

## TEMPI LIMITE DIE QUADRI PER LA STAGIONE 2022/2023

- I tempi limite devono essere ottenuti in vasca lunga nella stagione 2021/2022 nel periodo 01.09.2021 – 21.08.2022 per l'élite, nel periodo 01.09.2021 – 07.08.2022 e devono apparire nel ranking ufficiale di Swiss Aquatics Swimming. (<https://www.swiss-aquatics.ch/Leistungssport/Swimming/Swimrankings-Swimstats>).
- Il tempo limite deve essere raggiunto o superato.  
Gli anni di nascita indicati valgono per la composizione dei quadri per la stagione 2022/2023.

Nationalmannschaftsmitelime 2022/2023 (zu schwimmen in Saison 2021/2022)								
Disziplin	Damen							
	Elitekader				Nachwuchskader			
	2002+älter	2003	2004	2005	2006	2007	2008	2009
50 FR	0:25,28	0:25,49	0:25,74	0:26,07	0:26,49	0:26,91	0:27,42	0:28,11
100 FR	0:54,95	0:55,37	0:55,88	0:56,55	0:57,42	0:58,34	0:59,45	1:00,93
200 FR	2:00,18	2:00,95	2:01,91	2:03,14	2:04,74	2:06,73	2:09,14	2:12,37
400 FR	4:16,24	4:17,73	4:19,56	4:21,92	4:24,98	4:29,22	4:34,33	4:41,19
800 FR	8:56,37	8:58,17	9:00,40	9:03,26	9:06,98	9:15,73	9:26,29	9:40,44
1500 FR	16:40,71	16:47,92	16:56,83	17:08,29	17:23,14	17:39,83		
50 BA	0:27,98	0:28,31	0:28,73	0:29,26	0:29,95	0:30,43		
100 BA	1:01,02	1:01,57	1:02,26	1:03,15	1:04,30	1:05,33	1:06,57	1:08,23
200 BA	2:14,63	2:15,63	2:16,86	2:18,45	2:20,51	2:22,76	2:25,47	2:29,11
50 BR	0:30,78	0:31,10	0:31,50	0:32,01	0:32,67	0:33,20		
100 BR	1:07,99	1:08,66	1:09,49	1:10,55	1:11,93	1:13,08	1:14,46	1:16,33
200 BR	2:28,29	2:29,45	2:30,88	2:32,72	2:35,11	2:37,59	2:40,59	2:44,60
50 BU	0:26,11	0:26,43	0:26,83	0:27,33	0:27,99	0:28,44		
100 BU	0:59,52	0:59,99	1:00,56	1:01,30	1:02,26	1:03,26	1:04,46	1:06,07
200 BU	2:13,50	2:14,40	2:15,52	2:16,95	2:18,81	2:21,04	2:23,72	2:27,31
200 IM	2:14,63	2:15,83	2:17,32	2:19,23	2:21,71	2:23,98	2:26,71	2:30,38
400 IM	4:49,83	4:52,12	4:54,95	4:58,58	5:03,30	5:08,15	5:14,00	5:21,85

Nationalmannschaftsmitelime 2022/2023 (zu schwimmen in Saison 2021/2022)								
Disziplin	Herren							
	Elitekader				Nachwuchskader			
	2001+älter	2002	2003	2004	2005	2006	2007	2008
50 FR	0:22,36	0:22,56	0:22,81	0:23,14	0:23,56	0:23,93	0:24,39	0:25,00
100 FR	0:49,01	0:49,43	0:49,95	0:50,63	0:51,50	0:52,32	0:53,32	0:54,65
200 FR	1:48,66	1:49,41	1:50,33	1:51,52	1:53,06	1:54,86	1:57,05	1:59,97
400 FR	3:50,70	3:52,08	3:53,80	3:56,01	3:58,87	4:02,69	4:07,30	4:13,48
800 FR	7:57,75	8:01,70	8:06,59	8:12,87	8:21,01	8:29,02		
1500 FR	15:29,52	15:34,86	15:41,46	15:49,93	16:00,92	16:16,30	16:34,85	16:59,72
50 BA	0:24,99	0:25,25	0:25,58	0:26,00	0:26,55	0:26,97		
100 BA	0:54,61	0:55,08	0:55,66	0:56,40	0:57,36	0:58,28	0:59,39	1:00,87
200 BA	1:59,46	2:00,40	2:01,54	2:03,02	2:04,94	2:06,94	2:09,35	2:12,58
50 BR	0:27,17	0:27,51	0:27,94	0:28,50	0:29,21	0:29,68		
100 BR	1:00,41	1:01,12	1:01,99	1:03,12	1:04,58	1:05,61	1:06,86	1:08,53
200 BR	2:12,30	2:13,57	2:15,14	2:17,15	2:19,77	2:22,01	2:24,70	2:28,32
50 BU	0:23,38	0:23,64	0:23,95	0:24,35	0:24,87	0:25,26		
100 BU	0:52,52	0:52,98	0:53,55	0:54,29	0:55,24	0:56,13	0:57,19	0:58,62
200 BU	1:58,37	1:59,40	2:00,67	2:02,30	2:04,41	2:06,40	2:08,80	2:12,02
200 IM	2:00,84	2:01,86	2:03,12	2:04,74	2:06,85	2:08,88	2:11,32	2:14,61
400 IM	4:21,25	4:23,39	4:26,04	4:29,44	4:33,85	4:38,23	4:43,52	4:50,61