

# KVALTIDER FÖR MÄSTERSKAP 2009-2012

## SM Kvalperioder för 2010/2011

Gren	A-kvaltid				B-kvaltid			
	Damer		Herrar		Damer		Herrar	
	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m
50m Frisim	26.59	27.49	23.69	24.59	26.89	27.79	23.89	24.89
100m Frisim	57.49	59.29	51.69	53.59	58.09	1:00.09	52.29	54.29
200m Frisim	2:05.19	2:08.89	1:54.99	1:59.29	2:06.49	2:10.79	1:55.99	2:00.69
400m Frisim	4:28.49	4:37.49	4:08.69	4:18.59	4:31.09	4:40.39	4:11.29	4:21.69
800m Frisim	9:18.59	9:39.89	8:48.59	9:11.49	9:24.79	9:46.09	8:56.09	9:21.09
1500m Frisim	17:50.59	18:31.39	16:47.09	17:29.79	18:02.19	18:54.89	17:01.39	17:47.89
4x50m Frisim - Inne	1:51.39	1:53.69	1:37.39	1:38.69				
4x100m Frisim - Inne	4:03.89	4:08.69	3:33.89	3:40.89				
4x100m Frisim - Ute	4:06.59	4:12.59	3:39.69	3:48.19				
4x200m Frisim - Inne	8:54.89	9:11.09	8:00.29	8:15.49				
4x200m Frisim - Ute	9:01.09	9:13.49	8:09.09	8:21.09				
50m Bröstsims	33.89	34.99	29.99	31.19	34.29	35.39	30.49	31.59
100m Bröstsims	1:13.09	1:16.29	1:05.49	1:08.79	1:13.89	1:17.39	1:06.19	1:09.69
200m Bröstsims	2:38.89	2:45.49	2:24.89	2:32.19	2:41.49	2:48.19	2:26.69	2:34.99
50m Ryggsims	30.49	31.99	27.29	29.09	30.89	32.59	27.69	29.49
100m Ryggsims	1:05.39	1:08.59	58.79	1:02.59	1:06.19	1:09.69	59.59	1:03.39
200m Ryggsims	2:22.59	2:29.29	2:10.59	2:18.29	2:23.99	2:31.19	2:12.59	2:21.09
50m Fjärilsims	28.79	29.29	25.59	26.29	29.09	29.59	25.89	26.59
100m Fjärilsims	1:03.79	1:05.59	56.99	58.99	1:04.59	1:06.29	57.79	59.79
200m Fjärilsims	2:23.29	2:27.39	2:10.59	2:16.89	2:25.99	2:30.59	2:12.89	2:19.19
100m Medley	1:06.19		59.39		1:07.19		1:00.19	
200m Medley	2:22.49	2:25.09	2:10.39	2:15.79	2:24.59	2:30.29	2:12.49	2:18.09
400m Medley	5:05.89	5:19.19	4:43.99	4:57.99	5:09.69	5:23.39	4:47.79	5:03.19
4x50m Medley - Inne	2:02.69	2:05.39	1:48.49	1:50.49				
4x100m Medley - Inne	4:29.69	4:38.39	3:57.29	4:07.19				
4x100m Medley - Ute	4:33.69	4:41.69	4:04.79	4:10.89				

Kvalperioder: ute: 2010-05-01 - 2010-06-30  
inne: 2009-11-26 - 2010-11-18

## JSM

Gren	A-kvaltid				B-kvaltid			
	Damer		Herrar		Damer		Herrar	
	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m
50m Frisim	26.99	27.89	24.19	25.09	27.29	28.19	24.49	25.39
100m Frisim	58.29	1:00.19	52.89	54.69	58.69	1:00.79	53.29	55.29
200m Frisim	2:06.69	2:10.69	1:56.29	2:01.09	2:07.99	2:12.29	1:57.49	2:02.59
400m Frisim	4:30.29	4:39.19	4:10.79	4:21.39	4:32.89	4:41.69	4:13.39	4:25.49
800m Frisim	9:21.69	9:41.89	8:52.29	9:15.39	9:27.19	9:48.19	8:59.69	9:26.09
1500m Frisim	17:56.69	18:34.19	16:54.29	17:36.89	18:06.97	18:46.29	17:07.49	17:54.09
4x50m Frisim	1:52.79	1:55.49	1:39.39	1:42.29				
4x100m Frisim	4:06.59	4:12.59	3:39.69	3:48.19				
4x200m Frisim	9:01.09	9:13.49	8:09.09	8:21.09				
50m Bröstsims	34.09	35.19	30.69	31.79	34.59	35.69	30.99	32.19
100m Bröstsims	1:13.59	1:16.69	1:06.49	1:09.89	1:14.49	1:17.59	1:07.29	1:10.89
200m Bröstsims	2:40.09	2:46.19	2:26.19	2:34.29	2:42.29	2:49.29	2:28.69	2:37.59
50m Ryggsims	30.89	32.49	28.09	29.69	31.29	32.89	28.49	30.09
100m Ryggsims	1:05.79	1:09.09	59.89	1:03.49	1:06.69	1:10.19	1:00.79	1:04.79
200m Ryggsims	2:23.19	2:30.09	2:12.19	2:19.99	2:24.89	2:32.19	2:14.39	2:21.79
50m Fjärilsims	29.19	29.69	26.29	26.89	29.49	30.09	26.69	27.29
100m Fjärilsims	1:04.49	1:06.29	58.29	1:00.39	1:05.09	1:07.09	58.89	1:01.19
200m Fjärilsims	2:25.09	2:29.19	2:12.59	2:18.89	2:27.39	2:32.29	2:15.09	2:22.29
100m Medley	1:06.99		1:00.89		1:07.89		1:01.59	
200m Medley	2:23.89	2:29.49	2:12.89	2:18.19	2:26.09	2:31.39	2:14.29	2:19.79
400m Medley	5:07.49	5:20.59	4:46.19	5:01.99	5:11.09	5:24.59	4:50.79	5:07.79
4x50m Medley	2:05.69	2:09.99	1:51.49	1:55.09				
4x100m Medley	4:33.69	4:41.69	4:04.79	4:10.89				

Kvalperioder: ute: 2009-05-01 - 2010-06-30  
inne: 2010-02-04 - 2011-01-20

## Kvaltider SUM-SIM 2009-2012

Genomsnittstid: 24:e tid 2004-2007 från Octo

Gren	14 år o y			
	Flickor		Pojkar	
	25 m	50 m	25 m	50 m
100m Frisim	1:01.39	1:03.39	58.19	1:00.89
400m Frisim	4:42.69	4:54.29	4:33.19	4:45.79
100m Bröstsims	1:18.19	1:21.59	1:14.39	1:18.69
100m Ryggssims	1:10.19	1:13.99	1:07.19	1:11.79
100m Fjärilsims	1:09.79	1:12.19	1:06.09	1:09.09
200m Medley	2:31.89	2:38.39	2:25.49	2:33.59

Gren	15 år o y			
	Flickor		Pojkar	
	25 m	50 m	25 m	50 m
200m Frisim	2:11.79	2:15.89	2:04.39	2:09.29
800m Frisim	9:35.19	9:59.29		
1500m Frisim			17:33.89	18:26.99
200m Bröstsims	2:46.69	2:53.49	2:38.59	2:47.99
200m Ryggssims	2:28.79	2:36.49	2:21.99	2:29.59
200m Fjärilsims	2:33.79	2:39.39	2:26.19	2:34.29
400m Medley	5:16.79	5:31.29	5:03.49	5:24.29
4x100m Frisim	4:14.99	4:21.99	4:08.09	4:12.79
4x200m Frisim	9:21.99	9:32.89	9:13.49	9:28.99
4x100m Medley	4:48.99	4:54.09	4:40.39	4:49.19

Gren	15 år			
	Flickor		Pojkar	
	25 m	50 m	25 m	50 m
100m Frisim	1:00.99	1:03.59	56.79	59.79
400m Frisim	4:43.39	4:53.89	4:29.39	4:44.69
100m Bröstsims	1:18.89	1:23.39	1:13.19	1:18.59
100m Ryggssims	1:10.09	1:14.49	1:06.19	1:10.49
100m Fjärilsims	1:09.39	1:12.49	1:04.59	1:08.09
200m Medley	2:31.89	2:38.59	2:23.49	2:31.79

Gren	16 - 17 år			
	Flickor		Pojkar	
	25 m	50 m	25 m	50 m
100m Frisim	59.79	1:01.79	54.29	56.49
200m Frisim	2:10.29	2:14.89	1:59.69	2:04.69
400m Frisim	4:37.39	4:46.09	4:18.09	4:30.39
800m Frisim	9:36.79	9:59.89		
1500m Frisim			17:29.79	18:28.69
100m Bröstsims	1:16.09	1:19.49	1:08.69	1:13.09
200m Bröstsims	2:45.59	2:54.19	2:31.89	2:41.29
100m Ryggssims	1:07.99	1:11.99	1:02.19	1:06.19
200m Ryggssims	2:28.19	2:35.89	2:16.89	2:25.19
100m Fjärilsims	1:06.19	1:08.89	1:00.59	1:03.09
200m Fjärilsims	2:30.99	2:36.79	2:19.19	2:27.49
200m Medley	2:27.99	2:33.49	2:16.59	2:22.39
400m Medley	5:16.89	5:33.39	4:56.09	5:13.29
4x100m Frisim	4:06.39	4:13.29	3:45.59	3:52.09
4x200m Frisim	9:03.99	9:15.39	8:41.39	8:54.29
4x100m Medley	4:35.99	4:45.49	4:14.39	4:25.49

**Antal heat: 1) alla ind. grenar fylls upp till 3 heat**  
**2) alla lagkapper fylls upp till 2 heat**

Kvalperiod: 2010-05-01 - 2010-07-08