

KVALTIDER 2009



	DAMER										HERRAR									
	JDM	DM	JSM		B-kval		SM		B-kval		JDM	DM	JSM		B-kval		SM		B-kval	
			A-kval	50m	25m	50m	25m	50m	25m	50m			A-kval	50m	25m	50m	25m	50m	25m	50m
50m Fr	00:30,50	00:29,50	00:26,99	00:27,89	00:27,29	00:28,19	00:26,59	00:27,49	00:26,89	00:27,79	00:28,00	00:27,00	00:24,19	00:25,09	00:24,49	00:25,39	00:23,69	00:24,59	00:23,89	00:24,89
100m Fr	01:05,50	01:04,50	00:58,29	01:00,19	00:58,69	01:00,79	00:57,49	00:59,29	00:58,09	01:00,09	01:01,00	01:00,00	00:52,89	00:54,69	00:53,29	00:55,29	00:51,69	00:53,59	00:52,29	00:54,29
200m Fr	02:28,00	02:23,00	02:06,69	02:10,69	02:07,99	02:12,29	02:05,19	02:08,89	02:06,49	02:10,79	02:21,00	02:17,00	01:56,29	02:01,09	01:57,49	02:02,59	01:54,99	01:59,29	01:55,99	02:00,69
400m Fr	05:15,00	05:07,00	04:30,30	04:39,19	04:32,89	04:41,69	04:28,49	04:37,49	04:31,09	04:40,39	05:05,00	05:02,00	04:10,79	04:21,39	04:13,39	04:25,49	04:08,69	04:18,59	04:11,29	04:21,69
800 m Fr	11:10,00	10:50,00	09:21,70	09:41,89	09:27,19	09:48,19	09:18,59	09:39,89	09:24,79	09:46,09		10:00,00	08:52,29	09:15,39	08:59,69	09:26,09	08:48,59	09:11,49	08:56,09	09:21,09
1500m Fr		22:50,00	17:56,70	18:34,19	18:06,97	18:46,29	17:50,59	18:31,39	18:02,19	18:54,89	22:00,00	21:00,00	16:54,29	17:36,89	17:07,49	17:54,09	16:47,09	17:29,79	17:01,39	17:47,89
50m Br	00:39,00	00:38,00	00:34,09	00:35,19	00:34,59	00:35,69	00:33,89	00:34,99	00:34,29	00:35,39	00:36,00	00:35,50	00:30,69	00:31,79	00:30,99	00:32,19	00:29,99	00:31,19	00:30,49	00:31,59
100m Br	01:26,00	01:25,00	01:13,60	01:16,69	01:14,49	01:17,59	01:13,09	01:16,29	01:13,89	01:17,39	01:21,00	01:18,50	01:06,49	01:09,89	01:07,29	01:10,89	01:05,49	01:08,79	01:06,19	01:09,69
200m Br	03:11,00	03:05,00	02:40,10	02:46,19	02:42,29	02:49,29	02:38,89	02:45,49	02:41,49	02:48,19	03:03,00	02:59,00	02:26,19	02:34,29	02:28,69	02:37,59	02:24,89	02:32,19	02:26,69	02:34,99
50m Ry	00:35,50	00:35,50	00:30,89	00:32,49	00:31,29	00:32,89	00:30,49	00:31,99	00:30,89	00:32,59	00:34,00	00:33,50	00:28,09	00:29,69	00:28,49	00:30,09	00:27,29	00:29,09	00:27,69	00:29,49
100m Ry	01:18,00	01:18,00	01:05,80	01:09,09	01:06,69	01:10,19	01:05,39	01:08,59	01:06,19	01:09,69	01:15,00	01:14,50	00:59,89	01:03,49	01:00,79	01:04,79	00:58,79	01:02,59	00:59,59	01:03,39
200m Ry	02:54,00	02:52,00	02:23,20	02:30,09	02:24,89	02:32,19	02:22,59	02:29,29	02:23,99	02:31,19	02:47,00	02:45,00	02:12,19	02:19,99	02:14,39	02:21,79	02:10,59	02:18,29	02:12,59	02:21,09
50m Fj	00:33,00	00:32,00	00:29,19	00:29,69	00:29,49	00:30,09	00:28,79	00:29,29	00:29,09	00:29,59	00:31,50	00:30,00	00:26,29	00:26,89	00:26,69	00:27,29	00:25,59	00:26,29	00:25,89	00:26,59
100m Fj	01:17,00	01:16,00	01:04,50	01:06,29	01:05,09	01:07,09	01:03,79	01:05,59	01:04,59	01:06,29	01:15,00	01:08,50	00:58,29	01:00,39	00:58,89	01:01,19	00:56,99	00:58,99	00:57,79	00:59,79
200m Fj	03:09,00	03:08,00	02:25,10	02:29,19	02:27,39	02:32,29	02:23,29	02:27,39	02:25,99	02:30,59	03:00,00	02:55,00	02:12,59	02:18,89	02:15,09	02:22,29	02:10,59	02:16,89	02:12,89	02:19,19
100m Me	01:16,00	01:14,00	01:06,10		01:07,89		01:06,19		01:07,19		01:11,00	01:09,50	01:00,89		01:01,59		00:59,39		01:00,19	
200m Me	02:48,00	02:48,00	02:23,90	02:29,49	02:26,09	02:31,39	02:22,49	02:25,09	02:24,59	02:30,29	02:40,00	02:37,00	02:12,89	02:18,19	02:14,29	02:19,79	02:10,39	02:15,79	02:12,49	02:18,09
400m Me	06:10,00	06:04,00	05:07,50	05:20,59	05:11,09	05:24,59	05:05,89	05:19,19	05:09,69	05:23,39	05:50,00	05:45,00	04:46,19	05:01,99	04:50,79	05:07,79	04:43,99	04:57,99	04:47,79	05:03,19