

Equivalent swim performance table for 25m pool

100m	1500m	'mile'	Lengths in		Postal swim	
			20 min	30 min	Lengths	Metres
1.10	17.30	18.40	68.6	102.9	205.7	5143
1.11	17.45	18.56	67.6	101.4	202.8	5070
1.12	18.00	19.12	66.7	100.0	200.0	5000
1.13	18.15	19.28	65.8	98.6	197.3	4932
1.14	18.30	19.44	64.9	97.3	194.6	4865
1.15	18.45	20.00	64.0	96.0	192.0	4800
1.16	19.00	20.16	63.2	94.7	189.5	4737
1.17	19.15	20.32	62.3	93.5	187.0	4675
1.18	19.30	20.48	61.5	92.3	184.6	4615
1.19	19.45	21.04	60.8	91.1	182.3	4557
1.20	20.00	21.20	60.0	90.0	180.0	4500
1.21	20.15	21.36	59.3	88.9	177.8	4444
1.22	20.30	21.52	58.5	87.8	175.6	4390
1.23	20.45	22.08	57.8	86.7	173.5	4337
1.24	21.00	22.24	57.1	85.7	171.4	4286
1.25	21.15	22.40	56.5	84.7	169.4	4235
1.26	21.30	22.56	55.8	83.7	167.4	4186
1.27	21.45	23.12	55.2	82.8	165.5	4138
1.28	22.00	23.28	54.5	81.8	163.6	4091
1.29	22.15	23.44	53.9	80.9	161.8	4045
1.30	22.30	24.00	53.3	80.0	160.0	4000
1.31	22.45	24.16	52.7	79.1	158.2	3956
1.32	23.00	24.32	52.2	78.3	156.5	3913
1.33	23.15	24.48	51.6	77.4	154.8	3871
1.34	23.30	25.04	51.1	76.6	153.2	3830
1.35	23.45	25.20	50.5	75.8	151.6	3789
1.36	24.00	25.36	50.0	75.0	150.0	3750
1.37	24.15	25.52	49.5	74.2	148.5	3711
1.38	24.30	26.08	49.0	73.5	146.9	3673
1.39	24.45	26.24	48.5	72.7	145.5	3636
1.40	25.00	26.40	48.0	72.0	144.0	3600
1.41	25.15	26.56	47.5	71.3	142.6	3564
1.42	25.30	27.12	47.1	70.6	141.2	3529
1.43	25.45	27.28	46.6	69.9	139.8	3495
1.44	26.00	27.44	46.2	69.2	138.5	3462
1.45	26.15	28.00	45.7	68.6	137.1	3429
1.46	26.30	28.16	45.3	67.9	135.8	3396
1.47	26.45	28.32	44.9	67.3	134.6	3364
1.48	27.00	28.48	44.4	66.7	133.3	3333
1.49	27.15	29.04	44.0	66.1	132.1	3303
1.50	27.30	29.20	43.6	65.5	130.9	3273
1.51	27.45	29.36	43.2	64.9	129.7	3243
1.52	28.00	29.52	42.9	64.3	128.6	3214
1.53	28.15	30.08	42.5	63.7	127.4	3186
1.54	28.30	30.24	42.1	63.2	126.3	3158
1.55	28.45	30.40	41.7	62.6	125.2	3130
1.56	29.00	30.56	41.4	62.1	124.1	3103
1.57	29.15	31.12	41.0	61.5	123.1	3077
1.58	29.30	31.28	40.7	61.0	122.0	3051
1.59	29.45	31.44	40.3	60.5	121.0	3025
2.00	30.00	32.00	40.0	60.0	120.0	3000
2.01	30.15	32.16	39.7	59.5	119.0	2975
2.02	30.30	32.32	39.3	59.0	118.0	2951
2.03	30.45	32.48	39.0	58.5	117.1	2927
2.04	31.00	33.04	38.7	58.1	116.1	2903
2.05	31.15	33.20	38.4	57.6	115.2	2880
2.06	31.30	33.36	38.1	57.1	114.3	2857
2.07	31.45	33.52	37.8	56.7	113.4	2835
2.08	32.00	34.08	37.5	56.3	112.5	2813
2.09	32.15	34.24	37.2	55.8	111.6	2791
2.10	32.30	34.40	36.9	55.4	110.8	2769
2.11	32.45	34.56	36.6	55.0	109.9	2748
2.12	33.00	35.12	36.4	54.5	109.1	2727