

THE PERFECT WAY TO SPLIT A RACE

Distance	Split	Free		Back		Fly		Breast	
		Men	Women	Men	Women	Men	Women	Men	Women
100	50	0.4783	0.4821	0.4746	0.4472	0.4784	0.4698	0.4697	0.4738
	100	0.5215	0.5178	0.5252	0.5526	0.5307	0.5309	0.5301	0.5260
200	50	0.2335	0.2414	0.2323	0.2304	0.2278	0.2285	0.2304	0.2270
	100	0.2543	0.2532	0.2529	0.2512	0.2562	0.2512	0.2547	0.2507
	150	0.2562	0.255	0.2539	0.2557	0.2561	0.2583	0.2567	0.2582
	200	0.2556	0.2501	0.2606	0.2620	0.2599	0.2602	0.2578	0.2640
500	100	0.1949	0.1939						
	200	0.2023	0.2016						
	300	0.2028	0.2016						
	400	0.2012	0.2031						
	500	0.1979	0.1993						

Examples:

<p>Men's 100 Back Goal Time: 52.09</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">52.09 *</td> <td style="width: 10%;">0.4746 =</td> <td style="width: 10%;">24.72</td> </tr> <tr> <td></td> <td>100</td> <td>52.09 *</td> <td>0.5252 =</td> <td>27.35</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">52.07</td> </tr> </table>		50	52.09 *	0.4746 =	24.72		100	52.09 *	0.5252 =	27.35					52.07	<p>Women's 100 Fly Goal Time: 58.29</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">58.29 *</td> <td style="width: 10%;">0.4698 =</td> <td style="width: 10%;">27.38</td> </tr> <tr> <td></td> <td>100</td> <td>58.29 *</td> <td>0.5309 =</td> <td>30.96</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">58.34</td> </tr> </table>		50	58.29 *	0.4698 =	27.38		100	58.29 *	0.5309 =	30.96					58.34
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<p>Men's 200 Free Goal Time: 1:41.39 (101.39)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">101.39 *</td> <td style="width: 10%;">0.2335 =</td> <td style="width: 10%;">23.67</td> </tr> <tr> <td></td> <td>100</td> <td>101.39 *</td> <td>0.2543 =</td> <td>25.78</td> </tr> <tr> <td></td> <td>150</td> <td>101.39 *</td> <td>0.2562 =</td> <td>25.98</td> </tr> <tr> <td></td> <td>200</td> <td>101.39 *</td> <td>0.2556 =</td> <td>25.91</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">(101.34) 1:41.34</td> </tr> </table>		50	101.39 *	0.2335 =	23.67		100	101.39 *	0.2543 =	25.78		150	101.39 *	0.2562 =	25.98		200	101.39 *	0.2556 =	25.91					(101.34) 1:41.34	<p>Women's 200 Breast Goal Time: 2:24.59 (144.59)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">144.59 *</td> <td style="width: 10%;">0.2207 =</td> <td style="width: 10%;">31.91</td> </tr> <tr> <td></td> <td>100</td> <td>144.59 *</td> <td>0.2507 =</td> <td>36.25</td> </tr> <tr> <td></td> <td>150</td> <td>144.59 *</td> <td>0.2582 =</td> <td>37.33</td> </tr> <tr> <td></td> <td>200</td> <td>144.59 *</td> <td>0.2640 =</td> <td>38.17</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">(143.66) 2:23.66</td> </tr> </table>		50	144.59 *	0.2207 =	31.91		100	144.59 *	0.2507 =	36.25		150	144.59 *	0.2582 =	37.33		200	144.59 *	0.2640 =	38.17					(143.66) 2:23.66
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<p>100 Breast Goal Time: 57.79</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">57.79 *</td> <td style="width: 10%;">0.4697 =</td> <td style="width: 10%;">27.14</td> </tr> <tr> <td></td> <td>100</td> <td>57.79 *</td> <td>0.5301 =</td> <td>30.63</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">57.77</td> </tr> </table>		50	57.79 *	0.4697 =	27.14		100	57.79 *	0.5301 =	30.63					57.77	<p>Women's 200 Free Goal Time: 1:54.59 (114.59)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;">50</td> <td style="width: 10%;">114.59 *</td> <td style="width: 10%;">0.2414 =</td> <td style="width: 10%;">27.66</td> </tr> <tr> <td></td> <td>100</td> <td>114.59 *</td> <td>0.2532 =</td> <td>29.01</td> </tr> <tr> <td></td> <td>150</td> <td>114.59 *</td> <td>0.2550 =</td> <td>29.22</td> </tr> <tr> <td></td> <td>200</td> <td>114.59 *</td> <td>0.2501 =</td> <td>28.66</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border-top: 1px solid black; text-align: right;">(114.55) 1:54.55</td> </tr> </table>		50	114.59 *	0.2414 =	27.66		100	114.59 *	0.2532 =	29.01		150	114.59 *	0.2550 =	29.22		200	114.59 *	0.2501 =	28.66					(114.55) 1:54.55
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