

## Standard Qualifying Times

XIII FINA World Masters Championships 2010, Göteborg (SWE) version #3

| MEN                   | Age Groups |          |          |          |          |          |          |          |          |          |          |          |          |          |
|-----------------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                       | 25         | 30       | 35       | 40       | 45       | 50       | 55       | 60       | 65       | 70       | 75       | 80       | 85       | 90       |
| 50 Freestyle          | 28,20      | 28,80    | 29,80    | 31,00    | 32,00    | 33,00    | 34,00    | 36,00    | 38,50    | 41,50    | 46,00    | 57,00    | 1:06.00  | 1:15.00  |
| 100 Freestyle         | 1:03.80    | 1:05.00  | 1:06.00  | 1:08.50  | 1:11.50  | 1:15.30  | 1:18.00  | 1:23.00  | 1:29.00  | 1:38.00  | 1:50.00  | 2:02.00  | 2:35.00  | 3:00.00  |
| 200 Freestyle         | 2:22.00    | 2:25.50  | 2:28.00  | 2:33.00  | 2:38.00  | 2:47.00  | 3:02.00  | 3:11.00  | 3:26.00  | 3:45.00  | 4:10.00  | 4:28.00  | 5:10.00  | 6:20.00  |
| 400 Freestyle         | 5:05.00    | 5:13.00  | 5:21.00  | 5:31.00  | 5:45.00  | 6:00.00  | 6:20.00  | 6:43.00  | 7:30.00  | 8:15.00  | 9:00.00  | 10:00.00 | 11:15.00 | 12:15.00 |
| 800 Freestyle         | 10:45.00   | 10:50.00 | 11:06.00 | 11:15.00 | 11:40.00 | 12:20.00 | 13:10.00 | 14:10.00 | 15:10.00 | 16:40.00 | 18:10.00 | 19:50.00 | 22:30.00 | 26:00.00 |
| 50 Backstroke         | 33.70      | 34.50    | 36.00    | 37.50    | 38.80    | 40.50    | 42.50    | 45.50    | 47.50    | 52.00    | 59.50    | 1:03.50  | 1:21.00  | 1:40.00  |
| 100 Backstroke        | 1:13.50    | 1:16.50  | 1:20.00  | 1:21.00  | 1:26.00  | 1:30.00  | 1:35.00  | 1:44.00  | 1:52.00  | 2:00.00  | 2:15.00  | 2:25.00  | 3:10.00  | 3:50.00  |
| 200 Backstroke        | 2:40.00    | 2:45.00  | 2:50.00  | 2:59.00  | 3:10.00  | 3:20.00  | 3:30.00  | 3:50.00  | 4:05.00  | 4:25.00  | 5:00.00  | 5:50.00  | 7:30.00  | 9:00.00  |
| 50 Breaststroke       | 36.00      | 37.00    | 38.00    | 39.00    | 41.00    | 43.00    | 45.00    | 47.00    | 50.00    | 53.50    | 58.00    | 1:08.00  | 1:35.00  | 2:00.00  |
| 100 Breaststroke      | 1:21.00    | 1:23.20  | 1:26.80  | 1:29.00  | 1:32.00  | 1:34.00  | 1:44.00  | 1:46.00  | 1:53.00  | 2:06.00  | 2:21.00  | 2:43.00  | 3:45.00  | 4:37.00  |
| 200 Breaststroke      | 3:01.00    | 3:04.00  | 3:09.00  | 3:17.00  | 3:23.00  | 3:30.00  | 3:45.00  | 3:56.00  | 4:18.00  | 4:40.00  | 5:15.00  | 6:00.00  | 7:30.00  | 9:00.00  |
| 50 Butterfly          | 30.90      | 31.30    | 32.00    | 33.50    | 34.50    | 36.00    | 37.00    | 40.50    | 44.00    | 49.00    | 58.00    | 1:21.00  | 1:56.00  | 2:30.00  |
| 100 Butterfly         | 1:09.00    | 1:10.00  | 1:12.00  | 1:16.00  | 1:19.00  | 1:22.00  | 1:31.00  | 1:41.00  | 1:53.00  | 2:00.00  | 2:37.00  | 3:10.00  | 4:00.00  | 4:50.00  |
| 200 Butterfly         | 2:48.00    | 2:50.00  | 2:53.00  | 3:02.00  | 3:10.00  | 3:26.00  | 3:45.00  | 3:58.00  | 4:30.00  | 5:00.00  | 5:45.00  | 6:40.00  | 8:30.00  | 10:30.00 |
| 200 Individual Medley | 2:40.00    | 2:45.00  | 2:50.00  | 2:58.00  | 3:06.00  | 3:11.00  | 3:20.00  | 3:37.00  | 3:58.00  | 4:15.00  | 4:58.00  | 5:25.00  | 7:00.00  | 8:40.00  |
| 400 Individual Medley | 6:00.00    | 6:07.00  | 6:12.00  | 6:25.00  | 6:40.00  | 7:00.00  | 7:25.00  | 8:05.00  | 9:00.00  | 10:00.00 | 12:00.00 | 13:00.00 | 14:00.00 | 17:00.00 |

| WOMEN                 | Age Groups |          |          |          |          |          |          |          |          |          |          |          |          |          |
|-----------------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                       | 25         | 30       | 35       | 40       | 45       | 50       | 55       | 60       | 65       | 70       | 75       | 80       | 85       | 90       |
| 50 Freestyle          | 32.50      | 33.50    | 34.00    | 36.00    | 38.00    | 40.50    | 42.50    | 44.50    | 48.00    | 52.00    | 56.50    | 1:05.00  | 1:25.00  | 1:43.00  |
| 100 Freestyle         | 1:12.00    | 1:15.00  | 1:17.00  | 1:20.00  | 1:26.00  | 1:32.00  | 1:37.00  | 1:42.00  | 1:52.00  | 1:58.00  | 2:12.00  | 2:35.00  | 3:00.00  | 3:35.00  |
| 200 Freestyle         | 2:40.00    | 2:45.00  | 2:53.00  | 3:00.00  | 3:15.00  | 3:30.00  | 3:40.00  | 3:55.00  | 4:14.00  | 4:26.00  | 4:57.00  | 6:00.00  | 6:45.00  | 8:00.00  |
| 400 Freestyle         | 5:42.00    | 5:52.00  | 6:07.00  | 6:25.00  | 6:55.00  | 7:32.00  | 7:55.00  | 8:25.00  | 9:10.00  | 9:50.00  | 11:00.00 | 12:40.00 | 14:20.00 | 16:10.00 |
| 800 Freestyle         | 12:00.00   | 12:20.00 | 12:40.00 | 13:20.00 | 14:30.00 | 15:30.00 | 16:20.00 | 17:25.00 | 18:40.00 | 20:10.00 | 23:10.00 | 25:00.00 | 28:10.00 | 33:20.00 |
| 50 Backstroke         | 38.50      | 40.00    | 42.00    | 44.00    | 46.50    | 49.50    | 52.00    | 54.50    | 59.00    | 1:04.00  | 1:10.00  | 1:24.00  | 2:10.00  | 2:40.00  |
| 100 Backstroke        | 1:25.00    | 1:27.00  | 1:32.00  | 1:37.00  | 1:43.00  | 1:48.00  | 1:57.00  | 2:05.00  | 2:17.00  | 2:24.00  | 2:39.00  | 3:10.00  | 3:45.00  | 4:40.00  |
| 200 Backstroke        | 3:06.00    | 3:08.00  | 3:22.00  | 3:35.00  | 3:45.00  | 4:00.00  | 4:15.00  | 4:23.00  | 4:51.00  | 5:08.00  | 5:40.00  | 6:55.00  | 8:30.00  | 9:30.00  |
| 50 Breaststroke       | 42.50      | 44.00    | 45.50    | 47.50    | 49.50    | 52.50    | 54.50    | 57.00    | 1:04.00  | 1:08.00  | 1:19.50  | 1:36.00  | 2:08.00  | 2:50.00  |
| 100 Breaststroke      | 1:35.00    | 1:37.00  | 1:39.00  | 1:46.00  | 1:50.00  | 1:56.00  | 2:03.00  | 2:11.00  | 2:23.00  | 2:34.00  | 3:01.00  | 3:50.00  | 4:45.00  | 5:50.00  |
| 200 Breaststroke      | 3:27.00    | 3:31.00  | 3:40.00  | 3:50.00  | 4:00.00  | 4:10.00  | 4:25.00  | 4:40.00  | 5:05.00  | 5:30.00  | 6:10.00  | 7:25.00  | 9:15.00  | 11:00.00 |
| 50 Butterfly          | 36.00      | 36.50    | 38.50    | 41.00    | 43.00    | 45.00    | 48.50    | 54.00    | 1:00.50  | 1:11.00  | 1:25.00  | 2:20.00  | 3:10.00  | 4:00.00  |
| 100 Butterfly         | 1:21.00    | 1:24.00  | 1:28.00  | 1:33.00  | 1:42.00  | 1:53.00  | 2:01.00  | 2:14.00  | 2:32.00  | 2:55.00  | 3:30.00  | 4:10.00  | 5:00.00  | 7:15.00  |
| 200 Butterfly         | 3:08.00    | 3:16.00  | 3:28.00  | 3:38.00  | 3:57.00  | 4:26.00  | 4:40.00  | 5:10.00  | 5:35.00  | 6:35.00  | 7:50.00  | 9:00.00  | 10:45.00 | 14:00.00 |
| 200 Individual Medley | 3:04.00    | 3:09.00  | 3:21.00  | 3:29.00  | 3:37.00  | 3:58.00  | 4:06.00  | 4:20.00  | 4:52.00  | 5:15.00  | 6:00.00  | 6:45.00  | 8:00.00  | 9:30.00  |
| 400 Individual Medley | 6:33.00    | 6:43.00  | 7:06.00  | 7:25.00  | 7:55.00  | 8:50.00  | 9:25.00  | 9:43.00  | 11:05.00 | 13:00.00 | 15:30.00 | 17:00.00 | 18:00.00 | 22:00.00 |