

Nálatíðir galdandi frá 1. januar 2020							
Kvinnur	Talentnál	Bronsunál	Bronsunál v. stjörnu	Silvurnál	Silvurnál v. stjörnu	Gullnál	Gullnál v. stjörnu
FINA 2019	250	300	415	530	630	730	790
50 Fr	00:36.39	00:34.25	00:30.74	00:28.33	00:26.74	00:25.46	00:24.80
100 Fr	01:19.76	01:15.06	01:07.36	01:02.09	00:58.61	00:55.80	00:54.35
200 Fr	02:55.29	02:44.96	02:28.04	02:16.45	02:08.81	02:02.64	01:59.45
400 Fr	06:11.32	05:49.43	05:13.60	04:49.79	04:32.86	04:19.79	04:13.04
800 Fr	12:40.90	11:56.03	10:42.63	09:52.31	09:19.15	08:52.35	08:38.52
1500 Fr	24:19.94	22:53.86	20:33.01	18:56.47	17:52.84	17:01.43	16:34.89
50 Ry	00:40.74	00:38.34	00:34.41	00:31.72	00:29.94	00:28.50	00:27.76
100 Ry	01:27.35	01:22.20	01:13.77	01:08.00	01:04.19	01:01.11	00:59.52
200 Ry	03:09.26	02:58.10	02:39.84	02:27.33	02:19.08	02:12.41	02:08.97
50 Br	00:45.33	00:42.66	00:38.28	00:35.39	00:33.31	00:31.71	00:30.89
100 Br	01:38.99	01:33.15	01:23.60	01:17.05	01:12.74	01:09.25	01:07.45
200 Br	03:33.61	03:21.02	03:00.41	02:46.28	02:36.97	02:29.45	02:25.57
50 Fi	00:38.70	00:36.41	00:32.68	00:30.12	00:28.43	00:27.07	00:26.37
100 Fi	01:26.68	01:21.57	01:13.21	01:07.48	01:03.70	01:00.65	00:59.07
200 Fi	03:09.86	02:58.67	02:40.35	02:27.80	02:19.52	02:12.83	02:09.38
100 Bl	01:29.70	01:24.41	01:15.76	01:09.82	01:05.91	01:02.76	01:01.12
200 Bl	03:13.44	03:02.03	02:43.37	02:30.58	02:22.15	02:15.33	02:11.82
400 Bl	06:51.04	06:26.80	05:47.14	05:19.96	05:02.05	04:47.58	04:40.10
Menn	Talentnál	Bronsunál	Bronsunál v. stjörnu	Silvurnál	Silvurnál v. stjörnu	Gullnál	Gullnál v. stjörnu
FINA 2019	250	300	415	530	630	730	790
50 Fr	00:32.16	00:30.26	00:27.16	00:25.03	00:23.63	00:22.50	00:21.91
100 Fr	01:11.33	01:07.13	01:00.24	00:55.53	00:52.42	00:49.91	00:48.61
200 Fr	02:37.74	02:28.43	02:13.22	02:02.79	01:55.91	01:50.36	01:47.49
400 Fr	05:36.92	05:17.05	04:44.55	04:22.27	04:07.59	03:55.72	03:49.60
800 Fr	11:43.88	11:02.38	09:54.47	09:07.92	08:37.25	08:12.46	07:59.66
1500 Fr	22:26.21	21:06.83	18:56.95	17:27.93	16:29.26	15:41.85	15:17.38
50 Ry	00:35.27	00:33.19	00:29.78	00:27.45	00:25.92	00:24.67	00:24.03
100 Ry	01:17.59	01:13.01	01:05.53	01:00.40	00:57.01	00:54.28	00:52.87
200 Ry	02:47.67	02:37.79	02:21.61	02:10.52	02:03.21	01:57.31	01:54.26
50 Br	00:40.08	00:37.71	00:33.85	00:31.20	00:29.45	00:28.04	00:27.31
100 Br	01:28.27	01:23.07	01:14.55	01:08.71	01:04.86	01:01.76	01:00.15
200 Br	03:10.74	02:59.49	02:41.09	02:28.48	02:20.16	02:13.45	02:09.98
50 Fi	00:34.52	00:32.49	00:29.15	00:26.87	00:25.37	00:24.15	00:23.52
100 Fi	01:16.32	01:11.82	01:04.45	00:59.41	00:56.08	00:53.39	00:52.01
200 Fi	02:51.82	02:41.68	02:25.11	02:13.75	02:06.26	02:00.21	01:57.08
100 Bl	01:19.78	01:15.07	01:07.38	01:02.10	00:58.62	00:55.81	00:54.36
200 Bl	02:54.02	02:43.76	02:26.97	02:15.46	02:07.88	02:01.75	01:58.59
400 Bl	06:13.83	05:51.79	05:15.72	04:51.00	04:34.71	04:21.54	04:14.75