

Limieten Regiokampioenschappen seizoen 2019-2020



	Junioren 1 + 2		junioren 3 + 4		jeugd 1-2		Senioren open	
	K-limiet		K-limiet		I-limiet		H-limiet	
	25m	50m	25m	50m	25m	50m	25m	50m
jongens/heren								
50m vrije slag	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	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	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	05:47,04	05:59,83	05:22,43	05:34,31	04:47,68	04:58,28	04:27,49	04:37,35
50m rugslag	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	01:20,79	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	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	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	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	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
100m wisselslag	01:22,35	nvt	01:16,05	nvt	01:07,95	nvt	01:05,20	nvt
200m wisselslag	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

Estafettes	Junioren 1 t/m 4		Heren	
	25m	50m	25m	50m
4x100m vrije slag	04:35:00	04:47:00	04:10:00	04:27:00
4x200m vrije slag	10:08:00	10:28:00	09:16:00	09:33:00
4x100m wisselslag	05:10:00	05:30:00	04:53:00	05:13:00