

USA-Swimming/NTSC Developmental Standards

Short Course Yards 2009-2012

Event		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals
Girls	50 Free	:28.29	:29.59	:30.89	:32.19	:35.99	:39.79	:43.69	:47.59	:51.39	:30.59	:33.69
	100 Free	1:02.19	1:05.39	1:08.69	1:11.89	1:21.59	1:31.29	1:41.09	1:50.79	2:00.49	1:07.69	1:14.49
	200 Free	2:14.39	2:21.79	2:29.09	2:36.39	2:58.29	3:20.19	3:42.19	4:04.09	4:25.99	2:29.39	2:44.29
	500 Free	5:57.39	6:14.39	6:31.39	6:48.39	7:39.49	8:30.49	9:21.59	10:12.59	11:03.69		8:30.49
	50 Back	:32.79	:34.59	:36.39	:38.09	:43.49	:48.79	:54.19	:59.49	1:04.89	:35.89	:39.49
	100 Back	1:10.49	1:14.39	1:18.29	1:22.19	1:33.99	1:45.69	1:57.39	2:09.19	2:20.89	1:18.19	1:25.99
	50 Breast	:36.29	:38.19	:40.09	:41.99	:47.79	:53.59	:59.39	1:05.19	1:10.99	:40.49	:44.59
	100 Breast	1:19.99	1:24.49	1:28.89	1:33.39	1:46.69	1:59.99	2:13.29	2:26.59	2:39.99	1:28.89	1:37.79
	50 Fly	:31.49	:33.39	:35.29	:37.29	:42.99	:48.79	:54.49	1:00.29	1:06.09	:34.69	:38.19
	100 Fly	1:11.29	1:16.49	1:21.59	1:26.69	1:42.09	1:57.49	2:12.89	2:28.29	2:43.69	1:20.99	1:29.09
10 & Under	100 IM	1:11.49	1:15.19	1:18.89	1:22.59	1:33.79	1:44.99	1:56.19	2:07.29	2:18.49	1:17.69	1:25.49
	200 IM	2:32.69	2:40.39	2:48.19	2:55.99	3:19.39	3:42.69	4:06.09	4:29.39	4:52.79	2:48.39	3:05.19
	50 Free	:27.99	:29.19	:30.39	:31.59	:35.19	:38.89	:42.39	:46.09	:49.69	:30.89	:33.99
	100 Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	1:38.39	1:47.59	1:56.79	1:08.59	1:15.49
	200 Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	3:28.89	3:47.89	4:06.89	2:33.09	2:48.39
	500 Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	9:16.39	10:06.89	10:57.49		8:25.49
	50 Back	:32.79	:34.59	:36.49	:38.29	:43.69	:49.19	:54.59	1:00.09	1:05.59	:36.59	:40.29
	100 Back	1:10.49	1:14.09	1:17.69	1:21.29	1:32.09	1:42.89	1:53.69	2:04.39	2:15.19	1:19.29	1:27.19
	50 Breast	:36.49	:38.39	:40.29	:42.19	:47.89	:53.59	:59.29	1:04.99	1:10.69	:41.69	:45.89
	100 Breast	1:19.79	1:23.79	1:27.79	1:31.79	1:43.69	1:55.69	2:07.59	2:19.49	2:31.49	1:31.99	1:41.19
Boys	50 Fly	:31.29	:33.09	:34.89	:36.69	:41.99	:47.29	:52.59	:57.89	1:03.29	:35.19	:38.69
	100 Fly	1:10.79	1:15.69	1:20.59	1:25.59	1:40.39	1:55.19	2:09.99	2:24.79	2:39.59	1:24.59	1:33.09
	100 IM	1:10.89	1:14.29	1:17.69	1:21.09	1:31.19	1:41.29	1:51.39	2:01.59	2:11.69	1:19.19	1:27.09
	200 IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89	4:03.69	4:26.59	4:49.39	2:52.29	3:09.49
	50 Free	:25.99	:27.09	:28.29	:29.49	:31.89	:34.29	:36.59	:38.99	:41.39	:27.39	:30.09
	100 Free	:55.19	:57.79	1:00.49	1:03.09	1:08.29	1:13.59	1:18.79	1:24.09	1:29.39	:59.69	1:05.69
	200 Free	2:02.39	2:08.19	2:14.09	2:19.89	2:31.49	2:43.19	2:54.79	3:06.49	3:18.19	2:10.79	2:23.89
	500 Free	5:23.09	5:38.49	5:53.89	6:09.29	6:40.09	7:10.79	7:41.59	8:12.39	8:43.09	5:51.69	6:26.89
	1000 Free	11:15.19	11:47.39	12:19.49	12:51.69	13:55.99	15:00.29	16:04.59	17:08.89	18:13.19		
	1650 Free	18:57.19	19:51.29	20:45.49	21:39.59	23:27.89	25:16.19	27:04.49	28:52.79	30:41.09		
Girls	50 Back	:29.69	:31.09	:32.49	:33.89	:36.79	:39.59	:42.39	:45.19	:48.09	:31.79	:34.99
	100 Back	1:03.79	1:07.29	1:10.69	1:14.19	1:21.09	1:27.99	1:34.99	1:41.89	1:48.89	1:08.69	1:15.59
	200 Back	2:16.49	2:22.99	2:29.39	2:35.89	2:48.89	3:01.89	3:14.89	3:27.89	3:40.89		3:03.29
	50 Breast	:33.09	:34.59	:36.19	:37.79	:40.89	:44.09	:47.19	:50.39	:53.49	:35.49	:39.09
	100 Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.39	1:43.59	1:50.69	1:57.79	1:17.19	1:24.89
	200 Breast	2:34.79	2:42.19	2:49.59	2:56.89	3:11.69	3:26.39	3:41.19	3:55.89	4:10.59		3:27.29
	50 Fly	:28.39	:29.69	:31.09	:32.39	:35.09	:37.79	:40.49	:43.19	:45.89	:30.39	:33.39
	100 Fly	1:02.79	1:06.29	1:09.79	1:13.19	1:20.19	1:27.19	1:34.09	1:41.09	1:48.09	1:08.99	1:15.89
	200 Fly	2:18.79	2:25.39	2:31.99	2:38.59	2:51.79	3:04.99	3:18.19	3:31.49	3:44.69		3:06.29
	100 IM	1:04.69	1:07.79	1:10.89	1:13.99	1:20.09	1:26.29	1:32.39	1:38.59	1:44.79	1:08.99	1:15.89
11-12	200 IM	2:17.89	2:24.39	2:30.99	2:37.59	2:50.69	3:03.79	3:16.89	3:30.09	3:43.19	2:28.49	2:43.29
	400 IM	4:54.09	5:08.09	5:22.09	5:36.09	6:04.19	6:32.19	7:00.19	7:28.19	7:56.19		6:34.39
	50 Free	:25.09	:26.19	:27.39	:28.59	:30.99	:33.39	:35.79	:38.09	:40.49	:27.09	:29.79
	100 Free	:54.79	:57.39	:59.99	1:02.69	1:07.89	1:13.09	1:18.29	1:23.49	1:28.69	:59.19	1:05.09
	200 Free	1:59.19	2:04.89	2:10.49	2:16.19	2:27.49	2:38.89	2:50.19	3:01.59	3:12.89	2:10.39	2:23.39
	500 Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49	7:35.89	8:06.29	8:36.59	5:52.79	6:28.09
	1000 Free	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09	15:53.59	16:57.19	18:00.79		
	1650 Free	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49	26:44.39	28:31.39	30:18.39		
	50 Back	:28.99	:30.49	:31.99	:33.49	:36.49	:39.49	:42.59	:45.59	:48.59	:32.09	:35.29
	100 Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79	1:32.59	1:39.39	1:46.09	1:08.59	1:15.49
Boys	200 Back	2:13.79	2:20.19	2:26.49	2:32.89	2:45.59	2:58.39	3:11.09	3:23.89	3:36.59		2:59.39
	50 Breast	:32.09	:33.79	:35.59	:37.29	:40.79	:44.29	:47.79	:51.29	:54.69	:35.99	:39.59
	100 Breast	1:09.69	1:13.29	1:16.89	1:20.49	1:27.79	1:35.09	1:42.29	1:49.59	1:56.79	1:18.79	1:26.69
	200 Breast	2:31.29	2:38.49	2:45.69	2:52.89	3:07.29	3:21.69	3:36.09	3:50.49	4:04.89		3:21.79
	50 Fly	:27.59	:29.09	:30.59	:32.09	:35.19	:38.19	:41.29	:44.39	:47.39	:30.69	:33.79
	100 Fly	1:01.09	1:04.59	1:08.19	1:11.69	1:18.69	1:25.79	1:32.79	1:39.89	1:46.89	1:09.59	1:16.59
	200 Fly	2:15.89	2:22.39	2:28.79	2:35.29	2:48.29	3:01.19	3:14.09	3:27.09	3:39.99		3:04.69
	100 IM	1:02.39	1:05.39	1:08.49	1:11.49	1:17.59	1:23.69	1:29.79	1:35.79	1:41.89	1:08.89	1:15.79
	200 IM	2:14.99	2:21.79	2:28.69	2:35.59	2:49.39	3:03.09	3:16.89	3:30.69	3:44.39	2:29.99	2:44.99
	400 IM	4:47.79	5:01.49	5:15.19	5:28.89	5:56.29	6:23.69	6:51.09	7:18.49	7:45.89		6:27.29

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Short Course Yards 2009-2012

Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals	
13-14 Girls	50 Free	:25.09	:26.29	:27.49	:28.69	:30.99	:33.39	:35.79	:38.19	:40.59	:25.99	:28.59
	100 Free	:54.39	:56.99	:59.59	1:02.19	1:07.39	1:12.49	1:17.69	1:22.89	1:28.09	:56.49	1:02.19
	200 Free	1:57.09	2:02.69	2:08.19	2:13.79	2:24.99	2:36.09	2:47.29	2:58.39	3:09.59	2:02.39	2:14.59
	500 Free	5:08.79	5:23.49	5:38.29	5:52.99	6:22.39	6:51.79	7:21.19	7:50.59	8:19.99	5:28.59	6:00.79
	1000 Free	10:36.69	11:06.99	11:37.29	12:07.59	13:08.29	14:08.89	15:09.49	16:10.19	17:10.79	11:28.79	
	1650 Free	17:40.69	18:31.19	19:21.69	20:12.19	21:53.19	23:34.19	25:15.19	26:56.29	28:37.29	19:13.09	
	100 Back	:59.89	1:02.79	1:05.59	1:08.49	1:14.19	1:19.89	1:25.59	1:31.29	1:36.99	1:04.29	1:10.69
	200 Back	2:08.89	2:14.99	2:21.19	2:27.29	2:39.59	2:51.79	3:04.09	3:16.39	3:28.69	2:19.19	2:33.09
	100 Breast	1:07.89	1:11.19	1:14.39	1:17.59	1:24.09	1:30.59	1:36.99	1:43.49	1:49.99	1:13.09	1:20.39
	200 Breast	2:25.89	2:32.89	2:39.79	2:46.79	3:00.69	3:14.59	3:28.49	3:42.39	3:56.29	2:38.69	2:54.59
	100 Fly	:59.39	1:02.19	1:04.99	1:07.79	1:13.49	1:19.09	1:24.79	1:30.39	1:36.09	1:03.69	1:10.09
	200 Fly	2:10.09	2:16.29	2:22.39	2:28.59	2:40.99	2:53.39	3:05.79	3:18.19	3:30.59	2:25.39	2:39.89
	200 IM	2:11.69	2:17.89	2:24.19	2:30.49	2:42.99	2:55.49	3:08.09	3:20.59	3:33.09	2:19.29	2:33.19
	400 IM	4:38.09	4:51.29	5:04.59	5:17.79	5:44.29	6:10.79	6:37.29	7:03.69	7:30.19	4:55.89	5:25.49
13-14 Boys	50 Free	:22.99	:24.09	:25.19	:26.29	:28.49	:30.69	:32.89	:35.09	:37.19	:24.49	:26.99
	100 Free	:50.29	:52.69	:55.09	:57.39	1:02.19	1:06.99	1:11.79	1:16.59	1:21.39	:53.19	:58.49
	200 Free	1:49.59	1:54.79	1:59.99	2:05.29	2:15.69	2:26.09	2:36.59	2:46.99	2:57.39	1:56.49	2:08.19
	500 Free	4:53.29	5:07.29	5:21.29	5:35.19	6:03.19	6:31.09	6:58.99	7:26.99	7:54.89	5:18.39	5:50.19
	1000 Free	10:09.39	10:38.39	11:07.39	11:36.39	12:34.39	13:32.49	14:30.49	15:28.49	16:26.59	11:10.59	
	1650 Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29	24:04.59	25:40.89	27:17.29	18:43.99	
	100 Back	:56.19	:58.89	1:01.49	1:04.19	1:09.59	1:14.89	1:20.29	1:25.59	1:30.99	1:01.89	1:08.09
	200 Back	2:00.99	2:06.69	2:12.49	2:18.19	2:29.79	2:41.29	2:52.79	3:04.29	3:15.79	2:14.89	2:28.39
	100 Breast	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09	1:30.09	1:36.09	1:42.09	1:09.89	1:16.89
	200 Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39	3:15.39	3:28.39	3:41.49	2:33.79	2:49.19
	100 Fly	:54.99	:57.59	1:00.29	1:02.89	1:08.09	1:13.29	1:18.59	1:23.79	1:28.99	1:00.69	1:06.79
	200 Fly	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69	2:55.39	3:07.09	3:18.69	2:21.09	2:35.19
	200 IM	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69	2:55.39	3:07.09	3:18.69	2:13.49	2:26.89
	400 IM	4:22.89	4:35.49	4:47.99	5:00.49	5:25.49	5:50.59	6:15.59	6:40.69	7:05.69	4:48.89	5:17.79
15-16 Girls	50 Free	:24.49	:25.69	:26.89	:27.99	:30.39	:32.69	:34.99	:37.39	:39.69	:25.49	:27.99
	100 Free	:53.19	:55.69	:58.19	1:00.79	1:05.79	1:10.89	1:15.89	1:20.99	1:26.09	:55.09	1:00.59
	200 Free	1:54.09	1:59.49	2:04.89	2:10.39	2:21.19	2:32.09	2:42.89	2:53.79	3:04.69	2:00.49	2:12.49
	500 Free	5:03.99	5:18.39	5:32.89	5:47.39	6:16.29	6:45.29	7:14.19	7:43.19	8:12.09	5:23.59	5:55.99
	1000 Free	10:26.39	10:56.19	11:25.99	11:55.89	12:55.49	13:55.19	14:54.79	15:54.49	16:54.09	11:14.59	12:22.09
	1650 Free	17:29.09	18:18.99	19:08.99	19:58.89	21:38.89	23:18.79	24:58.69	26:38.59	28:18.49	18:51.99	20:45.19
	100 Back	:58.29	1:00.99	1:03.79	1:06.59	1:12.09	1:17.69	1:23.19	1:28.79	1:34.29	1:02.89	1:09.19
	200 Back	2:05.89	2:11.89	2:17.89	2:23.89	2:35.89	2:47.89	2:59.89	3:11.89	3:23.79	2:16.79	2:30.49
	100 Breast	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29	1:34.59	1:40.89	1:47.19	1:11.29	1:18.39
	200 Breast	2:22.49	2:29.29	2:35.99	2:42.79	2:56.39	3:09.99	3:23.49	3:37.09	3:50.69	2:35.89	2:51.49
	100 Fly	:57.99	1:00.79	1:03.49	1:06.29	1:11.79	1:17.39	1:22.89	1:28.39	1:33.89	1:02.19	1:08.39
	200 Fly	2:06.39	2:12.39	2:18.49	2:24.49	2:36.49	2:48.59	3:00.59	3:12.59	3:24.69	2:20.29	2:34.29
	200 IM	2:08.59	2:14.79	2:20.89	2:26.99	2:39.29	2:51.49	3:03.79	3:15.99	3:28.29	2:16.59	2:30.29
	400 IM	4:31.19	4:44.09	4:56.99	5:09.89	5:35.69	6:01.49	6:27.39	6:53.19	7:18.99	4:52.19	5:21.39
15-16 Boys	50 Free	:22.09	:23.19	:24.29	:25.29	:27.39	:29.49	:31.59	:33.69	:35.89	:22.89	:25.19
	100 Free	:48.29	:50.59	:52.89	:55.19	:59.79	1:04.39	1:08.99	1:13.59	1:18.19	:50.19	:55.19
	200 Free	1:45.09	1:50.09	1:55.09	2:00.09	2:10.09	2:20.09	2:30.09	2:40.09	2:50.09	1:51.39	2:02.49
	500 Free	4:43.79	4:57.29	5:10.79	5:24.29	5:51.29	6:18.39	6:45.39	7:12.39	7:39.39	5:04.09	5:34.49
	1000 Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19	14:00.19	14:56.29	15:52.29	10:39.99	11:56.09
	1650 Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.99	21:55.99	23:29.99	25:03.89	26:37.89	17:51.99	19:58.79
	100 Back	:53.49	:55.99	:58.59	1:01.09	1:06.19	1:11.29	1:16.39	1:21.49	1:26.59	:58.29	1:04.09
	200 Back	1:55.79	2:01.29	2:06.79	2:12.29	2:23.39	2:34.39	2:45.39	2:56.49	3:07.49	2:06.79	2:19.49
	100 Breast	1:00.29	1:03.19	1:05.99	1:08.89	1:14.59	1:20.39	1:26.09	1:31.89	1:37.59	1:05.49	1:11.99
	200 Breast	2:11.29	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09	3:07.59	3:20.09	3:32.69	2:25.39	2:39.89
	100 Fly	:52.59	:55.09	:57.59	1:00.09	1:05.09	1:10.09	1:15.09	1:20.09	1:25.09	:56.39	1:01.99
	200 Fly	1:56.69	2:02.29	2:07.79	2:13.39	2:24.49	2:35.59	2:46.69	2:57.79	3:08.89	2:11.19	2:24.29
	200 IM	1:58.19	2:03.89	2:09.49	2:15.09	2:26.39	2:37.69	2:48.89	3:00.19	3:11.39	2:06.39	2:18.99
	400 IM	4:11.79	4:23.79	4:35.79	4:47.79	5:11.79	5:35.79	5:59.79	6:23.79	6:47.79	4:37.19	5:04.89

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Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals	
Girls	50 Free	:24.29	:25.49	:26.59	:27.79	:30.09	:32.39	:34.69	:36.99	:39.29	:25.49	:27.99
	100 Free	:52.39	:54.89	:57.39	:59.89	1:04.89	1:09.89	1:14.89	1:19.89	1:24.79	:55.09	1:00.59
	200 Free	1:53.29	1:58.69	2:04.09	2:09.49	2:20.29	2:31.09	2:41.79	2:52.59	3:03.39	2:00.49	2:12.49
	500 Free	5:01.79	5:16.19	5:30.59	5:44.89	6:13.69	6:42.39	7:11.19	7:39.89	8:08.69	5:23.59	5:55.99
	1000 Free	10:24.39	10:54.19	11:23.89	11:53.59	12:53.09	13:52.59	14:51.99	15:51.49	16:50.99	11:14.59	12:22.09
	1650 Free	17:19.69	18:09.19	18:58.69	19:48.19	21:27.19	23:06.19	24:45.19	26:24.29	28:03.29	18:51.99	20:45.19
	100 Back	:57.89	1:00.59	1:03.39	1:06.19	1:11.69	1:17.19	1:22.69	1:28.19	1:33.69	1:02.89	1:09.19
	200 Back	2:05.49	2:11.49	2:17.39	2:23.39	2:35.39	2:47.29	2:59.29	3:11.19	3:23.19	2:16.79	2:30.49
	100 Breast	1:05.89	1:08.99	1:12.09	1:15.29	1:21.49	1:27.79	1:34.09	1:40.29	1:46.59	1:11.29	1:18.39
	200 Breast	2:21.99	2:28.69	2:35.49	2:42.29	2:55.79	3:09.29	3:22.79	3:36.29	3:49.89	2:35.89	2:51.49
	100 Fly	:57.29	:99.99	1:02.79	1:05.49	1:10.89	1:16.39	1:21.89	1:27.29	1:32.79	1:02.19	1:08.39
	200 Fly	2:04.89	2:10.79	2:16.69	2:22.69	2:34.59	2:46.49	2:58.39	3:10.29	3:22.09	2:20.29	2:34.29
	200 IM	2:07.09	2:13.19	2:19.29	2:25.29	2:37.39	2:49.49	3:01.59	3:13.69	3:25.89	2:16.59	2:30.29
	400 IM	4:30.99	4:43.89	4:56.79	5:09.69	5:35.49	6:01.29	6:27.09	6:52.89	7:18.69	4:52.19	5:21.39
Boys	50 Free	:21.49	:22.49	:23.49	:24.49	:26.59	:28.59	:30.69	:32.69	:34.69	:22.89	:25.19
	100 Free	:46.89	:49.19	:51.39	:53.59	:58.09	1:02.59	1:06.99	1:11.49	1:15.99	:50.19	:55.19
	200 Free	1:43.29	1:48.19	1:53.09	1:58.09	2:07.89	2:17.69	2:27.59	2:37.39	2:47.19	1:51.39	2:02.49
	500 Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59	6:37.09	7:03.59	7:30.09	5:04.09	5:34.49
	1000 Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49	13:49.79	14:45.09	15:40.49	10:39.99	11:56.09
	1650 Free	16:08.79	16:54.89	17:40.99	18:27.19	19:59.39	21:31.69	23:03.99	24:36.19	26:08.49	17:51.99	19:58.79
	100 Back	:51.79	:54.29	:56.79	:59.19	1:04.19	1:09.09	1:13.99	1:18.99	1:23.89	:58.29	1:04.09
	200 Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.79	2:30.59	2:41.39	2:52.09	3:02.89	2:06.79	2:19.49
	100 Breast	:59.09	1:01.89	1:04.69	1:07.59	1:13.19	1:18.79	1:24.39	1:30.09	1:35.69	1:05.49	1:11.99
	200 Breast	2:08.69	2:14.79	2:20.89	2:27.09	2:39.29	2:51.59	3:03.79	3:16.09	3:28.29	2:25.39	2:39.89
	100 Fly	:51.29	:53.79	:56.19	:58.69	1:03.49	1:08.39	1:13.29	1:18.19	1:23.09	:56.39	1:01.99
	200 Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19	2:41.99	2:52.79	3:03.59	2:11.19	2:24.29
	200 IM	1:55.19	2:00.69	2:06.19	2:11.69	2:22.59	2:33.59	2:44.59	2:55.49	3:06.49	2:06.39	2:18.99
	400 IM	4:07.09	4:18.89	4:30.69	4:42.39	5:05.99	5:29.49	5:52.99	6:16.59	6:40.09	4:37.19	5:04.89