

World Best Start, Turn and Finish Times

Men

Stroke	Fly	Back	Breast	Free	IM	
Starts Male 15 metres	5.3 to 6.0	6.0 to 6.6	6.4 to 6.9	5.3 to 6.4	6.0 to 6.2	
Turns Male 15 metres 5 m in 10 m out	7.4 to 8.5	7.0 to 7.9	8.4 to 8.8	6.9 to 8.0	7.9 to 8.7 8.1 to 9.3 9.0 to 9.4	Fl/Bk Bk/Br Br/Fr
Finish Male 5 metres	2.4 to 2.8	2.5 to 2.7	2.7 to 2.8	2.1 to 2.6	2.5 to 2.6	

Women

Stroke	Fly	Back	Breast	Free	IM	
Starts Women 15 metres	6.3 to 7.0	7.1 to 7.8	7.6 to 8.0	6.1 to 7.3	6.9 to 7.2	
Turns Women 15 metres 5 m in 10 m out	8.0 to 9.4	7.9 to 8.9	9.5 to 10.3	7.3 to 8.9	8.8 to 9.8 9.9 to 10.1 10.1 to 10.2	Fl/Bk Bk/Br Br/Fr
Finish Women 5 metres	2.6 to 3.0	2.7 to 3.0	3.0 to 3.4	2.4 to 2.8	2.7 to 2.8	

Note - faster times = shorter race distances and slower times = longer race distances

How fast are you?