

SANAT22 STANDARDS Senior LC Long Course Meters

Women

	SNAT
50 Free	27,32
100 Free	59,69
200 Free	2:10,42
400 Free	4:32,97
800 Free	9:19,64
1500 Free	17:42,61
50 Back	31,13
100 Back	1:06,46
200 Back	2:22,39
50 Breast	33,92
100 Breast	1:14,03
200 Breast	2:40,59
50 Fly	28,20
100 Fly	1:04,04
200 Fly	2:20,61
200 IM	2:25,59
400 IM	5:07,49

Men

	SNAT
50 Free	24,13
100 Free	54,15
200 Free	1:57,75
400 Free	4:14,05
800 Free	8:41,93
1500 Free	16:45,51
50 Back	27,70
100 Back	59,85
200 Back	2:09,20
50 Breast	29,95
100 Breast	1:05,66
200 Breast	2:25,59
50 Fly	25,70
100 Fly	57,14
200 Fly	2:07,82
200 IM	2:11,60
400 IM	4:41,49