

## MEHED

## NAISED

| A        | B        | C        | Ala             | A        | B        | C        |
|----------|----------|----------|-----------------|----------|----------|----------|
| 00:21.19 | 00:21.33 | 00:22.18 | 50 m vabalt     | 00:24.33 | 00:24.60 | 00:25.13 |
| 00:46.89 | 00:47.36 | 00:48.44 | 100 m vabalt    | 00:53.02 | 00:53.21 | 00:54.29 |
| 01:43.48 | 01:44.51 | 01:47.00 | 200 m vabalt    | 01:55.60 | 01:56.19 | 01:59.47 |
| 03:42.18 | 03:42.77 | 03:47.98 | 400 m vabalt    | 04:06.27 | 04:07.37 | 04:11.32 |
| 07:42.39 | 07:44.59 | 07:49.35 | 800 m vabalt    | 08:27.23 | 08:32.89 | 08:34.75 |
| 14:49.29 | 14:58.18 | 15:03.52 | 1500 m vabalt   | 16:03.59 | 16:24.77 | 16:24.77 |
| 00:23.37 | 00:23.64 | 00:24.34 | 50 m selili     | 00:26.54 | 00:27.27 | 00:27.82 |
| 00:50.81 | 00:51.28 | 00:52.93 | 100 m selili    | 00:57.52 | 00:59.41 | 00:59.92 |
| 01:52.11 | 01:53.18 | 01:55.86 | 200 m selili    | 02:05.54 | 02:08.92 | 02:08.92 |
| 00:26.25 | 00:26.52 | 00:27.40 | 50 m rinnuli    | 00:30.21 | 00:30.35 | 00:30.94 |
| 00:57.38 | 00:57.58 | 00:59.25 | 100 m rinnuli   | 01:04.97 | 01:05.96 | 01:06.96 |
| 02:06.23 | 02:07.47 | 02:07.47 | 200 m rinnuli   | 02:21.91 | 02:23.94 | 02:23.94 |
| 00:22.43 | 00:22.84 | 00:23.51 | 50 m liblikat   | 00:25.72 | 00:26.23 | 00:26.54 |
| 00:50.15 | 00:51.11 | 00:52.44 | 100 m liblikat  | 00:57.40 | 00:58.35 | 00:59.30 |
| 01:53.19 | 01:55.52 | 01:57.14 | 200 m liblikat  | 02:08.85 | 02:11.88 | 02:11.88 |
| 00:52.98 | 00:53.10 | 00:55.15 | 100 m kompleksi | 00:59.65 | 01:00.01 | 01:01.05 |
| 01:55.25 | 01:56.29 | 01:59.63 | 200 m kompleksi | 02:09.37 | 02:10.85 | 02:13.74 |
| 04:08.87 | 04:11.45 | 04:16.57 | 400 m kompleksi | 04:37.46 | 04:41.12 | 04:41.12 |

## Normatiivi täitmise periood

01.06.2026- 2 kuud enne võistluste algust.

