

200m PR	60	90	120	150	120	100	90
22	8.3	12.4	16.5	20.6	16.5	13.8	12.4
23	8.6	12.9	17.3	21.6	17.3	14.4	12.9
24	9.0	13.5	18.0	22.5	18.0	15.0	13.5
25	9.4	14.1	18.8	23.4	18.8	15.6	14.1
26	9.8	14.6	19.5	24.4	19.5	16.3	14.6

200m PR	60	90	120	150	120	100	90
25	9.4	14.1	18.8	23.4	18.8	15.6	14.1
26	9.8	14.6	19.5	24.4	19.5	16.3	14.6
27	10.1	15.2	20.3	25.3	20.3	16.9	15.2
28	10.5	15.8	21.0	26.3	21.0	17.5	15.8
29	10.9	16.3	21.8	27.2	21.8	18.1	16.3
30	11.3	16.9	22.5	28.1	22.5	18.8	16.9