

## Kvaltider JSM 2023 - 2024

Grenar	A-kvaltider													
	Damer 13-17 år			Damer 18-19 år			Herrar 13-17 år			Herrar 18-19 år			Mix	
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m
50m frisim	00:27,60	00:28,44	00:24,14	00:26,81	00:27,71	00:24,14	00:24,90	00:25,82	00:21,49	00:23,86	00:24,92	00:21,49		
100m frisim	00:59,56	01:01,37	00:52,35	00:58,11	00:59,85	00:52,35	00:54,21	00:56,14	00:47,03	00:52,20	00:54,27	00:47,03		
200m frisim	02:10,16	02:14,08	01:53,99	02:06,53	02:10,01	01:53,99	01:59,55	02:04,21	01:43,33	01:54,71	01:59,21	01:43,33		
400m/500y frisim	04:36,73	04:44,68	05:07,82	04:29,35	04:37,13	05:07,82	04:17,09	04:26,38	04:43,09	04:07,71	04:16,30	04:43,09		
800m/1000y frisim	09:33,07	09:53,19	10:41,33	09:21,18	09:36,93	10:41,33	09:03,06	09:24,62	09:57,32	08:42,66	09:02,64	09:57,32		
1500m/1650y frisim	18:43,77	19:16,84	17:55,03	18:01,49	18:43,93	17:55,03	17:35,46	18:06,88	16:42,98	16:49,00	17:21,62	16:42,98		
4x50m frisim	01:49,67	01:53,27		01:49,67	01:53,27		01:37,28	01:41,52		01:37,28	01:41,52			
4x100m frisim	03:59,76	04:07,22		03:59,76	04:07,22		03:34,19	03:41,75		03:34,19	03:41,75		03:45,51	03:53,13
4x200m frisim	04:41,62	04:54,15		08:47,26	09:11,46		07:59,10	08:23,10		07:59,10	08:23,10			
50m bröstsim	00:34,78	00:35,93	00:29,90	00:33,19	00:34,39	00:29,90	00:31,58	00:32,77	00:26,94	00:29,92	00:31,17	00:26,94		
100m bröstsim	01:15,49	01:18,46	01:05,22	01:12,40	01:15,07	01:05,22	01:08,71	01:12,18	00:58,88	01:05,36	01:08,80	00:58,88		
200m bröstsim	02:43,89	02:50,39	02:22,54	02:38,23	02:44,68	02:22,54	02:32,29	02:40,52	02:09,98	02:24,28	02:31,56	02:09,98		
50m ryggsim	00:31,32	00:32,80	00:27,25	00:30,25	00:31,66	00:27,25	00:28,81	00:30,51	00:24,64	00:27,36	00:29,12	00:24,64		
100m ryggsim	01:07,19	01:10,43	00:58,58	01:05,03	01:08,16	00:58,58	01:01,65	01:05,20	00:52,92	00:58,74	01:02,42	00:52,92		
200m ryggsim	02:26,83	02:33,03	02:08,08	02:22,17	02:28,52	02:08,08	02:16,80	02:24,01	01:57,20	02:10,10	02:17,39	01:57,20		
50m fjärilsim	00:29,72	00:30,19	00:25,91	00:28,77	00:29,22	00:25,91	00:26,95	00:27,61	00:23,21	00:25,76	00:26,33	00:23,21		
100m fjärilsim	01:06,38	01:08,21	00:57,80	01:04,16	01:05,80	00:57,80	01:00,18	01:01,90	00:51,67	00:57,36	00:58,61	00:51,67		
200m fjärilsim	02:34,28	02:38,77	02:10,96	02:25,37	02:30,66	02:10,96	02:20,38	02:27,41	01:58,21	02:11,22	02:15,89	01:58,21		
100m medley	01:06,46		00:59,86	01:06,46		00:59,86	00:59,66		00:53,74	00:59,66		00:53,74		
200m medley	02:27,52	02:32,73	02:08,66	02:23,19	02:28,06	02:08,66	02:15,82	02:21,02	01:57,27	02:10,18	02:15,17	01:57,27		
400m medley	05:14,49	05:29,77	04:35,96	05:06,32	05:18,25	04:35,96	04:52,65	05:08,60	04:14,30	04:42,28	04:55,48	04:14,30		
4x50m medley	01:59,34	02:03,30		01:59,34	02:03,30		01:47,37	01:52,00		01:47,37	01:52,00			
4x100m medley	04:25,83	04:36,54		04:25,83	04:36,54		03:54,98	04:07,12		03:54,98	04:07,12		04:11,96	04:21,77

## Kvaltider JSM 2023 - 2024

Grenar	B-kvaltider											
	Damer 13-17 år			Damer 18-19 år			Herrar 13-17 år			Herrar 18-19 år		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:27,74	00:28,54	00:24,39	00:27,08	00:27,92	00:24,39	00:25,03	00:25,95	00:21,72	00:24,12	00:25,17	00:21,72
100m frisim	00:59,80	01:01,62	00:52,79	00:58,60	01:00,34	00:52,79	00:54,49	00:56,40	00:47,53	00:52,76	00:54,78	00:47,53
200m frisim	02:10,85	02:14,83	01:55,22	02:07,91	02:11,52	01:55,22	02:00,15	02:04,96	01:44,41	01:55,90	02:00,72	01:44,41
400m/500y frisim	04:38,04	04:46,20	05:10,82	04:31,98	04:40,17	05:10,82	04:19,01	04:28,69	04:47,47	04:11,55	04:20,91	04:47,47
800m/1000y frisim	09:35,82	09:57,21	10:47,65	09:26,69	09:44,98	10:47,65	09:07,85	09:29,26	10:08,29	08:52,25	09:11,91	10:08,29
1500m/1650y frisim	18:54,02	19:30,33	18:15,40	18:21,98	19:10,91	18:15,40	17:43,33	18:17,49	16:58,62	17:04,74	17:42,84	16:58,62
4x50m frisim												
4x100m frisim												
4x200m frisim												
50m bröstsim	00:35,09	00:36,14	00:30,46	00:33,81	00:34,81	00:30,46	00:31,74	00:33,00	00:27,25	00:30,25	00:31,64	00:27,25
100m bröstsim	01:15,98	01:19,05	01:06,09	01:13,37	01:16,26	01:06,09	01:09,22	01:12,55	00:59,80	01:06,38	01:09,54	00:59,80
200m bröstsim	02:44,62	02:51,38	02:23,87	02:39,70	02:46,66	02:23,87	02:33,84	02:41,91	02:12,76	02:27,36	02:34,33	02:12,76
50m ryggsim	00:31,50	00:33,00	00:27,57	00:30,61	00:32,05	00:27,57	00:28,98	00:30,71	00:24,95	00:27,71	00:29,52	00:24,95
100m ryggsim	01:07,55	01:10,83	00:59,24	01:05,76	01:08,97	00:59,24	01:02,02	01:05,63	00:53,58	00:59,47	01:03,29	00:53,58
200m ryggsim	02:27,57	02:33,98	02:09,39	02:23,64	02:30,41	02:09,39	02:17,78	02:25,06	01:58,96	02:12,05	02:19,50	01:58,96
50m fjärilsim	00:29,86	00:30,35	00:26,16	00:29,04	00:29,54	00:26,16	00:27,12	00:27,75	00:23,51	00:26,11	00:26,61	00:23,51
100m fjärilsim	01:06,68	01:08,61	00:58,35	01:04,78	01:06,60	00:58,35	01:00,49	01:02,32	00:52,23	00:57,98	00:59,44	00:52,23
200m fjärilsim	02:35,48	02:40,09	02:13,12	02:27,77	02:33,29	02:13,12	02:21,30	02:28,69	01:59,88	02:13,07	02:18,45	01:59,88
100m medley	01:07,11		01:00,46	01:07,11		01:00,46	01:00,51		00:54,50	01:00,51		00:54,50
200m medley	02:28,16	02:33,61	02:10,15	02:24,48	02:29,80	02:10,15	02:16,62	02:22,05	01:58,71	02:11,77	02:17,23	01:58,71
400m medley	05:16,18	05:32,16	04:39,00	05:09,70	05:23,04	04:39,00	04:55,36	05:11,54	04:19,18	04:47,69	05:01,37	04:19,18
4x50m medley												
4x100m medley												