25m bad	ALL	20+	25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+
D/H	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
25vlinderD	0:13,72	0:13,72	0:15,19	0:15,98	0:14,34	0:14,06	0:15,47	0:17,45	0:16,99	0:20,64	0:23,77	0:23,10	0:25,74		
50vlinderD	0:30,10	0:31,28	0:30,10	0:30,92	0:30,97	0:30,81	0:34,86	0:39,60	0:37,29	0:47,64	0:50,96	0:54,67			
100vlinderD	1:07,61	1:11,55	1:07,61	1:09,75	1:13,20	1:10,77	1:26,99	1:43,10	1:41,65						
200vlinderD	2:32,91			2:32,91	2:54,92	3:01,90		3:33,24	3:33,68						
25rugD	0:16,06		0:16,06	0:16,26	0:16,53	0:16,66	0:17,80	0:21,23	0:22,86	0:23,42	0:27,30	0:22,14	0:23,60	0:37,26	0:49,33
50rugD	0:32,39	0:34,58	0:32,39	0:34,33	0:34,66	0:34,89	0:39,67	0:43,06	0:43,57	0:44,50	0:47,63	0:47,80	0:50,73	1:20,17	1:40,44
100rugD	1:09,87	1:14,45	1:09,87	1:12,43	1:18,54	1:16,74	1:23,88	1:29,53	1:29,97	1:58,10	1:43,53	1:49,53	1:56,86	3:07,52	3:25,82
200rugD	2:29,89	2:57,77	2:29,89	2:32,55	2:48,48	3:00,22	3:38,26	3:27,60					4:04,63		7:23,29
25schoolD	0:16,82		0:17,30	0:16,82	0:17,57	0:17,73	0:17,82	0:20,40	0:23,47	0:23,29		0:23,97	0:25,57	0:37,88	0:40,58
50schoolD	0:36,63	0:36,65	0:36,63	0:37,33	0:37,36	0:40,94	0:40,53	0:42,90	0:41,07	0:48,74	1:04,07		0:56,89	1:22,34	1:31,73
100schoolD	1:19,88	1:19,88	1:23,65	1:21,22	1:23,65	1:29,06	1:28,61	1:30,71	1:29,91	1:58,07	2:14,16			3:00,96	3:16,09
200schoolD	2:51,56	2:51,56	2:58,50	2:51,76	2:57,81	3:38,41	3:12,64	3:12,26	3:09,71	4:00,65	5:00,38			6:28,98	6:40,21
25vrijD	0:12,95	0:13,81	0:13,85	0:13,02	0:12,95	0:13,43	0:14,12	0:15,32	0:15,51	0:18,32	0:16,54	0:17,18	0:17,89	0:33,26	0:32,83
50vrijD	0:27,16	0:28,77	0:27,16	0:27,89	0:28,27	0:28,31	0:31,87	0:33,05	0:33,81	0:35,59	0:37,17	0:36,87	0:38,35	1:10,48	1:10,03
100vrijD	0:59,68	1:03,73	0:59,68	1:01,14	1:02,08	1:01,79	1:11,20	1:14,11	1:16,19	1:20,45	1:25,00	1:22,99	1:32,61	2:40,70	2:37,60
200vrijD	2:11,94	2:23,17	2:11,94	2:15,06	2:18,41	2:17,82	2:36,45	2:44,14	2:46,12	3:06,17	3:08,07	3:06,86	3:18,83	5:49,41	6:25,51
400vrijD	4:35,63	5:07,92	4:40,11	4:35,63	4:58,39	5:32,70	6:10,64	5:51,65	5:37,47	6:28,73	6:47,14	6:43,29	7:13,95	14:04,74	13:06,76
800vrijD	9:36,57		9:36,57	9:39,25	10:27,70		15:17,11	11:52,15	11:24,75	14:11,09		14:15,56			
1500vrijD	18:33,86		18:50,85	18:33,86	20:25,25		28:59,17	22:22,87	22:19,43	27:13,06		27:03,91			
100wisselD	1:09,20	1:13,85	1:09,20	1:11,43	1:11,33	1:12,16	1:21,37	1:25,58	1:33,90	1:45,74	1:44,35	1:45,01	1:59,21		
200wisselD	2:33,61	2:39,05	2:33,61	2:36,58	2:45,03	3:01,07	3:01,83	3:04,58	3:48,74	3:54,70	4:09,19	3:53,91			
400wisselD	5:21,91		5:28,85	5:21,91	5:46,74	6:30,84		6:44,49	6:32,35						
1000schoolD															
1000vrijD															
D/H	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**
25vlinderH	0:12,17		0:12,17	0:12,65	0:12,73	0:13,19	0:12,78	0:13,36	0:14,25	0:16,25	0:17,92	0:17,76	0:20,04		
50vlinderH	0:25,97	0:27,61	0:25,97	0:27,54	0:29,32	0:29,07	0:28,63	0:29,98	0:31,19		0:37,92	0:40,40			
100vlinderH	1:03,04	1:05,05	1:03,04	1:03,09	1:06,80	1:04,55	1:08,95	1:27,16	1:11,82		1:26,67	1:45,44			
200vlinderH	2:16,25		2:16,25	2:34,20	2:36,65	2:43,12	2:38,25				3:13,84	3:58,14			
25rugH	0:13,70		0:13,70	0:14,02	0:15,32	0:14,47	0:14,82	0:15,32	0:15,74	0:24,64	0:20,44	0:20,80			
50rugH	0:27,10	0:29,15	0:27,10	0:28,54	0:31,66	0:32,05	0:32,13	0:32,74	0:32,61		0:43,99	0:46,02			
100rugH	0:58,51	1:03,64	0:58,51	1:03,97	1:10,37	1:11,21	1:11,39	1:23,80	1:12,04		1:33,22	1:40,39			
200rugH	2:19,22	2:22,18	2:19,22	2:35,00	2:34,26	2:35,11	2:39,90		2:44,74		3:31,85	3:46,66			
25schoolH	0:13,26		0:15,98	0:14,00	0:13,58	0:13,26	0:16,78	0:17,03	0:17,56	0:17,06	0:18,36	0:19,81			
50schoolH	0:29,08	0:33,01	0:31,39	0:31,31	0:30,56	0:29,08	0:35,67	0:39,68	0:38,51	0:38,86	0:39,98	0:44,48			
100schoolH	1:06,08	1:12,96	1:07,41	1:10,65	1:08,32	1:06,08	1:17,43	1:29,70	1:26,80	1:24,59	1:27,19	1:40,84			
200schoolH	2:30,33		2:33,72	2:38,64	2:32,04	2:30,33	2:52,54	3:17,78	3:19,36	3:14,63	3:10,38	3:52,79			
25vrijH	0:11,35	0:14,48	0:11,35	0:11,56	0:12,32	0:12,34	0:11,98	0:12,89	0:13,05	0:14,96	0:15,16	0:15,11			
50vrijH	0:22,76	0:24,91	0:22,76	0:24,40	0:27,16	0:26,45	0:25,89	0:27,72	0:28,60	0:32,92	0:33,61	0:35,64	0:37,45		
100vrijH	0:50,20	0:56,79	0:50,20	0:53,83	1:00,56	0:59,03	0:59,12	1:01,76	1:03,74	1:18,37	1:13,70	1:28,84			
200vrijH	1:56,21	2:11,75	1:56,21	2:12,36	2:14,64	2:09,18	2:23,89	2:21,75	2:23,23		2:43,24	3:21,86			
400vrijH	4:12,62		4:12,62	4:42,38	4:47,70	4:42,15	4:56,64	5:41,16	5:12,08		5:36,41	8:48,18			
800vrijH	8:55,99		8:55,99	14:02,13	10:15,10	9:54,27		11:39,91	11:13,20		11:58,46				
1500vrijH	18:55,92				19:53,25	18:55,92					23:23,59				
100wisselH	0:59,58	1:04,90	0:59,58	1:03,09	1:06,52	1:06,10	1:07,47	1:11,07	1:13,38	1:25,32	1:22,70	1:42,26			
200wisselH	2:24,87		2:24,87	2:32,01	2:27,80	2:28,60	2:38,39		2:47,03		3:03,79	3:43,76			
400wisselH	4:56,40		4:56,40		5:23,03	5:30,29	5:39,23		6:06,80		6:28,62	7:57,15			
1000schoolH															
1000vrijH															
Estafette	**ALL**	**80+**	**100+**	**120+**	**160+**	**200+**	**240+**	**280+**	**320+**						
4x25vrijD	0:57,83			0:57,91	0:57,83	1:25,18									
4x50vrijD	2:01,65	2:01,65	2:04,07	2:03,57	2:06,36	2:11,82	2:41,02								
4x100vrijD	4:29,56	4:29,56		4:44,92		6:12,55	7:07,05								
4x200vrijD	10:23,33	11:07,92		10:23,33			13:03,17								
4x25wisselD	1:05,27	1:05,27	1:08,36	1:09,37	1:06,91										
4x50wisselD	2:15,06	2:15,06	2:17,80	2:20,42	2:18,97	2:36,95	3:04,41								
4x100wisselD	5:21,03			5:21,03											
4x25vrijH	0:50,76			0:50,76	0:51,92										
4x50vrijH	1:39,62			1:39,62	1:45,87	1:56,79	2:10,44	2:32,24							
4x100vrijH	4:17,18				4:44,24	4:17,18									
4x200vrijH	8:28,79		8:28,79		10:37,15	9:40,61									
4x25wisselH	1:01,67				1:03,54	1:01,67									
4x50wisselH	1:50,52	2:03,97	1:57,97	1:50,52	1:56,89	2:03,40	2:22,25	2:53,80							
4x100wisselH	4:47,77					4:47,77									
4x25vrijMIX	0:54,82	0:57,04		0:55,43	0:54,82	1:01,77									
4x50vrijMIX	1:47,56	1:56,02	1:54,40	1:47,56	1:57,91	2:05,26	2:14,83	3:11,70							
4x100vrijMIX	4:11,85		4:11,85	4:14,84			5:35,58								
4x200vrijMIX	9:48,66				9:48,66			16:19,30							
4x25wisselMIX	1:03,44			1:03,44		1:06,18									
4x50wisselMIX	1:57,06	2:03,12	2:01,24	1:57,06	2:07,93	2:15,23	2:32,96	3:28,79							
4x100wisselMIX	6:25,57						6:25,57								

50m bad	ALL	20+	25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+
D/H	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
25vlinderD															
50vlinderD	0:29,73	0:31,38	0:29,73	0:30,92	0:34,07	0:30,56	0:32,60	0:39,12	0:39,96	0:52,01					
100vlinderD	1:08,30	1:11,99	1:08,30	1:13,82	1:17,50	1:10,84	1:31,52	1:44,25	1:43,98	2:00,90					
200vlinderD	2:33,96	2:46,08	2:38,52	2:33,96		3:02,41		3:47,40							
25rugD															
50rugD	0:33,33	0:35,54	0:33,33	0:35,00	0:35,86	0:36,49	0:40,15	0:45,50	0:44,90	0:53,92	1:19,02	0:49,35	0:52,34	1:22,37	1:42,17
100rugD	1:11,06	1:17,20	1:11,06	1:18,63	1:17,56	1:28,54	1:34,80		1:36,51	2:02,16			1:55,72	2:56,74	
200rugD	2:32,88	2:44,74	2:32,88	2:40,86	2:54,92	3:07,35	4:10,56		3:15,45	4:01,04			4:12,57		
25schoolD															
50schoolD	0:37,49	0:37,49	0:39,31	0:38,82	0:38,75	0:39,43	0:42,34	0:42,90	0:41,30	0:51,48	0:53,92			1:24,80	1:28,42
100schoolD	1:23,01	1:23,01	1:26,76	1:23,95	1:26,09	1:34,82	1:30,95	1:32,41	1:29,46	1:55,98	2:27,78			3:09,23	3:17,67
200schoolD	2:59,16	2:59,16	3:01,20	3:00,94	3:11,75		3:17,60	3:18,57	3:11,46	4:05,42	5:09,56			6:36,31	6:51,94
25vrijD															
50vrijD	0:27,40	0:29,24	0:27,40	0:28,90	0:31,83	0:28,70	0:29,57	0:34,20	0:33,30	0:36,05	0:36,74	0:36,90	0:39,42	1:13,79	1:11,87
100vrijD	1:00,97	1:05,41	1:00,97	1:02,85	1:08,24	1:02,41	1:06,17	1:16,64	1:17,89	1:22,12	1:26,52	1:22,62	1:29,45	2:49,52	2:58,11
200vrijD	2:11,67	2:27,97	2:11,67	2:17,74	2:30,61	2:18,55	3:24,96	2:51,93	2:40,95	3:04,28	3:14,93	3:12,68	3:15,74	6:35,90	6:21,26
400vrijD	4:48,67	5:08,66	4:48,67	4:49,79	5:16,36	5:36,70	7:15,88	5:49,14	5:29,51	6:31,43	6:54,92	6:50,22	7:04,33		13:39,39
800vrijD	9:53,93	10:45,27	9:53,93	9:58,38	10:50,69	11:32,07	15:17,90	11:49,22	11:22,53	13:29,89	14:14,91	14:07,31	14:59,75		
1500vrijD	18:38,51	20:42,08	18:38,51	19:18,62	20:52,92		29:47,18	24:23,10	21:44,99	26:48,17	28:59,15	27:33,21			
100wisselD															
200wisselD	2:36,07	2:42,90	2:36,20	2:36,07	2:48,57	3:51,88	3:00,68	3:15,81	3:05,64	3:58,37		4:06,36			
400wisselD	5:37,38	6:13,38	5:37,38	5:43,16	6:05,82			6:40,88	6:43,81	8:38,27					
1000schoolD															
1000vrijD															
D/H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
25vlinderH															
50vlinderH	0:26,53	0:27,68	0:26,53	0:26,99	0:29,86	0:30,60	0:29,47	0:30,34	0:30,88	0:35,95	0:39,18	0:39,59			
100vlinderH	0:59,93	1:03,11	1:05,98	0:59,93	1:10,06	1:08,57	1:15,18	1:33,27	1:14,57		1:30,96	1:48,06			
200vlinderH	2:22,97		2:22,97	2:38,29	2:47,15	2:56,34	3:04,79				3:21,71	4:21,80			
25rugH															
50rugH	0:28,39	0:30,07	0:28,39	0:29,71	0:33,83	0:32,88	0:32,99	0:33,38	0:34,43		0:43,60	0:47,82			
100rugH	1:04,31		1:04,31	1:04,56	1:14,93	1:18,85	1:13,93	1:31,17	1:15,11		1:37,54	1:47,96			
200rugH	2:26,37		2:26,96	2:26,37	2:40,71	2:55,07	2:41,10	3:08,72	2:51,62		3:27,10	3:51,22			
25schoolH															
50schoolH	0:30,77	0:35,54	0:31,99	0:32,25	0:32,13	0:30,77	0:36,58	0:41,19	0:43,15	0:39,16	0:40,98	0:46,40			
100schoolH	1:12,26	1:16,19	1:14,76	1:15,92	1:13,35	1:12,26	1:19,32	1:33,37	1:32,66	1:26,44	1:30,58	1:46,23			
200schoolH	2:38,75	2:38,75	3:01,25	3:16,12	2:45,49	2:45,53	2:53,89	3:27,11	3:33,83	3:13,67	3:14,00	3:58,39			
25vrijH															
50vrijH	0:23,78	0:32,57	0:23,78	0:24,19	0:27,99	0:26,29	0:28,57	0:27,86	0:28,83	0:31,39	0:33,84	0:34,66			
100vrijH	0:51,37	1:03,64	0:51,37	0:56,93	1:03,57	1:02,05	1:00,62	1:05,75	1:05,07	1:18,26	1:16,31	1:26,50			
200vrijH	1:54,22	2:10,70	1:54,22	2:12,91	2:18,78	2:14,03	2:34,17	2:37,47	2:35,41		2:47,08	3:36,06			
400vrijH	4:25,40	4:44,83	4:25,40	4:57,84	5:01,43	4:51,74	6:31,51	5:38,06	5:32,35		6:08,21	7:59,15			
800vrijH	8:59,66	9:34,48	8:59,66	10:21,90	10:45,76	10:01,92	13:48,34	13:45,01	11:14,30		12:23,14	16:06,85			
1500vrijH	17:13,22	18:14,43	17:13,22	19:56,07	20:26,09	20:04,60	26:21,10				23:16,69	29:55,74			
100wisselH															
200wisselH	2:26,27		2:26,31	2:26,27	2:35,52	2:38,39	2:42,07	3:05,05	2:48,98	3:10,89	3:06,63	3:46,22			
400wisselH	5:40,23		5:49,35	5:51,50	5:40,23	5:47,57		6:30,72	6:00,01		6:36,34	8:21,58			
1000schoolH															
1000vrijH															
Estafette	ALL	80+	100+	120+	160+	200+	240+	280+	320+						
4x25vrijD															
4x50vrijD	1:59,79	1:59,79	2:06,95	2:05,35	2:12,60	2:14,41	2:23,23	3:25,45							
4x100vrijD	4:39,41	4:41,24	4:47,09	4:39,41		5:09,74		7:55,70							
4x200vrijD	10:14,70			10:14,70			13:21,24								
4x25wisselD															
4x50wisselD	2:15,58	2:21,56	2:17,57	2:15,58	2:30,45	2:28,18	2:51,68	3:55,16							
4x100wisselD	5:20,20			5:20,20				8:55,31							
4x25vrijH															
4x50vrijH	1:45,16		1:48,43	1:46,86	1:45,16	2:04,07	2:07,17	2:30,39							
4x100vrijH	3:54,70			3:54,70		4:43,07	4:52,01								
4x200vrijH															
4x25wisselH															
4x50wisselH	1:55,60		2:02,71	1:55,60	1:59,88	2:09,83	2:33,96								
4x100wisselH	5:05,35				5:05,35	5:24,78	5:31,52								
4x25vrijMIX															
4x50vrijMIX	1:49,73	1:58,61	1:52,77	1:49,73	1:55,62	2:03,51	2:15,69	2:34,59							
4x100vrijMIX	4:24,88		4:24,88												
4x200vrijMIX	10:33,58		10:33,58			11:35,79									
4x25wisselMIX															
4x50wisselMIX	2:02,97	2:03,51	2:04,54	2:02,97	2:07,92	2:19,40	2:36,70	3:12,13							
4x100wisselMIX	5:07,22		5:07,32	5:07,22											