

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	38.50	37.05	37.05	36.04	36.04	34.01	34.01	33.48	33.48
100 m rugslag	P 1:22.91	1:22.91	1:19.79	1:19.79	1:17.62	1:17.62	1:12.02	1:12.02	1:10.42	1:10.42
200 m rugslag		3:00.62	2:53.83	2:53.83	2:49.09	2:49.09	2:36.88	2:36.88	2:34.12	2:34.12
50 m schoolslag	P 43.62	43.62	42.07	42.07	40.76	40.76	38.68	38.68	38.10	38.10
100 m schoolslag	P 1:33.90	1:33.90	1:30.56	1:30.56	1:27.75	1:27.75	1:23.27	1:23.27	1:22.30	1:22.30
200 m schoolslag		3:22.19	3:15.00	3:15.00	3:08.94	3:08.94	2:59.30	2:59.30	2:57.64	2:57.64
50 m vlinderslag	P 38.85	38.85	36.94	36.94	35.66	35.66	33.47	33.47	33.03	33.03
100 m vlinderslag	P 1:28.25	1:28.25	1:23.91	1:23.91	1:21.00	1:21.00	1:16.15	1:16.15	1:15.07	1:15.07
200 m vlinderslag		3:16.08	3:06.44	3:06.44	2:59.98	2:59.98	2:49.20	2:49.20	2:45.24	2:45.24
50 m vrije slag	P 35.63	35.63	34.38	34.38	33.50	33.50	31.08	31.08	30.24	30.24
100 m vrije slag	P 1:16.16	1:16.16	1:13.50	1:13.50	1:11.61	1:11.61	1:06.44	1:06.44	1:05.24	1:05.24
200 m vrije slag	P 2:45.33	2:45.33	2:39.55	2:39.55	2:35.44	2:35.44	2:24.21	2:24.21	2:21.38	2:21.38
400 m vrije slag	P 5:52.08	5:52.08	5:36.84	5:36.84	5:26.88	5:26.88	5:04.39	5:04.39	4:58.18	4:58.18
800 m vrije slag		12:20.32	11:48.27	11:48.27	11:27.32	11:27.32	10:40.05	10:40.05	10:10.22	10:10.22
200 m wisselslag	P 3:05.11	3:05.11	2:58.26	2:58.26	2:53.26	2:53.26	2:40.70	2:40.70	2:37.91	2:37.91
400 m wisselslag		6:47.64	6:32.54	6:32.54	6:21.53	6:21.53	6:00.46	6:00.46	5:56.03	5:56.03

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	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	37.27	35.57	35.57	34.40	34.40	32.28	32.28	30.71	30.71	29.27	29.27	
100 m rugslag	P 1:20.79	1:20.79	1:17.10	1:17.10	1:14.57	1:14.57	1:09.97	1:09.97	1:06.56	1:06.56	1:03.97	1:03.97	
200 m rugslag		2:56.92	2:56.92	2:48.84	2:48.84	2:43.31	2:43.31	2:33.25	2:33.25	2:25.77	2:25.77	2:18.25	2:18.25
50 m schoolslag	P 42.80	42.80	40.98	40.98	39.50	39.50	37.05	37.05	35.05	35.05	33.18	33.18	
100 m schoolslag	P 1:33.86	1:33.86	1:29.87	1:29.87	1:26.63	1:26.63	1:21.26	1:21.26	1:16.86	1:16.86	1:13.13	1:13.13	
200 m schoolslag		3:20.59	3:20.59	3:12.07	3:12.07	3:05.14	3:05.14	2:53.67	2:53.67	2:44.26	2:44.26	2:36.13	2:36.13
50 m vlinderslag	P 39.01	39.01	36.69	36.69	34.55	34.55	33.00	33.00	31.45	31.45	29.65	29.65	
100 m vlinderslag	P 1:26.22	1:26.22	1:21.10	1:21.10	1:16.37	1:16.37	1:12.95	1:12.95	1:09.53	1:09.53	1:04.44	1:04.44	
200 m vlinderslag		3:13.72	3:13.72	3:02.20	3:02.20	2:51.58	2:51.58	2:43.89	2:43.89	2:36.21	2:36.21	2:26.91	2:26.91
50 m vrije slag	P 34.13	34.13	32.75	32.75	31.70	31.70	29.79	29.79	28.36	28.36	26.38	26.38	
100 m vrije slag	P 1:13.89	1:13.89	1:10.91	1:10.91	1:08.64	1:08.64	1:04.49	1:04.49	1:01.40	1:01.40	56.88	56.88	
200 m vrije slag	P 2:44.67	2:44.67	2:38.02	2:38.02	2:32.97	2:32.97	2:23.72	2:23.72	2:16.84	2:16.84	2:07.35	2:07.35	
400 m vrije slag	P 5:47.04	5:47.04	5:31.88	5:31.88	5:22.43	5:22.43	5:02.60	5:02.60	4:47.68	4:47.68	4:27.49	4:27.49	
1500 m vrije slag		23:23.60	23:23.60	22:22.27	22:22.27	21:44.05	21:44.05	20:23.86	20:23.86	19:23.52	19:23.52	18:06.82	18:06.82
200 m wisselslag	P 3:03.48	3:03.48	2:55.41	2:55.41	2:49.57	2:49.57	2:39.21	2:39.21	2:31.01	2:31.01	2:22.62	2:22.62	
400 m wisselslag		6:50.75	6:50.75	6:32.70	6:32.70	6:19.62	6:19.62	5:56.92	5:56.92	5:39.04	5:39.04	5:12.60	5:12.60

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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	
Mixed			Junioren		Jeugd		Senioren Open			
4 x 50	m	vrije slag	Max. 5 series (3x finale serie + 2 "rest" series)							
4 x 50	m	wisselslag								

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