

Limieten zomerkampioenschappen Regio Midwest 2019

limietperiode deel 1 : 1-01-2018 / 05-05-2019

limietperiode deel 2 : 1-01-2018 / 12-05-2019

Dames	juniores 1		juniores 2		juniores 3		jeugd 1-2		senioren		
	25 m baan	50 m baan	25 m baan	50m baan	25 m baan	50m baan	25m baan	50m baan	25 m baan	50m baan	
50 vrij	37.05	37.83	34.38	35.11	31.62	32.29	29.49	30.12	28.71	29.31	
100 vrij	1:19.21	1:21.02	1:13.50	1:15.18	1:07.60	1:09.14	1:03.62	1:05.07	1:02.48	1:03.90	
200 vrij	2:58.55	3:02.10	2:39.55	2:42.41	2:26.74	2:29.65	2:18.10	2:20.84	2:15.39	2:18.07	
400 vrij	6:06.17	6:12.18	5:36.84	5:42.37	5:08.57	5:13.64	4:54.07	4:58.90	4:48.07	4:52.80	
800 vrij	12:20.32	12:32.76	11:08.61	11:19.84	10:21.34	10:31.77	10:12.93	10:23.22	9:44.36	9:54.18	
50 rug	40.04	42.21	37.05	39.06	34.60	36.47	32.59	34.35	32.08	33.82	
100 rug	1:26.23	1:31.07	1:19.79	1:24.28	1:13.27	1:17.39	1:10.18	1:14.13	1:08.63	1:12.48	
200 rug	3:07.84	3:15.45	2:53.83	3:00.87	2:39.62	2:46.09	2:33.56	2:39.78	2:30.85	2:36.96	
50 school	45.37	46.44	42.07	43.06	39.13	40.06	37.07	37.95	36.51	37.37	
100 school	1:37.66	1:40.77	1:30.56	1:33.45	1:24.24	1:26.92	1:20.50	1:23.07	1:19.55	1:22.09	
200 school	3:30.27	3:37.37	3:15.00	3:21.58	3:01.38	3:07.50	2:56.32	3:02.26	2:54.68	3:00.58	
50 vlinder	40.41	40.49	36.94	37.02	34.24	34.31	32.91	32.98	32.48	32.54	
100 vlinder	1:31.64	1:33.37	1:23.91	1:25.49	1:17.89	1:19.36	1:11.89	1:13.24	1:10.87	1:12.30	
200 vlinder	3:23.62	3:27.36	3:06.44	3:09.87	2:53.06	2:56.54	2:42.43	2:45.42	2:38.63	2:41.54	
200 wissel	3:12.52	3:19.25	2:58.26	3:04.49	2:43.56	2:49.27	2:36.62	2:42.09	2:33.90	2:39.28	
400 wissel	7:03.31	7:17.95	6:32.54	6:46.11	6:06.86	6:19.54	5:43.15	5:55.02	5:38.94	5:50.66	
Heren	juniores 1		juniores 2		juniores 3		juniores 4		jeugd 1-2		senioren
	25 m baan	50m baan	25 m baan	50m baan	25 m baan	50m baan	25 m baan	50m baan	25 m baan	50m baan	25 m baan
50 vrij	34.13	35.22	31.54	32.55	29.36	30.30	27.27	28.14	25.86	26.69	25.27
100 vrij	1:13.89	1:17.13	1:08.28	1:11.27	1:03.55	1:06.34	58.78	1:01.36	56.98	59.48	55.68
200 vrij	2:44.67	2:49.03	2:32.17	2:36.20	2:21.64	2:25.39	2:11.01	2:14.47	2:06.98	2:10.35	2:04.67
400 vrij	5:47.04	5:59.83	5:19.59	5:31.36	4:58.54	5:09.54	4:35.83	4:45.99	4:26.97	4:36.80	4:21.85
1500 vrij	22:31.36	23:08.30	20:42.84	21:16.58	19:19.15	19:50.62	18:12.06	18:41.70	17:59.75	18:29.06	17:30.59
50 rug	37.27	40.32	34.25	37.05	31.85	34.46	30.29	32.78	28.99	31.36	28.31
100 rug	1:20.79	1:25.77	1:14.24	1:18.82	1:09.05	1:13.31	1:05.67	1:09.72	1:02.83	1:06.71	1:01.87
200 rug	2:56.92	3:07.46	2:42.59	2:52.27	2:31.32	2:40.22	2:21.46	2:29.88	2:17.61	2:25.80	2:15.95
50 school	42.80	44.78	39.46	41.29	36.58	38.27	34.77	36.39	33.08	34.62	32.09
100 school	1:33.86	1:37.75	1:26.54	1:30.14	1:20.21	1:23.54	1:16.26	1:19.43	1:12.55	1:15.57	1:10.73
200 school	3:20.59	3:31.46	3:04.96	3:14.98	2:51.42	3:00.71	2:42.98	2:51.81	2:35.06	2:43.46	2:31.01
50 vlinder	39.01	40.14	35.38	36.40	32.08	33.01	30.56	31.44	28.79	29.63	28.23
100 vlinder	1:26.22	1:28.68	1:18.20	1:20.43	1:10.92	1:12.94	1:06.46	1:08.35	1:03.11	1:04.91	1:01.82
200 vlinder	3:13.72	3:18.98	2:55.69	3:00.47	2:39.33	2:43.66	2:31.75	2:35.87	2:26.59	2:30.58	2:23.38
200 wissel	3:03.48	3:10.79	2:48.92	2:55.65	2:37.01	2:43.27	2:26.96	2:32.82	2:18.93	2:24.47	2:16.68
400 wissel	6:50.75	7:07.30	6:18.68	6:32.09	5:52.51	6:04.99	5:22.55	5:33.97	5:07.75	5:18.64	5:02.35

Limieten

Regio Kampioenschappen Lange Baan 2019