

A-kvaltider SM/U21-SM 2025

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,87	00:27,76	00:24,20	00:26,61	00:27,48	00:23,97	00:26,36	00:27,15	00:23,74
100m frisim	00:58,36	01:00,18	00:52,57	00:57,95	00:59,61	00:52,20	00:57,12	00:58,79	00:51,45
200m frisim	02:07,61	02:12,22	01:54,96	02:06,55	02:10,32	01:54,00	02:04,55	02:07,78	01:52,20
400m (500yd frisim)	04:33,71	04:42,77	05:12,80	04:31,18	04:38,99	05:09,91	04:26,99	04:35,25	05:05,13
800m (1000yd frisim)	09:33,43	09:53,77	10:55,35	09:28,61	09:45,35	10:49,84	09:14,13	09:32,98	10:33,29
1500m (1650yd frisim)	18:34,75	19:14,61	18:28,09	18:25,00	19:01,30	18:18,40	17:50,59	18:31,39	17:44,20
4x50m frisim							01:47,92	01:51,08	
4x100m frisim							03:56,48	04:03,19	
4x200m frisim							08:46,24	08:54,34	
50m bröstsim	00:33,70	00:34,89	00:30,35	00:33,12	00:34,18	00:29,83	00:32,84	00:33,99	00:29,58
100m bröstsim	01:13,40	01:16,81	01:06,13	01:12,47	01:15,25	01:05,29	01:11,85	01:14,18	01:04,73
200m bröstsim	02:41,23	02:48,22	02:25,25	02:38,97	02:44,40	02:23,21	02:37,16	02:42,56	02:21,58
50m ryggsim	00:30,38	00:32,09	00:27,36	00:30,01	00:31,60	00:27,03	00:29,70	00:31,21	00:26,75
100m ryggsim	01:05,52	01:09,13	00:59,01	01:04,87	01:08,14	00:58,43	01:03,98	01:06,86	00:57,63
200m ryggsim	02:23,67	02:32,11	02:09,51	02:22,85	02:30,31	02:08,76	02:19,89	02:25,70	02:06,10
50m fjärilsim	00:28,84	00:29,43	00:25,98	00:28,60	00:29,01	00:25,76	00:28,30	00:28,60	00:25,49
100m fjärilsim	01:04,59	01:06,29	00:58,19	01:03,89	01:05,64	00:57,56	01:03,23	01:04,52	00:56,97
200m fjärilsim	02:28,98	02:36,12	02:14,22	02:26,32	02:32,45	02:11,83	02:22,28	02:25,48	02:08,18
100m medley	01:07,08		01:00,41	01:05,91		00:59,36	01:05,39		00:58,89
200m medley	02:25,44	02:30,58	02:11,02	02:24,16	02:28,05	02:09,87	02:21,40	02:25,09	02:07,38
400m medley	05:14,87	05:30,15	04:43,66	05:11,72	05:23,06	04:40,82	05:03,39	05:15,24	04:33,32
4x50m medley							01:58,40	02:02,15	
4x100m medley							04:22,01	04:31,40	

A-kvaltider SM/U21-SM 2025

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,02	00:25,03	00:21,63	00:23,62	00:24,52	00:21,27	00:23,23	00:24,15	00:20,92
100m frisim	00:52,58	00:54,83	00:47,36	00:51,74	00:53,70	00:46,60	00:50,91	00:52,63	00:45,86
200m frisim	01:56,62	02:01,20	01:45,05	01:54,06	01:59,07	01:42,74	01:51,91	01:55,80	01:40,81
400m (500yd frisim)	04:12,09	04:23,41	04:48,10	04:08,30	04:17,60	04:43,77	04:02,15	04:11,78	04:36,74
800m (1000yd frisim)	08:47,66	09:11,85	10:03,03	08:40,96	09:01,71	09:55,38	08:35,04	08:53,24	09:48,61
1500m (1650yd frisim)	17:02,96	17:40,63	16:56,86	16:44,65	17:28,99	16:38,66	16:33,23	17:11,51	16:27,30
4x50m frisim							01:34,51	01:38,19	
4x100m frisim							03:28,90	03:37,25	
4x200m frisim							07:53,98	08:05,22	
50m bröstsim	00:30,14	00:31,50	00:27,15	00:29,51	00:30,52	00:26,58	00:28,87	00:30,06	00:26,00
100m bröstsim	01:05,94	01:09,50	00:59,40	01:04,39	01:07,80	00:58,01	01:03,49	01:06,59	00:57,20
200m bröstsim	02:26,17	02:34,57	02:11,67	02:23,77	02:30,47	02:09,51	02:21,37	02:27,49	02:07,35
50m ryggsim	00:27,47	00:29,38	00:24,74	00:26,89	00:28,56	00:24,22	00:26,39	00:27,98	00:23,77
100m ryggsim	00:59,33	01:03,23	00:53,45	00:58,06	01:01,77	00:52,31	00:57,17	01:00,24	00:51,51
200m ryggsim	02:10,73	02:18,79	01:57,77	02:09,02	02:17,07	01:56,22	02:07,86	02:13,51	01:55,18
50m fjärilsim	00:26,16	00:26,88	00:23,56	00:25,41	00:26,06	00:22,89	00:25,01	00:25,52	00:22,52
100m fjärilsim	00:58,42	01:00,45	00:52,62	00:57,05	00:58,78	00:51,39	00:56,02	00:57,07	00:50,46
200m fjärilsim	02:15,58	02:22,38	02:02,14	02:12,18	02:17,93	01:59,08	02:07,72	02:11,71	01:55,06
100m medley	01:00,34		00:54,35	00:59,20		00:53,33	00:58,09		00:52,33
200m medley	02:12,19	02:18,53	01:59,09	02:09,25	02:15,06	01:56,44	02:06,81	02:12,38	01:54,24
400m medley	04:46,76	05:01,63	04:18,33	04:43,19	04:57,15	04:15,11	04:37,71	04:46,32	04:10,18
4x50m medley							01:43,20	01:46,60	
4x100m medley							03:51,14	03:59,38	

A-kvaltider SM/U21-SM 2025

Grenar	Mix			
	19-21 (U21)		22 år och äldre	
	25m	50m	25m	50m
50m frisim				
100m frisim				
200m frisim				
400m (500yd frisim)				
800m (1000yd frisim)				
1500m (1650yd frisim)				
4x50m frisim				
4x100m frisim			03:41,30	03:48,07
4x200m frisim				
50m bröstsim				
100m bröstsim				
200m bröstsim				
50m ryggsim				
100m ryggsim				
200m ryggsim				
50m fjärilsim				
100m fjärilsim				
200m fjärilsim				
100m medley				
200m medley				
400m medley				
4x50m medley				
4x100m medley			04:01,45	04:10,00

B-kvaltider SM/U21-SM 2025

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:27,10	00:27,96	00:24,41	00:26,91	00:27,70	00:24,24	00:26,60	00:27,46	00:23,96
100m frisim	00:58,75	01:00,67	00:52,93	00:58,41	01:00,08	00:52,63	00:57,88	00:59,34	00:52,14
200m frisim	02:08,81	02:13,26	01:56,04	02:07,72	02:11,52	01:55,05	02:06,38	02:09,40	01:53,84
400m (500yd frisim)	04:36,88	04:46,07	05:16,43	04:34,36	04:42,34	05:13,56	04:29,52	04:37,10	05:08,02
800m (1000yd frisim)	09:41,11	10:01,54	11:04,12	09:36,00	09:54,61	10:58,28	09:22,63	09:40,41	10:43,00
1500m (1650yd frisim)	18:49,73	19:38,67	18:42,99	18:42,26	19:26,56	18:35,56	18:02,19	18:43,49	17:55,73
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:34,14	00:35,19	00:30,75	00:33,55	00:34,63	00:30,22	00:33,34	00:34,37	00:30,03
100m bröstsim	01:14,27	01:17,69	01:06,91	01:13,24	01:16,30	01:05,98	01:12,51	01:15,41	01:05,32
200m bröstsim	02:43,31	02:51,06	02:27,12	02:41,31	02:47,49	02:25,32	02:39,29	02:45,35	02:23,49
50m ryggsim	00:30,82	00:32,47	00:27,77	00:30,36	00:31,93	00:27,35	00:30,10	00:31,59	00:27,12
100m ryggsim	01:06,22	01:09,98	00:59,65	01:05,61	01:08,87	00:59,10	01:05,04	01:08,06	00:58,59
200m ryggsim	02:25,04	02:33,35	02:10,66	02:24,22	02:32,27	02:09,92	02:22,04	02:28,50	02:07,96
50m fjärilsim	00:29,18	00:29,74	00:26,28	00:28,86	00:29,33	00:25,99	00:28,65	00:29,05	00:25,80
100m fjärilsim	01:05,22	01:07,42	00:58,75	01:04,56	01:06,06	00:58,16	01:03,96	01:05,48	00:57,62
200m fjärilsim	02:32,60	02:40,75	02:17,46	02:30,07	02:35,82	02:15,19	02:25,62	02:29,58	02:11,18
100m medley	01:07,75		01:01,03	01:06,74		01:00,12	01:06,19		00:59,62
200m medley	02:26,98	02:32,84	02:12,40	02:25,61	02:29,78	02:11,18	02:22,95	02:27,83	02:08,78
400m medley	05:18,86	05:35,72	04:47,27	05:15,02	05:29,07	04:43,80	05:07,45	05:19,20	04:36,98
4x50m medley									
4x100m medley									

B-kvaltider SM/U21-SM 2025

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,33	00:25,40	00:21,91	00:23,80	00:24,69	00:21,43	00:23,49	00:24,37	00:21,15
100m frisim	00:53,01	00:55,27	00:47,76	00:52,19	00:54,23	00:47,02	00:51,53	00:53,18	00:46,42
200m frisim	01:57,53	02:02,76	01:45,88	01:55,63	02:00,16	01:44,17	01:53,78	01:57,77	01:42,50
400m (500yd frisim)	04:15,75	04:26,76	04:52,29	04:11,35	04:21,68	04:47,26	04:06,19	04:15,39	04:41,36
800m (1000yd frisim)	08:58,05	09:20,41	10:14,92	08:48,60	09:10,69	10:04,11	08:43,14	09:01,03	09:57,87
1500m (1650yd frisim)	17:18,32	18:01,85	17:12,12	17:03,58	17:42,23	16:57,47	16:49,94	17:32,85	16:43,91
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:30,58	00:31,96	00:27,54	00:29,78	00:30,88	00:26,82	00:29,26	00:30,38	00:26,35
100m bröstsim	01:06,98	01:10,49	01:00,33	01:05,49	01:08,72	00:58,99	01:04,18	01:07,52	00:57,81
200m bröstsim	02:29,58	02:38,57	02:14,74	02:26,49	02:33,75	02:11,96	02:24,23	02:29,90	02:09,93
50m ryggsim	00:28,02	00:29,84	00:25,24	00:27,18	00:28,85	00:24,48	00:26,83	00:28,48	00:24,17
100m ryggsim	01:00,14	01:03,94	00:54,17	00:58,78	01:02,45	00:52,95	00:58,10	01:01,27	00:52,34
200m ryggsim	02:13,47	02:22,03	02:00,24	02:10,66	02:18,86	01:57,71	02:09,64	02:16,62	01:56,79
50m fjärilsim	00:26,41	00:27,20	00:23,79	00:25,64	00:26,38	00:23,10	00:25,36	00:25,83	00:22,85
100m fjärilsim	00:59,14	01:01,07	00:53,27	00:57,75	00:59,45	00:52,02	00:56,63	00:57,83	00:51,01
200m fjärilsim	02:18,53	02:25,49	02:04,80	02:14,95	02:21,31	02:01,58	02:09,73	02:14,20	01:56,87
100m medley	01:01,08		00:55,03	00:59,83		00:53,90	00:58,73		00:52,91
200m medley	02:14,06	02:20,30	02:00,77	02:10,90	02:17,03	01:57,92	02:08,83	02:13,84	01:56,06
400m medley	04:51,28	05:08,95	04:22,41	04:47,07	05:01,71	04:18,62	04:42,32	04:53,06	04:14,34
4x50m medley									
4x100m medley									