



Íslandsmeistaramót í 25m laug 2008

Lágmörk fyrir ÍM-25 2008

Samþykkt í stjórn SSÍ dags 02.09.2008

Karlar	16m	25m	50m	Konur	16m	25m	50m
50m skriðsund	00:26,27	00:27,40	00:27,95	50m skriðsund	00:29,15	00:30,40	00:31,01
100m skriðsund	00:58,49	01:01,00	01:02,22	100m skriðsund	01:04,24	01:07,00	01:08,34
200m skriðsund	02:07,71	02:13,20	02:15,86	200m skriðsund	02:19,89	02:25,90	02:28,82
400m skriðsund	04:35,08	04:46,90	04:52,64	400m skriðsund	04:55,21	05:07,90	05:14,06
1500m skriðsund	18:55,70	19:44,50	20:08,19	800m skriðsund	10:16,32	10:42,80	10:55,66
50m baksund	00:32,70	00:34,10	00:34,78	50m baksund	00:34,80	00:36,30	00:37,03
100m baksund	01:11,72	01:14,80	01:16,30	100m baksund	01:15,36	01:18,60	01:20,17
200m baksund	02:35,52	02:42,20	02:45,44	200m baksund	02:42,71	02:49,70	02:53,09
50m bringusund	00:34,33	00:35,80	00:36,52	50m bringusund	00:38,93	00:40,60	00:41,41
100m bringusund	01:13,92	01:17,10	01:18,64	100m bringusund	01:23,32	01:26,90	01:28,64
200m bringusund	02:48,46	02:55,70	02:59,21	200m bringusund	03:01,40	03:09,20	03:12,98
50m flugsund	00:28,96	00:30,20	00:30,80	50m flugsund	00:32,70	00:34,10	00:34,78
100m flugsund	01:07,40	01:10,30	01:11,71	100m flugsund	01:13,83	01:17,00	01:18,54
200m flugsund	02:36,67	02:43,40	02:46,67	200m flugsund	02:50,09	02:57,40	03:00,95
100m fjórsund		01:12,30		100m fjórsund		01:19,90	
200m fjórsund	02:27,75	02:34,10	02:37,18	200m fjórsund	02:38,68	02:45,50	02:48,81
400m fjórsund	05:33,47	05:47,80	05:54,76	400m fjórsund	05:49,58	06:04,60	06:11,89

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

