

Regio West Kampioenschappen – limieten 2016 – 2017

P=Paralympisch			Junioren 1		Junioren 2		Junioren 3		Jeugd 1 & 2		Senioren		
			I-niveau		I-niveau		I-niveau		H-niveau		H-niveau		
Meisjes/Dames			25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	
50	m	vrije slag	P	00:35,43	00:36,16	00:34,14	00:34,84	00:33,26	00:33,94	00:31,36	00:32,00	00:30,40	00:31,02
100	m	vrije slag	P	01:16,63	01:18,22	01:13,83	01:15,36	01:11,92	01:13,42	01:07,82	01:09,23	01:05,98	01:07,36
200	m	vrije slag	P	02:47,19	02:49,91	02:41,08	02:43,70	02:36,93	02:39,48	02:27,97	02:30,38	02:23,56	02:25,90
400	m	vrije slag	P	05:50,05	05:56,35	05:34,89	05:40,92	05:24,98	05:30,84	05:07,76	05:13,30	05:02,11	05:07,55
800	m	vrije slag		12:06,32	12:20,66	11:34,87	11:48,59	11:14,20	11:27,63	10:38,58	10:51,19	10:24,48	10:36,82
50	m	rugslag	P	00:39,31	00:41,39	00:37,84	00:39,84	00:36,80	00:38,75	00:34,78	00:36,62	00:34,07	00:35,87
100	m	rugslag	P	01:26,44	01:30,97	01:23,20	01:27,55	01:20,93	01:25,16	01:16,48	01:20,48	01:14,20	01:18,09
200	m	rugslag		03:08,60	03:15,86	03:01,51	03:08,50	02:56,56	03:03,37	02:46,86	02:53,29	02:42,15	02:48,39
50	m	schoolslag	P	00:44,01	00:45,54	00:42,44	00:43,92	00:41,12	00:42,55	00:39,09	00:40,45	00:38,17	00:39,50
100	m	schoolslag	P	01:37,98	01:40,72	01:34,50	01:37,14	01:31,56	01:34,12	01:27,03	01:29,46	01:24,78	01:27,15
200	m	schoolslag		03:29,03	03:37,65	03:21,60	03:29,91	03:15,33	03:23,39	03:05,67	03:13,33	03:01,76	03:09,25
50	m	vlinderslag	P	00:38,46	00:39,54	00:36,57	00:37,60	00:35,30	00:36,30	00:33,18	00:34,12	00:32,45	00:33,37
100	m	vlinderslag	P	01:28,48	01:30,10	01:24,13	01:25,67	01:21,21	01:22,70	01:16,35	01:17,75	01:14,26	01:15,62
200	m	vlinderslag		03:18,24	03:19,93	03:08,50	03:10,11	03:01,91	03:03,52	02:51,07	02:52,53	02:47,02	02:48,44
200	m	wisselslag	P	03:15,81	03:18,25	03:08,55	03:10,89	03:03,39	03:05,67	02:52,87	02:55,02	02:48,89	02:50,99
400	m	wisselslag		06:46,76	06:59,86	06:31,67	06:44,29	06:20,95	06:33,22	05:59,11	06:10,68	05:51,49	06:02,81

Dames			Junioren3 el		Senioren	
Estafettes			11	13	11	99
4 x 100	m	vrije slag	05:00,00		04:22,00	
4 x 200	m	vrije slag	10:36,00		09:40,00	
4 x 100	m	wisselslag	05:44,00		05:03,00	

P=Paralympisch				Junioren 1		Junioren 2		Junioren 3		Junioren 4		Jeugd 1 & 2		Senioren Open	
				K-niveau		K-niveau		K-niveau		J-niveau		I-niveau		H-niveau	
Jongens/Heren				25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m	25 m	50 m
50	m	vrije slag	P	00:34,17	00:35,20	00:32,73	00:33,72	00:31,69	00:32,65	00:29,82	00:30,71	00:28,34	00:29,19	00:26,52	00:27,31
100	m	vrije slag	P	01:13,78	01:17,02	01:10,69	01:13,79	01:08,44	01:11,44	01:04,39	01:07,21	01:01,19	01:03,88	00:57,60	01:00,13
200	m	vrije slag	P	02:44,61	02:48,97	02:37,71	02:41,88	02:32,70	02:36,74	02:23,65	02:27,45	02:16,53	02:20,14	02:08,68	02:12,08
400	m	vrije slag	P	05:49,36	06:01,35	05:34,10	05:45,56	05:24,59	05:35,72	05:04,63	05:15,08	04:49,61	04:59,54	04:31,80	04:41,13
1500	m	vrije slag		23:14,60	23:54,04	22:13,66	22:51,38	21:35,68	22:12,32	20:16,01	20:50,40	19:16,06	19:48,75	18:18,81	18:49,88
50	m	rugslag	P	00:38,92	00:41,38	00:37,19	00:39,54	00:35,95	00:38,23	00:33,82	00:35,96	00:32,21	00:34,25	00:29,36	00:31,22
100	m	rugslag	P	01:21,02	01:25,98	01:17,40	01:22,15	01:14,83	01:19,42	01:10,31	01:14,62	01:06,86	01:10,86	01:04,36	01:08,31
200	m	rugslag		02:58,21	03:07,97	02:50,26	02:59,58	02:44,61	02:53,62	02:34,65	02:43,12	02:27,07	02:35,12	02:20,48	02:28,18
50	m	schoolslag	P	00:42,99	00:45,41	00:41,17	00:43,49	00:39,68	00:41,91	00:37,28	00:39,37	00:35,31	00:37,29	00:32,78	00:34,62
100	m	schoolslag	P	01:32,93	01:37,89	01:28,99	01:33,74	01:25,77	01:30,35	01:20,46	01:24,76	01:16,10	01:20,16	01:12,68	01:16,57
200	m	schoolslag		03:21,19	03:32,26	03:12,65	03:23,25	03:05,70	03:15,91	02:54,19	03:03,78	02:44,75	02:53,82	02:37,11	02:45,76
50	m	vlinderslag	P	00:38,54	00:39,66	00:36,25	00:37,30	00:34,16	00:35,14	00:32,61	00:33,55	00:31,08	00:31,98	00:29,07	00:29,91
100	m	vlinderslag	P	01:26,46	01:28,84	01:21,31	01:23,56	01:16,61	01:18,73	01:13,14	01:15,16	01:09,71	01:11,64	01:05,50	01:07,31
200	m	vlinderslag		03:14,06	03:18,33	03:02,52	03:06,53	02:51,96	02:55,74	02:44,17	02:47,78	02:36,48	02:39,92	02:26,79	02:30,02
200	m	wisselslag	P	03:03,49	03:10,02	02:55,43	03:01,68	02:49,58	02:55,62	02:39,22	02:44,89	02:31,02	02:36,40	02:24,52	02:29,66
400	m	wisselslag		06:46,76	07:01,16	06:28,88	06:42,66	06:15,93	06:29,24	05:53,45	06:05,96	05:35,74	05:47,63	05:17,12	05:28,35

Heren			Junioren 4el		Senioren	
Estafettes			11	15	11	99
4 x 100	m	vrije slag	04:22,00		04:00,00	
4 x 200	m	vrije slag	09:35,00		08:56,00	
4 x 100	m	wisselslag	05:00,00		04:38,00	