

| 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     |
| <2010    | 0:26,99     | 0:58,75 | 2:09,75 | 4:37,00 | 9:30,33 | 18:11,01 | 0:30,68  | 1:05,78 | 2:24,05 | 0:33,64       | 1:14,11 | 2:41,88 | 0:28,52   | 1:03,48 | 2:23,92 | NT     | 2:24,49 | 5:14,28 |
| 2009     | 0:26,64     | 0:58,00 | 2:08,09 | 4:33,44 | 9:23,00 | 17:56,98 | 0:30,28  | 1:04,94 | 2:22,20 | 0:33,21       | 1:13,16 | 2:39,80 | 0:28,15   | 1:02,66 | 2:22,07 | NT     | 2:22,64 | 5:10,24 |
| 2008     | 0:26,34     | 0:57,35 | 2:06,66 | 4:30,38 | 9:16,71 | 17:44,96 | 0:29,94  | 1:04,21 | 2:20,61 | 0:32,84       | 1:12,34 | 2:38,01 | 0:27,84   | 1:01,96 | 2:20,49 | NT     | 2:21,04 | 5:06,78 |
| 2007     | 0:26,09     | 0:56,81 | 2:05,46 | 4:27,84 | 9:11,48 | 17:34,94 | 0:29,66  | 1:03,61 | 2:19,29 | 0:32,53       | 1:11,66 | 2:36,53 | 0:27,58   | 1:01,38 | 2:19,16 | NT     | 2:19,72 | 5:03,89 |
| 2006     | 0:25,90     | 0:56,38 | 2:04,51 | 4:25,81 | 9:07,29 | 17:26,93 | 0:29,44  | 1:03,12 | 2:18,23 | 0:32,29       | 1:11,12 | 2:35,34 | 0:27,37   | 1:00,91 | 2:18,11 | NT     | 2:18,66 | 5:01,58 |
| 2005     | 0:25,75     | 0:56,05 | 2:03,80 | 4:24,28 | 9:04,15 | 17:20,92 | 0:29,27  | 1:02,76 | 2:17,44 | 0:32,10       | 1:10,71 | 2:34,45 | 0:27,21   | 1:00,56 | 2:17,31 | NT     | 2:17,86 | 4:59,85 |
| >2004    | 0:25,65     | 0:55,84 | 2:03,32 | 4:23,26 | 9:02,05 | 17:16,91 | 0:29,16  | 1:02,52 | 2:16,91 | 0:31,98       | 1:10,44 | 2:33,85 | 0:27,11   | 1:00,33 | 2:16,79 | NT     | 2:17,33 | 4:58,70 |

| 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     |
| <2010    | 0:26,21     | 0:57,67 | 2:06,30 | 4:30,22 | 9:17,08 | 17:46,54 | 0:29,11  | 1:02,51 | 2:17,95 | 0:32,60       | 1:10,76 | 2:34,79 | 0:27,80   | 1:01,62 | 2:19,74 | 1:04,22 | 2:20,01 | 5:05,20 |
| 2009     | 0:25,88     | 0:56,93 | 2:04,68 | 4:26,75 | 9:09,92 | 17:32,83 | 0:28,74  | 1:01,71 | 2:16,18 | 0:32,18       | 1:09,85 | 2:32,80 | 0:27,44   | 1:00,83 | 2:17,94 | 1:03,40 | 2:18,21 | 5:01,27 |
| 2008     | 0:25,59     | 0:56,30 | 2:03,29 | 4:23,77 | 9:03,78 | 17:21,08 | 0:28,42  | 1:01,02 | 2:14,66 | 0:31,82       | 1:09,07 | 2:31,09 | 0:27,13   | 1:00,15 | 2:16,40 | 1:02,69 | 2:16,67 | 4:57,91 |
| 2007     | 0:25,35     | 0:55,77 | 2:02,13 | 4:21,29 | 8:58,67 | 17:11,29 | 0:28,15  | 1:00,44 | 2:13,39 | 0:31,52       | 1:08,42 | 2:29,67 | 0:26,88   | 0:59,58 | 2:15,12 | 1:02,10 | 2:15,38 | 4:55,11 |
| 2006     | 0:25,15     | 0:55,34 | 2:01,20 | 4:19,30 | 8:54,57 | 17:03,45 | 0:27,94  | 0:59,98 | 2:12,38 | 0:31,28       | 1:07,90 | 2:28,53 | 0:26,67   | 0:59,13 | 2:14,09 | 1:01,63 | 2:14,36 | 4:52,87 |
| 2005     | 0:25,01     | 0:55,03 | 2:00,50 | 4:17,81 | 8:51,51 | 16:57,58 | 0:27,78  | 0:59,64 | 2:11,62 | 0:31,10       | 1:07,51 | 2:27,68 | 0:26,52   | 0:58,79 | 2:13,32 | 1:01,28 | 2:13,58 | 4:51,18 |
| >2004    | 0:24,91     | 0:54,81 | 2:00,04 | 4:16,82 | 8:49,46 | 16:53,66 | 0:27,67  | 0:59,41 | 2:11,11 | 0:30,98       | 1:07,25 | 2:27,11 | 0:26,42   | 0:58,57 | 2:12,81 | 1:01,04 | 2:13,07 | 4:50,06 |

| 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     |
| <2010    | 0:24,82     | 0:54,62 | 2:00,74 | 4:19,05 | 8:57,45 | 17:24,82 | 0:28,24  | 1:01,00 | 2:15,10 | 0:30,46       | 1:08,45 | 2:28,62 | 0:26,19   | 0:58,44 | 2:13,58 | NT     | 2:14,90 | 4:54,07 |
| 2009     | 0:24,43     | 0:53,75 | 1:58,80 | 4:14,90 | 8:48,83 | 17:08,08 | 0:27,79  | 1:00,02 | 2:12,93 | 0:29,97       | 1:07,36 | 2:26,24 | 0:25,77   | 0:57,50 | 2:11,43 | NT     | 2:12,74 | 4:49,36 |
| 2008     | 0:24,18     | 0:53,21 | 1:57,62 | 4:12,36 | 8:43,57 | 16:57,84 | 0:27,51  | 0:59,42 | 2:11,61 | 0:29,67       | 1:06,68 | 2:24,79 | 0:25,51   | 0:56,93 | 2:10,13 | NT     | 2:11,42 | 4:46,47 |
| 2007     | 0:23,76     | 0:52,29 | 1:55,58 | 4:07,98 | 8:34,47 | 16:40,16 | 0:27,04  | 0:58,39 | 2:09,32 | 0:29,15       | 1:05,53 | 2:22,27 | 0:25,07   | 0:55,94 | 2:07,87 | NT     | 2:09,13 | 4:41,50 |
| 2006     | 0:23,50     | 0:51,70 | 1:54,29 | 4:05,21 | 8:28,73 | 16:29,00 | 0:26,73  | 0:57,74 | 2:07,88 | 0:28,83       | 1:04,80 | 2:20,68 | 0:24,79   | 0:55,32 | 2:06,44 | NT     | 2:07,69 | 4:38,36 |
| 2005     | 0:23,28     | 0:51,22 | 1:53,21 | 4:02,90 | 8:23,94 | 16:19,70 | 0:26,48  | 0:57,19 | 2:06,68 | 0:28,56       | 1:04,19 | 2:19,36 | 0:24,56   | 0:54,80 | 2:05,25 | NT     | 2:06,49 | 4:35,74 |
| 2004     | 0:23,10     | 0:50,83 | 1:52,35 | 4:01,06 | 8:20,12 | 16:12,25 | 0:26,28  | 0:56,76 | 2:05,71 | 0:28,34       | 1:03,70 | 2:18,30 | 0:24,37   | 0:54,38 | 2:04,30 | NT     | 2:05,53 | 4:33,64 |
| >2003    | 0:22,99     | 0:50,59 | 1:51,82 | 3:59,90 | 8:17,72 | 16:07,60 | 0:26,16  | 0:56,49 | 2:05,11 | 0:28,20       | 1:03,39 | 2:17,64 | 0:24,25   | 0:54,12 | 2:03,70 | NT     | 2:04,93 | 4:32,33 |

| 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     |
| <2010    | 0:23,99     | 0:52,63 | 1:55,78 | 4:09,89 | 8:40,52 | 16:49,33 | 0:26,46  | 0:57,39 | 2:07,89 | 0:29,51       | 1:05,09 | 2:22,10 | 0:25,49   | 0:56,62 | 2:07,99 | 0:58,95 | 2:09,63 | 4:38,62 |
| 2009     | 0:23,60     | 0:51,79 | 1:53,92 | 4:05,88 | 8:32,18 | 16:33,15 | 0:26,04  | 0:56,47 | 2:05,84 | 0:29,03       | 1:04,05 | 2:19,82 | 0:25,08   | 0:55,71 | 2:05,94 | 0:58,00 | 2:07,56 | 4:34,16 |
| 2008     | 0:23,37     | 0:51,27 | 1:52,79 | 4:03,44 | 8:27,08 | 16:23,27 | 0:25,78  | 0:55,90 | 2:04,58 | 0:28,74       | 1:03,41 | 2:18,43 | 0:24,83   | 0:55,15 | 2:04,68 | 0:57,42 | 2:06,29 | 4:31,43 |
| 2007     | 0:22,96     | 0:50,38 | 1:50,83 | 3:59,21 | 8:18,27 | 16:06,19 | 0:25,33  | 0:54,93 | 2:02,42 | 0:28,25       | 1:02,31 | 2:16,03 | 0:24,40   | 0:54,20 | 2:02,52 | 0:56,43 | 2:04,09 | 4:26,71 |
| 2006     | 0:22,71     | 0:49,82 | 1:49,59 | 3:56,54 | 8:12,71 | 15:55,40 | 0:25,05  | 0:54,32 | 2:01,05 | 0:27,93       | 1:01,62 | 2:14,51 | 0:24,13   | 0:53,59 | 2:01,15 | 0:55,80 | 2:02,71 | 4:23,74 |
| 2005     | 0:22,49     | 0:49,35 | 1:48,56 | 3:54,31 | 8:08,08 | 15:46,42 | 0:24,81  | 0:53,81 | 1:59,92 | 0:27,67       | 1:01,04 | 2:13,24 | 0:23,90   | 0:53,09 | 2:00,01 | 0:55,27 | 2:01,55 | 4:21,25 |
| 2004     | 0:22,32     | 0:48,97 | 1:47,73 | 3:52,53 | 8:04,37 | 15:39,23 | 0:24,63  | 0:53,40 | 1:59,00 | 0:27,46       | 1:00,57 | 2:12,23 | 0:23,72   | 0:52,68 | 1:59,10 | 0:54,85 | 2:00,63 | 4:19,27 |
| >2003    | 0:22,21     | 0:48,74 | 1:47,22 | 3:51,42 | 8:02,05 | 15:34,73 | 0:24,51  | 0:53,14 | 1:58,44 | 0:27,33       | 1:00,28 | 2:11,60 | 0:23,61   | 0:52,43 | 1:58,53 | 0:54,59 | 2:00,05 | 4:18,03 |

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