

# N & D Times 2010

Male							Events	Female					
9	10	11	12	13	14	Open		9	10	11	12	13	Open
<b>Freestyle</b>													
41.00	37.00					27.60 <b>28.30</b>	50	42.00	37.00				30.50 <b>31.20</b>
		1.15.00	1.11.00	1.07.00	1.04.00	1.04.00 <b>1.05.30</b>	100			1.15.00	1.10.00	1.08.50	1.07.80 <b>1.09.02</b>
3.20.00	2.59.00	2.40.00	2.31.00	2.25.00	2.17.00	2.17.00 <b>2.19.50</b>	200	3.15.00	2.55.00	2.38.00	2.30.00	2.25.00	2.25.00 <b>2.27.40</b>
	6.05.00	5.30.00	5.15.00	5.00.00	4.50.00	4.50.00 <b>4.54.80</b>	400		5.50.00	5.30.00	5.10.00	5.00.00	5.10.00 <b>5.14.50</b>
		10.53.20 <b>11.02.00</b>	10.51.02 <b>11.00.00</b>	10.43.10 <b>10.52.00</b>	10.38.00 <b>10.47.00</b>	10.36.00 <b>10.45.00</b>	800			11.36.70 <b>11.45.00</b>	11.06.40 <b>11.15.00</b>	10.51.20 <b>11.00.00</b>	10.46.10 <b>10.55.00</b>
		21.30.01 <b>21.46.00</b>	21.13.90 <b>21.30.00</b>	20.58.70 <b>21.15.00</b>	20.43.50 <b>21.00.00</b>	19.32.50 <b>19.50.00</b>	1500			21.44.20 <b>22.00.00</b>	21.29.10 <b>21.45.00</b>	21.13.90 <b>21.30.00</b>	20.13.10 <b>20.30.00</b>
<b>Backstroke</b>													
48.00	44.00					36.00 <b>36.60</b>	50	49.00	42.00				38.10 <b>38.60</b>
		1.25.00	1.22.00	1.17.00	1.14.00	1.14.00 <b>1.15.10</b>	100			1.26.00	1.20.00	1.17.50	1.17.50 <b>1.18.50</b>
3.40.00	3.16.00	3.05.00	2.52.00	2.42.00	2.38.00	2.38.00 <b>2.40.10</b>	200	3.45.00	3.16.00	3.00.00	2.50.00	2.43.00	2.43.00 <b>2.45.00</b>
<b>Breaststroke</b>													
56.00	50.00					40.00 <b>40.80</b>	50	56.00	50.00				42.00 <b>42.70</b>
		1.41.00	1.36.00	1.30.00	1.27.00	1.27.00 <b>1.28.40</b>	100			1.39.00	1.33.00	1.30.00	1.30.00 <b>1.31.40</b>
4.10.00	3.50.00	3.35.00	3.25.00	3.10.00	3.05.00	3.05.00 <b>3.07.80</b>	200	4.10.00	3.40.00	3.27.00	3.16.00	3.12.00	3.12.00 <b>3.14.70</b>
<b>Butterfly</b>													
52.00	47.00					32.20 <b>32.80</b>	50	53.00	44.00				36.00 <b>36.50</b>
		1.30.00	1.25.00	1.20.00	1.15.00	1.15.00 <b>1.16.00</b>	100			1.30.00	1.24.00	1.18.00	1.18.00 <b>1.19.00</b>
4.15.00	3.50.00	3.30.00	3.15.00	3.00.00	2.53.00	2.53.00 <b>2.54.80</b>	200	4.00.00	3.50.00	3.30.00	3.10.00	3.00.00	3.00.10 <b>3.01.80</b>
<b>Ind. Medley</b>													
1.45.00	1.35.00	1.29.00	1.25.00	1.18.00	1.16.00		100m	1.45.00	1.32.00	1.25.00	1.22.00	1.17.50	
3.45.00	3.25.00	3.02.00	2.55.00	2.45.00	2.35.00	2.35.00 <b>2.37.50</b>	200m	3.45.00	3.20.00	3.05.00	2.50.00	2.46.00	2.47.10 <b>2.49.40</b>
	7.00.00	6.30.00	6.10.00	5.50.00	5.30.00	5.34.10 <b>5.35.30</b>	400m		7.15.00	6.30.00	6.10.00	5.50.00	5.50.00 <b>5.55.00</b>

Times in ***Bold Italic*** are Long Course. All other times are Short Course.

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<http://www.asaner.sportcentric.com>