

Kvaltider SM 2023 - 2024

Grenar	A-kvaltider													
	Damer 20-21 år			Damer 22- år			Herrar 20-21 år			Herrar 22- år			Mix	
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m
50m frisim	00:26,58	00:27,45	00:23,94	00:26,36	00:27,18	00:23,74	00:23,59	00:24,53	00:21,25	00:23,32	00:24,15	00:21,00		
100m frisim	00:57,61	00:59,32	00:51,90	00:57,12	00:58,79	00:51,45	00:51,56	00:53,45	00:46,44	00:50,91	00:52,63	00:45,86		
200m frisim	02:05,54	02:08,89	01:53,09	02:04,55	02:07,78	01:52,20	01:53,31	01:57,51	01:42,07	01:51,91	01:55,80	01:40,81		
400m/500y frisim	04:28,17	04:36,19	05:06,47	04:26,99	04:35,25	05:05,13	04:04,93	04:14,04	04:39,92	04:02,15	04:11,78	04:36,74		
800m/1000y frisim	09:17,65	09:34,96	10:37,31	09:14,13	09:32,98	10:33,29	08:38,85	08:57,94	09:52,97	08:35,04	08:53,24	09:48,61		
1500m/1650y frisim	17:56,04	18:37,66	17:49,61	17:50,59	18:31,39	17:44,20	16:41,12	17:16,57	16:35,14	16:33,23	17:11,51	16:27,30		
4x50m frisim	01:48,13	01:51,44		01:48,13	01:51,44		01:34,82	01:38,14		01:34,82	01:38,14			
4x100m frisim	03:56,48	04:03,19		03:56,48	04:03,19		03:28,90	03:37,25		03:28,90	03:37,25		03:41,55	03:48,32
4x200m frisim	08:46,24	08:54,34		08:46,24	08:54,34		07:54,64	08:05,22		07:54,64	08:05,22			
50m bröstsim	00:33,06	00:34,18	00:29,77	00:32,92	00:33,97	00:29,65	00:29,53	00:30,61	00:26,59	00:29,14	00:30,06	00:26,24		
100m bröstsim	01:12,12	01:14,63	01:04,97	01:11,85	01:14,19	01:04,73	01:04,63	01:07,75	00:58,22	01:03,90	01:06,70	00:57,57		
200m bröstsim	02:37,70	02:43,53	02:22,06	02:37,16	02:42,39	02:21,58	02:22,84	02:29,62	02:08,67	02:21,39	02:27,68	02:07,37		
50m ryggsim	00:29,98	00:31,44	00:27,01	00:29,71	00:31,21	00:26,76	00:26,88	00:28,55	00:24,21	00:26,39	00:27,98	00:23,77		
100m ryggsim	01:04,51	01:07,51	00:58,11	01:03,98	01:06,86	00:57,63	00:57,96	01:01,33	00:52,21	00:57,17	01:00,24	00:51,51		
200m ryggsim	02:21,03	02:27,11	02:07,09	02:19,89	02:25,70	02:06,10	02:08,98	02:15,45	01:56,19	02:07,86	02:13,51	01:55,18		
50m fjärilsim	00:28,55	00:28,94	00:25,72	00:28,33	00:28,65	00:25,52	00:25,38	00:25,92	00:22,87	00:25,01	00:25,52	00:22,52		
100m fjärilsim	01:03,70	01:05,16	00:57,39	01:03,24	01:04,52	00:56,97	00:56,69	00:57,84	00:51,07	00:56,02	00:57,07	00:50,46		
200m fjärilsim	02:23,82	02:28,07	02:09,57	02:22,28	02:25,48	02:08,18	02:09,47	02:13,80	01:56,64	02:07,72	02:11,71	01:55,06		
100m medley	01:05,92		00:59,38	01:05,39		00:58,89	00:58,88		00:53,04	00:58,09		00:52,33		
200m medley	02:22,30	02:26,57	02:08,02	02:21,40	02:25,09	02:07,38	02:08,49	02:13,78	01:55,76	02:06,81	02:12,38	01:54,24		
400m medley	05:04,85	05:16,74	04:34,64	05:03,39	05:15,24	04:33,32	04:40,00	04:50,90	04:12,24	04:37,71	04:46,32	04:10,18		
4x50m medley	01:58,40	02:02,09		01:58,40	02:02,09		01:43,53	01:47,31		01:43,53	01:47,31			
4x100m medley	04:22,01	04:31,40		04:22,01	04:31,40		03:53,43	03:59,38		03:53,43	03:59,38		04:01,04	04:09,44

## Kvaltider SM 2023 - 2024

Grenar	B-kvaltider											
	Damer 20-21 år			Damer 22- år			Herrar 20-21 år			Herrar 22- år		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,84	00:27,69	00:24,18	00:26,60	00:27,46	00:23,96	00:23,82	00:24,77	00:21,45	00:23,51	00:24,37	00:21,17
100m frisim	00:58,24	00:59,84	00:52,47	00:57,88	00:59,34	00:52,14	00:52,15	00:53,98	00:46,97	00:51,53	00:53,18	00:46,42
200m frisim	02:07,14	02:10,46	01:54,53	02:06,38	02:09,40	01:53,84	01:54,84	01:59,24	01:43,46	01:53,78	01:57,77	01:42,50
400m/500y frisim	04:30,75	04:38,64	05:09,42	04:29,52	04:37,10	05:08,02	04:08,87	04:18,15	04:44,42	04:06,19	04:15,39	04:41,36
800m/1000y frisim	09:24,66	09:42,69	10:45,32	09:22,63	09:40,41	10:43,00	08:47,69	09:06,47	10:03,08	08:43,14	09:01,03	09:57,87
1500m/1650y frisim	18:12,09	18:57,20	18:05,57	18:02,19	18:43,49	17:55,73	16:57,34	17:37,85	16:51,27	16:49,94	17:32,85	16:43,91
4x50m frisim												
4x100m frisim												
4x200m frisim												
50m bröstsim	00:33,57	00:34,57	00:30,24	00:33,34	00:34,33	00:30,03	00:29,85	00:31,06	00:26,89	00:29,46	00:30,48	00:26,53
100m bröstsim	01:12,94	01:15,84	01:05,70	01:12,51	01:15,41	01:05,32	01:05,49	01:08,60	00:59,00	01:04,61	01:07,67	00:58,20
200m bröstsim	02:39,49	02:45,99	02:23,68	02:39,29	02:45,32	02:23,49	02:25,80	02:32,11	02:11,34	02:24,23	02:29,90	02:09,93
50m ryggsim	00:30,40	00:31,82	00:27,39	00:30,19	00:31,59	00:27,20	00:27,29	00:29,00	00:24,58	00:26,87	00:28,49	00:24,20
100m ryggsim	01:05,40	01:08,51	00:58,92	01:05,04	01:08,06	00:58,59	00:58,79	01:02,28	00:52,96	00:58,10	01:01,27	00:52,34
200m ryggsim	02:22,84	02:29,46	02:08,68	02:22,04	02:28,50	02:07,96	02:10,85	02:18,06	01:57,87	02:09,64	02:16,62	01:56,79
50m fjärilsim	00:28,85	00:29,32	00:25,99	00:28,66	00:29,10	00:25,82	00:25,73	00:26,22	00:23,18	00:25,36	00:25,83	00:22,85
100m fjärilsim	01:04,37	01:06,04	00:57,99	01:03,96	01:05,48	00:57,62	00:57,31	00:58,64	00:51,62	00:56,63	00:57,83	00:51,01
200m fjärilsim	02:26,70	02:31,44	02:12,15	02:25,62	02:29,58	02:11,18	02:11,40	02:16,32	01:58,37	02:09,73	02:14,20	01:56,87
100m medley	01:06,70		01:00,08	01:06,28		00:59,71	00:59,62		00:53,71	00:58,73		00:52,91
200m medley	02:23,72	02:28,81	02:09,46	02:22,95	02:27,83	02:08,78	02:10,30	02:15,53	01:57,39	02:08,83	02:13,84	01:56,06
400m medley	05:08,57	05:21,12	04:37,99	05:07,45	05:19,20	04:36,98	04:45,01	04:57,22	04:16,76	04:42,32	04:53,06	04:14,34
4x50m medley												
4x100m medley												