

Limieten Regionale Kampioenschappen - Winter

P=Paralympisch	Junioren 1		Junioren 2		Junioren 3		Jeugd 1 & 2		Senioren	
	I-niveau		I-niveau		I-niveau		H-niveau		H-niveau	
Meisjes/Dames	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m
50 m rugslag	P 38.50	40.58	37.05	39.06	36.04	37.99	34.01	35.85	33.48	35.29
100 m rugslag	P 1:22.91	1:27.57	1:19.79	1:24.28	1:17.62	1:21.98	1:12.02	1:16.06	1:10.42	1:14.38
200 m rugslag		3:07.93	2:53.83	3:00.87	2:49.09	2:55.94	2:36.88	2:43.24	2:34.12	2:40.36
50 m schoolslag	P 43.62	44.65	42.07	43.06	40.76	41.73	38.68	39.60	38.10	39.00
100 m schoolslag	P 1:33.90	1:36.90	1:30.56	1:33.45	1:27.75	1:30.55	1:23.27	1:25.93	1:22.30	1:24.92
200 m schoolslag		3:29.01	3:15.00	3:21.58	3:08.94	3:15.31	2:59.30	3:05.35	2:57.64	3:03.64
50 m vlinderslag	P 38.85	38.93	36.94	37.02	35.66	35.74	33.47	33.54	33.03	33.10
100 m vlinderslag	P 1:28.25	1:29.91	1:23.91	1:25.49	1:21.00	1:22.53	1:16.15	1:17.59	1:15.07	1:16.49
200 m vlinderslag		3:19.68	3:06.44	3:09.87	2:59.98	3:03.29	2:49.20	2:52.31	2:45.24	2:48.27
50 m vrije slag	P 35.63	36.38	34.38	35.11	33.50	34.20	31.08	31.73	30.24	30.88
100 m vrije slag	P 1:16.16	1:17.90	1:13.50	1:15.18	1:11.61	1:13.24	1:06.44	1:07.95	1:05.24	1:06.73
200 m vrije slag	P 2:45.33	2:48.61	2:39.55	2:42.71	2:35.44	2:38.53	2:24.21	2:27.07	2:21.38	2:24.18
400 m vrije slag	P 5:52.08	5:57.86	5:36.84	5:42.37	5:26.88	5:32.24	5:04.39	5:09.39	4:58.18	5:03.07
800 m vrije slag		12:32.76	11:48.27	12:00.17	11:27.32	11:38.86	10:40.05	10:50.80	10:10.22	10:20.47
200 m wisselslag	P 3:05.11	3:11.59	2:58.26	3:04.49	2:53.26	2:59.32	2:40.70	2:46.32	2:37.91	2:43.43
400 m wisselslag		7:01.73	6:32.54	6:46.11	6:21.53	6:34.72	6:00.46	6:12.92	5:56.03	6:08.34

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P=Paralympisch	Junioren 1		Junioren 2		Junioren 3		Junioren 4		Jeugd 1 & 2		Senioren		
	K-niveau		K-niveau		K-niveau		J-niveau		I-niveau		H-niveau		
Jongens/Heren	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	
50 m rugslag	P 37.27	40.32	35.57	38.48	34.40	37.22	32.28	34.92	30.71	33.22	29.27	31.67	
100 m rugslag	P 1:20.79	1:25.77	1:17.10	1:21.86	1:14.57	1:19.17	1:09.97	1:14.29	1:06.56	1:10.67	1:03.97	1:07.92	
200 m rugslag		2:56.92	3:07.46	2:48.84	2:58.90	2:43.31	2:53.04	2:33.25	2:42.37	2:25.77	2:34.45	2:18.25	2:26.49
50 m schoolslag	P 42.80	44.78	40.98	42.88	39.50	41.33	37.05	38.77	35.05	36.67	33.18	34.72	
100 m schoolslag	P 1:33.86	1:37.75	1:29.87	1:33.61	1:26.63	1:30.23	1:21.26	1:24.63	1:16.86	1:20.05	1:13.13	1:16.17	
200 m schoolslag		3:20.59	3:31.46	3:12.07	3:22.48	3:05.14	3:15.17	2:53.67	3:03.08	2:44.26	2:53.16	2:36.13	2:44.59
50 m vlinderslag	P 39.01	40.14	36.69	37.75	34.55	35.55	33.00	33.95	31.45	32.36	29.65	30.51	
100 m vlinderslag	P 1:26.22	1:28.68	1:21.10	1:23.41	1:16.37	1:18.55	1:12.95	1:15.02	1:09.53	1:11.51	1:04.44	1:06.28	
200 m vlinderslag		3:13.72	3:18.98	3:02.20	3:07.15	2:51.58	2:56.25	2:43.89	2:48.34	2:36.21	2:40.45	2:26.91	2:30.90
50 m vrije slag	P 34.13	35.22	32.75	33.80	31.70	32.72	29.79	30.74	28.36	29.27	26.38	27.23	
100 m vrije slag	P 1:13.89	1:17.13	1:10.91	1:14.01	1:08.64	1:11.65	1:04.49	1:07.32	1:01.40	1:04.09	56.88	59.37	
200 m vrije slag	P 2:44.67	2:49.03	2:38.02	2:42.20	2:32.97	2:37.02	2:23.72	2:27.53	2:16.84	2:20.46	2:07.35	2:10.72	
400 m vrije slag	P 5:47.04	5:59.83	5:31.88	5:44.10	5:22.43	5:34.31	5:02.60	5:13.75	4:47.68	4:58.28	4:27.49	4:37.35	
1500 m vrije slag		23:23.60	24:01.70	22:22.27	22:58.71	21:44.05	22:19.45	20:23.86	20:57.08	19:23.52	19:55.10	18:06.82	18:36.32
200 m wisselslag	P 3:03.48	3:10.79	2:55.41	3:02.41	2:49.57	2:56.33	2:39.21	2:45.56	2:31.01	2:37.03	2:22.62	2:28.30	
400 m wisselslag		6:50.75	7:05.30	6:32.70	6:46.61	6:19.62	6:33.07	5:56.92	6:09.56	5:39.04	5:51.05	5:12.60	5:23.67

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Dames			Junioren3 el		Jeugd 2el		Senioren	
Estafettes			11	13	11	15	11	99
4 x 100	m	vrije slag	05:00,00		04:35,00		04:22,00	
4 x 200	m	vrije slag	10:36,00		10:00,00		09:40,00	
4 x 100	m	wisselslag	05:44,00		05:15,00		05:03,00	

Heren			Junioren 2el		Junioren 4el		Jeugd 2el		Senioren	
Estafettes			12	13	12	15	12	17	12	99
4 x 100	m	vrije slag	05:00,00		04:22,00		04:13,00		04:00,00	
4 x 200	m	vrije slag	10:24,00		09:35,00		09:17,00		08:56,00	
4 x 100	m	wisselslag	05:44,00		05:00,00		04:46,00		04:38,00	