

Limieten Provinciale Kampioenschappen lange baan Regio Oost 2022



| Heren | uitloop: | junioeren 1 | | junioeren 2 | | junioeren 3 | | junioeren 4 | | jeugd 1 en 2 | | senioeren 1 en 2 | | senioeren | |
|------------------|----------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|--------------|---------|------------------|---------|-----------|---------|
| | | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m |
| 50m vrije slag | 1,5" | 0:34,34 | 0:33,11 | 0:31,48 | 0:30,35 | 0:30,18 | 0:29,10 | 0:29,18 | 0:28,13 | 0:27,20 | 0:26,22 | 0:26,50 | 0:25,55 | 0:25,48 | 0:24,57 |
| 100m vrije slag | 4" | 1:17,88 | 1:14,44 | 1:11,47 | 1:08,32 | 1:07,48 | 1:04,50 | 1:05,10 | 1:02,23 | 1:00,27 | 0:57,61 | 0:58,30 | 0:55,73 | 0:56,93 | 0:54,42 |
| 200m vrije slag | 8" | 2:58,35 | 2:53,75 | 2:38,49 | 2:34,40 | 2:31,40 | 2:27,50 | 2:25,92 | 2:22,16 | 2:12,32 | 2:08,91 | 2:08,02 | 2:04,72 | 2:05,74 | 2:02,50 |
| 400m vrije slag | 16" | 6:23,56 | 6:09,93 | 5:46,82 | 5:34,50 | 5:39,30 | 5:27,24 | 5:25,79 | 5:14,21 | 4:57,14 | 4:46,58 | 4:46,39 | 4:36,21 | 4:42,22 | 4:32,19 |
| 50m rugslag | 1,5" | 0:42,36 | 0:39,55 | 0:38,70 | 0:36,13 | 0:37,27 | 0:34,80 | 0:36,52 | 0:34,10 | 0:33,57 | 0:31,34 | 0:32,04 | 0:29,91 | 0:30,41 | 0:28,39 |
| 100m rugslag | 4" | 1:33,23 | 1:26,90 | 1:24,16 | 1:18,45 | 1:22,34 | 1:16,75 | 1:19,50 | 1:14,10 | 1:12,74 | 1:07,80 | 1:09,09 | 1:04,40 | 1:07,82 | 1:03,22 |
| 200m rugslag | 8" | 3:36,78 | 3:24,60 | 3:02,66 | 2:52,39 | 2:55,83 | 2:45,95 | 2:54,72 | 2:44,90 | 2:37,87 | 2:29,00 | 2:32,64 | 2:24,06 | 2:28,70 | 2:20,34 |
| 50m schoolslag | 1,5" | 0:46,70 | 0:45,44 | 0:42,20 | 0:41,06 | 0:40,28 | 0:39,19 | 0:38,36 | 0:37,33 | 0:35,30 | 0:34,35 | 0:33,85 | 0:32,94 | 0:31,67 | 0:30,82 |
| 100m schoolslag | 4" | 1:42,73 | 1:39,84 | 1:32,57 | 1:29,97 | 1:28,20 | 1:25,72 | 1:24,09 | 1:21,72 | 1:18,49 | 1:16,28 | 1:15,42 | 1:13,30 | 1:10,32 | 1:08,34 |
| 200m schoolslag | 8" | 3:51,84 | 3:40,88 | 3:38,26 | 3:27,95 | 3:22,79 | 3:13,21 | 3:18,95 | 3:09,55 | 3:05,43 | 2:56,67 | 2:52,61 | 2:44,45 | 2:46,17 | 2:38,32 |
| 50m vlinderslag | 1,5" | 0:41,11 | 0:40,15 | 0:35,95 | 0:35,11 | 0:33,95 | 0:33,16 | 0:32,55 | 0:31,79 | 0:29,17 | 0:28,49 | 0:28,44 | 0:27,78 | 0:26,94 | 0:26,31 |
| 100m vlinderslag | 4" | 1:41,26 | 1:37,84 | 1:25,68 | 1:22,79 | 1:23,96 | 1:21,12 | 1:19,44 | 1:16,76 | 1:11,53 | 1:09,11 | 1:07,44 | 1:05,16 | 1:02,73 | 1:00,61 |
| 200m vlinderslag | 8" | 3:47,16 | 3:42,05 | 3:14,80 | 3:10,42 | 3:10,87 | 3:06,58 | 3:00,61 | 2:56,55 | 2:54,11 | 2:50,19 | 2:49,22 | 2:45,41 | 2:39,41 | 2:35,83 |
| 200m wisselslag | 8" | 3:19,89 | 3:12,23 | 3:01,21 | 2:54,26 | 2:54,62 | 2:47,93 | 2:50,33 | 2:43,80 | 2:37,20 | 2:31,17 | 2:28,68 | 2:22,98 | 2:24,84 | 2:19,29 |
| 400m wisselslag | 16" | 7:19,17 | 7:02,91 | 6:38,12 | 6:23,37 | 6:23,65 | 6:09,45 | 6:14,22 | 6:00,36 | 5:47,21 | 5:34,35 | 5:35,55 | 5:23,12 | 5:23,88 | 5:11,89 |

Limieten Provinciale Kampioenschappen lange baan Regio Oost 2022



| Dames | uitloop: | junioeren 1 | | junioeren 2 | | junioeren 3 | | junioeren 4 | | jeugd 1 en 2 | | senioeren 1 en 2 | | senioeren | |
|------------------|----------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|--------------|---------|------------------|---------|-----------|---------|
| | | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m | 25m |
| 50m vrije slag | 1,5" | 0:36,64 | 0:35,49 | 0:33,94 | 0:32,88 | 0:32,33 | 0:31,32 | 0:31,42 | 0:30,44 | 0:29,88 | 0:28,95 | 0:29,38 | 0:28,46 | 0:28,68 | 0:27,78 |
| 100m vrije slag | 4" | 1:21,70 | 1:19,39 | 1:15,30 | 1:13,17 | 1:11,40 | 1:09,38 | 1:08,52 | 1:06,59 | 1:05,26 | 1:03,42 | 1:03,64 | 1:01,84 | 1:01,95 | 1:00,20 |
| 200m vrije slag | 8" | 3:11,84 | 3:07,51 | 2:51,77 | 2:47,89 | 2:41,52 | 2:37,87 | 2:33,07 | 2:29,62 | 2:22,85 | 2:19,63 | 2:19,82 | 2:16,66 | 2:17,91 | 2:14,80 |
| 400m vrije slag | 16" | 6:45,99 | 6:41,63 | 6:11,94 | 6:07,94 | 5:45,08 | 5:41,37 | 5:26,85 | 5:23,34 | 5:02,94 | 4:59,69 | 4:58,50 | 4:55,29 | 4:56,85 | 4:53,66 |
| 50m rugslag | 1,5" | 0:44,34 | 0:42,07 | 0:41,21 | 0:39,10 | 0:39,31 | 0:37,30 | 0:37,84 | 0:35,90 | 0:35,38 | 0:33,57 | 0:34,60 | 0:32,83 | 0:33,23 | 0:31,53 |
| 100m rugslag | 4" | 1:36,50 | 1:32,20 | 1:29,24 | 1:25,26 | 1:24,41 | 1:20,65 | 1:20,73 | 1:17,13 | 1:15,70 | 1:12,33 | 1:14,13 | 1:10,83 | 1:12,85 | 1:09,60 |
| 200m rugslag | 8" | 3:31,40 | 3:23,84 | 3:22,87 | 3:15,62 | 3:06,02 | 2:59,37 | 2:55,05 | 2:48,79 | 2:42,36 | 2:36,56 | 2:40,55 | 2:34,81 | 2:39,39 | 2:33,69 |
| 50m schoolslag | 1,5" | 0:48,36 | 0:47,14 | 0:44,73 | 0:43,60 | 0:43,10 | 0:42,01 | 0:41,04 | 0:40,00 | 0:38,03 | 0:37,07 | 0:37,19 | 0:36,25 | 0:36,35 | 0:35,43 |
| 100m schoolslag | 4" | 1:45,69 | 1:42,77 | 1:37,21 | 1:34,53 | 1:33,85 | 1:31,26 | 1:30,41 | 1:27,91 | 1:24,05 | 1:21,73 | 1:22,28 | 1:20,01 | 1:20,51 | 1:18,29 |
| 200m schoolslag | 8" | 3:59,97 | 3:52,41 | 3:35,54 | 3:28,75 | 3:26,99 | 3:20,47 | 3:20,18 | 3:13,87 | 3:08,06 | 3:02,13 | 3:05,83 | 2:59,97 | 2:57,72 | 2:52,12 |
| 50m vlinderslag | 1,5" | 0:43,48 | 0:43,39 | 0:38,42 | 0:38,34 | 0:35,96 | 0:35,89 | 0:34,62 | 0:34,55 | 0:32,04 | 0:31,97 | 0:30,99 | 0:30,93 | 0:30,02 | 0:29,96 |
| 100m vlinderslag | 4" | 1:46,22 | 1:44,55 | 1:31,94 | 1:30,50 | 1:27,34 | 1:25,97 | 1:22,86 | 1:21,56 | 1:15,99 | 1:14,80 | 1:13,66 | 1:12,50 | 1:10,59 | 1:09,48 |
| 200m vlinderslag | 8" | 4:04,89 | 4:00,46 | 3:31,98 | 3:28,15 | 3:21,37 | 3:17,73 | 3:11,04 | 3:07,59 | 3:03,68 | 3:00,36 | 2:58,96 | 2:55,73 | 2:50,02 | 2:46,95 |
| 200m wisselslag | 8" | 3:31,41 | 3:24,27 | 3:14,15 | 3:07,59 | 3:03,35 | 2:57,16 | 2:56,58 | 2:50,62 | 2:44,25 | 2:38,70 | 2:40,32 | 2:34,90 | 2:38,96 | 2:33,59 |
| 400m wisselslag | 16" | 7:42,27 | 7:29,39 | 7:04,52 | 6:52,70 | 6:40,92 | 6:29,75 | 6:18,16 | 6:07,63 | 5:59,45 | 5:49,44 | 5:48,57 | 5:38,86 | 5:46,06 | 5:36,42 |