

# Limieten Kampioenschappen lange baan 2018



Jongens/ Heren baanlengte	Uitloop	Jun. 1 2005			Jun. 2 2004			Jun. 3 2003			Jun. 4 2002			Jeugd 1 2001			Jeugd 2 2000			Senioren 1999 e.o.		
		50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS
50m vrije slag	1,5"	00:34,57	00:33,50	JK	00:31,93	00:30,93	IJ	00:30,91	00:28,66	IJ	00:28,85	00:26,69	HI	00:28,57	00:26,43	HI	00:27,09	00:26,24	GH	00:26,65	00:25,82	GH
100m vrije slag	4"	01:15,70	01:12,52	JK	01:09,90	01:06,97	IJ	01:07,66	01:01,90	IJ	01:03,05	00:58,16	HI	01:02,43	00:57,59	HI	00:59,70	00:57,19	GH	00:58,75	00:56,28	GH
200m vrije slag	8"	02:45,90	02:41,62	JK	02:33,19	02:29,24	IJ	02:28,30	02:17,95	IJ	02:18,16	02:09,62	HI	02:16,81	02:08,35	HI	02:10,81	02:07,44	GH	02:09,34	02:06,01	GH
400m vrije slag	16"	05:53,16	05:40,62	JK	05:24,99	05:13,44	IJ	05:15,73	04:50,78	IJ	04:53,83	04:32,92	HI	04:50,52	04:29,85	HI	04:36,89	04:27,05	GH	04:34,42	04:24,67	GH
50m rugslag	1,5"	00:39,57	00:36,58	JK	00:36,34	00:33,59	IJ	00:35,15	00:31,47	IJ	00:33,18	00:29,79	HI	00:32,82	00:29,48	HI	00:31,68	00:29,28	GH	00:31,15	00:28,79	GH
100m rugslag	4"	01:24,19	01:19,29	JK	01:17,30	01:12,81	IJ	01:14,77	01:08,22	IJ	01:10,58	01:04,60	HI	01:09,82	01:03,89	HI	01:07,40	01:03,48	GH	01:06,81	01:02,92	GH
200m rugslag	8"	03:03,99	02:53,64	JK	02:48,96	02:39,47	IJ	02:43,43	02:28,20	IJ	02:33,01	02:20,28	HI	02:31,36	02:18,78	HI	02:26,06	02:17,85	GH	02:25,27	02:17,10	GH
50m schoolslag	1,5"	00:43,95	00:42,00	JK	00:40,50	00:38,71	IJ	00:39,04	00:36,14	IJ	00:36,83	00:34,20	HI	00:36,23	00:33,64	HI	00:34,71	00:33,17	GH	00:34,15	00:32,64	GH
100m schoolslag	4"	01:35,94	01:32,12	JK	01:28,41	01:24,88	IJ	01:25,21	01:19,25	IJ	01:20,41	01:15,01	HI	01:19,09	01:13,78	HI	01:15,76	01:12,74	GH	01:14,92	01:11,93	GH
200m schoolslag	8"	03:27,54	03:16,87	JK	03:11,23	03:01,40	IJ	03:04,32	02:49,36	IJ	02:53,93	02:40,30	HI	02:51,08	02:37,69	HI	02:43,87	02:35,45	GH	02:41,89	02:33,57	GH
50m vlinderslag	1,5"	00:39,42	00:38,31	JK	00:35,73	00:34,72	IJ	00:33,64	00:31,46	IJ	00:32,07	00:29,83	HI	00:31,74	00:29,51	HI	00:30,05	00:29,21	GH	00:29,78	00:28,94	GH
100m vlinderslag	4"	01:27,09	01:24,68	JK	01:18,94	01:16,75	IJ	01:14,34	01:09,01	IJ	01:10,30	01:05,11	HI	01:09,58	01:04,45	HI	01:05,58	01:03,76	GH	01:04,93	01:03,13	GH
200m vlinderslag	8"	03:15,43	03:10,26	JK	02:57,12	02:52,44	IJ	02:46,80	02:36,26	IJ	02:38,99	02:29,93	HI	02:37,37	02:28,39	HI	02:35,69	02:26,82	GH	02:29,09	02:25,14	GH
200m wisselslag	8"	03:07,26	03:00,08	JK	02:52,27	02:45,67	IJ	02:46,54	02:33,87	IJ	02:36,00	02:23,90	HI	02:33,89	02:21,95	HI	02:26,62	02:21,00	GH	02:25,21	02:19,65	GH
4x100m vrije slag	j/h	Er wordt 1 serie met de snelste ploegen geaccepteerd.										-	Er wordt 1 serie met de snelste ploegen geaccepteerd.									
4x100m vrije slag	mixed																					
4x100m wisselslag	j/h																					
4x100m wisselslag	mixed																					

De limieten moeten behaald zijn in de periode van 1 mei 2017 t/m 13 mei 2018.

Voor de estafettes mogen individueel opgetelde controleerbare tijden gebruikt worden.

\*De korte baan limieten zijn een half MSS niveau aangescherpt t.o.v. de limieten van de RKkb.

# Limieten Kampioenschappen lange baan 2018



Meisjes/ Dames baanlengte	Uitloop	Jun. 1 2006			Jun. 2 2005			Jun. 3 2004			Jeugd 1 2003			Jeugd 2 2002			Senioren 2001 e.o.		
		50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS	50m	25m*	MSS
50m vrije slag	1,5"	00:35,36	00:34,63	HI	00:34,12	00:33,41	HI	00:33,25	00:30,81	HI	00:32,67	00:30,29	HI	00:30,56	00:29,94	GH	00:30,10	00:29,48	GH
100m vrije slag	4"	01:15,72	01:14,03	HI	01:13,08	01:11,45	HI	01:11,19	01:06,17	HI	01:09,97	01:05,03	HI	01:05,74	01:04,28	GH	01:05,32	01:03,86	GH
200m vrije slag	8"	02:43,89	02:40,70	HI	02:38,15	02:35,08	HI	02:34,09	02:23,63	HI	02:31,43	02:21,15	HI	02:22,30	02:19,53	GH	02:21,13	02:18,38	GH
400m vrije slag	16"	05:47,84	05:42,23	HI	05:32,78	05:27,41	HI	05:22,94	05:03,34	HI	05:18,56	04:59,23	HI	05:15,95	04:56,78	GH	05:12,06	04:53,12	GH
50m rugslag	1,5"	00:41,39	00:39,27	IJ	00:38,28	00:36,31	HI	00:37,23	00:33,88	HI	00:36,60	00:33,30	HI	00:34,79	00:33,00	GH	00:34,56	00:32,78	GH
100m rugslag	4"	01:29,32	01:24,57	IJ	01:21,92	01:17,56	HI	01:19,69	01:12,34	HI	01:18,32	01:11,10	HI	01:14,43	01:10,47	GH	01:13,43	01:09,52	GH
200m rugslag	8"	03:11,69	03:04,23	IJ	02:55,80	02:48,96	HI	02:51,01	02:37,93	HI	02:48,08	02:35,22	HI	02:40,08	02:33,85	GH	02:38,66	02:32,49	GH
50m schoolslag	1,5"	00:45,55	00:44,50	IJ	00:42,20	00:41,23	HI	00:40,90	00:38,31	HI	00:40,43	00:37,88	HI	00:38,70	00:37,80	GH	00:38,18	00:37,30	GH
100m schoolslag	4"	01:38,83	01:35,78	IJ	01:31,58	01:28,75	HI	01:28,74	01:22,84	HI	01:27,72	01:21,89	HI	01:24,32	01:21,72	GH	01:23,51	01:20,93	GH
200m schoolslag	8"	03:33,19	03:26,23	IJ	03:17,55	03:11,10	HI	03:11,41	02:59,87	HI	03:09,22	02:57,81	HI	03:03,43	02:57,44	GH	03:02,11	02:56,16	GH
50m vlinderslag	1,5"	00:39,71	00:39,63	IJ	00:36,28	00:36,20	HI	00:35,03	00:33,95	HI	00:34,24	00:33,19	HI	00:33,17	00:33,10	GH	00:32,82	00:32,75	GH
100m vlinderslag	4"	01:31,64	01:29,94	IJ	01:23,85	01:22,29	HI	01:20,94	01:15,71	HI	01:19,14	01:14,02	HI	01:15,20	01:13,81	GH	01:14,34	01:12,97	GH
200m vlinderslag	8"	03:23,52	03:19,85	IJ	03:06,22	03:02,86	HI	02:59,77	02:49,60	HI	02:55,76	02:45,82	HI	02:48,38	02:45,34	GH	02:44,90	02:41,93	GH
200m wisselslag	8"	03:15,42	03:08,81	IJ	02:59,32	02:53,27	HI	02:54,29	02:41,48	HI	02:51,26	02:38,66	HI	02:42,98	02:37,48	GH	02:41,35	02:35,91	GH
4x100m vrije slag	m/d	Er wordt 1 serie met de snelste ploegen geaccepteerd.						-	Er wordt 1 serie met de snelste ploegen geaccepteerd.										
4x100m vrije slag	mixed																		
4x100m wisselslag	m/d																		
4x100m wisselslag	mixed																		

De limieten moeten behaald zijn in de periode van 1 mei 2017 t/m 13 mei 2018.

Voor de estafettes mogen individueel opgetelde controleerbare tijden gebruikt worden.

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