

TIJDEN TELLEN SINDS 1 JANUARI 2022



Limieten Regionale Kampioenschappen langebaan 2023

GELDERLAND	juniores 1			juniores 2			juniores 3			juniores 4			jeugd 1 en 2			seniores 1 en 2			seniores open		
heren	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m
50 vrije slag	0:32,76	233	0:33,98	0:31,04	274	0:32,19	0:27,96	375	0:29,00	0:27,01	416	0:28,01	0:25,91	471	0:26,87	0:25,32	505	0:26,26	0:24,77	539	0:25,69
100 vrije slag	1:14,39	219	1:17,82	1:08,14	285	1:11,28	1:03,03	360	1:05,94	0:59,09	437	1:01,82	0:57,23	481	0:59,87	0:56,25	507	0:58,85	0:55,34	532	0:57,89
200 vrije slag	2:55,03	183	2:59,66	2:40,12	239	2:44,36	2:22,10	342	2:25,86	2:16,01	390	2:19,61	2:12,48	422	2:15,99	2:09,67	450	2:13,11	2:07,09	478	2:10,45
400 vrije slag	6:30,97	160	6:45,37	5:28,80	269	5:40,91	5:02,63	345	5:13,78	4:51,01	388	5:01,73	4:35,15	459	4:45,29	4:31,36	479	4:41,36	4:27,78	498	4:37,64
50 rugslag	0:38,86	187	0:41,62	0:35,76	240	0:38,30	0:32,62	316	0:34,94	0:31,96	336	0:34,23	0:30,54	385	0:32,72	0:29,51	427	0:31,61	0:28,60	469	0:30,63
100 rugslag	1:25,92	178	1:32,17	1:18,21	236	1:23,90	1:12,68	294	1:17,98	1:09,66	334	1:14,73	1:07,63	365	1:12,55	1:04,92	413	1:09,65	1:02,61	460	1:07,17
200 rugslag	3:08,85	175	3:20,09	2:54,98	220	3:05,40	2:35,41	314	2:44,66	2:31,79	337	2:40,83	2:27,14	370	2:35,90	2:21,05	420	2:29,45	2:15,86	470	2:23,95
50 schoolslag	0:44,35	178	0:46,13	0:40,66	231	0:42,29	0:38,80	266	0:40,35	0:36,21	327	0:37,67	0:34,54	377	0:35,92	0:32,51	452	0:33,81	0:30,89	527	0:32,13
100 schoolslag	1:38,09	179	1:40,93	1:29,45	236	1:32,04	1:24,50	280	1:26,94	1:21,07	317	1:23,42	1:15,03	400	1:17,20	1:12,52	443	1:14,61	1:10,31	486	1:12,35
200 schoolslag	3:37,34	169	3:48,12	3:19,65	218	3:29,56	3:13,90	238	3:23,51	3:01,12	292	3:10,10	2:40,84	417	2:48,81	2:36,28	455	2:44,04	2:32,21	492	2:39,76
50 vlinderslag	0:39,11	172	0:40,04	0:36,08	219	0:36,95	0:31,83	319	0:32,59	0:30,41	366	0:31,13	0:28,84	429	0:29,53	0:27,61	489	0:28,27	0:26,56	549	0:27,20
100 vlinderslag	1:41,28	105	1:44,82	1:26,94	166	1:29,98	1:15,05	258	1:17,68	1:11,06	304	1:13,54	1:06,80	366	1:09,13	1:03,33	430	1:05,54	1:00,48	493	1:02,60
200 vlinderslag	3:35,91	126	3:40,87	3:15,78	169	3:20,28	2:57,96	225	3:02,06	2:49,81	259	2:53,71	2:41,51	301	2:45,23	2:34,25	346	2:37,80	2:28,15	390	2:31,56
200 wisselslag	3:12,40	185	3:20,07	2:58,42	232	3:05,53	2:42,51	307	2:48,99	2:33,54	364	2:39,66	2:27,33	412	2:33,20	2:22,02	460	2:27,68	2:17,40	508	2:22,87
400 wisselslag	7:15,03	157	7:31,76	6:43,41	197	6:58,92	6:07,45	261	6:21,58	5:47,17	309	6:00,52	5:33,13	350	5:45,94	5:21,11	391	5:33,46	5:10,66	432	5:22,61

pnt = punten volgens FINA 2022 tabel

4x 100 vrije slag est.	2 series	2 series
4x 200 vrije slag est.	1 serie	1 serie
4x 100 wisselslag est.	2 series	2 series
4x 100 vrije slag est. gemengd		2 series
4x 100 wisselslag est. gemengd		2 series

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Limieten Regionale Kampioenschappen langebaan 2023

GELDERLAND	juniores 1			juniores 2			juniores 3			juniores 4			jeugd 1 en 2			seniores 1 en 2			seniores open		
dames	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m	limiet 25m	pnt	limiet 50m
50 vrije slag	0:35,57	268	0:36,71	0:32,60	348	0:33,65	0:30,38	430	0:31,36	0:29,86	453	0:30,82	0:29,39	475	0:30,34	0:28,53	519	0:29,45	0:28,05	546	0:28,96
100 vrije slag	1:20,75	241	1:23,09	1:13,39	321	1:15,52	1:06,89	424	1:08,83	1:05,67	448	1:07,58	1:04,54	472	1:06,41	1:02,57	518	1:04,39	1:01,86	536	1:03,66
200 vrije slag	3:06,48	207	3:10,69	2:47,82	284	2:51,61	2:32,70	377	2:36,15	2:27,65	417	2:30,98	2:23,32	456	2:26,55	2:22,59	463	2:25,81	2:20,79	481	2:23,97
400 vrije slag	7:08,22	163	7:12,87	5:50,60	297	5:54,41	5:18,28	397	5:21,73	5:11,62	423	5:15,00	5:05,48	449	5:08,80	5:08,96	434	5:12,32	5:03,25	459	5:06,54
50 rugslag	0:42,51	210	0:45,39	0:37,46	307	0:39,99	0:34,65	388	0:36,99	0:34,18	404	0:36,50	0:33,77	419	0:36,06	0:32,66	463	0:34,88	0:31,80	502	0:33,95
100 rugslag	1:30,79	221	1:35,02	1:23,02	289	1:26,89	1:17,38	357	1:20,98	1:14,87	394	1:18,37	1:12,72	430	1:16,11	1:11,95	444	1:15,31	1:09,86	485	1:13,12
200 rugslag	3:30,27	181	3:38,06	2:59,28	292	3:05,93	2:48,45	352	2:54,70	2:40,76	405	2:46,72	2:34,41	457	2:40,14	2:32,65	473	2:38,31	2:31,38	485	2:37,00
50 schoolslag	0:46,35	234	0:47,55	0:42,29	308	0:43,39	0:40,07	362	0:41,11	0:39,26	385	0:40,28	0:38,54	407	0:39,54	0:37,02	459	0:37,98	0:36,13	494	0:37,06
100 schoolslag	1:41,49	232	1:44,37	1:33,36	298	1:36,01	1:28,66	348	1:31,17	1:25,80	384	1:28,23	1:23,34	419	1:25,70	1:21,32	451	1:23,62	1:20,49	465	1:22,78
200 schoolslag	3:44,63	215	3:51,94	3:20,58	302	3:27,10	3:13,76	335	3:20,07	3:04,03	391	3:10,02	2:56,13	446	3:01,86	2:52,84	472	2:58,46	2:51,16	486	2:56,73
50 vlinderslag	0:43,42	177	0:43,51	0:38,05	263	0:38,13	0:33,66	380	0:33,73	0:33,57	383	0:33,64	0:33,48	386	0:33,55	0:31,07	483	0:31,14	0:30,47	512	0:30,54
100 vlinderslag	1:45,89	137	1:47,62	1:35,12	189	1:36,68	1:19,32	326	1:20,61	1:17,46	350	1:18,73	1:15,77	374	1:17,00	1:13,60	408	1:14,80	1:09,58	483	1:10,71
200 vlinderslag	3:56,72	129	4:01,08	3:30,29	184	3:34,16	3:20,60	212	3:24,29	3:12,47	240	3:16,01	3:05,52	268	3:08,93	2:59,47	296	3:02,78	2:53,97	325	2:57,17
200 wisselslag	3:28,03	201	3:35,27	3:05,61	283	3:12,07	2:50,52	365	2:56,45	2:46,08	395	2:51,86	2:42,21	424	2:47,85	2:39,74	444	2:45,29	2:37,86	460	2:43,35
400 wisselslag	7:39,55	179	7:52,72	6:50,02	252	7:01,77	6:16,68	325	6:27,47	6:06,89	352	6:17,40	5:58,33	377	6:08,60	5:52,86	395	6:02,98	5:48,73	409	5:58,72

pnt = punten volgens FINA 2022 tabel

4x 100 vrije slag est.	2 series	2 series
4x 200 vrije slag est.	1 serie	1 serie
4x 100 wisselslag est.	2 series	2 series
4x 100 vrije slag est. gemengd		2 series
4x 100 wisselslag est. gemengd		2 series