

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
25.1		24.3			24.4		22.1	
25.2		24.4			24.5		22.1	
25.3		24.5			24.6		22.2	
25.4		24.6			24.7		22.3	
25.5		24.7			24.8		22.4	
25.6		24.8			24.9		22.5	
25.7		24.9			25.0		22.6	
25.8		25.0			25.2		22.7	
25.9		25.1			25.3		22.8	
26.0		25.2			25.4		22.9	
26.1		25.3			25.5		23.0	
26.2		25.4			25.6		23.1	
26.3		25.5			25.7		23.2	
26.4		25.6			25.8		23.3	
26.5		25.7			25.9		23.4	
26.6		25.8			26.0		23.5	
26.7		25.9			26.1		23.6	
26.8		26.0			26.2		23.7	
26.9		26.1			26.3		23.7	
27.0		26.2			26.4		23.8	
27.1		26.3			26.5		23.9	
27.2		26.4			26.6		24.0	
27.3		26.5			26.7		24.1	
27.4		26.6			26.8		24.2	
27.5		26.7			26.9		24.3	
27.6		26.8			27.0		24.4	
27.7		27.0			27.1		24.5	
27.8		27.1			27.2		24.6	
27.9		27.2			27.3		24.7	
28.0		27.3			27.4		24.8	
28.1		27.4			27.5		24.9	
28.2		27.5			27.6		25.0	
28.3		27.6			27.7		25.1	
28.4		27.7			27.8		25.2	
28.5		27.8			27.9		25.2	
28.6		27.9			28.0		25.3	
28.7		28.0			28.2		25.4	
28.8		28.1			28.3		25.5	
28.9		28.2			28.4		25.6	
29.0		28.3			28.5		25.7	
29.1		28.4			28.6		25.8	
29.2		28.5			28.7		25.9	
29.3		28.6			28.8		26.0	
29.4		28.7			28.9		26.1	
29.5		28.8			29.0		26.2	
29.6		28.9			29.1		26.3	
29.7		29.0			29.2		26.4	
29.8		29.1			29.3		26.5	
29.9		29.2			29.4		26.6	
30.0		29.3			29.5		26.7	

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
30.1		29.4			29.6		26.7	
30.2		29.5			29.7		26.8	
30.3		29.6			29.8		26.9	
30.4		29.7			29.9		27.0	
30.5		29.8			30.0		27.1	
30.6		29.9			30.1		27.2	
30.7		30.0			30.2		27.3	
30.8		30.1			30.3		27.4	
30.9		30.2			30.4		27.5	
31.0		30.3			30.5		27.6	
31.1		30.4			30.6		27.7	
31.2		30.5			30.7		27.8	
31.3		30.6			30.8		27.9	
31.4		30.7			30.9		28.0	
31.5		30.8			31.0		28.1	
31.6		30.9			31.1		28.1	
31.7		31.0			31.2		28.2	
31.8		31.1			31.3		28.3	
31.9		31.2			31.4		28.4	
32.0		31.4			31.5		28.5	
32.1		31.5			31.6		28.6	
32.2		31.6			31.8		28.7	
32.3		31.7			31.9		28.8	
32.4		31.8			32.0		28.9	
32.5		31.9			32.1		29.0	
32.6		32.0			32.2		29.1	
32.7		32.1			32.3		29.2	
32.8		32.2			32.4		29.3	
32.9		32.3			32.5		29.4	
33.0		32.4			32.6		29.4	
33.1		32.5			32.7		29.5	
33.2		32.6			32.8		29.6	
33.3		32.7			32.9		29.7	
33.4		32.8			33.0		29.8	
33.5		32.9			33.1		29.9	
33.6		33.0			33.2		30.0	
33.7		33.1			33.3		30.1	
33.8		33.2			33.4		30.2	
33.9		33.3			33.5		30.3	
34.0		33.4			33.6		30.4	
34.1		33.5			33.7		30.5	
34.2		33.6			33.8		30.6	
34.3		33.7			33.9		30.7	
34.4		33.8			34.0		30.8	
34.5		33.9			34.1		30.8	
34.6		34.0			34.2		30.9	
34.7		34.1			34.3		31.0	
34.8		34.2			34.4		31.1	
34.9		34.3			34.5		31.2	
35.0		34.4			34.6		31.3	
35.1		34.5			34.7		31.4	
35.2		34.6			34.8		31.5	

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
35.3		34.7			34.9		31.6	
35.4		34.8			35.0		31.7	
35.5		34.9			35.1		31.8	
35.6		35.0			35.2		31.9	
35.7		35.1			35.3		32.0	
35.8		35.2			35.4		32.1	
35.9		35.3			35.5		32.1	
36.0		35.4			35.6		32.2	
36.1		35.5			35.7		32.3	
36.2		35.6			35.8		32.4	
36.3		35.7			35.9		32.5	
36.4		35.8			36.0		32.6	
36.5		35.9			36.2		32.7	
36.6		36.0			36.3		32.8	
36.7		36.1			36.4		32.9	
36.8		36.2			36.5		33.0	
36.9		36.3			36.6		33.1	
37.0		36.4			36.7		33.2	
37.1		36.5			36.8		33.3	
37.2		36.6			36.9		33.3	
37.3		36.7			37.0		33.4	
37.4		36.8			37.1		33.5	
37.5		36.9			37.2		33.6	
37.6		37.0			37.3		33.7	
37.7		37.1			37.4		33.8	
37.8		37.3			37.5		33.9	
37.9		37.4			37.6		34.0	
38.0		37.5			37.7		34.1	
38.1		37.6			37.8		34.2	
38.2		37.7			37.9		34.3	
38.3		37.8			38.0		34.4	
38.4		37.9			38.1		34.5	
38.5		38.0			38.2		34.6	
38.6		38.1			38.3		34.6	
38.7		38.2			38.4		34.7	
38.8		38.3			38.5		34.8	
38.9		38.4			38.6		34.9	
39.0		38.5			38.7		35.0	
39.1		38.6			38.8		35.1	
39.2		38.7			38.9		35.2	
39.3		38.8			39.0		35.3	
39.4		38.9			39.1		35.4	
39.5		39.0			39.2		35.5	
39.6		39.1			39.3		35.6	
39.7		39.2			39.4		35.7	
39.8		39.3			39.5		35.8	
39.9		39.4			39.6		35.8	
40.0		39.5			39.7		35.9	
40.1		39.6			39.8		36.0	
40.2		39.7			39.9		36.1	
40.3		39.8			40.0		36.2	

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
40.4		39.9			40.1		36.3	
40.5		40.0			40.2		36.4	
40.6		40.1			40.3		36.5	
40.7		40.2			40.4		36.6	
40.8		40.3			40.5		36.7	
40.9		40.4			40.6		36.8	
41.0		40.5			40.7		36.9	
41.1		40.6			40.8		37.0	
41.2		40.7			40.9		37.0	
41.3		40.8			41.0		37.1	
41.4		40.9			41.1		37.2	
41.5		41.0			41.3		37.3	
41.6		41.1			41.4		37.4	
41.7		41.2			41.5		37.5	
41.8		41.3			41.6		37.6	
41.9		41.4			41.7		37.7	
42.0		41.5			41.8		37.8	
42.1		41.6			41.9		37.9	
42.2		41.7			42.0		38.0	
42.3		41.8			42.1		38.1	
42.4		41.9			42.2		38.2	
42.5		42.0			42.3		38.2	
42.6		42.1			42.4		38.3	
42.7		42.2			42.5		38.4	
42.8		42.3			42.6		38.5	
42.9		42.4			42.7		38.6	
43.0		42.5			42.8		38.7	
43.1		42.6			42.9		38.8	
43.2		42.7			43.0		38.9	
43.3		42.8			43.1		39.0	
43.4		42.9			43.2		39.1	
43.5		43.0			43.3		39.2	
43.6		43.1			43.4		39.3	
43.7		43.2			43.5		39.4	
43.8		43.3			43.6		39.4	
43.9		43.4			43.7		39.5	
44.0		43.5			43.8		39.6	
44.1		43.6			43.9		39.7	
44.2		43.7			44.0		39.8	
44.3		43.8			44.1		39.9	
44.4		43.9			44.2		40.0	
44.5		44.0			44.3		40.1	
44.6		44.1			44.4		40.2	
44.7		44.2			44.5		40.3	
44.8		44.3			44.6		40.4	
44.9		44.4			44.7		40.5	
45.0		44.5			44.8		40.6	
45.1		44.6			44.9		40.6	
45.2		44.7			45.0		40.7	
45.3		44.8			45.1		40.8	

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
45.4		44.9			45.2		40.9	
45.5		45.0			45.3		41.0	
45.6		45.1			45.4		41.1	
45.7		45.2			45.5		41.2	
45.8		45.3			45.6		41.3	
45.9		45.4			45.7		41.4	
46.0		45.5			45.8		41.5	
46.1		45.6			45.9		41.6	
46.2		45.8			46.0		41.7	
46.3		45.9			46.1		41.8	
46.4		46.0			46.2		41.8	
46.5		46.1			46.3		41.9	
46.6		46.2			46.4		42.0	
46.7		46.3			46.5		42.1	
46.8		46.4			46.6		42.2	
46.9		46.5			46.7		42.3	
47.0		46.6			46.8		42.4	
47.1		46.7			46.9		42.5	
47.2		46.8			47.0		42.6	
47.3		46.9			47.1		42.7	
47.4		47.0			47.2		42.8	
47.5		47.1			47.3		42.9	
47.6		47.2			47.5		42.9	
47.7		47.3			47.6		43.0	
47.8		47.4			47.7		43.1	
47.9		47.5			47.8		43.2	
48.0		47.6			47.9		43.3	
48.1		47.7			48.0		43.4	
48.2		47.8			48.1		43.5	
48.3		47.9			48.2		43.6	
48.4		48.0			48.3		43.7	
48.5		48.1			48.4		43.8	
48.6		48.2			48.5		43.9	
48.7		48.3			48.6		44.0	
48.8		48.4			48.7		44.1	
48.9		48.5			48.8		44.1	
49.0		48.6			48.9		44.2	
49.1		48.7			49.0		44.3	
49.2		48.8			49.1		44.4	
49.3		48.9			49.2		44.5	
49.4		49.0			49.3		44.6	
49.5		49.1			49.4		44.7	
49.6		49.2			49.5		44.8	
49.7		49.3			49.6		44.9	
49.8		49.4			49.7		45.0	
49.9		49.5			49.8		45.1	
50.0		49.6			49.9		45.2	
50.1		49.7			50.0		45.3	
50.2		49.8			50.1		45.3	
50.3		49.9			50.2		45.4	
50.4		50.0			50.3		45.5	
50.5		50.1			50.4		45.6	
50.6		50.2			50.5		45.7	
50.7		50.3			50.6		45.8	
50.8		50.4			50.7		45.9	

50/55 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
50.9		50.5			50.8		46.0	
51.0		50.6			50.9		46.1	
51.1		50.7			51.0		46.2	
51.2		50.8			51.1		46.3	
51.3		50.9			51.2		46.4	
51.4		51.0			51.3		46.4	
51.5		51.1			51.4		46.5	
51.6		51.2			51.5		46.6	
51.7		51.3			51.6		46.7	
51.8		51.4			51.7		46.8	
51.9		51.5			51.8		46.9	
52.0		51.6			51.9		47.0	
52.1		51.7			52.0		47.1	
52.2		51.8			52.1		47.2	
52.3		51.9			52.2		47.3	
52.4		52.0			52.3		47.4	
52.5		52.1			52.4		47.5	
52.6		52.2			52.5		47.5	
52.7		52.3			52.6		47.6	
52.8		52.4			52.7		47.7	
52.9		52.5			52.8		47.8	
53.0		52.6			52.9		47.9	
53.1		52.7			53.0		48.0	
53.2		52.8			53.1		48.1	
53.3		52.9			53.2		48.2	
53.4		53.0			53.3		48.3	
53.5		53.1			53.4		48.4	
53.6		53.2			53.5		48.5	
53.7		53.3			53.6		48.6	
53.8		53.4			53.7		48.7	
53.9		53.5			53.8		48.7	
54.0		53.6			53.9		48.8	
54.1		53.7			54.0		48.9	
54.2		53.8			54.1		49.0	
54.3		53.9			54.2		49.1	
54.4		54.0			54.3		49.2	
54.5		54.1			54.4		49.3	
54.6		54.2			54.5		49.4	
54.7		54.3			54.7		49.5	
54.8		54.4			54.8		49.6	
54.9		54.5			54.9		49.7	
55.0		54.6			55.0		49.8	