



Kvaltider och kvalperioder ÖM (OBS inga kvaltider till Masters/Para)

Senior/Junior	Damer			Mixed		Herrar		
	25 m	50 m	25 y	25 m	50 m	25 m	50 m	25 y
50m fr	00:29.62	00:30.57	00:26.68			00:27.06	00:28.15	00:24.38
100m fr	01:04.08	01:05.84	00:57.72			00:58.73	01:01.05	00:52.91
200m fr	02:19.18	02:23.01	02:05.39			02:09.05	02:14.11	01:56.25
400m fr	04:56.29	05:04.84	05:38.60			04:38.67	04:48.34	05:18.48
800m fr	10:17.30	10:34.62	11:45.46			09:47.99	10:10.47	11:11.99
1500m fr	19:49.64	20:36.32	19:42.53			18:55.13	19:31.82	18:48.35
50m br	00:36.88	00:37.85	00:33.22			00:33.80	00:35.07	00:30.43
100m br	01:19.64	01:22.58	01:11.74			01:13.76	01:17.40	01:06.44
200m br	02:54.05	03:01.15	02:36.79			02:42.32	02:50.47	02:26.23
50m ry	00:33.40	00:34.83	00:30.09			00:31.06	00:32.76	00:27.98
100m ry	01:11.53	01:14.98	01:01.14			01:06.38	01:10.23	00:59.79
200m ry	02:36.39	02:43.37	02:20.89			02:26.66	02:34.56	02:12.11
50m fj	00:31.71	00:32.24	00:28.57			00:29.09	00:29.62	00:26.21
100m fj	01:10.64	01:12.38	01:03.65			01:04.53	01:05.94	00:58.13
200m fj	02:39.91	02:45.73	02:24.06			02:27.62	02:32.88	02:12.99
100m me	01:13.19	-	01:05.93			01:07.12	-	01:00.46
200m me	02:37.51	02:42.87	02:24.06			02:26.45	02:32.07	02:11.93
400 m me	05:36.95	05:50.08	05:03.56			05:17.57	05:32.42	04:46.09
4x50m fr	02:01.30	02:05.08	-			01:52.08	01:56.44	-
4x100m fr	04:41.60	04:35.08	-	04:11.89	04:21.87	04:02.79	04:14.30	-
4x200m fr	09:45.73	10:07.68	-			08:58.99	09:25.99	-
4x50m me	02:12.58	02:16.44	-			02:01.93	02:06.51	-
4x100m me	04:52.41	05:04.19	-	04:37.95	04:50.85	04:29.46	04:43.82	-

Ungdom	Damer			Mixed		Herrar		
	25 m	50 m	25 y	25 m	50 m	25 m	50 m	25 y
50m fr	00:31.10	00:32.10	00:28.01			00:28.41	00:29.56	00:25.60
100m fr	01:07.28	01:09.13	01:00.60			01:01.66	01:04.11	00:55.55
200m fr	02:26.14	02:30.16	02:11.66			02:15.50	02:20.82	02:02.06
400m fr	05:11.10	05:20.09	05:55.53			04:52.61	05:02.75	05:34.40
800m fr	10:48.16	11:06.35	12:20.74			10:17.39	10:40.99	11:45.58
1500m fr	20:49.12	21:38.14	20:41.66			19:51.88	20:30.41	19:44.77
50m br	00:38.73	00:39.74	00:34.88			00:35.49	00:36.82	00:31.95
100m br	01:23.62	01:26.71	01:15.33			01:17.44	01:21.27	01:09.77
200m br	03:02.76	03:10.21	02:44.63			02:50.43	02:59.00	02:33.54
50m ry	00:35.07	00:36.57	00:31.59			00:32.61	00:34.40	00:29.38
100m ry	01:15.11	01:18.73	01:04.20			01:09.69	01:13.75	01:02.78
200m ry	02:44.21	02:51.54	02:27.93			02:33.99	02:42.29	02:18.71
50m fj	00:33.30	00:33.85	00:30.00			00:30.55	00:31.10	00:27.52
100m fj	01:14.17	01:16.00	01:06.83			01:07.76	01:09.23	01:01.04
200m fj	02:47.90	02:54.01	02:31.26			02:35.00	02:40.52	02:19.64
100m me	01:16.85	-	01:09.23			01:10.47	-	01:03.48
200m me	02:45.38	02:51.01	02:31.26			02:33.78	02:39.67	02:18.53
400 m me	05:53.80	06:07.58	05:18.73			05:33.44	05:49.04	05:00.39

Kvalperiod	50 m	2024-01-01 – 2025-05-26
	25 m	2024-01-01 – 2025-10-13