	57.64	2:05.30	4:30.78	49.04	1:47.36	3:59.14	4:06.44	8:44.07
78	45.29	1:40.25	3:41.47	7:49.38	16:21.50	31:00.75	52.52	1:51.78	4:02.99	57.79	2:05.63	4:31.49	49.17	1:47.65	3:59.77	4:07.08	8:45.45
77	45.41	1:40.51	3:42.06	7:50.63	16:24.11	31:05.70	52.66	1:52.07	4:03.64	57.95	2:05.96	4:32.21	49.30	1:47.93	4:00.41	4:07.74	8:46.85
76	45.54	1:40.78	3:42.66	7:51.90	16:26.75	31:10.71	52.81	1:52.38	4:04.29	58.10	2:06.30	4:32.95	49.44	1:48.22	4:01.05	4:08.41	8:48.27
75	45.66	1:41.06	3:43.26	7:53.18	16:29.43	31:15.78	52.95	1:52.68	4:04.96	58.26	2:06.64	4:33.69	49.57	1:48.52	4:01.71	4:09.08	8:49.70
74	45.79	1:41.33	3:43.87	7:54.47	16:32.14	31:20.93	53.09	1:52.99	4:05.63	58.42	2:06.99	4:34.44	49.71	1:48.81	4:02.37	4:09.76	8:51.15
73	45.91	1:41.62	3:44.50	7:55.79	16:34.90	31:26.15	53.24	1:53.30	4:06.31	58.58	2:07.34	4:35.20	49.84	1:49.12	4:03.04	4:10.46	8:52.63
72	46.04	1:41.90	3:45.13	7:57.12	16:37.69	31:31.43	53.39	1:53.62	4:07.00	58.75	2:07.70	4:35.97	49.98	1:49.42	4:03.72	4:11.16	8:54.12
71	46.17	1:42.19	3:45.76	7:58.48	16:40.51	31:36.80	53.54	1:53.94	4:07.70	58.91	2:08.06	4:36.75	50.13	1:49.73	4:04.41	4:11.87	8:55.63
70	46.30	1:42.48	3:46.41	7:59.85	16:43.38	31:42.23	53.70	1:54.27	4:08.41	59.08	2:08.43	4:37.55	50.27	1:50.05	4:05.12	4:12.59	8:57.17
69	46.44	1:42.78	3:47.07	8:01.24	16:46.29	31:47.75	53.85	1:54.60	4:09.13	59.25	2:08.80	4:38.35	50.41	1:50.36	4:05.83	4:13.33	8:58.73
68	46.57	1:43.08	3:47.73	8:02.65	16:49.24	31:53.35	54.01	1:54.94	4:09.86	59.43	2:09.18	4:39.17	50.56	1:50.69	4:06.55	4:14.07	9:00.31
67	46.71	1:43.39	3:48.41	8:04.08	16:52.24	31:59.03	54.17	1:55.28	4:10.61	59.60	2:09.56	4:40.00	50.71	1:51.02	4:07.28	4:14.82	9:01.91
66	46.85	1:43.70	3:49.10	8:05.54	16:55.28	32:04.79	54.33	1:55.62	4:11.36	59.78	2:09.95	4:40.84	50.87	1:51.35	4:08.02	4:15.59	9:03.54
65	47.00	1:44.01	3:49.79	8:07.02	16:58.37	32:10.65	54.50	1:55.98	4:12.12	59.96	2:10.35	4:41.69	51.02	1:51.69	4:08.78	4:16.37	9:05.19
64	47.14	1:44.33	3:50.50	8:08.51	17:01.50	32:16.59	54.66	1:56.33	4:12.90	1:00.15	2:10.75	4:42.56	51.18	1:52.03	4:09.54	4:17.15	9:06.87
63	47.29	1:44.66	3:51.22	8:10.04	17:04.69	32:22.63	54.84	1:56.70	4:13.69	1:00.34	2:11.15	4:43.44	51.34	1:52.38	4:10.32	4:17.96	9:08.58
62	47.44	1:44.99	3:51.95	8:11.59	17:07.92	32:28.76	55.01	1:57.06	4:14.49	1:00.53	2:11.57	4:44.33	51.50	1:52.74	4:11.11	4:18.77	9:10.31
61	47.59	1:45.32	3:52.69	8:13.16	17:11.21	32:35.00	55.18	1:57.44	4:15.30	1:00.72	2:11.99	4:45.24	51.66	1:53.10	4:11.91	4:19.60	9:12.07
60	47.74	1:45.67	3:53.44	8:14.76	17:14.55	32:41.33	55.36	1:57.82	4:16.13	1:00.92	2:12.42	4:46.17	51.83	1:53.46	4:12.73	4:20.44	9:13.86
59	47.90	1:46.01	3:54.21	8:16.38	17:17.95	32:47.78	55.55	1:58.21	4:16.97	1:01.12	2:12.85	4:47.11	52.00	1:53.84	4:13.56	4:21.30	9:15.68
58	48.06	1:46.37	3:54.99	8:18.03	17:21.41	32:54.33	55.73	1:58.60	4:17.83	1:01.32	2:13.29	4:48.07	52.17	1:54.22	4:14.41	4:22.17	9:17.53
57	48.22	1:46.73	3:55.79	8:19.72	17:24.93	33:01.00	55.92	1:59.00	4:18.70	1:01.53	2:13.74	4:49.04	52.35	1:54.60	4:15.26	4:23.05	9:19.41
56	48.39	1:47.09	3:56.59	8:21.43	17:28.51	33:07.78	56.11	1:59.41	4:19.58	1:01.74	2:14.20	4:50.03	52.53	1:55.00	4:16.14	4:23.95	9:21.33
55	48.55	1:47.46	3:57.42	8:23.17	17:32.15	33:14.69	56.31	1:59.82	4:20.49	1:01.95	2:14.67	4:51.04	52.71	1:55.39	4:17.03	4:24.87	9:23.28
54	48.73	1:47.84	3:58.25	8:24.95	17:35.86	33:21.72	56.50	2:00.25	4:21.40	1:02.17	2:15.14	4:52.06	52.90	1:55.80	4:17.94	4:25.80	9:25.26
53	48.90	1:48.23	3:59.11	8:26.75	17:39.64	33:28.89	56.71	2:00.68	4:22.34	1:02.40	2:15.63	4:53.11	53.09	1:56.22	4:18.86	4:26.76	9:27.29
52	49.08	1:48.62	3:59.97	8:28.60	17:43.49	33:36.19	56.91	2:01.12	4:23.29	1:02.62	2:16.12	4:54.17	53.28	1:56.64	4:19.80	4:27.73	9:29.35
51	49.26	1:49.02	4:00.86	8:30.47	17:47.42	33:43.64	57.12	2:01.56	4:24.27	1:02.85	2:16.62	4:55.26	53.48	1:57.07	4:20.76	4:28.71	9:31.45

BRITISH MEN 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	49.44	1:49.43	4:01.76	8:32.39	17:51.42	33:51.23	57.34	2:02.02	4:25.26	1:03.09	2:17.14	4:56.37	53.68	1:57.51	4:21.74	4:29.72	9:33.60
49	49.63	1:49.85	4:02.69	8:34.34	17:55.51	33:58.97	57.56	2:02.48	4:26.27	1:03.33	2:17.66	4:57.50	53.88	1:57.96	4:22.74	4:30.75	9:35.78
48	49.83	1:50.28	4:03.63	8:36.34	17:59.68	34:06.88	57.78	2:02.96	4:27.30	1:03.58	2:18.19	4:58.65	54.09	1:58.41	4:23.75	4:31.80	9:38.02
47	50.02	1:50.71	4:04.59	8:38.37	18:03.94	34:14.95	58.01	2:03.44	4:28.36	1:03.83	2:18.74	4:59.83	54.30	1:58.88	4:24.79	4:32.87	9:40.29
46	50.22	1:51.15	4:05.57	8:40.45	18:08.29	34:23.20	58.24	2:03.94	4:29.43	1:04.08	2:19.29	5:01.03	54.52	1:59.36	4:25.86	4:33.97	9:42.62
45	50.43	1:51.61	4:06.57	8:42.58	18:12.73	34:31.62	58.48	2:04.45	4:30.53	1:04.34	2:19.86	5:02.26	54.75	1:59.85	4:26.94	4:35.09	9:45.00
44	50.64	1:52.07	4:07.60	8:44.75	18:17.27	34:40.24	58.72	2:04.96	4:31.66	1:04.61	2:20.45	5:03.52	54.97	2:00.34	4:28.05	4:36.23	9:47.44
43	50.85	1:52.55	4:08.65	8:46.97	18:21.92	34:49.05	58.97	2:05.49	4:32.81	1:04.89	2:21.04	5:04.80	55.21	2:00.85	4:29.19	4:37.40	9:49.92
42	51.07	1:53.03	4:09.72	8:49.25	18:26.68	34:58.07	59.22	2:06.03	4:33.99	1:05.17	2:21.65	5:06.12	55.44	2:01.38	4:30.35	4:38.60	9:52.47
41	51.30	1:53.53	4:10.82	8:51.58	18:31.55	35:07.31	59.48	2:06.59	4:35.19	1:05.45	2:22.27	5:07.47	55.69	2:01.91	4:31.54	4:39.82	9:55.08
40	51.53	1:54.04	4:11.95	8:53.97	18:36.55	35:16.78	59.75	2:07.16	4:36.43	1:05.75	2:22.91	5:08.85	55.94	2:02.46	4:32.76	4:41.08	9:57.75
39	51.76	1:54.56	4:13.10	8:56.42	18:41.67	35:26.48	1:00.03	2:07.74	4:37.70	1:06.05	2:23.57	5:10.27	56.20	2:03.02	4:34.01	4:42.37	10:00.49
38	52.01	1:55.10	4:14.29	8:58.93	18:46.92	35:36.44	1:00.31	2:08.34	4:39.00	1:06.36	2:24.24	5:11.72	56.46	2:03.60	4:35.29	4:43.69	10:03.31
37	52.25	1:55.65	4:15.50	9:01.51	18:52.31	35:46.66	1:00.60	2:08.95	4:40.33	1:06.67	2:24.93	5:13.21	56.73	2:04.19	4:36.61	4:45.05	10:06.19
36	52.51	1:56.22	4:16.75	9:04.16	18:57.85	35:57.17	1:00.89	2:09.58	4:41.70	1:07.00	2:25.64	5:14.74	57.01	2:04.79	4:37.97	4:46.45	10:09.16
35	52.77	1:56.80	4:18.04	9:06.88	19:03.55	36:07.97	1:01.20	2:10.23	4:43.11	1:07.34	2:26.37	5:16.32	57.29	2:05.42	4:39.36	4:47.88	10:12.21
34	53.04	1:57.40	4:19.36	9:09.69	19:09.41	36:19.08	1:01.51	2:10.90	4:44.57	1:07.68	2:27.12	5:17.94	57.59	2:06.06	4:40.79	4:49.36	10:15.35
33	53.32	1:58.01	4:20.72	9:12.57	19:15.45	36:30.53	1:01.83	2:11.59	4:46.06	1:08.04	2:27.89	5:19.61	57.89	2:06.72	4:42.26	4:50.87	10:18.58
32	53.61	1:58.65	4:22.13	9:15.55	19:21.67	36:42.32	1:02.17	2:12.30	4:47.60	1:08.40	2:28.69	5:21.33	58.20	2:07.41	4:43.78	4:52.44	10:21.91
31	53.91	1:59.31	4:23.58	9:18.62	19:28.09	36:54.50	1:02.51	2:13.03	4:49.19	1:08.78	2:29.51	5:23.11	58.52	2:08.11	4:45.35	4:54.06	10:25.35
30	54.21	1:59.98	4:25.07	9:21.79	19:34.72	37:07.07	1:02.87	2:13.78	4:50.83	1:09.17	2:30.36	5:24.94	58.85	2:08.84	4:46.97	4:55.73	10:28.90
29	54.53	2:00.68	4:26.62	9:25.07	19:41.58	37:20.06	1:03.23	2:14.56	4:52.53	1:09.58	2:31.24	5:26.84	59.20	2:09.59	4:48.65	4:57.45	10:32.57
28	54.86	2:01.41	4:28.22	9:28.46	19:48.67	37:33.52	1:03.61	2:15.37	4:54.29	1:09.99	2:32.14	5:28.80	59.55	2:10.37	4:50.38	4:59.24	10:36.37
27	55.19	2:02.16	4:29.88	9:31.98	19:56.03	37:47.46	1:04.01	2:16.21	4:56.11	1:10.43	2:33.09	5:30.84	59.92	2:11.18	4:52.18	5:01.09	10:40.30
26	55.55	2:02.94	4:31.60	9:35.63	20:03.66	38:01.93	1:04.41	2:17.08	4:58.00	1:10.88	2:34.06	5:32.95	1:00.30	2:12.01	4:54.04	5:03.01	10:44.39
25	55.91	2:03.75	4:33.39	9:39.42	20:11.59	38:16.96	1:04.84	2:17.98	4:59.96	1:11.34	2:35.08	5:35.14	1:00.70	2:12.88	4:55.98	5:05.01	10:48.64
24	56.29	2:04.59	4:35.26	9:43.37	20:19.85	38:32.61	1:05.28	2:18.92	5:02.00	1:11.83	2:36.13	5:37.42	1:01.11	2:13.79	4:58.00	5:07.09	10:53.06
23	56.69	2:05.47	4:37.20	9:47.49	20:28.45	38:48.93	1:05.74	2:19.90	5:04.14	1:12.34	2:37.24	5:39.80	1:01.55	2:14.73	5:00.10	5:09.25	10:57.66
22	57.11	2:06.39	4:39.23	9:51.78	20:37.44	39:05.97	1:06.22	2:20.93	5:06.36	1:12.87	2:38.39	5:42.29	1:02.00	2:15.72	5:02.29	5:11.52	11:02.48
21	57.54	2:07.35	4:41.35	9:56.28	20:46.85	39:23.81	1:06.73	2:22.00	5:08.69	1:13.42	2:39.59	5:44.89	1:02.47	2:16.75	5:04.59	5:13.88	11:07.51
20	58.00	2:08.36	4:43.58	10:01.00	20:56.72	39:42.51	1:07.25	2:23.12	5:11.13	1:14.00	2:40.85	5:47.62	1:02.96	2:17.83	5:07.00	5:16.37	11:12.79
19	58.47	2:09.42	4:45.92	10:05.96	21:07.09	40:02.18	1:07.81	2:24.30	5:13.70	1:14.61	2:42.18	5:50.49	1:03.48	2:18.97	5:09.54	5:18.98	11:18.35
18	58.98	2:10.53	4:48.38	10:11.19	21:18.02	40:22.90	1:08.39	2:25.55	5:16.41	1:15.26	2:43.58	5:53.52	1:04.03	2:20.17	5:12.21	5:21.73	11:24.20
17	59.51	2:11.71	4:50.99	10:16.72	21:29.58	40:44.82	1:09.01	2:26.86	5:19.27	1:15.94	2:45.06	5:56.71	1:04.61	2:21.44	5:15.03	5:24.64	11:30.39
16	1:00.08	2:12.97	4:53.76	10:22.58	21:41.84	41:08.06	1:09.67	2:28.26	5:22.30	1:16.66	2:46.63	6:00.10	1:05.22	2:22.78	5:18.03	5:27.73	11:36.95

BRITISH MEN 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	1:00.68	2:14.30	4:56.70	10:28.82	21:54.89	41:32.80	1:10.37	2:29.75	5:25.54	1:17.43	2:48.30	6:03.71	1:05.88	2:24.21	5:21.21	5:31.01	11:43.94
14	1:01.32	2:15.73	4:59.85	10:35.50	22:08.84	41:59.25	1:11.11	2:31.34	5:28.99	1:18.25	2:50.09	6:07.57	1:06.58	2:25.74	5:24.62	5:34.53	11:51.41
13	1:02.02	2:17.26	5:03.23	10:42.66	22:23.83	42:27.66	1:11.92	2:33.04	5:32.70	1:19.13	2:52.00	6:11.72	1:07.33	2:27.39	5:28.28	5:38.30	11:59.43
12	1:02.76	2:18.91	5:06.89	10:50.40	22:40.02	42:58.35	1:12.78	2:34.89	5:36.71	1:20.08	2:54.08	6:16.20	1:08.14	2:29.16	5:32.24	5:42.37	12:08.10
11	1:03.58	2:20.71	5:10.86	10:58.82	22:57.61	43:31.71	1:13.72	2:36.89	5:41.06	1:21.12	2:56.33	6:21.06	1:09.02	2:31.09	5:36.54	5:46.80	12:17.52
10	1:04.47	2:22.68	5:15.21	11:08.04	23:16.89	44:08.25	1:14.76	2:39.09	5:45.84	1:22.26	2:58.80	6:26.40	1:09.99	2:33.21	5:41.25	5:51.66	12:27.84
9	1:05.45	2:24.85	5:20.01	11:18.22	23:38.19	44:48.64	1:15.90	2:41.51	5:51.11	1:23.51	3:01.52	6:32.29	1:11.05	2:35.54	5:46.45	5:57.02	12:39.24
8	1:06.55	2:27.28	5:25.39	11:29.61	24:02.01	45:33.79	1:17.17	2:44.22	5:57.01	1:24.91	3:04.57	6:38.88	1:12.25	2:38.15	5:52.27	6:03.01	12:51.99
7	1:07.79	2:30.04	5:31.48	11:42.53	24:29.01	46:24.98	1:18.62	2:47.30	6:03.69	1:26.50	3:08.03	6:46.35	1:13.60	2:41.12	5:58.87	6:09.81	13:06.45
6	1:09.23	2:33.23	5:38.51	11:57.44	25:00.18	47:24.08	1:20.28	2:50.85	6:11.41	1:28.34	3:12.02	6:54.97	1:15.16	2:44.53	6:06.48	6:17.66	13:23.14
5	1:10.93	2:36.99	5:46.83	12:15.07	25:37.05	48:33.98	1:22.26	2:55.05	6:20.54	1:30.51	3:16.74	7:05.17	1:17.01	2:48.58	6:15.49	6:26.94	13:42.88
4	1:13.02	2:41.60	5:57.02	12:36.65	26:22.18	49:59.53	1:24.67	3:00.19	6:31.71	1:33.17	3:22.51	7:17.65	1:19.27	2:53.53	6:26.51	6:38.30	14:07.03
3	1:15.70	2:47.54	6:10.14	13:04.47	27:20.35	51:49.82	1:27.79	3:06.81	6:46.11	1:36.59	3:29.96	7:33.74	1:22.18	2:59.91	6:40.72	6:52.95	14:38.18
2	1:19.49	2:55.92	6:28.65	13:43.68	28:42.35	54:25.26	1:32.17	3:16.15	7:06.41	1:41.42	3:40.45	7:56.42	1:26.29	3:08.90	7:00.75	7:13.59	15:22.07
1	1:25.96	3:10.24	7:00.28	14:50.72	31:02.52	58:51.00	1:39.68	3:32.12	7:41.12	1:49.68	3:58.40	8:35.20	1:33.32	3:24.28	7:35.00	7:48.88	16:37.12