

## Limieten Regiokampioenschappen seizoen 2019-2020



	Junioren 1-2		junioren 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 vrije slag	00:35,63	00:36,38	00:33,50	00:34,20	00:31,08	00:31,73	00:30,24	00:30,88
100m vrije slag	01:16,16	01:17,90	01:11,61	01:13,24	01:06,44	01:07,95	01:05,24	01:06,73
200m vrije slag	02:45,33	02:48,61	02:35,44	02:38,53	02:24,21	02:27,07	02:21,38	02:24,18
400m vrije slag	05:52,08	05:57,86	05:26,88	05:32,24	05:04,39	05:09,39	04:58,18	05:03,07
50m rugslag	00:38,50	00:40,58	00:36,04	00:37,99	00:34,01	00:35,85	00:33,48	00:35,29
100m rugslag	01:22,91	01:27,57	01:17,62	01:21,98	01:12,02	01:16,06	01:10,42	01:14,38
200m rugslag	03:00,62	03:07,93	02:49,09	02:55,94	02:36,88	02:43,24	02:34,12	02:40,36
50m schoolslag	00:43,62	00:44,65	00:40,76	00:41,73	00:38,68	00:39,60	00:38,10	00:39,00
100m schoolslag	01:33,90	01:36,90	01:27,75	01:30,55	01:23,27	01:25,93	01:22,30	01:24,92
200m schoolslag	03:22,19	03:29,01	03:08,94	03:15,31	02:59,30	03:05,35	02:57,64	03:03,64
50m vlinderslag	00:38,85	00:38,93	00:35,66	00:35,74	00:33,47	00:33,54	00:33,03	00:33,10
100m vlinderslag	01:28,25	01:29,91	01:21,00	01:22,53	01:16,15	01:17,59	01:15,07	01:16,49
200m vlinderslag	03:16,08	03:19,68	02:59,98	03:03,29	02:49,20	02:52,31	02:45,24	02:48,27
100m wisselslag	01:23,25	nvt	01:17,85	nvt	01:12,00	nvt	01:10,65	nvt
200m wisselslag	03:05,11	03:11,59	02:53,26	02:59,32	02:40,70	02:46,32	02:37,91	02:43,43
400m wisselslag	06:47,64	07:01,73	06:21,53	06:46,11	06:00,46	06:12,92	05:56,03	06:08,34

Estafettes	Junioren 1 t/m 4		Dames	
4x100m vrije slag	04:50:00	05:00:00	04:30:00	04:40:00
4x200m vrije slag	10:56:00	11:10:00	10:00:00	10:15:00
4x100m wisselslag	05:54:00	06:00:00	05:13:00	05:20:00