

Kvalifiseringskrav NM Sesongen 2023-2024 (august 2023 til juli 2024)



Mesterskap	NM Ungdom				Juniorkrav				Seniorkrav			
Kjønn	Jenter		Gutter		Jenter		Gutter		Damer		Herrer	
<i>Bassenglengde</i>	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Korbane	Lang
<i>Øvelse</i>	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid
50 fri	00:28,00	00:28,80	00:25,70	00:26,60	00:27,80	00:28,60	00:24,87	00:25,77	00:27,20	00:28,00	00:24,16	00:25,06
100 fri	01:01,60	01:03,10	00:56,91	00:58,61	01:00,56	01:02,06	00:53,92	00:55,62	00:59,41	01:00,91	00:52,59	00:54,29
200 fri	02:14,10	02:17,40	02:05,20	02:08,40	02:09,57	02:12,87	01:59,01	02:02,21	02:08,36	02:11,66	01:55,95	01:59,15
400 fri	04:41,90	04:48,90	04:22,93	04:29,63	04:33,50	04:40,50	04:09,80	04:16,50	04:31,29	04:38,29	04:09,26	04:15,96
800 fri	09:58,50	10:09,60	09:18,40	09:30,40	09:36,65	09:47,75	08:43,30	08:55,30	09:28,50	09:39,60	08:34,50	08:46,50
1500 fri	19:48,20	20:07,80	18:15,28	18:37,78	18:40,20	18:59,80	16:51,80	17:14,30	18:10,25	18:29,85	16:34,60	16:57,10
50 rygg	00:32,80	00:33,70	00:30,15	00:30,95	00:31,73	00:32,63	00:28,80	00:29,60	00:31,63	00:32,53	00:28,40	00:29,20
100 rygg	01:09,70	01:11,00	01:05,40	01:06,80	01:08,10	01:09,40	01:01,49	01:02,89	01:07,80	01:09,10	01:00,80	01:02,20
200 rygg	02:30,50	02:35,20	02:17,70	02:21,70	02:23,90	02:28,60	02:12,20	02:16,20	02:23,70	02:28,40	02:11,90	02:15,90
50 bryst	00:35,85	00:36,85	00:33,35	00:34,45	00:35,06	00:36,06	00:30,95	00:32,05	00:34,27	00:35,27	00:30,58	00:31,68
100 bryst	01:19,00	01:21,90	01:12,31	01:14,81	01:15,90	01:18,80	01:08,74	01:11,24	01:14,90	01:17,80	01:07,40	01:09,90
200 bryst	02:49,85	02:54,85	02:35,00	02:39,50	02:43,60	02:48,60	02:29,70	02:34,20	02:41,50	02:46,50	02:27,50	02:32,00
50 butterfly	00:30,75	00:31,45	00:28,10	00:28,90	00:29,80	00:30,50	00:26,70	00:27,50	00:29,15	00:29,85	00:25,90	00:26,70
100 butterfly	01:08,80	01:10,10	01:02,70	01:04,10	01:07,30	01:08,60	00:59,80	01:01,20	01:06,96	01:08,26	00:59,38	01:00,78
200 butterfly	02:42,10	02:46,60	02:26,70	02:32,20	02:32,00	02:36,50	02:16,40	02:21,90	02:30,57	02:35,07	02:13,58	02:19,08
100 medley	01:10,80		01:04,34		01:09,00		01:01,84		01:07,90		01:00,64	
200 medley	02:31,90	02:36,60	02:19,10	02:23,60	02:25,40	02:30,10	02:14,40	02:18,90	02:23,30	02:28,00	02:12,61	02:17,11
400 medley	05:32,30	05:40,80	05:07,70	05:16,20	05:16,10	05:24,60	04:48,95	04:57,45	05:13,50	05:22,00	04:47,16	04:55,66
4x50 medley*					02:06,89		01:53,82		02:04,75		01:51,54	
4x50 fri*					01:53,70		01:41,98		01:51,30		01:39,14	
4x100 fri*					04:06,24		03:39,68		04:01,64		03:34,36	
4x200 fri*	09:02,40		08:26,80		08:44,28		08:02,04		08:39,44		07:49,80	
4x100 medley*	04:43,10		04:21,32		04:35,86		04:07,95		04:33,07		04:04,17	
4x50 medley mix*					02:00,36				01:58,14			
4x100 fri mix*	04:01,02				03:52,96				03:48,00			

*Maks 4 lag pr klubb pr øvelse