

Gutter 25m	50 fl	100 fl	200 fl	50 rc	100 rc	200 rc	50 br	100 br	200 br	50 cr	100 cr	200 cr	400 cr	800 cr	1500 cr	200 im	400 im
95 %	00:22,32	00:49,76	01:52,24	00:23,93	00:51,61	01:52,92	00:26,01	00:57,46	02:05,20	00:21,00	00:45,95	01:41,49	03:36,62	07:30,85	14:23,21	01:53,62	04:06,28
96 %	00:22,56	00:50,28	01:53,42	00:24,18	00:52,16	01:54,11	00:26,28	00:58,06	02:06,52	00:21,22	00:46,44	01:42,56	03:38,90	07:35,60	14:32,29	01:54,82	04:08,87
97 %	00:22,80	00:50,81	01:54,61	00:24,43	00:52,70	01:55,29	00:26,56	00:58,67	02:07,84	00:21,44	00:46,92	01:43,63	03:41,18	07:40,34	14:41,38	01:56,01	04:11,46
98 %	00:23,03	00:51,33	01:55,79	00:24,69	00:53,24	01:56,48	00:26,83	00:59,27	02:09,15	00:21,66	00:47,40	01:44,69	03:43,46	07:45,09	14:50,47	01:57,21	04:14,06
99 %	00:23,27	00:51,86	01:56,97	00:24,94	00:53,79	01:57,67	00:27,11	00:59,88	02:10,47	00:21,88	00:47,89	01:45,76	03:45,74	07:49,83	14:59,55	01:58,40	04:16,65
100 %	00:23,50	00:52,38	01:58,15	00:25,19	00:54,33	01:58,86	00:27,38	01:00,48	02:11,79	00:22,10	00:48,37	01:46,83	03:48,02	07:54,58	15:08,64	01:59,60	04:19,24
102 %	00:23,97	00:53,43	02:00,51	00:25,69	00:55,42	02:01,24	00:27,93	01:01,69	02:14,43	00:22,54	00:49,34	01:48,97	03:52,58	08:04,07	15:26,81	02:01,99	04:24,42
104 %	00:24,44	00:54,48	02:02,88	00:26,20	00:56,50	02:03,61	00:28,48	01:02,90	02:17,06	00:22,98	00:50,30	01:51,10	03:57,14	08:13,56	15:44,99	02:04,38	04:29,61
106 %	00:24,91	00:55,52	02:05,24	00:26,70	00:57,59	02:05,99	00:29,02	01:04,11	02:19,70	00:23,43	00:51,27	01:53,24	04:01,70	08:23,05	16:03,16	02:06,78	04:34,79
108 %	00:25,38	00:56,57	02:07,60	00:27,21	00:58,68	02:08,37	00:29,57	01:05,32	02:22,33	00:23,87	00:52,24	01:55,38	04:06,26	08:32,55	16:21,33	02:09,17	04:39,98
110 %	00:25,85	00:57,62	02:09,96	00:27,71	00:59,76	02:10,75	00:30,12	01:06,53	02:24,97	00:24,31	00:53,21	01:57,51	04:10,82	08:42,04	16:39,50	02:11,56	04:45,16
112 %	00:26,32	00:58,67	02:12,33	00:28,21	01:00,85	02:13,12	00:30,67	01:07,74	02:27,60	00:24,75	00:54,17	01:59,65	04:15,38	08:51,53	16:57,68	02:13,95	04:50,35
114 %	00:26,79	00:59,71	02:14,69	00:28,72	01:01,94	02:15,50	00:31,21	01:08,95	02:30,24	00:25,19	00:55,14	02:01,79	04:19,94	09:01,02	17:15,85	02:16,34	04:55,53
116 %	00:27,26	01:00,76	02:17,05	00:29,22	01:03,02	02:17,88	00:31,76	01:10,16	02:32,88	00:25,64	00:56,11	02:03,92	04:24,50	09:10,51	17:34,02	02:18,74	05:00,72
118 %	00:27,73	01:01,81	02:19,42	00:29,72	01:04,11	02:20,25	00:32,31	01:11,37	02:35,51	00:26,08	00:57,08	02:06,06	04:29,06	09:20,00	17:52,20	02:21,13	05:05,90
120 %	00:28,20	01:02,86	02:21,78	00:30,23	01:05,20	02:22,63	00:32,86	01:12,58	02:38,15	00:26,52	00:58,04	02:08,20	04:33,62	09:29,50	18:10,37	02:23,52	05:11,09
122 %	00:28,67	01:03,90	02:24,14	00:30,73	01:06,28	02:25,01	00:33,40	01:13,79	02:40,78	00:26,96	00:59,01	02:10,33	04:38,18	09:38,99	18:28,54	02:25,91	05:16,27
124 %	00:29,14	01:04,95	02:26,51	00:31,24	01:07,37	02:27,39	00:33,95	01:15,00	02:43,42	00:27,40	00:59,98	02:12,47	04:42,74	09:48,48	18:46,71	02:28,30	05:21,46
126 %	00:29,61	01:06,00	02:28,87	00:31,74	01:08,46	02:29,76	00:34,50	01:16,20	02:46,06	00:27,85	01:00,95	02:14,61	04:47,31	09:57,97	19:04,89	02:30,70	05:26,64
128 %	00:30,08	01:07,05	02:31,23	00:32,24	01:09,54	02:32,14	00:35,05	01:17,41	02:48,69	00:28,29	01:01,91	02:16,74	04:51,87	10:07,46	19:23,06	02:33,09	05:31,83
130 %	00:30,55	01:08,09	02:33,60	00:32,75	01:10,63	02:34,52	00:35,59	01:18,62	02:51,33	00:28,73	01:02,88	02:18,88	04:56,43	10:16,95	19:41,23	02:35,48	05:37,01
132 %	00:31,02	01:09,14	02:35,96	00:33,25	01:11,72	02:36,90	00:36,14	01:19,83	02:53,96	00:29,17	01:03,85	02:21,02	05:00,99	10:26,45	19:59,40	02:37,87	05:42,20
134 %	00:31,49	01:10,19	02:38,32	00:33,75	01:12,80	02:39,27	00:36,69	01:21,04	02:56,60	00:29,61	01:04,82	02:23,15	05:05,55	10:35,94	20:17,58	02:40,26	05:47,38
136 %	00:31,96	01:11,24	02:40,68	00:34,26	01:13,89	02:41,65	00:37,24	01:22,25	02:59,23	00:30,06	01:05,78	02:25,29	05:10,11	10:45,43	20:35,75	02:42,66	05:52,57
138 %	00:32,43	01:12,28	02:43,05	00:34,76	01:14,98	02:44,03	00:37,78	01:23,46	03:01,87	00:30,50	01:06,75	02:27,43	05:14,67	10:54,92	20:53,92	02:45,05	05:57,75
140 %	00:32,90	01:13,33	02:45,41	00:35,27	01:16,06	02:46,40	00:38,33	01:24,67	03:04,51	00:30,94	01:07,72	02:29,56	05:19,23	11:04,41	21:12,10	02:47,44	06:02,94
142 %	00:33,37	01:14,38	02:47,77	00:35,77	01:17,15	02:48,78	00:38,88	01:25,88	03:07,14	00:31,38	01:08,69	02:31,70	05:23,79	11:13,90	21:30,27	02:49,83	06:08,12
144 %	00:33,84	01:15,43	02:50,14	00:36,27	01:18,24	02:51,16	00:39,43	01:27,09	03:09,78	00:31,82	01:09,65	02:33,84	05:28,35	11:23,40	21:48,44	02:52,22	06:13,31
146 %	00:34,31	01:16,47	02:52,50	00:36,78	01:19,32	02:53,54	00:39,97	01:28,30	03:12,41	00:32,27	01:10,62	02:35,97	05:32,91	11:32,89	22:06,61	02:54,62	06:18,49
148 %	00:34,78	01:17,52	02:54,86	00:37,28	01:20,41	02:55,91	00:40,52	01:29,51	03:15,05	00:32,71	01:11,59	02:38,11	05:37,47	11:42,38	22:24,79	02:57,01	06:23,68
150 %	00:35,25	01:18,57	02:57,22	00:37,78	01:21,50	02:58,29	00:41,07	01:30,72	03:17,68	00:33,15	01:12,56	02:40,25	05:42,03	11:51,87	22:42,96	02:59,40	06:28,86
Konvert: 50m/25m	00:00,80	00:01,40	00:02,70	00:00,80	00:01,40	00:02,70	00:01,10	00:02,10	00:04,00	00:00,90	00:01,70	00:03,20	00:06,10	00:12,00	00:22,50	00:03,30	00:06,80

Oppdatert oktober 2021

Gutter 50m	50 fl	100 fl	200 fl	50 rc	100 rc	200 rc	50 br	100 br	200 br	50 cr	100 cr	200 cr	400 cr	800 cr	1500 cr	200 im	400 im
95 %	00:23,09	00:51,09	01:54,81	00:24,69	00:52,94	01:55,48	00:27,06	00:59,45	02:09,00	00:21,85	00:47,57	01:44,53	03:42,41	07:42,25	14:44,58	01:56,75	04:12,74
96 %	00:23,33	00:51,63	01:56,02	00:24,95	00:53,50	01:56,70	00:27,34	01:00,08	02:10,36	00:22,08	00:48,07	01:45,63	03:44,76	07:47,12	14:53,89	01:57,98	04:15,40
97 %	00:23,57	00:52,17	01:57,22	00:25,21	00:54,06	01:57,91	00:27,63	01:00,70	02:11,72	00:22,31	00:48,57	01:46,73	03:47,10	07:51,98	15:03,21	01:59,21	04:18,06
98 %	00:23,81	00:52,70	01:58,43	00:25,47	00:54,62	01:59,13	00:27,91	01:01,33	02:13,07	00:22,54	00:49,07	01:47,83	03:49,44	07:56,85	15:12,52	02:00,44	04:20,72
99 %	00:24,06	00:53,24	01:59,64	00:25,73	00:55,17	02:00,34	00:28,20	01:01,95	02:14,43	00:22,77	00:49,57	01:48,93	03:51,78	08:01,71	15:21,83	02:01,67	04:23,38
100 %	00:24,30	00:53,78	02:00,85	00:25,99	00:55,73	02:01,56	00:28,48	01:02,58	02:15,79	00:23,00	00:50,07	01:50,03	03:54,12	08:06,58	15:31,14	02:02,90	04:26,04
102 %	00:24,79	00:54,86	02:03,27	00:26,51	00:56,84	02:03,99	00:29,05	01:03,83	02:18,51	00:23,46	00:51,07	01:52,23	03:58,80	08:16,31	15:49,76	02:05,36	04:31,36
104 %	00:25,27	00:55,93	02:05,68	00:27,03	00:57,96	02:06,42	00:29,62	01:05,08	02:21,22	00:23,92	00:52,07	01:54,43	04:03,48	08:26,04	16:08,39	02:07,82	04:36,68
106 %	00:25,76	00:57,01	02:08,10	00:27,55	00:59,07	02:08,85	00:30,19	01:06,33	02:23,94	00:24,38	00:53,07	01:56,63	04:08,17	08:35,77	16:27,01	02:10,27	04:42,00
108 %	00:26,24	00:58,08	02:10,52	00:28,07	01:00,19	02:11,28	00:30,76	01:07,59	02:26,65	00:24,84	00:54,08	01:58,83	04:12,85	08:45,51	16:45,63	02:12,73	04:47,32
110 %	00:26,73	00:59,16	02:12,94	00:28,59	01:01,30	02:13,72	00:31,33	01:08,84	02:29,37	00:25,30	00:55,08	02:01,03	04:17,53	08:55,24	17:04,25	02:15,19	04:52,64
112 %	00:27,22	01:00,23	02:15,35	00:29,11	01:02,42	02:16,15	00:31,90	01:10,09	02:32,08	00:25,76	00:56,08	02:03,23	04:22,21	09:04,97	17:22,88	02:17,65	04:57,96
114 %	00:27,70	01:01,31	02:17,77	00:29,63	01:03,53	02:18,58	00:32,47	01:11,34	02:34,80	00:26,22	00:57,08	02:05,43	04:26,90	09:14,70	17:41,50	02:20,11	05:03,29
116 %	00:28,19	01:02,38	02:20,19	00:30,15	01:04,65	02:21,01	00:33,04	01:12,59	02:37,52	00:26,68	00:58,08	02:07,63	04:31,58	09:24,43	18:00,12	02:22,56	05:08,61
118 %	00:28,67	01:03,46	02:22,60	00:30,67	01:05,76	02:23,44	00:33,61	01:13,84	02:40,23	00:27,14	00:59,08	02:09,84	04:36,26	09:34,16	18:18,75	02:25,02	05:13,93
120 %	00:29,16	01:04,54	02:25,02	00:31,19	01:06,88	02:25,87	00:34,18	01:15,10	02:42,95	00:27,60	01:00,08	02:12,04	04:40,94	09:43,90	18:37,37	02:27,48	05:19,25
122 %	00:29,65	01:05,61	02:27,44	00:31,71	01:07,99	02:28,30	00:34,75	01:16,35	02:45,66	00:28,06	01:01,09	02:14,24	04:45,63	09:53,63	18:55,99	02:29,94	05:24,57
124 %	00:30,13	01:06,69	02:29,85	00:32,23	01:09,11	02:30,73	00:35,32	01:17,60	02:48,38	00:28,52	01:02,09	02:16,44	04:50,31	10:03,36	19:14,61	02:32,40	05:29,89
126 %	00:30,62	01:07,76	02:32,27	00:32,75	01:10,22	02:33,17	00:35,88	01:18,85	02:51,10	00:28,98	01:03,09	02:18,64	04:54,99	10:13,09	19:33,24	02:34,85	05:35,21
128 %	00:31,10	01:08,84	02:34,69	00:33,27	01:11,33	02:35,60	00:36,45	01:20,10	02:53,81	00:29,44	01:04,09	02:20,84	04:59,67	10:22,82	19:51,86	02:37,31	05:40,53
130 %	00:31,59	01:09,91	02:37,10	00:33,79	01:12,45	02:38,03	00:37,02	01:21,35	02:56,53	00:29,90	01:05,09	02:23,04	05:04,36	10:32,55	20:10,48	02:39,77	05:45,85
132 %	00:32,08	01:10,99	02:39,52	00:34,31	01:13,56	02:40,46	00:37,59	01:22,61	02:59,24	00:30,36	01:06,09	02:25,24	05:09,04	10:42,29	20:29,10	02:42,23	05:51,17
134 %	00:32,56	01:12,07	02:41,94	00:34,83	01:14,68	02:42,89	00:38,16	01:23,86	03:01,96	00:30,82	01:07,09	02:27,44	05:13,72	10:52,02	20:47,73	02:44,69	05:56,49
136 %	00:33,05	01:13,14	02:44,36	00:35,35	01:15,79	02:45,32	00:38,73	01:25,11	03:04,67	00:31,28	01:08,10	02:29,64	05:18,40	11:01,75	21:06,35	02:47,14	06:01,81
138 %	00:33,53	01:14,22	02:46,77	00:35,87	01:16,91	02:47,75	00:39,30	01:26,36	03:07,39	00:31,74	01:09,10	02:31,84	05:23,09	11:11,48	21:24,97	02:49,60	06:07,14
140 %	00:34,02	01:15,29	02:49,19	00:36,39	01:18,02	02:50,18	00:39,87	01:27,61	03:10,11	00:32,20	01:10,10	02:34,04	05:27,77	11:21,21	21:43,60	02:52,06	06:12,46
142 %	00:34,51	01:16,37	02:51,61	00:36,91	01:19,14	02:52,62	00:40,44	01:28,86	03:12,82	00:32,66	01:11,10	02:36,24	05:32,45	11:30,94	22:02,22	02:54,52	06:17,78
144 %	00:34,99	01:17,44	02:54,02	00:37,43	01:20,25	02:55,05	00:41,01	01:30,12	03:15,54	00:33,12	01:12,10	02:38,44	05:37,13	11:40,68	22:20,84	02:56,98	06:23,10
146 %	00:35,48	01:18,52	02:56,44	00:37,95	01:21,37	02:57,48	00:41,58	01:31,37	03:18,25	00:33,58	01:13,10	02:40,64	05:41,82	11:50,41	22:39,46	02:59,43	06:28,42
148 %	00:35,96	01:19,59	02:58,86	00:38,47	01:22,48	02:59,91	00:42,15	01:32,62	03:20,97	00:34,04	01:14,10	02:42,84	05:46,50	12:00,14	22:58,09	03:01,89	06:33,74
150 %	00:36,45	01:20,67	03:01,27	00:38,98	01:23,60	03:02,34	00:42,72	01:33,87	03:23,68	00:34,50	01:15,10	02:45,04	05:51,18	12:09,87	23:16,71	03:04,35	06:39,06

Jenter 25m	50 fl	100 fl	200 fl	50 rc	100 rc	200 rc	50 br	100 br	200 br	50 cr	100 cr	200 cr	400 cr	800 cr	1500 cr	200 im	400 im
95 %	00:25,19	00:56,37	02:04,99	00:26,80	00:58,15	02:05,94	00:29,34	01:04,56	02:18,90	00:23,83	00:51,75	01:52,43	03:59,01	08:12,74	15:42,69	02:07,24	04:31,53
96 %	00:25,46	00:56,97	02:06,31	00:27,08	00:58,76	02:07,27	00:29,64	01:05,24	02:20,36	00:24,08	00:52,29	01:53,62	04:01,53	08:17,92	15:52,62	02:08,58	04:34,39
97 %	00:25,72	00:57,56	02:07,62	00:27,36	00:59,37	02:08,59	00:29,95	01:05,92	02:21,82	00:24,33	00:52,84	01:54,80	04:04,04	08:23,11	16:02,54	02:09,92	04:37,25
98 %	00:25,99	00:58,15	02:08,94	00:27,65	00:59,99	02:09,92	00:30,26	01:06,60	02:23,29	00:24,58	00:53,38	01:55,98	04:06,56	08:28,30	16:12,46	02:11,26	04:40,10
99 %	00:26,25	00:58,75	02:10,25	00:27,93	01:00,60	02:11,24	00:30,57	01:07,28	02:24,75	00:24,83	00:53,93	01:57,17	04:09,07	08:33,48	16:22,39	02:12,60	04:42,96
100 %	00:26,52	00:59,34	02:11,57	00:28,21	01:01,21	02:12,57	00:30,88	01:07,96	02:26,21	00:25,08	00:54,47	01:58,35	04:11,59	08:38,67	16:32,31	02:13,94	04:45,82
102 %	00:27,05	01:00,53	02:14,20	00:28,77	01:02,43	02:15,22	00:31,50	01:09,32	02:29,13	00:25,58	00:55,56	02:00,72	04:16,62	08:49,04	16:52,16	02:16,62	04:51,54
104 %	00:27,58	01:01,71	02:16,83	00:29,34	01:03,66	02:17,87	00:32,12	01:10,68	02:32,06	00:26,08	00:56,65	02:03,08	04:21,65	08:59,42	17:12,00	02:19,30	04:57,25
106 %	00:28,11	01:02,90	02:19,46	00:29,90	01:04,88	02:20,52	00:32,73	01:12,04	02:34,98	00:26,58	00:57,74	02:05,45	04:26,69	09:09,79	17:31,85	02:21,98	05:02,97
108 %	00:28,64	01:04,09	02:22,10	00:30,47	01:06,11	02:23,18	00:33,35	01:13,40	02:37,91	00:27,09	00:58,83	02:07,82	04:31,72	09:20,16	17:51,69	02:24,66	05:08,69
110 %	00:29,17	01:05,27	02:24,73	00:31,03	01:07,33	02:25,83	00:33,97	01:14,76	02:40,83	00:27,59	00:59,92	02:10,19	04:36,75	09:30,54	18:11,54	02:27,33	05:14,40
112 %	00:29,70	01:06,46	02:27,36	00:31,60	01:08,56	02:28,48	00:34,59	01:16,12	02:43,76	00:28,09	01:01,01	02:12,55	04:41,78	09:40,91	18:31,39	02:30,01	05:20,12
114 %	00:30,23	01:07,65	02:29,99	00:32,16	01:09,78	02:31,13	00:35,20	01:17,47	02:46,68	00:28,59	01:02,10	02:14,92	04:46,81	09:51,28	18:51,23	02:32,69	05:25,83
116 %	00:30,76	01:08,83	02:32,62	00:32,72	01:11,00	02:33,78	00:35,82	01:18,83	02:49,60	00:29,09	01:03,19	02:17,29	04:51,84	10:01,66	19:11,08	02:35,37	05:31,55
118 %	00:31,29	01:10,02	02:35,25	00:33,29	01:12,23	02:36,43	00:36,44	01:20,19	02:52,53	00:29,59	01:04,27	02:19,65	04:56,88	10:12,03	19:30,93	02:38,05	05:37,27
120 %	00:31,82	01:11,21	02:37,88	00:33,85	01:13,45	02:39,08	00:37,06	01:21,55	02:55,45	00:30,10	01:05,36	02:22,02	05:01,91	10:22,40	19:50,77	02:40,73	05:42,98
122 %	00:32,35	01:12,39	02:40,52	00:34,42	01:14,68	02:41,74	00:37,67	01:22,91	02:58,38	00:30,60	01:06,45	02:24,39	05:06,94	10:32,78	20:10,62	02:43,41	05:48,70
124 %	00:32,88	01:13,58	02:43,15	00:34,98	01:15,90	02:44,39	00:38,29	01:24,27	03:01,30	00:31,10	01:07,54	02:26,75	05:11,97	10:43,15	20:30,46	02:46,09	05:54,42
126 %	00:33,42	01:14,77	02:45,78	00:35,54	01:17,12	02:47,04	00:38,91	01:25,63	03:04,22	00:31,60	01:08,63	02:29,12	05:17,00	10:53,52	20:50,31	02:48,76	06:00,13
128 %	00:33,95	01:15,96	02:48,41	00:36,11	01:18,35	02:49,69	00:39,53	01:26,99	03:07,15	00:32,10	01:09,72	02:31,49	05:22,04	11:03,90	21:10,16	02:51,44	06:05,85
130 %	00:34,48	01:17,14	02:51,04	00:36,67	01:19,57	02:52,34	00:40,14	01:28,35	03:10,07	00:32,60	01:10,81	02:33,86	05:27,07	11:14,27	21:30,00	02:54,12	06:11,57
132 %	00:35,01	01:18,33	02:53,67	00:37,24	01:20,80	02:54,99	00:40,76	01:29,71	03:13,00	00:33,11	01:11,90	02:36,22	05:32,10	11:24,64	21:49,85	02:56,80	06:17,28
134 %	00:35,54	01:19,52	02:56,30	00:37,80	01:22,02	02:57,64	00:41,38	01:31,07	03:15,92	00:33,61	01:12,99	02:38,59	05:37,13	11:35,02	22:09,70	02:59,48	06:23,00
136 %	00:36,07	01:20,70	02:58,94	00:38,37	01:23,25	03:00,30	00:42,00	01:32,43	03:18,85	00:34,11	01:14,08	02:40,96	05:42,16	11:45,39	22:29,54	03:02,16	06:28,72
138 %	00:36,60	01:21,89	03:01,57	00:38,93	01:24,47	03:02,95	00:42,61	01:33,78	03:21,77	00:34,61	01:15,17	02:43,32	05:47,19	11:55,76	22:49,39	03:04,84	06:34,43
140 %	00:37,13	01:23,08	03:04,20	00:39,49	01:25,69	03:05,60	00:43,23	01:35,14	03:24,69	00:35,11	01:16,26	02:45,69	05:52,23	12:06,14	23:09,23	03:07,52	06:40,15
142 %	00:37,66	01:24,26	03:06,83	00:40,06	01:26,92	03:08,25	00:43,85	01:36,50	03:27,62	00:35,61	01:17,35	02:48,06	05:57,26	12:16,51	23:29,08	03:10,19	06:45,86
144 %	00:38,19	01:25,45	03:09,46	00:40,62	01:28,14	03:10,90	00:44,47	01:37,86	03:30,54	00:36,12	01:18,44	02:50,42	06:02,29	12:26,88	23:48,93	03:12,87	06:51,58
146 %	00:38,72	01:26,64	03:12,09	00:41,19	01:29,37	03:13,55	00:45,08	01:39,22	03:33,47	00:36,62	01:19,53	02:52,79	06:07,32	12:37,26	24:08,77	03:15,55	06:57,30
148 %	00:39,25	01:27,82	03:14,72	00:41,75	01:30,59	03:16,20	00:45,70	01:40,58	03:36,39	00:37,12	01:20,62	02:55,16	06:12,35	12:47,63	24:28,62	03:18,23	07:03,01
150 %	00:39,78	01:29,01	03:17,35	00:42,32	01:31,82	03:18,85	00:46,32	01:41,94	03:39,32	00:37,62	01:21,71	02:57,53	06:17,39	12:58,01	24:48,46	03:20,91	07:08,73
Konvert 50m/25m	00:00,70	00:01,30	00:02,40	00:00,70	00:01,30	00:02,50	00:01,00	00:01,80	00:03,60	00:00,80	00:01,50	00:02,90	00:05,50	00:11,10	00:20,60	00:02,90	00:06,00

Jenter 50m	50 fl	100 fl	200 fl	50 rc	100 rc	200 rc	50 br	100 br	200 br	50 cr	100 cr	200 cr	400 cr	800 cr	1500 cr	200 im	400 im
95 %	00:25,86	00:57,61	02:07,27	00:27,46	00:59,38	02:08,32	00:30,29	01:06,27	02:22,32	00:24,59	00:53,17	01:55,19	04:04,24	08:23,28	16:02,26	02:10,00	04:37,23
96 %	00:26,13	00:58,21	02:08,61	00:27,75	01:00,01	02:09,67	00:30,60	01:06,97	02:23,82	00:24,84	00:53,73	01:56,40	04:06,81	08:28,58	16:12,39	02:11,37	04:40,15
97 %	00:26,40	00:58,82	02:09,95	00:28,04	01:00,63	02:11,02	00:30,92	01:07,67	02:25,32	00:25,10	00:54,29	01:57,61	04:09,38	08:33,88	16:22,52	02:12,73	04:43,07
98 %	00:26,68	00:59,43	02:11,29	00:28,33	01:01,26	02:12,37	00:31,24	01:08,36	02:26,81	00:25,36	00:54,85	01:58,83	04:11,95	08:39,17	16:32,65	02:14,10	04:45,98
99 %	00:26,95	01:00,03	02:12,63	00:28,62	01:01,88	02:13,72	00:31,56	01:09,06	02:28,31	00:25,62	00:55,41	02:00,04	04:14,52	08:44,47	16:42,78	02:15,47	04:48,90
100 %	00:27,22	01:00,64	02:13,97	00:28,91	01:02,51	02:15,07	00:31,88	01:09,76	02:29,81	00:25,88	00:55,97	02:01,25	04:17,09	08:49,77	16:52,91	02:16,84	04:51,82
102 %	00:27,76	01:01,85	02:16,65	00:29,49	01:03,76	02:17,77	00:32,52	01:11,16	02:32,81	00:26,40	00:57,09	02:03,68	04:22,23	09:00,37	17:13,17	02:19,58	04:57,66
104 %	00:28,31	01:03,07	02:19,33	00:30,07	01:05,01	02:20,47	00:33,16	01:12,55	02:35,80	00:26,92	00:58,21	02:06,10	04:27,37	09:10,96	17:33,43	02:22,31	05:03,49
106 %	00:28,85	01:04,28	02:22,01	00:30,64	01:06,26	02:23,17	00:33,79	01:13,95	02:38,80	00:27,43	00:59,33	02:08,53	04:32,52	09:21,56	17:53,68	02:25,05	05:09,33
108 %	00:29,40	01:05,49	02:24,69	00:31,22	01:07,51	02:25,88	00:34,43	01:15,34	02:41,79	00:27,95	01:00,45	02:10,95	04:37,66	09:32,15	18:13,94	02:27,79	05:15,17
110 %	00:29,94	01:06,70	02:27,37	00:31,80	01:08,76	02:28,58	00:35,07	01:16,74	02:44,79	00:28,47	01:01,57	02:13,38	04:42,80	09:42,75	18:34,20	02:30,52	05:21,00
112 %	00:30,49	01:07,92	02:30,05	00:32,38	01:10,01	02:31,28	00:35,71	01:18,13	02:47,79	00:28,99	01:02,69	02:15,80	04:47,94	09:53,34	18:54,46	02:33,26	05:26,84
114 %	00:31,03	01:09,13	02:32,73	00:32,96	01:11,26	02:33,98	00:36,34	01:19,53	02:50,78	00:29,50	01:03,81	02:18,23	04:53,08	10:03,94	19:14,72	02:36,00	05:32,67
116 %	00:31,58	01:10,34	02:35,41	00:33,54	01:12,51	02:36,68	00:36,98	01:20,92	02:53,78	00:30,02	01:04,93	02:20,65	04:58,22	10:14,53	19:34,98	02:38,73	05:38,51
118 %	00:32,12	01:11,56	02:38,08	00:34,11	01:13,76	02:39,38	00:37,62	01:22,32	02:56,78	00:30,54	01:06,04	02:23,08	05:03,37	10:25,13	19:55,23	02:41,47	05:44,35
120 %	00:32,66	01:12,77	02:40,76	00:34,69	01:15,01	02:42,08	00:38,26	01:23,71	02:59,77	00:31,06	01:07,16	02:25,50	05:08,51	10:35,72	20:15,49	02:44,21	05:50,18
122 %	00:33,21	01:13,98	02:43,44	00:35,27	01:16,26	02:44,79	00:38,89	01:25,11	03:02,77	00:31,57	01:08,28	02:27,93	05:13,65	10:46,32	20:35,75	02:46,94	05:56,02
124 %	00:33,75	01:15,19	02:46,12	00:35,85	01:17,51	02:47,49	00:39,53	01:26,50	03:05,76	00:32,09	01:09,40	02:30,35	05:18,79	10:56,91	20:56,01	02:49,68	06:01,86
126 %	00:34,30	01:16,41	02:48,80	00:36,43	01:18,76	02:50,19	00:40,17	01:27,90	03:08,76	00:32,61	01:10,52	02:32,78	05:23,93	11:07,51	21:16,27	02:52,42	06:07,69
128 %	00:34,84	01:17,62	02:51,48	00:37,00	01:20,01	02:52,89	00:40,81	01:29,29	03:11,76	00:33,13	01:11,64	02:35,20	05:29,08	11:18,11	21:36,52	02:55,16	06:13,53
130 %	00:35,39	01:18,83	02:54,16	00:37,58	01:21,26	02:55,59	00:41,44	01:30,69	03:14,75	00:33,64	01:12,76	02:37,63	05:34,22	11:28,70	21:56,78	02:57,89	06:19,37
132 %	00:35,93	01:20,04	02:56,84	00:38,16	01:22,51	02:58,29	00:42,08	01:32,08	03:17,75	00:34,16	01:13,88	02:40,05	05:39,36	11:39,30	22:17,04	03:00,63	06:25,20
134 %	00:36,47	01:21,26	02:59,52	00:38,74	01:23,76	03:00,99	00:42,72	01:33,48	03:20,75	00:34,68	01:15,00	02:42,48	05:44,50	11:49,89	22:37,30	03:03,37	06:31,04
136 %	00:37,02	01:22,47	03:02,20	00:39,32	01:25,01	03:03,70	00:43,36	01:34,87	03:23,74	00:35,20	01:16,12	02:44,90	05:49,64	12:00,49	22:57,56	03:06,10	06:36,88
138 %	00:37,56	01:23,68	03:04,88	00:39,90	01:26,26	03:06,40	00:43,99	01:36,27	03:26,74	00:35,71	01:17,24	02:47,33	05:54,78	12:11,08	23:17,82	03:08,84	06:42,71
140 %	00:38,11	01:24,90	03:07,56	00:40,47	01:27,51	03:09,10	00:44,63	01:37,66	03:29,73	00:36,23	01:18,36	02:49,75	05:59,93	12:21,68	23:38,07	03:11,58	06:48,55
142 %	00:38,65	01:26,11	03:10,24	00:41,05	01:28,76	03:11,80	00:45,27	01:39,06	03:32,73	00:36,75	01:19,48	02:52,18	06:05,07	12:32,27	23:58,33	03:14,31	06:54,38
144 %	00:39,20	01:27,32	03:12,92	00:41,63	01:30,01	03:14,50	00:45,91	01:40,45	03:35,73	00:37,27	01:20,60	02:54,60	06:10,21	12:42,87	24:18,59	03:17,05	07:00,22
146 %	00:39,74	01:28,53	03:15,60	00:42,21	01:31,26	03:17,20	00:46,54	01:41,85	03:38,72	00:37,78	01:21,72	02:57,03	06:15,35	12:53,46	24:38,85	03:19,79	07:06,06
148 %	00:40,29	01:29,75	03:18,28	00:42,79	01:32,51	03:19,90	00:47,18	01:43,24	03:41,72	00:38,30	01:22,84	02:59,45	06:20,49	13:04,06	24:59,11	03:22,52	07:11,89
150 %	00:40,83	01:30,96	03:20,95	00:43,37	01:33,76	03:22,60	00:47,82	01:44,64	03:44,71	00:38,82	01:23,96	03:01,88	06:25,64	13:14,66	25:19,36	03:25,26	07:17,73

Oppdatert oktober 2021