

Kvalifiseringskrav - NM og UM Sesongen 2019-2020



Mesterskap	UM-krav				Juniorkrav				Seniorkrav			
	Jenter		Gutter		Jenter		Gutter		Damer		Herrer	
Kjønn												
Bassenglengde	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Korbane	Lang
Øvelse	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid
50 fri	00:28,20	00:29,00	00:25,61	00:26,51	00:28,00	00:28,80	00:25,02	00:25,92	00:27,40	00:28,20	00:24,26	00:25,16
100 fri	01:01,10	01:02,60	00:55,91	00:57,61	01:00,90	01:02,40	00:54,92	00:56,62	00:59,57	01:01,07	00:52,79	00:54,49
200 fri	02:11,80	02:14,70	02:00,62	02:03,82	02:09,57	02:12,87	01:59,00	02:02,20	02:08,36	02:11,66	01:55,95	01:59,15
400 fri	04:37,10	04:42,60	04:17,35	04:23,45	04:32,10	04:39,10	04:09,80	04:16,50	04:31,29	04:38,29	04:09,26	04:15,96
800 fri	09:32,62	09:43,72	09:08,07	09:20,07	09:21,00	09:32,10	08:34,50	08:46,50	09:19,40	09:30,50	08:33,75	08:45,75
1500 fri					18:06,40	18:26,00	16:34,60	16:57,10	18:05,40	18:25,00	16:34,00	16:56,50
50 rygg					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	01:08,60	01:09,90	01:04,19	01:05,59	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	02:27,50	02:30,00	02:17,00	02:19,70	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					00:35,16	00:36,16	00:31,43	00:32,53	00:34,47	00:35,47	00:30,58	00:31,68
100 bryst	01:17,00	01:18,80	01:11,25	01:13,35	01:15,00	01:17,90	01:08,74	01:11,24	01:14,90	01:17,80	01:07,40	01:09,90
200 bryst	02:46,90	02:50,50	02:32,90	02:36,90	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					00:30,10	00:30,80	00:27,19	00:27,99	00:29,31	00:30,01	00:26,07	00:26,87
100 butterfly	01:08,00	01:09,30	01:01,75	01:03,15	01:07,30	01:08,60	01:00,50	01:01,90	01:06,96	01:08,26	00:59,38	01:00,78
200 butterfly	02:37,42	02:39,82	02:20,48	02:23,18	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	01:09,40		01:04,19		01:09,00		01:01,84		01:07,90		01:00,64	
200 medley	02:29,27	02:32,17	02:18,00	02:21,30	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	05:19,50	05:25,50	04:59,04	05:05,84	05:13,60	05:22,10	04:48,95	04:57,45	05:13,50	05:22,00	04:47,16	04:55,66
4x50 medley*					02:07,49	02:07,49	01:54,94	01:54,94	02:05,31	02:05,31	01:51,81	01:51,81
4x50 fri*					01:54,50	01:54,50	01:42,58	01:42,58	01:52,10	01:52,10	01:39,54	01:39,54
4x100 fri*	04:16,00	04:16,00	03:58,00	03:58,00	04:07,60	04:07,60	03:43,68	03:43,68	04:02,28	04:02,28	03:35,16	03:35,16
4x200 fri*	09:12,00	09:12,00	08:35,00	08:35,00	08:44,28	08:44,28	08:02,00	08:02,00	08:39,44	08:39,44	07:49,80	07:49,80
4x100 medley*					04:35,30	04:35,30	04:09,65	04:09,65	04:33,23	04:33,23	04:04,37	04:04,37
4x100 fri mix*					03:55,64				03:48,72			
4x100 medley mix*	04:40,00											

*Maks 4 lag pr klubb på øvelse

Oppdatert 6.februar 2019

