

Nåletider fra 01-09-2025 til 31-08-2029



DAMER, KORTBANE (25m)

	TALENT	FLIPPER	BRONZE	BRONZE DELFIN	SØLV	SØLV DELFIN	GULD	GULD DELFIN	ELITE
AQUA-point	65	120	175	260	350	500	635	715	790
FRI									
50						0:28,88	0:26,67	0:25,64	0:24,80
100	2:04,97	1:41,87	1:29,83	1:18,73	1:11,30	1:03,31	0:58,46	0:56,19	0:54,35
200	4:34,35	3:43,64	3:17,21	2:52,83	2:36,52	2:18,98	2:08,33	2:03,36	1:59,32
400	9:35,26	7:48,93	6:53,51	6:02,39	5:28,21	4:51,41	4:29,10	4:18,66	4:10,20
800	19:47,39	16:07,92	14:13,53	12:28,01	11:17,45	10:01,51	9:15,44	8:53,90	8:36,44
1500	37:38,89	30:41,36	27:03,75	23:43,01	21:28,77	19:04,31	17:36,67	16:55,69	16:22,48
BRYST									
50						0:35,74	0:33,00	0:31,72	0:30,68
100	2:35,09	2:06,42	1:51,48	1:37,70	1:28,48	1:18,56	1:12,55	1:09,73	1:07,45
200	5:34,69	4:32,82	4:00,58	3:30,84	3:10,95	2:49,54	2:36,56	2:30,49	2:25,57
RYG									
50						0:31,81	0:29,37	0:28,23	0:27,31
100	2:16,51	1:51,28	1:38,13	1:26,00	1:17,88	1:09,15	1:03,86	1:01,38	0:59,37
200	4:55,81	4:01,13	3:32,64	3:06,35	2:48,77	2:29,85	2:18,37	2:13,01	2:08,66
FLY									
50						0:30,71	0:28,36	0:27,26	0:26,37
100	2:14,42	1:49,58	1:36,63	1:24,68	1:16,69	1:08,09	1:02,88	1:00,44	0:58,46
200	4:57,48	4:02,49	3:33,83	3:07,40	2:49,72	2:30,69	2:19,15	2:13,76	2:09,38
IM									
100	2:20,54	1:54,56	1:41,02	1:28,53	1:20,18	1:11,19	1:05,74	1:03,19	1:01,12
200	5:03,07	4:07,05	3:37,86	3:10,92	2:52,91	2:33,53	2:21,77	2:16,27	2:11,82
400	10:44,01	8:44,97	7:42,93	6:45,70	6:07,43	5:26,24	5:01,25	4:49,57	4:40,10

DAMER, LANGBANE (50m)

	TALENT	FLIPPER	BRONZE	BRONZE DELFIN	SØLV	SØLV DELFIN	GULD	GULD DELFIN	ELITE
AQUA-point	65	120	175	260	350	500	635	715	790
FRI									
50						0:29,74	0:27,46	0:26,40	0:25,53
100	2:08,60	1:44,83	1:32,44	1:21,01	1:13,37	1:05,15	1:00,16	0:57,82	0:55,93
200	4:39,12	3:47,53	3:20,64	2:55,84	2:39,25	2:21,40	2:10,57	2:05,50	2:01,40
400	9:45,41	7:57,20	7:00,81	6:08,78	5:34,00	4:56,56	4:33,84	4:23,22	4:14,62
800	20:05,72	16:22,86	14:26,71	12:39,56	11:27,90	10:10,79	9:24,02	9:02,14	8:44,41
1500	38:09,33	31:06,18	27:25,64	24:02,19	21:46,14	19:19,73	17:50,91	17:09,38	16:35,72
BRYST									
50						0:36,73	0:33,92	0:32,61	0:31,54
100	2:39,49	2:10,01	1:54,65	1:40,47	1:30,99	1:20,79	1:14,61	1:11,71	1:09,37
200	5:42,10	4:38,86	4:05,91	3:35,51	3:15,18	2:53,30	2:40,03	2:33,82	2:28,79
RYG									
50						0:33,84	0:31,24	0:30,03	0:29,05
100	2:22,08	1:55,82	1:42,13	1:29,51	1:21,06	1:11,97	1:06,46	1:03,88	1:01,80
200	5:06,26	4:09,65	3:40,15	3:12,93	2:54,73	2:35,14	2:23,26	2:17,70	2:13,20
FLY									
50						0:30,77	0:28,42	0:27,32	0:26,42
100	2:17,23	1:51,87	1:38,65	1:26,45	1:18,29	1:09,52	1:04,19	1:01,70	0:59,69
200	5:02,95	4:06,95	3:37,77	3:10,84	2:52,84	2:33,47	2:21,71	2:16,22	2:11,76
IM									
200	5:13,67	4:15,69	3:45,47	3:17,60	2:58,96	2:38,90	2:26,73	2:21,04	2:16,42
400	10:57,54	8:56,00	7:52,66	6:54,22	6:15,15	5:33,09	5:07,58	4:55,66	4:45,99

HERRER, KORTBANE (25m)

	TALENT	FLIPPER	BRONZE	BRONZE DELFIN	SØLV	SØLV DELFIN	GULD	GULD DELFIN	ELITE
AQUA-point	45	85	150	220	320	500	635	715	790
FRI									
50						0:25,40	0:23,45	0:22,54	0:21,80
100	2:06,06	1:41,98	1:24,39	1:14,27	1:05,55	0:56,49	0:52,16	0:50,14	0:48,50
200	4:39,37	3:46,00	3:07,02	2:44,60	2:25,27	2:05,19	1:55,61	1:51,12	1:47,49
400	9:56,72	8:02,73	6:39,46	5:51,59	5:10,31	4:27,41	4:06,93	3:57,36	3:49,60
800	20:38,32	16:41,76	13:48,97	12:09,62	10:43,95	9:14,94	8:32,44	8:12,57	7:56,46
1500	39:40,95	32:06,11	26:33,88	23:22,85	20:38,14	17:47,00	16:25,28	15:47,07	15:16,10
BRYST									
50						0:31,43	0:29,02	0:27,90	0:26,98
100	2:35,41	2:05,72	1:44,04	1:31,57	1:20,81	1:09,64	1:04,31	1:01,82	0:59,79
200	5:37,82	4:33,28	3:46,14	3:19,04	2:55,67	2:31,39	2:19,79	2:14,37	2:09,98
RYG									
50						0:27,85	0:25,72	0:24,72	0:23,91
100	2:15,87	1:49,92	1:30,96	1:20,05	1:10,65	1:00,89	0:56,22	0:54,04	0:52,28
200	4:56,97	4:00,24	3:18,80	2:54,97	2:34,43	2:13,08	2:02,89	1:58,12	1:54,26
FLY									
50						0:27,40	0:25,30	0:24,32	0:23,52
100	2:14,33	1:48,66	1:29,92	1:19,14	1:09,85	1:00,19	0:55,58	0:53,43	0:51,68
200	5:00,40	4:03,01	3:21,09	2:56,99	2:36,21	2:14,62	2:04,31	1:59,49	1:55,58
IM									
100	2:18,54	1:52,08	1:32,74	1:21,63	1:12,04	1:02,08	0:57,33	0:55,11	0:53,30
200	5:08,21	4:09,33	3:26,33	3:01,60	2:40,28	2:18,12	2:07,54	2:02,60	1:58,59
400	11:00,15	8:54,04	7:21,92	6:28,96	5:43,29	4:55,84	4:33,18	4:22,59	4:14,00

Nåletider fra 01-09-2025 til 31-08-2029



HERRER, LANGBANE (50m)

	TALENT	FLIPPER	BRONZE	BRONZE DELFIN	SØLV	SØLV DELFIN	GULD	GULD DELFIN	ELITE
AQUA-point	45	85	150	220	320	500	635	715	790
FRI									
50						0:26,34	0:24,32	0:23,38	0:22,61
100	2:10,45	1:45,53	1:27,32	1:16,86	1:07,83	0:58,46	0:53,98	0:51,88	0:50,19
200	4:46,76	3:51,98	3:11,97	2:48,96	2:29,12	2:08,51	1:58,67	1:54,06	1:50,33
400	10:18,71	8:20,51	6:54,18	6:04,54	5:21,74	4:37,27	4:16,03	4:06,10	3:58,05
800	21:11,10	17:08,28	14:10,92	12:28,93	11:01,00	9:29,63	8:46,01	8:25,61	8:09,07
1500	40:47,83	33:00,22	27:18,66	24:02,26	21:12,92	18:16,97	16:52,96	16:13,68	15:41,84
BRYST									
50						0:32,69	0:30,19	0:29,02	0:28,07
100	2:39,91	2:09,36	1:47,05	1:34,22	1:23,15	1:11,66	1:06,17	1:03,60	1:01,52
200	5:52,77	4:45,38	3:56,16	3:27,85	3:03,45	2:38,09	2:25,98	2:20,32	2:15,73
RYG									
50						0:29,67	0:27,39	0:26,33	0:25,47
100	2:25,07	1:57,35	1:37,11	1:25,47	1:15,43	1:05,01	1:00,03	0:57,70	0:55,81
200	5:14,65	4:14,54	3:30,64	3:05,39	2:43,62	2:21,01	2:10,21	2:05,16	2:01,06
FLY									
50						0:28,05	0:25,90	0:24,90	0:24,09
100	2:19,02	1:52,46	1:33,06	1:21,91	1:12,29	1:02,30	0:57,53	0:55,30	0:53,49
200	5:10,21	4:10,95	3:27,66	3:02,77	2:41,31	2:19,01	2:08,37	2:03,39	1:59,35
IM									
200	5:20,50	4:19,27	3:34,55	3:08,84	2:46,66	2:23,63	2:12,63	2:07,48	2:03,31
400	11:21,77	9:11,53	7:36,40	6:41,70	5:54,53	5:05,53	4:42,13	4:31,19	4:22,32