

### DAMER, KORTBANE (25m)

|                 | TALENT    |            | BRONZE     |            | SØLV       |            | GULD       |            | ELITE      |
|-----------------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|
|                 | FLIPPER   |            | FLIPPER    | DELFIN     | DELFIN     | DELFIN     | DELFIN     |            |            |
| <b>Pointtal</b> | <b>65</b> | <b>120</b> | <b>175</b> | <b>260</b> | <b>350</b> | <b>500</b> | <b>635</b> | <b>715</b> | <b>790</b> |
| <b>CRAWL</b>    |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:30,48    | 0:28,15    | 0:27,05    | 0:26,17    |
| 100             | 2:11,65   | 1:47,19    | 1:34,48    | 1:22,77    | 1:14,95    | 1:06,54    | 1:01,44    | 0:59,06    | 0:57,12    |
| 200             | 4:46,80   | 3:53,51    | 3:25,82    | 3:00,32    | 2:43,28    | 2:24,96    | 2:13,85    | 2:08,65    | 2:04,44    |
| 400             | 10:01,61  | 8:09,83    | 7:11,75    | 6:18,26    | 5:42,52    | 5:04,08    | 4:40,77    | 4:29,87    | 4:21,04    |
| 800             | 20:38,00  | 16:47,98   | 14:48,47   | 12:58,39   | 11:44,84   | 10:25,74   | 9:37,78    | 9:15,36    | 8:57,18    |
| 1500            | 39:44,60  | 32:21,54   | 28:31,34   | 24:59,30   | 22:37,64   | 20:05,28   | 18:32,90   | 17:49,71   | 17:14,71   |
| <b>BRYST</b>    |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:38,15    | 0:35,22    | 0:33,85    | 0:32,75    |
| 100             | 2:43,17   | 2:12,85    | 1:57,10    | 1:42,59    | 1:32,90    | 1:22,47    | 1:16,15    | 1:13,19    | 1:10,80    |
| 200             | 5:49,89   | 4:44,88    | 4:11,10    | 3:39,99    | 3:19,20    | 2:56,85    | 2:43,29    | 2:36,95    | 2:31,82    |
| <b>RYG</b>      |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:34,33    | 0:31,70    | 0:30,47    | 0:29,47    |
| 100             | 2:25,32   | 1:58,32    | 1:44,29    | 1:31,37    | 1:22,73    | 1:13,45    | 1:07,82    | 1:05,19    | 1:03,05    |
| 200             | 5:11,41   | 4:13,55    | 3:43,49    | 3:15,80    | 2:57,30    | 2:37,40    | 2:25,33    | 2:19,69    | 2:15,12    |
| <b>FLY</b>      |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:32,76    | 0:30,25    | 0:29,08    | 0:28,13    |
| 100             | 2:22,50   | 1:56,02    | 1:42,27    | 1:29,59    | 1:21,13    | 1:12,02    | 1:06,50    | 1:03,92    | 1:01,83    |
| 200             | 5:13,11   | 4:14,93    | 3:44,70    | 3:16,86    | 2:58,26    | 2:38,26    | 2:26,13    | 2:20,45    | 2:15,86    |
| <b>IM</b>       |           |            |            |            |            |            |            |            |            |
| 100             | 2:30,11   | 2:02,21    | 1:47,72    | 1:34,38    | 1:25,46    | 1:15,87    | 1:10,05    | 1:07,33    | 1:05,13    |
| 200             | 5:21,16   | 4:21,49    | 3:50,48    | 3:21,93    | 3:02,85    | 2:42,33    | 2:29,88    | 2:24,07    | 2:19,35    |
| 400             | 11:16,59  | 9:10,88    | 8:05,56    | 7:05,40    | 6:25,21    | 5:41,98    | 5:15,76    | 5:03,51    | 4:53,58    |

### DAMER, LANGBANE (50m)

|                 | BRONZE    |            | SØLV       |            | GULD       |            |            |            |            |
|-----------------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|
|                 | TALENT    | FLIPPER    | BRONZE     | DELFIN     | SØLV       | DELFIN     | GULD       | DELFIN     | ELITE      |
| <b>Pointtal</b> | <b>65</b> | <b>120</b> | <b>175</b> | <b>260</b> | <b>350</b> | <b>500</b> | <b>635</b> | <b>715</b> | <b>790</b> |
| <b>CRAWL</b>    |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:31,01    | 0:28,63    | 0:27,52    | 0:26,62    |
| 100             | 2:14,67   | 1:49,65    | 1:36,65    | 1:24,67    | 1:16,67    | 1:08,07    | 1:02,85    | 1:00,41    | 0:58,43    |
| 200             | 4:52,51   | 3:58,16    | 3:29,92    | 3:03,91    | 2:46,54    | 2:27,85    | 2:16,51    | 2:11,22    | 2:06,92    |
| 400             | 10:12,50  | 8:18,70    | 7:19,57    | 6:25,11    | 5:48,72    | 5:09,59    | 4:45,86    | 4:34,76    | 4:25,77    |
| 800             | 20:51,34  | 16:58,84   | 14:58,04   | 13:06,77   | 11:52,44   | 10:32,48   | 9:44,01    | 9:21,34    | 9:02,97    |
| 1500            | 40:04,10  | 32:37,42   | 28:45,34   | 25:11,56   | 22:48,75   | 20:15,14   | 18:42,00   | 17:58,46   | 17:23,17   |
| <b>BRYST</b>    |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:39,14    | 0:36,14    | 0:34,74    | 0:33,60    |
| 100             | 2:47,11   | 2:16,06    | 1:59,93    | 1:45,07    | 1:35,14    | 1:24,46    | 1:17,99    | 1:14,96    | 1:12,51    |
| 200             | 5:58,69   | 4:52,04    | 4:17,42    | 3:45,52    | 3:24,21    | 3:01,30    | 2:47,40    | 2:40,90    | 2:35,64    |
| <b>RYG</b>      |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:35,91    | 0:33,16    | 0:31,87    | 0:30,83    |
| 100             | 2:30,33   | 2:02,40    | 1:47,88    | 1:34,52    | 1:25,59    | 1:15,98    | 1:10,16    | 1:07,43    | 1:05,23    |
| 200             | 5:20,16   | 4:20,68    | 3:49,77    | 3:21,30    | 3:02,28    | 2:41,82    | 2:29,42    | 2:23,62    | 2:18,92    |
| <b>FLY</b>      |           |            |            |            |            |            |            |            |            |
| 50              |           |            |            |            |            | 0:33,05    | 0:30,52    | 0:29,34    | 0:28,38    |
| 100             | 2:23,75   | 1:57,04    | 1:43,16    | 1:30,38    | 1:21,84    | 1:12,65    | 1:07,08    | 1:04,48    | 1:02,37    |
| 200             | 5:15,70   | 4:17,04    | 3:46,57    | 3:18,49    | 2:59,74    | 2:39,57    | 2:27,34    | 2:21,62    | 2:16,98    |
| <b>IM</b>       |           |            |            |            |            |            |            |            |            |
| 100             |           |            |            |            |            |            |            |            |            |
| 200             | 5:27,74   | 4:26,85    | 3:55,21    | 3:26,07    | 3:06,60    | 2:45,65    | 2:32,96    | 2:27,02    | 2:22,21    |
| 400             | 11:27,76  | 9:19,97    | 8:13,58    | 7:12,42    | 6:31,57    | 5:47,62    | 5:20,98    | 5:08,52    | 4:58,42    |

### HERRER, KORTBANE (25m)

|                 | BRONZE    |           | SØLV       |            | GULD       |            | ELITE      |            |            |
|-----------------|-----------|-----------|------------|------------|------------|------------|------------|------------|------------|
|                 | TALENT    | FLIPPER   | BRONZE     | DELFIN     | SØLV       | DELFIN     | GULD       | DELFIN     | ELITE      |
| <b>Pointtal</b> | <b>45</b> | <b>85</b> | <b>150</b> | <b>220</b> | <b>320</b> | <b>500</b> | <b>635</b> | <b>715</b> | <b>790</b> |
| <b>CRAWL</b>    |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:26,82    | 0:24,76    | 0:23,80    | 0:23,02    |
| 100             | 2:12,03   | 1:46,62   | 1:28,16    | 1:17,56    | 1:08,44    | 0:58,97    | 0:54,45    | 0:52,33    | 0:50,62    |
| 200             | 4:51,44   | 3:55,35   | 3:14,59    | 2:51,21    | 2:31,07    | 2:10,16    | 2:00,19    | 1:55,52    | 1:51,74    |
| 400             | 10:18,39  | 8:19,38   | 6:52,89    | 6:03,28    | 5:20,55    | 4:36,19    | 4:15,02    | 4:05,12    | 3:57,10    |
| 800             | 21:35,60  | 17:26,26  | 14:25,05   | 12:41,11   | 11:11,58   | 9:38,64    | 8:54,29    | 8:33,56    | 8:16,75    |
| 1500            | 41:01,88  | 33:08,08  | 27:23,76   | 24:06,24   | 21:16,13   | 18:19,53   | 16:55,25   | 16:15,85   | 15:43,92   |
| <b>BRYST</b>    |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:33,66    | 0:31,08    | 0:29,87    | 0:28,89    |
| 100             | 2:44,23   | 2:12,62   | 1:49,65    | 1:36,48    | 1:25,13    | 1:13,35    | 1:07,72    | 1:05,10    | 1:02,97    |
| 200             | 5:56,24   | 4:47,68   | 3:57,85    | 3:29,27    | 3:04,66    | 2:39,10    | 2:26,91    | 2:21,20    | 2:16,58    |
| <b>RYG</b>      |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:29,90    | 0:27,61    | 0:26,54    | 0:25,67    |
| 100             | 2:24,31   | 1:56,54   | 1:36,35    | 1:24,77    | 1:14,80    | 1:04,45    | 0:59,51    | 0:57,20    | 0:55,33    |
| 200             | 5:15,88   | 4:15,09   | 3:30,91    | 3:05,56    | 2:43,74    | 2:21,08    | 2:10,26    | 2:05,21    | 2:01,11    |
| <b>FLY</b>      |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:28,92    | 0:26,70    | 0:25,67    | 0:24,83    |
| 100             | 2:22,62   | 1:55,17   | 1:35,22    | 1:23,78    | 1:13,92    | 1:03,69    | 0:58,81    | 0:56,53    | 0:54,68    |
| 200             | 5:17,32   | 4:16,25   | 3:31,87    | 3:06,41    | 2:44,48    | 2:21,72    | 2:10,86    | 2:05,78    | 2:01,66    |
| <b>IM</b>       |           |           |            |            |            |            |            |            |            |
| 100             | 2:30,43   | 2:01,48   | 1:40,44    | 1:28,37    | 1:17,98    | 1:07,18    | 1:02,03    | 0:59,63    | 0:57,67    |
| 200             | 5:25,11   | 4:22,54   | 3:37,07    | 3:10,99    | 2:48,52    | 2:25,20    | 2:14,07    | 2:08,87    | 2:04,65    |
| 400             | 11:30,78  | 9:17,83   | 7:41,22    | 6:45,80    | 5:58,07    | 5:08,51    | 4:44,87    | 4:33,81    | 4:24,85    |

### HERRER, LANGBANE (50m)

|                 | TALENT    |           | BRONZE     |            | SØLV       |            | GULD       |            | ELITE      |
|-----------------|-----------|-----------|------------|------------|------------|------------|------------|------------|------------|
|                 | FLIPPER   |           | FLIPPER    | DELFIN     | DELFIN     | DELFIN     | DELFIN     |            |            |
| <b>Pointtal</b> | <b>45</b> | <b>85</b> | <b>150</b> | <b>220</b> | <b>320</b> | <b>500</b> | <b>635</b> | <b>715</b> | <b>790</b> |
| <b>CRAWL</b>    |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:27,57    | 0:25,46    | 0:24,47    | 0:23,67    |
| 100             | 2:16,29   | 1:50,06   | 1:31,00    | 1:20,06    | 1:10,65    | 1:00,87    | 0:56,20    | 0:54,02    | 0:52,25    |
| 200             | 4:58,95   | 4:01,42   | 3:19,60    | 2:55,62    | 2:34,96    | 2:13,52    | 2:03,28    | 1:58,50    | 1:54,62    |
| 400             | 10:32,95  | 8:31,14   | 7:02,61    | 6:11,83    | 5:28,09    | 4:42,69    | 4:21,02    | 4:10,89    | 4:02,68    |
| 800             | 22:02,10  | 17:47,66  | 14:42,75   | 12:56,67   | 11:25,32   | 9:50,48    | 9:05,22    | 8:44,06    | 8:26,91    |
| 1500            | 41:48,35  | 33:45,61  | 27:54,79   | 24:33,55   | 21:40,22   | 18:40,29   | 17:14,42   | 16:34,28   | 16:01,74   |
| <b>BRYST</b>    |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:34,67    | 0:32,01    | 0:30,77    | 0:29,76    |
| 100             | 2:49,76   | 2:17,09   | 1:53,35    | 1:39,73    | 1:28,00    | 1:15,82    | 1:10,01    | 1:07,29    | 1:05,09    |
| 200             | 6:07,52   | 4:56,79   | 4:05,39    | 3:35,90    | 3:10,51    | 2:44,14    | 2:31,56    | 2:25,68    | 2:20,91    |
| <b>RYG</b>      |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:31,68    | 0:29,25    | 0:28,12    | 0:27,20    |
| 100             | 2:32,18   | 2:02,89   | 1:41,61    | 1:29,40    | 1:18,88    | 1:07,97    | 1:02,76    | 1:00,32    | 0:58,35    |
| 200             | 5:29,29   | 4:25,91   | 3:39,86    | 3:13,44    | 2:50,69    | 2:27,06    | 2:15,79    | 2:10,52    | 2:06,25    |
| <b>FLY</b>      |           |           |            |            |            |            |            |            |            |
| 50              |           |           |            |            |            | 0:29,66    | 0:27,39    | 0:26,33    | 0:25,46    |
| 100             | 2:25,97   | 1:57,88   | 1:37,46    | 1:25,75    | 1:15,66    | 1:05,19    | 1:00,20    | 0:57,86    | 0:55,97    |
| 200             | 5:24,91   | 4:22,38   | 3:36,94    | 3:10,87    | 2:48,42    | 2:25,11    | 2:13,99    | 2:08,79    | 2:04,57    |
| <b>IM</b>       |           |           |            |            |            |            |            |            |            |
| 100             |           |           |            |            |            |            |            |            |            |
| 200             | 5:35,10   | 4:30,61   | 3:43,74    | 3:16,85    | 2:53,70    | 2:29,66    | 2:18,19    | 2:12,83    | 2:08,48    |
| 400             | 11:51,63  | 9:34,67   | 7:55,14    | 6:58,05    | 6:08,88    | 5:17,83    | 4:53,47    | 4:42,08    | 4:32,85    |