

LIMIETIJDEN JONGE HAAIEN 2023-2024 TEMPS-LIMITES JEUNES REQUINS

DISTANCES - AFSTANDEN	25m bad - bassin 25m															
	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	01:08,80	01:04,30	01:00,30	00:59,80	00:57,80	00:57,30	00:56,80	00:56,30	01:06,30	01:03,80	00:59,30	00:56,30	00:55,30	00:53,30	00:51,80	00:51,30
200 m. vrije slag / nage libre	02:32,60	02:22,10	02:13,60	02:10,10	02:06,60	02:06,10	02:05,60	02:05,10	02:29,60	02:20,10	02:12,10	02:05,60	01:58,60	01:55,60	01:52,10	01:51,60
400 m. vrije slag / nage libre	05:15,20	04:56,20	04:37,70	04:33,20	04:26,70	04:26,20	04:25,20	04:24,70	05:14,20	04:54,20	04:38,20	04:22,20	04:14,20	04:10,70	04:00,70	04:00,20
800 m. vrije slag / nage libre	11:38,40	10:23,40	09:40,90	09:31,40	09:19,90	09:07,40	09:06,90	09:06,40	11:39,40	10:26,40	09:53,40	09:20,90	08:52,40	08:49,40	08:32,40	08:31,90
1500 m. vrije slag / nage libre			19:15,50	18:52,00	18:04,50	18:01,50	18:01,00	18:00,50			18:56,50	17:46,50	17:29,50	17:01,50	16:29,00	16:28,50
100 m. rugslag / dos	01:20,80	01:14,30	01:09,80	01:09,30	01:05,80	01:05,30	01:04,80	01:04,30	01:18,30	01:13,80	01:10,80	01:04,30	01:01,80	00:59,80	00:58,80	00:58,30
200 m. rugslag / dos	02:53,10	02:41,60	02:32,10	02:29,60	02:28,60	02:27,60	02:27,10	02:26,60	02:47,60	02:39,10	02:32,10	02:19,60	02:14,60	02:11,60	02:09,60	02:09,10
100 m. schoolslag / brasse	01:29,50	01:24,00	01:18,00	01:17,50	01:14,00	01:13,50	01:13,00	01:12,50	01:28,50	01:22,00	01:17,00	01:13,00	01:10,00	01:08,50	01:06,00	01:05,50
200 m. schoolslag / brasse	03:13,50	03:04,00	02:50,50	02:45,00	02:41,00	02:40,50	02:40,00	02:39,50	03:13,00	02:56,00	02:45,50	02:41,00	02:31,50	02:30,50	02:24,00	02:23,50
100 m. vlinderslag / papillon	01:22,60	01:13,60	01:09,60	01:08,60	01:05,60	01:05,10	01:04,60	01:04,10	01:22,10	01:11,60	01:07,60	01:04,10	01:00,60	00:58,60	00:58,10	00:57,60
200 m. vlinderslag / papillon			02:39,70	02:34,20	02:27,20	02:26,70	02:26,20	02:24,70			02:41,20	02:27,70	02:21,20	02:18,20	02:11,20	02:10,70
100m. wisselslag / 4 nages	01:22,00	01:17,00	01:14,00	01:11,50	01:10,00	01:09,00	01:08,50	01:08,00	01:21,00	01:17,00	01:12,00	01:08,00	01:03,50	01:03,00	01:02,50	01:02,00
200 m. wisselslag / 4 nages	02:52,30	02:42,30	02:33,80	02:28,80	02:23,80	02:23,30	02:22,80	02:22,30	02:50,80	02:39,80	02:31,80	02:21,80	02:13,80	02:11,80	02:09,80	02:09,30
400 m. wisselslag / 4 nages			05:24,20	05:18,70	05:09,70	05:05,70	05:04,70	05:04,20			05:31,70	05:09,70	04:53,70	04:49,70	04:38,70	04:38,20