

Limiettijden VK 2019

	HEREN				
	15 jaar	16 jaar	17 jaar	18 jaar	19+ jaar
50m vrije slag	00:29,00	00:28,20	00:27,90	00:27,40	00:26,90
100m vrije slag	01:03,50	01:01,80	01:01,10	01:00,10	00:59,10
200m vrije slag	02:19,80	02:14,80	02:13,40	02:11,40	02:09,40
400m vrije slag	04:56,60	04:48,30	04:44,20	04:39,10	04:35,70
800m vrije slag	10:27,50	10:11,20	09:59,70	09:40,70	09:35,70
1500m vrije slag	19:40,60	19:14,70	18:47,30	18:27,90	18:15,10
50m schoolslag	00:36,70	00:35,60	00:35,30	00:34,40	00:33,90
100m schoolslag	01:19,60	01:18,20	01:16,70	01:15,40	01:13,60
200m schoolslag	02:51,70	02:49,20	02:45,20	02:41,50	02:39,50
50m vlinderslag	00:31,10	00:30,10	00:29,70	00:29,20	00:28,80
100m vlinderslag	01:08,90	01:06,80	01:05,90	01:04,80	01:03,90
200m vlinderslag	02:35,10	02:29,40	02:26,10	02:25,50	02:22,40
50m rugslag	00:33,30	00:32,50	00:31,90	00:31,40	00:30,70
100m rugslag	01:11,20	01:09,70	01:07,90	01:07,20	01:06,10
200m rugslag	02:34,60	02:31,10	02:27,20	02:25,60	02:23,60
200m wisselslag	02:37,00	02:32,60	02:29,80	02:27,60	02:25,10
400m wisselslag	05:34,50	05:22,00	05:19,80	05:15,60	05:11,90

	DAMES				
	15 jaar	16 jaar	17 jaar	18 jaar	19+ jaar
50m vrije slag	00:31,30	00:30,60	00:30,50	00:30,20	00:30,00
100m vrije slag	01:07,10	01:06,20	01:06,00	01:05,70	01:04,90
200m vrije slag	02:25,40	02:23,30	02:22,10	02:21,50	02:20,80
400m vrije slag	05:07,40	05:03,20	04:59,50	04:58,90	04:57,60
800m vrije slag	10:32,50	10:25,20	10:17,70	10:15,20	10:11,20
1500m vrije slag	20:30,90	20:00,40	19:52,90	19:45,90	19:37,60
50m schoolslag	00:39,30	00:38,50	00:38,10	00:38,00	00:37,60
100m schoolslag	01:25,10	01:23,40	01:22,40	01:22,00	01:21,50
200m schoolslag	03:04,20	03:00,40	02:57,70	02:57,20	02:56,30
50m vlinderslag	00:33,30	00:32,60	00:32,30	00:32,10	00:31,70
100m vlinderslag	01:13,10	01:11,90	01:11,40	01:10,80	01:10,30
200m vlinderslag	02:42,30	02:39,10	02:37,60	02:37,30	02:36,40
50m rugslag	00:35,50	00:34,80	00:34,60	00:34,20	00:34,00
100m rugslag	01:15,50	01:14,70	01:14,20	01:13,60	01:13,10
200m rugslag	02:42,50	02:39,40	02:39,00	02:38,10	02:37,20
200m wisselslag	02:45,60	02:42,40	02:41,20	02:40,20	02:39,30
400m wisselslag	05:51,40	05:44,60	05:41,00	05:40,10	05:38,70