

Limiettijden VK 2020

HEREN

		15 jaar 2005	16 jaar 2004	17 jaar 2003	18 jaar 2002	19+ jaar 2001 - ...
VRIJE SLAG	50 meter	00:28,39	00:27,65	00:27,20	00:26,91	00:26,50
	100 meter	01:02,33	01:00,55	00:59,76	00:59,01	00:58,02
	200 meter	02:16,47	02:12,24	02:10,64	02:08,98	02:07,51
	400 meter	04:51,03	04:42,21	04:38,73	04:34,47	04:30,64
	800 meter	10:11,63	09:57,80	09:46,64	09:31,97	09:23,86
	1500 meter	19:15,14	18:48,92	18:29,06	18:10,81	17:57,16
RUGSLAG	50 meter	00:32,61	00:31,76	00:31,09	00:30,43	00:30,03
	100 meter	01:09,90	01:08,18	01:06,57	01:05,41	01:04,77
	200 meter	02:31,71	02:28,23	02:24,75	02:23,05	02:21,54
SCHOOLSLAG	50 meter	00:35,77	00:34,95	00:34,34	00:33,58	00:32,97
	100 meter	01:18,42	01:16,97	01:14,94	01:13,72	01:12,17
	200 meter	02:52,24	02:48,86	02:44,19	02:40,95	02:38,41
VLINDERSLAG	50 meter	00:30,43	00:29,46	00:29,04	00:28,59	00:28,43
	100 meter	01:07,19	01:04,95	01:03,94	01:03,36	01:02,58
	200 meter	02:33,33	02:28,50	02:25,13	02:22,78	02:21,59
WISSELSLAG	200 meter	02:33,77	02:29,36	02:26,85	02:24,94	02:22,57
	400 meter	05:26,81	05:19,71	05:13,07	05:09,04	05:05,96

DAMES

		14 jaar 2006	15 jaar 2005	16 jaar 2004	17 jaar 2003	18+ jaar 2002
VRIJE SLAG	50 meter	00:31,15	00:30,60	00:30,08	00:30,00	00:29,85
	100 meter	01:07,87	01:06,04	01:05,07	01:04,96	01:04,66
	200 meter	02:26,94	02:22,96	02:20,99	02:19,58	02:19,16
	400 meter	05:09,95	05:02,42	04:57,35	04:54,44	04:54,40
	800 meter	10:41,23	10:20,88	10:13,61	10:06,78	10:04,64
	1500 meter	20:50,05	20:11,39	19:37,00	19:26,34	19:22,67
RUGSLAG	50 meter	00:35,46	00:34,69	00:34,19	00:33,95	00:33,73
	100 meter	01:15,84	01:14,30	01:13,46	01:12,91	01:12,08
	200 meter	02:43,81	02:40,37	02:37,18	02:35,89	02:35,06
SCHOOLSLAG	50 meter	00:39,31	00:38,42	00:37,69	00:37,38	00:37,16
	100 meter	01:25,31	01:23,64	01:21,96	01:21,34	01:20,85
	200 meter	03:06,17	03:03,03	02:59,58	02:57,47	02:56,76
VLINDERSLAG	50 meter	00:33,54	00:32,69	00:31,99	00:31,66	00:31,46
	100 meter	01:13,91	01:11,72	01:10,84	01:10,13	01:09,78
	200 meter	02:46,72	02:41,87	02:38,45	02:37,01	02:36,70
WISSELSLAG	200 meter	02:46,00	02:41,95	02:39,23	02:38,24	02:37,17
	400 meter	05:51,85	05:44,42	05:38,90	05:34,90	05:33,56