

EVALUATION CHART

	AEROBIC POWER			ANAEROBIC CAPACITY		STRENGHT ENDURENCE			STROKE TECHNIQUE Fx (SC + Time)				
	2000 FR	1500 FR	T-20 FR	(4) 5x100 FR	(4) 6x50 K	400 FL	200 FL	100 FL	50 FL	50 BK	50 BR	50 FR	
100%	21:10.00	15:47.00	1:03.50	:54.00	:29.75	4:32.10			49.00	64.00	57.00	61.00	PLATINUM
99%	21:20.00	15:54.30	1:04.00	:54.40	:30.24	4:34.20			49.42	64.64	57.42	61.22	
98%	21:30.00	16:02.10	1:04.50	:54.80	:30.73	4:36.30			49.84	65.28	58.06	61.44	
97%	21:40.00	16:09.40	1:05.00	:55.20	:31.22	4:38.40			50.26	65.92	58.70	61.66	
96%	21:50.00	16:16.70	1:05.50	:55.60	:31.71	4:40.50			50.68	66.56	59.34	61.88	
95%	22:00.00	16:25.00	1:06.00	:56.00	:32.20	4:43.40			51.10	67.20	59.98	62.30	
94%	22:12.00	16:34.40	1:06.60	:56.50	:32.74	4:46.30			51.74	67.92	60.62	62.72	
93%	22:24.00	16:43.80	1:07.20	:57.00	:33.28	4:49.20			52.38	68.64	61.53	63.14	
92%	22:36.00	16:53.20	1:07.80	:57.50	:33.82	4:52.10			53.02	69.36	62.44	63.56	
91%	22:48.00	17:02.60	1:08.40	:58.00	:34.36	4:55.00			53.66	70.08	63.35	64.20	
90%	23:00.00	17:11.50	1:09.00	:58.50	:34.90	4:58.80			54.30	70.80	64.26	64.84	
89%	23:14.00	17:23.10	1:09.70	:59.10	:35.54	5:02.60			55.21	71.62	65.17	65.48	
88%	23:28.00	17:34.20	1:10.40	:59.70	:36.18	5:06.40			56.12	72.44	66.42	66.12	
87%	23:42.00	17:45.30	1:11.10	1:00.30	:36.82	5:10.20			57.03	73.26	67.67	66.76	
86%	23:56.00	17:56.40	1:11.80	1:00.90	:37.46	5:14.00			57.94	74.08	68.92	67.68	
85%	24:10.00	18:07.50	1:12.50	1:01.50	:38.10	5:18.80			58.85	74.90	70.17	68.60	GREY
84%	24:28.00	18:31.00	1:13.40	1:02.30	:38.90	5:23.60			60.10	75.85	71.42	69.52	
83%	24:46.00	18:42.00	1:14.30	1:03.10	:39.70	5:28.40			61.35	76.80	73.10	70.44	GREY
82%	25:04.00	18:53.00	1:15.20	1:03.90	:40.50	5:33.20			62.60	77.75	74.78	71.36	
81%	25:22.00	19:04.00	1:16.10	1:04.70	:41.30	5:38.00			63.85	78.70	76.46	72.63	GOLD
80%	25:40.00	19:15.00	1:17.00	1:05.50	:42.10	5:43.90	2:44.59	1:20.00	65.10	79.65	78.14	73.90	
79%	26:00.00	19:30.00	1:18.00	1:06.60	:43.13	5:49.80	2:46.46	1:21.87	66.78	80.77	79.82	75.17	
78%	26:20.00	19:45.00	1:19.00	1:07.70	:44.16	5:55.70	2:48.33	1:23.74	68.46	81.89	82.04	76.44	
77%	26:40.00	20:00.00	1:20.00	1:08.80	:45.19	6:01.60	2:50.20	1:25.61	70.14	83.01	84.26	77.71	
76%	27:00.00	20:15.00	1:21.00	1:09.90	:46.22	6:07.50	2:52.52	1:27.48	71.82	84.13	86.48	79.41	GREY
75%	27:20.00	20:30.00	1:22.00	1:11.00	:47.25	6:14.60	2:54.84	1:29.35	73.50	85.25	88.70	81.11	
74%	27:50.00	20:52.50	1:23.50	1:12.40	:48.59	6:21.70	2:57.16	1:31.67	75.72	86.59	90.92	82.81	SILVER
73%	28:20.00	21:15.00	1:25.00	1:13.80	:49.93	6:28.80	2:59.48	1:33.99	77.94	87.93	93.81	84.51	
72%	28:50.00	21:37.50	1:26.50	1:15.20	:51.27	6:35.90	3:01.80	1:36.31	80.16	89.27	96.70	86.21	
71%	29:20.00	22:00.00	1:28.00	1:16.60	:52.61	6:43.00	3:04.20	1:38.63	82.38	90.61	99.59	88.43	
70%	29:50.00	22:22.50	1:29.50	1:18.00	:53.95	6:51.40	3:06.60	1:40.95	84.60	91.95	102.48	90.65	
69%	30:32.00	22:54.00	1:31.60	1:19.70	:56.40	7:09.80	3:09.00	1:43.81	87.49	93.57	105.37	92.87	GREY
68%	31:14.00	23:25.50	1:33.70	1:21.40	:58.85	7:18.20	3:11.40	1:46.67	90.38	95.19	109.08	95.09	
67%	31:56.00	23:57.00	1:35.80	1:23.10	1:00.30	7:26.60	3:13.80	1:49.53	93.27	96.81	112.79	97.31	
66%	32:38.00	24:28.50	1:37.90	1:24.80	1:02.75	7:35.00	3:17.54	1:52.39	96.16	98.43	116.50	100.15	
65%	33:20.00	25:00.00	1:40.00	1:26.50	1:05.20	7:44.80	3:21.28	1:55.25	99.05	100.05	120.21	102.99	
64%	34:16.00	25:42.00	1:42.80	1:28.50	1:08.38	7:54.60	3:25.02	1:58.75	102.76	102.02	123.92	105.83	BRONZE
63%	35:12.00	26:24.00	1:45.60	1:30.50	1:11.56	8:04.40	3:28.76	2:02.25	106.47	103.99	128.62	108.67	
62%	36:08.00	27:06.00	1:48.40	1:32.50	1:14.74	8:14.20	3:32.50	2:05.75	110.18	105.96	133.32	111.51	
61%	37:04.00	27:48.00	1:51.20	1:34.50	1:17.92	8:24.00	3:37.14	2:09.25	113.89	107.93	138.02	115.08	
60%	38:00.00	28:30.00	1:54.00	1:36.50	1:21.10	8:35.30	3:41.78	2:12.75	117.60	109.90	142.72	118.65	
59%	39:12.00	29:24.00	1:57.60	1:38.90	1:25.14	8:46.60	3:46.42	2:17.00	122.30	112.30	147.42	122.22	PRE-COMP
58%	40:24.00	30:18.00	2:01.20	1:41.30	1:29.18	8:57.90	3:51.06	2:21.25	127.00	114.70	153.30	125.79	
57%	41:36.00	31:12.00	2:04.80	1:43.70	1:33.22	9:09.60	3:55.70	2:25.50	131.70	117.10	159.18	129.36	
56%	42:48.00	32:06.00	2:08.40	1:46.10	1:37.26	9:20.90	4:01.67	2:29.75	136.40	119.50	165.06	133.78	
55%	44:00.00	33:00.00	2:12.00	1:48.50	1:41.30	9:33.80	4:07.39	2:34.00	141.10	121.90	170.94	138.20	
54%		34:07.00	2:16.50	1:51.40	1:46.34		4:13.11	2:39.07	146.98	124.82	176.82	142.62	
53%		35:14.00	2:21.00	1:54.30	1:51.38		4:18.83	2:44.14	152.86	127.74	184.09	147.04	
52%		36:21.00	2:25.50	1:57.20	1:56.42		4:24.55	2:49.21	158.74	130.66	191.36	151.46	
51%		37:28.00	2:30.00	2:00.10	2:01.46		4:31.55	2:54.28	164.62	133.58	198.63	156.87	
50%		38:35.00	2:34.50	2:03.00	2:06.50		4:38.55	2:59.35	170.50	136.50	205.90	162.28	
49%		39:57.50	2:40.00	2:06.50	2:12.69		4:45.55	3:05.37	177.77	140.04	213.17	167.69	
48%		41:20.00	2:45.50	2:10.00	2:18.88		4:52.55	3:11.39	185.04	143.58	220.44	173.10	
47%		42:42.50	2:51.00	2:13.50	2:25.07		4:59.55	3:17.41	192.31	147.12	227.71	178.51	
46%		44:05.00	2:56.50	2:17.00	2:31.26		5:06.55	3:23.43	199.58	150.66	234.98	185.04	
45%		45:27.50	3:02.00	2:20.50	2:37.45		5:13.55	3:29.45	206.85	154.20	241.25	191.57	
44%			3:08.00	2:24.70			5:21.53						
43%			3:14.00	2:28.90			5:29.51						
42%			3:20.00	2:33.10			5:37.49						
41%			3:26.00	2:37.30			5:45.47						
40%			3:33.00	2:41.50			5:53.45						