

ÖM/JÖM	Damer			Mixed	Mixed	Herrar		
	25m	50m	25y			25m	50m	25y
50m fr	00:29.56	00:30.54	00:26.62			00:27.02	00:28.16	00:24.65
100m fr	01:04.20	01:06.20	00:57.83			00:59.15	01:01.68	00:53.28
200m fr	02:20.37	02:25.44	02:06.46			11:33.70	02:16.35	01:59.12
400m fr	05:01.08	05:11.05	05:44.08			04:43.60	04:56.34	05:24.11
800m fr	10:25.47	10:43.89	11:54.82			09:46.08	10:09.42	11:09.81
1500m fr	20:15.50	20:55.43	20:08.24			18:50.23	19:40.11	18:43.49
50m br	00:37.07	00:38.38	00:33.39			00:33.91	00:35.44	00:30.54
100m br	01:20.74	01:22.58	01:11.74			01:14.18	01:18.19	01:06.83
200m br	02:57.35	03:05.04	02:39.78			02:44.44	02:53.89	02:28.13
50m ry	00:33.42	00:35.30	00:30.10			00:30.90	00:33.05	00:27.83
100m ry	01:12.07	01:16.04	01:04.91			01:06.75	01:11.13	01:00.13
200m ry	02:38.04	02:47.32	02:22.46			02:27.07	02:36.14	02:12.49
50m fj	00:31.72	00:32.37	00:28.58			00:29.43	00:30.24	00:26.51
100m fj	01:11.05	01:12.92	01:04.01			01:05.72	01:08.01	00:59.20
200m fj	02:43.88	02:51.73	02:27.64			02:32.53	02:40.18	02:17.41
100m me	01:13.79	-	01:06.45			01:07.88	-	01:01.91
200m me	02:39.98	02:45.64	02:24.12			02:28.71	02:35.85	02:13.98
400 m me	05:46.36	06:03.17	05:12.03			05:22.61	05:39.33	04:50.62
4x50m fr	01:58.71	02:02.19	-			01:46.32	01:50.46	-
4x100m fr	04:20.13	04:27.51	-	04:03.43	04:10.88	03:55.01	04:04.41	-
4x200m fr	09:38.86	09:47.77	-			08:53.23	09:05.87	-
4x50m me	02:10.24	02:14.37	-			01:55.88	01:59.93	-
4x100m me	04:48.21	04:58.54	-	04:25.60	04:35.00	04:20.03	04:29.30	-

ÖM/JÖM kval tider 2025-2027

1,1 Damer 10% U21 A kval
1,125 Herrar 12.5% av U21 A kval
1,1 Mixed 10% av U21 A kval

UÖM	Damer			Mixed	Mixed	Herrar		
	25m	50m	25y			25m	50m	25y
50m fr	00:32.51	00:33.59	00:29.28			00:29.73	00:30.98	00:27.11
100m fr	01:10.62	01:12.82	01:03.61			01:05.07	01:07.85	00:58.61
200m fr	02:34.41	02:39.99	02:19.10			12:43.07	02:29.99	02:11.03
400m fr	05:31.19	05:42.15	06:18.49			05:11.96	05:25.97	05:56.52
800m fr	11:28.02	11:48.27	13:06.31			10:44.69	11:10.37	12:16.80
1500m fr	22:17.05	23:00.97	22:09.06			20:43.25	21:38.13	20:35.84
50m br	00:40.78	00:42.22	00:36.72			00:37.30	00:38.98	00:33.60
100m br	01:28.81	01:30.84	01:18.92			01:21.60	01:26.01	01:13.51
200m br	03:15.09	03:23.55	02:55.75			03:00.89	03:11.28	02:42.94
50m ry	00:36.76	00:38.83	00:33.11			00:33.99	00:36.36	00:30.62
100m ry	01:19.28	01:23.65	01:11.40			01:13.42	01:18.25	01:06.14
200m ry	02:53.84	03:04.05	02:36.71			02:41.78	02:51.75	02:25.74
50m fj	00:34.90	00:35.61	00:31.44			00:32.37	00:33.26	00:29.16
100m fj	01:18.15	01:20.21	01:10.41			01:12.30	01:14.81	01:05.12
200m fj	03:00.27	03:08.91	02:42.41			02:47.78	02:56.20	02:31.15
100m me	01:21.17	-	01:13.10			01:14.67	-	01:08.10
200m me	02:55.98	03:02.20	02:38.53			02:43.59	02:51.43	02:27.37
400 m me	06:20.99	06:39.48	05:43.23			05:54.87	06:13.27	05:19.68

1,1 10% av ÖM kvaltider