

**Όρια επιδόσεων όλων των κατηγοριών για τη συμμετοχή  
των κολυμβητών-τριών σε Χειμερινούς & Πανελλήνια Πρωτ/τα (Κολ/ριο 25μ.)**

| ΑΓΩΝΙΣΜΑ      | ΑΝΔΡΩΝ   |                      | ΕΦΗΒΩΝ               | ΠΑΙΔΩΝ               | ΠΑΜΠ. Α              | ΠΑΜΠ. Β              |
|---------------|----------|----------------------|----------------------|----------------------|----------------------|----------------------|
|               | ΓΥΝΑΙΚΩΝ | ΝΕΑΝΙΔΩΝ             | ΚΟΡΑΣΙΔΩΝ            | ΠΑΓΚ. Α              | ΠΑΓΚ. Β              |                      |
| ΕΛΕΥΘ. 50μ.   | A<br>K   | 0.24.60<br>0.28.00   | 26.30<br>29.50       | 26.80<br>30.10       | 28.90<br>31.20       | 30.50<br>31.55       |
| ΕΛΕΥΘ. 100μ.  | A<br>K   | 0.54.60<br>1.01.70   | 56.40<br>1:02.90     | 58.00<br>1:04.70     | 1:03.40<br>1:09.00   | 1:05.70<br>1:09.60   |
| ΕΛΕΥΘ. 200μ.  | A<br>K   | 1.58.90<br>2.11.90   | 2:05.80<br>2:20.90   | 2:09.90<br>2:22.40   | 2:18.10<br>2:28.10   | 2:23.50<br>2:29.10   |
| ΕΛΕΥΘ. 400μ.  | A<br>K   | 4.14.80<br>4.38.30   | 4:28.40<br>4:51.30   | 4:33.80<br>4:59.80   | 4:50.80<br>5:12.80   | 5:01.20<br>5:20.40   |
| ΕΛΕΥΘ. 800μ.  | A<br>K   | 8.39.60<br>9.31.60   | 9:08.60<br>9:57.10   | 9:19.40<br>10:09.60  | 10:11.40<br>10:43.60 | 10:34.40<br>10:56.90 |
| ΕΛΕΥΘ. 1500μ. | K<br>A   | 17.03.00<br>18.03.00 | 17:46.50<br>18:40.00 | 17:58.00<br>18:50.00 | 18:48.00<br>19:35.00 | 19:34.00<br>20:05.00 |
| ΥΠΤΙΟ 50μ.    | A<br>K   | 29.90<br>32.90       | 30.90<br>35.00       | 32.30<br>36.10       | 33.60<br>37.20       | 35.40<br>38.00       |
| ΥΠΤΙΟ 100μ.   | A<br>K   | 1.03.50<br>1.11.20   | 1:07.10<br>1:15.30   | 1:09.00<br>1:17.30   | 1:14.30<br>1:20.40   | 1:17.10<br>1:21.95   |
| ΥΠΤΙΟ 200μ.   | A<br>K   | 2.16.90<br>2.31.90   | 2:24.30<br>2:40.60   | 2:31.10<br>2:43.60   | 2:40.90<br>2:50.40   | 2:45.70<br>2:54.20   |
| ΠΡΟΣΘΙΟ 50μ.  | A<br>K   | 31.90<br>37.00       | 33.90<br>39.30       | 35.40<br>40.60       | 37.10<br>41.90       | 38.45<br>42.95       |
| ΠΡΟΣΘΙΟ 100μ. | A<br>K   | 1.10.40<br>1.19.60   | 1:14.60<br>1:24.80   | 1:16.50<br>1:27.40   | 1:24.00<br>1:31.20   | 1:27.80<br>1:32.80   |
| ΠΡΟΣΘΙΟ 200μ. | A<br>K   | 2.33.90<br>2.51.90   | 2:42.80<br>3:03.10   | 2:47.90<br>3:06.50   | 3:00.70<br>3:11.70   | 3:08.50<br>3:16.40   |
| ΠΕΤΑΛ. 50μ.   | A<br>K   | 27.00<br>30.80       | 28.40<br>32.70       | 29.40<br>34.80       | 31.10<br>36.30       | 32.30<br>37.30       |
| ΠΕΤΑΛ. 100μ.  | A<br>K   | 1.00.20<br>1.09.20   | 1:04.40<br>1:13.50   | 1:06.90<br>1:16.00   | 1:14.20<br>1:20.30   | 1:19.00<br>1:24.35   |
| ΠΕΤΑΛ. 200μ.  | A<br>K   | 2.13.40<br>2.31.80   | 2:24.70<br>2:42.40   | 2:30.90<br>2:50.10   | 2:45.20<br>3:04.50   | 3:00.55<br>3:11.40   |
| Μ.ΑΤ. 200μ.   | A<br>K   | 2.17.40<br>2.32.90   | 2:24.40<br>2:41.70   | 2:30.40<br>2:44.90   | 2:40.90<br>2:49.90   | 2:47.80<br>2:54.70   |
| Μ.ΑΤ. 400μ.   | A<br>K   | 4.55.30<br>5.22.80   | 5:06.80<br>5:44.30   | 5:15.80<br>5:49.80   | 5:38.80<br>6:07.80   | 5:56.20<br>6:16.95   |

**Όρια Συμμετοχής των κολυμβητών-τριών όλων των κατηγοριών για τους Χειμερινούς Αγώνες & Πανελλήνια Πρωτ/τα (Κολ/ριο 50μ.)**

| ΑΓΩΝΙΣΜΑ      | ΑΝΔΡΕΣ |          | ΕΦΗΒΟΙ |          | ΠΑΙΔΕΣ |           | ΠΑΜΠ. Α |          | ΠΑΜΠ. Β |          |
|---------------|--------|----------|--------|----------|--------|-----------|---------|----------|---------|----------|
|               |        | ΓΥΝΑΙΚΕΣ |        | ΝΕΑΝΙΔΕΣ |        | ΚΟΡΑΣΙΔΕΣ |         | ΠΑΓΚ. Α  |         | ΠΑΓΚ. Β  |
| ΕΛΕΥΘ. 50μ.   | A      | 25.00    |        | 26.70    |        | 27.20     |         | 29.30    |         | 30.70    |
|               | K      | 28.80    |        | 30.60    |        | 30.90     |         | 32.00    |         | 32.35    |
| ΕΛΕΥΘ. 100μ.  | A      | 55.40    |        | 58.00    |        | 58.80     |         | 1:04.20  |         | 1:06.50  |
|               | K      | 1.02.50  |        | 1:04.80  |        | 1:05.50   |         | 1:09.80  |         | 1:10.40  |
| ΕΛΕΥΘ. 200μ.  | A      | 2.00.50  |        | 2:08.90  |        | 2:11.50   |         | 2:19.70  |         | 2:25.10  |
|               | K      | 2.13.50  |        | 2:22.00  |        | 2:24.00   |         | 2:29.70  |         | 2:33.70  |
| ΕΛΕΥΘ. 400μ.  | A      | 4.18.00  |        | 4:33.70  |        | 4:37.00   |         | 4:54.00  |         | 5:04.40  |
|               | K      | 4.41.50  |        | 4:55.90  |        | 5:03.00   |         | 5:16.00  |         | 5:23.60  |
| ΕΛΕΥΘ. 800μ.  | A      | 8.50.00  |        | 9:16.50  |        | 9:20.00   |         | 10:17.00 |         | 10:35.00 |
|               | K      | 9.38.00  |        | 10:07.00 |        | 10:16.00  |         | 10:50.00 |         | 11:03.30 |
| ΕΛΕΥΘ. 1500μ. | A      | 17.15.00 |        | 18:05.50 |        | 18:10.00  |         | 19:03.00 |         | 19:49.00 |
|               | K      | 18.15.00 |        | 18:47.00 |        | 18:56.00  |         | 19:40.00 |         | 20:10.00 |
| ΥΠΤΙΟ 50μ.    | A      | 30.30    |        | 31.70    |        | 32.70     |         | 34.00    |         | 35.80    |
|               | K      | 33.30    |        | 35.80    |        | 36.50     |         | 37.60    |         | 38.40    |
| ΥΠΤΙΟ 100μ.   | A      | 1.04.30  |        | 1:08.20  |        | 1:09.80   |         | 1:15.10  |         | 1:17.90  |
|               | K      | 1.12.00  |        | 1:16.50  |        | 1:18.10   |         | 1:21.20  |         | 1:22.75  |
| ΥΠΤΙΟ 200μ.   | A      | 2.18.50  |        | 2:27.30  |        | 2:32.70   |         | 2:42.50  |         | 2:47.30  |
|               | K      | 2.33.50  |        | 2:43.40  |        | 2:45.20   |         | 2:52.00  |         | 2:56.20  |
| ΠΡΟΣΘ. 50μ.   | A      | 32.30    |        | 35.00    |        | 35.80     |         | 37.50    |         | 38.85    |
|               | K      | 37.40    |        | 40.20    |        | 41.00     |         | 42.30    |         | 43.35    |
| ΠΡΟΣΘ. 100μ.  | A      | 1.11.20  |        | 1:15.90  |        | 1:17.30   |         | 1:24.80  |         | 1:28.60  |
|               | K      | 1.20.40  |        | 1:26.10  |        | 1:28.20   |         | 1:32.00  |         | 1:33.60  |
| ΠΡΟΣΘ. 200μ.  | A      | 2.35.50  |        | 2:45.90  |        | 2:49.50   |         | 3:02.80  |         | 3:10.10  |
|               | K      | 2.53.50  |        | 3:05.80  |        | 3:08.10   |         | 3:13.30  |         | 3:18.00  |
| ΠΕΤΑΛ. 50μ.   | A      | 27.40    |        | 29.30    |        | 29.80     |         | 31.50    |         | 32.70    |
|               | K      | 31.20    |        | 34.00    |        | 35.20     |         | 36.70    |         | 37.70    |
| ΠΕΤΑΛ. 100μ.  | A      | 1.01.00  |        | 1:06.00  |        | 1:07.70   |         | 1:15.40  |         | 1:19.80  |
|               | K      | 1.10.00  |        | 1:15.00  |        | 1:16.80   |         | 1:22.30  |         | 1:25.15  |
| ΠΕΤΑΛ. 200μ.  | A      | 2.15.00  |        | 2:27.10  |        | 2:32.50   |         | 2:46.80  |         | 3:02.15  |
|               | K      | 2.33.40  |        | 2:45.00  |        | 2:51.50   |         | 3:06.10  |         | 3:13.00  |
| Μ.ΑΤΟΜ. 200μ. | A      | 2.19.00  |        | 2:27.80  |        | 2:32.00   |         | 2:42.50  |         | 2:49.40  |
|               | K      | 2.34.50  |        | 2:44.90  |        | 2:46.50   |         | 2:51.50  |         | 2:56.30  |
| Μ.ΑΤΟΜ. 400μ. | A      | 4.58.50  |        | 5:13.00  |        | 5:19.00   |         | 5:42.00  |         | 5:59.40  |
|               | K      | 5.26.00  |        | 5:49.50  |        | 5:53.00   |         | 6:11.00  |         | 6:20.15  |

**Ανώτατα όρια επιδόσεων όλων των κατηγοριών για τις ημερίδες ορίων  
Χειμερινών Αγώνων & Πανελληνίων Πρωτίων (κολυριο 50μ.)**

| ΑΓΩΝΙΣΜΑ               |        | ΑΝΔΡΕΣ<br>ΓΥΝΑΙΚΕΣ   | ΕΦΗΒΟΙ<br>ΝΕΑΝΙΔΕΣ   | ΠΑΙΔΕΣ<br>ΚΟΡΑΣΙΔΕΣ  | ΠΑΜΠ. Α<br>ΠΑΓΚ. Α   | ΠΑΜΠ. Β<br>ΠΑΓΚ. Β   |
|------------------------|--------|----------------------|----------------------|----------------------|----------------------|----------------------|
| ΕΛΕΥΘ<br>50μ.          | A<br>K | 29.10<br>29.50       | 29.50<br>33.75       | 30.75<br>34.75       | 33.50<br>36.00       | 37.00<br>39.40       |
| ΕΛΕΥΘ<br>100μ.         | A<br>K | 1.03.50<br>1.08.50   | 1.05.00<br>1.12.00   | 1.07.50<br>1.15.50   | 1.14.30<br>1.17.95   | 1.21.00<br>1.24.00   |
| ΕΛΕΥΘ<br>200μ.         | A<br>K | 2.20.00<br>2.24.00   | 2.21.00<br>2.32.00   | 2.26.50<br>2.39.00   | 2.40.00<br>2.45.00   | 2.55.80<br>3.00.00   |
| ΕΛΕΥΘ<br>400μ.         | A<br>K | 4.42.00<br>5.03.00   | 4.52.00<br>5.22.00   | 5.07.00<br>5.35.00   | 5.39.00<br>5.46.80   | 6.10.40<br>6.19.50   |
| ΕΛΕΥΘ.<br>1500μ<br>800 | A<br>K | 18.53.00<br>10.18.00 | 19.25.00<br>10.54.00 | 20.20.00<br>11.34.00 | 22.00.00<br>12.00.00 | 22.30.00<br>12.56.90 |
| ΠΡΟΣΘ<br>50μ.          | A<br>K | 37.00<br>40.40       | 38.40<br>41.90       | 39.80<br>44.20       | 43.00<br>46.90       | 45.90<br>49.50       |
| ΠΡΟΣΘ<br>100μ.         | A<br>K | 1.21.00<br>1.27.00   | 1.24.00<br>1.30.00   | 1.27.00<br>1.35.00   | 1.34.00<br>1.41.00   | 1.40.50<br>1.46.50   |
| ΠΡΟΣΘ<br>200μ.         | A<br>K | 2.53.00<br>3.08.00   | 3.02.00<br>3.18.00   | 3.09.00<br>3.29.50   | 3.23.00<br>3.40.20   | 3.35.00<br>3.49.00   |
| ΠΕΤΑΛ.<br>50μ.         | A<br>K | 30.80<br>37.70       | 32.70<br>38.60       | 34.50<br>40.00       | 37.20<br>43.30       | 41.20<br>44.80       |
| ΠΕΤΑΛ<br>100μ.         | A<br>K | 1.07.00<br>1.20.00   | 1.11.00<br>1.22.00   | 1.15.00<br>1.25.00   | 1.21.00<br>1.32.00   | 1.29.60<br>1.35.00   |
| ΠΕΤΑΛ<br>200μ.         | A<br>K | 2.27.00<br>2.52.00   | 2.36.00<br>2.57.50   | 2.46.00<br>3.03.00   | 3.01.00<br>3.20.95   | 3.16.40<br>3.27.40   |
| ΥΠΤΙΟ<br>100μ.         | A<br>K | 33.20<br>38.50       | 35.60<br>39.50       | 38.60<br>41.90       | 42.10<br>45.70       | 43.50<br>47.80       |
| ΥΠΤΙΟ<br>100μ.         | A<br>K | 1.11.00<br>1.20.00   | 1.16.00<br>1.22.00   | 1.22.50<br>1.27.00   | 1.30.00<br>1.35.00   | 1.32.90<br>1.39.20   |
| ΥΠΤΙΟ<br>200μ.         | A<br>K | 2.32.00<br>2.46.00   | 2.42.00<br>2.54.00   | 2.53.00<br>3.05.00   | 3.13.90<br>3.24.50   | 3.17.00<br>3.30.00   |
| M.AT.<br>200μ.         | A<br>K | 2.41.00<br>2.58.00   | 2.47.00<br>3.01.00   | 2.53.00<br>3.05.00   | 3.06.00<br>3.14.60   | 3.12.00<br>3.19.00   |
| M.AT.<br>400μ.         | A<br>K | 5.38.00<br>6.14.00   | 5.51.00<br>6.22.00   | 6.04.00<br>6.28.00   | 6.34.00<br>6.46.00   | 6.45.00<br>6.57.50   |

Ως όρια συμμετοχής για τα Πανελλήνια Πρωταθλήματα, θα υπολογισθούν επιδόσεις που θα επιτευχθούν από 1/10/17, σε κολυμβητήριο 50μ..