

Dist. [m]	RUS		NZL		GER		AUS		EST		ITA	
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke
50	4.3	41.0	4.3	44.0	4.2	49.0	4.2	44.0	4.2	44.0		
100	5.4	41.0	5.5	42.0	5.4	47.0	5.2	43.0	5.4	40.0		
150	5.6	40.0	5.7	41.0	5.6	44.0	5.4	41.0	5.5	38.0		
200	5.6	39.0	5.6	39.0	5.6	43.0	5.5	40.0	5.5	37.0		
250	5.6	38.0	5.5	38.0	5.6	42.0	5.4	38.0	5.4	36.0		
300	5.4	37.0	5.5	38.0	5.5	42.0	5.3	36.0	5.4	36.0		
350	5.3	37.0	5.4	37.0	5.5	41.0	5.2	35.0	5.4	35.0		
400	5.3	36.0	5.4	37.0	5.5	40.0	5.2	36.0	5.3	35.0		
450	5.3	36.0	5.3	37.0	5.4	39.0	5.2	35.0	5.3	34.0		
500	5.3	35.0	5.4	37.0	5.3	39.0	5.2	36.0	5.1	33.0		
550	5.3	36.0	5.4	37.0	5.3	38.0	5.2	36.0	5.2	34.0		
600	5.3	35.0	5.4	37.0	5.3	38.0	5.2	35.0	5.2	34.0		
650	5.3	36.0	5.3	36.0	5.3	38.0	5.1	36.0	5.2	34.0		
700	5.2	36.0	5.3	36.0	5.3	38.0	5.1	35.0	5.2	34.0		
750	5.2	35.0	5.3	36.0	5.3	38.0	5.2	35.0	5.2	34.0		
800	5.1	35.0	5.3	36.0	5.3	38.0	5.3	37.0	5.1	33.0		
850	5.2	35.0	5.3	36.0	5.3	38.0	5.2	36.0	5.1	33.0		
900	5.2	35.0	5.3	36.0	5.3	38.0	5.2	36.0	5.1	33.0		
950	5.2	35.0	5.2	36.0	5.2	38.0	5.1	36.0	5.0	33.0		
1000	5.1	35.0	5.1	36.0	5.1	37.0	5.1	35.0	5.1	33.0		
1050	5.0	35.0	5.2	36.0	5.2	37.0	5.1	36.0	5.0	33.0		
1100	5.2	35.0	5.2	36.0	5.3	38.0	5.2	36.0	5.1	33.0		
1150	5.2	35.0	5.3	36.0	5.3	38.0	5.3	36.0	5.1	33.0		
1200	5.2	35.0	5.3	36.0	5.3	38.0	5.3	36.0	5.1	33.0		
1250	5.1	35.0	5.2	36.0	5.2	38.0	5.2	36.0	5.2	33.0		
1300	5.1	35.0	5.2	36.0	5.2	38.0	5.2	36.0	5.1	33.0		
1350	5.1	35.0	5.2	36.0	5.2	38.0	5.1	36.0	5.1	32.0		
1400	5.2	35.0	5.2	36.0	5.2	38.0	5.1	36.0	5.1	33.0		
1450	5.2	35.0	5.1	36.0	5.2	38.0	5.1	36.0	5.2	33.0		
1500	5.2	35.0	5.1	36.0	5.2	38.0	5.1	36.0	5.1	33.0		
1550	5.2	36.0	5.2	37.0	5.3	38.0	5.2	37.0	5.2	33.0		
1600	5.2	36.0	5.2	37.0	5.2	38.0	5.2	37.0	5.1	34.0		
1650	5.2	36.0	5.2	37.0	5.2	39.0	5.2	38.0	5.0	34.0		
1700	5.2	37.0	5.2	38.0	5.3	39.0	5.2	38.0	5.2	35.0		
1750	5.2	37.0	5.3	38.0	5.3	39.0	5.3	38.0	5.1	34.0		
1800	5.3	37.0	5.2	38.0	5.2	38.0	5.3	38.0	5.1	34.0		
1850	5.3	38.0	5.2	38.0	5.3	40.0	5.3	38.0	5.2	36.0		
1900	5.4	37.0	5.2	38.0	5.4	40.0	5.3	40.0	5.3	36.0		
1950	5.4	38.0	5.2	38.0	5.3	40.0	5.4	40.0	5.2	36.0		
2000	5.3	38.0	5.2	38.0	5.3	40.0	5.2	40.0	5.1	35.0		