

## Limieten Regionale Kampioenschappen - Winter

P = paralympisch		Jun 1-2		Jun 3-4		Jeugd 1-2		Senioren	
		I-limiet		I-limiet		H-limiet		H-limiet	
meisjes / dames		25m	50m	25m	50m	25m	50m	25m	50m
50m rugslag	P	00:38,50	00:40,58	00:36,04	00:37,99	00:33,71	00:35,53	00:33,04	00:34,83
100m rugslag	P	01:22,91	01:27,57	01:17,62	01:21,98	01:11,38	01:15,39	01:09,20	01:13,11
200m rugslag		03:00,62	03:07,93	02:49,09	02:55,94	02:35,50	02:41,80	02:31,60	02:37,74
50m schoolslag	P	00:43,62	00:44,65	00:40,76	00:41,73	00:38,60	00:39,52	00:37,55	00:38,44
100m schoolslag	P	01:33,90	01:36,90	01:27,75	01:30,55	01:23,10	01:25,75	01:20,61	01:23,19
200m schoolslag		03:22,19	03:29,01	03:08,94	03:15,31	02:58,93	03:04,97	02:54,50	03:00,38
50m vlinderslag	P	00:38,85	00:38,93	00:35,66	00:35,74	00:33,38	00:33,44	00:32,13	00:32,19
100m vlinderslag	P	01:28,25	01:29,91	01:21,00	01:22,53	01:15,93	01:17,36	01:13,49	01:14,87
200m vlinderslag		03:16,08	03:19,68	02:59,98	03:03,29	02:48,71	02:51,81	02:42,51	02:45,50
50m vrije slag	P	00:35,63	00:36,38	00:33,50	00:34,20	00:31,08	00:31,36	00:29,57	00:30,19
100m vrije slag	P	01:16,16	01:17,90	01:11,61	01:13,24	01:05,67	01:07,17	01:04,14	01:05,60
200m vrije slag	P	02:45,33	02:48,61	02:35,44	02:38,53	02:22,25	02:25,38	02:20,03	02:22,81
400m vrije slag	P	05:52,08	05:57,86	05:26,88	05:32,24	05:01,89	05:06,85	04:56,87	05:01,74
800m vrije slag		12:20,32	12:32,76	11:27,32	11:38,86	10:34,79	10:45,54	10:08,01	10:18,22
100m wisselslag	P	01:23,25	nvt	01:17,85	nvt	01:12,00	nvt	01:10,65	nvt
200m wisselslag	P	03:05,11	03:11,59	02:53,26	02:59,32	02:39,51	02:45,08	02:35,68	02:41,13
400m wisselslag		06:47,64	07:01,73	06:21,53	06:34,72	05:57,77	06:10,14	05:48,66	06:00,71

## Limieten Regionale Kampioenschappen - Winter

P=paralympisch		Junioren 1-2		Junioren 3-4		Jeugd 1-2		Senioren	
		K-limiet		K-limiet		I-limiet		H-limiet	
jongens/heren		25m	50m	25m	50m	25m	50m	25m	50m
50m rugslag	P	00:37,27	00:40,32	00:34,40	00:37,22	00:30,71	00:33,22	00:29,27	00:31,67
100m rugslag	P	01:20,97	01:25,77	01:14,57	01:19,17	01:06,56	01:10,67	01:03,97	01:07,92
200m rugslag		02:56,92	03:07,46	02:43,31	02:53,04	02:25,77	02:34,45	02:18,25	02:26,49
50m schoolslag	P	00:42,80	00:44,78	00:39,50	00:41,33	00:35,05	00:36,67	00:33,18	00:34,72
100m schoolslag	P	01:33,86	01:37,75	01:26,63	01:30,23	01:16,86	01:20,05	01:13,13	01:16,17
200m schoolslag		03:20,59	03:31,46	03:05,14	03:15,17	02:44,26	02:53,16	02:36,13	02:44,59
50m vlinderslag	P	00:39,01	00:40,14	00:34,55	00:35,55	00:31,45	00:32,36	00:29,65	00:30,51
100m vlinderslag	P	01:26,22	01:28,68	01:16,37	01:18,55	01:09,53	01:11,51	01:04,44	01:06,28
200m vlinderslag		03:13,72	03:18,98	02:51,58	02:56,25	02:36,21	02:40,45	02:26,91	02:30,90
50m vrije slag	P	00:34,13	00:35,22	00:31,70	00:32,72	00:28,36	00:29,27	00:26,38	00:27,23
100m vrije slag	P	01:13,89	01:17,13	01:08,64	01:11,65	01:01,40	01:04,09	00:56,88	00:59,37
200m vrije slag	P	02:44,67	02:49,03	02:32,97	02:37,02	02:16,84	02:20,46	02:07,35	02:10,72
400m vrije slag	P	05:47,04	05:59,53	05:22,43	05:34,31	04:47,68	04:58,28	04:27,49	04:37,35
1500m vrije slag		23:23,60	24:01,70	21:44,05	22:19,45	19:23,52	19:55,10	18:06,82	18:36,32
100m wisselslag	P	01:22,35	nvt	01:16,05	nvt	01:07,95	nvt	01:05,20	nvt
200m wisselslag	P	03:03,48	03:10,79	02:49,57	02:56,33	02:31,01	02:37,03	02:22,62	02:28,30
400m wisselslag		06:50,75	07:05,30	06:19,62	06:33,07	05:39,04	05:51,05	05:12,60	05:23,67

## Limieten Regionale Kampioenschappen - Winter

Dames		Junioren 2 el		Junioren 4 el		Jeugd 2 el		Senioren	
Estafette		11	12	11	14	11	16	11	99
4x100m vrije slag		05:00,00		04:48,00		04:35,00		04:22,00	
4x200m vrije slag		10:36,00		10:18,00		10:00,00		09:40,00	
4x100m wisselslag		05:44,00		05:29,00		05:15,00		05:03,00	

Heren		Junioren 2 el		Junioren 4 el		Jeugd 2 el		Senioren	
Estafette		12	13	12	15	12	17	12	99
4x100m vrije slag		05:00,00		04:22,00		04:13,00		04:00,00	
4x200m vrije slag		10:24,00		09:35,00		09:17,00		08:56,00	
4x100m wisselslag		05:44,00		05:00,00		04:46,00		05:03,00	

Mixed		Junioren	Jeugd	Senioren
4x50m vrije slag		Max. 5 series (3x finale + 2 "rest" series)		
4x50m wisselslag				