

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%	00:22.33	00:49.88	01:52.24	00:23.84	00:51.69	01:52.58	00:25.84	00:57.33	02:05.44	00:20.99	00:46.05	01:41.71	03:37.64	07:32.05	14:25.57	01:53.81	04:06.37
96%	00:22.57	00:50.40	01:53.42	00:24.10	00:52.23	01:53.76	00:26.11	00:57.94	02:06.76	00:21.21	00:46.53	01:42.78	03:39.93	07:36.81	14:34.68	01:55.01	04:08.97
97%	00:22.80	00:50.93	01:54.61	00:24.35	00:52.78	01:54.94	00:26.38	00:58.54	02:08.08	00:21.43	00:47.02	01:43.85	03:42.22	07:41.56	14:43.80	01:56.21	04:11.56
98%	00:23.04	00:51.45	01:55.79	00:24.60	00:53.32	01:56.13	00:26.66	00:59.14	02:09.40	00:21.65	00:47.50	01:44.92	03:44.51	07:46.32	14:52.91	01:57.40	04:14.15
99%	00:23.27	00:51.98	01:56.97	00:24.85	00:53.87	01:57.31	00:26.93	00:59.75	02:10.72	00:21.87	00:47.99	01:45.99	03:46.80	07:51.08	15:02.02	01:58.60	04:16.75
100%	00:23.51	00:52.50	01:58.15	00:25.10	00:54.41	01:58.50	00:27.20	01:00.35	02:12.04	00:22.09	00:48.47	01:47.06	03:49.09	07:55.84	15:11.13	01:59.80	04:19.34
102%	00:23.98	00:53.55	02:00.51	00:25.60	00:55.50	02:00.87	00:27.74	01:01.56	02:14.68	00:22.53	00:49.44	01:49.20	03:53.67	08:05.36	15:29.35	02:02.20	04:24.53
104%	00:24.45	00:54.60	02:02.88	00:26.10	00:56.59	02:03.24	00:28.29	01:02.76	02:17.32	00:22.97	00:50.41	01:51.34	03:58.25	08:14.87	15:47.58	02:04.59	04:29.71
106%	00:24.92	00:55.65	02:05.24	00:26.61	00:57.67	02:05.61	00:28.83	01:03.97	02:19.96	00:23.42	00:51.38	01:53.48	04:02.84	08:24.39	16:05.80	02:06.99	04:34.90
108%	00:25.39	00:56.70	02:07.60	00:27.11	00:58.76	02:07.98	00:29.38	01:05.18	02:22.60	00:23.86	00:52.35	01:55.62	04:07.42	08:33.91	16:24.02	02:09.38	04:40.09
110%	00:25.86	00:57.75	02:09.96	00:27.61	00:59.85	02:10.35	00:29.92	01:06.39	02:25.24	00:24.30	00:53.32	01:57.77	04:12.00	08:43.42	16:42.24	02:11.78	04:45.27
112%	00:26.33	00:58.80	02:12.33	00:28.11	01:00.94	02:12.72	00:30.46	01:07.59	02:27.88	00:24.74	00:54.29	01:59.91	04:16.58	08:52.94	17:00.47	02:14.18	04:50.46
114%	00:26.80	00:59.85	02:14.69	00:28.61	01:02.03	02:15.09	00:31.01	01:08.80	02:30.53	00:25.18	00:55.26	02:02.05	04:21.16	09:02.46	17:18.69	02:16.57	04:55.65
116%	00:27.27	01:00.90	02:17.05	00:29.12	01:03.12	02:17.46	00:31.55	01:10.01	02:33.17	00:25.62	00:56.23	02:04.19	04:25.74	09:11.97	17:36.91	02:18.97	05:00.83
118%	00:27.74	01:01.95	02:19.42	00:29.62	01:04.20	02:19.83	00:32.10	01:11.21	02:35.81	00:26.07	00:57.19	02:06.33	04:30.33	09:21.49	17:55.13	02:21.36	05:06.02
120%	00:28.21	01:03.00	02:21.78	00:30.12	01:05.29	02:22.20	00:32.64	01:12.42	02:38.45	00:26.51	00:58.16	02:08.47	04:34.91	09:31.01	18:13.36	02:23.76	05:11.21
122%	00:28.68	01:04.05	02:24.14	00:30.62	01:06.38	02:24.57	00:33.18	01:13.63	02:41.09	00:26.95	00:59.13	02:10.61	04:39.49	09:40.52	18:31.58	02:26.16	05:16.39
124%	00:29.15	01:05.10	02:26.51	00:31.12	01:07.47	02:26.94	00:33.73	01:14.83	02:43.73	00:27.39	01:00.10	02:12.75	04:44.07	09:50.04	18:49.80	02:28.55	05:21.58
126%	00:29.62	01:06.15	02:28.87	00:31.63	01:08.56	02:29.31	00:34.27	01:16.04	02:46.37	00:27.83	01:01.07	02:14.90	04:48.65	09:59.56	19:08.02	02:30.95	05:26.77
128%	00:30.09	01:07.20	02:31.23	00:32.13	01:09.64	02:31.68	00:34.82	01:17.25	02:49.01	00:28.28	01:02.04	02:17.04	04:53.24	10:09.08	19:26.25	02:33.34	05:31.96
130%	00:30.56	01:08.25	02:33.60	00:32.63	01:10.73	02:34.05	00:35.36	01:18.46	02:51.65	00:28.72	01:03.01	02:19.18	04:57.82	10:18.59	19:44.47	02:35.74	05:37.14
132%	00:31.03	01:09.30	02:35.96	00:33.13	01:11.82	02:36.42	00:35.90	01:19.66	02:54.29	00:29.16	01:03.98	02:21.32	05:02.40	10:28.11	20:02.69	02:38.14	05:42.33
134%	00:31.50	01:10.35	02:38.32	00:33.63	01:12.91	02:38.79	00:36.45	01:20.87	02:56.93	00:29.60	01:04.95	02:23.46	05:06.98	10:37.63	20:20.91	02:40.53	05:47.52
136%	00:31.97	01:11.40	02:40.68	00:34.14	01:14.00	02:41.16	00:36.99	01:22.08	02:59.57	00:30.04	01:05.92	02:25.60	05:11.56	10:47.14	20:39.14	02:42.93	05:52.70
138%	00:32.44	01:12.45	02:43.05	00:34.64	01:15.09	02:43.53	00:37.54	01:23.28	03:02.22	00:30.48	01:06.89	02:27.74	05:16.14	10:56.66	20:57.36	02:45.32	05:57.89
140%	00:32.91	01:13.50	02:45.41	00:35.14	01:16.17	02:45.90	00:38.08	01:24.49	03:04.86	00:30.93	01:07.86	02:29.88	05:20.73	11:06.18	21:15.58	02:47.72	06:03.08
142%	00:33.38	01:14.55	02:47.77	00:35.64	01:17.26	02:48.27	00:38.62	01:25.70	03:07.50	00:31.37	01:08.83	02:32.03	05:25.31	11:15.69	21:33.80	02:50.12	06:08.26
144%	00:33.85	01:15.60	02:50.14	00:36.14	01:18.35	02:50.64	00:39.17	01:26.90	03:10.14	00:31.81	01:09.80	02:34.17	05:29.89	11:25.21	21:52.03	02:52.51	06:13.45
146%	00:34.32	01:16.65	02:52.50	00:36.65	01:19.44	02:53.01	00:39.71	01:28.11	03:12.78	00:32.25	01:10.77	02:36.31	05:34.47	11:34.73	22:10.25	02:54.91	06:18.64
148%	00:34.79	01:17.70	02:54.86	00:37.15	01:20.53	02:55.38	00:40.26	01:29.32	03:15.42	00:32.69	01:11.74	02:38.45	05:39.05	11:44.24	22:28.47	02:57.30	06:23.82
150%	00:35.26	01:18.75	02:57.22	00:37.65	01:21.62	02:57.75	00:40.80	01:30.53	03:18.06	00:33.13	01:12.71	02:40.59	05:43.64	11:53.76	22:46.69	02:59.70	06:29.01
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 oaugust 2022

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	00:51.21	01:54.81	00:24.60	00:53.02	01:55.14	00:26.89	00:59.33	02:09.24	00:21.84	00:47.66	01:44.75	03:43.43	07:43.45	14:46.95	01:56.95	04:12.83
96%	00:23.34	00:51.74	01:56.02	00:24.86	00:53.58	01:56.35	00:27.17	00:59.95	02:10.60	00:22.07	00:48.16	01:45.85	03:45.78	07:48.33	14:56.28	01:58.18	04:15.49
97%	00:23.58	00:52.28	01:57.22	00:25.12	00:54.14	01:57.56	00:27.45	01:00.58	02:11.96	00:22.30	00:48.66	01:46.95	03:48.13	07:53.20	15:05.62	01:59.41	04:18.16
98%	00:23.82	00:52.82	01:58.43	00:25.38	00:54.69	01:58.78	00:27.73	01:01.20	02:13.32	00:22.53	00:49.17	01:48.05	03:50.49	07:58.08	15:14.96	02:00.64	04:20.82
99%	00:24.07	00:53.36	01:59.64	00:25.64	00:55.25	01:59.99	00:28.02	01:01.83	02:14.68	00:22.76	00:49.67	01:49.16	03:52.84	08:02.96	15:24.29	02:01.87	04:23.48
100%	00:24.31	00:53.90	02:00.85	00:25.90	00:55.81	02:01.20	00:28.30	01:02.45	02:16.04	00:22.99	00:50.17	01:50.26	03:55.19	08:07.84	15:33.63	02:03.10	04:26.14
102%	00:24.80	00:54.98	02:03.27	00:26.42	00:56.93	02:03.62	00:28.87	01:03.70	02:18.76	00:23.45	00:51.17	01:52.47	03:59.89	08:17.60	15:52.30	02:05.56	04:31.46
104%	00:25.28	00:56.06	02:05.68	00:26.94	00:58.04	02:06.05	00:29.43	01:04.95	02:21.48	00:23.91	00:52.18	01:54.67	04:04.60	08:27.35	16:10.98	02:08.02	04:36.79
106%	00:25.77	00:57.13	02:08.10	00:27.45	00:59.16	02:08.47	00:30.00	01:06.20	02:24.20	00:24.37	00:53.18	01:56.88	04:09.30	08:37.11	16:29.65	02:10.49	04:42.11
108%	00:26.25	00:58.21	02:10.52	00:27.97	01:00.27	02:10.90	00:30.56	01:07.45	02:26.92	00:24.83	00:54.18	01:59.08	04:14.01	08:46.87	16:48.32	02:12.95	04:47.43
110%	00:26.74	00:59.29	02:12.94	00:28.49	01:01.39	02:13.32	00:31.13	01:08.70	02:29.64	00:25.29	00:55.19	02:01.29	04:18.71	08:56.62	17:06.99	02:15.41	04:52.75
112%	00:27.23	01:00.37	02:15.35	00:29.01	01:02.51	02:15.74	00:31.70	01:09.94	02:32.36	00:25.75	00:56.19	02:03.49	04:23.41	09:06.38	17:25.67	02:17.87	04:58.08
114%	00:27.71	01:01.45	02:17.77	00:29.53	01:03.62	02:18.17	00:32.26	01:11.19	02:35.09	00:26.21	00:57.19	02:05.70	04:28.12	09:16.14	17:44.34	02:20.33	05:03.40
116%	00:28.20	01:02.52	02:20.19	00:30.04	01:04.74	02:20.59	00:32.83	01:12.44	02:37.81	00:26.67	00:58.20	02:07.90	04:32.82	09:25.89	18:03.01	02:22.80	05:08.72
118%	00:28.69	01:03.60	02:22.60	00:30.56	01:05.86	02:23.02	00:33.39	01:13.69	02:40.53	00:27.13	00:59.20	02:10.11	04:37.52	09:35.65	18:21.68	02:25.26	05:14.05
120%	00:29.17	01:04.68	02:25.02	00:31.08	01:06.97	02:25.44	00:33.96	01:14.94	02:43.25	00:27.59	01:00.20	02:12.31	04:42.23	09:45.41	18:40.36	02:27.72	05:19.37
122%	00:29.66	01:05.76	02:27.44	00:31.60	01:08.09	02:27.86	00:34.53	01:16.19	02:45.97	00:28.05	01:01.21	02:14.52	04:46.93	09:55.16	18:59.03	02:30.18	05:24.69
124%	00:30.14	01:06.84	02:29.85	00:32.12	01:09.20	02:30.29	00:35.09	01:17.44	02:48.69	00:28.51	01:02.21	02:16.72	04:51.64	10:04.92	19:17.70	02:32.64	05:30.01
126%	00:30.63	01:07.91	02:32.27	00:32.63	01:10.32	02:32.71	00:35.66	01:18.69	02:51.41	00:28.97	01:03.21	02:18.93	04:56.34	10:14.68	19:36.37	02:35.11	05:35.34
128%	00:31.12	01:08.99	02:34.69	00:33.15	01:11.44	02:35.14	00:36.22	01:19.94	02:54.13	00:29.43	01:04.22	02:21.13	05:01.04	10:24.44	19:55.05	02:37.57	05:40.66
130%	00:31.60	01:10.07	02:37.10	00:33.67	01:12.55	02:37.56	00:36.79	01:21.19	02:56.85	00:29.89	01:05.22	02:23.34	05:05.75	10:34.19	20:13.72	02:40.03	05:45.98
132%	00:32.09	01:11.15	02:39.52	00:34.19	01:13.67	02:39.98	00:37.36	01:22.43	02:59.57	00:30.35	01:06.22	02:25.54	05:10.45	10:43.95	20:32.39	02:42.49	05:51.30
134%	00:32.58	01:12.23	02:41.94	00:34.71	01:14.79	02:42.41	00:37.92	01:23.68	03:02.29	00:30.81	01:07.23	02:27.75	05:15.15	10:53.71	20:51.06	02:44.95	05:56.63
136%	00:33.06	01:13.30	02:44.36	00:35.22	01:15.90	02:44.83	00:38.49	01:24.93	03:05.01	00:31.27	01:08.23	02:29.95	05:19.86	11:03.46	21:09.74	02:47.42	06:01.95
138%	00:33.55	01:14.38	02:46.77	00:35.74	01:17.02	02:47.26	00:39.05	01:26.18	03:07.74	00:31.73	01:09.23	02:32.16	05:24.56	11:13.22	21:28.41	02:49.88	06:07.27
140%	00:34.03	01:15.46	02:49.19	00:36.26	01:18.13	02:49.68	00:39.62	01:27.43	03:10.46	00:32.19	01:10.24	02:34.36	05:29.27	11:22.98	21:47.08	02:52.34	06:12.60
142%	00:34.52	01:16.54	02:51.61	00:36.78	01:19.25	02:52.10	00:40.19	01:28.68	03:13.18	00:32.65	01:11.24	02:36.57	05:33.97	11:32.73	22:05.75	02:54.80	06:17.92
144%	00:35.01	01:17.62	02:54.02	00:37.30	01:20.37	02:54.53	00:40.75	01:29.93	03:15.90	00:33.11	01:12.24	02:38.77	05:38.67	11:42.49	22:24.43	02:57.26	06:23.24
146%	00:35.49	01:18.69	02:56.44	00:37.81	01:21.48	02:56.95	00:41.32	01:31.18	03:18.62	00:33.57	01:13.25	02:40.98	05:43.38	11:52.25	22:43.10	02:59.73	06:28.56
148%	00:35.98	01:19.77	02:58.86	00:38.33	01:22.60	02:59.38	00:41.88	01:32.43	03:21.34	00:34.03	01:14.25	02:43.18	05:48.08	12:02.00	23:01.77	03:02.19	06:33.89
150%	00:36.46	01:20.85	03:01.27	00:38.85	01:23.71	03:01.80	00:42.45	01:33.67	03:24.06	00:34.48	01:15.26	02:45.39	05:52.78	12:11.76	23:20.44	03:04.65	06:39.21

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%	00:25.16	00:56.36	02:05.33	00:26.93	00:58.19	02:06.20	00:29.29	01:04.57	02:19.49	00:23.69	00:51.73	01:52.66	03:59.90	08:13.20	15:44.76	02:07.58	04:32.31
96%	00:25.42	00:56.96	02:06.65	00:27.22	00:58.80	02:07.53	00:29.60	01:05.25	02:20.96	00:23.94	00:52.27	01:53.85	04:02.43	08:18.39	15:54.70	02:08.93	04:35.17
97%	00:25.69	00:57.55	02:07.97	00:27.50	00:59.41	02:08.85	00:29.91	01:05.93	02:22.43	00:24.19	00:52.82	01:55.03	04:04.95	08:23.59	16:04.65	02:10.27	04:38.04
98%	00:25.95	00:58.14	02:09.29	00:27.78	01:00.03	02:10.18	00:30.21	01:06.61	02:23.89	00:24.44	00:53.36	01:56.22	04:07.48	08:28.78	16:14.59	02:11.61	04:40.91
99%	00:26.22	00:58.74	02:10.61	00:28.07	01:00.64	02:11.51	00:30.52	01:07.29	02:25.36	00:24.69	00:53.91	01:57.40	04:10.00	08:33.97	16:24.54	02:12.96	04:43.77
100%	00:26.48	00:59.33	02:11.93	00:28.35	01:01.25	02:12.84	00:30.83	01:07.97	02:26.83	00:24.94	00:54.45	01:58.59	04:12.53	08:39.16	16:34.48	02:14.30	04:46.64
102%	00:27.01	01:00.52	02:14.57	00:28.92	01:02.47	02:15.50	00:31.45	01:09.33	02:29.77	00:25.44	00:55.54	02:00.96	04:17.58	08:49.54	16:54.37	02:16.99	04:52.37
104%	00:27.54	01:01.70	02:17.21	00:29.48	01:03.70	02:18.15	00:32.06	01:10.69	02:32.70	00:25.94	00:56.63	02:03.33	04:22.63	08:59.93	17:14.26	02:19.67	04:58.11
106%	00:28.07	01:02.89	02:19.85	00:30.05	01:04.93	02:20.81	00:32.68	01:12.05	02:35.64	00:26.44	00:57.72	02:05.71	04:27.68	09:10.31	17:34.15	02:22.36	05:03.84
108%	00:28.60	01:04.08	02:22.48	00:30.62	01:06.15	02:23.47	00:33.30	01:13.41	02:38.58	00:26.94	00:58.81	02:08.08	04:32.73	09:20.69	17:54.04	02:25.04	05:09.57
110%	00:29.13	01:05.26	02:25.12	00:31.19	01:07.38	02:26.12	00:33.91	01:14.77	02:41.51	00:27.43	00:59.90	02:10.45	04:37.78	09:31.08	18:13.93	02:27.73	05:15.30
112%	00:29.66	01:06.45	02:27.76	00:31.75	01:08.60	02:28.78	00:34.53	01:16.13	02:44.45	00:27.93	01:00.98	02:12.82	04:42.83	09:41.46	18:33.82	02:30.42	05:21.04
114%	00:30.19	01:07.64	02:30.40	00:32.32	01:09.82	02:31.44	00:35.15	01:17.49	02:47.39	00:28.43	01:02.07	02:15.19	04:47.88	09:51.84	18:53.71	02:33.10	05:26.77
116%	00:30.72	01:08.82	02:33.04	00:32.89	01:11.05	02:34.09	00:35.76	01:18.85	02:50.32	00:28.93	01:03.16	02:17.56	04:52.93	10:02.23	19:13.60	02:35.79	05:32.50
118%	00:31.25	01:10.01	02:35.68	00:33.45	01:12.28	02:36.75	00:36.38	01:20.20	02:53.26	00:29.43	01:04.25	02:19.94	04:57.99	10:12.61	19:33.49	02:38.47	05:38.24
120%	00:31.78	01:11.20	02:38.32	00:34.02	01:13.50	02:39.41	00:37.00	01:21.56	02:56.20	00:29.93	01:05.34	02:22.31	05:03.04	10:22.99	19:53.38	02:41.16	05:43.97
122%	00:32.31	01:12.38	02:40.95	00:34.59	01:14.73	02:42.06	00:37.61	01:22.92	02:59.13	00:30.43	01:06.43	02:24.68	05:08.09	10:33.38	20:13.27	02:43.85	05:49.70
124%	00:32.84	01:13.57	02:43.59	00:35.15	01:15.95	02:44.72	00:38.23	01:24.28	03:02.07	00:30.93	01:07.52	02:27.05	05:13.14	10:43.76	20:33.16	02:46.53	05:55.43
126%	00:33.36	01:14.76	02:46.23	00:35.72	01:17.18	02:47.38	00:38.85	01:25.64	03:05.01	00:31.42	01:08.61	02:29.42	05:18.19	10:54.14	20:53.04	02:49.22	06:01.17
128%	00:33.89	01:15.94	02:48.87	00:36.29	01:18.40	02:50.04	00:39.46	01:27.00	03:07.94	00:31.92	01:09.70	02:31.80	05:23.24	11:04.52	21:12.93	02:51.90	06:06.90
130%	00:34.42	01:17.13	02:51.51	00:36.86	01:19.62	02:52.69	00:40.08	01:28.36	03:10.88	00:32.42	01:10.79	02:34.17	05:28.29	11:14.91	21:32.82	02:54.59	06:12.63
132%	00:34.95	01:18.32	02:54.15	00:37.42	01:20.85	02:55.35	00:40.70	01:29.72	03:13.82	00:32.92	01:11.87	02:36.54	05:33.34	11:25.29	21:52.71	02:57.28	06:18.36
134%	00:35.48	01:19.50	02:56.79	00:37.99	01:22.08	02:58.01	00:41.31	01:31.08	03:16.75	00:33.42	01:12.96	02:38.91	05:38.39	11:35.67	22:12.60	02:59.96	06:24.10
136%	00:36.01	01:20.69	02:59.42	00:38.56	01:23.30	03:00.66	00:41.93	01:32.44	03:19.69	00:33.92	01:14.05	02:41.28	05:43.44	11:46.06	22:32.49	03:02.65	06:29.83
138%	00:36.54	01:21.88	03:02.06	00:39.12	01:24.52	03:03.32	00:42.55	01:33.80	03:22.63	00:34.42	01:15.14	02:43.65	05:48.49	11:56.44	22:52.38	03:05.33	06:35.56
140%	00:37.07	01:23.06	03:04.70	00:39.69	01:25.75	03:05.98	00:43.16	01:35.16	03:25.56	00:34.92	01:16.23	02:46.03	05:53.54	12:06.82	23:12.27	03:08.02	06:41.30
142%	00:37.60	01:24.25	03:07.34	00:40.26	01:26.97	03:08.63	00:43.78	01:36.52	03:28.50	00:35.41	01:17.32	02:48.40	05:58.59	12:17.21	23:32.16	03:10.71	06:47.03
144%	00:38.13	01:25.44	03:09.98	00:40.82	01:28.20	03:11.29	00:44.40	01:37.88	03:31.44	00:35.91	01:18.41	02:50.77	06:03.64	12:27.59	23:52.05	03:13.39	06:52.76
146%	00:38.66	01:26.62	03:12.62	00:41.39	01:29.42	03:13.95	00:45.01	01:39.24	03:34.37	00:36.41	01:19.50	02:53.14	06:08.69	12:37.97	24:11.94	03:16.08	06:58.49
148%	00:39.19	01:27.81	03:15.26	00:41.96	01:30.65	03:16.60	00:45.63	01:40.60	03:37.31	00:36.91	01:20.59	02:55.51	06:13.74	12:48.36	24:31.83	03:18.76	07:04.23
150%	00:39.72	01:28.99	03:17.89	00:42.53	01:31.87	03:19.26	00:46.24	01:41.96	03:40.24	00:37.41	01:21.68	02:57.89	06:18.80	12:58.74	24:51.72	03:21.45	07:09.96
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

Oppdatert august 2022

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%	00:25.82	00:57.60	02:07.61	00:27.60	00:59.42	02:08.57	00:30.24	01:06.28	02:22.91	00:24.45	00:53.15	01:55.42	04:05.13	08:23.75	16:04.33	02:10.34	04:38.01
96%	00:26.09	00:58.20	02:08.96	00:27.89	01:00.05	02:09.93	00:30.56	01:06.98	02:24.41	00:24.71	00:53.71	01:56.63	04:07.71	08:29.05	16:14.48	02:11.71	04:40.93
97%	00:26.36	00:58.81	02:10.30	00:28.18	01:00.67	02:11.28	00:30.88	01:07.68	02:25.92	00:24.97	00:54.27	01:57.85	04:10.29	08:34.35	16:24.63	02:13.08	04:43.86
98%	00:26.64	00:59.42	02:11.64	00:28.47	01:01.30	02:12.63	00:31.19	01:08.37	02:27.42	00:25.23	00:54.83	01:59.06	04:12.87	08:39.65	16:34.78	02:14.46	04:46.79
99%	00:26.91	01:00.02	02:12.99	00:28.76	01:01.92	02:13.99	00:31.51	01:09.07	02:28.93	00:25.48	00:55.39	02:00.28	04:15.45	08:44.96	16:44.93	02:15.83	04:49.71
100%	00:27.18	01:00.63	02:14.33	00:29.05	01:02.55	02:15.34	00:31.83	01:09.77	02:30.43	00:25.74	00:55.95	02:01.49	04:18.03	08:50.26	16:55.08	02:17.20	04:52.64
102%	00:27.72	01:01.84	02:17.02	00:29.63	01:03.80	02:18.05	00:32.47	01:11.17	02:33.44	00:26.25	00:57.07	02:03.92	04:23.19	09:00.87	17:15.38	02:19.94	04:58.49
104%	00:28.27	01:03.06	02:19.70	00:30.21	01:05.05	02:20.75	00:33.10	01:12.56	02:36.45	00:26.77	00:58.19	02:06.35	04:28.35	09:11.47	17:35.68	02:22.69	05:04.35
106%	00:28.81	01:04.27	02:22.39	00:30.79	01:06.30	02:23.46	00:33.74	01:13.96	02:39.46	00:27.28	00:59.31	02:08.78	04:33.51	09:22.08	17:55.98	02:25.43	05:10.20
108%	00:29.35	01:05.48	02:25.08	00:31.37	01:07.55	02:26.17	00:34.38	01:15.35	02:42.46	00:27.80	01:00.43	02:11.21	04:38.67	09:32.68	18:16.29	02:28.18	05:16.05
110%	00:29.90	01:06.69	02:27.76	00:31.96	01:08.81	02:28.87	00:35.01	01:16.75	02:45.47	00:28.31	01:01.55	02:13.64	04:43.83	09:43.29	18:36.59	02:30.92	05:21.90
112%	00:30.44	01:07.91	02:30.45	00:32.54	01:10.06	02:31.58	00:35.65	01:18.14	02:48.48	00:28.83	01:02.66	02:16.07	04:48.99	09:53.89	18:56.89	02:33.66	05:27.76
114%	00:30.99	01:09.12	02:33.14	00:33.12	01:11.31	02:34.29	00:36.29	01:19.54	02:51.49	00:29.34	01:03.78	02:18.50	04:54.15	10:04.50	19:17.19	02:36.41	05:33.61
116%	00:31.53	01:10.33	02:35.82	00:33.70	01:12.56	02:36.99	00:36.92	01:20.93	02:54.50	00:29.86	01:04.90	02:20.93	04:59.31	10:15.10	19:37.49	02:39.15	05:39.46
118%	00:32.07	01:11.54	02:38.51	00:34.28	01:13.81	02:39.70	00:37.56	01:22.33	02:57.51	00:30.37	01:06.02	02:23.36	05:04.48	10:25.71	19:57.79	02:41.90	05:45.32
120%	00:32.62	01:12.76	02:41.20	00:34.86	01:15.06	02:42.41	00:38.20	01:23.72	03:00.52	00:30.89	01:07.14	02:25.79	05:09.64	10:36.31	20:18.10	02:44.64	05:51.17
122%	00:33.16	01:13.97	02:43.88	00:35.44	01:16.31	02:45.11	00:38.83	01:25.12	03:03.52	00:31.40	01:08.26	02:28.22	05:14.80	10:46.92	20:38.40	02:47.38	05:57.02
124%	00:33.70	01:15.18	02:46.57	00:36.02	01:17.56	02:47.82	00:39.47	01:26.51	03:06.53	00:31.92	01:09.38	02:30.65	05:19.96	10:57.52	20:58.70	02:50.13	06:02.87
126%	00:34.25	01:16.39	02:49.26	00:36.60	01:18.81	02:50.53	00:40.11	01:27.91	03:09.54	00:32.43	01:10.50	02:33.08	05:25.12	11:08.13	21:19.00	02:52.87	06:08.73
128%	00:34.79	01:17.61	02:51.94	00:37.18	01:20.06	02:53.24	00:40.74	01:29.31	03:12.55	00:32.95	01:11.62	02:35.51	05:30.28	11:18.73	21:39.30	02:55.62	06:14.58
130%	00:35.33	01:18.82	02:54.63	00:37.77	01:21.32	02:55.94	00:41.38	01:30.70	03:15.56	00:33.46	01:12.74	02:37.94	05:35.44	11:29.34	21:59.60	02:58.36	06:20.43
132%	00:35.88	01:20.03	02:57.32	00:38.35	01:22.57	02:58.65	00:42.02	01:32.10	03:18.57	00:33.98	01:13.85	02:40.37	05:40.60	11:39.94	22:19.91	03:01.10	06:26.28
134%	00:36.42	01:21.24	03:00.00	00:38.93	01:23.82	03:01.36	00:42.65	01:33.49	03:21.58	00:34.49	01:14.97	02:42.80	05:45.76	11:50.55	22:40.21	03:03.85	06:32.14
136%	00:36.96	01:22.46	03:02.69	00:39.51	01:25.07	03:04.06	00:43.29	01:34.89	03:24.58	00:35.01	01:16.09	02:45.23	05:50.92	12:01.15	23:00.51	03:06.59	06:37.99
138%	00:37.51	01:23.67	03:05.38	00:40.09	01:26.32	03:06.77	00:43.93	01:36.28	03:27.59	00:35.52	01:17.21	02:47.66	05:56.08	12:11.76	23:20.81	03:09.34	06:43.84
140%	00:38.05	01:24.88	03:08.06	00:40.67	01:27.57	03:09.48	00:44.56	01:37.68	03:30.60	00:36.04	01:18.33	02:50.09	06:01.24	12:22.36	23:41.11	03:12.08	06:49.70
142%	00:38.60	01:26.09	03:10.75	00:41.25	01:28.82	03:12.18	00:45.20	01:39.07	03:33.61	00:36.55	01:19.45	02:52.52	06:06.40	12:32.97	24:01.41	03:14.82	06:55.55
144%	00:39.14	01:27.31	03:13.44	00:41.83	01:30.07	03:14.89	00:45.84	01:40.47	03:36.62	00:37.07	01:20.57	02:54.95	06:11.56	12:43.57	24:21.72	03:17.57	07:01.40
146%	00:39.68	01:28.52	03:16.12	00:42.41	01:31.32	03:17.60	00:46.47	01:41.86	03:39.63	00:37.58	01:21.69	02:57.38	06:16.72	12:54.18	24:42.02	03:20.31	07:07.25
148%	00:40.23	01:29.73	03:18.81	00:42.99	01:32.57	03:20.30	00:47.11	01:43.26	03:42.64	00:38.10	01:22.81	02:59.81	06:21.88	13:04.78	25:02.32	03:23.06	07:13.11
150%	00:40.77	01:30.94	03:21.50	00:43.58	01:33.82	03:23.01	00:47.75	01:44.65	03:45.64	00:38.61	01:23.92	03:02.24	06:27.05	13:15.39	25:22.62	03:25.80	07:18.96