

2024 Ideal Times Table (After TOKYO2020)

	M	W	LM	LW		U23M	U23W	U23LM	U23LW		U19M	U19W
1X	06:28.90	07:05.37	06:34.99	07:13.93	1X	06:36.83	07:14.05	06:43.05	07:22.78	1X	06:49.36	07:27.75
2-	06:07.14	06:44.18	06:19.12	07:00.18	2-	06:14.63	06:52.43	06:26.86	07:08.76	2-	06:26.46	07:05.46
2X (4+)	05:56.76	06:34.18	06:01.97	06:37.59	2X (4+)	06:04.04	06:42.22	06:09.35	06:45.71	2X (4+)	06:15.53	06:54.92
4-	05:36.37	06:12.12			4-	05:43.23	06:19.71			4-	05:54.07	06:31.70
4x	05:29.02	06:03.21	05:39.36	06:12.23	4x	05:35.74	06:10.63	05:46.28	06:19.82	4x	05:46.34	06:22.33
8+	05:15.74	05:50.31			8+	05:22.19	05:57.46			8+	05:32.36	06:08.75