



Lágmörk fyrir ÍM-50 2008

Samþykkt í stjórn SSÍ dags 16.01.08



Karlar	50m	25m	16m
50m skriðsund	00:27,94	00:27,38	00:26,26
100m skriðsund	01:01,44	01:00,21	00:57,75
200m skriðsund	02:20,88	02:18,06	02:12,43
400m skriðsund	05:07,82	05:01,66	04:49,35
1500m skriðsund	20:06,89	19:42,75	18:54,48
50m baksund	00:34,20	00:33,52	00:32,15
100m baksund	01:17,93	01:16,37	01:13,25
200m baksund	02:48,80	02:45,42	02:38,67
50m bringusund	00:37,35	00:36,60	00:35,11
100m bringusund	01:21,68	01:20,05	01:16,78
200m bringusund	02:57,04	02:53,50	02:46,42
50m flugsund	00:31,71	00:31,08	00:29,81
100m flugsund	01:10,23	01:08,83	01:06,02
200m flugsund	02:42,08	02:38,84	02:32,36
200m fjórsund	02:46,21	02:42,89	02:36,24
400m fjórsund	05:42,40	05:35,55	05:28,70

Konur	50m	25m	16m
50m skriðsund	00:31,06	00:30,44	00:29,20
100m skriðsund	01:07,73	01:06,38	01:03,67
200m skriðsund	02:28,05	02:25,09	02:19,17
400m skriðsund	05:23,07	05:16,61	05:03,69
800m skriðsund	11:21,38	11:07,75	10:40,50
50m baksund	00:38,43	00:37,66	00:36,12
100m baksund	01:20,53	01:18,92	01:15,70
200m baksund	02:59,97	02:56,37	02:49,17
50m bringusund	00:41,39	00:40,56	00:38,91
100m bringusund	01:29,73	01:27,94	01:24,35
200m bringusund	03:14,24	03:10,36	03:02,59
50m flugsund	00:33,81	00:33,13	00:31,78
100m flugsund	01:22,21	01:20,57	01:17,28
200m flugsund	03:02,96	02:59,30	02:51,98
200m fjórsund	02:50,45	02:47,04	02:40,22
400m fjórsund	06:14,50	06:07,01	05:59,50

Lágmörkum er hægt að ná í 50, 25m og 16m laug.

Ekki er hægt að nota tíma sem eru eldri en 12 mánaða við upphaf móts eða frá sama móti á sl. ári