

# 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            | 00:28,35 | 00:29,15 | 00:26,10 | 00:27,00 | 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           | 01:01,88 | 01:03,38 | 00:57,10 | 00:58,80 | 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           | 02:14,10 | 02:17,40 | 02:05,20 | 02:08,40 | 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           | 04:39,20 | 04:46,20 | 04:21,50 | 04:28,20 | 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           | 09:44,50 | 09:55,60 | 09:18,40 | 09:30,40 | 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          | 01:09,70 | 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          | 02:27,50 | 02:32,20 | 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          |          |          |          |          | 00:35,16   | 00:36,16 | 00:31,43 | 00:32,53 | 00:34,47   | 00:35,47 | 00:30,58 | 00:31,68 |
| 100 bryst         | 01:19,80 | 01:22,70 | 01:13,90 | 01:16,40 | 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         | 02:45,00 | 02:50,00 | 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      |          |          |          |          | 00:30,10   | 00:30,80 | 00:27,19 | 00:27,99 | 00:29,31   | 00:30,01 | 00:26,07 | 00:26,87 |
| 100 butterfly     | 01:08,80 | 01:10,10 | 01:03,20 | 01:04,60 | 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     | 02:39,50 | 02:44,00 | 02:30,50 | 02:36,00 | 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 |          | 01:06,20 |          | 01:09,00   |          | 01:01,84 |          | 01:07,90   |          | 01:00,64 |          |
| 200 medley        | 02:29,27 | 02:33,97 | 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        | 05:21,70 | 05:30,20 | 05:07,70 | 05:16,20 | 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*        | 04:19,00 | 04:23,00 | 04:02,70 | 04:06,70 | 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*        | 09:21,20 | 09:27,20 | 08:53,30 | 08:59,30 | 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 25. apr 2019

