

2007-08 ESSZ Time Standards

		Women		Men	
		Spring	Summer	Spring	Summer
sc lc	50 Fr	00:25.39	00:25.19	00:22.49	00:22.29
		00:28.69	00:28.49	00:26.09	00:25.79
sc lc	100 Fr	00:54.69	00:54.19	00:49.19	00:48.79
		01:02.09	01:01.49	00:57.19	00:56.69
sc lc	200 Fr	01:57.89	01:56.49	01:48.29	01:46.79
		02:13.89	02:12.39	02:03.29	02:01.69
sc lc	4-500 Fr	05:12.69	05:09.59	04:52.59	04:48.59
		04:40.49	04:37.69	04:22.49	04:19.89
sc lc	8-1000 Fr	10:49.19	10:42.79	10:14.29	10:05.89
		09:39.19	09:33.49	09:04.79	08:59.39
sc lc	15-1650 Fr	18:07.49	17:56.69	17:03.89	16:49.79
		18:28.69	18:17.69	17:23.89	17:13.49
sc lc	100 Bk	01:01.79	01:00.99	00:55.29	00:54.49
		01:10.99	01:10.79	01:03.99	01:03.39
sc lc	200 Bk	02:13.09	02:11.49	02:00.29	01:58.59
		02:31.89	02:31.19	02:18.69	02:17.39
sc lc	100 BR	01:09.99	01:09.09	01:02.49	01:01.39
		01:19.59	01:18.79	01:11.49	01:10.79
sc lc	200 BR	02:31.29	02:29.39	02:16.09	02:13.59
		02:50.79	02:49.09	02:35.69	02:34.19
sc lc	100 FI	01:00.99	01:00.39	00:54.39	00:53.59
		01:08.49	01:07.89	01:01.29	01:00.69
sc lc	200 FI	02:13.69	02:12.39	02:01.29	01:59.59
		02:28.99	02:27.59	02:16.39	02:15.09
sc lc	200 IM	02:13.39	02:12.09	02:00.99	01:59.29
		02:32.79	02:31.29	02:19.79	02:18.39
sc lc	400 IM	04:43.69	04:40.89	04:19.09	04:15.49
		05:21.59	05:18.39	04:57.69	04:54.79