

## Langbanemesterskaber 2012

DAMER	ØST-L 96y	ØST-L 95æ	VEST-L 96y	VEST-L 95æ	DAM-L 98	DAM-L 99	DJM-L 96 & 97	DM-L 95æ
50 fri	0.29.49	0.29.39	0.31.09	0.30.89	0:28,59		0:28,59	
100 fri	1.02.99	1.02.99	1.06.89	1.05.09	1:04,29	1:06,49	1:02,59	1:01,89
200 fri	2.19.09	2.18.09	2.23.09	2.18.09	2:17,09	2:22,99	2:15,69	2:14,69
400 fri	4.45.29	4.42.69	5.01.29	4.51.79	4:50,49	5:00,89	4:44,29	4:41,39
800 fri	10.10.19	9.50.89	10.20.19	10.15.39	9:46,99	10:12,09	9:42,49	
1500 fri	19.28.29	19.28.09	19.32.09	19.32.09			19:00,59	18:42,19
50 bryst	0.39.99	0.38.49	0.38.69	0.38.69	0:37,69		0:37,69	
100 bryst	1.25.09	1.23.29	1.25.89	1.23.99	1:23,69	1:24,49	1:22,39	1:21,19
200 bryst	3.02.19	3.01.19	3.02.89	3.01.19	2:58,89	3:00,59	2:56.09	2:53,49
50 ryg	0.34.59	0.34.19	0.35.29	0.35.09	0:33,89		0:33,89	
100 ryg	1.16.39	1.14.99	1.16.39	1.15.49	1:12,79	1:15,69	1:12,99	1:12,79
200 ryg	2.41.09	2.36.09	2.45.39	2.40.59	2:35,39	2:41,39	2:35,49	2:35,09
50 fly	0.31.79	0.31.69	0.34.49	0.33.99	0:31,19		0:31,19	
100 fly	1.14.19	1.13.89	1.16.29	1.13.99	1:13,79	1:18,19	1:10,39	1:09,59
200 fly	2.45.69	2.45.69	2.59.99	2.49.99	2:41,19	2:54,59	2:40,69	2:38,09
200 IM	2.41.19	2.40.99	2.43.39	2.40.99	2:35,99	2:43,09	2:33,89	2:31,89
400 IM	5.45.09	5.40.29	5.48.89	5.40.29	5:32,19	5:43,39	5:23,99	5:19,79

HERRER	ØST-L 94y	ØST-L 93æ	VEST-L 94y	VEST-L 93æ	DAM-L 96	DAM-L 97	DJM-L 94 & 95	DM-L 93æ
50 fri	0.26.89	0.26.09	0.26.89	0.26.89	0:25,59		0:25,59	
100 fri	0.59.09	0.57.59	0.59.39	0.57.99	0:57,29	0:59,29	0:56,99	0:56,09
200 fri	2.08.39	2.07.09	2.09.49	2.06.59	2:04,79	2:06,49	2:03,89	
400 fri	4.26.09	4.25.19	4.31.69	4.31.09	4:24,29	4:27,09	4:24,29	
800 fri	9.23.29	9.20.79	9.33.99	9.28.89			9:07,39	
1500 fri	18.09.29	17.59.99	18.17.99	18.10.39	17:30,59	17:53,99	17:27,59	
50 bryst	0.34.99	0.33.49	0.34.89	0.34.89	0:34,09		0:34,09	
100 bryst	1.18.09	1.15.19	1.18.09	1.16.09	1:14,99	1:16,19	1:13,89	
200 bryst	2.52.59	2.46.99	2.52.89	2.50.89	2:42,49	2:45,79	2:39,49	
50 ryg	0.31.59	0.31.09	0.31.99	0.31.99	0:30,89		0:30,89	
100 ryg	1.09.09	1.06.89	1.09.99	1.07.29	1:06,69	1:07,79	1:06,69	
200 ryg	2.29.79	2.28.39	2.31.99	2.28.89	2:21,19	2:23,39	2:23,29	
50 fly	0.28.49	0.28.09	0.30.99	0.30.29	0:27,89		0:27,89	
100 fly	1.05.99	1.04.49	1.06.99	1.04.49	1:03,89	1:06,69	1:02,39	
200 fly	2.33.39	2.31.99	2.39.19	2.33.99	2:24,99	2:27,99	2:20,89	
200 IM	2.28.39	2.26.39	2.31.99	2.26.89	2:22,69	2:25,29	2:22,69	
400 IM	5.21.99	5.17.29	5.33.79	5.25.59	5:03,29	5:12,69	5:03,29	

Oprettet 04.12.2011