

# Kvaltider SM/U21-SM 2025

Grenar	Damer						Herrar						Mix			
	A-kval			B-kval			A-kval			B-kval			19-21 (U21)		22 år och äldre	
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	25m	50m
50m frisim	00:26,87	00:27,76	00:24,20	00:27,10	00:27,96	00:24,41	00:24,02	00:25,03	00:21,63	00:24,33	00:25,40	00:21,91				
100m frisim	00:58,36	01:00,18	00:52,57	00:58,75	01:00,67	00:52,93	00:52,58	00:54,83	00:47,36	00:53,01	00:55,27	00:47,76				
200m frisim	02:07,61	02:12,22	01:54,96	02:08,81	02:13,26	01:56,04	01:56,62	02:01,20	01:45,05	01:57,53	02:02,76	01:45,88				
400m (500yd frisim)	04:33,71	04:42,77	05:12,80	04:36,88	04:46,07	05:16,43	04:12,09	04:23,41	04:48,10	04:15,75	04:26,76	04:52,29				
800m (1000yd frisim)	09:28,61	09:45,35	10:49,84	09:36,00	09:54,61	10:58,28	08:40,96	09:01,71	09:55,38	08:48,60	09:10,69	10:04,11				
1500m (1650yd frisim)	18:25,00	19:01,30	18:18,40	18:42,26	19:26,56	18:35,56	16:44,65	17:28,99	16:38,66	17:03,58	17:42,23	16:57,47				
4x50m frisim	01:47,92	01:51,08					01:34,51	01:38,19								
4x100m frisim	03:56,48	04:03,19					03:28,90	03:37,25						03:41,30	03:48,07	
4x200m frisim	08:46,24	08:54,34					07:53,98	08:05,22								
50m bröstsim	00:33,70	00:34,89	00:30,35	00:34,14	00:35,19	00:30,75	00:30,14	00:31,50	00:27,15	00:30,58	00:31,96	00:27,54				
100m bröstsim	01:13,40	01:16,81	01:06,13	01:14,27	01:17,69	01:06,91	01:05,94	01:09,50	00:59,40	01:06,98	01:10,49	01:00,33				
200m bröstsim	02:41,23	02:48,22	02:25,25	02:43,31	02:51,06	02:27,12	02:26,17	02:34,57	02:11,67	02:29,58	02:38,57	02:14,74				
50m ryggsim	00:30,38	00:32,09	00:27,36	00:30,82	00:32,47	00:27,77	00:27,47	00:29,38	00:24,74	00:28,02	00:29,84	00:25,24				
100m ryggsim	01:05,52	01:09,13	00:59,01	01:06,22	01:09,98	00:59,65	00:59,33	01:03,23	00:53,45	01:00,14	01:03,94	00:54,17				
200m ryggsim	02:23,67	02:32,11	02:09,51	02:25,04	02:33,35	02:10,66	02:10,73	02:18,79	01:57,77	02:13,47	02:22,03	02:00,24				
50m fjärilsim	00:28,84	00:29,43	00:25,98	00:29,18	00:29,74	00:26,28	00:26,16	00:26,88	00:23,56	00:26,41	00:27,20	00:23,79				
100m fjärilsim	01:04,59	01:06,29	00:58,19	01:05,22	01:07,42	00:58,75	00:58,42	01:00,45	00:52,62	00:59,14	01:01,07	00:53,27				
200m fjärilsim	02:28,98	02:36,12	02:14,22	02:32,60	02:40,75	02:17,46	02:15,58	02:22,38	02:02,14	02:18,53	02:25,49	02:04,80				
100m medley	01:07,08		01:00,41	01:07,75		01:01,03	01:00,34		00:54,35	01:01,08		00:55,03				
200m medley	02:25,44	02:30,58	02:11,02	02:26,98	02:32,84	02:12,40	02:12,19	02:18,53	01:59,09	02:14,06	02:20,30	02:00,77				
400m medley	05:14,87	05:30,15	04:43,66	05:18,86	05:35,72	04:47,27	04:46,76	05:01,63	04:18,33	04:51,28	05:08,95	04:22,41				
4x50m medley	01:58,40	02:02,15					01:43,00	01:46,60								
4x100m medley	04:22,01	04:31,40					03:51,14	03:59,38						04:01,45	04:10,00	