

LIMIETIJDEN JONGE HAAIEN 2023-2024 TEMPS-LIMITES JEUNES REQUINS

DISTANCES - AFSTANDEN	50m bad - bassin 50m															
	FILLES / MEISJES								GARCONS / JONGENS							
	11	12	13	14	15	16	17	18	11	12	13	14	15	16	17	18
100 m. vrije slag / nage libre	01:10,50	01:06,00	01:02,00	01:01,50	00:59,50	00:59,00	00:58,50	00:58,00	01:08,00	01:05,50	01:01,00	00:58,00	00:57,00	00:55,00	00:53,50	00:53,00
200 m. vrije slag / nage libre	02:36,00	02:25,50	02:17,00	02:13,50	02:10,00	02:09,50	02:09,00	02:08,50	02:33,00	02:23,50	02:15,50	02:09,00	02:02,00	01:59,00	01:55,50	01:55,00
400 m. vrije slag / nage libre	05:22,00	05:03,00	04:44,50	04:40,00	04:33,50	04:33,00	04:32,00	04:31,50	05:21,00	05:01,00	04:45,00	04:29,00	04:21,00	04:17,50	04:07,50	04:07,00
800 m. vrije slag / nage libre	11:52,00	10:37,00	09:54,50	09:45,00	09:33,50	09:21,00	09:20,50	09:20,00	11:53,00	10:40,00	10:07,00	09:34,50	09:06,00	09:03,00	08:46,00	08:45,50
1500 m. vrije slag / nage libre	--	--	19:41,00	19:17,50	18:30,00	18:27,00	18:26,50	18:26,00	--	--	19:22,00	18:12,00	17:55,00	17:27,00	16:54,50	16:54,00
100 m. rugslag / dos	01:22,00	01:15,50	01:11,00	01:10,50	01:07,00	01:06,50	01:06,00	01:05,50	01:19,50	01:15,00	01:12,00	01:05,50	01:03,00	01:01,00	01:00,00	00:59,50
200 m. rugslag / dos	02:55,50	02:44,00	02:34,50	02:32,00	02:31,00	02:30,00	02:29,50	02:29,00	02:50,00	02:41,50	02:34,50	02:22,00	02:17,00	02:14,00	02:12,00	02:11,50
100 m. schoolslag / brasse	01:31,50	01:26,00	01:20,00	01:19,50	01:16,00	01:15,50	01:15,00	01:14,50	01:30,50	01:24,00	01:19,00	01:15,00	01:12,00	01:10,50	01:08,00	01:07,50
200 m. schoolslag / brasse	03:17,50	03:08,00	02:54,50	02:49,00	02:45,00	02:44,50	02:44,00	02:43,50	03:17,00	03:00,00	02:49,50	02:45,00	02:35,50	02:34,50	02:28,00	02:27,50
100 m. vlinderslag / papillon	01:24,00	01:15,00	01:11,00	01:10,00	01:07,00	01:06,50	01:06,00	01:05,50	01:23,50	01:13,00	01:09,00	01:05,50	01:02,00	01:00,00	00:59,50	00:59,00
200 m. vlinderslag / papillon	--	--	02:42,50	02:37,00	02:30,00	02:29,50	02:29,00	02:28,50	--	--	02:44,00	02:30,50	02:24,00	02:21,00	02:14,00	02:13,50
200 m. wisselslag / 4 nages	02:55,50	02:45,50	02:37,00	02:32,00	02:27,00	02:26,50	02:26,00	02:25,50	02:54,00	02:43,00	02:35,00	02:25,00	02:17,00	02:15,00	02:13,00	02:12,50
400 m. wisselslag / 4 nages	--	--	05:30,50	05:25,00	05:16,00	05:12,00	05:11,00	05:10,50	--	--	05:38,00	05:16,00	05:00,00	04:56,00	04:45,00	04:44,50