

Kvaltider **SM** och **U-21 SM** 2025. Kvalperiod 1/1 2024 – 14 dagar innan mästerskapen

**DAMER**

**HERRAR**

Grenar	Damer						Herrar						Mix			
	A-kval			B-kval			A-kval			B-kval			19-21 (U21)		22 år och äldre	
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard	25m	50m	25m	50m
50m frisim	00:26,87	00:27,76	00:24,20	00:27,10	00:27,96	00:24,41	00:24,02	00:25,03	00:21,63	00:24,33	00:25,40	00:21,91				
100m frisim	00:58,36	01:00,18	00:52,57	00:58,75	01:00,67	00:52,93	00:52,58	00:54,83	00:47,36	00:53,01	00:55,27	00:47,76				
200m frisim	02:07,61	02:12,22	01:54,96	02:08,81	02:13,26	01:56,04	01:56,62	02:01,20	01:45,05	01:57,53	02:02,76	01:45,88				
400m (500yd frisim)	04:33,71	04:42,77	05:12,80	04:36,88	04:46,07	05:16,43	04:12,09	04:23,41	04:48,10	04:15,75	04:26,76	04:52,29				
800m (1000yd frisim)	09:28,61	09:45,35	10:49,84	09:36,00	09:54,61	10:58,28	08:40,96	09:01,71	09:55,38	08:48,60	09:10,69	10:04,11				
1500m (1650yd frisim)	18:25,00	19:01,30	18:18,40	18:42,26	19:26,56	18:35,56	16:44,65	17:28,99	16:38,66	17:03,58	17:42,23	16:57,47				
4x50m frisim	01:47,92	01:51,08					01:34,51	01:38,19								
4x100m frisim	03:56,48	04:03,19					03:28,90	03:37,25						03:41,30	03:48,07	
4x200m frisim	08:46,24	08:54,34					07:53,98	08:05,22								
50m bröstsim	00:33,70	00:34,89	00:30,35	00:34,14	00:35,19	00:30,75	00:30,14	00:31,50	00:27,15	00:30,58	00:31,96	00:27,54				
100m bröstsim	01:13,40	01:16,81	01:06,13	01:14,27	01:17,69	01:06,91	01:05,94	01:09,50	00:59,40	01:06,98	01:10,49	01:00,33				
200m bröstsim	02:41,23	02:48,22	02:25,25	02:43,31	02:51,06	02:27,12	02:26,17	02:34,57	02:11,67	02:29,58	02:38,57	02:14,74				
50m ryggsim	00:30,38	00:32,09	00:27,36	00:30,82	00:32,47	00:27,77	00:27,47	00:29,38	00:24,74	00:28,02	00:29,84	00:25,24				
100m ryggsim	01:05,52	01:09,13	00:59,01	01:06,22	01:09,98	00:59,65	00:59,33	01:03,23	00:53,45	01:00,14	01:03,94	00:54,17				
200m ryggsim	02:23,67	02:32,11	02:09,51	02:25,04	02:33,35	02:10,66	02:10,73	02:18,79	01:57,77	02:13,47	02:22,03	02:00,24				
50m fjärilsim	00:28,84	00:29,43	00:25,98	00:29,18	00:29,74	00:26,28	00:26,16	00:26,88	00:23,56	00:26,41	00:27,20	00:23,79				
100m fjärilsim	01:04,59	01:06,29	00:58,19	01:05,22	01:07,42	00:58,75	00:58,42	01:00,45	00:52,62	00:59,14	01:01,07	00:53,27				
200m fjärilsim	02:28,98	02:36,12	02:14,22	02:32,60	02:40,75	02:17,46	02:15,58	02:22,38	02:02,14	02:18,53	02:25,49	02:04,80				
100m medley	01:07,08		01:00,41	01:07,75		01:01,03	01:00,34		00:54,35	01:01,08		00:55,03				
200m medley	02:25,44	02:30,58	02:11,02	02:26,98	02:32,84	02:12,40	02:12,19	02:18,53	01:59,09	02:14,06	02:20,30	02:00,77				
400m medley	05:14,87	05:30,15	04:43,66	05:18,86	05:35,72	04:47,27	04:46,76	05:01,63	04:18,33	04:51,28	05:08,95	04:22,41				
4x50m medley	01:58,40	02:02,15					01:43,00	01:46,60								
4x100m medley	04:22,01	04:31,40					03:51,14	03:59,38						04:01,45	04:10,00	

<b>SM / U21 A-kval:</b>			
<b>Leo:</b> 50 fr. 100 fr. 200 fr. 50 fj. 100 fj. 50 ry. 100 ry. 200 ry. 200 me.	<b>Wilmer:</b> 50 fr. 50 br. 100 br. 200 br. 50 fj. 100 fj. 200 fj. 200 me. 400 me.	<b>Carl:</b> 400 fr. 800 fr. 1500 fr. 50 ry. 100 ry. 200 ry. 50 fj. 100 fj. 200 fj. 100 me. 400 me.	<b>Erik:</b> 50 br. 100 br. 200 br. 50 fj. 100 fj.
<b>William:</b> 50 fr. 100 fr. 50 fj.	<b>Amir:</b> 50 br. 100 br. 200 br. 50 fj.	<b>Sara:</b> 50 br. 100 br. 200 br.	<b>David:</b> 50 br.
<b>Niko:</b> 50 fr. 100 fr.			
<b>SM / U21 (enbart B-kval)</b>			
<b>Benjamin:</b> 200 fj.			

**FLICKOR**

Kvaltider **USM** 2025

**POJKAR**

Grenar	Flickor										Grenar	Pojkar										
	13-14 år		15-16 år		17-18 år		13-15 år		16-18 år			13-14 år		15-16 år		17-18 år		13-15 år		16-18 år		
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m		25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	
50m frisim											50m frisim											
100m frisim	01:03,63	01:04,61	01:00,52	01:02,20	00:59,35	01:01,03					100m frisim	01:01,22	01:01,68	00:55,76	00:57,28	00:53,47	00:55,17					
200m frisim	02:21,25	02:23,91		02:10,40	02:14,93						200m frisim	02:17,27	02:19,12		01:58,99	02:03,38						
400m frisim			04:42,77	04:50,56	04:37,89	04:47,76					400m frisim		04:24,51	04:32,61	04:15,87	04:27,17						
800m frisim	10:37,13	10:46,02									800m frisim	10:21,81	10:41,18									
1500m frisim			19:16,81	19:44,94	18:54,23	19:45,07					1500m frisim		18:07,12	18:27,23	17:24,12	18:00,70						
4x100m frisim							04:16,29	04:17,79	04:00,92	04:04,28							03:55,22	03:56,38	03:37,04	03:40,76		
4x200m frisim																						
50m bröstsim											50m bröstsim											
100m bröstsim	01:22,31	01:24,68	01:17,33	01:20,61	01:15,58	01:18,93					100m bröstsim	01:19,58	01:21,29	01:11,25	01:14,37	01:08,23	01:11,59					
200m bröstsim	03:01,73	03:06,86	02:49,17	02:57,23	02:46,52	02:53,58					200m bröstsim	02:59,61	03:01,83	02:37,88	02:44,77	02:32,93	02:41,42					
50m ryggsim											50m ryggsim											
100m ryggsim	01:12,75	01:15,14	01:07,99	01:11,43	01:07,52	01:10,95					100m ryggsim	01:10,54	01:12,35	01:03,53	01:06,53	01:01,47	01:04,47					
200m ryggsim	02:41,45	02:44,78	02:29,23	02:36,55	02:29,29	02:36,85					200m ryggsim	02:37,68	02:41,52	02:20,18	02:26,57	02:16,73	02:25,67					
50m fjärilsim											50m fjärilsim											
100m fjärilsim	01:13,80	01:15,09	01:08,69	01:10,44	01:06,11	01:08,04					100m fjärilsim	01:11,21	01:12,01	01:02,48	01:03,74	00:59,66	01:00,98					
200m fjärilsim	03:09,94	03:18,12	02:42,28	02:49,22	02:38,12	02:51,15					200m fjärilsim	03:12,78	03:19,03	02:28,65	02:32,63	02:21,79	02:30,88					
200m medley	02:39,55	02:43,53	02:32,22	02:36,50	02:28,76	02:34,77					200m medley	02:35,11	02:37,12	02:20,59	02:24,75	02:15,05	02:21,06					
400m medley	05:49,36	06:06,59	05:24,34	05:38,47	05:21,81	05:36,80					400m medley	05:42,30	06:00,91	05:00,41	05:14,60	04:51,23	05:06,34					
4x100m medley							04:46,92	04:52,70	04:29,91	04:37,72							04:26,76	04:32,49	04:03,64	04:11,24		
4x200m IM							*	*	*	*							*	*	*	*		

\* Heatbegränsning

\* Heatbegränsning

<b>USM kvalade</b>					
<b>Leo:</b> 100 fr. 200 fr. 100 ry. 200 ry. 100 fj. 200 me.	<b>Wilmer:</b> 100 br. 200 br. 100 ry. 100 fj. 200 fj.	<b>Benji:</b> 100 fj. 200 fj.	<b>LAG:</b> 4x100 me. Po. 07-08	<b>Lia B:</b> 200 fj.	

## GP kvaltider

Grenar	Damer			Herrar		
	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,91	00:27,70	00:24,24	00:23,80	00:24,69	00:21,43
100m frisim	00:58,41	01:00,08	00:52,63	00:52,19	00:54,23	00:47,02
200m frisim	02:07,72	02:11,52	01:55,05	01:55,63	02:00,16	01:44,17
400m (500yd frisim)	04:34,36	04:42,34	05:13,56	04:11,35	04:21,68	04:47,26
800m (1000yd frisim)	09:36,00	09:54,61	10:58,28	08:48,60	09:10,69	10:04,11
1500m (1650yd frisim)	18:42,26	19:26,56	18:35,56	17:03,58	17:42,23	16:57,47
50m bröstsim	00:33,55	00:34,63	00:30,22	00:29,78	00:30,88	00:26,82
100m bröstsim	01:13,24	01:16,30	01:05,98	01:05,49	01:08,72	00:58,99
200m bröstsim	02:41,31	02:47,49	02:25,32	02:26,49	02:33,75	02:11,96
50m ryggsim	00:30,36	00:31,93	00:27,35	00:27,18	00:28,85	00:24,48
100m ryggsim	01:05,61	01:08,87	00:59,10	00:58,78	01:02,45	00:52,95
200m ryggsim	02:24,22	02:32,27	02:09,92	02:10,66	02:18,86	01:57,71
50m fjärilsim	00:28,86	00:29,33	00:25,99	00:25,64	00:26,38	00:23,10
100m fjärilsim	01:04,56	01:06,06	00:58,16	00:57,75	00:59,45	00:52,02
200m fjärilsim	02:30,07	02:35,82	02:15,19	02:14,95	02:21,31	02:01,58
200m medley	02:25,61	02:29,78	02:11,18	02:10,90	02:17,03	01:57,92
400m medley	05:15,02	05:29,07	04:43,80	04:47,07	05:01,71	04:18,62

## Swim Open Stockholm

Grenar	Standard Times											
	Women		Men		Girls 17-18		Boys 17-18		Girls -16 and younger		Boys -16 and younger	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m Freestyle	00:27,19	00:28,06	00:24,11	00:25,15	00:27,94	00:28,81	00:25,11	00:26,15	00:28,44	00:29,31	00:25,61	00:26,65
100m Freestyle	00:58,88	01:00,52	00:52,38	00:54,43	00:59,80	01:01,72	00:53,93	00:55,89	01:01,90	01:04,29	00:56,79	00:58,99
200m Freestyle	02:08,34	02:12,28	01:55,07	02:00,29	02:10,35	02:14,19	01:58,54	02:03,00	02:15,58	02:17,93	02:03,78	02:08,89
400m Freestyle	04:30,68	04:36,68	04:06,77	04:13,02	04:30,68	04:36,68	04:13,12	04:19,99	04:40,14	04:45,78	04:26,89	04:32,91
800m Freestyle	09:06,64	09:16,67	08:28,53	08:38,03	09:21,95	09:30,35	08:33,53	08:43,03	09:23,96	09:33,33	08:50,80	08:59,98
1500m Freestyle	18:00,67	18:10,40	16:42,27	17:02,79	18:20,81	18:44,84	16:42,98	17:03,19	18:30,80	18:50,97	17:11,28	17:31,84
50m Breaststroke	00:34,60	00:35,57	00:30,72	00:31,88	00:35,35	00:36,32	00:31,72	00:32,88	00:35,85	00:36,82	00:32,22	00:33,38
100m Breaststroke	01:14,51	01:17,82	01:06,73	01:10,20	01:16,74	01:20,12	01:08,52	01:11,88	01:19,56	01:23,61	01:13,10	01:17,07
200m Breaststroke	02:42,48	02:50,71	02:27,52	02:35,10	02:47,25	02:54,10	02:30,94	02:39,56	02:52,05	02:56,09	02:37,47	02:47,99
50m Backstroke	00:30,89	00:32,46	00:27,73	00:29,35	00:31,64	00:33,21	00:28,73	00:30,35	00:32,14	00:33,71	00:29,23	00:30,85
100m Backstroke	01:06,22	01:09,50	00:59,33	01:03,31	01:07,67	01:11,00	01:01,28	01:04,87	01:10,39	01:14,11	01:05,65	01:09,70
200m Backstroke	02:24,22	02:31,20	02:10,68	02:19,70	02:27,33	02:34,58	02:14,45	02:22,71	02:28,94	02:37,42	02:19,40	02:29,59
50m Butterfly	00:29,40	00:29,81	00:26,37	00:26,90	00:30,15	00:30,56	00:27,37	00:27,90	00:30,65	00:31,06	00:27,87	00:28,40
100m Butterfly	01:05,41	01:07,13	00:57,95	00:59,96	01:06,68	01:08,58	00:59,71	01:01,82	01:10,19	01:12,66	01:04,38	01:06,54
200m Butterfly	02:28,86	02:33,73	02:13,13	02:20,47	02:32,45	02:38,36	02:16,63	02:23,81	02:42,26	02:44,85	02:26,19	02:34,29
200m IM	02:25,44	02:30,68	02:10,97	02:16,99	02:28,26	02:33,45	02:14,85	02:21,59	02:33,30	02:39,95	02:23,19	02:29,16