

# LIMIETEN GELDERSE KAMPIOENSCHAPPEN 2024

Tijden kunnen gezwommen worden in de periode 1 januari 2023 t/m 5 mei 2024



JONGENS/HEREN	j jun 1		j jun 2		j jun 3		j jun 4		j jeu 1-2		h sen 1-2		h sen	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50 vrije slag	0:34,03	0:35,29	0:29,76	0:30,86	0:28,97	0:30,05	0:26,90	0:27,90	0:25,82	0:26,78	0:25,55	0:26,50	0:24,30	0:25,20
100 vrije slag	1:13,83	1:17,16	1:06,40	1:09,39	1:04,69	1:07,61	0:59,36	1:02,04	0:57,15	0:59,72	0:56,31	0:58,84	0:53,58	0:56,00
200 vrije slag	2:55,67	3:00,32	2:29,61	2:33,57	2:25,74	2:29,59	2:13,54	2:17,08	2:10,65	2:14,11	2:08,73	2:12,13	2:05,28	2:08,60
400 vrije slag	5:59,97	6:13,23	5:26,00	5:38,01	5:15,66	5:27,29	4:51,51	5:02,25	4:42,30	4:52,71	4:39,06	4:49,34	4:24,28	4:34,02
50 rugslag	0:39,91	0:42,51	0:35,53	0:37,84	0:33,21	0:35,38	0:31,17	0:33,20	0:30,53	0:32,51	0:30,01	0:31,96	0:28,20	0:30,04
100 rugslag	1:22,92	1:28,53	1:18,54	1:23,86	1:11,03	1:15,84	1:09,38	1:14,08	1:08,64	1:13,29	1:07,94	1:12,54	1:02,61	1:06,84
200 rugslag	3:05,72	3:16,77	3:01,23	3:12,02	2:38,32	2:47,75	2:35,24	2:44,49	2:28,21	2:37,04	2:27,14	2:35,90	2:17,04	2:25,20
50 schoolslag	0:43,79	0:45,54	0:37,91	0:39,43	0:38,00	0:39,53	0:35,37	0:36,79	0:34,36	0:35,73	0:33,48	0:34,82	0:30,51	0:31,73
100 schoolslag	1:41,41	1:44,34	1:24,60	1:27,05	1:23,90	1:26,33	1:19,60	1:21,90	1:17,14	1:19,37	1:12,90	1:15,01	1:09,65	1:11,66
200 schoolslag	3:54,81	4:05,21	3:11,00	3:19,45	3:07,55	3:15,85	2:55,13	3:02,88	2:45,89	2:53,24	2:43,77	2:51,02	2:28,76	2:35,35
50 vlinderslag	0:39,34	0:40,28	0:34,53	0:35,35	0:32,42	0:33,19	0:29,62	0:30,33	0:28,88	0:29,57	0:28,42	0:29,10	0:26,20	0:26,83
100 vlinderslag	1:37,14	1:40,54	1:24,94	1:27,91	1:17,21	1:19,91	1:08,12	1:10,51	1:07,48	1:09,84	1:06,38	1:08,70	1:00,94	1:03,07
200 vlinderslag	3:37,23	3:44,33	3:16,82	3:23,25	3:02,71	3:08,68	2:51,94	2:57,55	2:46,56	2:52,00	2:35,73	2:40,82	2:31,33	2:36,27
200 wisselslag	3:07,46	3:14,94	2:52,43	2:59,31	2:43,77	2:50,29	2:38,80	2:45,14	2:27,57	2:33,45	2:26,39	2:32,23	2:21,51	2:27,15
400 wisselslag	6:41,52	6:54,67	6:23,24	6:35,79	6:07,90	6:19,94	5:46,20	5:57,54	5:21,11	5:31,63	5:13,55	5:23,81	5:10,38	5:20,54
4x 100 vrije slag									tenminste 1 serie					tenminste 1 serie
4x 200 vrije slag									tenminste 1 serie					tenminste 1 serie
4x 100 wisselslag									tenminste 1 serie					tenminste 1 serie
4x 100 vrije slag gemengd									tenminste 1 serie					tenminste 1 serie
4x 100 wisselslag gemengd									tenminste 1 serie					tenminste 1 serie

