

MELLANSVENSKA SIMFÖRBUNDET:

Kvaltider DM 25m och DM 50m 2017-2020:

	<u>Herrar</u>		<u>Damer:</u>	
	<u>25 m:</u>	<u>50 m:</u>	<u>25 m:</u>	<u>50 m:</u>
50m frisim	00:25,80	00:26,81	00:28,81	00:29,71
100m frisim	00:56,71	00:58,84	01:02,87	01:04,79
200m frisim	02:05,95	02:12,31	02:17,49	02:22,76
400m frisim	04:33,55	04:49,25	04:52,27	05:04,30
800m frisim	09:55,53	10:56,43	10:21,24	11:00,92
1500m frisim	18:54,26	20:41,78	20:58,69	25:47,16
50m bröst	00:33,51	00:35,56	00:36,96	00:38,31
100m bröst	01:13,80	01:19,07	01:20,09	01:24,44
200m bröst	02:45,75	03:01,82	02:57,03	03:04,43
50m rygg	00:30,41	00:32,39	00:33,27	00:35,10
100m rygg	01:05,70	01:10,63	01:11,74	01:15,39
200m rygg	02:27,30	02:38,34	02:37,02	02:46,09
50m fjäril	00:28,45	00:29,24	00:31,48	00:32,24
100m fjäril	01:04,63	01:08,38	01:11,60	01:14,82
200m fjäril	02:39,63	03:10,21	02:49,02	03:07,46
100m medley	01:05,99	-----	01:12,19	-----
200m medley	02:23,78	02:32,19	02:35,84	02:43,29
400m medley	05:23,20	05:49,88	05:45,39	06:12,07

Lagkapp:

4X50m frisim	Max 3 heat	Max 3 heat	Max 3 heat	Max 3 heat
4X100m frisim	Max 3 heat	Max 3 heat	Max 3 heat	Max 3 heat
4X200m frisim	Max 3 heat	Max 3 heat	Max 3 heat	Max 3 heat

4X50m medley **Max 3 heat** **Max 3 heat**
4X100m medley **Max 3 heat** **Max 3 heat**

25 m Kvaltider 50:e tid på samtliga individuella distanser. Maximalt 3 heat på lagkapper.

50 m Kvaltider 50:e tid på samtliga individuella distanser. Maximalt 3 heat på lagkapper.

OCTO: 2012-01-01 – 2015-12-31