

120%-tider herrer, Paraklasse - 2022

I øvelser/klasser i paraklassen hvor det ikke er notert norsk rekord må man svømme under 120% av verdensrekorden på langbane pr 1. januar 2022 for å få registrert rekord.
Dette dokumentet viser verdensrekord og 120%-tid for herrer.

| Distanse | Klasse | V.rek | Kvaltid |
|----------|--------|---------|---------|
| 50m fri | S1 | 1.03,80 | 1.16,56 |
| 50m fri | S2 | 50,65 | 1.00,78 |
| 50m fri | S3 | 38,81 | 46,57 |
| 50m fri | S4 | 37,14 | 44,56 |
| 50m fri | S5 | 30,16 | 36,19 |
| 50m fri | S6 | 28,57 | 34,28 |
| 50m fri | S7 | 27,07 | 32,48 |
| 50m fri | S8 | 25,32 | 30,38 |
| 50m fri | S9 | 24,00 | 28,80 |
| 50m fri | S10 | 23,16 | 27,79 |
| 50m fri | S11 | 25,27 | 30,32 |
| 50m fri | S12 | 22,99 | 27,58 |
| 50m fri | S13 | 23,20 | 27,84 |
| 50m fri | S14 | 25,29 | 30,34 |
| 50m fri | S15 | 23,14 | 27,76 |
| 100m fri | S1 | 2.15,83 | 2.42,99 |
| 100m fri | S2 | 1.46,63 | 2.07,95 |
| 100m fri | S3 | 1.32,69 | 1.51,22 |
| 100m fri | S4 | 1.19,77 | 1.35,72 |
| 100m fri | S5 | 1.06,24 | 1.19,48 |
| 100m fri | S6 | 1.03,71 | 1.16,45 |
| 100m fri | S7 | 1.00,34 | 1.12,40 |
| 100m fri | S8 | 55,84 | 1.07,00 |
| 100m fri | S9 | 53,03 | 1.03,63 |
| 100m fri | S10 | 50,64 | 1.00,76 |
| 100m fri | S11 | 56,15 | 1.07,38 |
| 100m fri | S12 | 50,91 | 1.01,09 |
| 100m fri | S13 | 50,65 | 1.00,78 |
| 100m fri | S14 | 51,52 | 1.01,82 |
| 100m fri | S15 | 51,22 | 1.01,46 |
| 200m fri | S1 | 4.57,79 | 5.57,34 |
| 200m fri | S2 | 3.41,54 | 4.25,84 |
| 200m fri | S3 | 3.09,04 | 3.46,84 |
| 200m fri | S4 | 2.44,84 | 3.17,80 |
| 200m fri | S5 | 2.23,65 | 2.52,38 |
| 200m fri | S6 | 2.20,19 | 2.48,22 |
| 200m fri | S7 | 2.16,28 | 2.43,53 |
| 200m fri | S8 | 2.07,16 | 2.32,59 |
| 200m fri | S9 | 1.59,02 | 2.22,82 |
| 200m fri | S10 | 1.54,46 | 2.17,35 |
| 200m fri | S11 | 2.04,58 | 2.29,49 |
| 200m fri | S12 | 1.59,43 | 2.23,31 |
| 200m fri | S13 | 1.50,34 | 2.12,40 |
| 200m fri | S14 | 1.52,40 | 2.14,88 |
| 200m fri | S15 | 1.52,55 | 2.15,06 |
| 400m fri | S5 | 4.47,75 | 5.45,30 |
| 400m fri | S6 | 4.47,75 | 5.45,30 |
| 400m fri | S7 | 4.31,06 | 5.25,27 |
| 400m fri | S8 | 4.19,74 | 5.11,68 |
| 400m fri | S9 | 4.09,93 | 4.59,91 |
| 400m fri | S10 | 3.57,71 | 4.45,25 |
| 400m fri | S11 | 4.20,83 | 5.12,99 |
| 400m fri | S12 | 4.05,95 | 4.55,14 |
| 400m fri | S13 | 3.55,56 | 4.42,67 |

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|-----------|-----|----------|----------|
| 400m fri | S14 | 4.05,47 | 4.54,56 |
| 400m fri | S15 | 3.53,42 | 4.40,10 |
| 800m fri | S6 | 10.01,80 | 12.02,16 |
| 800m fri | S7 | 9.44,19 | 11.41,02 |
| 800m fri | S8 | 9.12,26 | 11.02,71 |
| 800m fri | S9 | 8.36,64 | 10.19,96 |
| 800m fri | S10 | 8.31,40 | 10.13,68 |
| 800m fri | S11 | 9.36,61 | 11.31,93 |
| 800m fri | S12 | 8.38,56 | 10.22,27 |
| 800m fri | S13 | 8.35,66 | 10.18,79 |
| 800m fri | S14 | 8.48,24 | 10.33,88 |
| 800m fri | S15 | 8.17,56 | 9.57,07 |
| 1500m fri | S6 | 22.43,43 | 27.16,11 |
| 1500m fri | S7 | 19.50,16 | 23.48,19 |
| 1500m fri | S8 | 17.42,44 | 21.14,92 |
| 1500m fri | S9 | 16.34,12 | 19.52,94 |
| 1500m fri | S10 | 16.19,70 | 19.35,64 |
| 1500m fri | S11 | 19.02,11 | 22.50,53 |
| 1500m fri | S12 | 18.57,10 | 22.44,52 |
| 1500m fri | S13 | 16.33,79 | 19.52,54 |
| 1500m fri | S14 | 16.41,40 | 20.01,68 |
| 1500m fri | S15 | 15.37,64 | 18.45,16 |
| 50m rygg | S1 | 59,96 | 1.11,95 |
| 50m rygg | S2 | 47,17 | 56,60 |
| 50m rygg | S3 | 42,21 | 50,65 |
| 50m rygg | S4 | 40,99 | 49,18 |
| 50m rygg | S5 | 31,42 | 37,70 |
| 50m rygg | S6 | 32,87 | 39,44 |
| 50m rygg | S7 | 32,56 | 39,07 |
| 50m rygg | S8 | 29,97 | 35,96 |
| 50m rygg | S9 | 27,81 | 33,37 |
| 50m rygg | S10 | 27,86 | 33,43 |
| 50m rygg | S11 | 31,75 | 38,10 |
| 50m rygg | S12 | 28,07 | 33,68 |
| 50m rygg | S13 | 26,21 | 31,45 |
| 50m rygg | S14 | 29,91 | 35,89 |
| 50m rygg | S15 | 25,95 | 31,14 |
| 100m rygg | S1 | 2.08,01 | 2.33,61 |
| 100m rygg | S2 | 1.45,25 | 2.06,30 |
| 100m rygg | S3 | 1.32,83 | 1.51,39 |
| 100m rygg | S4 | 1.33,54 | 1.52,24 |
| 100m rygg | S5 | 1.16,24 | 1.31,48 |
| 100m rygg | S6 | 1.10,84 | 1.25,00 |
| 100m rygg | S7 | 1.08,14 | 1.21,76 |
| 100m rygg | S8 | 1.02,55 | 1.15,06 |
| 100m rygg | S9 | 1.01,00 | 1.13,20 |
| 100m rygg | S10 | 57,19 | 1.08,62 |
| 100m rygg | S11 | 1.06,66 | 1.19,99 |
| 100m rygg | S12 | 59,35 | 1.11,22 |
| 100m rygg | S13 | 56,36 | 1.07,63 |
| 100m rygg | S14 | 56,88 | 1.08,25 |
| 100m rygg | S15 | 56,06 | 1.07,27 |
| 200m rygg | S6 | 2.44,31 | 3.17,17 |
| 200m rygg | S7 | 2.32,68 | 3.03,21 |
| 200m rygg | S8 | 2.17,77 | 2.45,32 |
| 200m rygg | S9 | 2.15,76 | 2.42,91 |
| 200m rygg | S10 | 2.06,41 | 2.31,69 |
| 200m rygg | S11 | 2.32,31 | 3.02,77 |
| 200m rygg | S12 | 2.18,08 | 2.45,69 |
| 200m rygg | S13 | 2.06,29 | 2.31,54 |
| 200m rygg | S14 | 2.14,02 | 2.40,82 |
| 200m rygg | S15 | 2.01,96 | 2.26,35 |

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|-----------|------|---------|---------|
| 50m bryst | SB1 | 1.18,42 | 1.34,10 |
| 50m bryst | SB2 | 50,65 | 1.00,78 |
| 50m bryst | SB3 | 46,49 | 55,78 |
| 50m bryst | SB4 | 42,74 | 51,28 |
| 50m bryst | SB5 | 39,98 | 47,97 |
| 50m bryst | SB6 | 37,05 | 44,46 |
| 50m bryst | SB7 | 33,40 | 40,08 |
| 50m bryst | SB8 | 31,57 | 37,88 |
| 50m bryst | SB9 | 29,16 | 34,99 |
| 50m bryst | SB11 | 31,35 | 37,62 |
| 50m bryst | SB12 | 30,29 | 36,34 |
| 50m bryst | SB13 | 29,26 | 35,11 |
| 50m bryst | SB14 | 30,29 | 36,34 |
| 50m bryst | SB15 | 27,79 | 33,34 |

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|------------|------|---------|---------|
| 100m bryst | SB1 | 3.31,09 | 4.13,30 |
| 100m bryst | SB2 | 2.09,40 | 2.35,28 |
| 100m bryst | SB3 | 1.49,93 | 2.11,91 |
| 100m bryst | SB4 | 1.31,96 | 1.50,35 |
| 100m bryst | SB5 | 1.25,13 | 1.42,15 |
| 100m bryst | SB6 | 1.18,71 | 1.34,45 |
| 100m bryst | SB7 | 1.11,31 | 1.25,57 |
| 100m bryst | SB8 | 1.07,01 | 1.20,41 |
| 100m bryst | SB9 | 1.04,02 | 1.16,82 |
| 100m bryst | SB11 | 1.10,08 | 1.24,09 |
| 100m bryst | SB12 | 1.04,07 | 1.16,88 |
| 100m bryst | SB13 | 1.02,97 | 1.15,56 |
| 100m bryst | SB14 | 1.03,77 | 1.16,52 |
| 100m bryst | SB15 | 1.00,00 | 1.12,00 |

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|------------|------|---------|---------|
| 200m bryst | SB4 | 3.21,36 | 4.01,63 |
| 200m bryst | SB5 | 3.09,06 | 3.46,87 |
| 200m bryst | SB6 | 2.59,93 | 3.35,91 |
| 200m bryst | SB7 | 2.47,07 | 3.20,48 |
| 200m bryst | SB8 | 2.25,83 | 2.54,99 |
| 200m bryst | SB9 | 2.22,27 | 2.50,72 |
| 200m bryst | SB11 | 2.38,10 | 3.09,72 |
| 200m bryst | SB12 | 2.25,18 | 2.54,21 |
| 200m bryst | SB13 | 2.28,83 | 2.58,59 |
| 200m bryst | SB14 | 2.26,96 | 2.56,35 |
| 200m bryst | SB15 | 2.12,50 | 2.39,00 |

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|---------------|-----|---------|---------|
| 50m butterfly | S1 | 1.58,14 | 2.21,76 |
| 50m butterfly | S2 | 1.01,65 | 1.13,98 |
| 50m butterfly | S3 | 52,12 | 1.02,54 |
| 50m butterfly | S4 | 40,48 | 48,57 |
| 50m butterfly | S5 | 30,62 | 36,74 |
| 50m butterfly | S6 | 29,89 | 35,86 |
| 50m butterfly | S7 | 28,41 | 34,09 |
| 50m butterfly | S8 | 27,67 | 33,20 |
| 50m butterfly | S9 | 26,59 | 31,90 |
| 50m butterfly | S10 | 24,87 | 29,84 |
| 50m butterfly | S11 | 27,78 | 33,33 |
| 50m butterfly | S12 | 25,24 | 30,28 |
| 50m butterfly | S13 | 24,53 | 29,43 |
| 50m butterfly | S14 | 27,16 | 32,59 |
| 50m butterfly | S15 | 24,75 | 29,70 |

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|----------------|-----|---------|---------|
| 100m butterfly | S5 | 1.17,79 | 1.33,34 |
| 100m butterfly | S6 | 1.10,26 | 1.24,31 |
| 100m butterfly | S7 | 1.08,24 | 1.21,88 |
| 100m butterfly | S8 | 59,19 | 1.11,02 |
| 100m butterfly | S9 | 57,19 | 1.08,62 |
| 100m butterfly | S10 | 54,15 | 1.04,98 |
| 100m butterfly | S11 | 1.01,12 | 1.13,34 |
| 100m butterfly | S12 | 56,75 | 1.08,10 |

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|-------------------------|------|---------|---------|
| 100m butterfly | S13 | 53,72 | 1.04,46 |
| 100m butterfly | S14 | 54,46 | 1.05,35 |
| 100m butterfly | S15 | 53,90 | 1.04,68 |
| 200m butterfly | S8 | 2.20,35 | 2.48,42 |
| 200m butterfly | S9 | 2.09,68 | 2.35,61 |
| 200m butterfly | S10 | 2.11,83 | 2.38,19 |
| 200m butterfly | S11 | 2.25,10 | 2.54,12 |
| 200m butterfly | S12 | 2.12,49 | 2.38,98 |
| 200m butterfly | S13 | 2.04,06 | 2.28,87 |
| 200m butterfly | S14 | 2.10,36 | 2.36,43 |
| 200m butterfly | S15 | 2.01,71 | 2.26,05 |
| 100m individuell medley | SM2 | 5.22,22 | 6.26,66 |
| 100m individuell medley | SM3 | 2.12,72 | 2.39,26 |
| 100m individuell medley | SM4 | 1.40,01 | 2.00,01 |
| 100m individuell medley | SM5 | 1.18,99 | 1.34,78 |
| 100m individuell medley | SM6 | 1.14,67 | 1.29,60 |
| 100m individuell medley | SM7 | 1.11,32 | 1.25,58 |
| 100m individuell medley | SM8 | 1.04,66 | 1.17,59 |
| 100m individuell medley | SM9 | 59,07 | 1.10,88 |
| 100m individuell medley | SM10 | 57,68 | 1.09,21 |
| 100m individuell medley | SM11 | 1.09,38 | 1.23,25 |
| 100m individuell medley | SM12 | 59,43 | 1.11,31 |
| 100m individuell medley | SM13 | 1.02,20 | 1.14,64 |
| 100m individuell medley | SM14 | 1.03,18 | 1.15,81 |
| 100m individuell medley | SM15 | 56,01 | 1.07,21 |
| 150m individuell medley | SM1 | 5.03,28 | 6.03,93 |
| 150m individuell medley | SM2 | 3.58,18 | 4.45,81 |
| 150m individuell medley | SM3 | 2.40,19 | 3.12,22 |
| 150m individuell medley | SM4 | 2.23,12 | 2.51,74 |
| 200m individuell medley | SM3 | 4.19,48 | 5.11,37 |
| 200m individuell medley | SM4 | 3.33,01 | 4.15,61 |
| 200m individuell medley | SM5 | 2.48,02 | 3.21,62 |
| 200m individuell medley | SM6 | 2.38,12 | 3.09,74 |
| 200m individuell medley | SM7 | 2.29,01 | 2.58,81 |
| 200m individuell medley | SM8 | 2.20,01 | 2.48,01 |
| 200m individuell medley | SM9 | 2.13,60 | 2.40,32 |
| 200m individuell medley | SM10 | 2.05,63 | 2.30,75 |
| 200m individuell medley | SM11 | 2.19,02 | 2.46,82 |
| 200m individuell medley | SM12 | 2.10,87 | 2.37,04 |
| 200m individuell medley | SM13 | 2.02,70 | 2.27,24 |
| 200m individuell medley | SM14 | 2.08,02 | 2.33,62 |
| 200m individuell medley | SM15 | 2.02,22 | 2.26,66 |
| 400m individuell medley | SM8 | 5.09,54 | 6.11,44 |
| 400m individuell medley | SM9 | 4.50,14 | 5.48,16 |
| 400m individuell medley | SM10 | 4.53,24 | 5.51,88 |
| 400m individuell medley | SM11 | 5.04,31 | 6.05,17 |
| 400m individuell medley | SM12 | 4.46,81 | 5.44,17 |
| 400m individuell medley | SM13 | 4.54,71 | 5.53,65 |
| 400m individuell medley | SM14 | 4.43,52 | 5.40,22 |
| 400m individuell medley | SM15 | 4.16,92 | 5.08,30 |