

LANGBANE	FRISVØMNING						RYGCRAWL			BRYSTSVØMNING			BUTTERFLY			MEDLEY		
DAMER	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
<2009	0:27,83	1:00,37	2:12,49	4:41,40	9:38,27	18:26,61	0:31,60	1:08,04	2:26,38	0:34,25	1:14,63	2:43,59	0:28,68	1:04,47	2:24,98	NT	2:28,03	5:17,44
2008	0:27,43	0:59,50	2:10,58	4:37,34	9:29,94	18:10,66	0:31,14	1:07,06	2:24,27	0:33,76	1:13,56	2:41,23	0:28,26	1:03,54	2:22,89	NT	2:25,90	5:12,87
2007	0:27,08	0:58,74	2:08,91	4:33,79	9:22,64	17:56,70	0:30,74	1:06,20	2:22,42	0:33,32	1:12,61	2:39,17	0:27,90	1:02,73	2:21,06	NT	2:24,03	5:08,86
2006	0:26,78	0:58,08	2:07,48	4:30,75	9:16,39	17:44,74	0:30,40	1:05,46	2:20,84	0:32,95	1:11,81	2:37,40	0:27,59	1:02,03	2:19,50	NT	2:22,43	5:05,43
2005	0:26,53	0:57,54	2:06,28	4:28,21	9:11,18	17:34,77	0:30,12	1:04,85	2:19,52	0:32,64	1:11,13	2:35,93	0:27,33	1:01,45	2:18,19	NT	2:21,09	5:02,57
2004	0:26,33	0:57,10	2:05,33	4:26,19	9:07,01	17:26,79	0:29,89	1:04,36	2:18,47	0:32,40	1:10,60	2:34,75	0:27,13	1:00,99	2:17,15	NT	2:20,03	5:00,28
2003	0:26,18	0:56,78	2:04,61	4:24,66	9:03,89	17:20,81	0:29,72	1:03,99	2:17,68	0:32,21	1:10,19	2:33,86	0:26,97	1:00,64	2:16,36	NT	2:19,23	4:58,57
>2002	0:26,08	0:56,56	2:04,13	4:23,65	9:01,80	17:16,82	0:29,60	1:03,75	2:17,15	0:32,09	1:09,92	2:33,28	0:26,87	1:00,41	2:15,84	NT	2:18,69	4:57,42

KORTBANE	FRISVØMNING						RYGCRAWL			BRYSTSVØMNING			BUTTERFLY			MEDLEY		
DAMER	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
<2009	0:27,01	0:58,92	2:08,89	4:33,57	9:25,11	18:14,85	0:29,88	1:04,59	2:21,12	0:33,34	1:12,21	2:36,80	0:28,40	1:03,68	2:21,88	1:05,81	2:22,93	5:08,12
2008	0:26,62	0:58,07	2:07,04	4:29,62	9:16,97	17:59,07	0:29,45	1:03,65	2:19,09	0:32,86	1:11,16	2:34,54	0:28,00	1:02,76	2:19,84	1:04,86	2:20,87	5:03,68
2007	0:26,28	0:57,33	2:05,41	4:26,17	9:09,84	17:45,26	0:29,07	1:02,84	2:17,31	0:32,44	1:10,25	2:32,57	0:27,64	1:01,95	2:18,05	1:04,03	2:19,07	4:59,79
2006	0:25,99	0:56,69	2:04,02	4:23,21	9:03,73	17:33,42	0:28,75	1:02,14	2:15,78	0:32,08	1:09,47	2:30,87	0:27,33	1:01,27	2:16,51	1:03,32	2:17,52	4:56,46
2005	0:25,75	0:56,16	2:02,85	4:20,75	8:58,64	17:23,56	0:28,48	1:01,56	2:14,51	0:31,78	1:08,82	2:29,46	0:27,07	1:00,69	2:15,23	1:02,72	2:16,23	4:53,68
2004	0:25,55	0:55,74	2:01,93	4:18,78	8:54,57	17:15,67	0:28,27	1:01,09	2:13,49	0:31,54	1:08,30	2:28,33	0:26,87	1:00,23	2:14,21	1:02,25	2:15,20	4:51,46
2003	0:25,41	0:55,42	2:01,23	4:17,30	8:51,51	17:09,75	0:28,10	1:00,75	2:12,73	0:31,36	1:07,91	2:27,48	0:26,72	0:59,89	2:13,44	1:01,89	2:14,43	4:49,80
>2002	0:25,31	0:55,21	2:00,76	4:16,31	8:49,47	17:05,80	0:28,00	1:00,51	2:12,22	0:31,24	1:07,65	2:26,92	0:26,61	0:59,66	2:12,93	1:01,66	2:13,92	4:48,69

LANGBANE	FRISVØMNING						RYGCRAWL			BRYSTSVØMNING			BUTTERFLY			MEDLEY		
HERRER	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
<2008	0:25,28	0:55,11	2:01,62	4:22,06	9:02,12	17:18,88	0:27,57	1:01,74	2:15,24	0:31,30	1:09,12	2:31,57	0:26,40	0:58,99	2:14,32	NT	2:16,26	4:55,01
2007	0:24,88	0:54,23	1:59,68	4:17,88	8:53,47	17:02,30	0:27,13	1:00,75	2:13,08	0:30,80	1:08,02	2:29,15	0:25,97	0:58,05	2:12,17	NT	2:14,08	4:50,30
2006	0:24,52	0:53,45	1:57,96	4:14,16	8:45,78	16:47,56	0:26,74	0:59,87	2:11,16	0:30,35	1:07,03	2:27,00	0:25,60	0:57,21	2:10,27	NT	2:12,15	4:46,11
2005	0:24,20	0:52,77	1:56,45	4:10,91	8:39,05	16:34,67	0:26,40	0:59,11	2:09,48	0:29,96	1:06,18	2:25,12	0:25,27	0:56,48	2:08,60	NT	2:10,46	4:42,45
2004	0:23,93	0:52,18	1:55,15	4:08,12	8:33,28	16:23,62	0:26,10	0:58,45	2:08,04	0:29,63	1:05,44	2:23,51	0:24,99	0:55,85	2:07,17	NT	2:09,01	4:39,31
2003	0:23,71	0:51,69	1:54,07	4:05,80	8:28,47	16:14,41	0:25,86	0:57,90	2:06,84	0:29,35	1:04,83	2:22,16	0:24,76	0:55,33	2:05,98	NT	2:07,80	4:36,70
2002	0:23,53	0:51,30	1:53,21	4:03,94	8:24,63	16:07,04	0:25,66	0:57,47	2:05,88	0:29,13	1:04,34	2:21,09	0:24,57	0:54,91	2:05,03	NT	2:06,83	4:34,61
2001	0:23,40	0:51,01	1:52,56	4:02,55	8:21,75	16:01,51	0:25,52	0:57,14	2:05,17	0:28,97	1:03,97	2:20,28	0:24,43	0:54,60	2:04,31	NT	2:06,11	4:33,04
>2000	0:23,31	0:50,81	1:52,13	4:01,62	8:19,82	15:57,83	0:25,42	0:56,92	2:04,69	0:28,85	1:03,73	2:19,74	0:24,34	0:54,39	2:03,84	NT	2:05,63	4:31,99

KORTBANE	FRISVØMNING						RYGCRAWL			BRYSTSVØMNING			BUTTERFLY			MEDLEY		
HERRER	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
<2008	0:24,03	0:52,85	1:57,28	4:12,60	8:51,02	16:41,15	0:26,72	0:57,98	2:07,82	0:30,08	1:05,50	2:23,11	0:25,66	0:57,07	2:08,77	1:00,07	2:11,33	4:42,14
2007	0:23,64	0:52,01	1:55,41	4:08,57	8:42,54	16:25,17	0:26,29	0:57,06	2:05,79	0:29,60	1:04,46	2:20,83	0:25,25	0:56,15	2:06,71	0:59,11	2:09,23	4:37,64
2006	0:23,30	0:51,26	1:53,75	4:04,98	8:35,01	16:10,97	0:25,91	0:56,24	2:03,97	0:29,18	1:03,53	2:18,80	0:24,89	0:55,35	2:04,89	0:58,26	2:07,37	4:33,64
2005	0:23,00	0:50,60	1:52,29	4:01,85	8:28,42	15:58,55	0:25,58	0:55,52	2:02,39	0:28,80	1:02,72	2:17,02	0:24,57	0:54,64	2:03,29	0:57,51	2:05,74	4:30,14
2004	0:22,75	0:50,04	1:51,05	3:59,16	8:22,77	15:47,90	0:25,30	0:54,90	2:01,03	0:28,48	1:02,02	2:15,50	0:24,30	0:54,03	2:01,92	0:56,87	2:04,34	4:27,13
2003	0:22,54	0:49,57	1:50,01	3:56,92	8:18,06	15:39,02	0:25,06	0:54,39	1:59,89	0:28,22	1:01,44	2:14,23	0:24,07	0:53,52	2:00,78	0:56,34	2:03,18	4:24,63
2002	0:22,36	0:49,20	1:49,17	3:55,13	8:14,30	15:31,92	0:24,87	0:53,98	1:58,99	0:28,00	1:00,97	2:13,21	0:23,89	0:53,12	1:59,86	0:55,91	2:02,25	4:22,63
2001	0:22,24	0:48,92	1:48,55	3:53,79	8:11,47	15:26,60	0:24,73	0:53,67	1:58,31	0:27,84	1:00,63	2:12,45	0:23,75	0:52,82	1:59,18	0:55,59	2:01,55	4:21,13
>2000	0:22,15	0:48,73	1:48,13	3:52,89	8:09,59	15:23,05	0:24,63	0:53,46	1:57,85	0:27,74	1:00,39	2:11,94	0:23,66	0:52,61	1:58,72	0:55,38	2:01,08	4:20,13

Grøn = Svømmer med kravtid i 50m løb og 100m medley, bliver vurderet hvis derer personlige rekord tæt på kravtiden i double distancen (100m = +1,5 sek / 200m = 3,0 sek).