

100/110 BUTTERFLY

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
53.0	52.3	51.6	50.8	52.6	51.9	47.6	46.8	46.1
53.1	52.4	51.7	50.9	52.7	52.0	47.7	46.9	46.2
53.2	52.5	51.8	51.0	52.8	52.1	47.7	47.0	46.3
53.3	52.6	51.9	51.1	52.9	52.2	47.8	47.1	46.4
53.4	52.7	52.0	51.3	53.0	52.3	47.9	47.2	46.5
53.5	52.8	52.1	51.4	53.1	52.4	48.0	47.3	46.6
53.6	52.9	52.2	51.5	53.2	52.5	48.1	47.4	46.7
53.7	53.0	52.3	51.6	53.3	52.6	48.2	47.5	46.8
53.8	53.1	52.4	51.7	53.4	52.7	48.3	47.6	46.9
53.9	53.2	52.5	51.8	53.5	52.8	48.4	47.7	47.0
54.0	53.3	52.6	51.9	53.6	52.9	48.5	47.8	47.1
54.1	53.4	52.7	52.0	53.7	53.0	48.6	47.9	47.2
54.2	53.5	52.8	52.1	53.8	53.1	48.7	48.0	47.3
54.3	53.6	52.9	52.2	53.9	53.2	48.8	48.1	47.4
54.4	53.7	53.0	52.3	54.0	53.3	48.9	48.1	47.4
54.5	53.8	53.1	52.4	54.1	53.4	48.9	48.2	47.5
54.6	53.9	53.2	52.5	54.2	53.5	49.0	48.3	47.6
54.7	54.0	53.3	52.6	54.3	53.6	49.1	48.4	47.7
54.8	54.1	53.4	52.7	54.4	53.7	49.2	48.5	47.8
54.9	54.2	53.5	52.8	54.5	53.8	49.3	48.6	47.9
55.0	54.3	53.6	52.9	54.6	53.9	49.4	48.7	48.0
55.1	54.4	53.7	53.0	54.7	54.0	49.5	48.8	48.1
55.2	54.5	53.8	53.1	54.8	54.1	49.6	48.9	48.2
55.3	54.6	53.9	53.2	54.9	54.2	49.7	49.0	48.3
55.4	54.7	54.0	53.3	55.0	54.4	49.8	49.1	48.4
55.5	54.8	54.1	53.4	55.1	54.5	49.9	49.2	48.5
55.6	54.9	54.2	53.5	55.2	54.6	50.0	49.3	48.6
55.7	55.0	54.3	53.6	55.3	54.7	50.1	49.4	48.7
55.8	55.1	54.4	53.7	55.5	54.8	50.1	49.5	48.8
55.9	55.2	54.5	53.8	55.6	54.9	50.2	49.6	48.9
56.0	55.3	54.6	53.9	55.7	55.0	50.3	49.6	49.0
56.1	55.4	54.7	54.1	55.8	55.1	50.4	49.7	49.1
56.2	55.5	54.8	54.2	55.9	55.2	50.5	49.8	49.2
56.3	55.6	54.9	54.3	56.0	55.3	50.6	49.9	49.2
56.4	55.7	55.0	54.4	56.1	55.4	50.7	50.0	49.3
56.5	55.8	55.1	54.5	56.2	55.5	50.8	50.1	49.4
56.6	55.9	55.2	54.6	56.3	55.6	50.9	50.2	49.5
56.7	56.0	55.4	54.7	56.4	55.7	51.0	50.3	49.6
56.8	56.1	55.5	54.8	56.5	55.8	51.1	50.4	49.7
56.9	56.2	55.6	54.9	56.6	55.9	51.2	50.5	49.8
57.0	56.3	55.7	55.0	56.7	56.0	51.3	50.6	49.9
57.1	56.4	55.8	55.1	56.8	56.1	51.3	50.7	50.0
57.2	56.5	55.9	55.2	56.9	56.2	51.4	50.8	50.1
57.3	56.6	56.0	55.3	57.0	56.3	51.5	50.9	50.2
57.4	56.7	56.1	55.4	57.1	56.4	51.6	51.0	50.3
57.5	56.8	56.2	55.5	57.2	56.5	51.7	51.0	50.4
57.6	56.9	56.3	55.6	57.3	56.6	51.8	51.1	50.5
57.7	57.0	56.4	55.7	57.4	56.7	51.9	51.2	50.6
57.8	57.1	56.5	55.8	57.5	56.8	52.0	51.3	50.7

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100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
57.9	57.2	56.6	55.9	57.6	56.9	52.1	51.4	50.8
58.0	57.3	56.7	56.0	57.7	57.0	52.2	51.5	50.9
58.1	57.4	56.8	56.1	57.8	57.1	52.3	51.6	51.0
58.2	57.5	56.9	56.2	57.9	57.2	52.4	51.7	51.0
58.3	57.6	57.0	56.3	58.0	57.3	52.5	51.8	51.1
58.4	57.7	57.1	56.4	58.1	57.4	52.5	51.9	51.2
58.5	57.8	57.2	56.5	58.2	57.5	52.6	52.0	51.3
58.6	57.9	57.3	56.6	58.3	57.6	52.7	52.1	51.4
58.7	58.0	57.4	56.7	58.4	57.8	52.8	52.2	51.5
58.8	58.1	57.5	56.8	58.5	57.9	52.9	52.3	51.6
58.9	58.3	57.6	57.0	58.6	58.0	53.0	52.4	51.7
59.0	58.4	57.7	57.1	58.7	58.1	53.1	52.4	51.8
59.1	58.5	57.8	57.2	58.8	58.2	53.2	52.5	51.9
59.2	58.6	57.9	57.3	58.9	58.3	53.3	52.6	52.0
59.3	58.7	58.0	57.4	59.0	58.4	53.4	52.7	52.1
59.4	58.8	58.1	57.5	59.1	58.5	53.5	52.8	52.2
59.5	58.9	58.2	57.6	59.2	58.6	53.6	52.9	52.3
59.6	59.0	58.3	57.7	59.3	58.7	53.7	53.0	52.4
59.7	59.1	58.4	57.8	59.4	58.8	53.7	53.1	52.5
59.8	59.2	58.5	57.9	59.5	58.9	53.8	53.2	52.6
59.9	59.3	58.6	58.0	59.6	59.0	53.9	53.3	52.7
1:00.0	59.4	58.7	58.1	59.7	59.1	54.0	53.4	52.7
1:00.1	59.5	58.8	58.2	59.8	59.2	54.1	53.5	52.8
1:00.2	59.6	58.9	58.3	59.9	59.3	54.2	53.6	52.9
1:00.3	59.7	59.0	58.4	1:00.0	59.4	54.3	53.7	53.0
1:00.4	59.8	59.1	58.5	1:00.1	59.5	54.4	53.8	53.1
1:00.5	59.9	59.2	58.6	1:00.2	59.6	54.5	53.8	53.2
1:00.6	1:00.0	59.3	58.7	1:00.3	59.7	54.6	53.9	53.3
1:00.7	1:00.1	59.4	58.8	1:00.4	59.8	54.7	54.0	53.4
1:00.8	1:00.2	59.5	58.9	1:00.5	59.9	54.8	54.1	53.5
1:00.9	1:00.3	59.6	59.0	1:00.6	1:00.0	54.8	54.2	53.6
1:01.0	1:00.4	59.7	59.1	1:00.7	1:00.1	54.9	54.3	53.7
1:01.1	1:00.5	59.8	59.2	1:00.8	1:00.2	55.0	54.4	53.8
1:01.2	1:00.6	59.9	59.3	1:00.9	1:00.3	55.1	54.5	53.9
1:01.3	1:00.7	1:00.1	59.4	1:01.0	1:00.4	55.2	54.6	54.0
1:01.4	1:00.8	1:00.2	59.5	1:01.1	1:00.5	55.3	54.7	54.1
1:01.5	1:00.9	1:00.3	59.6	1:01.2	1:00.6	55.4	54.8	54.2
1:01.6	1:01.0	1:00.4	59.7	1:01.4	1:00.7	55.5	54.9	54.3
1:01.7	1:01.1	1:00.5	59.8	1:01.5	1:00.8	55.6	55.0	54.3
1:01.8	1:01.2	1:00.6	59.9	1:01.6	1:00.9	55.7	55.1	54.4
1:01.9	1:01.3	1:00.7	1:00.0	1:01.7	1:01.0	55.8	55.2	54.5
1:02.0	1:01.4	1:00.8	1:00.1	1:01.8	1:01.1	55.9	55.2	54.6
1:02.1	1:01.5	1:00.9	1:00.3	1:01.9	1:01.2	56.0	55.3	54.7
1:02.2	1:01.6	1:01.0	1:00.4	1:02.0	1:01.3	56.0	55.4	54.8
1:02.3	1:01.7	1:01.1	1:00.5	1:02.1	1:01.4	56.1	55.5	54.9
1:02.4	1:01.8	1:01.2	1:00.6	1:02.2	1:01.6	56.2	55.6	55.0
1:02.5	1:01.9	1:01.3	1:00.7	1:02.3	1:01.7	56.3	55.7	55.1
1:02.6	1:02.0	1:01.4	1:00.8	1:02.4	1:01.8	56.4	55.8	55.2 j
1:02.7	1:02.1	1:01.5	1:00.9	1:02.5	1:01.9	56.5	55.9	55.3

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100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:02.8	1:02.2	1:01.6	1:01.0	1:02.6	1:02.0	56.6	56.0	55.4
1:02.9	1:02.3	1:01.7	1:01.1	1:02.7	1:02.1	56.7	56.1	55.5
1:03.0	1:02.4	1:01.8	1:01.2	1:02.8	1:02.2	56.8	56.2	55.6
1:03.1	1:02.5	1:01.9	1:01.3	1:02.9	1:02.3	56.9	56.3	55.7
1:03.2	1:02.6	1:02.0	1:01.4	1:03.0	1:02.4	57.0	56.4	55.8
1:03.3	1:02.7	1:02.1	1:01.5	1:03.1	1:02.5	57.1	56.5	55.9
1:03.4	1:02.8	1:02.2	1:01.6	1:03.2	1:02.6	57.2	56.5	55.9
1:03.5	1:02.9	1:02.3	1:01.7	1:03.3	1:02.7	57.2	56.6	56.0
1:03.6	1:03.0	1:02.4	1:01.8	1:03.4	1:02.8	57.3	56.7	56.1
1:03.7	1:03.1	1:02.5	1:01.9	1:03.5	1:02.9	57.4	56.8	56.2
1:03.8	1:03.2	1:02.6	1:02.0	1:03.6	1:03.0	57.5	56.9	56.3
1:03.9	1:03.3	1:02.7	1:02.1	1:03.7	1:03.1	57.6	57.0	56.4
1:04.0	1:03.4	1:02.8	1:02.2	1:03.8	1:03.2	57.7	57.1	56.5
1:04.1	1:03.5	1:02.9	1:02.3	1:03.9	1:03.3	57.8	57.2	56.6
1:04.2	1:03.6	1:03.0	1:02.4	1:04.0	1:03.4	57.9	57.3	56.7
1:04.3	1:03.7	1:03.1	1:02.5	1:04.1	1:03.5	58.0	57.4	56.8
1:04.4	1:03.8	1:03.2	1:02.6	1:04.2	1:03.6	58.1	57.5	56.9
1:04.5	1:03.9	1:03.3	1:02.7	1:04.3	1:03.7	58.2	57.6	57.0
1:04.6	1:04.0	1:03.4	1:02.8	1:04.4	1:03.8	58.3	57.7	57.1
1:04.7	1:04.1	1:03.5	1:02.9	1:04.5	1:03.9	58.3	57.8	57.2
1:04.8	1:04.2	1:03.6	1:03.0	1:04.6	1:04.0	58.4	57.8	57.3
1:04.9	1:04.3	1:03.7	1:03.1	1:04.7	1:04.1	58.5	57.9	57.4
1:05.0	1:04.4	1:03.8	1:03.2	1:04.8	1:04.2	58.6	58.0	57.4
1:05.1	1:04.5	1:03.9	1:03.3	1:04.9	1:04.3	58.7	58.1	57.5
1:05.2	1:04.6	1:04.0	1:03.4	1:05.0	1:04.4	58.8	58.2	57.6
1:05.3	1:04.7	1:04.1	1:03.5	1:05.1	1:04.5	58.9	58.3	57.7
1:05.4	1:04.8	1:04.2	1:03.6	1:05.2	1:04.6	59.0	58.4	57.8
1:05.5	1:04.9	1:04.3	1:03.7	1:05.3	1:04.7	59.1	58.5	57.9
1:05.6	1:05.0	1:04.4	1:03.8	1:05.4	1:04.8	59.2	58.6	58.0
1:05.7	1:05.1	1:04.5	1:04.0	1:05.5	1:04.9	59.3	58.7	58.1
1:05.8	1:05.2	1:04.6	1:04.1	1:05.6	1:05.0	59.4	58.8	58.2
1:05.9	1:05.3	1:04.7	1:04.2	1:05.7	1:05.1	59.5	58.9	58.3
1:06.0	1:05.4	1:04.8	1:04.3	1:05.8	1:05.2	59.5	59.0	58.4
1:06.1	1:05.5	1:04.9	1:04.4	1:05.9	1:05.3	59.6	59.1	58.5
1:06.2	1:05.6	1:05.0	1:04.5	1:06.0	1:05.4	59.7	59.1	58.6
1:06.3	1:05.7	1:05.1	1:04.6	1:06.1	1:05.5	59.8	59.2	58.7
1:06.4	1:05.8	1:05.2	1:04.7	1:06.2	1:05.6	59.9	59.3	58.8
1:06.5	1:05.9	1:05.3	1:04.8	1:06.3	1:05.8	1:00.0	59.4	58.9
1:06.6	1:06.0	1:05.5	1:04.9	1:06.4	1:05.9	1:00.1	59.5	58.9
1:06.7	1:06.1	1:05.6	1:05.0	1:06.5	1:06.0	1:00.2	59.6	59.0
1:06.8	1:06.2	1:05.7	1:05.1	1:06.6	1:06.1	1:00.3	59.7	59.1
1:06.9	1:06.3	1:05.8	1:05.2	1:06.7	1:06.2	1:00.4	59.8	59.2
1:07.0	1:06.4	1:05.9	1:05.3	1:06.8	1:06.3	1:00.5	59.9	59.3
1:07.5	1:06.9	1:06.4	1:05.8	1:07.3	1:06.8	1:00.9	1:00.4	59.8
1:08.0	1:07.4	1:06.9	1:06.3	1:07.8	1:07.3	1:01.4	1:00.8	1:00.3
1:08.5	1:07.9	1:07.4	1:06.8	1:08.4	1:07.8	1:01.8	1:01.3	1:00.7
1:09.0	1:08.4	1:07.9	1:07.3	1:08.9	1:08.3	1:02.3	1:01.7	1:01.2
1:09.5	1:08.9	1:08.4	1:07.8	1:09.4	1:08.8	1:02.8	1:02.2	1:01.7
1:10.0	1:09.5	1:08.9	1:08.4	1:09.9	1:09.3	1:03.2	1:02.7	1:02.1

100/110 BUTTERFLY

100 Metres				110 Yards		100 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:10.5	1:10.0	1:09.4	1:08.9	1:10.4	1:09.8	1:03.7	1:03.1	1:02.6
1:11.0	1:10.5	1:09.9	1:09.4	1:10.9	1:10.4	1:04.1	1:03.6	1:03.1
1:11.5	1:11.0	1:10.4	1:09.9	1:11.4	1:10.9	1:04.6	1:04.1	1:03.5
1:12.0	1:11.5	1:10.9	1:10.4	1:11.9	1:11.4	1:05.1	1:04.5	1:04.0
1:12.5	1:12.0	1:11.4	1:10.9	1:12.4	1:11.9	1:05.5	1:05.0	1:04.5
1:13.0	1:12.5	1:12.0	1:11.4	1:12.9	1:12.4	1:06.0	1:05.5	1:04.9
1:13.5	1:13.0	1:12.5	1:11.9	1:13.4	1:12.9	1:06.4	1:05.9	1:05.4
1:14.0	1:13.5	1:13.0	1:12.4	1:13.9	1:13.4	1:06.9	1:06.4	1:05.9
1:14.5	1:14.0	1:13.5	1:13.0	1:14.4	1:13.9	1:07.4	1:06.8	1:06.3
1:15.0	1:14.5	1:14.0	1:13.5	1:14.9	1:14.4	1:07.8	1:07.3	1:06.8
1:15.5	1:15.0	1:14.5	1:14.0	1:15.4	1:14.9	1:08.3	1:07.8	1:07.3
1:16.0	1:15.5	1:15.0	1:14.5	1:16.0	1:15.5	1:08.7	1:08.2	1:07.7
1:16.5	1:16.0	1:15.5	1:15.0	1:16.5	1:16.0	1:09.2	1:08.7	1:08.2
1:17.0	1:16.5	1:16.0	1:15.5	1:17.0	1:16.5	1:09.6	1:09.2	1:08.7
1:17.5	1:17.0	1:16.5	1:16.0	1:17.5	1:17.0	1:10.1	1:09.6	1:09.1
1:18.0	1:17.5	1:17.0	1:16.5	1:18.0	1:17.5	1:10.6	1:10.1	1:09.6
1:18.5	1:18.0	1:17.5	1:17.0	1:18.5	1:18.0	1:11.0	1:10.5	1:10.0
1:19.0	1:18.5	1:18.0	1:17.5	1:19.0	1:18.5	1:11.5	1:11.0	1:10.5
1:19.5	1:19.0	1:18.5	1:18.1	1:19.5	1:19.0	1:11.9	1:11.5	1:11.0
1:20.0	1:19.5	1:19.0	1:18.6	1:20.0	1:19.5	1:12.4	1:11.9	1:11.4
1:20.5	1:20.0	1:19.5	1:19.1	1:20.5	1:20.0	1:12.9	1:12.4	1:11.9
1:21.0	1:20.5	1:20.1	1:19.6	1:21.0	1:20.5	1:13.3	1:12.8	1:12.4
1:21.5	1:21.0	1:20.6	1:20.1	1:21.5	1:21.1	1:13.8	1:13.3	1:12.8
1:22.0	1:21.5	1:21.1	1:20.6	1:22.0	1:21.6	1:14.2	1:13.8	1:13.3
1:22.5	1:22.0	1:21.6	1:21.1	1:22.5	1:22.1	1:14.7	1:14.2	1:13.8
1:23.0	1:22.5	1:22.1	1:21.6	1:23.0	1:22.6	1:15.1	1:14.7	1:14.2
1:23.5	1:23.0	1:22.6	1:22.1	1:23.5	1:23.1	1:15.6	1:15.1	1:14.7
1:24.0	1:23.5	1:23.1	1:22.6	1:24.1	1:23.6	1:16.1	1:15.6	1:15.2
1:24.5	1:24.0	1:23.6	1:23.1	1:24.6	1:24.1	1:16.5	1:16.1	1:15.6
1:25.0	1:24.5	1:24.1	1:23.6	1:25.1	1:24.6	1:17.0	1:16.5	1:16.1
1:25.5	1:25.1	1:24.6	1:24.2	1:25.6	1:25.1	1:17.4	1:17.0	1:16.5
1:26.0	1:25.6	1:25.1	1:24.7	1:26.1	1:25.6	1:17.9	1:17.5	1:17.0
1:26.5	1:26.1	1:25.6	1:25.2	1:26.6	1:26.1	1:18.4	1:17.9	1:17.5
1:27.0	1:26.6	1:26.1	1:25.7	1:27.1	1:26.6	1:18.8	1:18.4	1:17.9
1:28.0	1:27.6	1:27.1	1:26.7	1:28.1	1:27.7	1:19.7	1:19.3	1:18.9
1:29.0	1:28.6	1:28.1	1:27.7	1:29.1	1:28.7	1:20.6	1:20.2	1:19.8
1:30.0	1:29.6	1:29.1	1:28.7	1:30.1	1:29.7	1:21.6	1:21.1	1:20.7
1:31.0	1:30.6	1:30.2	1:29.7	1:31.1	1:30.7	1:22.5	1:22.1	1:21.6
1:32.0	1:31.6	1:31.2	1:30.8	1:32.1	1:31.7	1:23.4	1:23.0	1:22.6
1:33.0	1:32.6	1:32.2	1:31.8	1:33.2	1:32.7	1:24.3	1:23.9	1:23.5
1:34.0	1:33.6	1:33.2	1:32.8	1:34.2	1:33.8	1:25.2	1:24.8	1:24.4
1:35.0	1:34.6	1:34.2	1:33.8	1:35.2	1:34.8	1:26.1	1:25.7	1:25.3
1:36.0	1:35.6	1:35.2	1:34.8	1:36.2	1:35.8	1:27.1	1:26.7	1:26.3
1:37.0	1:36.6	1:36.2	1:35.8	1:37.2	1:36.8	1:28.0	1:27.6	1:27.2
1:38.0	1:37.6	1:37.2	1:36.8	1:38.2	1:37.8	1:28.9	1:28.5	1:28.1