

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
<2008	0:27,85	1:00,58	2:12,14	4:38,50	9:32,94	18:25,78	0:31,59	1:08,13	2:26,93	0:34,48	1:15,10	2:43,35	0:29,02	1:05,17	2:24,73	NT	2:29,51	5:17,49
2007	0:27,45	0:59,71	2:10,24	4:34,48	9:24,68	18:09,84	0:31,14	1:07,15	2:24,81	0:33,98	1:14,01	2:40,99	0:28,60	1:04,23	2:22,64	NT	2:27,35	5:12,92
2006	0:27,10	0:58,94	2:08,57	4:30,97	9:17,46	17:55,89	0:30,74	1:06,29	2:22,95	0:33,54	1:13,07	2:38,93	0:28,24	1:03,41	2:20,82	NT	2:25,47	5:08,91
2005	0:26,80	0:58,29	2:07,14	4:27,96	9:11,26	17:43,94	0:30,40	1:05,55	2:21,37	0:33,17	1:12,26	2:37,17	0:27,92	1:02,70	2:19,25	NT	2:23,85	5:05,48
2004	0:26,55	0:57,74	2:05,95	4:25,45	9:06,10	17:33,97	0:30,11	1:04,94	2:20,04	0:32,86	1:11,58	2:35,70	0:27,66	1:02,12	2:17,95	NT	2:22,50	5:02,62
2003	0:26,34	0:57,30	2:05,00	4:23,44	9:01,97	17:26,00	0:29,88	1:04,45	2:18,98	0:32,61	1:11,04	2:34,52	0:27,45	1:01,65	2:16,90	NT	2:21,42	5:00,33
2002	0:26,19	0:56,98	2:04,28	4:21,94	8:58,88	17:20,03	0:29,71	1:04,08	2:18,19	0:32,43	1:10,63	2:33,64	0:27,30	1:01,29	2:16,12	NT	2:20,62	4:58,62
>2001	0:26,09	0:56,76	2:03,81	4:20,94	8:56,81	17:16,04	0:29,60	1:03,84	2:17,66	0:32,30	1:10,36	2:33,05	0:27,19	1:01,06	2:15,60	NT	2:20,08	4:57,47

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
<2008	0:27,03	0:58,61	2:08,50	4:32,16	9:19,85	18:04,74	0:29,91	1:04,39	2:22,04	0:33,77	1:12,63	2:37,49	0:28,38	1:03,60	2:22,67	1:06,24	2:23,97	5:06,07
2007	0:26,64	0:57,77	2:06,65	4:28,23	9:11,78	17:49,10	0:29,48	1:03,46	2:19,99	0:33,28	1:11,58	2:35,22	0:27,97	1:02,68	2:20,62	1:05,28	2:21,89	5:01,65
2006	0:26,30	0:57,03	2:05,03	4:24,80	9:04,71	17:35,42	0:29,11	1:02,65	2:18,20	0:32,86	1:10,66	2:33,23	0:27,62	1:01,88	2:18,82	1:04,45	2:20,08	4:57,79
2005	0:26,01	0:56,40	2:03,64	4:21,86	8:58,66	17:23,69	0:28,78	1:01,95	2:16,66	0:32,49	1:09,88	2:31,53	0:27,31	1:01,19	2:17,28	1:03,73	2:18,52	4:54,48
2004	0:25,76	0:55,87	2:02,48	4:19,41	8:53,62	17:13,92	0:28,51	1:01,37	2:15,38	0:32,19	1:09,22	2:30,11	0:27,05	1:00,62	2:15,99	1:03,14	2:17,22	4:51,73
2003	0:25,57	0:55,45	2:01,56	4:17,44	8:49,58	17:06,10	0:28,30	1:00,91	2:14,36	0:31,95	1:08,70	2:28,97	0:26,85	1:00,16	2:14,96	1:02,66	2:16,18	4:49,52
2002	0:25,42	0:55,13	2:00,86	4:15,97	8:46,56	17:00,24	0:28,14	1:00,56	2:13,59	0:31,76	1:08,31	2:28,12	0:26,70	0:59,82	2:14,19	1:02,30	2:15,41	4:47,87
>2001	0:25,32	0:54,92	2:00,40	4:14,99	8:44,54	16:56,33	0:28,03	1:00,33	2:13,08	0:31,64	1:08,05	2:27,56	0:26,59	0:59,59	2:13,68	1:02,06	2:14,89	4:46,76

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
<2007	0:25,24	0:55,14	2:01,76	4:20,96	9:03,30	17:23,86	0:28,74	1:01,96	2:15,44	0:31,38	1:09,43	2:31,38	0:26,44	0:59,40	2:14,52	NT	2:17,21	4:55,85
2006	0:24,84	0:54,26	1:59,82	4:16,80	8:54,63	17:07,21	0:28,28	1:00,97	2:13,28	0:30,88	1:08,33	2:28,96	0:26,02	0:58,45	2:12,37	NT	2:15,02	4:51,13
2005	0:24,48	0:53,48	1:58,09	4:13,10	8:46,92	16:52,40	0:27,87	1:00,09	2:11,36	0:30,44	1:07,34	2:26,81	0:25,64	0:57,61	2:10,46	NT	2:13,07	4:46,93
2004	0:24,17	0:52,80	1:56,58	4:09,86	8:40,18	16:39,44	0:27,51	0:59,32	2:09,68	0:30,05	1:06,48	2:24,94	0:25,32	0:56,87	2:08,80	NT	2:11,37	4:43,26
2003	0:23,90	0:52,21	1:55,29	4:07,08	8:34,40	16:28,34	0:27,21	0:58,66	2:08,23	0:29,71	1:05,74	2:23,33	0:25,03	0:56,24	2:07,36	NT	2:09,91	4:40,12
2002	0:23,67	0:51,72	1:54,21	4:04,77	8:29,58	16:19,08	0:26,95	0:58,11	2:07,03	0:29,43	1:05,13	2:21,98	0:24,80	0:55,71	2:06,17	NT	2:08,70	4:37,49
2001	0:23,49	0:51,33	1:53,34	4:02,92	8:25,73	16:11,68	0:26,75	0:57,67	2:06,07	0:29,21	1:04,63	2:20,91	0:24,61	0:55,29	2:05,22	NT	2:07,72	4:35,39
2000	0:23,36	0:51,04	1:52,69	4:01,53	8:22,84	16:06,13	0:26,60	0:57,34	2:05,35	0:29,04	1:04,26	2:20,10	0:24,47	0:54,98	2:04,50	NT	2:06,99	4:33,82
>1999	0:23,27	0:50,84	1:52,26	4:00,60	8:20,91	16:02,43	0:26,49	0:57,12	2:04,87	0:28,93	1:04,02	2:19,57	0:24,38	0:54,77	2:04,03	NT	2:06,51	4:32,77

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
<2007	0:24,31	0:53,11	1:57,36	4:10,90	8:49,46	16:48,58	0:26,73	0:58,27	2:08,46	0:30,04	1:05,75	2:23,66	0:25,71	0:57,71	2:09,74	1:00,25	2:11,25	4:42,87
2006	0:23,92	0:52,26	1:55,48	4:06,90	8:41,01	16:32,48	0:26,31	0:57,34	2:06,41	0:29,56	1:04,70	2:21,37	0:25,30	0:56,79	2:07,67	0:59,29	2:09,15	4:38,35
2005	0:23,58	0:51,51	1:53,82	4:03,34	8:33,50	16:18,18	0:25,93	0:56,52	2:04,58	0:29,14	1:03,76	2:19,33	0:24,94	0:55,97	2:05,83	0:58,44	2:07,29	4:34,34
2004	0:23,27	0:50,85	1:52,36	4:00,22	8:26,93	16:05,66	0:25,60	0:55,79	2:02,99	0:28,77	1:02,95	2:17,55	0:24,62	0:55,26	2:04,22	0:57,69	2:05,66	4:30,83
2003	0:23,02	0:50,29	1:51,11	3:57,56	8:21,29	15:54,93	0:25,31	0:55,17	2:01,62	0:28,45	1:02,25	2:16,02	0:24,35	0:54,64	2:02,84	0:57,05	2:04,27	4:27,82
2002	0:22,80	0:49,82	1:50,07	3:55,33	8:16,60	15:45,99	0:25,07	0:54,66	2:00,49	0:28,18	1:01,67	2:14,75	0:24,12	0:54,13	2:01,69	0:56,51	2:03,10	4:25,31
2001	0:22,63	0:49,44	1:49,24	3:53,55	8:12,84	15:38,84	0:24,89	0:54,24	1:59,57	0:27,97	1:01,20	2:13,73	0:23,93	0:53,72	2:00,77	0:56,09	2:02,17	4:23,31
2000	0:22,50	0:49,16	1:48,62	3:52,22	8:10,03	15:33,47	0:24,74	0:53,93	1:58,89	0:27,81	1:00,85	2:12,96	0:23,80	0:53,42	2:00,08	0:55,77	2:01,47	4:21,80
>1999	0:22,41	0:48,97	1:48,20	3:51,33	8:08,15	15:29,90	0:24,65	0:53,73	1:58,44	0:27,70	1:00,62	2:12,45	0:23,71	0:53,21	1:59,62	0:55,55	2:01,01	4:20,80

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