

### DAMER, KORTBANE (25m)

	BRONZE		SØLV		GULD		ELITE		
	TALENT	FLIPPER	BRONZE	DELFIN	SØLV	DELFIN		GULD	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						0:29,29	0:27,04	0:26,00	0:25,15
100	2:06,86	1:43,41	1:31,19	1:19,92	1:12,38	1:04,26	0:59,34	0:57,04	0:55,17
200	4:36,49	3:45,38	3:18,75	2:54,17	2:37,74	2:20,06	2:09,33	2:04,32	2:00,25
400	9:44,27	7:56,27	6:59,99	6:08,06	5:33,34	4:55,98	4:33,31	4:22,71	4:14,12
800	20:05,08	16:22,33	14:26,24	12:39,15	11:27,54	10:10,46	9:23,71	9:01,85	8:44,13
1500	38:29,65	31:22,74	27:40,24	24:14,99	21:57,73	19:30,02	18:00,42	17:18,52	16:44,56
<b>BRYST</b>									
50						0:36,28	0:33,50	0:32,20	0:31,15
100	2:35,94	2:07,11	1:52,09	1:38,23	1:28,97	1:18,99	1:12,94	1:10,11	1:07,82
200	5:34,69	4:32,82	4:00,58	3:30,84	3:10,95	2:49,54	2:36,56	2:30,49	2:25,57
<b>RYG</b>									
50						0:32,37	0:29,90	0:28,74	0:27,80
100	2:17,36	1:51,97	1:38,74	1:26,53	1:18,37	1:09,58	1:04,25	1:01,76	0:59,74
200	4:58,52	4:03,34	3:34,59	3:08,06	2:50,32	2:31,22	2:19,64	2:14,23	2:09,84
<b>FLY</b>									
50						0:30,71	0:28,36	0:27,26	0:26,37
100	2:16,91	1:51,60	1:38,41	1:26,25	1:18,11	1:09,35	1:04,04	1:01,56	0:59,54
200	5:00,39	4:04,86	3:35,93	3:09,23	2:51,38	2:32,17	2:20,51	2:15,07	2:10,65
<b>IM</b>									
100	2:23,60	1:57,06	1:43,22	1:30,46	1:21,93	1:12,74	1:07,17	1:04,57	1:02,45
200	5:09,89	4:12,61	3:42,76	3:15,22	2:56,80	2:36,98	2:24,96	2:19,34	2:14,78
400	10:49,23	8:49,23	7:46,68	6:48,99	6:10,41	5:28,88	5:03,70	4:51,92	4:42,37

Rettet 15.10.2013 til at bruge FINA 2010 formel

### DAMER, LANGBANE (50m)

	BRONZE		SØLV		GULD		ELITE		
	TALENT	FLIPPER	BRONZE	DELFIN	SØLV	DELFIN	GULD	DELFIN	ELITE
Pointtal	65	120	175	260	350	500	635	715	790
<b>CRAWL</b>									
50						0:29,89	0:27,60	0:26,53	0:25,66
100	2:09,50	1:45,56	1:33,09	1:21,58	1:13,88	1:05,60	1:00,58	0:58,23	0:56,32
200	4:40,99	3:49,05	3:21,98	2:57,01	2:40,31	2:22,34	2:11,44	2:06,34	2:02,21
400	9:54,79	8:04,85	7:07,55	6:14,69	5:39,34	5:01,31	4:38,23	4:27,44	4:18,69
800	20:28,88	16:41,73	14:43,35	12:54,14	11:41,11	10:22,52	9:34,85	9:12,56	8:54,48
1500	39:04,20	31:50,90	28:05,07	24:36,75	22:17,44	19:47,52	18:16,58	17:34,05	16:59,58
<b>BRYST</b>									
50						0:37,54	0:34,67	0:33,32	0:32,23
100	2:40,29	2:10,66	1:55,22	1:40,97	1:31,45	1:21,20	1:14,98	1:12,07	1:09,71
200	5:47,17	4:43,00	4:09,55	3:38,70	3:18,07	2:55,87	2:42,40	2:36,10	2:31,00
<b>RYG</b>									
50						0:34,09	0:31,48	0:30,26	0:29,27
100	2:24,55	1:57,83	1:43,90	1:31,06	1:22,47	1:13,22	1:07,61	1:04,99	1:02,87
200	5:08,55	4:11,51	3:41,79	3:14,37	2:56,03	2:36,30	2:24,33	2:18,73	2:14,20
<b>FLY</b>									
50						0:31,58	0:29,16	0:28,03	0:27,11
100	2:19,22	1:53,49	1:40,08	1:27,70	1:19,43	1:10,53	1:05,12	1:02,60	1:00,55
200	5:02,95	4:06,95	3:37,77	3:10,84	2:52,84	2:33,47	2:21,71	2:16,22	2:11,76
<b>IM</b>									
100									
200	5:13,74	4:15,75	3:45,53	3:17,64	2:59,00	2:38,93	2:26,76	2:21,07	2:16,46
400	11:07,61	9:04,21	7:59,90	7:00,57	6:20,89	5:38,20	5:12,30	5:00,18	4:50,37

Rettet 15.10.2013 til at bruge FINA 2010 formel

### HERRER, KORTBANE (25m)

	TALENT		BRONZE		SØLV		GULD		ELITE
	FLIPPER		BRONZE	DELFIN	SØLV	DELFIN	GULD	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						0:25,57	0:23,61	0:22,70	0:21,95
100	2:06,34	1:42,21	1:24,58	1:14,44	1:05,70	0:56,62	0:52,28	0:50,25	0:48,61
200	4:39,37	3:46,00	3:07,02	2:44,60	2:25,27	2:05,19	1:55,61	1:51,12	1:47,49
400	9:58,19	8:03,91	6:40,44	5:52,45	5:11,07	4:28,07	4:07,54	3:57,94	3:50,16
800	20:46,64	16:48,49	13:54,54	12:14,52	10:48,28	9:18,67	8:35,89	8:15,88	7:59,66
1500	39:50,00	32:13,43	26:39,94	23:28,19	20:42,85	17:51,05	16:29,03	15:50,68	15:19,59
<b>BRYST</b>									
50						0:31,81	0:29,37	0:28,23	0:27,31
100	2:36,34	2:06,47	1:44,66	1:32,11	1:21,30	1:10,06	1:04,69	1:02,18	1:00,15
200	5:39,25	4:34,44	3:47,10	3:19,89	2:56,42	2:32,03	2:20,39	2:14,94	2:10,53
<b>RYG</b>									
50						0:28,48	0:26,30	0:25,28	0:24,45
100	2:17,59	1:51,30	1:32,10	1:21,06	1:11,55	1:01,66	0:56,93	0:54,73	0:52,94
200	4:58,32	4:01,33	3:19,70	2:55,77	2:35,13	2:13,69	2:03,45	1:58,66	1:54,78
<b>FLY</b>									
50						0:27,46	0:25,36	0:24,37	0:23,58
100	2:16,29	1:50,26	1:31,24	1:20,30	1:10,87	1:01,08	0:56,40	0:54,21	0:52,44
200	5:06,75	4:08,15	3:25,35	3:00,74	2:39,51	2:17,46	2:06,94	2:02,01	1:58,02
<b>IM</b>									
100	2:22,70	1:55,44	1:35,53	1:24,08	1:14,21	1:03,95	0:59,05	0:56,76	0:54,90
200	5:09,48	4:10,36	3:27,17	3:02,34	2:40,93	2:18,69	2:08,07	2:03,10	1:59,07
400	11:02,09	8:55,61	7:23,22	6:30,10	5:44,30	4:56,71	4:33,98	4:23,36	4:14,75

Rettet 15.10.2013 til at bruge FINA 2010 formel

### HERRER, LANGBANE (50m)

	TALENT		BRONZE		SØLV		GULD		ELITE
	FLIPPER	BRONZE	DELFIN	SØLV	DELFIN	GULD	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						0:26,34	0:24,32	0:23,38	0:22,61
100	2:11,88	1:46,69	1:28,28	1:17,70	1:08,58	0:59,10	0:54,57	0:52,46	0:50,74
200	4:46,76	3:51,98	3:11,97	2:48,96	2:29,12	2:08,51	1:58,67	1:54,06	1:50,33
400	10:18,71	8:20,51	6:54,18	6:04,54	5:21,74	4:37,27	4:16,03	4:06,10	3:58,05
800	21:11,10	17:08,28	14:10,92	12:28,93	11:01,00	9:29,63	8:46,01	8:25,61	8:09,07
1500	40:48,82	33:01,01	27:19,32	24:02,84	21:13,43	18:17,41	16:53,37	16:14,07	15:42,22
<b>BRYST</b>									
50						0:33,60	0:31,02	0:29,82	0:28,85
100	2:44,35	2:12,95	1:50,02	1:36,83	1:25,46	1:13,65	1:08,01	1:05,37	1:03,23
200	5:57,08	4:48,86	3:59,04	3:30,39	3:05,68	2:40,02	2:27,76	2:22,03	2:17,39
<b>RYG</b>									
50						0:30,28	0:27,96	0:26,88	0:26,00
100	2:26,02	1:58,13	1:37,75	1:26,03	1:15,93	1:05,44	1:00,42	0:58,08	0:56,18
200	5:14,65	4:14,54	3:30,64	3:05,39	2:43,62	2:21,01	2:10,21	2:05,16	2:01,06
<b>FLY</b>									
50						0:28,26	0:26,09	0:25,08	0:24,26
100	2:20,06	1:53,30	1:33,76	1:22,52	1:12,83	1:02,76	0:57,96	0:55,71	0:53,89
200	5:13,50	4:13,61	3:29,86	3:04,71	2:43,02	2:20,49	2:09,73	2:04,70	2:00,62
<b>IM</b>									
100									
200	5:20,50	4:19,27	3:34,55	3:08,84	2:46,66	2:23,63	2:12,63	2:07,48	2:03,31
400	11:25,54	9:14,58	7:38,92	6:43,92	5:56,49	5:07,21	4:43,69	4:32,69	4:23,77

Rettet 15.10.2013 til at bruge FINA 2010 formel