



ÖSTSVENSKA
SIMFÖRBUNDET
2014

**Kvaltider och kvalperioder DM/JDM 2023
(OBS inga kvaltider till Masters/Para)**

JDM/DM	Damer			Mixed		Herrar		
	25m	50m	25y	25m	50m	25m	50m	25y
50m fr	00:29,62	00:30,57	00:26,68			00:27,06	00:28,15	00:24,38
100m fr	01:04,08	01:05,84	00:57,72			00:58,73	01:01,05	00:52,91
200m fr	02:19,18	02:23,01	02:05,39			02:09,05	02:14,11	01:56,25
400m fr	04:56,28	05:04,84	05:38,60			04:38,67	04:48,34	05:18,48
800m fr	10:17,30	10:34,62	11:45,46			09:47,99	10:10,47	11:11,99
1500m fr	19:49,64	20:36,32	19:42,53			18:55,12	19:31,82	18:48,35
50m br	00:36,88	00:37,85	00:33,22			00:33,80	00:35,07	00:30,43
100m br	01:19,64	01:22,58	01:11,74			01:13,76	01:17,40	01:06,44
200m br	02:54,05	03:01,15	02:36,79			02:42,32	02:50,47	02:26,23
50m ry	00:33,40	00:34,83	00:30,09			00:31,06	00:32,76	00:27,98
100m ry	01:11,53	01:14,98	01:01,14			01:06,37	01:10,23	00:59,79
200m ry	02:36,39	02:43,37	02:20,89			02:26,65	02:34,56	02:12,11
50m fj	00:31,71	00:32,24	00:28,57			00:29,09	00:29,62	00:26,21
100m fj	01:10,64	01:12,38	01:03,65			01:04,53	01:05,94	00:58,13
200m fj	02:39,91	02:45,73	02:24,06			02:27,62	02:32,88	02:12,99
100m me	01:13,19		01:05,93			01:07,12		01:00,46
200m me	02:37,51	02:42,87	02:24,06			02:26,45	02:32,07	02:11,93
400 m me	05:36,95	05:50,08	05:03,56			05:17,57	05:32,41	04:46,09
4x50m fr	02:01,30	02:05,08	-			01:52,08	01:56,44	00:00,00
4x100m fr	04:41,60	04:35,08	-	04:11.89	04:21.87	04:02,79	04:14,29	-
4x200m fr	09:45,73	10:07,68	-			08:58,99	09:25,99	-
4x50m me	02:12,58	02:16,44	-			02:01,93	02:06,51	-
4x100m me	04:52,41	05:04,19	-	04:37.95	04:50.85	04:29,46	04:43,81	-
		Tjejer 10% JSM A kval						
		Pojker 12,5% av JSM A kval						
		Mixed 10% av JSM A kval						
Kvalperiod	50m	2022-06-03 – 2023-05-21						
	25m	2022-10-20 – 2023-10-08						