

ZIMA 2025	ZMP 13 lat DZ/CH	ZMP 14 lat DZ/CH	ZMP 15 lat DZ/CH	ZMP 16 lat DZ/CH	ZMP lat 17-18 DZ/CH	Młodzieżow. DZ/CH	Senior DZ/CH
50m dowolny	29,05 / 26,93	27.85 / 24.84	27.51 / 24.53	27.51 / 23.92	27.35 / 23.54	26.65 / 23.00	26.02 / 22.56
100m dowolny	1:03,54 / 58,53	1:01.97 / 55.12	1:00.53 / 54.18	1:00.45 / 52.57	59.36 / 50.04	57.22 / 50.04	57.11 / 49.47
200m dowolny	2:19,18 / 2:12,47	2:15.66 / 2:01.86	2:12.31 / 1:59.52	2:12.68 / 1:56.56	2:08.01 / 1:53.72	2:08.01 / 1:50.46	2:05.09 / 1:49.30
400m dowolny	4:55,26 / 4:37,95	4:45.87 / 4:19.88	4:40.20 / 4:15.83	4:39.93 / 4:11.01	4:31.44 / 4:07.22	4:31.44 / 4:04.10	4:25.30 / 3:53.96
800m dowolny	10:06,59 / 9:41,98	10:05.91	9:49.40	9:49.40	9:42.83	9:42.83	9:10.57
1500m dowolny		17:30.99	17:30.99	17:12.19	17:00.18	17:00.18	16:16.45
50m grzbietowy	33,12 / 30,99	31.78 / 28.47	31.06 / 27.83	31.06 / 27.19	30.54 / 26.39	30.43 / 26.02	29.26 / 25.21
100m grzbietowy	1:10,98 / 1:05,73	1:09.43 / 1:01.89	1:07.23 / 1:00.92	1:07.23 / 1:00.71	1:06.02 / 57.08	1:06.02 / 57.08	1:03.64 / 55.35
200m grzbietowy	2:33,38 / 2:24,40	2:33.15 / 2:18.49	2:26.80 / 2:11.77	2:26.80 / 2:11.77	2:26.15 / 2:09.28	2:26.15 / 2:09.28	2:18.93 / 2:05.24
50m klasyczny	36,00 / 34,04	35.10 / 31.77	35.10 / 30.62	34.83 / 30.55	34.34 / 29.43	34.29 / 28.38	32.36 / 28.08
100m klasyczny	1:18,12 / 1:14,27	1:17.32 / 1:10.70	1:16.83 / 1:07.75	1:16.83 / 1:06.43	1:14.18 / 1:03.72	1:14.18 / 1:02.53	1:13.01 / 1:01.66
200m klasyczny	2:52,58 / 2:43,59	2:51.92 / 2:37.71	2:51.92 / 2:33.12	2:51.92 / 2:25.77	2:43.79 / 2:22.15	2:43.79 / 2:22.15	2:37.75 / 2:17.89
50m motylkowy	31,61 / 29,46	30.37 / 27.01	30.22 / 26.47	29.82 / 25.77	29.52 / 25.31	29.10 / 24.31	28.02 / 24.17
100m motylkowy	1:12,50 / 1:06,60	1:10.07 / 1:01.17	1:10.07 / 58.56	1:07.00 / 58.11	1:05.55 / 56.27	1:05.55 / 54.92	1:03.49 / 53.90
200m motylkowy	2:49,52 / 2:36,60	2:44.31 / 2:24.17	2:44.31 / 2:12.86	2:42.36 / 2:12.86	2:32.30 / 2:10.96	2:32.30 / 2:05.79	2:25.47 / 2:01.40
100m zmienny	1:13,51 / 1:07,92	1:11.74 / 1:03.04	1:11.55 / 1:01.82	1:09.60 / 1:01.05	1:07.73 / 57.73	1:07.73 / 57.73	1:05.89 / 56.70
200m zmienny	2:42,34 / 2:28,62	2:33.45 / 2:17.90	2:33.45 / 2:17.90	2:33.45 / 2:13.14	2:27.86 / 2:10.00	2:27.86 / 2:10.00	2:21.60 / 2:05.13
400m zmienny	5:38,14 / 5:24,17	5:33.18 / 5:03.23	5:33.18 / 5:03.23	5:33.18 / 4:58.23	5:17.58 / 4:43.56	5:17.58 / 4:43.56	5:04.09 / 4:28.94