

Dist. [m]	HKG		POL		CAN		GRE		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	3.9	46.0	4.0	47.0	4.0	47.0	3.8	35.0				
100	4.9	43.0	5.1	43.0	5.0	42.0	4.7	39.0				
150	4.9	41.0	5.2	41.0	5.0	39.0	4.9	37.0				
200	4.8	40.0	5.0	39.0	4.9	36.0	4.8	36.0				
250	4.8	39.0	4.9	37.0	4.8	34.0	4.7	35.0				
300	4.7	38.0	4.8	37.0	4.7	34.0	4.7	34.0				
350	4.7	38.0	4.9	36.0	4.7	33.0	4.7	34.0				
400	4.6	37.0	4.8	36.0	4.7	33.0	4.7	34.0				
450	4.5	37.0	4.8	35.0	4.7	33.0	4.7	33.0				
500	4.5	36.0	4.7	35.0	4.6	33.0	4.7	33.0				
550	4.4	35.0	4.6	34.0	4.5	33.0	4.6	33.0				
600	4.3	34.0	4.6	34.0	4.4	32.0	4.5	33.0				
650	4.2	34.0	4.6	34.0	4.5	32.0	4.6	33.0				
700	4.3	34.0	4.6	33.0	4.6	32.0	4.7	33.0				
750	4.5	34.0	4.6	33.0	4.6	33.0	4.7	32.0				
800	4.4	35.0	4.7	33.0	4.6	32.0	4.6	32.0				
850	4.3	34.0	4.6	33.0	4.5	32.0	4.6	32.0				
900	4.5	34.0	4.6	33.0	4.5	32.0	4.6	32.0				
950	4.4	34.0	4.6	33.0	4.6	32.0	4.7	32.0				
1000	4.5	34.0	4.7	33.0	4.7	33.0	4.7	32.0				
1050	4.4	35.0	4.6	33.0	4.7	34.0	4.7	32.0				
1100	4.4	35.0	4.7	33.0	4.7	34.0	4.8	33.0				
1150	4.5	35.0	4.7	34.0	4.7	34.0	4.8	33.0				
1200	4.5	35.0	4.7	33.0	4.7	35.0	4.8	33.0				
1250	4.5	35.0	4.8	34.0	4.7	36.0	4.8	33.0				
1300	4.5	35.0	4.8	34.0	4.8	37.0	4.8	33.0				
1350	4.5	35.0	4.8	34.0	4.8	36.0	4.8	32.0				
1400	4.6	35.0	4.8	34.0	4.7	36.0	4.8	33.0				
1450	4.6	34.0	4.8	34.0	4.8	37.0	4.8	32.0				
1500	4.5	34.0	4.7	34.0	4.7	37.0	4.8	32.0				
1550	4.5	35.0	4.8	34.0	4.7	37.0	4.8	33.0				
1600	4.5	35.0	4.8	34.0	4.7	36.0	4.8	33.0				
1650	4.5	35.0	4.7	34.0	4.7	36.0	4.7	33.0				
1700	4.4	35.0	4.7	34.0	4.7	40.0	4.7	33.0				
1750	4.5	35.0	4.7	34.0	4.9	42.0	4.7	33.0				
1800	4.5	35.0	4.8	35.0	4.8	41.0	4.8	34.0				
1850	4.5	36.0	4.8	35.0	4.9	43.0	4.9	34.0				
1900	4.5	37.0	4.8	36.0	5.0	45.0	4.9	35.0				
1950	4.6	36.0	4.8	36.0	5.0	45.0	4.9	35.0				
2000	4.6	37.0	4.8	36.0	5.0	46.0	4.9	36.0				