

Kvaltider USM (50m) 2026

Grenar	Flickor									
	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
50m frisim										
100m frisim	01:03,63	01:04,61	01:00,52	01:02,20	00:59,35	01:01,03				
200m frisim	02:21,25	02:23,91			02:10,40	02:14,93				
400m frisim			04:42,77	04:50,56	04:37,89	04:47,76				
800m frisim	10:31,17	10:31,26								
1500m frisim			18:58,82	19:22,88	18:36,91	19:14,73				
4x100m frisim							04:15,73	04:21,86	04:00,92	04:19,61
4x200m frisim										
50m bröstsim										
100m bröstsim	01:21,90	01:24,50	01:17,33	01:20,61	01:15,58	01:18,93				
200m bröstsim	03:00,71	03:06,36	02:49,17	02:57,23	02:46,52	02:53,58				
50m ryggsim										
100m ryggsim	01:12,75	01:15,14	01:07,99	01:11,43	01:07,26	01:10,68				
200m ryggsim	02:40,93	02:44,72	02:29,23	02:36,42	02:28,74	02:36,10				
50m fjärilsim										
100m fjärilsim	01:13,65	01:14,61	01:08,69	01:10,44	01:06,11	01:08,04				
200m fjärilsim	03:04,56	03:14,74	02:42,28	02:49,22	02:38,12	02:51,15				
200m medley	02:39,55	02:43,53	02:32,22	02:36,50	02:28,76	02:34,77				
400m medley	05:49,08	06:03,87	05:24,34	05:38,47	05:21,61	05:36,80				
4x100m medley							04:46,92	04:58,84	04:29,91	04:50,63
4x200m IM							10:59,81	11:17,60	10:37,12	10:57,60

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Grenar	Pojkar									
	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
50m frisim										
100m frisim	01:01,22	01:01,68	00:55,65	00:57,28	00:53,27	00:54,83				
200m frisim	02:17,16	02:19,10			01:58,73	02:03,19				
400m frisim			04:23,78	04:32,61	04:15,77	04:27,13				
800m frisim	10:01,59	10:16,42								
1500m frisim			17:40,44	18:19,64	17:02,73	17:44,63				
4x100m frisim							04:03,62	04:08,42	03:52,55	03:58,86
4x200m frisim										
50m bröstsim										
100m bröstsim	01:19,58	01:21,29	01:11,25	01:14,37	01:08,23	01:11,59				
200m bröstsim	02:58,24	03:01,62	02:37,88	02:44,77	02:32,81	02:41,42				
50m ryggsim										
100m ryggsim	01:10,54	01:12,35	01:03,43	01:06,53	01:01,20	01:04,13				
200m ryggsim	02:37,68	02:41,45	02:19,67	02:26,57	02:16,64	02:25,29				
50m fjärilsim										
100m fjärilsim	01:11,21	01:11,98	01:02,39	01:03,74	00:59,55	01:00,77				
200m fjärilsim	03:06,64	03:12,55	02:28,38	02:32,63	02:21,38	02:30,62				
200m medley	02:34,91	02:37,12	02:20,59	02:24,75	02:15,05	02:21,06				
400m medley	05:41,89	05:56,69	05:00,41	05:14,60	04:51,23	05:06,34				
4x100m medley							04:30,79	04:38,32	04:02,61	04:11,22
4x200m IM							10:14,90	10:29,01	09:35,65	09:54,46

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Grenar	Mix			
	13-15 år		16-18 år	
	25m	50m	25m	50m
50m frisim				
100m frisim				
200m frisim				
400m frisim				
800m frisim				
1500m frisim				
4x100m frisim	04:09,67	04:15,14	03:56,74	04:09,23
4x200m frisim				
50m bröstsim				
100m bröstsim				
200m bröstsim				
50m ryggsim				
100m ryggsim				
200m ryggsim				
50m fjärilsim				
100m fjärilsim				
200m fjärilsim				
200m medley				
400m medley				
4x100m medley				
4x200m IM				