

LANDSHOLDSKRAV 2017 - 2021/22

DAMER

Beskrivelse: For at komme i betragtning til Parasvømmelandsholdet gælder flg. fra 1.5- 2021: Krav: (Alle krav skal være opfyldt): - Svømmer skal være internationalt klassificeret i S1-S14, S16 eller S20. - Forventet træningsmængde i klub 6-9 X 90-120min om ugen. - Vurderes af Parasport Danmarks trænerstab at man kan begå sig på Landsholdet (til samlinger og til stævner)			S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S16	S20	
	50 fri	Senior	01:01,60	01:04,73	00:50,65	00:47,78	00:43,06	00:39,58	00:37,97	00:35,80	00:33,89	00:32,84	00:36,88	00:32,28	00:32,81	00:00,00	00:00,00	00:39.21	00:33.25
	100 fri	Senior	02:12,58	02:19,81	01:48,08	01:44,28	01:31,98	01:25,68	01:21,64	01:17,65	01:13,09	01:11,00	01:20,66	01:10,09	01:09,66	01:07,90	01:07,90	01:27.14	01:16.71
	200 fri	Senior	04:46,82	05:44,52	04:06,20	03:44,06	03:17,53	03:06,11	02:55,73	02:46,10	02:35,86	02:37,40	02:58,92	02:37,19	02:33,17	02:26,51	02:26,51	03.20.62	02.31.47
	400 fri	Senior	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	06:17,63	05:58,82	05:36,40	05:16,57	05:23,95	06:12,92	05:32,57	05:11,51	05:25,26	05:25,26	06.59.98	00:00,00
	50 ryg	Senior	01:19,84	01:11,26	00:58,19	00:57,22	00:46,42	00:45,80	00:45,98	00:42,47	00:40,36	00:38,00	00:43,79	00:37,94	00:36,86	00:00,00	00:00,00	00:00,00	00:00,00
	100 ryg	Senior	02:54,76	02:32,51	02:05,93	02:04,69	01:51,49	01:37,72	01:37,88	01:27,53	01:22,40	01:19,03	01:33,55	01:19,27	01:20,22	01:16,86	01:16,86	01.45.98	01.19.46
	50 bryst	Senior	01:37,32	01:19,72	01:05,05	00:57,66	00:52,18	00:51,67	00:49,48	00:43,64	00:41,35	00:00,00	00:45,62	00:42,08	00:40,75	00:00,00	00:00,00	00:00,00	00:00,00
	100 bryst	Senior	03:59,77	03:18,02	02:35,58	02:04,64	01:52,62	01:53,94	01:45,76	01:32,60	01:30,56	00:00,00	01:39,62	01:31,32	01:26,94	01:27,13	01:27,13	01.59.61	01.28.35
	50 fly	Senior	01:01,36	01:09,92	01:07,20	01:02,51	00:48,61	00:42,58	00:40,57	00:38,56	00:37,96	00:34,06	00:39,50	00:35,71	00:34,97	00:00,00	00:00,00	00.44.69	00.38.37
	100 fly	Senior	00:00,00	00:00,00	00:00,00	00:00,00	02:05,46	01:43,56	01:34,38	01:21,84	01:20,09	01:15,12	01:30,20	01:15,73	01:15,90	01:20,74	01:20,74	01.49.86	01.19.52
	150 im	Senior	04:31,01	05:56,08	03:28,97	03:21,08	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00
	200 im	Senior	00:00,00	00:00,00	05:42,59	05:54,83	03:52,12	03:35,77	03:22,12	03:07,20	02:57,40	02:53,88	03:20,29	02:53,83	02:53,32	02:46,04	02:46,04	03.42.16	02.51.88

HERRER

-Har klaret mindst 1 kravtid enten på kortbane eller langbane. Kravtiderne for S1 – S14 revurderes efter PL 2021. Kravtiderne for S16 og S20 revurderes efter Virtus EM 2022.			S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S16	S20	
	50 fri	Senior	01:16,56	01:00,78	00:47,09	00:45,05	00:38,33	00:34,28	00:32,82	00:30,38	00:30,16	00:27,79	00:30,32	00:27,59	00:27,84	00:00,00	00:00,00	00:34.23	00:29.85
	100 fri	Senior	02:43,00	02:07,24	01:52,82	01:38,92	01:22,07	01:17,52	01:12,41	01:07,01	01:05,02	01:01,04	01:07,38	01:01,09	01:01,02	01:04,20	01:04,20	01.16.43	00.59.11
	200 fri	Senior	05:57,35	04:25,85	03:46,85	03:30,97	02:55,81	02:48,23	02:44,65	02:33,04	02:22,82	02:06,55	02:29,50	02:23,32	02:20,14	02:19,52	02:19,52	02.42.69	02.10.74
	400 fri	Senior	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	05:45,30	05:34,97	05:14,27	04:59,80	04:45,25	05:13,00	04:55,14	04:42,67	05:04,44	05:04,44	05.54.89	00:00,00
	50 ryg	Senior	01:11,95	00:56,60	00:50,65	00:51,25	00:41,94	00:39,44	00:39,07	00:36,31	00:35,76	00:33,43	00:38,10	00:33,68	00:32,90	00:00,00	00:00,00	00:00,00	00:00,00
	100 ryg	Senior	02:33,61	02:06,30	01:58,12	01:56,80	01:29,09	01:25,01	01:22,98	01:15,48	01:14,10	01:08,69	01:19,99	01:11,22	01:08,02	01:11,11	01:11,11	01.29.76	01.13.70
	50 bryst	Senior	01:47,93	01:00,78	00:57,05	00:51,29	00:50,64	00:44,71	00:40,08	00:37,88	00:34,99	00:00,00	00:38,94	00:36,62	00:35,88	00:00,00	00:00,00	00:00,00	00:00,00
	100 bryst	Senior	04:13,31	02:39,17	02:11,92	01:50,72	01:48,08	01:34,45	01:27,00	01:20,41	01:16,82	00:00,00	01:24,10	01:16,88	01:16,30	01:19,60	01:19,60	01.39.31	1.18.92
	50 fly	Senior	02:21,77	01:38,05	01:06,94	00:48,58	00:40,78	00:35,87	00:34,09	00:33,20	00:32,56	00:30,28	00:33,59	00:31,38	00:29,44	00:00,00	00:00,00	00.37.25	00.35.34
	100 fly	Senior	00:00,00	00:00,00	00:00,00	00:00,00	01:33,35	01:24,31	01:21,89	01:11,03	01:10,69	01:05,65	01:13,34	01:08,21	01:04,62	01:10,78	01:10,78	01.17.41	01.07.91
	150 im	Senior	07:02,95	05:12,71	03:12,23	02:51,74	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00
	200 im	Senior	00:00,00	00:00,00	05:24,05	04:15,61	03:22,70	03:10,16	03:00,86	02:48,01	02:40,32	02:32,24	02:48,48	02:37,04	02:28,55	02:34,78	02:34,78	03.05.87	02.36.63