

## Øst / Vest Kortbane og DM-K /DJM-K 2011

Kravtid 100 IM damer Øst-K rettet 30.08.2011

DAMER	ØST-K alle	VEST-K alle	DJM-K 96 & 97	DM-K 95æ
50 fri	0:28,99	0:29,59	0:28,59	0:28,09
100 fri	1:01,99	1:03,09	1:01,09	1:00,29
200 fri	2:12,09	2:17,19	2:10,59	2:10,09
400 fri	4:35,59	4:48,69	4:37,49	4:32,59
800 fri	9:42,69	9:59,99	9:18,09	
1500 fri	18:50,09	19:05,49	18:10,39	
50 bryst	0:37,99	0:38,09	0:36,59	0:35,99
100 bryst	1:18,99	1:20,19	1:18,39	1:17,49
200 bryst	2:47,29	2:52,69	2:48,59	2:44,59
50 ryg	0:34,49	0:34,49	0:33,09	0:32,29
100 ryg	1:08,89	1:11,89	1:10,09	1:08,09
200 ryg	2:27,99	2:32,99	2:29,89	2:24,89
50 fly	0:32,09	0:32,59	0:31,39	0:30,69
100 fly	1:08,29	1:12,59	1:09,19	1:07,59
200 fly	2:35,99	2:44,29	2:34,59	2:33,09
100 IM	1:10,99	1:11,69	1:11,49	1:10,09
200 IM	2:32,99	2:35,49	2:32,99	2:31,69
400 IM	5:22,09	5:28,89	5:22,79	5:17,69

HERRER	ØST-K alle	VEST-K alle	DJM-K 94 & 95	DM-K 93æ
50 fri	0:25,69	0:25,39	0:25,79	0:24,99
100 fri	0:55,49	0:55,89	0:54,29	0:53,59
200 fri	1:59,69	2:03,09	1:59,29	1:58,09
400 fri	4:14,99	4:22,69	4:18,09	4:12,99
800 fri	9:00,99	9:15,99	8:40,99	
1500 fri	17:54,09	17:59,99	16:40,99	
50 bryst	0:32,19	0:33,89	0:31,99	0:31,79
100 bryst	1:09,69	1:11,69	1:09,79	1:08,79
200 bryst	2:36,99	2:39,19	2:31,99	2:29,49
50 ryg	0:31,29	0:31,29	0:29,59	0:28,99
100 ryg	1:04,69	1:03,79	1:02,09	1:01,69
200 ryg	2:18,29	2:18,79	2:18,09	2:13,89
50 fly	0:28,09	0:28,39	0:27,49	0:27,29
100 fly	1:02,99	1:02,59	1:01,19	0:58,99
200 fly	2:19,39	2:20,99	2:17,59	2:13,89
100 IM	1:03,79	1:03,79	1:04,29	1:03,29
200 IM	2:17,99	2:20,89	2:18,79	2:16,29
400 IM	4:52,99	5:07,09	4:55,99	4:50,99