

## WE 1

		Minima 50m				Minima 25m			
		JONGENS / GARCONS				JONGENS / GARCONS			
		11 jaar	12 jaar	13 jaar	14 jaar	11 jaar	12 jaar	13 jaar	14 jaar
<b>2023</b>		<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2009</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2009</b>
<b>2024</b>		<b>2013</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2013</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>
Vrije slag / Nage libre	50 m								
	100 m	1:18,20	1:12,48	1:07,63	1:03,25	01:16,50	01:10,78	01:05,93	01:01,55
	200 m			2:28,03	2:18,49			02:24,63	02:15,09
	400 m	5:57,03	5:25,47	5:08,09	4:53,96	05:50,23	05:18,67	05:01,29	04:47,16
	1500 m			20:30,50	19:45,77			20:05,00	19:20,27
Rugslag / Dos	50 m								
	100 m	1:28,81	1:22,62	1:18,14	1:13,31	01:27,61	01:21,42	01:16,94	01:12,11
	200 m			2:51,14	2:40,16			02:48,74	02:37,76
Schoolslag / Brasse	50 m								
	100 m	1:45,56	1:34,91	1:29,15	1:23,37	01:43,56	01:32,91	01:27,15	01:21,37
	200 m			3:15,10	3:12,10			03:11,10	03:08,10
Vlinderslag / Papillon	50 m								
	100 m	1:34,45	1:28,46	1:19,43	1:13,39	01:33,05	01:27,06	01:18,03	01:11,99
	200 m			2:53,86	2:41,78			02:51,06	02:38,98
Wisselslag / 4 Nages	200 m	3:18,11	3:00,20	2:49,03	2:38,30	03:14,91	02:57,00	02:45,83	02:35,10
	400 m			5:53,06	5:31,60			05:46,76	05:25,30

**Minima 50m**  
**MEISJES / FILLES**

**Minima 25m**  
**MEISJES / FILLES**

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		11 jaar	12 jaar	13 jaar	14 jaar	11 jaar	12 jaar	13 jaar	14 jaar
		2012	2011	2010	2009	2012	2011	2010	2009
		2013	2012	2011	2010	2013	2012	2011	2010
<b>Vrije slag / Nage libre</b>	50 m								
	100 m	<b>1:19,31</b>	<b>1:13,42</b>	<b>1:08,22</b>	<b>1:06,51</b>	<b>01:17,61</b>	<b>01:11,72</b>	<b>01:06,52</b>	<b>01:04,81</b>
	200 m			<b>2:28,51</b>	<b>2:25,65</b>			<b>02:25,11</b>	<b>02:22,25</b>
	400 m	<b>6:04,82</b>	<b>5:35,43</b>	<b>5:11,77</b>	<b>5:10,13</b>	<b>05:58,02</b>	<b>05:28,63</b>	<b>05:04,97</b>	<b>05:03,33</b>
	800 m			<b>10:34,18</b>	<b>10:32,68</b>			<b>10:20,58</b>	<b>10:19,08</b>
	1500m								
<b>Rugslag / Dos</b>	50 m								
	100 m	<b>1:29,79</b>	<b>1:23,22</b>	<b>1:19,52</b>	<b>1:16,87</b>	<b>01:28,59</b>	<b>01:22,02</b>	<b>01:18,32</b>	<b>01:15,67</b>
	200 m			<b>2:50,13</b>	<b>2:48,72</b>			<b>02:47,73</b>	<b>02:46,32</b>
<b>Schoolslag / Brasse</b>	50 m								
	100 m	<b>1:41,18</b>	<b>1:35,82</b>	<b>1:28,89</b>	<b>1:28,70</b>	<b>01:39,18</b>	<b>01:33,82</b>	<b>01:26,89</b>	<b>01:26,70</b>
	200 m			<b>3:18,75</b>	<b>3:14,11</b>			<b>03:14,75</b>	<b>03:10,11</b>
<b>Vlinderslag / Papillon</b>	50 m								
	100 m	<b>1:34,35</b>	<b>1:30,29</b>	<b>1:21,95</b>	<b>1:19,55</b>	<b>01:32,95</b>	<b>01:28,89</b>	<b>01:20,55</b>	<b>01:18,15</b>
	200 m			<b>2:58,90</b>	<b>2:54,10</b>			<b>02:56,10</b>	<b>02:51,30</b>
<b>Wisselslag / 4 Nages</b>	200 m	<b>3:15,60</b>	<b>3:00,95</b>	<b>2:49,32</b>	<b>2:46,64</b>	<b>03:12,40</b>	<b>02:57,75</b>	<b>02:46,12</b>	<b>02:43,44</b>
	400 m			<b>06:02,56</b>	<b>05:47,32</b>			<b>05:56,26</b>	<b>05:41,02</b>



# FEDERATION ROYALE BELGE DE NATATION KONINKLIJKE BELGISCHE ZWEMBOND



ASSOCIATION SANS BUT LUCRATIF  
VERENIGING ZONDER WINSTOOGMERK  
FONDEE EN 1902 – GESTICHT IN 1902

AFFILIEE A LA W.A. – L.E.N ET C.O.I.B.  
AANGESLOTEN BIJ DE W.A. – L.E.N ET B.O.I.C.  
ONDERNEMINGSNR. 0409.395.428 N°D'ENTREPRISE

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