

SPORTSYSTEMS

COMPUTER SPECIALISTS IN SPORT

Tel. 0203 412321

3 Walkers Orchard
Stoneleigh
COVENTRY
CV8 3UG

Sprint night

EQUIVALENT TIMES TABLES FOR BACKSTROKE

25m.	27.8m.	50m.	55.6m.	100m.	111.2m.
11.3	12.8	25.0	28.2	55.0	1:02.2
11.8	13.3	26.0	29.2	57.2	1:04.6
12.3	13.8	27.0	30.5	59.5	1:07.1
12.6	14.3	28.0	31.6	1:01.7	1:09.5
13.1	14.8	29.0	32.7	1:03.9	1:12.0
13.6	15.3	30.0	33.9	1:06.0	1:14.5
14.1	15.8	31.0	35.0	1:08.3	1:17.0
14.5	16.3	32.0	36.0	1:10.5	1:19.5
15.0	16.8	33.0	37.2	1:12.6	1:22.0
15.3	17.3	34.0	38.4	1:14.9	1:24.5
15.8	17.8	35.0	39.5	1:17.0	1:27.0
16.2	18.3	36.0	40.5	1:19.3	1:29.5
16.7	18.8	37.0	41.7	1:21.5	1:32.0
17.2	19.5	38.0	42.9	1:23.6	1:34.5
17.7	20.0	39.0	44.0	1:25.9	1:37.0
18.2	20.5	40.0	45.0	1:28.1	1:39.5
18.6	21.0	41.0	46.2	1:30.4	1:42.0
19.1	21.5	42.0	47.4	1:32.5	1:44.5
19.5	22.0	43.0	48.5	1:34.8	1:47.0
20.0	22.5	44.0	49.7	1:37.0	1:49.4
20.3	23.0	45.0	50.7	1:39.1	1:51.9
20.8	23.6	46.0	51.9	1:41.4	1:54.4
21.2	24.1	47.0	53.0	1:43.5	1:56.9
21.7	24.6	48.0	54.2	1:45.8	1:59.4
22.2	25.1	49.0	55.2	1:48.0	2:01.9
22.7	25.6	50.0	56.4	1:50.1	2:04.4
23.1	26.1	51.0	57.5	1:52.4	2:06.9
23.6	26.6	52.0	58.7	1:54.5	2:09.3
24.0	27.1	53.0	59.7	1:56.8	2:11.8
24.5	27.7	54.0	1:00.9	1:59.0	2:14.3
25.0	28.2	55.0	1:02.0	2:01.1	2:16.8
25.3	28.7	56.0	1:03.2	2:03.4	2:19.3
25.8	29.2	57.0	1:04.3	2:05.5	2:21.8
26.2	29.7	58.0	1:05.5	2:07.8	2:24.3
26.7	30.2	59.0	1:06.5	2:10.0	2:26.8
27.2	30.7	1:00.0	1:07.6	2:12.1	2:29.1
27.7	31.2	1:01.0	1:08.8	2:14.3	2:31.6
28.1	31.7	1:02.0	1:10.0	2:16.6	2:34.1
28.6	32.2	1:03.0	1:11.0	2:18.8	2:36.6
29.0	32.7	1:04.0	1:12.1	2:21.0	2:39.1
29.5	33.2	1:05.0	1:13.4	2:23.1	2:41.6
29.8	33.7	1:06.0	1:14.5	2:25.5	2:44.1
30.3	34.2	1:07.0	1:15.5	2:27.6	2:46.6
30.8	34.7	1:08.0	1:16.6	2:29.8	2:49.1
31.2	35.2	1:09.0	1:17.9	2:32.1	2:51.6
31.7	35.7	1:10.0	1:19.0	2:34.3	2:54.1
32.2	36.4	1:11.0	1:20.0	2:36.5	2:56.6
32.7	36.9	1:12.0	1:21.3	2:38.6	2:59.1
33.0	37.4	1:13.0	1:22.4	2:40.8	3:01.6
33.5	37.9	1:14.0	1:23.5	2:43.1	3:04.1
34.0	38.4	1:15.0	1:24.5	2:45.3	3:06.5

SPORTSYSTEMS

COMPUTER SPECIALISTS IN SPORT

Tel. 0203 412221

5 Walkers Orchar
Stoneleigh
COVENTRY
CV9 3JG

Sprint night

EQUIVALENT TIMES TABLES FOR BUTTERFLY

25m.	27.8m.	50m.	55.6m.	100m.	111.2m.
11.1	12.6	25.0	28.2	56.2	1:03.7
11.6	13.1	26.0	29.3	58.5	1:06.1
12.0	13.6	27.0	30.6	1:00.7	1:08.8
12.3	14.1	28.0	31.7	1:03.0	1:11.3
12.8	14.6	29.0	32.7	1:05.3	1:13.9
13.3	15.1	30.0	34.0	1:07.5	1:16.4
13.8	15.6	31.0	35.0	1:09.8	1:19.0
14.1	16.1	32.0	36.2	1:12.0	1:21.5
14.6	16.6	33.0	37.4	1:14.3	1:24.0
15.1	17.1	34.0	38.5	1:16.5	1:26.5
15.6	17.6	35.0	39.5	1:18.8	1:29.1
16.0	18.1	36.0	40.7	1:21.0	1:31.6
16.3	18.6	37.0	41.9	1:23.3	1:34.3
16.8	19.1	38.0	43.0	1:25.5	1:36.8
17.2	19.6	39.0	44.2	1:27.8	1:39.4
17.7	20.1	40.0	45.2	1:30.0	1:41.9
18.2	20.6	41.0	46.4	1:32.3	1:44.5
18.7	21.1	42.0	47.5	1:34.5	1:47.0
19.1	21.6	43.0	48.7	1:36.8	1:49.5
19.6	22.1	44.0	49.7	1:39.0	1:52.0
20.0	22.6	45.0	51.0	1:41.3	1:54.5
20.3	23.1	46.0	52.0	1:43.5	1:57.1
20.8	23.7	47.0	53.2	1:45.8	1:59.6
21.2	24.2	48.0	54.2	1:48.0	2:02.3
21.7	24.7	49.0	55.5	1:50.3	2:04.8
22.2	25.2	50.0	56.5	1:52.5	2:07.4
22.7	25.7	51.0	57.7	1:54.8	2:09.8
23.1	26.2	52.0	58.9	1:57.0	2:12.5
23.6	26.7	53.0	1:00.0	1:59.3	2:15.0
24.0	27.2	54.0	1:01.0	2:01.5	2:17.6
24.3	27.7	55.0	1:02.2	2:03.8	2:20.1
24.8	28.2	56.0	1:03.4	2:06.0	2:22.6
25.2	28.7	57.0	1:04.5	2:08.3	2:25.1
25.7	29.2	58.0	1:05.6	2:10.5	2:27.8
26.2	29.7	59.0	1:06.8	2:12.8	2:30.3
26.7	30.2	1:00.0	1:07.9	2:15.0	2:32.8
27.1	30.7	1:01.0	1:09.0	2:17.3	2:35.3
27.6	31.2	1:02.0	1:10.1	2:19.5	2:38.0
28.0	31.7	1:03.0	1:11.3	2:21.8	2:40.5
28.3	32.2	1:04.0	1:12.5	2:24.0	2:43.1
28.8	32.7	1:05.0	1:13.5	2:26.3	2:45.6
29.2	33.2	1:06.0	1:14.6	2:28.5	2:48.1
29.7	33.7	1:07.0	1:15.9	2:30.8	2:50.6
30.2	34.2	1:08.0	1:17.0	2:33.0	2:53.1
30.7	34.7	1:09.0	1:18.0	2:35.3	2:55.8
31.1	35.2	1:10.0	1:19.3	2:37.5	2:58.3
31.6	35.7	1:11.0	1:20.4	2:39.8	3:00.8
32.0	36.2	1:12.0	1:21.5	2:42.0	3:03.3
32.4	36.7	1:13.0	1:22.6	2:44.3	3:06.0
32.9	37.2	1:14.0	1:23.8	2:46.5	3:08.5
33.2	37.7	1:15.0	1:24.9	2:48.8	3:11.1

Sprint night EQUIVALENT TIMES TABLES FOR BREASTSTROKE

25m.	27.8m.	50m.	55.6m.	100m.	111.2m.
11.3	12.8	25.0	28.2	55.2	1:02.4
11.8	13.3	26.0	29.3	57.5	1:04.9
12.1	13.8	27.0	30.5	59.7	1:07.4
12.6	14.3	28.0	31.6	1:01.9	1:09.9
13.1	14.8	29.0	32.7	1:04.0	1:12.4
13.6	15.3	30.0	33.9	1:06.3	1:14.9
14.0	15.8	31.0	35.0	1:08.5	1:17.4
14.5	16.2	32.0	36.0	1:10.8	1:19.9
14.8	16.8	33.0	37.2	1:13.0	1:22.4
15.3	17.3	34.0	38.4	1:15.1	1:24.9
15.8	17.8	35.0	39.5	1:17.4	1:27.4
16.2	18.3	36.0	40.7	1:19.5	1:29.9
16.7	18.8	37.0	41.7	1:21.8	1:32.4
17.2	19.3	38.0	42.9	1:24.0	1:34.9
17.6	19.8	39.0	44.0	1:26.1	1:37.4
18.1	20.3	40.0	45.2	1:28.5	1:39.9
18.5	20.8	41.0	46.2	1:30.6	1:42.4
19.0	21.3	42.0	47.4	1:32.9	1:44.9
19.3	22.0	43.0	48.5	1:35.0	1:47.4
19.8	22.5	44.0	49.7	1:37.3	1:49.9
20.2	23.0	45.0	50.7	1:39.5	1:52.4
20.7	23.5	46.0	51.9	1:41.6	1:54.9
21.2	24.0	47.0	53.0	1:43.9	1:57.4
21.7	24.5	48.0	54.2	1:46.0	1:59.9
22.2	25.0	49.0	55.2	1:48.4	2:02.4
22.6	25.5	50.0	56.5	1:50.5	2:04.9
23.1	26.0	51.0	57.5	1:52.8	2:07.4
23.5	26.6	52.0	58.7	1:55.0	2:09.8
24.0	27.1	53.0	59.9	1:57.1	2:12.3
24.3	27.6	54.0	1:01.0	1:59.4	2:14.8
24.8	28.1	55.0	1:02.0	2:01.5	2:17.3
25.2	28.6	56.0	1:03.2	2:03.8	2:19.8
25.7	29.1	57.0	1:04.4	2:06.0	2:22.3
26.2	29.6	58.0	1:05.5	2:08.3	2:24.8
26.7	30.1	59.0	1:06.5	2:10.5	2:27.3
27.1	30.6	1:00.0	1:07.8	2:12.6	2:29.8
27.6	31.1	1:01.0	1:08.9	2:14.8	2:32.3
28.0	31.7	1:02.0	1:10.0	2:17.1	2:34.8
28.5	32.2	1:03.0	1:11.0	2:19.3	2:37.3
28.8	32.7	1:04.0	1:12.3	2:21.5	2:39.8
29.3	33.2	1:05.0	1:13.4	2:23.6	2:42.3
29.7	33.7	1:06.0	1:14.5	2:26.0	2:44.8
30.2	34.2	1:07.0	1:15.6	2:28.1	2:47.3
30.7	34.7	1:08.0	1:16.8	2:30.3	2:49.8
31.2	35.2	1:09.0	1:17.9	2:32.6	2:52.3
31.7	35.7	1:10.0	1:19.0	2:34.8	2:54.8
32.0	36.2	1:11.0	1:20.1	2:37.0	2:57.3
32.5	36.7	1:12.0	1:21.3	2:39.1	2:59.8
33.0	37.2	1:13.0	1:22.4	2:41.3	3:02.3
33.5	37.7	1:14.0	1:23.5	2:43.6	3:04.8
33.9	38.2	1:15.0	1:24.6	2:45.8	3:07.3

SPORTSYSTEMS

COMPUTER SPECIALISTS IN SPORT

Tel. 0203 410301

5 Walkers Orchard
Stoneleigh
COVENTRY
CV8 3UG

Sprint night EQUIVALENT TIMES TABLES FOR FREESTYLE

25m.	27.8m.	50m.	55.6m.	100m.	111.2m.
11.1	12.6	25.0	28.2	55.9	1:03.2
11.6	13.1	26.0	29.3	58.0	1:05.8
12.1	13.6	27.0	30.5	1:00.4	1:08.3
12.5	14.1	28.0	31.7	1:02.5	1:10.8
13.0	14.6	29.0	32.7	1:04.8	1:13.4
13.3	15.1	30.0	33.9	1:07.0	1:15.9
13.8	15.6	31.0	35.0	1:09.3	1:18.4
14.3	16.2	32.0	36.2	1:11.5	1:20.9
14.8	16.7	33.0	37.2	1:13.8	1:23.5
15.1	17.2	34.0	38.5	1:16.0	1:26.0
15.6	17.7	35.0	39.5	1:18.3	1:28.5
16.1	18.2	36.0	40.7	1:20.5	1:31.0
16.5	18.7	37.0	41.9	1:22.6	1:33.5
17.0	19.2	38.0	43.0	1:25.0	1:36.0
17.3	19.7	39.0	44.0	1:27.1	1:38.5
17.8	20.2	40.0	45.2	1:29.4	1:41.1
18.2	20.7	41.0	46.4	1:31.6	1:43.6
18.7	21.2	42.0	47.5	1:33.9	1:46.1
19.2	21.7	43.0	48.5	1:36.1	1:48.8
19.7	22.2	44.0	49.7	1:38.4	1:51.3
20.1	22.7	45.0	50.9	1:40.5	1:53.8
20.6	23.2	46.0	52.0	1:42.9	1:56.4
21.0	23.7	47.0	53.2	1:45.0	1:58.9
21.5	24.2	48.0	54.2	1:47.3	2:01.4
21.8	24.7	49.0	55.4	1:49.5	2:03.9
22.3	25.2	50.0	56.5	1:51.8	2:06.5
22.7	25.7	51.0	57.7	1:54.0	2:09.0
23.2	26.2	52.0	58.7	1:56.3	2:11.5
23.7	26.7	53.0	1:00.0	1:58.5	2:14.1
24.1	27.2	54.0	1:01.0	2:00.8	2:16.6
24.6	27.7	55.0	1:02.2	2:03.0	2:19.1
25.0	28.2	56.0	1:03.2	2:05.1	2:21.6
25.5	28.7	57.0	1:04.5	2:07.5	2:24.1
25.8	29.2	58.0	1:05.5	2:09.6	2:26.6
26.3	29.7	59.0	1:06.6	2:11.8	2:29.1
26.7	30.3	1:00.0	1:07.9	2:14.1	2:31.8
27.2	30.8	1:01.0	1:09.0	2:16.3	2:34.3
27.7	31.3	1:02.0	1:10.0	2:18.6	2:36.8
28.2	31.8	1:03.0	1:11.3	2:20.8	2:39.3
28.6	32.4	1:04.0	1:12.4	2:23.1	2:41.8
29.1	32.9	1:05.0	1:13.5	2:25.3	2:44.3
29.5	33.4	1:06.0	1:14.6	2:27.6	2:46.8
30.0	33.9	1:07.0	1:15.8	2:29.8	2:49.5
30.3	34.4	1:08.0	1:16.9	2:32.1	2:52.0
30.8	34.9	1:09.0	1:18.0	2:34.3	2:54.5
31.2	35.4	1:10.0	1:19.1	2:36.5	2:57.1
31.7	35.9	1:11.0	1:20.3	2:38.8	2:59.6
32.2	36.4	1:12.0	1:21.4	2:41.0	3:02.1
32.5	36.9	1:13.0	1:22.5	2:43.1	3:04.6
33.0	37.4	1:14.0	1:23.6	2:45.5	3:07.1
33.5	37.9	1:15.0	1:24.8	2:47.6	3:09.6