

MEN'S 400 IM AVERAGE TURN TIME RANGES (WALL TO 15M)

DATA RANGE 2015 - 2019



| Turn | Best Recorded | Olympic/World 1st | Olympic/World Top 3 | Olympic/World Top 8 |
|--------------------|---------------|-------------------|---------------------|---------------------|
| 1 Fly to Fly | 8.16 | 8.51 | 8.59 | 8.75 |
| 2 Fly to Back | 8.37 | 8.65 | 8.90 | 9.10 |
| 3 Back to Back | 7.81 | 8.00 | 8.30 | 8.40 |
| 4 Back to Breast | 9.26 | 9.45 | 9.78 | 10.02 |
| 5 Breast to Breast | 9.47 | 9.60 | 9.84 | 10.10 |
| 6 Breast to Free | 8.30 | 8.47 | 8.59 | 8.72 |
| 7 Free to Free | 7.59 | 7.75 | 7.87 | 7.98 |

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Olympic/World Top 8 Olympic/World Medallist Olympic/World Gold Medallist Best Recorded

