	MEN								WOMEN						
Distance (m)	50	100	200	400	750	800	1500		50	100	200	400	750	800	1500
lengths	2	4	8	16	30	32	60		2	4	8	16	30	32	60
WR 1997	21.5	46.74	1:43	3:40		7:34	14:26		24.23	53.01	1:54	4:00		8:15	15:43
W9th 1997	22.7	49.63	1:48	3:50	7:35	8:09	15:24		26.19	56.43	2:01	4:16	8:10	8:45	16:31
speed (m/s)	2.21	2.01	1.84	1.74		1.63	1.62		1.91	1.77	1.65	1.56		1.52	1.51
pace (sec/length	11.3	12.4	13.6	14.4	15.2	15.3	15.4		13.1	14.1	15.2	16.0	16.4	16.4	16.5
fit speed	2.21	2.01	1.84	1.74	1.65	1.63	1.62		1.91	1.77	1.65	1.56	1.53	1.52	1.51
94%	24.1	52.8	1:55	4:04	8:04	8:40	16:22	94%	27.9	1:00	2:09	4:32	8:42	9:18	17:34
92%	24.6	53.9	1:58	4:10	8:14	8:51	16:44	92%	28.5	1:01	2:11	4:38	8:53	9:30	17:57
90%	25.2	55.1	2:01	4:15	8:25	9:03	17:06	90%	29.1	1:02	2:14	4:45	9:05	9:43	18:21
88%	25.7	56.4	2:03	4:21	8:37	9:16	17:30	88%	29.8	1:04	2:17	4:51	9:17	9:56	18:46
86%	26.3	57.7	2:06	4:27	8:49	9:28	17:54	86%	30.5	1:05	2:21	4:58	9:30	10:10	19:12
84%	27.0	59.1	2:09	4:34	9:01	9:42	18:20	84%	31.2	1:07	2:24	5:05	9:44	10:25	19:40
82%	27.6	1:00	2:12	4:40	9:15	9:56	18:46	82%	31.9	1:08	2:28	5:12	9:58	10:40	20:09
80%	28.3	1:02	2:16	4:47	9:28	10:11	19:15	80%	32.7	1:10	2:31	5:20	10:13	10:56	20:39
78%	29.0	1:03	2:19	4:55	9:43	10:27	19:44	78%	33.6	1:12	2:35	5:28	10:29	11:13	21:11
76%	29.8	1:05	2:23	5:02	9:58	10:43	20:15	76%	34.5	1:14	2:39	5:37	10:46	11:31	21:44
74%	30.6	1:07	2:27	5:11	10:15	11:01	20:48	74%	35.4	1:16	2:44	5:46	11:03	11:49	22:19
72%	31.5	1:08	2:31	5:19	10:32	11:19	21:23	72%	36.4	1:18	2:48	5:56	11:21	12:09	22:57
70%	32.4	1:10	2:35	5:28	10:50	11:39	22:00	70%	37.4	1:20	2:53	6:06	11:41	12:30	23:36
68%	33.3	1:12	2:40	5:38	11:09	11:59	22:38	68%	38.5	1:22	2:58	6:17	12:02	12:52	24:18
66%	34.3	1:15	2:45	5:48	11:29	12:21	23:20	66%	39.7	1:25	3:03	6:28	12:23	13:15	25:02
64%	35.4	1:17	2:50	5:59	11:51	12:44	24:03	64%	40.9	1:28	3:09	6:40	12:47	13:40	25:49
62%	36.5	1:20	2:55	6:11	12:14	13:09	24:50	62%	42.2	1:31	3:15	6:53	13:11	14:07	26:39
60%	37.8	1:22	3:01	6:23	12:38	13:35	25:40	60%	43.7	1:34	3:22	7:07	13:38	14:35	27:32
58%	39.1	1:25	3:07	6:36	13:04	14:03	26:33	58%	45.2	1:37	3:29	7:22	14:06	15:05	28:29
56%	40.4	1:28	3:14	6:51	13:32	14:33	27:29	56%	46.8	1:40	3:36	7:38	14:36	15:38	29:30
54%	41.9	1:31	3:21	7:06	14:02	15:06	28:31	54%	48.5	1:44	3:44	7:55	15:09	16:12	30:36
52%	43.6	1:35	3:29	7:22	14:35	15:40	29:36	52%	50.4	1:48	3:53	8:13	15:44	16:50	31:46
50%	45.3	1:39	3:37	7:40	15:10	16:18	30:48	50%	52.4	1:52	4:02	8:33	16:21	17:30	33:02
48%	47.2	1:43	3:46	7:59	15:48	16:59	32:05	48%	54.6	1:57	4:12	8:54	17:02	18:14	34:25
46%	49.2	1:47	3:56	8:20	16:29	17:43	33:28	46%	56.9	2:02	4:23	9:17	17:47	19:01	35:55
44%	51.5	1:52	4:07	8:43	17:14	18:32	35:00	44%	59.5	2:08	4:35	9:42	18:35	19:53	37:33
42%	53.9	1:58	4:19	9:08	18:03	19:25	36:40	42%	1:02	2:14	4:49	10:10	19:29	20:50	39:20
40%	56.6	2:04	4:32	9:35	18:57	20:23	38:30	40%	1:05	2:21	5:03	10:41	20:27	21:53	41:18
38%	59.6	2:10	4:46	10:05	19:57	21:27	40:31	38%	1:08	2:28	5:19	11:15	21:32	23:02	43:29
36%	1:02	2:17	5:02	10:39	21:04	22:39	42:46	36%	1:12	2:36	5:37	11:52	22:43	24:19	45:54
34%	1:06	2:25	5:20	11:17	22:18	23:59	45:17	34%	1:17	2:45	5:57	12:34	24:04	25:44	48:36
32%	1:10	2:35	5:40	11:59	23:42	25:29	48:07	32%	1:21	2:56	6:19	13:21	25:34	27:21	51:38
30%	1:15	2:45	6:03	12:47	25:17	27:11	51:20	30%	1:27	3:08	6:44	14:15	27:16	29:10	55:04
28%	1:20	2:57	6:28	13:42	27:05	29:07	55:-01	28%	1:33	3:21	7:13	15:16	29:13	31:16	59:00
26%	1:27	3:10	6:58	14:45	29:10	31:21	59:13	26%	1:40	3:37	7:46	16:26	31:28	33:40	1:03:33